

ORAL HEALTH - SESSION BY THE SCHOOL DOCTOR

A REPORT

To raise awareness about 'Oral Health', an interactive session was conducted on Monday, 30th September 2024 by Dr.Ritu Malik Shehrawat, the school doctor.

The students were informed that oral health does not comprise solely of dental hygiene but it also includes taking care of our lips and tongue.

The common diseases of teeth, gums and mouth – halitosis, gingivitis, tooth sensitivity, tooth decay, periodontitis etc. were shared with students. Students were told that the consequences of neglecting oral health impact our overall well-being in ways beyond cavities and gum disease.

Different ways of maintaining oral health like brushing, tongue cleaning, flossing, mouth washing, limiting sugar intake etc. were discussed in detail.

Students were also encouraged to visit a dentist for regular check-ups to detect any potential problems.

The session was followed by an interactive Questions and Answers round where Dr. Malik addressed the students queries on the topic.

