

Report of World Oral Health Day Celebration at Rajiv Lochan Ayurved Medical College, Chandkhuri, Durg.

Date – 20/03/2026

Venue –Lecture Hall No. 5, Rajiv Lochan Ayurved Medical College & Hospital, Chandkhuri, Durg (C.G.)

Organized By – Department of Shalakyia Tantra, Co-Curricular & Extra Curricular Committee.

Introduction:

World Oral Health Day was celebrated with great enthusiasm at Rajiv Lochan Ayurved Medical College & Hospital, Chandkhuri, Durg (C.G.) on 20/03/2026 under the guidance of college administration. The program was organized with the objective of spreading awareness regarding oral hygiene, dental health, and the prevention of oral disease among students, faculty members, hospital staff, and the general public.

Inaugural Ceremony

The program began with a vibrant inaugural ceremony. The program started with the lighting of the lamp by chief guest Dr. Rashmi Tiwari, Professor, Department of Rachna Sharir, addressed the gathering, highlighting the significance of World Oral Health Day. The program began with the welcome address, where the importance of oral health as an essential part of overall health was highlighted. It was emphasized that maintain good oral hygiene not only prevents dental problems but also contributes to general well being.

Objective of the Program:

- To create awareness about the importance of oral health and hygiene among students, staff and the community.
- To educate, flossing, and regular dental care practices.
- To prevent common oral diseases such as dental caries, gum diseases, and bad breath through awareness.
- To promote healthy lifestyle habits, including balanced diet and avoidance of tobacco products.
- To encourage regular dental check-ups for early detection and treatment of oral problems.
- To involve students in health education activities such as poster making, quiz, and awareness campaigns.
- To spread the message that oral health is an important part of overall physical health and well-being.

Activities Conducted:

- ***Awareness Lecture/Expert Lectures:*** The program was further enriched by informative presentations delivered by esteemed faculty members:
- ***Lecture Delivered By: Dr. Chandrakant Upadhyay, Associate professor, Dept. Of Shalakyia Tantra,*** delivered an informative lecture on the importance of oral health and hygiene. He explained common dental problems such as tooth decay, gum

disease, bad breath, and oral infections. He also guided the participants about proper brushing techniques, regular cleaning of teeth and tongue, healthy food habits, and the harmful effects of tobacco. He emphasized that prevention and early treatment are essential for maintaining good oral and overall health.

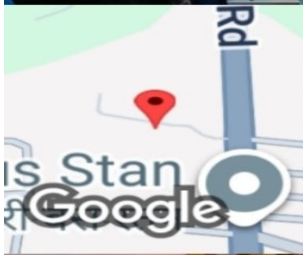
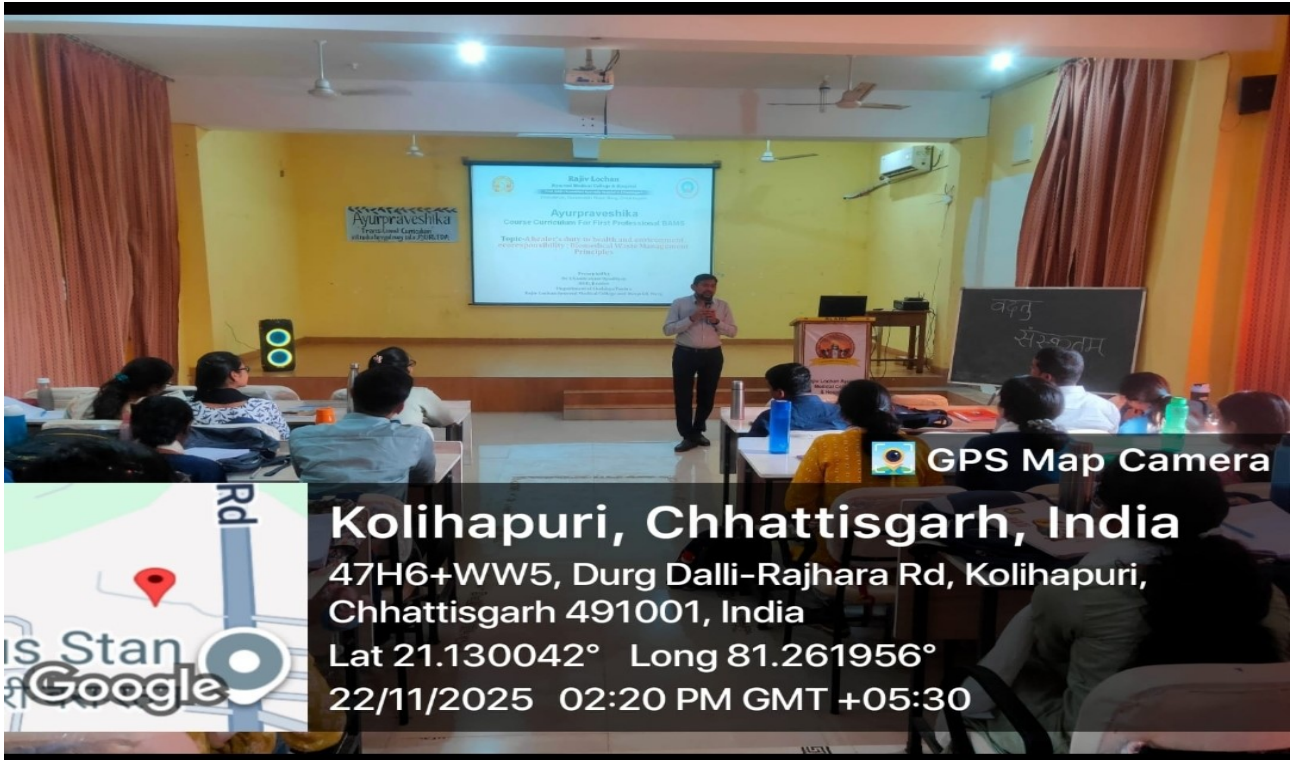
- **Lecture Delivered By: Dr. Shifali Sahu, Assistant Professor, Dept. Of Shalakyta Tantra,** She delivered an informative lecture on the significance of oral hygiene and preventive dental care. She explained the causes of common oral diseases such as tooth decay, gum infections, sensitivity, and bad breath. She also highlighted the importance of regular brushing, tongue cleaning, healthy dietary habits, and periodic dental check-ups. She motivated the participants to adopt proper oral care practices for maintaining healthy teeth, gums, and overall well-being.

Outcome of the Program:

- Increased awareness among patients and local community.
- Early detection of risk factors in several individuals.
- Enhanced student learning through practical exposure.
- Promotion of integrative approach (Ayurveda + Modern science).

Conclusion: The Program concluded with a vote of thanks by the organizing committee. The event was highly successful and effective in creating awareness among all attendees. It reinforced the message that “Good oral health is the gateway to overall health and confidence”.





Kolihapuri, Chhattisgarh, India

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Note : Captured by GPS Map Camera



