**Workshop on Dental care and Hygiene**

A workshop on Dental care and Hygiene was conducted by Dabur India Ltd for the students of classes 3rd to 5th on 18th Dec 2017. The children were made aware of the most common enemies of the sparkling pearls – cavities, gum diseases and mal-aligned teeth. They were told the ‘Famous Five’ golden principles of dental hygiene – brushing twice a day, using proper tooth paste and brush, how to use tooth brush properly, avoiding sticky food and visiting a dentist every 6 month.

A sample of Dabur tooth paste was distributed among the students.