

JMI celebrates National Oral Hygiene Day 2025

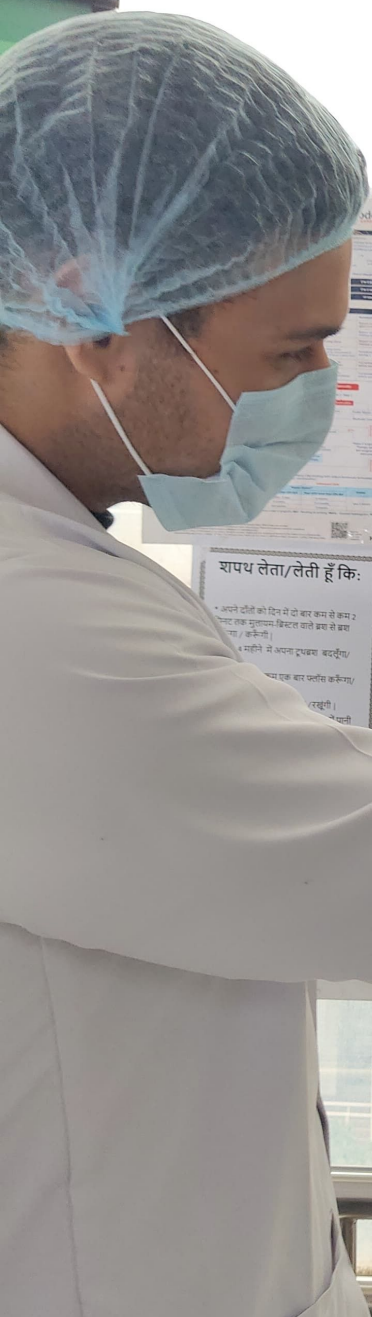
New Delhi, August 4, 2025

The Faculty of Dentistry, Jamia Millia Islamia (JMI) in collaboration with the Indian Society of Periodontology, commemorated "National Oral Hygiene Day" on 1st August 2025, in honour of the birth anniversary of the late Dr. G.B. Shankwalkar. The primary objective of this celebration was to enhance public awareness regarding maintenance of oral health.

Various activities were conducted including a reel-making competition themed "PINK GUMS, PINK HEALTH," which saw enthusiastic participation from students and interns. They showcased their creativity using action and humour by making short videos for patient's awareness on the importance of oral hygiene maintenance. A radio talk was delivered by Dr. Kirti Chawla, Professor in Periodontology, Faculty of Dentistry on "GOOD ORAL HYGIENE PRACTICES." The talk was broadcasted by Radio Jamia to disseminate information to the general public. A physical pledge wall, "TEETH FOR LIFE," was created, where patients, students, and both teaching and non-teaching faculty pledged to adhere to good oral hygiene practices for improved oral and overall health.

The Dean, Professor Keya Sircar and Professor Ashu Bhardwaj from Periodontology encouraged the students by distributing prizes to the winners of reel making competition. Faculty members of Periodontology, Prof. Zeba Jafri, Prof. Nishat Sultan and BDS interns played a crucial role in patient education and motivation, providing personalized oral hygiene advice to patients visiting the OPD and emphasizing the significance of maintaining good oral health practices. On the occasion of oral hygiene day, free samples of toothpaste, toothbrushes, mouthwashes, and interdental aids were distributed to patients. The event was well appreciated by patients, faculty members, students and interns. The Faculty of Dentistry looks forward to continuing this yearly tradition of spreading awareness and educating the masses about oral health care through such engaging and informative events. The program was organised under the able guidance of Prof. Madhuri Alankar Sawai.

Prof. Saima Saeed
Chief Public Relations Officer



Steps of clinical periodontal examination
EXAMINATION OF PERIODONTIUM
HARD TISSUE EXAMINATION

Number of teeth present
Wasting diseases of teeth
• Abrasion - A sharp ditching around the CEJ
• Attrition - Occlusal/incision wear also known as facets
• Abfraction - Mechanical microfractures at cervical area
• Corrosion - Wedge shaped depression in cervical area
Dental stains - Could be: Intrinsic stains
Extrinsic stains
Hypersensitivity - Root surfaces exposed by gingival recession may be hypersensitive to thermal or tactile stimulation
Proximal contact relations - Checked by clinical observation and with dental floss
Tooth mobility -
• Grade 1 upto 1mm tooth mobility

ABRASION
ATTRITION
ABFRACTION
CORROSION
INTRINSIC STAINS
EXTRINSIC STAINS

TOBACCO IMPACT ORAL HEALTH

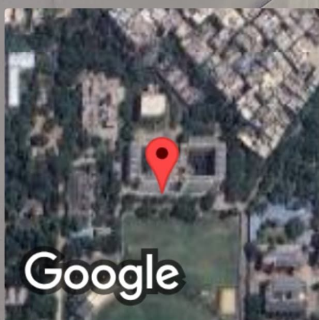
I PLEDGE TO

- Brush teeth with soft bristle brush twice daily for atleast 2 minutes.
- Replace toothbrush every 3-4 months.
- Floss atleast once daily.
- Maintain a balanced diet and limit sugary and acidic foods and drinks.
- Drink plenty of water to stay hydrated.
- Refrain from engaging in detrimental habits like tobacco consumption, smoking and use of panmasala and betelnut.
- Visit a dentist regularly.

Signature: Dr. Shalini
Signature: Dr. V.K.
Signature: Dr. S.K.

शपथ लेता/लेती हूँ कि:

• अपने दाँतों को दिन में दो बार कम से कम 2 मिनट तक धीमे-धीमे ब्रश करूँगा/करूँगी।
• अपने दाँतों को कम से कम 3-4 महीने में एक बार बदलूँगा/बदलूँगी।
• अपने दाँतों को कम से कम एक बार प्रति वर्ष डॉक्टर के पास जाऊँगा/जाऊँगी।



New Delhi, Delhi, India

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GPS Map Camera



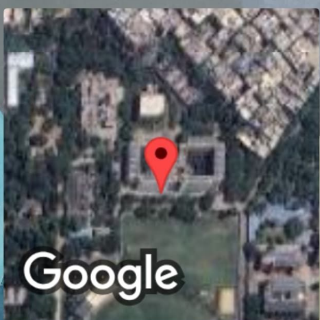
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