

Sankoo Campus, GDC Kargil, in collaboration with CHC Sankoo observes World Oral Health Day

Kargil, March 20, 2025: Sankoo Campus, Govt. Degree College Kargil, in collaboration with Community Health Centre, Sankoo today observed World Oral Health Day, on the theme, 'A Happy Mouth is a Happy Mind,' in Skill Centre of the campus.

Dr Najma Banoo, Dental Surgeon, CHC Sankoo, and the key speaker of the event, illustrated the definition of oral health and its importance in our day to day life.

She further highlighted the significant steps of oral health which included, brushing, flossing, tongue cleaning and chewing a gum. These hygienic routine helps keep the teeth and gum healthy and helps fight bad mouth odour. She guided students to consume nonsticky and non-sweet food items and more focus was given to fibre rich food products and fruits.

Dr Najma and her team also presented a demonstration on the right techniques of oral hygiene. The team distributed dental floss to the participants. The program was followed by a question and answer session.

The event was moderated by Dr Azra Khatoon, faculty member of the Department of English, Sankoo Campus, who also presented the vote of thanks to the experts.



