

DPS SHIKSHA KENDRA SEC-45 GURGAON

REPORT ON DENTAL ORAL HYGIENE PROGRAMME

Dr. Anupam Bhargav, Senior Orthodontists, along with his team of doctors, gave a power point presentation to the students of Shiksha Kendra, (Senior Wing) on Oral Hygiene in the School Auditorium on 20th September 2017. The correct way of brushing teeth, was demonstrated to them, so was the need of maintaining good oral hygiene. They reiterated that all dental problems are man-made & should be treated in the initial stages itself as negligence can lead to decay. They advised the students to eat healthy. Meals should ideally include leafy vegetables & salads as they serve as natural cleansers.

They also apprised the students of the ill – effects of consuming too much of pan masalas, gutkas, aerated drinks, chocolates, sweets etc..... To encourage healthy brushing habits; free samples of toothpaste & brushes were distributed.

