

Report on CDE Programme on “A Happy Mouth is a Happy Mind” – World Oral Health Day 2025

In observance of World Oral Health Day 2025, the Department of Dental and Oral Surgery at Lady Hardinge Medical College (LHMC), New Delhi, organized a Continuing Dental Education (CDE) programme titled “A Happy Mouth is a Happy Mind” on 20th March 2025. The event brought together experts, clinicians, and dental professionals to raise awareness about the significance of oral health, emphasizing its role in overall well-being and mental health.

The event began with a welcome address from Dr. Pravesh Mehra, Director-Professor, LHMC, highlighting the importance of oral hygiene for overall health. Dr. Anju Seth, Principal of LHMC, praised the team’s efforts in advancing oral healthcare, while Dr. Sarita Beri, Chief Guest and Director of LHMC, emphasized the connection between oral and mental health. Dr. Harish Pemde, Medical Superintendent, KSCH, commended the growth of the OPMD Hub.

Dr. Anurag Shrivastav, Dean of Gorakhpur Medical College, presented on oral cancer prevention, early detection, and its link to overall well-being, highlighting the rising prevalence of oral potentially malignant disorders (OPMDs) in India due to tobacco and alcohol use. Dr. Shatrunjay Shukla, Scientific Assistant at the Indian Pharmacopoeia Commission, delivered a talk on pharmacovigilance and materiovigilance in oral healthcare. Both the

Around 100 participants attended, including distinguished figures from the oral health field, such as Dr. Brij Sabharwal (President, IDA Delhi), Dr. Pradeep Sharma (Secretary, IDA Delhi), and other notable professionals.

