

INSTITUTE OF DENTAL SCIENCES SEHORA JAMMU

**REPORT ON IMPORTANCE OF ORAL HEALTH held on
07.08.2021**

Alumni Committee Institute of Dental Sciences held an Virtual Interactive Session, for the graduating students. Where Dr. Simran Kour (BDS, MDS Orthodontics) and Dr. Rolly Sharma (BDS, Consultant NHM) were invited as keynote speakers for the session. The program was primarily conducted to promote awareness of issues related to oral health and the importance of oral hygiene.

They conveyed the message that by making smart resolutions such as adopting good oral hygiene habits, avoiding risk factors and having a regular dental check-up, one could help prevent oral diseases. They also stressed on the role of brushing in maintaining optimum oral hygiene and preventing spread of oral diseases. Dr. Deeksha Kudyar member Alumni Committee was Chief moderator of this session.

After the session number of queries regarding oral health care, brushing habits etc. were also answered by the Key Note speakers. The whole session was appreciated by the students as they found it very enlightening and motivating.



E. H. Shree
I/c Alumni Committee
IDS Jammu