

**P.R.GOVERNMENT COLLEGE (A),
DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES**

**ACTIVITY
REGISTER**



REPORT

**P.R.GOVERNMENT COLLEGE (A),
DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES**

Date	26 April 2022
Conducted through DRC/JKC/ELF/ Dept.etc	DCMS
Nature of the Activity	Awareness Program
Title of the Activity	Awareness of Oral Health
Name of the Department/Committee	DCMS
Details of Resource person(Name, Designation etc.)	Dr. K Dashika Chandhini
No. of Students Participated	100

Brief Report of the Activity

DR. CHANDHINI explained Oral health is the state of the mouth, teeth, and orofacial structures that enables individuals to perform essential functions such as eating, breathing, and speaking. It also encompasses psychosocial dimensions such as self-confidence, well-being, and the ability to socialize and work without pain, discomfort, and embarrassment.

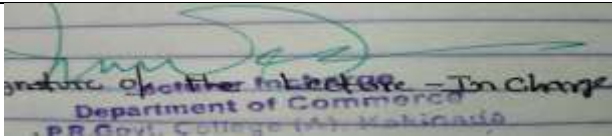
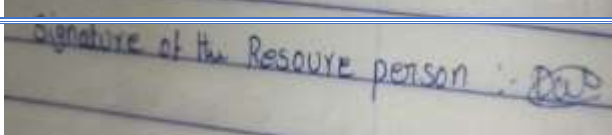
Good oral health is important for overall health. Oral diseases, such as tooth decay and gum disease, can have a negative impact on our physical and mental health. They can also lead to other health problems, such as heart disease, stroke, and diabetes.


That's why it's important to practice good oral hygiene habits from an early age. These habits include:

Brushing your teeth twice a day for two minutes each time.

Flossing your teeth once a day.

Visiting your dentist for regular checkups and cleanings.

Name of the lecturers who planned and conducted the activity	DCMS
Signature of the Lecturer in charge/ Convener of the committee	
Signature of the Resource Person	

Signature of the Principal	 PRINCIPAL P.R. Govt. College (A) KAKINADA
Remarks	

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