



REPORT ON NATIONAL TOOTH BRUSHING DAY

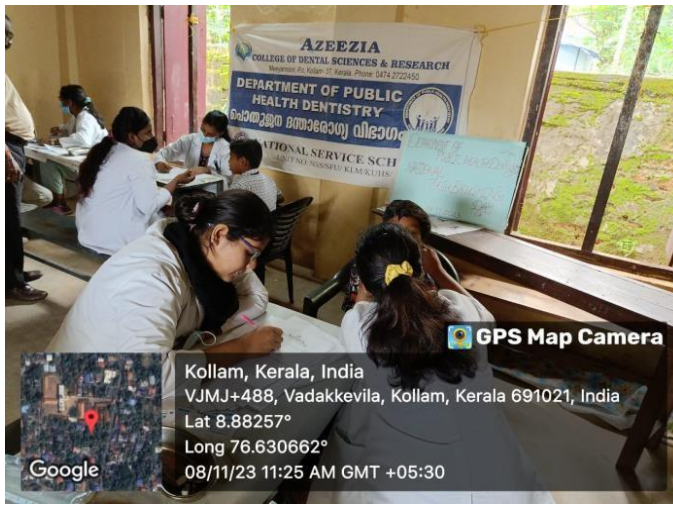
Oral Health is essential to general health and quality of life. November 7th is observed as National Tooth Brushing Day in India to reinforce the importance of Children's Oral health and promote good tooth brushing habits recommended. The theme of the National ToothBrushing Day 2023 is "SHARE YOUR FAVOURITE TOOTH BRUSHING SONG".

As part of this day an Oral Screening camp was organized by Department of Public Health Dentistry, Azeezia College Of Dental Sciences and Research, Kollam at VVHS AYATHIL KOLLAM on 8th November 2023.

The oral screening camp started at 10am and a tooth brushing drill was also conducted along with this. Around 141 students were screened from classes 5th to 7th respectively. 35 students were selected from 5th class. Two interns gave tooth brushing technique (Fone's Technique) demonstration in tooth model. The distribution of toothpaste and tooth brush was done after demonstration and one child was selected among them to show the correct brushing techniques to other students. The students were divided into groups and asked to do the brushing under supervision.

After the overall screening done, there were 49 students which needs restoration, 30 for oral prophylaxis, 23 for extraction and 10 for orthodontic treatment. The camp was concluded around 1pm followed by vote of thanks by principal of the school.





KOTTARA FEST 2024 - REPORT OF DENTAL EXHIBITION AT SMVHSS, KOTTARA

The Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research, Kollam in association with NSS unit (NSS/ SFU/ KLM/ KUHS/ 3) and SMHSS Kottara, Meyanoor organized a Dental Exhibition at SMHSS Kottara from 11.01.2024 to 12.01.24 under the name 'Kottara Fest'. The programme started with an inaugural function with Sri Murukan Kattakada, the chief guest. After the inaugural function various art programmes were held at the auditorium.

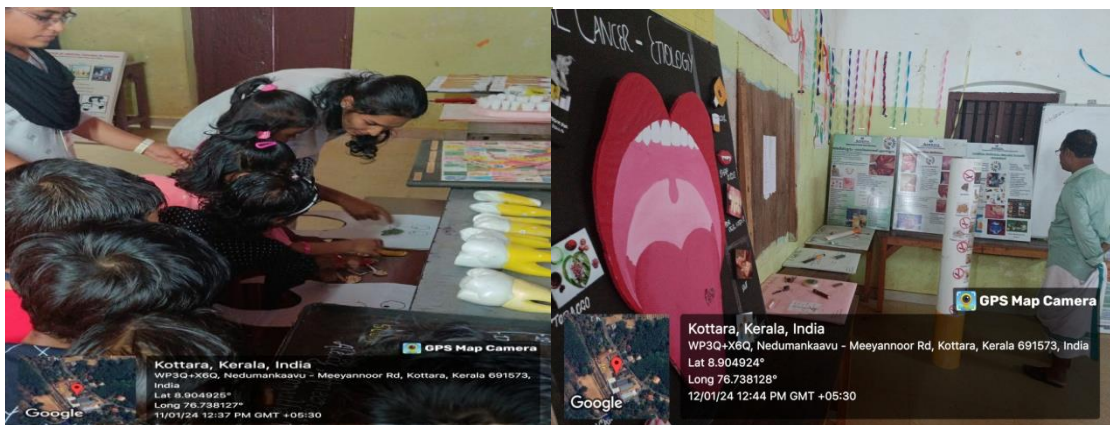
The Exhibition was organised from 10 am to 5pm at various classrooms. Almost 1500 students from various schools including teachers and parents came to see the exhibition. There were various exhibits and models which were arranged by the Department of Public Health Dentistry for community education. There were several models and posters on tooth eruption, dental trauma and its management, root canal treatment, oral cancer. Various oral hygiene aids which includes flossing and various tobacco products, E- cigarettes, Nicotine Replacement Therapy etc were also there. The Interns were assigned the duty to explain the posters and models to the students and teachers. A photo frame (selfie point) was also kept for entertaining the viewers.

There were also posters and models from Azeezia Medical College. Various posters regarding different diseases their prevention and also bones of human body was also exhibited. The interns and staff of the college actively participated, and they explained about each exhibit to the students and teachers.



Other institutions also participated in the exhibition. Exhibits and models including posters were arranged by Vikram Sarabhai Space centre, Forest Department, Art gallery, JRC, Zoology lab, Priyadarshini planetarium, Archaeology department, SPC, NCC army and navel. The Geology department were also a main source of attraction. There was also a science exhibition in which students from different school participated. Mobile planetariums were also there for students was also a main source of attraction to the students as well as public. A food court was also organized by Kudumbasree unit and students of SMHSS Kottara.

The local residents/public in the area also came to see the exhibits and models. The exhibition ended on 12.01.24 at 4pm and NSS unit brought back the exhibits to Azeezia Dental College.





Report of World Cancer Day

On behalf of World Cancer Day 2023, an oral cancer screening programme was conducted by Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research and NSS unit(NSS/SFU/KLM/KUHS/3) on 8th of February 2023, at Jyothi Nikethan Women's College from 10.00am to 2.00pm. The programme was held and organized under the guidance of Ashakiranam cancer care campaign, programme officer Mr Rinesh Antony and Caritas, India.

Among the public, awareness about oral cancer is not adequate. The oral screening was an initiative aimed at early detection and awareness of oral cancer. Public awareness about oral cancer and its risk factors and signs and symptoms can lead to early diagnosis of cancer thus increasing the survival rate of patients.

The programme began with a silent prayer and welcome speech was delivered by Rev Fr Manoj Antony Director of Jyothi Nikethan Women's College. The speaker also set as an example by explaining one of his life experiences with the cancer patients which helped us really understand the same. The keynote address was presented, by Mrs Leelamma Edward Principal of Jyothi Nikethan Women's College. She also explained briefly about causes and symptoms of oral cancer.

The presidential address and the inauguration of the event was done by Rev Dr Baiju Julian, Director of Quilon social service society. His Speech enlightened about the importance of public awareness set us an example his life of oral cancer. Dr. Aarathi Vijayan, Head of The Department of Public health dentistry, Azeezia College of Dental Science and Research felicitated the event. Dr Geethu Gopal, House surgeon of Azeezia College of Dental Science and Research presented an Awareness class on oral cancer and dental caries. The speaker gave an elaborate idea about causes, symptoms, early detection and management of oral cancer which is very useful in present scenario. It was a very informative session.

Almost 43 students were participated in the oral screening programme which is conducted under the guidance of Dr Aarathi Vijayan , with the presence of six House surgeons ,Dr. Kuriakose,Dr. Marvath, Dr. Merin, DrMinzia,DrGeethu ,DrMegha from Azeezia college of dental science and research, kollam.

The programme was concluded with the vote of thanks speech by Ms Aishwani A.V 2nd year, BA English, JyothiNikethan Women's College.To make the programme more interesting and memorable there was another session of ribbon distribution and thumb printing which to creative idea to set public awareness.



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REPORT OF WORLD ORAL HEALTH DAY

World oral Health Day, celebrated annually on March 20th, serves as a global platform to raise awareness about the importance of oral health and its impact on overall well-being. It aims to promote good oral hygiene practices and emphasize the significance of preventive measures in maintaining healthy teeth and gums through campaigns and initiatives. World Oral Health Day encourages individuals, communities, and policymakers to prioritize oral health education, access to dental care, and the adoption of healthy habits. By highlighting the link between oral health and general health, this observance strives to empower people worldwide to take proactive steps towards achieving and maintaining optimal oral health throughout their lives. The theme of World Oral Health Day 2024 is '**A Happy Mouth is A Happy Body**'. The theme focuses on making people aware of their oral hygiene and helping them make the right decisions to protect it.

As a part of world Oral Health Day, Oral Hygiene kits were distributed to Non-teaching staffs on 20/3/2024 in the presence of Dr.Aarathi Vijayan, HOD and Dr.Saira Siraj E, Reader, Department of Public Health Dentistry.

An oral screening camp was also conducted by Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research, Kollam and NSS unit (NSS/SFU/KLM/KUHS/3) on 20/3/2024 at Navajeevan Trust (Abhayakendram), Nedumbana. The Navajeevan trust Director Mr. Abdul Majeed addressed the gathering. A total number of 27 inmates including staffs were screened. The other inmates in the trust was bedridden and those who want immediate care was done oral screening.

A kid-sized Mannequin, as a Health Education Aid was inaugurated on 25/3/2024 by honourable Director Dr.Midulaj Azeez and Principal Dr.Radhakrishnan Nair addressed the gathering.



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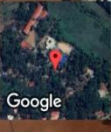
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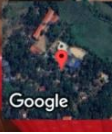
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REPORT ON INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING 2024

On June 26, 2024, Azeezia Dental College, Department of Public Health Dentistry, Kollam and NSS Unit (NSS/SFU/KLM/KUHS/3) in association with the Quilon Social Service Society (QSSS), organized a dental camp at Fatima Mata National College, Kollam, to observe the International Day against Drug Abuse and Illicit Trafficking. The event was held from 10:00 am to 01: 00pm. This year's theme was "The Evidence is Clear: Invest in Prevention."

The event commenced with a welcome speech by Dr. Saji Mon P. P., Head of the Department of Psychology. The camp was formally inaugurated by Dr. Cynthia Catherine Michael, Principal of Fatima Mata National College. Fr. Saiju Simon, Director of QSSS, provided an insightful explanation on anti-drug measures and the importance of prevention. The Nasha Mukta Bharat Abhiyaan Coordinator Abraham delivered a compelling message emphasizing the importance of avoiding drug use. Fr. Vinod S., Bursar of Fatima Mata National College, spoke on the significance of Anti-Drug Day. Dr. Aarathi Vijayan, Head of the Department of Public Health Dentistry, Azeezia Dental College, addressed the gathering on the importance of drug awareness and prevention. Mr Rineesh Antony, Program Coordinator of QSSS, delivered the vote of thanks, expressing gratitude to all participants and contributors to the successful event.

As part of the event, Azeezia Dental College presented an exhibition with flex displays highlighting the dangers of tobacco use, oral cancer prevention, symptoms, and overall harmful effects.

Following the speeches, a dental check-up was conducted by House Surgeons from Azeezia Dental College for students, teaching staff, and non-teaching staff of the college. A total of 121 individuals were examined during the camp. Each individual was provided with a detailed explanation of their oral health condition, including personalized advice on maintaining and improving their dental hygiene. The dentists highlighted the importance of regular check-ups and preventive care to avoid potential oral health issues.

The check-up was followed by a vibrant flash mob by students of Fatima Mata National College and an engaging street play performed by students from Kottiyam Don Bosco College, highlighting the consequences of drug abuse and the importance of prevention.



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The event successfully combined health awareness with cultural activities, reinforcing the message of investing in prevention to combat drug abuse and promoting a drug-free community. The camp concluded with a photo session, capturing the memorable moments and the collective spirit of the participants.

