

SECRET BEHIND THAT PERFECT SMILE(WEBINAR)

Fit India Freedom Run 2.0

Parivartan, the NSS unit of Mata Sundri College for Women organized a webinar on "SECRET BEHIND THAT PERFECT SMILE" under "Fit India Freedom Run 2.0" on 30 September 2021 via google meet. The webinar began at 3 in the afternoon.

In presence of 48 volunteers and Dr. Mamta Chawla ma'am, the programme officer for NSS, Dr. Jaishree Sharma Dora ma'am talked about different problems that may arise due to improper care of teeth and an unhealthy diet. She talked about the various ways in which we will be able to detect our problems related to teeth and gums and how we can cure them.

We also had a fun question-answer round where every volunteer asked questions about their problems and queries and Dr. Jaishree Sharma Dora ma'am answered every single one of them with great energy. The entire webinar was extremely hands-on and exciting.

Dr. Jaishree Sharma Dora ma'am demoed all her tips in a PowerPoint Presentation so the audience can follow along. We learned facts about Root Canal Treatment, which toothpaste to use, how to brush our teeth, what to do when you start feeling sensitivity in your teeth, how to deal with bleeding gums and so many interesting tips and tricks about how to keep our smile lovely and healthy. The volunteers had fun and gained knowledge through this webinar.