

ACTIVITY REPORT

WALK THE TALK

MEET WITH THE LEADERS

| APRIL 12 | 2025



**World Oral
Health Day**
20 March



**World Health
Organization**
COUNTRY OFFICE FOR **Nepal**

1. INTRODUCTION

1.1. BACKGROUND

Every year, World Oral Health Day (WOHD) is celebrated on March 20 signifying the importance of oral health and to make global call for all the health professionals and non-medical professionals to act for oral health.

This year World Oral Health Day 2025 is being celebrated with the theme “A Happy Mouth is A Happy Mind” emphasizing the connection between oral health and mental wellbeing. Established in 2023, the Dental Students' Society of Nepal (DSSN) is a youth-led, non-profit organization representing the interests and aspirations of dental students and young professionals across Nepal. As the recognized national member of the International Association of Dental Students and the World Dental Federation (FDI), DSSN is positioned at the forefront of global dental advocacy and innovation.

“Walk The Talk” is a global initiative by World Health organization that is campaigned all around the globe with the theme “Health for All” to promote healthy lifestyles and advocate for universal access to health.

1.2. EVENT OVERVIEW

“Walk The Talk- Oral Health Meet with the Leaders” was organized by Dental Students' Society of Nepal in collaboration with World Health Organization- Nepal.

The event was conducted in one of the World Heritage Site at Boudhanath Stupa in April 12, 2025. Event was a oral health talk and meeting session with the leaders and representative of various medical students and youth organization.

2. OBJECTIVES

- To discuss with delegates of various organization aware about the oral health status around the globe and Nepal
- To discuss about the global and national strategies to tackle with oral health challenges among delegates of various youth organization.
- To conclude the role of students' and youth organization in oral health promotion and advocacy.
- To commit youth and student organization to take action for oral health.

3. PLANNING AND PREPARATION

3.1. ORGANIZING COMMITTEE

Organizing Committee was formed from the members of executive committee and general members of the organization to plan and execute the event. The role of organizing committee was to:

- a. To make overall planning for the event
- b. To manage resources for the event
- c. To contact with WHO for any technical assistance and resources
- d. To approach various organizations for the delegate
- e. To manage food and logistics part
- f. Miscellaneous

3.2. COLLABORATION AND SPONSORSHIP

The event was supported by World Health Organization (WHO)- Nepal. WHO-Nepal provided with Walk the Talk themed T-shirts and other necessary resources.



Fig: Logo of our collaborator, WHO-Nepal

3.3. EVENT PREPARATION

- All the necessary resources were arranged.
- Invitation were send to all the delegates of various organizations
- Venue was managed

4. DELEGATES

Total of 6 delegates from following organization was present in the event.

1.Dr. Arun Lamsal

Nepal Medical Student's Society

2. Nehal Sharma

Nepal Public Health Student's Society

3. Khusbu Rai

Nepal Public Health Student's Welfare Society

4. Amit Chaudhary

Nepal Pharmacy Student' Society

5. Ayush Koirala

Youth Dentistry Nepal

6. Pukar Shrestha

Rotaract Club of People's Dental College

5. EVENT DETAILS

At 7:30 am delegates gathered at one of the world heritage sites of Nepal, Boudhanath. Then the official session was started and was concluded in various sessions as follows:

1. Introduction session and walk tour of Boudhanath stupa.
2. Discussion on Global and National Oral Health Status
3. Discussion on Global and National Strategy for tackling oral health challenge.
4. Breakfast session.
5. Discussion on Role of Students an Youth Organization for Oral Health Promotion and Advocacy.

5.1. INTRODUCTION SESSION AND WALK TOUR OF BOUDHANATH STUPA.

Program officially started with the introductory session at 7:30 am where each participants give an overview of their background and their affiliated organization.



Following introductory session, delegates made a walk tour around the boudhanath stupa.



Fig: Introductory and Walk Session

5.2 DISCUSSION ON GLOBAL AND NATIONAL ORAL HEALTH STATUS

Sanskriti Shrestha, one of our executive members from DSSN gave highlight over oral health status in national and global context. WHO Global Oral Health Status Report and Oral Health Nepal 2022 country profile was taken as reference to present the statistics. The speech was followed by discussion session among the delegates. All the delegates presented their view on oral health status. Most of the delegates were unaware about such an alarming condition of oral health.



Fig: Discussion on global and national oral health status

5.3 DISCUSSION ON GLOBAL AND NATIONAL STRATEGY FOR TACKLING ORAL HEALTH CHALLENGE.

Nirajan Khadayat, gave a brief oral presentation about the policies, strategies and action plan made in international and national level to tackle the oral health challenges. Khadayat mostly focused on Global Strategy and Action Plan on oral health and our national level oral health policy. He gave a overview of the targets and universal health coverage in aspects of oral health. Following the presentation, delegates started discussion on these facts and action plans.



Fig: Discussion on Global and National Strategy for tackling oral health challenge.

5.4 BREAKFAST SESSION

After concluding walk and few talk sessions, our organizing members and delegates were taken to a breakfast session in Gotama Cafe.



Fig: Delegates along with organizing members having breakfast

5.5 DISCUSSION ON ROLE OF STUDENTS AN YOUTH ORGANIZATION FOR ORAL HEALTH PROMOTION AND ADVOCACY.

Following the breakfast session, discussion on role of students and youth organization on oral health promotion and advocacy, our public health officer, Pukar Shrestha started presenting our organizations previous achievements and activities for oral health promotion. After the presentation, all the delegates, what they have done for oral health from there organization and what they can do in coming days. with this session, they also committed to add oral health programs in thier future health related campaigns.

6. OUTCOMES

- Delegates became aware about the global and national scenarios regarding oral health status and policies; strategies and action plans made at global and national to tackle oral health challenges.
- Various organization committed to add oral health aspects in their future health promotion projects.
- Increase oral health awareness among followers of social media pages of various organization through social media posts.

7. SOCIAL MEDIA IMPACT

Following the event social media posts about the event and key conclusions of the event was posting in the official social media pages of various organization which helped to spread the message and objectives of the event in a bigger audience.

Social Media post links of various organization official pages are listed bellow.

a. Nepal Pharmacy Student's Society- [Click Here](#)

b. Nepal Public Health Student's Welfare Society

[Click Here](#)

c. Nepal Public Health Student's Society- [Click Here](#)

d. Dental Student Society Nepal- [Click Here](#)

8. CONCLUSION

Though the event was conducted in small participants group, we can conclude this event as impactful initiative with an amplifying outcome.

The response shown by the delegates towards the oral health and their commitments from the behalf of their organization is sure to make a sustainable chain of impactful activities. In the condition where even health professional are unaware of the importance of oral health. This kind of event really made a loud sound for oral health.

9. PHOTO GALLERY

