



**Mercy College, Palakkad, Kerala, India, 678006,
Govt. Aided Arts & Science College**

*Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle*

**A Brief Report on the motivational lecture on
A BETTER SMILE STARTS TODAY
[9th Dec, 2025]**

The PG Department of Zoology, Mercy College, Palakkad, organized a motivational lecture as part of the General Motivation Seminars (GEMS) on "A BETTER SMILE STARTS TODAY" in association with Fab Dental Clinic, Palakkad, on 9th December, 2025.

The resource person for the program was Dr. Christa Jose, a dental Professional from Fab Dental Clinic. The program was scheduled from 12:30 PM to 1:30 PM and was conducted in the Zoology Lab.

DEPARTMENT OF ZOOLOGY
MERCY COLLEGE PALAKKAD
Organizes
A motivational lecture on
A BETTER SMILE STARTS TODAY!





Dr. Christa Jose
BDS, MDS
Chief Dental Surgeon, Fab Dental Clinic, Palakkad

9th December

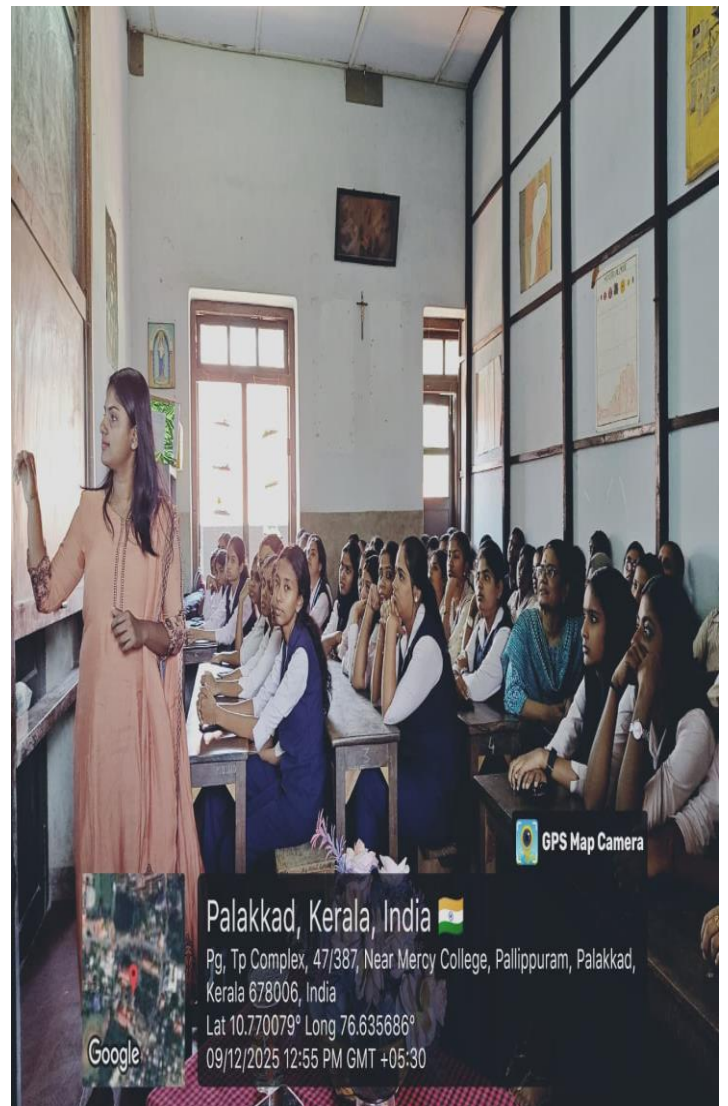
 : 12.30 - 1.30 PM |  : Zoology lab

"Every smile deserves care."
ALL ARE WELCOME

Students Coordinators
Ms. Prashitha P
Ms. Seethal S

Staff Coordinator
Ms. Gayathri A P

GEMS



GPS Map Camera

Palakkad, Kerala, India 
Pg, Tp Complex, 47/387, Near Mercy College, Pallippuram, Palakkad,
Kerala 678006, India
Lat 10.770079° Long 76.635686°
09/12/2025 12:55 PM GMT +05:30

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Objectives of the Programme

- To create awareness among students about the importance of oral hygiene and dental health.
- To educate students on the impact of oral health on overall physical well-being.
- To familiarize students with common dental problems and their preventive measures.
- To emphasize the importance of regular dental check-ups and early diagnosis.
- To introduce modern technologies and advancements in dental care, especially in dental cosmetics.
- To encourage students to adopt healthy oral hygiene practices in their daily lives.



The session was hosted by **Ms. Priyamvada K.A**, Ist DC Zoology. The programme commenced with a prayer rendered by **Ms. Krishnaja P.V**, IInd Sem PG Zoology which was followed by a warm welcome address delivered by **Ms. Prashitha P**, IInd DC Zoology, who highlighted the relevance of the topic and extended a cordial welcome to the resource person and participants.

The resource person for the seminar was **Dr. Christa Jose**, Fab Dental Clinic, Palakkad. She delivered an informative and engaging talk focusing on proper oral hygiene practices, common dental problems, their causes, and effective preventive measures. She emphasized the significance of maintaining good dental habits from an early age and how oral health plays a crucial role in overall health and confidence.

Dr. Christa Jose also introduced the students to modern technologies used in dental treatments, particularly in the field of dental cosmetics, and explained how recent advancements have made dental care more effective, comfortable, and aesthetically appealing.

The seminar was highly interactive, with students actively participating by asking questions and sharing their concerns related to dental care. The resource person addressed the queries patiently and provided practical tips and suggestions for maintaining a healthy and confident smile.

As a token of love and respect, the **Head of the Department, Dr. R. Girija**, honoured the resource person with a memento, acknowledging her valuable contribution and support.



The programme concluded with a vote of thanks proposed by Ms. Priyamvada, Ist DC Zoology, who expressed sincere gratitude to the resource person for her insightful session and to Fab Dental Clinic, Palakkad, for their cooperation and association.

About 92 students from the Department of Zoology benefited from the seminar. The programme proved to be highly informative and beneficial, enhancing students' awareness of dental health and motivating them to adopt better oral hygiene practices, thereby contributing positively to their overall well-being.

Student Co-ordinators

Ms. Prashitha P. [IInd DC Zoology]

Ms. Seethal S. , [IInd Sem PG Zoology]

Staff Co-ordinator

Ms. Gayathri A P

Head of the Department