



# SOCIETY OF PERIODONTISTS AND IMPLANTOLOGISTS OF KERALA (SPIK)

Observes

## NATIONAL ORAL HYGIENE DAY



OR A WEEK-LONG  
PROGRAM

HEALTHY MOUTH, HEALTHY YOU!

SPIK requests all Departments of Periodontics in dental colleges in Kerala to observe **National Oral Hygiene Day 2026** at their respective institutions by organizing a variety of academic, educational, clinical, and community-oriented activities.

The observance may be held on 1<sup>st</sup> August or during a week-long program surrounding that day to ensure maximum participation and outreach.



Departments are encouraged to actively involve undergraduate students, postgraduate students, faculty members, interns, patients and their attendants, and, wherever feasible, members of the public.

### SUGGESTED ACTIVITIES (NOT LIMITED TO)



Oral hygiene  
education and  
motivation  
sessions



Oral health  
awareness  
campaigns



Plaque disclosure  
and toothbrushing  
demonstrations



Screening camps  
and patient  
counselling



Competitions  
for students  
(poster, quiz,  
slogan, reel/video,  
model making, etc.)



Public lectures,  
exhibitions,  
flash mobs, rallies,  
or social media  
awareness  
initiatives



Any innovative  
activity  
promoting oral  
hygiene and  
periodontal  
health



We request each institution to document the activities undertaken and submit a brief report (2-5 pages) along with good-quality photographs, videos (if available), media coverage, and social media links to SPIK on or before **AUGUST 15, 2026**



The reports may be emailed to:  
**spiksecretary@gmail.com**



To recognize exemplary efforts, SPIK will evaluate the submitted reports, and the institution conducting the  
**BEST NATIONAL ORAL HYGIENE DAY PROGRAMME**  
will be honoured with a

**SPECIAL APPRECIATION AWARD**

during the Annual General Meeting (AGM) of SPIK.



Let's come together for a cleaner mouth and a healthier community!

