

# Oral Hygiene Day

1st AUGUST 2024

SOCIETY OF  
PERIODONTISTS  
& IMPLANTOLOGISTS OF KERALA  
(SPIK)

**"Healthier gums, and stronger teeth"**

MAHE INSTITUTE OF DENTAL SCIENCES  
AND HOSPITAL, MAHE

## PROGRAMS ORGANIZED

- Oral health Awareness program
  - EXCEL PUBLIC SCHOOL, MAHE
  - MINDS, MAHE
  - KANNUR CENTRAL JAIL, KANNUR



**DR. MATHEW THOMAS**  
PRESIDENT

**DR. MOHAMMED FEROUZ TP**  
SECRETARY

**DR. SUBAIR K**  
PERIODONTAL HEALTH CARE  
CONVENOR



# Society of Periodontists And Implantologists Of Kerala (SPIK)

ORAL HYGIENE DAY  
AUGUST 1ST 2024



**A Happy Mouth Is a Happy Body**



Brush twice a day for two minutes, using a soft-bristled toothbrush and fluoride toothpaste.



Floss daily to remove plaque and food particles from between your teeth.



Schedule regular dental checkups and cleanings to maintain optimal oral health.

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