

GOVERNMENT COLLEGE OF DENTISTRY, INDORE

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

REPORT ON NATIONAL TOOTHBRUSHING DAY CELEBRATION

Celebration of National Toothbrushing Day

National Toothbrushing Day is observed in India on 7th of November every year. We celebrate this day by spreading awareness and knowledge about proper toothbrushing techniques and oral hygiene maintenance among various subsets of population.

The Department of Public Health Dentistry at Government Dental College, Indore, on 7th November successfully organized a comprehensive National Tooth Brushing Day awareness campaign dedicated to promoting oral hygiene among diverse community members. The event focused on reaching out to a broad audience, including all outpatients, students, faculty, and children from local organizations.

REPORT ON NATIONAL TOOTHBRUSHING DAY CELEBRATION

Date:

Venue:

Organized by: Date:7/11/25

Venue:GOVERNMENT COLLEGE OF DENTISTRY

Organized by: DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Introduction

National Toothbrushing Day is observed annually in India on **7th November**, commemorating **National Oral Health Programme (NOHP)** and reinforcing the importance of preventive oral hygiene. The day emphasizes the significance of brushing twice daily, correct technique, and the role of good oral hygiene in overall health. It serves as a reminder to develop lifelong healthy habits starting in childhood and continuing through adulthood.

To mark this occasion, an oral health awareness event was organized to educate, demonstrate, and encourage the community regarding proper brushing methods and healthy oral hygiene practices.

ACTIVITIES CONDUCTED

1. Awareness Banner and Rangoli Decoration

As part of the visual awareness component, a comprehensive **oral hygiene banner** was prepared. The banner displayed clear illustrations of commonly used oral hygiene aids, each accompanied by short and meaningful messages to promote correct usage and healthy habits.

AWARENESS BANNER

As part of the visual awareness component, a comprehensive **oral hygiene banner** was prepared. The banner displayed clear illustrations of commonly used oral hygiene aids, each accompanied by short and meaningful messages to promote correct usage and healthy habits. The aids included:

- **Toothbrush**

Image of a soft-bristled toothbrush was displayed.

Key Message:

“Brush twice a day to keep bacteria away”

Use gentle circular motions instead of harsh scrubbing.

This emphasized the importance of consistent brushing and the prevention of plaque buildup.

- **Toothpaste**

The banner showed toothpaste being applied in a pea-sized amount.

Key Message:

“Fluoride strengthens teeth and prevents cavities”

Participants were reminded to choose fluoride-containing toothpaste for effective enamel protection.

- **Dental Floss**

A graphic showing correct floss use was included.

Key Message:

“Use 45 cm length of floss – clean between teeth daily”

The banner explained that flossing removes food particles and plaque from areas where the toothbrush cannot reach, reducing the risk of gum disease.

- **Tongue Cleaner**

The banner illustrated proper use of a tongue cleaner from back to front.

Key Message:

“Use daily to keep breath fresh and reduce bacterial load”

This emphasized that tongue cleaning is an essential yet often overlooked part of oral hygiene.

- **Brushing Force Guidance**

Another highlighted point on the banner stated:

“Use only 2–3 Newtons of force – brushing harder does not clean better”

This message educated participants that excessive force can damage gums and enamel, while gentle, controlled brushing is more effective.

This banner served as a **simple, clear, and visually engaging educational tool**, helping participants understand not only *what* to use but also *how* and *why* to use each oral hygiene aid correctly.

DISPLAY OF VARIOUS ORAL CLEANING AIDS

To enhance practical understanding, a **demonstration table** was arranged showcasing a variety of oral hygiene aids commonly recommended for different age groups and oral conditions. Each item was explained in detail so participants could identify what to use and when. The aids displayed included:

1. **Dental Floss**

Floss was shown to highlight its importance in cleaning **interdental spaces**, where a toothbrush cannot reach. Participants were instructed to use approximately **45 cm of floss** and gently move it between the teeth to remove food debris and plaque. The

demonstration stressed that regular flossing helps prevent **gum inflammation and interdental caries**.

2. Interdental Brushes

Samples of interdental brushes of different sizes were displayed. It was explained that these brushes are particularly useful for individuals with **wider interdental spaces, orthodontic appliances, bridges, or gum recession**. Participants were encouraged to select brush size based on gap width for effective plaque removal.

3. Electric Toothbrush

An electric toothbrush was displayed and its functionality was demonstrated. Participants were informed about the benefits of electric toothbrushes in providing **consistent brushing motion, better plaque removal efficiency**, and improved ease of use for children, elderly individuals, and those with limited manual dexterity.

4. Toothbrush Types: Soft, Medium, and Hard Bristles

A visual comparison was provided between **soft, medium, and hard bristle toothbrushes**.

- Soft bristle brushes were recommended as the **ideal choice** for daily use, as they clean efficiently while protecting gums and enamel.
- Medium bristle brushes were explained as suitable only in specific clinical recommendations.
- Hard bristle brushes were advised **against**, as they can cause gum recession and enamel wear when used with excessive pressure.
This helped participants understand that **brushing harder does not mean brushing better**, reinforcing the emphasis on using **2–3 Newtons of light pressure**.

This display allowed participants to **visually differentiate the aids**, understand their purpose, and ask personalized questions regarding correct selection and use. The hands-on visibility of real products improved **practical learning and encouraged adoption of evidence-based oral hygiene habits**.

A VIBRANT RANGOLI

A vibrant rangoli was designed at the entrance, symbolizing a welcoming environment and drawing interest to the importance of oral care.

To further enhance the welcoming atmosphere, a **colourful rangoli** was created at the entrance to symbolize health, positivity, and celebration of oral hygiene. The rangoli became a point of attraction and interaction among participants and guests.

We were honoured by the presence of visitors from various departments who appreciated the display and encouraged the ongoing awareness efforts. The visitors included:

Dr. Payal Saxena, Dr. Shikhar Pratap Chouhan, Dr. Subhash Sonkesariya, Dr. Vilas Newaskar, Dr. Vishal Khandelwal, and Dr. Parul Jain.

Their presence added academic value, interdisciplinary support, and encouragement to the event.

SELFIE BOOTH

A themed **selfie booth** was set up with oral health messages, cartoon characters, and fun props to create an engaging environment. The booth served as an attractive spot for participants to capture memorable moments while reinforcing positive oral hygiene messages.

The booth also received visitors from various departments, including: **Dr. Vilas Newaskar, Dr. Shaleen Khetrpal, Dr. Gaurav Kulkarni, Dr. Anisha Kulkarni, Dr. Payal Saxena, Dr. Shikhar Pratap Chouhan, and Dr. Subhash Sonkesariya.**

Their presence added encouragement, visibility, and academic significance to the event. Their participation demonstrated interdisciplinary support for oral health promotion and helped motivate students and attendees.

Selfie Booth

A thematic selfie booth was set up featuring oral health slogans and visual prompts. actual dental hygiene aids .This interactive element encouraged participation, allowed individuals to take memorable photos, and helped spread awareness in a fun and shareable manner.A creatively designed photo booth with vibrant props related to oral hygiene was set up, which was the highlight of event drawing enthusiastic participation from faculty members, undergraduate and postgraduate students, and non-teaching staff. The event witnessed huge excitement and curiosity among the patients.Many patients themselves came forward with great enthusiasm, eagerly inquiring about the event, asking insightful questions, and showing a genuine interest in learning proper brushing techniques for better oral health.

The lively atmosphere was further highlighted by patients capturing memorable moments through photos, making this event not only educational but also a truly

enjoyable experience. Thank you to everyone who participated and contributed to this successful celebration of oral health.

Faculty members were especially active in using the booth to convey key oral health messages, contributing to a lively and educational atmosphere among patients at the waiting area.

Patients learnt correct brushing technique and other oral hygiene aids needed for oral health promotion.

RIDDLE AND QUIZ ACTIVITY

Riddle and Quiz Activity

A riddle and question-based game session was conducted for both children and adults. These interactive questions promoted curiosity and reinforced key oral health messages. Winners received useful oral hygiene gifts such as toothbrushes, toothpaste, and other dental cleaning aids to encourage continued practice at home.

The riddles were:

- Riddle: I have soft bristles and a handle you hold tight; I chase away sugar bugs morning and night.
- Riddle: I'm a minty paste that sits on your brush; I help fight cavities and give your smile a rush.
- Riddle: I slip between teeth where the brush can't go; I pull out the tiny snack bits you don't want to show.
- Riddle: I swish and I swirl, a rinse in a cup; I help rinse the bits and make your breath fresh up.
- Riddle: I'm tiny and stick in the gap like a knight; I clean where the brush misses with a gentle little fight.
- Riddle: I'm a little mirror dentists use to peek; I help them see the spots that are hard to seek.
- Riddle: I fly from the dentist with a tiny spray blast; I wash away grit and make the tooth shine fast.
- Riddle: I'm a small sticky thing used after brushing too; I keep sugar bugs calm with fluoride for you.

- Riddle: I come in a tube and taste like fruit or mint; you only need a pea-sized amount — that's the hint.
- Riddle: I buzz softly and my head spins round; I clean in circles to keep teeth sound.
- Riddle: I help keep food from sticking on your braces tight; you use me like a tiny brush to clean day and night.
- Riddle: I sit on the sink and I'm clear and bright; I hold your brush so it dries upright.
- Riddle: I swipe from back to tip to chase bad smells away; I'm flat or ridged and help your morning breath stay fresh all day.

Demonstration of Correct Brushing Techniques

A live session was held explaining:

- The **Modified Bass Technique**
 - Proper brushing duration and frequency
 - Correct use of dental floss, interdental brushes, and tongue cleaner
- Participants actively practiced along, allowing them to learn hands-on.

Sugar Counselling for Children and Adults

Guidance was provided on the impact of frequent sugar consumption on dental caries.

Participants were counselled to:

- Limit sugary snacks and beverages
 - Choose healthier alternatives
 - Rinse or brush after meals
- The counselling aimed at developing sustainable lifestyle changes for cavity prevention.

COMMUNITY OUTREACH CAMP AT ORPHANAGE

As a part of the National Toothbrushing Day activities, a **community oral health awareness camp** was also organized at **Sagar SamajikChetanya Dham, Nandbagh, Indore**. The camp benefitted approximately **100 individuals**, with a majority being children, along with adolescents and adults of various age groups. The purpose of the camp was to extend oral health awareness to underserved communities and ensure that preventive oral health education reached those who may not have regular access to dental care.

During the camp, the following activities were conducted:

- Demonstration of **correct toothbrushing technique** and explanation of daily oral hygiene practices.
- Awareness on **sugar intake control** and guidance on selecting healthier food alternatives.
- Display and explanation of various **oral cleaning aids**, such as dental floss, interdental brushes, tongue cleaners, electric toothbrushes, and different bristle types of toothbrushes.
- Distribution of **oral hygiene kits**, including toothbrushes and toothpaste, to encourage daily practice and habit-building.

The children participated enthusiastically, asked questions, and actively engaged in practical demonstration sessions. The outreach contributed to improving their understanding of oral health, building motivation to maintain hygiene, and reinforcing the importance of preventive care in everyday life.





262, Chaitanya Dham, Gali Number
18, Nandbagh Colony, Indore,
Madhya Pradesh 452006, India

06 Nov 2025 02:57 pm

clear sky
28.0 °C

Outcomes of the Program

- Improved understanding of correct brushing techniques among attendees
- Increased motivation among children to practice daily oral hygiene
- Adults showed heightened interest in reducing sugar intake and using supplemental oral aids
- The interactive learning approach fostered enthusiasm and long-term behavioural change

Conclusion

The National Toothbrushing Day celebration successfully promoted awareness regarding oral health and preventive care. The combination of demonstrations, interactive activities, and hands-on counselling created a meaningful impact on the community. The program encouraged the adoption of healthier habits that contribute to improved oral and overall well-being.





