



World Oral Health Day Activities

Day 2: 20th February 2025

Venue: Conference hall, Faculty of Dentistry, Ain Shams University



World Oral Health Day
20 March



A HAPPY MOUTH IS A HAPPY MIND

Unraveling the link between oral and mental health
AGENDA
Venue: Faculty Of Dentistry Ain Shams University
Date: Feb 20th, 2025

10-10:15 **Opening Remarks**

Prof. Dr. Kareem El Batoty
Dean of Faculty of Dentistry, Ain Shams University
Prof. Dr. Walaa Hamed
Vice Dean of community & environmental affairs
Faculty of Dentistry, Ain Shams University
Prof. Dr. Nahawand Thabet
FDI council member

10:15-11:45AM **Panel Discussion**

Moderator: Heba Khaled
Mental Health Advocate

Speakers

Dr. Amr El Deeb
Lecturer of Operative Dentistry
Faculty of Dentistry Ain Shams University

Dr. Hoda Abd El Aziz
Lecturer of Operative Dentistry
Faculty of Dentistry Ain Shams University

Dr. Ahmed Osama Morsi
Dental Public Health MSc Candidate
Faculty of Dentistry Ain Shams University

Dr. Esraa Hamed
Lecturer of Pediatric Dentistry & Dental Public Health
MTI University BDS, MDS, PHD

Dr. Nariman Mustafa
President
Foundation for Self-Discovery & Development



WORLD ORAL HEALTH DAY
is coming



**World Oral
Health Day**
20 March



A HAPPY MOUTH IS A HAPPY MIND

**Unraveling the link between oral and
mental health**

AGENDA

Venue: Faculty Of Dentistry Ain Shams University

Date: Feb 20th, 2025

11:45-12 PM

Open Discussion

12-1:30 PM

**Theatre performance by
undergraduate dental students
for raising awareness on the
link between oral health &
mental health**

Under the supervision of
Dr. Nariman Mustafa
President
Foundation of Self-Discovery & Development

1:30-3:30 PM

**Mind matters: Managing
stress, depression, and
anxiety
A psychosocial support
workshop**

By **Dr. Reem Deif**
Psychotherapist & Precision Health Researcher
PhD in Public Health, AUC

**STARTING 9 AM, ENDING 4 PM AT
Conference Hall**



**WORLD ORAL
HEALTH DAY
is coming**



1- Panel Discussion.



2- Theatre performance by students at Faculty of Dentistry, Ain Shams University.



3- Psychosocial support workshop to understand the signs of mental health struggles, learn practical coping strategies, build emotional strength, connect in a safe and supportive environment and have fun with arts.





