

Dental check-up camp marks Oral Hygiene day

■ Staff Reporter

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A FREE dental check-up and awareness camp was organised on the occasion of Oral Hygiene day at IIM Raipur. The main objective of this programme was to highlight the importance of oral health and raise awareness about dental hygiene.

Director of IIM Raipur Professor Ram Kumar Kakani, Chairperson of SAKSHAM Committee Professor Ashapura Barua and Staff Representative of IIM Raipur Raju Mallick made special contribution in organising the programme.

About 200 faculty members and their families participated in this camp, where they were provided important information related to oral health.

During the examination, digital imaging and modern scan-



Doctors attending the patients during the dental camp organised at IIM Raipur.

ning methods were used to help in early identification of oral problems. Dr Pranav Thakur, Dr Shweta Sharma, Dr Bhumika Goklani, Dr Aishwarya Bisen, Dr Shreya Srivastava, Dr Shirin Shah along with their team consisting of Leena Amariya, Anishka Vishwakarma, Sonia Dhruv, Pushpanjali Sahu and Kalyani Chauhan participated in the camp. These experts discussed in detail topics such as correct brushing, flossing technique,

tooth sensitivity, gum problems, cavity prevention, teeth alignment and root canal treatment.

Emphasising on balanced diet, ill effects of tobacco and sugar and holistic oral care measures, experts said that healthy teeth not only boost confidence, but also have a positive effect on other parts of the body. Regular dental checkups and proper hygiene can prevent serious health problems including gum diseases, diabetes and heart disease.