



MBS INTERNATIONAL SCHOOL WORKSHOP FOR STUDENTS SESSION 2021-22

TOPIC: Oral Hygiene

DATE: November 24, 2021

ATTENDED BY: Grade 1 & 2 Students

VENUE: Google Meet

RESOURCE PERSON: Class Teachers of Grade 1 & 2

"A beautiful smile reflects the confidence of a person".

Oral health is fundamental to general health and well-being. A healthy mouth enables an individual to speak, eat and socialize without experiencing diseases, discomfort and embarrassment. Oral hygiene is closely linked with learning process. It affects our ability to eat, speak, smile, and show emotions which in turn affects a person's self-esteem Keeping this in view, we at **MBS International School, Dwarka** conducted the workshop on **Oral- Hygiene** for the students on November 24, 2021 for the students of **Grade- I and II.** The little kids were apprised with many important tips to maintain the oral hygiene.

Students were explained the appropriate method of correct brushing and flossing techniques. They were explained that how good oral health is an indicator for the overall health. Students were also illuminated about the important Do's and Don'ts to be adopted to prevent various dental diseases. This was followed by an interactive session where students were active participants. The students were quite intrigued and enthusiastic about the various aspects of oral hygiene that they got to learn about in the workshop.

The workshop was highly informative and communicative with a lot of valuable facts given to the students. They were all made aware about their pearly whites with common dental problems being discussed. The students were made aware about dental hygiene basics and were guided to follow them in their daily routine so that they keep flashing their picture- perfect smiles always!

By the end of the session, the children felt better informed and promised to take good care of their teeth.

Coordinator

Activity Incharge

Ms. Savita Chhillar

Ms. Sonia Anand



