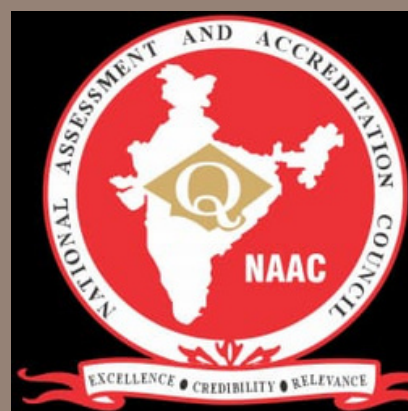
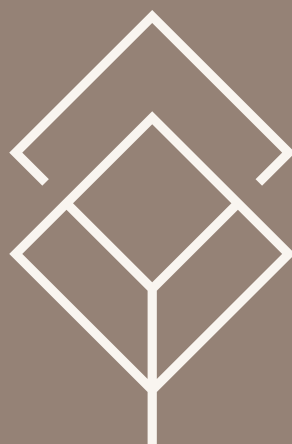


SMILE AHMEDABAD



GOVERNMENT DENTAL COLLEGE AND HOSPITAL, AHMEDABAD

Your smile, Our passion, Your life



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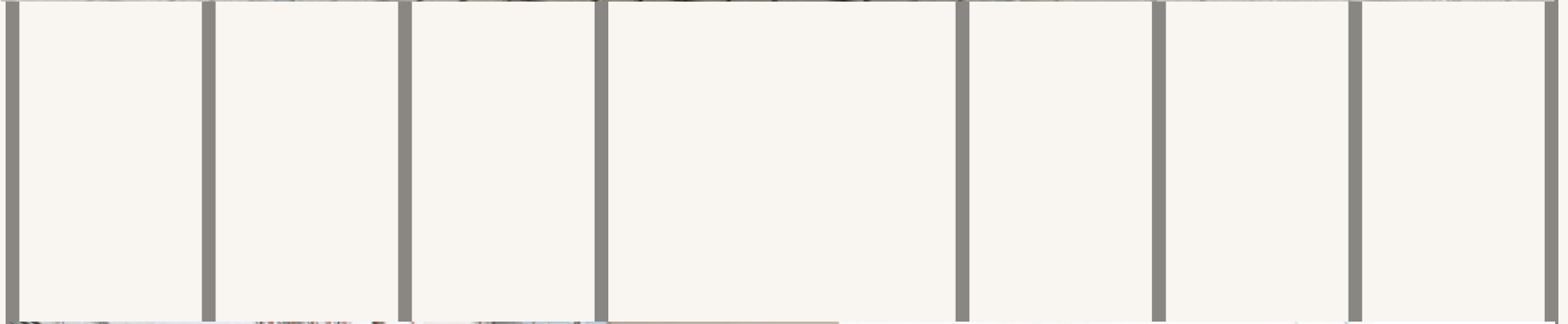
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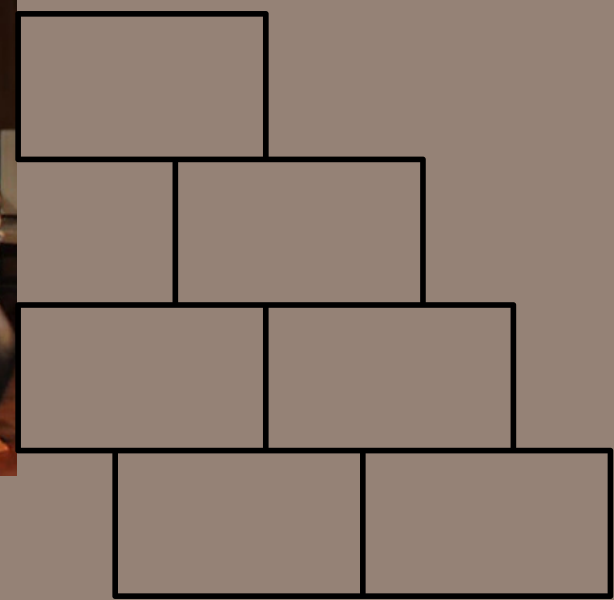
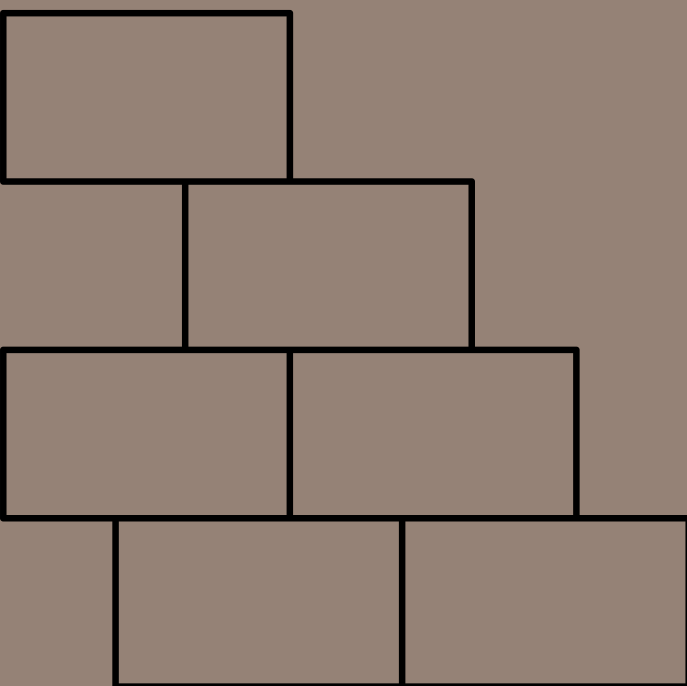
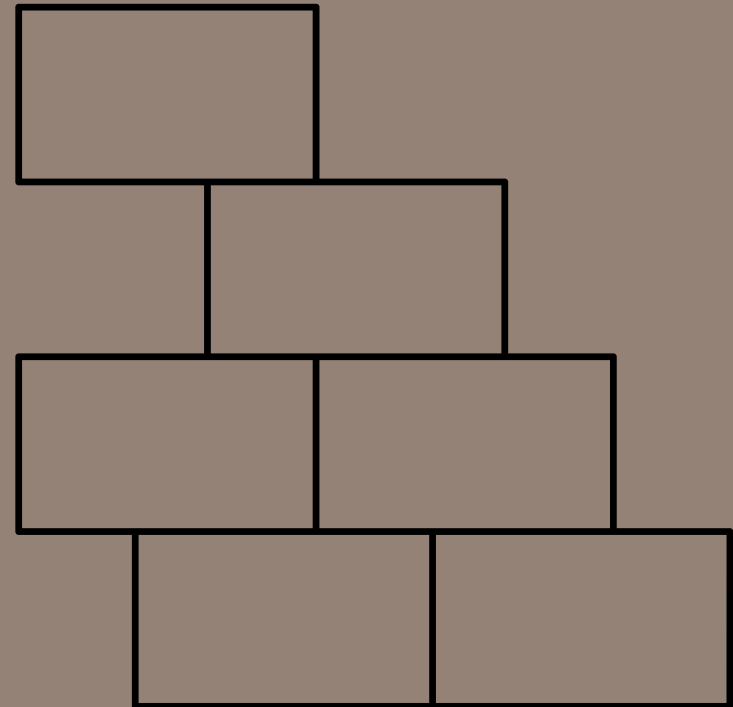
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MEDICO LEGAL LECTURE



GPS Map Camera



Ahmedabad, Gujarat, India
Civil Hospital Rd, Haripura, Asarwa,
Ahmedabad, Gujarat 380016, India
Lat 23.049694°
Long 72.604593°
17/01/23 09:17 AM GMT +05:30



GPS Map Camera



Ahmedabad, Gujarat, India
Civil Hospital Rd, Haripura, Asarwa,
Ahmedabad, Gujarat 380016, India
Lat 23.049686°
Long 72.604582°
17/01/23 09:20 AM GMT +05:30

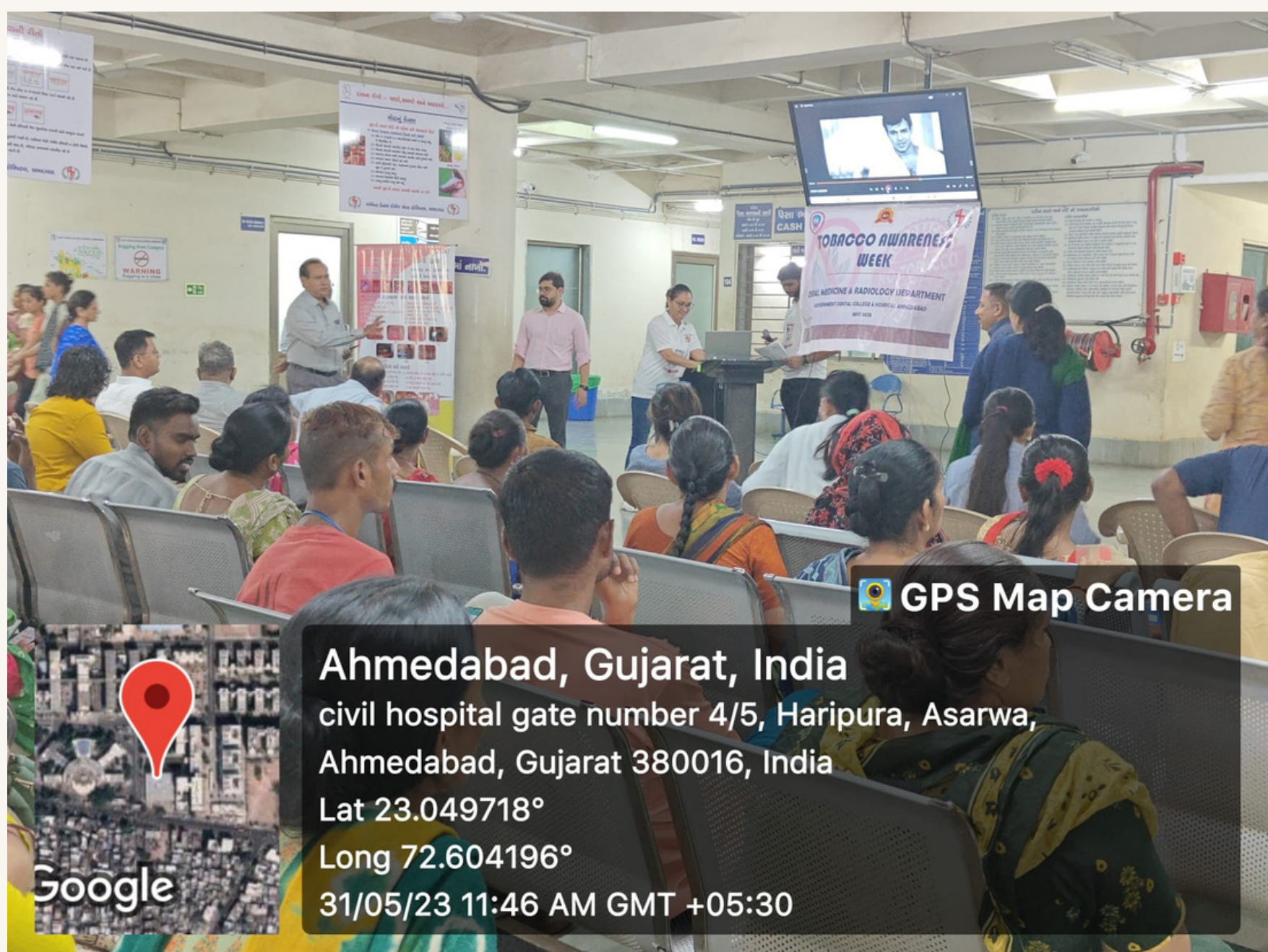
World yoga day



JAIL DUTY




WORLD NO TOBACCO DAY




STUDENTS ART

WHAT TO AVOID


Fruit is High in natural sugars, so avoid constant acid attacks to your teeth by eating fruit as part of meal, not as a snack.




Sticky foods like toffee or caramel can break brace wires, pull off crowns or loosen fillings.

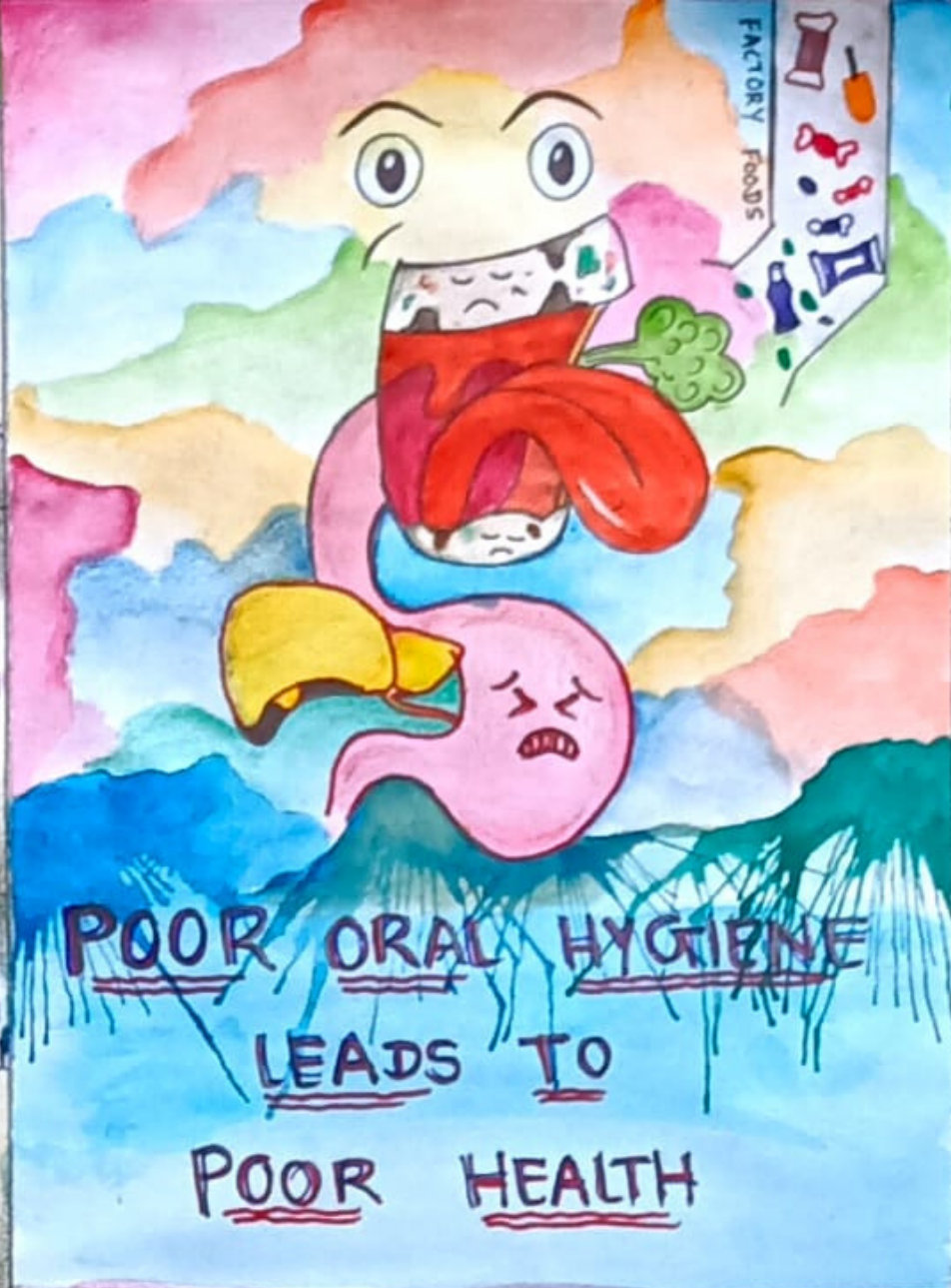


Fizzy sodas, sports drinks and sweets are all high in sugar so best avoided while dental practices are closed for check-ups.



Avoid crunching ice, as it can cause microcracks in your teeth.







**POOR ORAL HYGIENE
LEADS TO
POOR HEALTH**

WHAT TO DO


Having low alkali food drinks like cheese & milk after meals helps to balance the acidic effects of sugary foods.




Wait one hour after eating to brush your teeth to avoid any enamel damages.




Sugarfree chewing gum helps produce saliva which keeps your mouth clean & your teeth strong.








Eat foods that are good for your teeth like raw celery, carrot & cucumber, which are all great for mouth workout.



WHY TO MAINTAIN GOOD ORAL HYGIENE



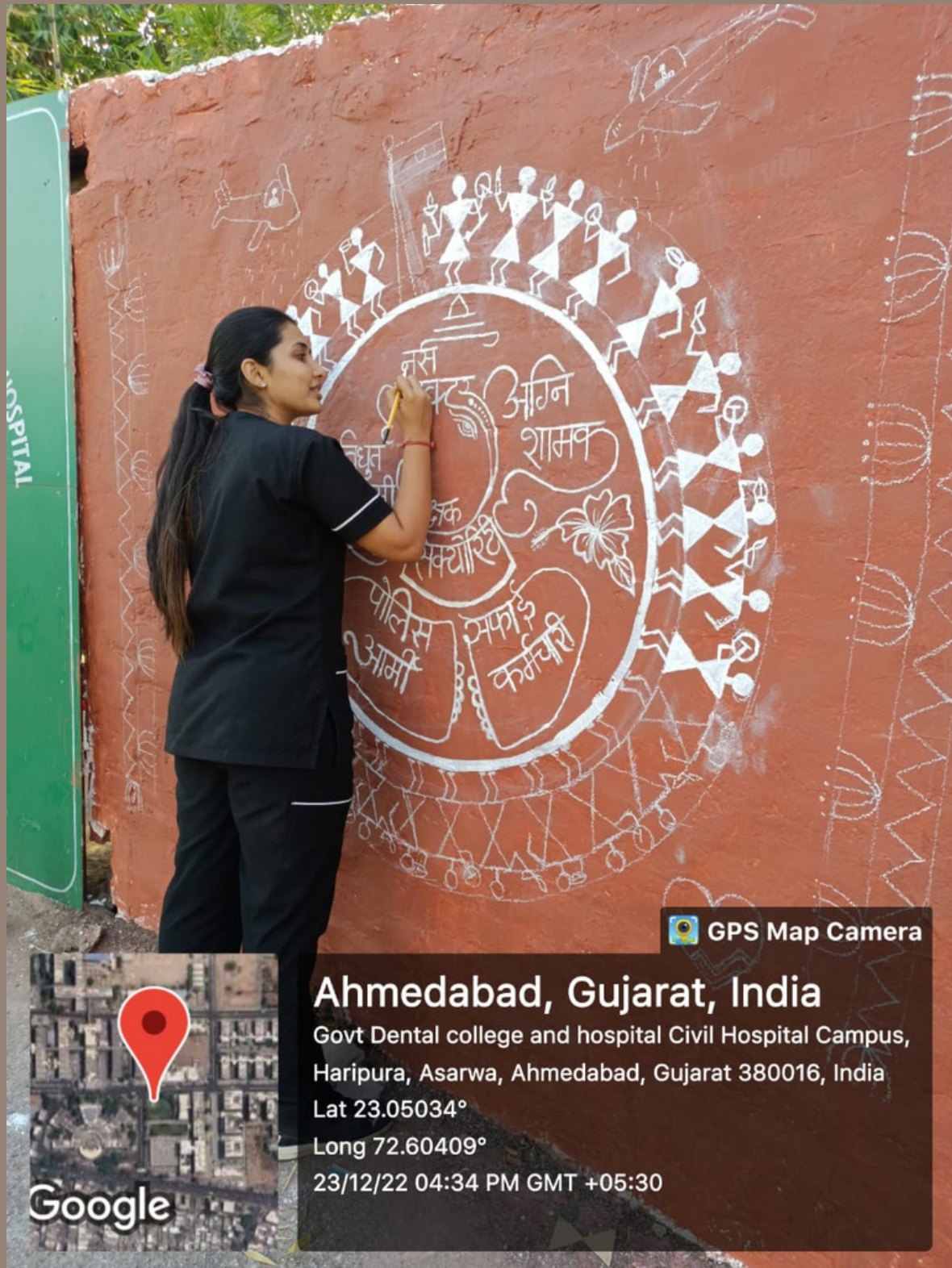
5 GOLDEN RULES FOR HEALTHY TEETH

 <p>Brush your teeth after every meal</p> <p style="font-size: 2em;"><u>1</u></p>	 <p>Avoid sweets in between-meals</p> <p style="font-size: 2em;"><u>2</u></p>	 <p>Eat Healthy Food</p> <p style="font-size: 2em;"><u>3</u></p>	 <p>Use Fluoridated toothpaste & proper brush</p> <p style="font-size: 2em;"><u>4</u></p>	 <p>Visit Dentist every 6 months</p> <p style="font-size: 2em;"><u>5</u></p>
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ON THE OCCASION OF WORLD ORAL HEALTH DAY (20th MARCH)

By Rutvik Bodariya

STUDENTS ART



BY STUDENTS
OF GGDCHA



Students corner

'First, do no harm' is your line
Memorize it, behold it, always abide by it no matter what
As doctors we are all pledged to live by this oath
And from the day we decide to be a doctor, we are filled with a lot of
things...
Expectations, pride, responsibility....

A dentist is responsible for the smiles on the faces
The part of body that also tells the mental state of a person
Smiles are directly connected to the heart...
You show on your face what you feel in your heart

So, 'First do no harm' line is very important here
Because if you harm, then a person can lose happiness forever
Doctors get to give the gift of life
And dentists give the gift of laughter

It is tough for these white coat superheroes to leave their family
behind so you can smile
They will always put up a fake smile on their own faces so you don't
have pain even for awhile

A lot is expected from them
Sacrifice, diligence, instincts...
All together at the same time
As if they are a different species who are born to do multi tasking

Their life is not normal
They work, study, prepare for years leading to a day
A moment earlier they are just preparing and the next they are doctors
It is just so sudden and frightening with no transition

You are expected to toss the coin and make the right decisions
You are expected to pay attention all the time and just pray that your
patients are healthy
Many doctors say that it only takes one person, one patient, one
moment
To change your life...change your identity

That's when you know you have become a doctor
That's when you are ready to make and repair smiles
Because the joy of giving life, giving smiles is so much
That you don't realize that sometimes you hurt yourself in the process
But still you keep giving some more, and then some more....

Students corner

પોતાના સ્વાર્થ માં નિર્દયી થયેલો
આજે શ્વાસ માટે રઘવાયો છે માનવી

પ્રકૃતિના ખોળા ને ખૂંદતો
આજે અહીં ટકવા અટવાયો છે માનવી

દયાળુ ને નિર્દોષ ને લૂંટતો
આજે પોતે લૂંટાતા ડઘાયો છે માનવી

નદી કિનારે ટહેલતો
આજે સ્મશાનના નામે ગભરાયો છે માનવી

વૃક્ષ કાપતા ન અટકાતો
આજે ઓક્સીજન માટે કરગર્યો છે માનવી

પ્લાસ્ટિકમાં દરેક વસ્તુ ને પુરતો
આજે એજ પ્લાસ્ટીક માં પુરાયો છે માનવી

-Yuvraj

By Interns



Taral shah
Vaidehi Virpariya
Srushti Donga
Nikhil Solanki
Kyara Chauhan
Dhruvi Chaudhary
Yuvraj Patel
Sailesh Vatukiya

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