

**Sao Chang College**

Tuensang: Nagaland

*Organizes***Seminar on*****Good oral health matters and menace of tobacco*****Date: 22.03.2022****Time: 01:00 PM****Venue: SCC Multipurpose Hall****Order of the programme**

|                 |                                                                                 |
|-----------------|---------------------------------------------------------------------------------|
| Chairperson     | : Dr. Kenilo Kath<br>Asst. Prof. Dept. of History                               |
| Welcome address | : Mr. Akyuba Sangtam<br>Asst. Prof. Dept. of English                            |
| Resource Person | : <b>Dr. Aoyanger</b><br>Junior Dental Specialist<br>District Hospital Tuensang |
| Vote of thanks  | : Mr. Rejuba Pongen<br>Asst. Prof. Dept. of Zoology                             |

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**Seminar on**

***Good oral health matters and menace of tobacco***

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## **Report**

Sao Chang College (SCC), Tuensang conducted a one day seminar on “Good Oral Health Matters and Menace of Tobacco” on 22<sup>nd</sup> March 2022 at the college multipurpose hall with Dr. Aoyanger, Junior Dental Specialist, District Hospital Tuensang as the resource person.

Dr Aoyanger began by emphasizing on the annual observation of 20<sup>th</sup> March as the “World Oral Health Day”, in order to create awareness about oral hygiene among school and college students. He talked about the anatomy of oral cavity and tooth, problems associated with it and its causes, prevention, diagnosis and different methods of treatment. He further stressed on proper time and correct techniques of brushing and the importance of using right toothbrush/paste.

The resource person also spoke on the harmful effects of tobacco, high mortality rates and risk of being infected by covid and other diseases among the tobacco users. Flyers regarding Good oral hygiene practices were also circulated during the programme.

The Seminar was chaired by Dr. Kenilo Kath, Assistant Professor, Department of History. Welcome address was delivered by Mr. Akyuba Sangtam, Assistant Professor, Department of English and vote of thanks from Mr. Rejuba Pongen, Assistant Professor, Department of Zoology.

A Total of 20 faculties and 110 students attended the programme.

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# GOOD ORAL HYGIENE PRACTICES



Brush twice a day with pea sized paste on brush using correct brushing technique for 2 minutes. Use tooth brush instead of neem stick



Stop betel nuts and tobacco chewing as it causes oral cancer



Eat less chocolate and chewing and if you eat then make sure to rinse your mouth properly. Eat food such as green leafy vegetables, turnip, almonds, yoghurt, soya, etc. Which are good for the oral health. Avoid excess sugar intake in milk or other food items.

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When you feel any discomfort and pain in your tooth make sure to contact the dentist or inform your parents. Don't wait

## GOOD ORAL HYGIENE PRACTICES



Use toothpastes that have fluoride levels up to 13500-1500 ppm, avoid use of tooth powders or other materials such as charcoal, neem sticks, salt baking soda or any other.

NATIONAL ORAL HEALTH PROGRAMME (NOHP), NAGALAND



## DENTAL HYGIENE TIPS FOR HEALTHY, HAPPY TEETH.

Good oral hygiene is necessary to keep teeth and gums healthy, it also leads to improved self-confidence, and a boost to your overall health. Here are some ways that you can ensure good oral hygiene and keep your teeth sparkling white.



### BRUSH REGULARLY, BUT BE GENTLE

Brushing too hard or using a hard bristled toothbrush can damage tooth enamel and the gums. That can lead to tooth sensitivity, permanent damage to the protective enamel on the teeth, and gum erosion.



### ALWAYS USE FLUORIDE MEDICATED TOOTHPASTE

Studies suggest a lack of fluoride can lead to tooth decay, even if a person takes care of their teeth in every other way. Brushing alone do not prevent a person from getting cavities if they do not use fluoride based toothpaste.



### EAT A WELL BALANCED DIET

Eat a well-balanced diet that is low in sugar and high in fruit and vegetables. Do not eat sugary snacks and treats in-between meals. Having sugar throughout the day increases the risk of developing tooth decay. Favour water as your main drink. Consuming sugary drinks regularly (almost one can a day) is not only bad for your mouth, it increases the risk of developing type 2 diabetes.



### SEE A DENTIST REGULARLY

Children and adolescents should see a dentist every 6 months to help prevent cavities. Adult who practice good dental hygiene every day and have a low risk of oral health problems should atleast go once a year.



### AVOID TOBACCO

Tobacco harms the body's immune system, which makes the mouth. The CDC name tobacco as a risk factor for gum disease, while the ADA warned that people who smoke may experience slow healing after a dental procedure.

## Flyer that was distributed during the programme



## Resource Person delivering his talks and the congregation



## Group Photo



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## Students Attendance

| Sl.No | Name of the student      | Programme name and semester | Signature          |
|-------|--------------------------|-----------------------------|--------------------|
| 1     | LANTANSHE                | BA 2 <sup>nd</sup> Sem      | <i>[Signature]</i> |
| 2     | Jete                     | BA 2 <sup>nd</sup> Sem      | <i>[Signature]</i> |
| 3     | SURULA                   | 2 <sup>nd</sup> Sem         | <i>[Signature]</i> |
| 4     | Sudela S. Sangtam        | 2 <sup>nd</sup> Sem         | <i>[Signature]</i> |
| 5     | Thungpang Chang          | BA 6 <sup>th</sup> Sem      | <i>[Signature]</i> |
| 6     | P. Tipang                | BA-6 <sup>th</sup> Sem      | <i>[Signature]</i> |
| 7     | M KOI                    | BA 6 <sup>th</sup> semester | <i>[Signature]</i> |
| 8     | Ranji                    | B.A 6 <sup>th</sup> Sem     | <i>[Signature]</i> |
| 9     | Senti Sangla             | B. A 2 <sup>nd</sup> Sem    | <i>[Signature]</i> |
| 10    | Yangtsala T. Sangtam     | BA 2 <sup>nd</sup> Sem      | <i>[Signature]</i> |
| 11    | Y. Zedila Sangtam        | BA 2 <sup>nd</sup> Sem      | <i>[Signature]</i> |
| 12    | Muwadila T. Sangtam      | BA 2 <sup>nd</sup> Sem      | <i>[Signature]</i> |
| 13    | Mongthula                | BSC 4 <sup>th</sup> Sem     | <i>[Signature]</i> |
| 14    | Luthsangla K. Yimchunger | B.A 6 <sup>th</sup> Sem     | <i>[Signature]</i> |
| 15    | Limsula S. Yimchunger    | B.A. 6 <sup>th</sup> Sem    | <i>[Signature]</i> |
| 16    | Narungchela              | BA 2 <sup>nd</sup> Sem      | <i>[Signature]</i> |
| 17    | Kennenjungla             | BA 2 <sup>nd</sup> Sem      | <i>[Signature]</i> |

*[Signature]*

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| Sl.No | Name of the student       | Programme name and semester   | Signature      |
|-------|---------------------------|-------------------------------|----------------|
| 18    | Longkongsonla             | BA 2 <sup>nd</sup> semester   | Wson.          |
| 19    | Changtangkumla            | B.A. 2 <sup>nd</sup> semester | Rtkumla        |
| 20    | S. Nymangsonla            | B.A 6 <sup>th</sup> semester  | Om             |
| 21    | Smlima Chang              | B.A 2 <sup>nd</sup> semester  | Q              |
| 22    | A Akram uddin             | B.A 2 <sup>nd</sup> semester  | Chamuddin      |
| 23    | Al Sangkum lamba          | B.A 2 <sup>nd</sup> Semester  | Sangkum        |
| 24    | Luns. K Yin               | B.A 6 <sup>th</sup> Sem       | Leske          |
| 25    | Takaienta                 | BA 2 <sup>nd</sup> Semester   | Takaienta      |
| 26    | Noksengkhumla             | B.A 2 <sup>nd</sup> Semester  | Noksengkhumla  |
| 27    | Thearili Sangtam          | BA 6 <sup>th</sup> Semester   | Thearili       |
| 28    | Libikyu                   | BA 6 <sup>th</sup> Sem        | Libikyu        |
| 29    | Mechei                    | B.A. 6 <sup>th</sup> Sem      | Mechei         |
| 30    | Apung - L                 | B.A. 2 <sup>nd</sup> Sem      | Apung          |
| 31    | Palong - S                | BA 2 <sup>nd</sup> Semester   | Palong         |
| 32    | Longyangchoba             | B.A. 2 <sup>nd</sup> Sem      | Longyangchoba  |
| 33    | Longlingkhumla - T. Chang | B.A - 6 <sup>th</sup> Sem     | Longlingkhumla |
| 34    | Longtola                  | "                             | Longtola       |
| 35    | Tinatola - Chang          | "                             | Tinatola       |
| 36    | Chang Sanya - T. Chang    | "                             | Chang Sanya    |
| 37    | Penglang - N              | "                             | Penglang       |
| 38    | Pekoi - P                 | "                             | Pekoi          |
| 39    | NOKSHONG                  | BA 2 <sup>nd</sup> sem        | NOKSHONG       |
| 40    | Cheme                     | "                             | Cheme          |
| 41    | Tonchingsonla chang       | Ba 2 <sup>nd</sup> Sem        | Tonching       |
| 42    | Longkoi - M               | BA 2 <sup>nd</sup> Sem        | Longkoi        |
| 43    | Shamio                    | BA 2 <sup>nd</sup> Semester   | Shamio         |
| 44    | BinSangla                 | B.A 2 <sup>nd</sup> Sem       | BinSangla      |
| 45    | Sid B Prasad              | BA 2 <sup>nd</sup> Sem        | Sid B          |

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| Sl.No | Name of the student  | Programme name and semester | Signature    |
|-------|----------------------|-----------------------------|--------------|
| 65    | visablino            | 6 <sup>th</sup> NM          | visablino    |
| 66    | Kamru chio           | 6 <sup>th</sup> sem         | Kamru        |
| 67    | Sckmoyembang Chang   | 2nd sem                     | Sckmoyembang |
| 68    | B. Nyimangnaro Chang | 2 <sup>nd</sup> sem         | Nyimangnaro  |
| 69    | B. Ongchingyemla     | 2 <sup>nd</sup> Sem         | Ayem         |
| 70    | B. yingrayi Lemla    | 2nd sem                     | B. yingrayi  |
| 71    | Pakumbuba            | 6 <sup>th</sup> sem.        | Pakumbuba    |
| 72    | Mithong              | 6 <sup>th</sup> Sem         | Mithong      |
| 73    | ATHONLA R CHANG      | 6 <sup>th</sup> SEM         | ATHONLA      |
| 74    | Thondimung Chang     | 6 <sup>th</sup> Sem         | Thondimung   |
| 75    | Naong Mongyu Chang   | 6 <sup>th</sup> SEMESTER    | Naong Mongyu |
| 76    | Sujang               | 2 <sup>nd</sup> semester    | Sujang       |
| 77    | S. Longkoi           | 2 <sup>nd</sup> Semester    | Longkoi      |
| 78    | CHANGKHANGI K. CHANG | 2 <sup>nd</sup> Semester    | Chang        |
| 79    | Lithkila Sangtam     | 2 <sup>nd</sup> Semester    | Lithkila     |
| 80    | K. Jelliam           | 6 <sup>th</sup> Semester    | Jelliam      |
| 81    | Mongshai. T          | 2 <sup>nd</sup> Semester    | Mongshai     |

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| Sl.No | Name of the student    | Programme name and semester | Signature       |
|-------|------------------------|-----------------------------|-----------------|
| 82    | Jongkoi S              | BA 6 <sup>th</sup> Semester | Jongkoi         |
| 83    | Tsoinyiu               | "                           | Tsoinyiu        |
| 84    | Laam M                 | "                           | Laam            |
| 85    | Jongkoi Khiamniungan   | "                           | Jongkoi         |
| 86    | Yamhoi Khiam           | "                           | Yamhoi          |
| 88    | Thokpa T               | "                           | Thokpa          |
| 89    | N. Mongsenlepa         | "                           | N. Mongsenlepa  |
| 90    | Lijula Chang           | "                           | Lijula          |
| 91    | Yangpisangla           | "                           | Yangpisangla    |
| 92    | Somet Chemden          | "                           | Somet           |
| 93    | Yangchingsonla         | "                           | Yangchingsonla  |
| 94    | Ayinsheila             | B.Sc 2 <sup>nd</sup> Sem    | Ayinsheila      |
| 95    | Chichimla Mongza       | B.Sc 2 <sup>nd</sup> Sem    | Chichimla       |
| 96    | Tsuyimla K. Yimchungon | B.Sc 2 <sup>nd</sup> Sem    | Tsuyimla        |
| 97    | Tonching Sangla.B.     | BA 6 <sup>th</sup> Sem      | Tonching        |
| 98    | Bati Khamla M          | BA 6 <sup>th</sup> Sem      | Bati            |
| 99    | ATSula L               | B.A. 6 <sup>th</sup> Sem    | ATSula          |
| 100   | K. Nansula Yimchungon  | B.A. 6 <sup>th</sup> Sem    | K. Nansula      |
| 101   | Yemkong Somba C.       | B.A 2 <sup>nd</sup> Sem.    | Yemkong         |
| 102   | Donan C Chang          | B.A 2 <sup>nd</sup> Sem     | Donan           |
| 103   | Doyang Khumla          | BA 6 <sup>th</sup> Sem      | Doyang          |
| 104   | Chisela N              | B.A 6 <sup>th</sup> Sem     | Chisela         |
| 105   | ChimeKhumla            | B.Sc 6 <sup>th</sup> Sem    | Chime           |
| 106   | Niamkoi Khaimniungan   | B.Sc 6 <sup>th</sup> Sem    | Niamkoi         |
| 107   | Nyimang Tsusola        | B.Sc 6 <sup>th</sup> Sem    | Nyimang         |
| 108   | Tomyerlemila Jami      | B.Sc 6 <sup>th</sup> Sem    | Tomyerlemila    |
| 109   | M. Tia Sunup. Chang    | BA 6 <sup>th</sup> Sem      | M. Tia Sunup.   |
| 110   | Chongponglemila        | BA 6 <sup>th</sup> Sem      | Chongponglemila |

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## Staff Attendance

| Sl.No | Name                   | Designation           | Signature       |
|-------|------------------------|-----------------------|-----------------|
| 1     | Dr. Sanjosh Singh      | Associate Professor   | [Signature]     |
| 2     | Neken Jamir            | Asso. Prof.           | [Signature]     |
| 3.    | Skyula Sangtam         | Asstt. prof.          | [Signature]     |
| 4     | Rejuba Pongem          | Asst Prof.            | Rejuba          |
| 5.    | Dipak Nath             | Asst. Prof (physics)  | [Signature]     |
| 6     | Rajonchong Shikri      | Asst Prof (Chemistry) | [Signature]     |
| 7     | Along Longchari        | Asst. Prof            | Along Longchari |
| 8.    | Tal Veda Chandra Kumar | Assoc. Prof           | [Signature]     |
| 9.    | Temjentola             | Asst. Prof            | [Signature]     |
| 10    | S. Aremba              | //                    | [Signature]     |
| 12.   | Jongpangkhe Chong      | //                    | [Signature]     |
| 13    | K. Vickila Jing        | //                    | Vickila         |
| 14-   | Shihumangla T. Sangtam | //                    | Shihumangla     |
| 15.   | Tekameson Walling      | //                    | Tekameson       |
| 16.   | Immagale Longemer      | //                    | Immagale        |
| 17    | Vedundhi Niema         | //                    | Vedundhi        |
| 18.   | Limayangla Pongem      | //                    | Limayangla      |
| 19    | IRIS                   | Asst. prof            | [Signature]     |

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