A sixth Ham was successfully conducted in the pharmacy department on 28 Feb 2006 with a new theme of an Oral health care and its importance.

Good Oral hygiene is an important practice to have an overall healthy and quality life. Pharmacists viz. Mr. B.R Humagain & Joshna Shrestha made presentations covering promoting aspects of oral health and also briefly dealt with dental medications dental preparations.

As a Dental expert Dr Dasharath Kafle, Dental Surgeon from KUTH-Dhulikhel hospital was invited to make a presentation in which he made further elaborations on the dental health care, its techniques and dental problems. He made some demonstrations on the methods of doing proper brushing and flossing in order to provide good dental care. He also tried to clear some misconceptions regarding oral health. He revealed the secrets behind Healthy smile as healthy teeth.

Overall the whole session went quite interactive in which many attendees including Prof. S.R. Kafle, took an active participation presenting with their queries and problems.

Prof B S Rao gave a meaningful ending note to the session by sharing his information about the statement made by American Dental Association according to which, properly done regular brushing even without use of toothpaste alone can be attributed to the cleansing activity of oral teeth.

The meeting concluded with an appreciation to all presenters and participants.