

**BUDDHA INSTITUTE OF DENTAL SCIENCES AND HOSPITAL, PATNA**

**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

**WORLD ORAL HEALTH DAY 20th MARCH 2026**

The Department of Public Health Dentistry at Buddha Institute of Dental Sciences & Hospital commemorated World Oral Health Day 2026 on **20th March** under the theme “**A Happy Mouth is a Happy Life,**” emphasizing the vital connection between oral health and overall well-being. The program highlighted how a healthy mouth is essential not only for eating, speaking, and smiling, but also for maintaining general systemic health.

To mark the occasion, an oral health outreach program was conducted at B.P. Sinha Physical College (NCC Bhawan) by the **Departments of Public Health Dentistry and Pedodontics & Preventive Dentistry**, in collaboration with *Special Olympics Bharat* under the **Special Smiles Programme**.

The initiative specifically focused on Special Olympics athletes, aiming to improve their oral health status and access to care. In addition, an oral health education session was organized for parents and caregivers, stressing the importance of supervised oral hygiene practices for individuals with special needs. A live demonstration of **tooth brushing techniques** was conducted to enhance practical understanding and ensure effective daily care at home. The program emphasized preventive oral healthcare and the need for inclusive initiatives for vulnerable groups raising awareness , delivering preventive care , and promoting better oral health practices among Special Olympics athletes and their parents.