

WORLD ORAL HEALTH DAY-20th March,2018

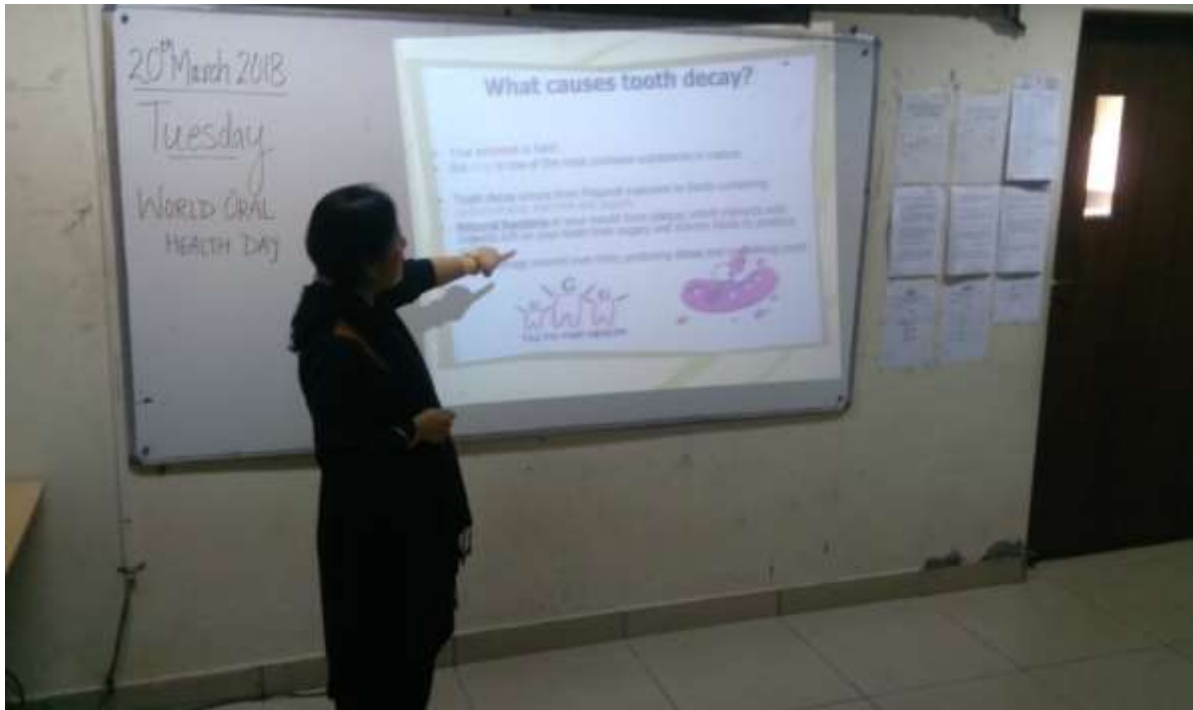
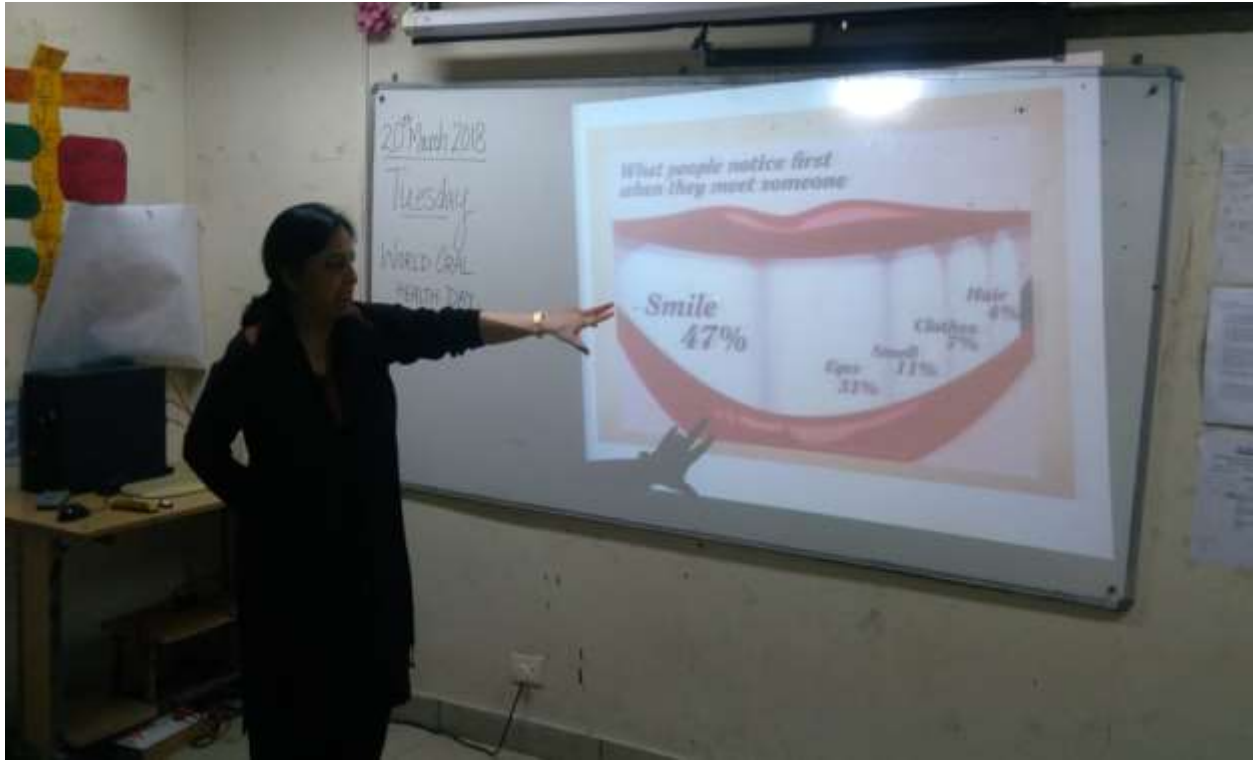
ICFAI Education School observers World Oral Health Day on 20th March 2018. A seminar was organized by Prof. Sarita Negi of ICFAI Education School, The ICFAI University, Dehradun on this day with a motive to raise awareness regarding impact of good oral health on general health and well-being. The Theme for World Oral Health Day 2018 is "**Say Ah**".

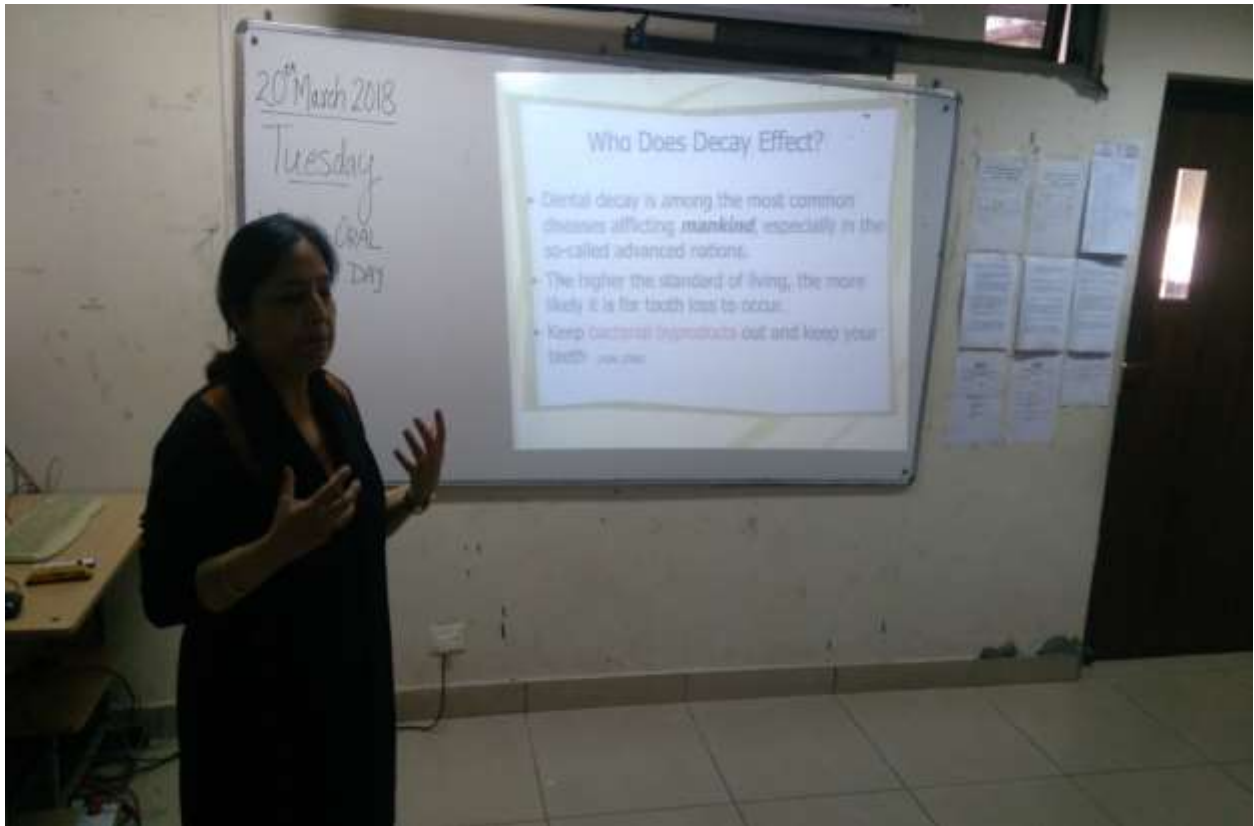
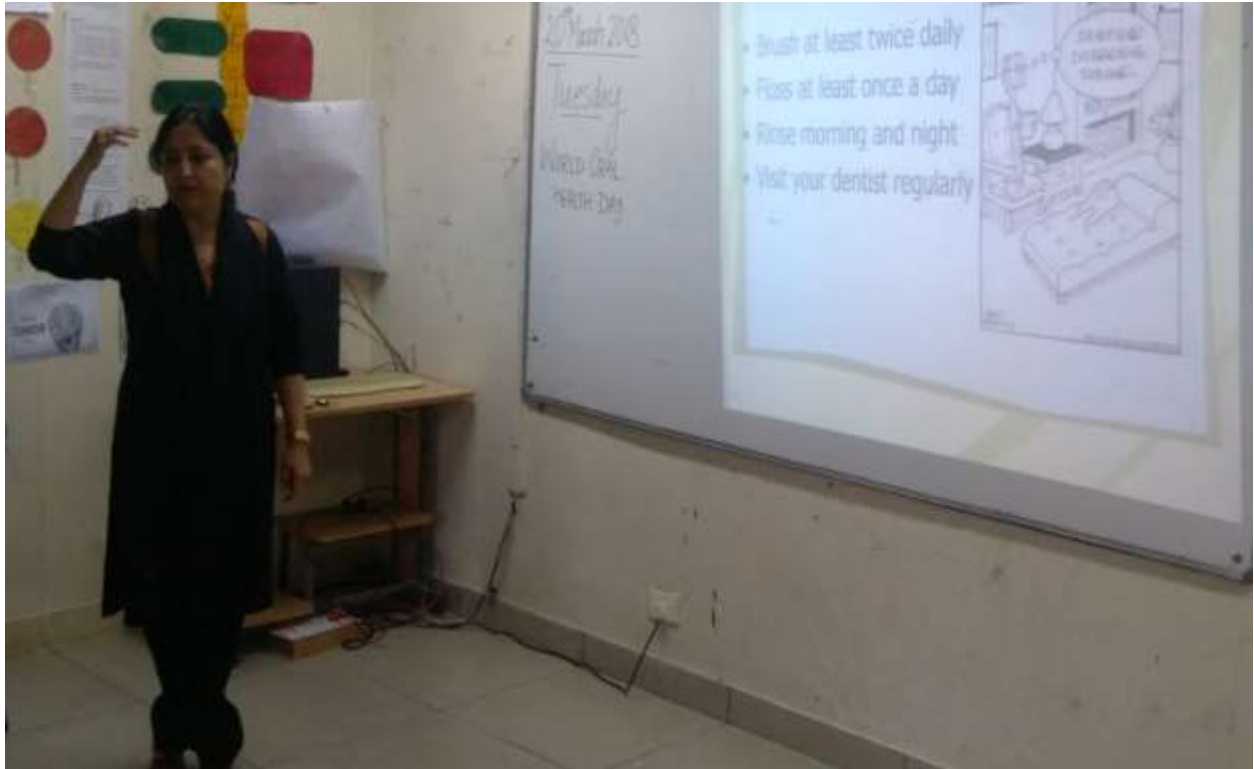
During the presentation, Prof. Sarita Negi informed the students about the reasons and effect of tooth decay, consequences of bad oral health, steps to practice good oral hygiene like brushing, flossing, rinsing etc. She also highlighted few tips to improve our work time brushing habits including beneficial food habits. She shared the experience of Sharad Panwar (Ex Chief Minister, Maharashtra) a cancer survivor. According to Sharad Pawar, his biggest regret is being prone to the use of tobacco which made him suffer the deadly disease 'Oral Cancer'.

She also focused on functions of all four types of teeth i.e. incisors, canine, premolars and molars. She emphasized on few practices to be prevented such as smoking, tobacco, gutka, paan etc. Teeth are the most distinctive feature of human beings. Oral hygiene is the practice of keeping the mouth clean

and is a means of preventing gingivitis, bad breath, and other dental disorders. So always remember that Oral Health is an important aspect of life.

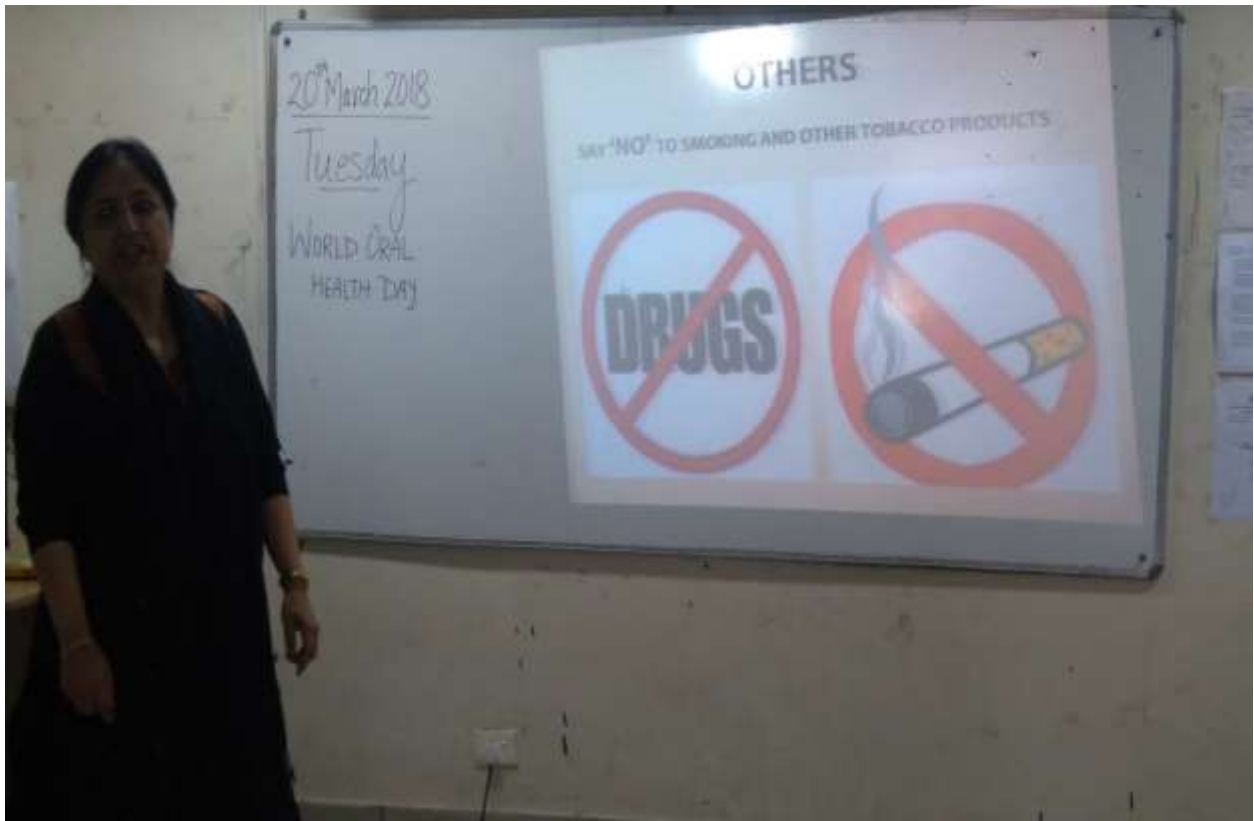
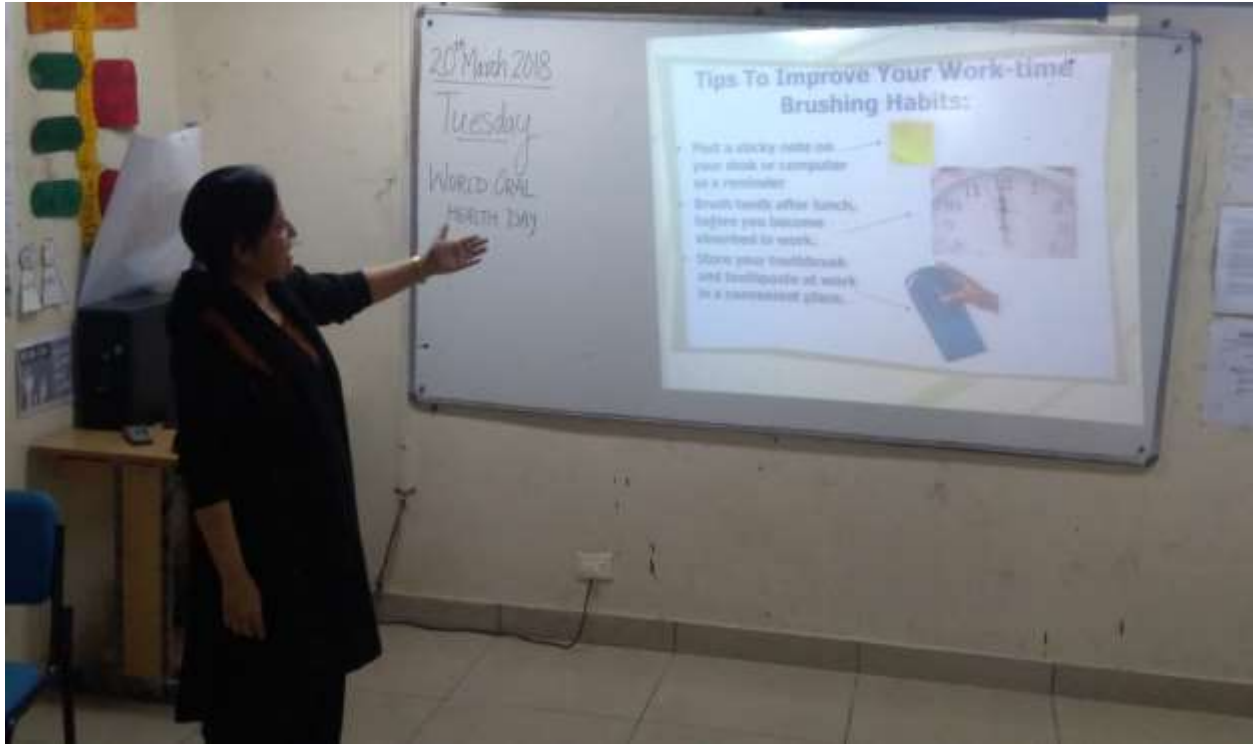
















20th March 2018
Tuesday
World Oral
Health Day

SUMMARY

- Oral hygiene includes all the processes for keeping mouth clean and healthy.
- Good oral hygiene is necessary for prevention of several diseases.
- Good oral health is important to your overall well-being.

