



WORLD ORAL HEALTH DAY

20th March 2023

GMC HANDWARA

WORLD ORAL HEALTH DAY

20th March 2023

GOVERNMENT MEDICAL COLLEGE HANDWARA

World Oral health day was celebrated in Associated District hospital Handwara on 20.03.2023. On this occasion ,**Dr. Mubashir** Consultant Dentistry and **Dr. Saima Tariq** Registrar Deptt of Dentistry GMC Handwara gave a detailed presentation on the topic and **Dr Nissar A Wani** Medical Supdt. Associated District Hospital GMC Handwara highlighted the importance of observing “World Oral Health Day”



World Oral Health Day (WOHD) 2023

With the Theme
"Be Proud Of Your Mouth"
20TH MARCH 2023

Dental Care Tips For a healthy Teeth

- Brush twice a day
- Floss your teeth daily to remove plaque in between teeth
- Avoid acidic drinks
- Limit sugary foods to avoid yellowing of teeth
- Visit regular checkups
- Use mouthwash to keep your healthy
- The dentist providing makes during night time
- Your teeth with your club or club
- Protect your teeth from injury



Organised by: GOVT. MEDICAL COLLEGE HANDWARA

Shot on OnePlus

By CAM 2023.03.20 11:49



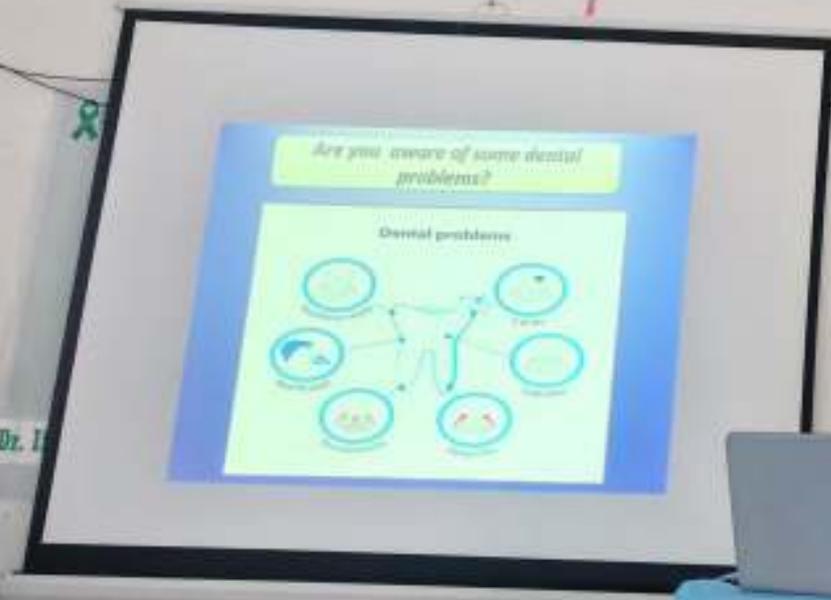
Shot on OnePlus

By CAM, 2023/03/29 11:55



Shot on OnePlus

By CAM 2023.03.20 11:55



SIGNIFICANCE

- Oral health is an essential part of overall health and well-being and it is important to maintain good oral hygiene to prevent dental problems.
- Neglecting oral health can lead to various problems such as tooth decay, gum disease, and bad breath.
- World Health Day is geared towards inspiring people to action and reduce the burden of oral diseases.









Shot on OnePlus

By CAM 2023.03.20 12:35



Shot on OnePlus

By CAM 2023.03.20 12:35