

Report on "National Periodontist Day" celebrations at Index Institute of Dental Sciences, A Constituent unit of Malwanchal University, Indore (M.P)

23rd February 2023 was observed as 'National Periodontist Day'. National Periodontist Day commemorates the day when Indian Society of Periodontology was registered as Non-Profitable Society in the year 1975. The Primary aim of Indian Society of Periodontology is to focus on the scope of media to enable the spread of the message of oral health care for the benefit of the public, professionals and the members of the society and to propagate and work for suitable public health measures for the prevention of periodontal diseases.

As per the directives of the Head Office of Indian Society of Periodontology, the Department of Periodontology at Index Institute of Dental Sciences, Malwanchal University, Indore planned various activities and Public Awareness programme around the theme: HEALTHY GUMS, HEALTHY BODY.

Activities that were planned included Video Reel Competition, e-Poster competition, and Smile Contest. Nukkad Naatak (Street Play) was organized as a Public Awareness Programme.

On 23rd February Nukkad Natak (Street Play) was organized as a Public Awareness Programme at Rajwada Place, Indore. 2018-19 interns batch planned and performed the Nukkad Natak. The main objective behind the Nukkad Natak was to create awareness about the importance of Oral Hygiene and Oral Health and its relationship to systemic health. Myths and truths about oral hygiene were also reflected in this street play. The Nukkad Naatak received great words of appreciation and praising from the general public as well as curators of the palace who had all gathered to witness this great initiative.

Video Reel Competition, e-Poster competition, Smile Competition were organized at college level and these competitions were thrown open to students of 1st Year BDS to final year MDS. The students enthusiastically participated in these competitions to uplift the spirit of the programme.

Dr. Suparna Ganguly Saha, HOD, Dept. of Conservative Dentistry, Dr. Rajeev Shrivastava, HOD, Dept. of Prosthodontics and Dr. Himanshu Kanungo, HOD Dept. of Orthodontics and Dentofacial Orthopaedics judged the Smile Contest Competition. Dr. Navneet Agarwal, HOD and Dr. Ganga Dubey Reader, Dept. of Pediatric Dentistry were the judges for the Video Reel Competition. Dr. Himanshu Kanungo, HOD Dept. of Orthodontics and Dentofacial Orthopaedics, Dr. Poonam Tomar, Reader, Dept. of Public Health Dentistry and Dr. Gaurav Mishra, Reader, Dept of Pediatric Dentistry judged e-Poster Competition.

On 25th February Nukkad Natak was again performed by 2018-19 Interns batch at the premises of Index Institute of Dental Sciences (IIDS). The main aim of presenting the street play was to educate and aware the Class IV personnel (Drivers, Cleaners, sweepers) and Non-teaching Faculties about oral hygiene practices and protocols.

Further in the day a Prize distribution and felicitation ceremony was organized at Dr Hemani Sukhija Memorial Hall (LH-1) on the ground floor which was presided over by the Vice Chancellor, Malwanchal University, Mr. N.K. Tripathi and Registrar, Malwanchal University, Dr. M. Christopher who were the special invitees for the day.

The Ceremony started with welcoming of the dignitaries by Dr Magesh Kumar S. Professor and Head, Department of Periodontology followed later by lamp lighting at the hands of the invited dignitaries. A melodious Saraswati Vandana was sung by Ms Archana Das, 3rd BDS student which edified everyone's senses. Dr Abhishek Sinha, Assistant Professor, Department of Periodontology compered the main event with presentation of PowerPoint slides of the participants' entries.

Vice Chancellor Malwanchal University Mr. N.K.Tripathi, Registrar Dr. M. Christopher and Dean, IIDS, Dr Satish Karandikar gave away the prizes and certificates to all the winners. Participation certificates were distributed by Vice Dean and respective Heads of Departments to the participants. Vice Chancellor Mr. N.K Tripathi boasted all the participants for enthusiastically participating in the programme. He also lauded the participants of the Nukkad Naatak for their performance. The ceremony concluded with a powerful vote of thanks delivered by Dr Rinku S. Jaganade, Associate Professor, Department of Periodontology followed by the National Anthem.



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PROFESSOR & HEAD
DEPARTMENT OF PERIODONTICS
INDEX INSTITUTE OF DENTAL SCIENCES
INDORE



MALWANCHAL UNIVERSITY , INDORE(M.P.)

INDEX INSTITUTE OF DENTAL SCIENCES

DEPARTMENT OF PERIODONTOLOGY



'NATIONAL PERIODONTIST DAY- 23rd FEBRUARY 2023

TOPIC - HEALTHY GUMS →HEALTHY SMILE

**Video Reels
Competition**



**Smile
Contest**

**Nukkad Natak
(Street Play)
23rd February**



**E-Poster
Competition**



**Oral
Health Camp
24th February**

**Submit your entries to:
Dr. Abhishek Sinha
9003053262**

VIDEO REELS COMPETITION

- Reels should not be more than one minute.
- You can use dental props for video.
- Can have any no. of participants per entry.
- TOPICS: 1. BRUSHING TECHNIQUE
2. A DAY AT PERIO DEPARTMENT
3. ANY MYTHS RELATED TO GINGIVAL/PERIODONTAL DISEASES

E POSTER COMPETITION

- Poster should be made in landscape mode.

SMILE CONTEST

Participants should submit 1 selfie.

Entries open for all UG and PG students.

Last date for submission of entries is **23rd February till 10:00 a.m.**

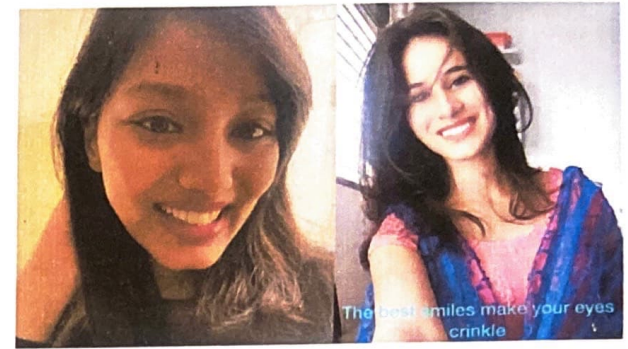
Prize and Certificate distribution ceremony is on **25th February, 11:30 a.m. At Dr. Himani Sukhija Memorial Hall (LH-1)**



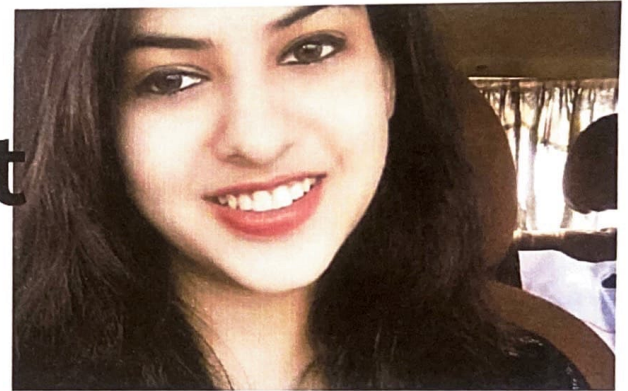


Street play at Rajwada Palace, Indore





Smile contest



INDEX INSTITUTE OF DENTAL SCIENCES

DEPARTMENT OF PERIODONTOLOGY

TOOTH TALE -
ON A TIME IN AN ORAL CAVITY...



HEALTHY SMILE IS A BEAUTIFUL SMILE

HEALTHY GUMS NICELY ADHERE TO OUR TEETH WITHOUT ANY POCKET AND ALLOWS US TO HAVE A BEAUTIFUL AND CONFIDENT SMILE.

GUMS DISEASES CAN CAUSE VARIOUS PROBLEMS LIKE:



HOW
UNHEALTHY
GUMS
AFFECT US?

Habits to maintain oral health



"BE TRUE TO YOUR TEETH AND THEY WON'T BE FALSE TO YOU"

-AMBHUJA AGRAW/
(INTERN)

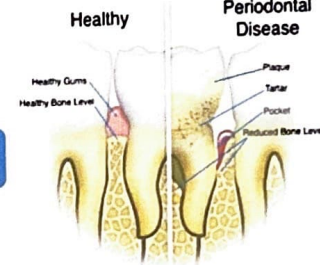
HEALTHY GUMS - HEALTHY SMILE

SYMPTOMS OF GINGIVITIS:

- SWOLLEN OR PUFFY GUMS
- GUMS BLEED DURING BRUSHING
- BAD BREATH
- RECEDING GUM LINE
- TENDER GUMS

RISK FACTORS OF GINGIVITIS:

- POOR ORAL HYGIENE HABITS
- SMOKING CIGARETTES OR CHEWING TOBACCO
- INADEQUATE NUTRITION
- IMMUNOCOMPROMISED MEDICAL CONDITIONS
- CERTAIN DRUGS



HABITS TO KEEP YOUR GUMS AND TEETH HEALTHY:



FACT:- A GOOD SMILE COMES FROM THE HEART BUT A HEALTHY SMILE NEEDS GOOD DENTAL CARE.

PRESENTED BY:- HARMINDER CHHABRA
INTERN (BATCH 2018-1)

E POSTER COMPETITION



Floss Before Brushing:

Flossing is important to remove plaque, And several harmful bacteria. Brushing alone is not helpful. You should floss your teeth to prevent bacterial growth and protect your teeth.

Brush your teeth twice a day:

This is crucial if you want to maintain healthy gums and teeth

Use Mouthwash:

Along with brushing and Flossing, mouthwash helps your teeth too. Use it to have a good breath and greater confidence

Visit your dentist regularly:

You should not be lazy about seeing your dentist regularly. Early stage dental problems are much easier and cheaper to fix than later stage problems. You should see your dentist twice a year so you can catch the problems during early symptoms.

Sugarfree chewing gums:

Use these after every meals To prevent food lodgement in embrasures and small spaces between teeth

Quit Smoking:

Smoking is very destructive for your teeth. It can cause your mouth to age fast. It is also a cause of potentially harmful diseases. If you want healthy teeth and gums you must quit smoking



Prize distribution ceremony

