

## **Guest Speaker Session On October 23, 2024, arranged by Health & Wellness club**

Institute of Management Sciences, hosted an insightful session titled "Oral Hygiene and Aesthetic Confidence." The event was organized by the Health and Wellness Club, with Prof. Dr. Owais Mufti, the club's faculty advisor, warmly welcoming guest speakers Dr. Shumail Bin Usman and Dr. Fatima Zaheer, both experts in oral health and aesthetic care.

The session aimed to raise awareness among students about the critical role of oral hygiene in promoting not only physical health but also self-confidence and mental well-being. Dr. Usman and Dr. Zaheer provided valuable guidance on maintaining optimal oral hygiene practices, explaining the correct brushing techniques and recommending essential products that support oral health. Their insights connected daily habits to the broader benefits of aesthetic confidence and the positive impact on overall wellness.

An interactive Q&A session followed, allowing students to discuss their personal concerns, seek advice, and clarify misconceptions about oral hygiene and self-care practices.

The success of the event was attributed to the dedicated efforts of the IMS Health and Wellness Club members, including Syeda Rubab Zahra and Muhammad Sheheryaar Hamayoon, who ensured smooth coordination and engaged participation throughout. The session concluded with an acknowledgment of the team's commitment to fostering a culture of wellness and self-confidence at the institute.

Prof Dr Owais Mufti

Advisor " Health & Wellness Club"