



ST.XAVIER'S INSTITUTE OF EDUCATION

Healthy Hearts of SXIE

**Presents a Virtual Session
on**

ORAL HYGIENE AND DENTAL CARE



Dr. Anna Prateek Daniels

March 08, 2022

Tuesday

10:35 a.m – 11:25 am

Health Cell Initiative



**Dr. Sosamma Samuel
Principal**

**Health Cell in Charge : Priti S
Health Cell Team (Daniella, Manish, Ronica,
Daris, Malvika, Nakiya, Cyrus)**

St.Xavier's Institute of Education

2021-2022

Health Cell Report – Oral Hygiene and Dental Care – Dr. Anna Prateek Daniels

A virtual online session on oral hygiene and dental care was held on 8th March, 2022 from 10.25 a.m. – 11.25 a.m.

Objectives of the session

1. Instill healthy practices toward oral hygiene
2. Awareness about diseases due to lack of oral hygiene
3. Effective ways to ensure healthy gums.

The session began by the health cell coordinator welcoming the Principal, second year and first year students and the resource person. The resource person was introduced after which the session began. The session was attended by 49 first year and 49 second year students. The session was very informative where by the resource person told about simple yet effective ways to maintain oral hygiene.

The session was an eye opener and helped students to become acquainted with effective ways of oral hygiene.

The session ended with a vote of thanks

Link to the video session

https://drive.google.com/file/d/16pAdkS2vAntfXDdq_PhDV-1ObnMPtPR4/view?usp=sharing

Dr.Sosamma Samuel
Principal

Priti Sivaramakrishnan
Staff Coordinator

Images of the session

This screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "The New Normal" which features a central diagram of a human mouth. Arrows point from the mouth to various organs and conditions, including the lungs, heart, liver, and pancreas. Text labels around the diagram include "Diabetes and insulin resistance", "Alzheimer disease", "Cardiovascular disease (atherosclerotic coronary diseases)", "Oral/Colonial cancers and gastrointestinal diseases", "Unhealthy mouth", "Respiratory tract infection and bacterial pneumonia", and "Adverse pregnancy outcomes". The right side of the screen shows a grid of participant video feeds, including Khushbu Jain, Prithvi Sankar, and Ronica Rodrigues. The bottom toolbar includes icons for mute, video, chat, and screen sharing.

This screenshot shows a Zoom meeting interface with a grid of participant video feeds. The participants are arranged in a 5x4 grid. The names of the participants are visible next to their video feeds, including Ronica Rodrigues, Prithvi Sankar, and others. The bottom toolbar includes icons for mute, video, chat, and screen sharing.

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