

# 1. WORLD ORAL HEALTH DAY

On World Oral Health Day, the 20<sup>th</sup> March 2024, our unit extended its outreach program to a nearby school named Balika Hindi Vidyalaya Secondary School Shillong to assess and promote the oral health of the students.

The program was highly successful, featuring an invited dentist Dr. C. Lyngdoh who provided valuable lessons on oral hygiene.

MCU staffs along with 2 Youth Red Cross students assessed the oral health status of all 50 students, and after the assessment, 25 of them were referred to Dr. C .Lyngdoh for further examination and treatment of various oral problems.

The event saw enthusiastic participation from all school staff, teachers, and students, which greatly contributed to its success. This collaborative effort underscored the importance of maintaining good oral health and preventive care



The following is a list of all the individuals who participated in the Oral Health Programme.

**MCU Staffs**

Dr J. Lyngwa  
Pynsuk Mary Lyngdoh  
Lydianora Dohling

**Dentist**

Dr. C. Lyngdoh

**Teachers**

**Balika Hindi Vidyalaya Secondary School**

Ms. Moushmi Ghosh  
Mr. Jitendra Kumar Mishra  
MS. Pushpa Thapa  
Ms. Julie Nongkynrih  
Ms. Suparna Das  
Mr. Manish Kumar Mishra  
MS. Rimlee Das  
Ms. Namrata Thakuri  
Ms. Deboshhree Choudhoury  
Ms. Asha Chhetri  
Ms. Sneha Suman  
Ms. Susmita Sharma

**Youth Red Cross students**

Daphinsuk H. Kharjanna  
Shimtihun Pariong

**Students**

**Balika Hindi Vidyalaya**

Shargun Kaur  
Shivan Kumar Rai  
Kajal Kumari  
Shubham Kumari Rai  
Tannu Kumari  
Jasmine Marak  
Ritu Sunar  
Tangriko Marak  
Ashik Kumar  
Anushka Kumar  
Metlina Marak  
Ronik Debry  
Jeet Baiya  
Nomali Marak  
Sandhya Kumari  
Diya Paul  
Manaath Singh  
Annu Kumari  
Tanushree Das  
Guria Kumari  
Isneha gurung  
Simran Kumari  
Shreya Kbanik  
Rebecca Mash  
Manish Dev  
Ayushnath  
Anish Kumar  
Shubraj Gurung  
Hargon Kaur  
Piyali Biadya  
Soni Kumari  
Sushmita Nath  
Anushka Kumari  
Priya Dev  
Tulshi Sharma  
Arti Kumari  
Guarav Das  
Shweta Kumari  
Shumona Mazumdar  
Razia Khatoon  
Puja Baidya  
Mahi Mandar  
Dipti Sunar

Arbita Roy  
Anisha Singh  
Ganga Joshi  
Sandhya Kumari  
Satyam Kumar  
Preety Kumari Mahato  
Kuna Kumar Ray