



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	SESSION ON ORAL HEALTH
Date/Duration	22. 8.2024, ONE HOUR
Venue	SEMINAR HALL
Name of organizing Department/Cell	ECONOMICS DEPARTMENT and WELL BEING CLUB
In collaboration with	
Name/s of Faculty Coordinator	PROF. BLANCHE MSCARENHAS
Stratum of Event	College
Name & details of Resource Person/s If any	Dr. Gretchen Pinto, Dentist for the last 28 years at her clinic Gentle Dental Care. Alumna of St. Xavier's Higher Secondary School and a graduate of Goa Dental College
Report	<p>Objectives: To understand the importance as well as to practice dental hygiene</p> <p>Outcome: Reducing dental problems/ issues among the youth</p> <p>The Department of Economics, in collaboration with the Health and Wellness Club of St. Xavier's College, Mapusa, Goa, organised an insightful talk on oral health on the 22nd of August, 2024. Dr. Gretchen Pinto, the resource person, a seasoned dental practitioner with 28 years of experience, is an alumna of St. Xavier's Higher Secondary School and a graduate of Goa Dental College. Dr. Pinto began her talk by explaining the different types of teeth and their functions, emphasising the importance of each in maintaining one's overall oral health. She then discussed the formation of cavities, how they spread, and the various treatment options available. The session also covered common gum diseases and the advantages and disadvantages of tooth extraction. Furthermore, Dr. Pinto delved into the causes of mouth ulcers, providing practical examples and spoke about the factors that lead to the buildup of plaque and tartar. She also highlighted the essential tools for maintaining good oral hygiene, offered valuable tips on proper oral care and discussed habits that contribute to poor oral health. The talk also included a discussion on foods that are harmful to teeth, underlining the importance of a balanced diet in maintaining oral</p>

	<p>health. The session concluded with a brief question-and-answer segment, where Dr. Pinto addressed various queries from the audience, further enriching their understanding of oral health. The talk was well-received by the 124 attendees from FYBA, SYBA, TYBA, SYBCOM and TYBCOM, leaving them with a deeper understanding of the importance of oral hygiene and practical steps to maintain it.</p>
Brochure/Poster	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2024/08/POSTER.jpg</p>
Photographs	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2024/08/Photos-session-on-oral-health-economics.pdf</p>
List of participants With signatures	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2024/08/Attendance-session-on-oral-health-economics.pdf</p>
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