

World No Tobacco Day Activities 2024

**AIIMS Consortium & Consortium of Medical Colleges
for Tobacco free India**



Prepared by

**Resource Centre for Tobacco Control (RCTC)
Department of Community Medicine & School
of Public Health, PGIMER, Chandigarh**

Acknowledgement

We acknowledge the support and efforts of various directors of AIIMS, principals of participating medical colleges as part of the AIIMS Consortium, and the Consortium of Medical Colleges for a Tobacco-Free India. We are thankful to Madam V. Hekali Zhimomi, IAS, Additional Secretary (H&FW), Government of India, Ministry of Health and Family Welfare, and Dr. L. Swasticharan, Additional Deputy Director General & Director, EMR, Ministry of Health and Family Welfare, Government of India, for their guidance in this endeavor. We extend our gratitude to Dr. Rana J. Singh, Director, South-East Asia, Tobacco Control, Vital Strategies, for providing technical support. We are also thankful to all members of the tobacco control committee in the participating institutes for their enthusiasm and active participation in this effort. Lastly, our thanks go to the team at the Resource Centre for Tobacco Control (RCTC) for providing continuous support in the implementation of various activities.

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Preface



Prof. Dr. Sonu Goel

Director, E-RCTC, Professor,
Department of Community Medicine &
School of Public Health, PGIMER Chandigarh.

It is with great pride and a deep sense of responsibility that I present the report on the World No Tobacco Day 2024 activities, an initiative led by the AIIMS Consortium for Tobacco Control and the Consortium for Medical Colleges for a Tobacco-Free India. This year's theme, "Protecting Children from Tobacco Industry Interference," underscores the urgent need to shield our youngest and most vulnerable from the predatory tactics of the tobacco industry. The collaboration of 14 All India Institute of Medical Sciences (AIIMS) institutions and 22 medical colleges across India has been pivotal in orchestrating a series of impactful activities aimed at raising awareness, advocating policy changes, and fostering a tobacco-free culture.

The Resource Centre for Tobacco Control (RCTC), under the Department of Community Medicine & School of Public Health at PGIMER Chandigarh, has provided invaluable technical support throughout this initiative. Our collective efforts have been directed towards educating communities, empowering healthcare professionals, and influencing policy at various levels. The diverse range of activities conducted—spanning awareness campaigns, educational programs, and policy advocacy—reflects our commitment to safeguarding the health and well-being of children and adolescents from the harmful influences of tobacco.

This report documents the various activities and their outcomes, showcasing the dedication and innovation of all involved. It serves not only as a record of our efforts but also as a call to action for continued vigilance and proactive measures against the tobacco industry's influence. As we reflect on the successes and challenges of this year's activities, we reaffirm our commitment to creating a healthier, tobacco-free future for all.

Forward



Dr. Rana J. Singh

Director South-East Asia

Tobacco Control Vital Strategies

I am pleased to share with you the comprehensive report on the activities and initiatives undertaken across India in observance of World No Tobacco Day 2024. This year's theme, "Protecting Children from Tobacco Industry Interference," highlights the critical importance of safeguarding our children from the insidious influence of the tobacco industry. The industry's predatory tactics target our youngest and most vulnerable, making it imperative to reinforce our collective efforts to protect them.

This report showcases the remarkable collaboration between 14 All India Institute of Medical Sciences (AIIMS) institutions and 22 medical colleges across India. The initiative, spearheaded by the AIIMS Consortium for Tobacco Control and the Consortium for Medical Colleges for a Tobacco-Free India, is a testament to the power of unified action in tackling tobacco use and its harmful consequences.

The Resource Centre for Tobacco Control (RCTC), under the esteemed Department of Community Medicine & School of Public Health at PGIMER Chandigarh, has played a pivotal role in compiling and coordinating these efforts. The dedication and commitment demonstrated by these institutions have been instrumental in advancing our shared goal of creating a healthier, tobacco-free future for our children.

The report details the extensive activities undertaken, including educational campaigns, policy advocacy, community outreach, and research initiatives. These efforts are aimed at raising awareness about the dangers of tobacco use, particularly among children and adolescents, and promoting policies that prevent tobacco industry interference in public health.

As we continue our fight against tobacco, it is crucial to recognize the importance of collaboration and solidarity. The achievements highlighted in this report are a reflection of the tireless work of countless individuals and organizations committed to this cause. Let us continue to build on this momentum and strengthen our resolve to protect our children from the harmful effects of tobacco.

Thank you for your ongoing support and dedication to tobacco control. Together, we can create a world where every child is free from the dangers of tobacco.

Shri Lal Bahadur Shastri Government Medical College & Hospital

NAME OF INSTITUTE: ADESH INSTITUTE OF MEDICAL SCIENCES AND RESEARCH, BATHINDA
 HEAD OF INSTITUTE: - DR. PARMOD KUMAR GOYAL, PRINCIPAL
 NODAL : DR. TANVIR KAUR SIDHU
 EMAIL ID : SIDHUTANVIR@GMAIL.COM
 MOBILE NO. : 98159 03976

Slogan writing competition

Venue: - Anatomy LT, AIMS No. of participants: - 48 teams (~130)

The Slogan Writing Competition held on May 8, 2024, from 3:00 PM to 4:00 PM in the Anatomy Lecture Theatre at Adesh Institute of Medical Sciences & Research, Bathinda, was a key part of the World No Tobacco Day celebrations. The competition, themed "Tobacco-Free India - Status and Strategies," saw enthusiastic participation from 48 teams. Judged by the faculty of Community Medicine, including Dr. Tanvir Kaur Sidhu, the event encouraged participants to create impactful slogans addressing tobacco use. The results were declared on May 31, 2024, recognizing the creativity and effectiveness of the top slogans. The event successfully engaged students and staff, raising awareness about the harmful effects of tobacco and promoting a tobacco-free lifestyle. The winning slogans will be featured in future anti-tobacco campaigns on campus, highlighting the institute's commitment to health education.

Winners: Position Name

1st Team - Manmeen

2nd Team - Arushi Gupta, Navpreet, Yatin Sharma

3rd Team - Ruhani, Manas, Priyanshu



Facility based event in Adesh hospital

Venue: - OPD waiting area No. of participants: - ~50 - 60

Chief guest - Dr. Parmod Kumar Goyal, Principal, AIMSR

A Facility Based Health Talk focusing on the theme of Quitting Tobacco was conducted at the OPD Waiting Area of Adesh Hospital Bathinda on May 15, 2024. The event aimed to raise awareness about the harmful effects of tobacco usage and promote cessation strategies among the community. Dr. Gurmeet Singh initiated the event by highlighting the burden and prevalence of tobacco usage in the country. His introduction set the stage for discussing the importance of quitting tobacco for public health. Dr. Kanika provided insights into the harmful effects of tobacco consumption, discussing various types of tobacco substances and preventive measures. Her presentation emphasized the need for collective action to restrain tobacco usage. As the Chief Guest and Principal of AIMSR, Dr. Goyal addressed the audience, raising awareness about the facilities available in Adesh Hospital for tobacco cessation. His speech encouraged individuals to take proactive steps towards quitting tobacco. Dr. Sanjeev, the Medical Superintendent of Adesh Hospital, discussed the medical diseases associated with tobacco usage and emphasized the significant impact of tobacco on community health. Students actively participated by holding slogans and engaging with the community to raise awareness about the hazards of tobacco usage. Their involvement played a crucial role in creating a conducive environment for health education. Dr. Jagriti coordinated the event, while Mr. Harjinder and Mr. Jasbir facilitated the arrangements, ensuring the smooth execution of the program. We extend our gratitude to Dr. Tanvir Kaur, HOD of Community Medicine Department, for providing us with the opportunity to conduct this event. Additionally, we appreciate the presence and support of all faculty members of the Community Medicine Department, whose contributions were instrumental in making this event a success.





Community based event in RHTC Bhalaina

Venue: - Village Bhalaina No. of participants: - ~30 - 40

Date: May 29th ,2024

Resource person - Dr. Gurmeet Singh, Assistant Professor

Dr. Kanika, PG student, Department of Community Medicine

The Community Based Health Talk on the Dangers of Using Tobacco was conducted at RHTC Bhalaina on May 29, 2024. The event aimed to raise awareness about the detrimental effects of tobacco usage and to advocate for a Tobacco-free India. Dr. Gurmeet Singh initiated the event by shedding light on the burden of tobacco usage within society. He highlighted the prevalence of tobacco-related cases in our community, emphasizing the urgent need for action followed by Dr. Kanika, delving into the harmful effects of tobacco consumption. She provided insights into the various health risks associated with tobacco use and discussed preventive measures to restrain its usage. Her presentation emphasized the collective responsibility to create a healthier, tobacco-free environment. Mr. Jasbir, alongside other ANM's, played a crucial role in facilitating the event. Their efforts ensured the smooth execution of the programme, enabling active participation from the community members. Nursing students actively participated by holding slogans and engaging with the community to raise awareness about the hazards of tobacco usage. Their involvement contributed significantly to creating a conducive environment for health education. The Community Based Health Talk served as a platform to address the pressing issue of tobacco usage in our society. By fostering dialogue and promoting awareness, the event took a step towards building a healthier and tobacco-free India.

The event was well-received by the attendees, who expressed appreciation for the valuable information and support provided. This initiative by RHTC underscores its commitment to improving community health and combating the adverse effects of tobacco.





Community based event at UHTC Bhucho

Venue: - Bhucho city No. of participants: - ~40 - 50

Date: May 30th ,2024

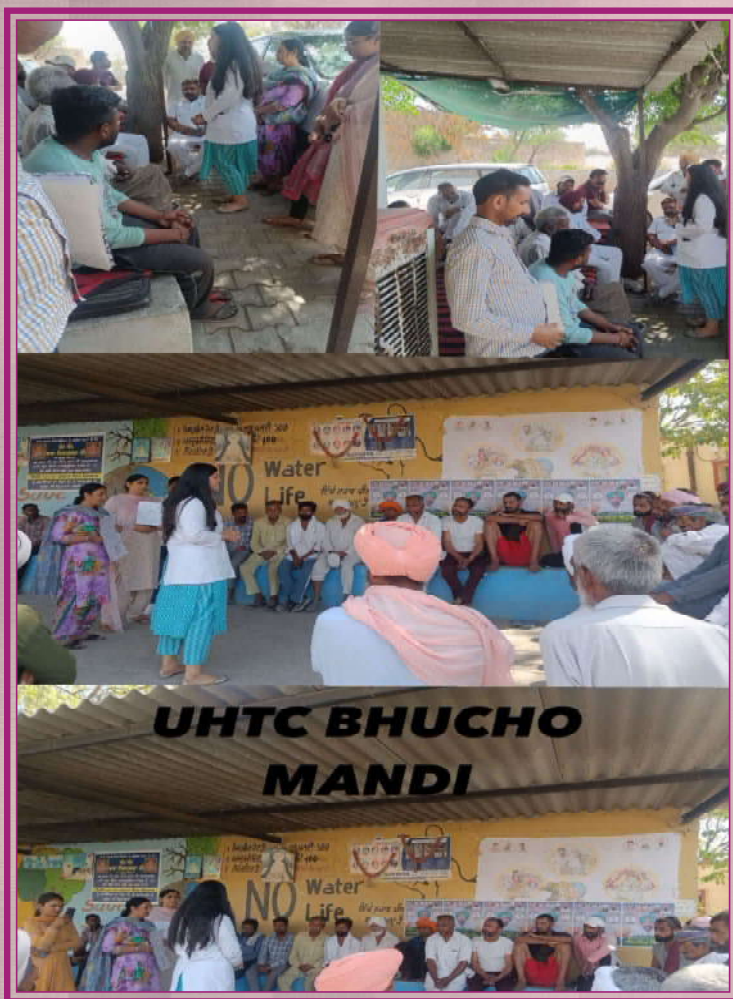
Resource person - Dr. Japneet Kaur, Senior Resident

Dr. Kanika, PG student, Department of Community Medicine

On May 30th , 2024, the Urban Health Training Centre (UHTC) successfully organized a health talk in the field practice area to commemorate World No Tobacco Day. The event aimed to raise awareness about the harmful effects of tobacco and to educate the community on measures to overcome tobacco addiction. The health talk targeted workers at the Labor Stand and Taxi Stand, as well as residents of the nearby slum area.

Dr. Japneet began the session by introducing the problem and highlighting the burden of tobacco use in the community. This was followed by a detailed health talk on “Tobacco and Health” by Dr. Kanika, who emphasized the severe health risks associated with tobacco use and provided practical advice on prevention and quitting strategies. Field workers contributed significantly to the event by displaying anti-tobacco posters and facilitating the discussions. Their efforts helped engage the community and reinforced the message of the health talk.

The event was well-received by the attendees, who expressed appreciation for the valuable information and support provided. This initiative by UHTC underscores its commitment to improving community health and combating the adverse effects of tobacco.



Grand celebration on 31st May 2024

Venue: - Anatomy LT, AIMS No. of participants: - ~ 150

Date: May 31st ,2024

Chief guest - Dr. Parmod Kumar Goyal, Principal, AIMS

Special Guest - Dr. Sanjeev Kumar, Medical Superintendent

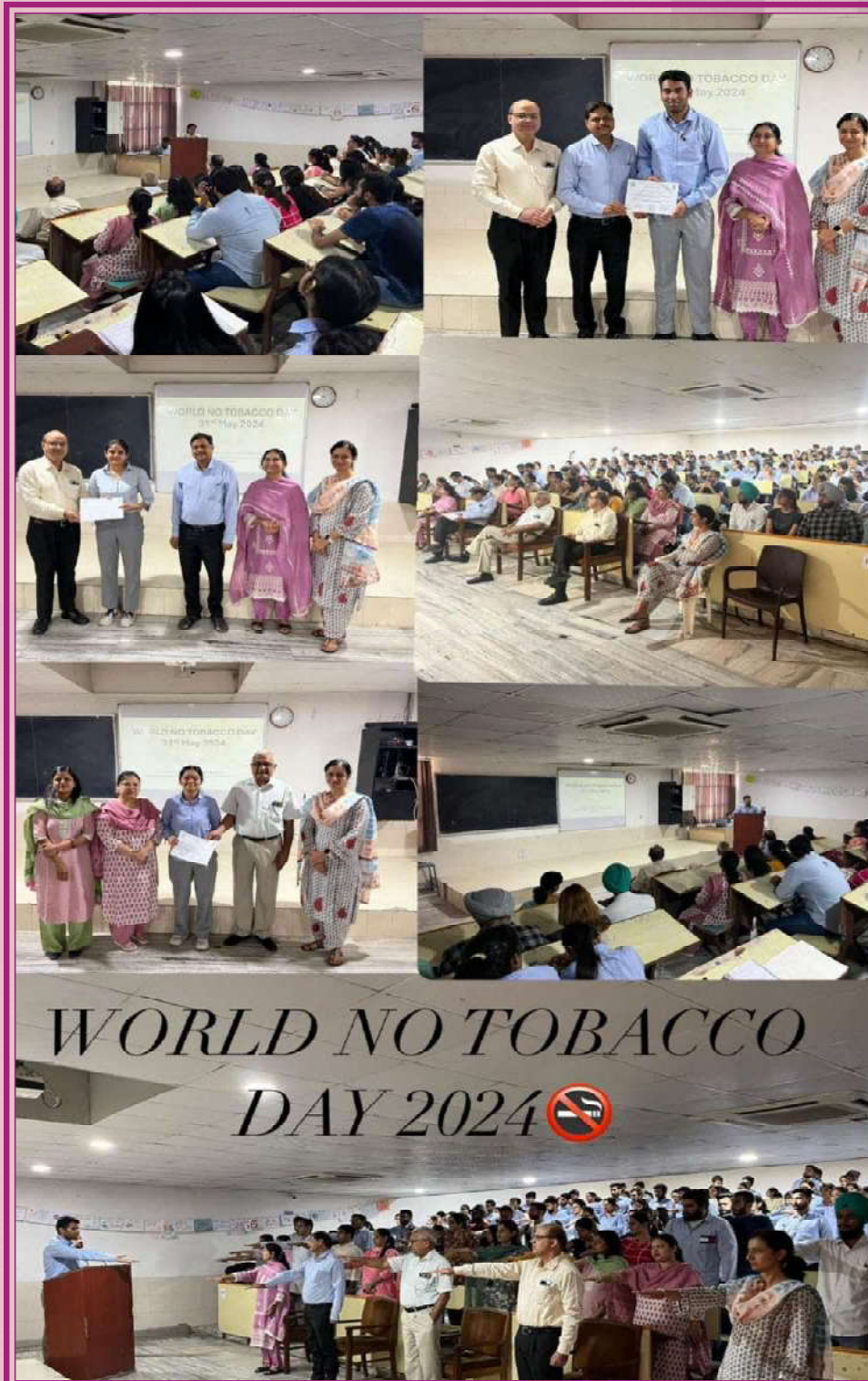
Judges for Speech competition - Dr. Darshan Goyal (HoD ENT),

Dr. Gurmeet Kaur (HoD, Psychiatry)

On May 31, 2024, Adesh Institute of Medical Sciences and Research (AIMSR) celebrated World No Tobacco Day with a special event from 9 to 10 am. Chief Guests included Dr. Pramod Kumar Goyal, Principal of AIMS, and Dr. Sanjeev Kumar Garg, Medical Superintendent of Adesh Hospital. The event, coordinated by Dr. Gurmeet Singh, started with an introductory speech by Dr. Jagriti, highlighting activities held in the month of May such as a slogan writing competition and health talks in the hospital and community.

A speech competition moderated by Dr. Harshpreet Singh involved students from the MBBS batch of 2021, with Dr. Gurmeet and Dr. Darshan as judges. Principal Dr. Pramod Kumar

Goyal addressed the audience, emphasizing the importance of a tobacco-free lifestyle. Dr. Kanika announced the results of the competitions, and prizes were distributed by the Chief Guests. The event concluded with a Vote of Thanks by Dr. Tanvir Kaur Sidhu, Professor and Head, Department of Community Medicine. The celebration reinforced AIMSR's commitment to promoting a tobacco-free environment.



Dayanand Medical College & Hospital, Ludhiana

Name of the Institute: DMC&H, Ludhiana
 Head of the Institute: Dr. Gurpreet Singh Wander
 Name of Nodal Person: Dr. Anurag Chaudhary
 Email ID: anuragdmc@yahoo.co.in
 Mobile: 98729 80075

A letter signed by Principal and HOD Dept. of Community Medicine, DMC&H was addressed to Civil Surgeon, Ludhiana requesting to relocate tobacco vendors outside 100 yards of DMC&H, Ludhiana and other educational institutions.

Activity 1

A health awareness talk and a play was performed on the harmful effects of Tobacco by MBBS batch 2021 students. Video and pictures about the harmful effects of Tobacco on health were displayed on screen for a whole day in the OPD waiting area.



Venue - Waiting area of OPD, DMC&H.

Resource person-
 Dr. Anurag Chaudhary

No. of participants- 12

Activity 2

A health awareness talk and a play was performed on the harmful effects of Tobacco by MBBS batch 2021 students for clerks, technicians, sanitation, and mess workers of DMC.

Chief Guest - Dr. Sandeep Kaushal (Dean Academics, DMC&H)

Venue- Lecture theatre of DMC&H College campus.

Resource person - Dr. Vikram Kumar Gupta

No. of participants - 10



Activity 3

A health awareness talk for mothers based on this year's theme 'Protecting children from the Tobacco industry' was done by interns and nursing students.

Venue- Urban Health Centre, Shimlapuri, DMC&H.

Resource person- Dr. Priya Bansal

No. of participants- 10



Activity 4

A health awareness talk was performed on the harmful effects of Tobacco by interns and nursing students.

Venue- Rural Health Centre, DMC&H, Ludhiana

Resource person- Dr. Surinder Pal Singh

No. of participants- 12



Medical College for Women Khanpur Kalan, Sonipat

WNTD 2024

Bhagat Phool Singh Govt. Medical College for Women Khanpur Kalan, Sonipat
 Head of the Institute:- Dr. J.C. Dureja
 Name of Nodal Person:- Dr. Uma Garg
 Email ID:- drumamkgarg_1962@yahoo.co.in
 Mobile No.- 8607701336

WNTD 2024 was celebrated at BPS, GMC, for Women Khanpur Kalan, Sonipat by ToFEI (Tobacco Free Educational Institution committee) in the OPD block of the hospital. The programme started with felicitations of Director and other guests. Dr Uma Garg, Prof. gave a talk about harmful effects of tobacco. Dr Anand Aggarwal Prof. and Head of Pulmonary Medicine delivered a speech on respiratory diseases caused by tobacco. Dr. SK Jha Prof. and Head of Community Medicine told about legislative points to fight the menace of tobacco. All 3 speakers discussed about the theme of WNTD 2024, to protect children from tobacco



industry interference. An oath to fight against tobacco was administered to all present by postgraduate students of ENT department. A poster competition was organised for students of 2021 batch on the theme of WNTD 2024, Winners Were given certificates. A signature campaign was also arranged for all who were present with a message not to use tobacco.



Shri Lal Bahadur Shastri Govt. Medical College Mandi at Ner Chowk, Himachal

Name of the Institute: SLBSGMC NER CHOWK MANDI
Name of Director/ Head of the institution: DR DK VERMA
Official Email ID: prslbsgmchmandi@gmail.com
Name of Nodal Person: DR DURGESH KUMARI
Email ID: drdurgesht@gmail.com
Mobile Number: 7018126258

Activity 1

Detail of Activity: AT SLBSGMCH CONFERENCE HALL

Duration: 2h Target Audience: Faculty And Students And Paramedical Staff of the college campus



WNTD 2024

Activity 2

Name Of The Activity: Speech On Protecting Children From Tobacco Industry Interference



Collaborations (if Any) WITH DISTT TOBACCO CONTROLL COMMITTEE

Activity 3

Name of the Activity . POSTER MAKING COMPETITION



Activity 4

Name of the Activity: mass media campaign



Activity 5

Name of the Activity: PRINCIPAL ADMINISTERING OATH OF NOT USING TOBACCO TO THE STAFF AND STUDENTS OF SLBSGMC



Aarupadai Veedu Medical College & Hospital

Name of the Institute: AARUPADAI VEEDU MEDICAL COLLEGE & HOSPITAL
 Head of the Institute: PROF.DR.RAKESH SEHGAL, MD, DNB, MAMS, FACTM, FRSHTM, FIATP
 Name of Nodal Person: Dr Bhuvaneswary S, MD, Assistant Professor, Dept. of Community Medicine
 Email ID: bhuvaneswary.hariraam@avmc.edu.in
 Mobile: 8870226662

Summary of the report

The TOBACCO CONTROL CELL, with Dr.Lakshmi Jatiya VP-Student Affairs as Chairperson; Dr.Bhuvaneswary S, Convenor; Faculty from various departments, year-wise MBBS student representatives and other non-teaching staff has been formed. The WNTD 2024 activities were planned by Tobacco Control Cell, the various activities like slogan writing, awareness sessions for engineering and medical college students and factory workers, Signature Campaign, suggestions for quitting smoking, Quiz competition for Postgraduates, Special guest lectures on “The curious case of Tobacco Control” by Dr.Sitanshu Shekar Kar HOD, PSM, JIPMER, Convenor National Tobacco Regulatory forum, MOHFW and “Tobacco control interventions” by Dr.Sivaraman Ganeshan, HOD, ENT, JIPMER were organised on 31.05.24. Oral screening / Tobacco control interventions in Outpatient clinics of ENT, Dentistry, General Medicine, Respiratory and Psychiatry departments. The prize winners were announced and honoured with certificate and gift on May 31st 2024. The activities were supported by institute funding of AVMCH.

Activity 1

DATE: 23.05.24

VENUE: Christ Engineering College, Pondicherry

S.NO	Name of the college	Activities done	Resource Persons	Number of participants
1.	Christ College of Engineering, Pondicherry	Presidential Speech - World No Tobacco day	Dr.Rakesh Sehgal, Dean	350
		Talk on Theme of this year “Protecting children from Tobacco industry Interferences”	Dr.Arun Daniel, Professor	
		Panel discussion	1.Dr Rakesh Sehgal, Dean 2.Dr.Arunachalam.E HOD 3.Dr.Arun Daniel, Professor	
		Awareness session Risk Factors and Health Problems of Tobacco usage & Tobacco control measures and behavioral changes among Youth	1.Dr.Saranyaa.T, II Year PG, 2.Dr.Niveethan Sundaram I year PG 3.Dr.Sachhuthanadam, I r PG	
		Audience Feedback	Dr.Bhuvaneswary, Assistant Professor	
		Signature Campaign & IEC	Dr.Arun Vineeth, II Year, PG	



Dr. Rakesh Sehgal, Dean, AVMCH addressing the gathering on World No Tobacco Day 2024 at Christ Engineering College, Pondicherry on 23.05.24



Signature campaign at Christ Engineering College, Pondicherry

Activity - 2

YOUTH AWARENESS AND SIGNATURE CAMPAIGN by the Dept. of Community Medicine
 DATE: 29.05.24 (FN) VENUE: C.K Engineering College, Cuddalore

Name of the college	Activities done	Resource Persons	Number of participants
K Engineering College, Cuddalore	Talk on Theme of this year "Protecting children from Tobacco industry Interferences"	Dr. Hareesh, Assistant Professor	400
	Awareness session Risk Factors and Health Problems of Tobacco usage & Tobacco control measures and behavioural changes among Youth	1. Dr. Adeethan, II Year PG 2. Dr. Niveethan Sundaram I year PG	
	Audience Feedback	Dr. Hareesh, Assistant Professor	
	Signature Campaign & IEC	Dr. Niveethan Sundaram I year PG	



DR.Hareesh , Assistant Professor,AVMCH is giving the TOBACCO CESSATION IEC Pamphlets to the Principal



Awareness session on Risk Factors and Health Problems of Tobacco usage by Dr.Adeethan and Signature Campaign at CK Engineering College,Cuddalore

Activity 3

YOUTH AWARENESS,SIGNATURE and SELFIE BOOTH CAMPAIGN by the Dept. of Community Medicine

DATE:29.05.24 (AN) VENUE: *Vinayaka Missions College of Nursing,Pondicherry*

Name of the college	Activities done	Resource Persons	Number of participants
Vinayaka Mission's College of Nursing, Pondicherry	Talk on Theme of this year "Protecting children from Tobacco industry Interferences"	Dr.Govindharaj, Senior Resident	200
	Awareness session Risk Factors and Health Problems of Tobacco usage & Tobacco control measures and behavioural changes among Youth	1.Kavya, Ili Year PG 2.Dr.Sachuhthanadam I year PG	
	Audience Feedback	Dr.Bhuvaneswary, Assistant Professor	
	Signature Campaign & IEC	Dr.Jennifer Racheal I year PG	
	Selfie Booth	Dr. Jennifer Racheal I year PG	



Awareness session on Risk Factors and Health Problems of Tobacco usage by Dr.Kavya and Signature Campaign on” Protecting Children from Tobacco Industry Interferences” at VMCH



Selfie booth Campaign and IEC On” Protecting Children from Tobacco Industry Interferences” at Vinayaka Mission’s College of Nursing,Pondicherry

Activity 4

ORAL SCREENING AND TOBACCO CONTROL COUNSELLING by the Dept. of Dentistry

DATE:1.5.24-31.5.24VENUE:OPD, Department of Dentistry

“Oral Screening activity was organized by Dept of Dentistry. The activity was carried out for patients with tobacco related habits in Dental OPD for the entire month. About 34 Patients were benefitted and understood the importance of quitting tobacco”.



Oral screening for the patient in OPD, by consultant, Dept of Dentistry,AVMCH

Activity 5

Counselling for quitting Tobacco by the Dept of Pulmonary Medicine

DATE:1.5.24-31.5.24 VENUE: OPD,*Pulmonary medicine Department*

Sensitization and counselling regarding various forms of tobacco products for those patients and their attenders who are attending our OPD whole of this month. In the first phase of our awareness program we have sensitized 40 patients and attenders



Counselling of patients and attenders for quit tobacco by Consultant in Pulmonary Medicine

Activity 6

Slogan competition by the Dept. of Psychiatry

Participants: All UG and PG students of Medicine, Nursing, Physiotherapy, BASLP and Allied Health Science. It was announced on 23/5/24. Students actively participated and sent their entries through Whatsapp. After plagiarism check, best 3 slogans were selected and awarded on 31/5/2024 during the World No Tobacco day, 2024 Guest lecture held in AVMC.

Nixthe Nicotine, Be Pristine”	I PRIZE	“Mr. Muralidharan R, 3rdyear, MBBS
“Healthy youth, truth’s sleuth, keep tobacco aloof!”	II PRIZE	Mrs.Sivasankari. S, M.Sc Nursing 1st year
“Lit cigarettes, your life ends there. Quiet cigarettes, your life begins there...”	III PRIZE	A Arunesh B Optometry 3rd year

Activity 7

Community Awareness Program

Dr John Dinesh Professor and Head of Department of Psychiatry gave guest talk on “Say no to Tobacco and yes to life” on 31/5/2024, from 10am to 12pm among staffs and workers of TANFAC industries, SIPCOT, Cuddalore.

WNTD 2024

Activity 8

Student's Awareness Program

Dr John Dinesh, Professor and Head of Department of Psychiatry conducted a Tobacco awareness program among final year MBBS students on 29/5/24 from 9.30 am to 10.30 am. Students actively participated in this interactive 1 hour session.



Awareness session on “Say no to Tobacco and yes to life” at TANFAC Industry, Cuddalore and for students

Activity 9

Suggestions on quitting smoking online Competition by the Dept. General Medicine

Date: 31.05.24 Participants: Postgraduate students

Sunscreen is there to protect your face from pollution but no screen is there to protect your lung, understand, awake, arise and quit smoking. IF YOU NOT ABLE TO QUIT RING 1800112356 TO MAKE IT GOLDEN RING OF YOUR LIFE.	I PRIZE	“Mr. Muralidharan R, 3rd year, MBBS: Dr. Chandranmouli, 1st Year PG, Dept. of General Medicine
Sometimes the smallest step in a Right direction Ends up being the Biggest step of your life. “Delay, Distract and Disown the habit of smoking” - Lead Ahead Healthy and Happy life with your loved ones.	II PRIZE	Dr. S. Rajayogapriya, 1st Year PG, Dept. of Psychiatry
“The cost of Smoking goes beyond the price of Cigarettes”	III PRIZE	Dr. Keerthi Reddy, 1st Year PG, Dept. of Pediatrics

Activity 10

Quiz Competition organised by Scientific Committee Date: 28.05.24 (AN)

Venue: MPH ,AVMCH Quiz Master : Dr.Raj ,Skill Lab Incharge Mode : KAHOOT App- PG.

First prize - Dr. Saranyaa T, II PG, Dept. of CM :Second prize - Dr. Jennifer Rachel, I PG, Dept. of C: Third prize - Dr. Keerthana S Gowda, I PG, Dept. of GM



Online Quiz Competition for Postgraduate students on 28.05.24

Activity 11

Guest lecture on Tobacco control interventions organised by Dept. of ENT on 31st May

Participants: UG and PG students and Faculties Number of participants 200

Resource person: Dr.Sivaraman Ganeshan, HOD, ENT JIPMER



Activity 12

Special Guest lecture on 'The curious case of Tobacco Control ' by Tobacco Control Cell

Date: 31.05.24 Venue: New lecture hall, AVMCH, Pondicherry

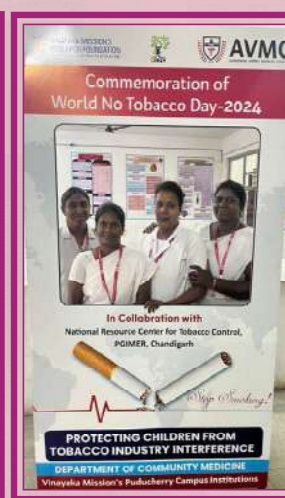
Participants: UG and PG students and Faculties Number of participants 200

Resource person: Dr. Sitanshu Shekar Kar HOD, PSM , JIPMER, Convenor National Tobacco Regulatory forum, MOHFW



Honouring of Guests and Prize winners of the quiz, slogan competition and Tobacco quitting suggestion competitions

SELFIE BOOTH ,AVMCH



SIGNATURE CAMPAIGN



Tobacco Control Cell members with Guests, AVMCH ,Pondicherry

JGMM M Medical College, Hubballi, Karnataka

Name of the Institute: JGMM M Medical College, Hubballi, Karnataka
 Head of the Institute: Dr MG Hiremath
 Head of the Department Community Medicine: Dr Saurabh Kumar
 Name of Nodal Person: Dr Rizwana B Shaikh
 Email ID: rizbsk@gmail.com
 Mobile: 7022629207

List of Activities for the World No Tobacco Day 2024

SL. No.	Name of the Activity	In charge Staff
1.	E-poster competition on the theme “Protecting Children from Tobacco Industry interference”	Dr Gowthamkarthic R Assistant Professor, Dept of Community Medicine.
2.	IEC & BCC in collaboration with NSS - “Street play on ill effects of tobacco use”	Dr Aniket Manoli Assistant Professor, Dept of Community Medicine.
3.	Slogan Writing on the theme “Protecting Children from Tobacco Industry interference”	Dr Deepti Shettar Assistant Professor, Dept of Community Medicine.
4.	Health Education on Media, radio talk on the harmful effects of tobacco	Dr Abhinandan Wali Associate Professor, Dept of Community Medicine
5.	Observation on World No Tobacco Day on 31st May 2024	Dr Anusha B, Dr Namratha K, Dr Kashavva BA Assistant Professors, Dept of Community Medicine.

Activity 1

Date: 31/05/2024

Venu: Adhargunchi village, Hubballi taluka, Dharwad district

Chief guest: Dr Saurabhkumar sir, Professor and Head Dept of Community Medicine

Resource person: Dr Aniketh Manoli (NSS program officer)

Number of participants: 50

WNTD 2024



Activity 2

Activity: Health Education via Radio talk

Date: 31/05/2024

Venue: FM 90.4 Radio Station, Hubballi, Karnataka

Chief guest: Dr Shrikant Hiremath, Associate Professor, Dept of Respiratory Medicine

Resource person: Dr Abhinandan Wali, Associate Professor Dept of Community Medicine

Number of participants: All the listeners of FM Radio station



Dr Shrikant Hiremath at FM 9.04 Radio station

WNTD 2024

Activity 4

Name of the Activity: e-Poster making competition

Detail of Activity: A team of 4 Students created an e-poster on the theme “protecting children from Tobacco Industry interference”, students were given one week to prepare the e-poster, and was judged by the chief guests and an average of those points was used to determine winners and runners up.

Date: 31st May 2024

Venue: Lecture Hall 2 of JGMMMC

Chief Guest:

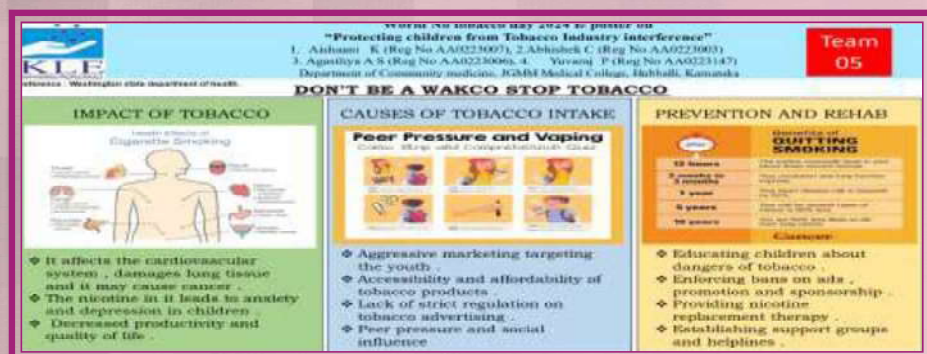
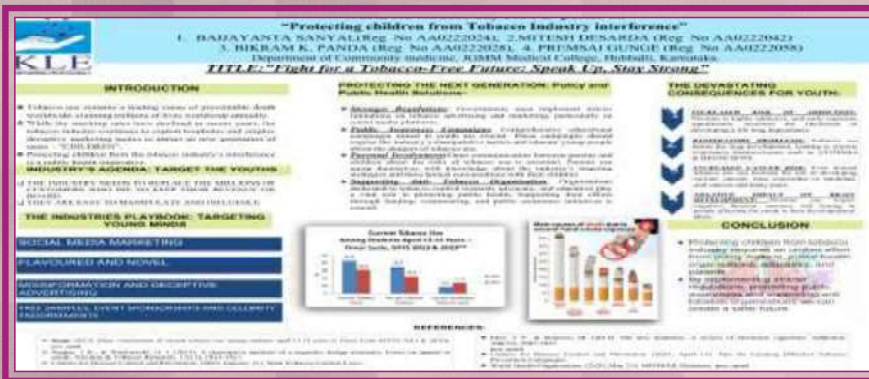
Dr. Sudhir Prabu, HOD department of Community Medicine, Father Muller Medical College.

Dr. Renuka Venkatesh, Principal & HOD Department of Community Medicine, Sapthagiri Institute of Medical Sciences.

Resource person:

DR. Gowthamkarthik Ravichandhiran, Assistant professor, Department of Community Medicine, JGMMMC.

Participants: Students of JGMMMC totally 14 teams were enrolled with 56 students, “Team 04” and “Team 05” were tied for first place and “Team 08” was the runner up.



About the Programme

Inaugural Occasion

The program started at 2:00 PM on May 31, 2024. About 150 students, along with 50 preclinical and paraclinical staff, attended the function. The guests of honor were welcomed by **Dr. Rizwana Shaikh**, Associate Professor, Dept of Community Medicine and Nodal Officer for the JGMMC Consortium of Medical Colleges Tobacco-Free India. The event was presided over by **Dr. M. G. Hiremath**, Principal, JGMMC, and **Dr. Sharada C. Metgud**, Vice-Principal, JGMMC. The function was supported by **Dr. Prabhakar Kore**, Chancellor, KAHER University, Belagavi; **Dr. Nitin M. Gangane**, Vice-Chancellor, KAHER University, Belagavi; **Dr. M. S. Ganachari**, Registrar, KAHER University, Belagavi; and **Dr. V. D. Patil**, Director of Hospital Developments and New Projects, KAHER University, Belagavi. The master of ceremonies was conducted by **Dr. Kashavva Andanigoudar**, Assistant Professor, Dept of Community Medicine. The sessions was inaugurated with a signature campaign for a tobacco-free campus.

Formal Occasion

The formal function was followed by three sessions. The first session focused on “Tobacco: The Menace - Tobacco Kills, Don’t Be Duped,” presented by **Dr. Saurabh Kumar**, Professor and Head of the Department of Community Medicine. The second session addressed “Tobacco or Health: The Choice Is Yours,” delivered by **Dr. Shrikant Hiremath**, Associate Professor in the Department of Respiratory Medicine. The final session discussed “Addiction is a Weakness, Break Free,” presented by **Dr. Arun Vijay Gadad**, Associate Professor in the Department of Psychiatry. Following the sessions, MBBS students performed a role-play, demonstrating scenarios related to tobacco use and its consequences. The event concluded with an oath-taking ceremony, where participants pledged to contribute towards creating a tobaccofree campus led by **Dr Aniket Manoli** Assistant Professor, Dept of Community Medicine. Occasion concluded with Vote of thanks by **Dr. Namratha Kulkarni** Assistant Professor, Dept of Community Medicine.

A SNAPSHOT OF ALL THE ACTIVITIES ON THE WORLD TOBACCO DAY OBSERVATION



Dr. Rizwana Shaikh addressed the gathering with a welcome note

Dr. M. G. Hiremath addressed the gathering based on the theme



Picture No 3 - Signature Campaign



Picture No 4 - Presentation by Dr. Saurabh Kumar



Picture No 5 - Presentation by Dr. Shrikanth Hiremath



Picture No 6 - Presentation by Dr Arun Vijay Gadad



Picture No 8 - Oath-taking Ceremony



Picture No 7 - Role Play



Picture No 9 - Department of Community Medicine, KLE JGMM Medical College & Hospitals, Hubballi

Manipal Tata Medical College, Jamshedpur

Name of the Institute: Manipal Tata Medical College, Jamshedpur
 Head of the Institute: Dr G Pradeep Kumar
 Head of the Department: Dr Jarina Begum
 Name of Nodal Person: Dr Khushboo Juneja
 Email ID: k.juneja@manipal.edu
 Mobile: 7060600602

Activity 1

Poster Competition

A poster making competition was organized by Department of Community Medicine, Manipal Tata Medical College, Jamshedpur, Jharkhand in collaboration with the Resource Center for Tobacco Control, PGIMER Chandigarh on 10th of May 2024 to observe the World No Tobacco Day 2024 celebration among school going children under the leadership of Head of Department Dr. Jarina Begum with guidance from Dr. Pradeep Kumar G, Dean, Manipal Tata Medical College. The topic of the poster competition was **“Protecting children from Tobacco Industry Interference”** which was in alignment with this year’s theme of World No Tobacco Day which is celebrated on 31st May every year. Three schools participated (Valley view School- 18 teams, Vidya Bharati Chinmaya Vidyalaya - 74 teams, Government High School - 9 teams). Total 101 teams comprising of 380 students belonging to standard 9,10,11 and 12 from the participated from three schools. The best three posters will be awarded and others will be given certificates.





Activity 2

Awareness session: “No Tobacco - Health and Happiness for all”

An awareness session titled “No Tobacco- Health and Happiness for all” was organized by Department of Community Medicine, Manipal Tata Medical College, Jamshedpur Jharkhand in collaboration with Resource Center for Tobacco Control, PGIMER Chandigarh on 22nd May 2024. The beneficiaries of the session included non-teaching staff, security staff, and housekeeping staff at MTMC.

The first session was delivered by Dr. Jarina Begum, Professor and Head of department of Community Medicine who briefed the gathering on the World No Tobacco Day, 2024 theme- “Protecting children from tobacco industry interference”.

Dr. Khushboo Juneja, Associate Professor, Department of Community Medicine, MTMC, Jamshedpur took the next session covering tobacco use and consequences of tobacco consumption. Dr. Manoj Kumar Sahoo, Head consultant and HOD, Department of Psychiatry at Tata Main Hospital and Associate Professor, Department of Psychiatry, MTMC, Jamshedpur, delivered a talk on various measures to quit tobacco.



WNTD 2024

Activity 3

Declaration of institute as Tobacco Free in compliance with TOEFI

Signages are placed both inside and outside medical college campus, canteen to reinforce no tobacco use policy.



Activity 4

Display of Conflict of Interest on institute website.

Display of Conflict of Interest regarding Article 5.3 on institute website as mandated by GOI has been done.



Activity 5

Undertaking from non-teaching staff, security staff, housekeeping staff drivers at MTMC.

Undertaking of medical college non-teaching staff, security staff, housekeeping staff, drivers taken about adherence to no tobacco use policy. 123 people have signed undertaking.

MANIPAL TATA MEDICAL COLLEGE JAMSHEDPUR (A constituent unit of MTMC, Manipal)	MANIPAL TATA MEDICAL COLLEGE JAMSHEDPUR (A constituent unit of MTMC, Manipal)
तंबाकू का उपयोग न करने के संबंध में प्रतिपाल दत्त मेडिकल कॉलेज के कर्मचारियों से अंगरेजिक दिनांक: 20/05/24 विषय: तंबाकू और संबंधित उत्पादों का उपयोग नहीं करने का वादा मैं <u>रेशा मंडी</u> वर्तमान में विभाग में कार्यरत <u>ड्राइवर्स</u> का वेतन <u>रिमूनिंग</u> निवासी <u>रिमूनिंग</u> मैं प्रतिज्ञा करता हूँ करता हूँ कि मैं किसी भी तंबाकू उत्पाद (सिगरेट, बीड़ी, मुट्ठा, पात्र, मसाला, आदि) का उपयोग करने से पूर्णतः परहेज करूँगा, और मेरे परिवार के सदस्यों को भी तंबाकू का उपयोग करने से परहेज करने का आग्रह करूँगा। मैं यह भी स्वीकार करता हूँ कि अगर मैं इस वाक्य का उल्लंघन करता हूँ, तो मैं अपने नौकरियों को खोने का रिस्क उठाऊँगा। मैं समझता हूँ समझती हूँ कि कॉलेज के नियमों के अनुसार तंबाकू का उपयोग प्रतिबन्धित है और इसका उल्लंघन करने पर अनुशासनिक कार्रवाई की जा सकती है। मैं यह भी स्वीकार करता हूँ कि अगर मैं इस वाक्य का उल्लंघन करता हूँ, तो मैं अपने नौकरियों को खोने का रिस्क उठाऊँगा। मैं कॉलेज की तंबाकू विरोधी नीति का पूरी तरह से समर्थन करता हूँ करता हूँ और इसका पालन करने के लिए पूरी तरह से प्रतिबद्ध हूँ। हस्ताक्षर: <u>रेशा मंडी</u> कर्मचारी कोड: <u>2001200524</u> पदनाम: <u>ड्राइवर्स</u> मैं वचन दूँगा दूँगी कि मैं कॉलेज की तंबाकू का उपयोग नहीं करने की नीति का पालन करने के लिए प्रतिबद्ध हूँ।	तंबाकू का उपयोग न करने के संबंध में प्रतिपाल दत्त मेडिकल कॉलेज के कर्मचारियों से अंगरेजिक दिनांक: 22/05/24 विषय: तंबाकू और संबंधित उत्पादों का उपयोग नहीं करने का वादा मैं <u>Anup Singh</u> वर्तमान में विभाग में कार्यरत <u>SIS Security</u> का वेतन <u>Remuneration</u> निवासी <u>Remuneration</u> मैं प्रतिज्ञा करता हूँ करता हूँ कि मैं किसी भी तंबाकू उत्पाद (सिगरेट, बीड़ी, मुट्ठा, पात्र, मसाला, आदि) का उपयोग करने से पूर्णतः परहेज करूँगा, और मेरे परिवार के सदस्यों को भी तंबाकू का उपयोग करने से परहेज करने का आग्रह करूँगा। मैं यह भी स्वीकार करता हूँ कि अगर मैं इस वाक्य का उल्लंघन करता हूँ, तो मैं अपने नौकरियों को खोने का रिस्क उठाऊँगा। मैं समझता हूँ समझती हूँ कि कॉलेज के नियमों के अनुसार तंबाकू का उपयोग प्रतिबन्धित है और इसका उल्लंघन करने पर अनुशासनिक कार्रवाई की जा सकती है। मैं यह भी स्वीकार करता हूँ कि अगर मैं इस वाक्य का उल्लंघन करता हूँ, तो मैं अपने नौकरियों को खोने का रिस्क उठाऊँगा। मैं कॉलेज की तंबाकू विरोधी नीति का पूरी तरह से समर्थन करता हूँ करता हूँ और इसका पालन करने के लिए पूरी तरह से प्रतिबद्ध हूँ। हस्ताक्षर: <u>Anup Singh</u> कर्मचारी कोड: <u>2001200524</u> पदनाम: <u>SIS Security</u> मैं वचन दूँगा दूँगी कि मैं कॉलेज की तंबाकू का उपयोग नहीं करने की नीति का पालन करने के लिए प्रतिबद्ध हूँ।

Activity 6

Pledge taking activity

Pledge was taken during awareness session among all participants to sensitize about appropriate community behaviour.



मैं, [अपना नाम], यह शपथ लेता/लेती हूँ कि मैं कभी भी तंबाकू का सेवन नहीं करूँगा/करूँगी।
मैं यह वचन देता/देती हूँ कि मैं अपने परिवार, दोस्तों और समाज को भी तंबाकू से दूर रहने
के लिए प्रेरित करूँगा/करूँगी। मैं तंबाकू से होने वाले नुकसान को समझता/समझती हूँ और
एक स्वस्थ जीवन शैली अपनाने की प्रतिबद्धता करता/करती हूँ। आज, तंबाकू के हानिकारक
प्रभावों के बारे में इस जागरूकता सत्र के अवसर पर, मैं तंबाकू मुक्त जीवन जीने का संकल्प
लेता हूँ/ लेती हूँ और दूसरों को भी ऐसा करने के लिए प्रोत्साहित करता हूँ।
जय हिंद

Jajati Keshari Medical College Jajapur

Name of the Institute: Jajati keshari Medical College JAJAPUR

Head of the Institute: Prof Sitaram Mahapatra

Name of Nodal Person: prof Dr D Shobha Malini

Email ID: shobhamalini03@gmail.com

Mobile: 9861159201

Activity 1

(Please provide the details of the activity including the date, venue, chief guest, resource person, number of participants and 2-3 relevant photographs).

Name: No Tobacco pledge

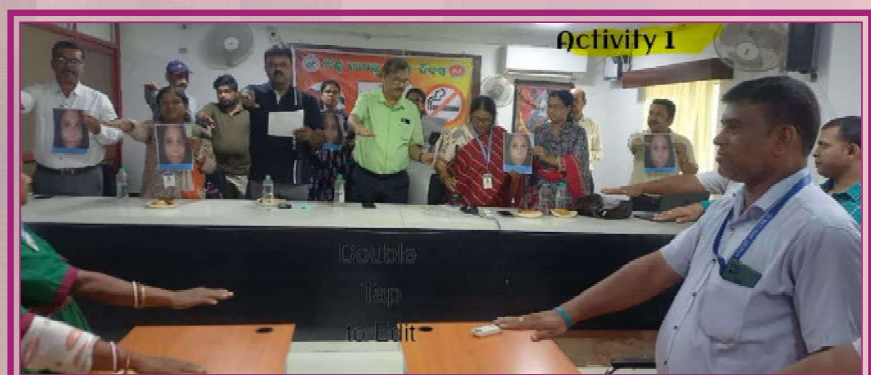
Date 30th June 2024

Venue: CDMO Jajpur office

Chief Guest: Chief district Medical officer JAJPUR

No. of participants: 12

Brief Note of the activity: The CDMO of the district with other officials of his office with the nodal person and officials working for Tobacco control were present and a pledge was taken in odia language regarding the leadership to involve in Tobacco control activities to make a Tobacco free campus for the hospital jajpur



Activity 2

(Please provide the details of the activity including the date, venue, chief guest, resource person, number of participants and 2-3 relevant photographs).

Name: Training of Security guards, House cleaning staff and sanitary workers and class IV employees

Date 30th June 2024

Venue: District Training unit Jajpur

Chief Guest: ADMO public health and Consultant NCD

No. Of participants: 35

Brief Note of the activities: A training was conducted for security and sanitary workers in regional language odia to make them understand how Tobacco impacts the health and how they have a important role in making people who visit hospital to motivate them and to help them to quit Tobacco and bringing them to quit Tobacco centre at dept of psychiatry



Activity 3

(Please provide the details of the activity including the date, venue, chief guest, resource person, number of participants and 2-3 relevant photographs).

Name: Awareness program at UHTC srirampur

Date: 31st June 2024

Venue: Meeting hall of UHTC srirampur

Chief Guest: WHO consultant for Tobacco control

WNTD 2024

No of participants: 25

Brief note of the activities: A awareness program was organised at UHTC srirampur and family members of the surrounding areas and patients attending OPD participated in the program and people were made aware how they can act as Tobacco monitors and identify people in community and help them out to quit the addiction

**Activity 4**

(Please provide the details of the activity including the date, venue, chief guest, resource person, number of participants and 2-3 relevant photographs).

Name: Awareness program at OPD block and Dept of psychiatry

Date: 5th June 2024

Venue: OPD block and psychiatry OPD

Chief guest: HOD Psychiatry and HOD Community Medicine

No of participants: 7 to 8 from OPD psychiatry and public at OPD block

Brief Note of the activities: The staff from department of psychiatry who do regularly counselling on addictions were sensitized to focus on these activities and few signages were installed in the OPD block and the attendants public who were present were sensitized to not to use Tobacco products and it's any form in the OPD block and the legal issues and fine for that in form of leaflets distributed in odia language





Activity 5

Name of the Activity: audio awareness in local radio

Participant: Dr Smita priyadarsini debta Assistant professor Community Medicine has a audio recording in odia for public awareness on impact of tobacco on health and how to quit tobacco to lead a healthy life which was aired in lical radio channel on 31st may 2024.

Maharishi Markandeshwar Medical College and Hospital, Solan, HP

Maharishi Markandeshwar Medical College and Hospital, Solan, H.P.

NAME OF THE DIRECTOR: DR. RAVI CHAND SHARMA

NAME OF THE NODAL PERSON: DR. HARSHDEEP JOSHI (PROF. & HEAD) COMMUNITY MEDICINE

EMAIL ID: harshdjoshi@gmail.com

MOBILE NO: 8146677994

Activity 1

FORMATION OF TOBACCO CONTROL COMMITTEE

As MMMCH&H is one of the selected Medical Institute For Consortium of Medical Colleges for Tobacco free India, the following working committee including members from various disciplines is constituted for Tobacco Free India as recommended in Inception meeting of selected Medical Colleges held on 1st May 2024 at 15:00 hrs lead by Dr. Sonu Goel (Prof. & Director RHTC) at PGIMER, Chandigarh.

List of members of Tobacco Control Working Committee:

SL. No.	Department	Name and Designation
1.	Principal	Dr Ravi Chand Sharma. Principal, Prof. & Head, Deptt. Of Psychiatry
2.	Vice Principal	Dr JS Sandhu Vice-Principal, Professor, Deptt. Of Physiology
3.	Medical Superintendent	Dr Manpreet Nanda MS, Professor ENT
4.	Community Medicine	Dr Harshdeep Joshi (Nodal officer) Prof. & Head, Deptt. Of Community Medicine
5.	Community Medicine	Dr Deepak Kumar (Member) Assoc. Prof. Deptt. Of Community Medicine
6.	Community Medicine	Dr Amal Titto V Augustine (Member) Assist. Prof. Deptt. Of Community Medicine
7.	Community Medicine	Dr J.G. Vohra (Member) Assoc. Prof. Deptt. Of Community Medicine
8.	Community Medicine	Dr Abhishek Pathania Assist. Prof. (Member) Deptt. Of Community Medicine

SL. No.	Department	Name and Designation
9.	Community Medicine	Dr Anil Redu Assist. Prof. (Member) Deptt. Of Community Medicine
10.	Community Medicine	Dr. Biswabinod Assist. Prof. (Member) Deptt. Of Community Medicine
11.	Respiratory Medicine	Dr. A. K Jamneja (Member) Respiratory Medicine
12.	General Medicine	Dr. Kiran Singal Prof. & Head Department of Medicine
13.	Dentistry	Dr. Harleen Sandhu Asstt, Prof, Department of Dentistry

Activity 2

GENERATING AWARENESS IN COMMUNITY BY ORGANIZING HEALTH CAMPS

Awareness Campaign Against Tobacco Use and Free Health Camp Organised on 5th May, 2024 at Subathu

A health camp was organised on 5th May, 2024 in Subathu, Dist. Solan (HP) with the goal of providing free medical care, laboratory facilities and spreading awareness against the ill effects of tobacco use.

To address the issue, the Dept. of Community Medicine, under the tutelage of the chairman, Mr. Tarsem Garg, our ever inspiring principal, Dr. Ravi Chand Sharma, our dynamic vice principal Dr. Jasdeep Singh Sandhu, the energetic duo of the medical superintendent Dr. Manpreet Singh Nanda and last but not the least the architect behind this initiative, Prof. & HOD of Department of Community Medicine, Dr. Harshdeep Joshi, took the initiative of raising awareness against the usage of tobacco and its products, by promoting the annually celebrated 'World No Tobacco Day' which is hosted every year on 31st of May. The theme of 'World No Tobacco Day', 2024 is: **"Protecting children from tobacco industry interference"** to protect future generations and ensure that tobacco use continues to decline. In addition to the doctors from different specialties attending the camp, the Dept. of Community Medicine was represented by a team, led by Associate Prof. Dr. Deepak Kumar who served as a guiding light and 5 volunteering interns from MBBS Batch 2019, namely: Aaryan Rana, Aman Mor, Amisha, Anamika Dewal and Ananya Suman.

1. Health talk

A health talk was given by the interns, initiated by Ananya Suman, giving the introduction and prevalence of tobacco use globally as well as locally, Amisha, informing about the ill

effects of tobacco on the body, Aaryan Rana, sharing about the socio-economic burden of tobacco purchase, Aman Mor, providing with solutions to stop the usage and Anamika Dewal, shedding light on the legal aspects of usage and commerce in relation to tobacco.



2. Counselling for Quitting Tobacco

Willing patients were guided to effectively give up tobacco by counselling and prescribing medical need, if any. One to one counseling was done for approximately 20 patients by Associate Prof. Dr Deepak and interns, using the 5 As and 5 Rs technique.



3. Signature Campaign

Signature campaign was held for patients and staff to metaphorically show their support for the cause of abstaining from tobacco usage. The signing was inaugurated by the MS, Dr Manpreet Singh Nanda and was soon followed by the staff and the patients. Approximately, 80 volunteers vowed to abstain from using tobacco or related products.



4.No Tobacco Pledge

The talk was concluded by a pledge conducted by Associate Prof. Dr Deepak Kumar, who made the patients, health camp faculty, and event organisers vow to neither consume nor let any of their kin consume tobacco in any form.

5. IEC - Information, Education and Communication:

The message to be conveyed was done by the usage of Banners and Posters, which were made by the interns. The crafted, educative materials were placed at the entrance of the health camp, and intrigued patients were informed about 'World No Tobacco Day' and its objective.



6. Testimonials:

Some recorded videos were taken from willing patients in which they spoke against the use of tobacco and requested the listeners to have a tobacco free lifestyle.



7. Survey on tobacco use and nicotine dependence

Questionnaires were filled with patient's demography, their tobacco intake habits, and whether they are willing to give up the usage of the same. Approximately 78 patients' survey was taken.



Activity 3

Health Camp Held in UHTC Solan on 21 May, 2024

Maharishi Markandeshwar Medical College and Hospital Solan, under the insight of the chairman Mr. Tarsem Garg, our ever supportive principal Dr. Ravi Chand Sharma, our dynamic vice principal Dr. Jasdeep Singh Sandhu, our Medical Superintendent Dr. Manpreet Singh Nanda, and last but not the least the architect behind this endeavour, Prof. & HOD of Department of Community Medicine, Dr. Harshdeep Joshi, a health camp was held at Urban

Health Training Centre, Solan on 21st May, 2024 in synchrony with the Rotary Club, Solan.



The camp was conducted by a team effort led by our Prof.& Head of Department of Community Medicine, Dr. Harshdeep Joshi, Dr. Sanjeev Kumar Uppal, whose efforts always inspire the rest of the camp members to perform to their best and by Dr. Amal Titto V Augustine.

A total of 6 interns volunteered for the camp. Ms. Aanchal who assisted Dr. Bharat, Dr. Archit and Dr. Amal with the 'Quit Tobacco' campaign, Mr. Aaryan who assisted Ms. Lakshmi in the laboratory investigations, Ms. Ananya and Mr. Ishan who tirelessly filled the OPD slips for the incoming patients, and Mr. Arjun and Mr. Ishaan who assisted the specialist doctors with handling of the patients.



Healthcare consultation

Patients were treated and free consultation was given to them. Specialists from Department of General Medicine, Cardiology, ENT came in the camp.





Quit Tobacco Campaign

In view of the upcoming 'World No Tobacco Day' which is held annually on 31st May, patients who came for a general checkup were gathered and counselled about their Tobacco intake habits. The campaign was made a success with the efforts of Dr. Amal, Dr. Bharat, Dr. Archit and MBBS intern Ms. Aanchal. Smokers were encouraged to quit their practice by making them aware about the ill effects of Tobacco, offering them a metaphorical message by asking them to sign



Activity 4

Awareness Campaign Against Tobacco Use and Free Health Camp Organised on 12th May, 2024 at Nauhradhar

The Dept. of Community Medicine was represented by a team, led by Assistant Prof. Dr Biswa Binod Sanfui who served as a guiding light and 5 volunteering interns from MBBS Batch 2019, namely: Basav Singh Rana, Anmol Sharma, Ayush Dhiman, Ayati Narang and Anita.



2. Signature Campaign

Signature campaign was held for patients and staff to metaphorically show their support for the cause of abstaining from tobacco usage. Approximately, 80 volunteers vowed to abstain from using tobacco or related products.



3. Survey on tobacco use and nicotine dependence



4. Role Play

A role play was performed by the interns, initiated by Basav Singh Rana, giving the introduction and prevalence of tobacco use globally as well as locally. The role play focused on how a person initiates consumption of tobacco products, what are the problems that arise due to their consumption and how one can quit the habit of tobacco consumption.



5. IEC - Information, Education and Communication



6. Testimonials



Activity 5

World No Tobacco Day is observed on MAY 31st every year. Our college this year organized events to promote Tobacco Control Measures. These efforts aim to reduce tobacco consumption, prevent tobacco related diseases and create a healthier environment for everyone.

1. POSTERS



2. SIGNATURE CAMPAIGN

The community was mobilized and motivated for Quitting Tobacco . Principal MMMCH DR.Ravichand Sharma also joined us in our initiative and motivated people for quitting Tobacco



WNTD 2024

3. RANGOLI



4. NUKKAD NATAK

The event was finally culminated by a Nukkad Natak .The interns of Batch 2019 performed a nukkad Natak on the occasion of World No Tobacco Day.



Government medical College, Jammu J&K

Name of the Institute: Government medical College, Jammu. J&K.
 Head of the Institute: Dr Ashutosh Gupta
 Name of Nodal Person: Dr Rakesh Bahl
 Email ID: rbrakeshbahl@gmail.com
 Mobile: 9419192166

An academic-cultural event was organized to celebrate “World No Tobacco Day 2024” during the month May 2024. The events focused on the theme “Protecting children from tobacco industry interference”. On this occasion variety of activities were organised by the medical and nursing students which included poster making competition, video reel making competition, extempore and Nukad Natak. The winners of various activities were rewarded by the senior faculty members.

1. Poster competition (MBBS students)

No of participants: 31

Date 30-05-2024

Dr Seema Gupta, Professor & Head, Pharmacology

2. Poster competition (Nursing students)

No of participants: 23

Date: 28-05-2024

AMT School hall

Chief Guest: Dr Sandeep Dogra, Professor & Head, Microbiology

On 31-05-2024, WNTD observance was held in College auditorium, with Principal & Dean as chief guest. Faculty members and students of GMC and AMT school attended.

1. Video Reel competition (MBBS Students)

No of participants: 09

31-05-2024

2. Nukkad Natak

No. of participants: 08

3. Extempore competition (MBBS students)

No of participants: 07

4. Lectures by MBBS students: 02

Dr Rakesh Bahl

Nodal Officer

Professor, Community Medicine, Government medical College, Jammu

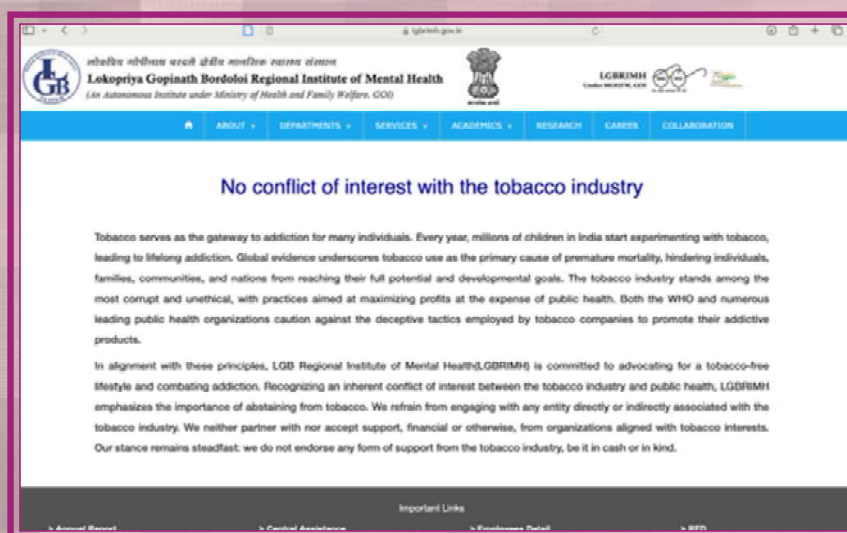
Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam

Name of the Institute: Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam

Email ID: tmctezpur@gmail.com

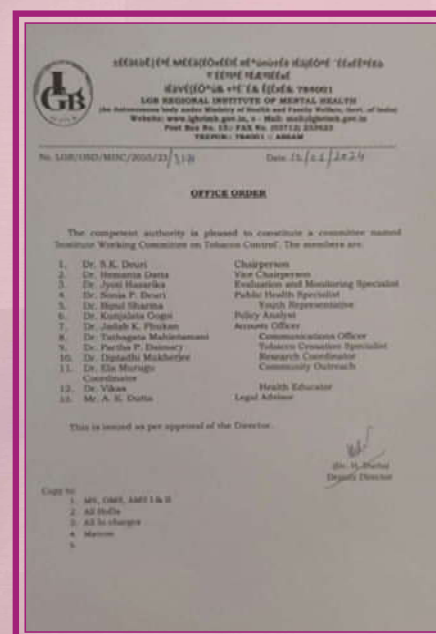
1. “No Conflict of interest” on the website:

It has been published on the web page (<https://lgbrimh.gov.in>). A screenshot of the same has been attached below:



2. Formation of institute working committee on tobacco control

“Institute Working Committee on Tobacco Control” has been constituted. Office order with the details of members has been attached below:



3. Brief Orientation Program for Tobacco Control

REPORT ON BRIEF ORIENTATION PROGRAM FOR TOBACCO CONTROL
WORLD NO TOBACCO DAY, 2024

Date: 31/05/24

Time: 10:30 am-11:30am

Venue: Department of Addiction Medicine (DAM) Classroom

A brief orientation program was conducted for tobacco control in the context of World No Tobacco Day 2024, with an objective to deliver a comprehensive overview and practical strategies for tobacco control among the key departments, Dept. of Psychiatry, Dept. of Psychiatric Nursing, Dept. of Clinical Psychology and Dept. of Psychiatric Social Work respectively to foster a proactive approach to tobacco cessation and harm reduction among patients. The program was carried out at DAM classroom from 10:30 onwards. The program started with a welcome address and introduction to the orientation program by Ms. Barsha Sensua, Ph.D. Scholar, Dept. of Psychiatric Nursing. The first session was on **“Overview of Tobacco Use and addiction and significance of tobacco control in mental health setting”** given by Ms. Sagarika Chetia, Ph.D. Scholar, Dept. of Psychiatric Nursing. The 2nd session was carried out by Dr. Sagar Mukherjee, Senior resident, Dept. of Addiction medicine on **“Evidence-based Tobacco cessation Interventions: Case studies and best practices”**. The 3rd session was on **“Role of key Departments in Tobacco Control”** which

PROGRAMME SCHEDULE

Sl. No.	Timing	TOPIC	SPEAKER
1.	10:30am-10:35am	Welcome and introduction to the Orientation program	Ms. Barsha Sensua,
2.	10:35am-10:50am	Overview of Tobacco Use and addiction and significance of tobacco control in mental health setting	Ms. Sagarika Chetia,
3.	10:50am-11:05am	Evidence-based Tobacco cessation Interventions: Case studies and best practices	Dr. Sagar Mukherjee
4.	11:05am-11:20am	Role of key Departments in Tobacco Control	Dr. Kunjalata Gogoi, Dr. Vikas Punia, Dr. M. Elamurugu
5.	11:20am-11:30am	Resources available for tobacco cessation, Action planning and Conclusion	Dr. Tathagata Mahintamani

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was carried out by Dr. Kunjalata Gogoi, Assistant Professor, Dept. of Psychiatric Nursing, Dr. M. Elamurugu, Assistant Professor, Dept. of Psychiatric Social Work and Dr. Vikas Punia, Assistant Professor, Dept. of Clinical Psychology respectively. The last session was carried out by Dr. Tathagata Mahintamani, Assistant Professor, Dept. of Addiction Medicine on **“Resources available for tobacco cessation, Action planning”**. At the end a brief discussion session was done followed by concluding remarks and vote of thanks by Dr. Partha P. Daimari, Assistant Professor, Dept. of Addiction Medicine. The program was attended by a total of 23 participants which includes Faculties, Senior residents, Ph.D. scholars, Junior residents, Staff Nurses, ATF staff and trainees posted at DAM.



Maulana Azad Medical College, New Delhi

WNTD 2024

Name of the Institute: **Maulana Azad Medical College, New Delhi**

Head of the Institute: **Dr Poonam Narang, Dean, MAMC**

Name of Nodal Person: **Dr Amod Borle, Associate Professor,
Department of Community Medicine**

Email ID: **dramodborle@rediffmail.com**

Mobile: **(+91) 8393935207**

World No Tobacco Day 2024 activities were organized at the all 05 centres (rural and urban) under the Department of Community Medicine, MAMC Delhi from 27 May to 31 May 2024. Activities included health promotion activities and education talks with respect to negative effects of tobacco use in general and ill effects of second-hand smoke on bystanders were also emphasised in all these activities. The educational and health promotion talks were delivered both at the health facilities and in community settings under the health centres benefiting people visiting health centre for any reason as well as community members near their homes and work places. Oral cancer screening camp were also organized at four of the centres for which help of public health dentistry department of Maulana Azad Institute of Dental Sciences (MAIDS), Delhi was taken. Department of community medicine, MAMC also released a special newsletter focussing on world no tobacco day 2024 theme.

Activity 1

Activity Done	Interactive health talk
Date & day	29/05/2024, Wednesday
Time	10:30 AM to 11:30 AM
Venue	RHTC Barwala
Beneficiaries	Patients attending OPD & their relatives/ attendants
No. of beneficiaries	50 (Fifty)
Health talk delivered by	Senior Resident, Post Graduate residents, Interns
Remarks	IEC material (informative charts) was prepared by residents and interns & they were used for dissemination of information during the health talk.



Activity 2

Activity	Oral cancer screening camp
Date & day	30/05/2024, Thursday
Time	09:30 AM to 12.30 PM
Venue	RHTC Barwala
Beneficiaries	Patients attending OPD & their relatives/attendants
No. of beneficiaries screened	50 (fifty)
No. of beneficiaries screened having suspicious lesion	05 (five)
Screening done by	Residents from Maulana Azad Institute of Medical sciences(MAIDS), Delhi
Remarks	IEC material in form of pamphlets and handouts were distributed to all the people and their attendants which gave information about the negative health impact of tobacco and guidance to suspect pre-cancerous and malignant lesions for oral cancer.



Activity 3

Activity	Health education talk
Date & day	28/05/2024, Tuesday
Time	10:30 AM to 11:30 AM
Venue	Mahilla Park near UHC Gokalpuri, Delhi
Beneficiaries	General population residing in Gokalpuri
No. of beneficiaries	30 (thirty)
Health talk delivered by	Residents and Interns of community medicine department, MAMC, Delhi
Remarks	IEC material in form of pamphlets and handouts were distributed to all the people



WNTD 2024**Activity 4**

Activity	Oral cancer screening camp
Date & day	30/05/2024, Thursday
Time	10:30 AM to 01:30 PM
Venue	UHC Gokalpuri, Delhi
Beneficiaries	OPD patients visiting NCD Clinic
No. of beneficiaries	53 (Fifty three)
Health screening done by	Residents and Interns of community medicine department, MAMC, Delhi
Beneficiaries identified with suspected lesion	05 (five)
Remarks	IEC material (pamphlets and handouts) were distributed giving information about the negative health impact of tobacco and information to suspect pre-cancerous & malignant lesions for oral cancer.



Activity 5

Activity	Health education talk
Date & day	30/05/2024, Thursday
Time	10:30 AM to 11:30 AM
Venue	UHC Gokalpuri, Delhi
Beneficiaries	OPD patients visiting NCD Clinic
No. of beneficiaries	40 (Forty)
Health talk delivered by	Residents and Interns of community medicine department, MAMC, Delhi
Remarks	IEC material (pamphlets and handouts) were distributed giving information about the negative health impact of tobacco and information to suspect pre-cancerous & malignant lesions for oral cancer.



Activity 6

Activity	Health education talk
Date & day	28/05/2024, Tuesday
Time	10:30 AM to 11:30 AM
Venue	RTRM Hospital, Delhi
Beneficiaries	OPD patients
No. of beneficiaries	55-60 (Fifty five to sixty)
Health talk delivered by	Residents and Interns of community medicine department, MAMC, Delhi
Remarks	IEC material (pamphlets and handouts) were distributed giving information about the negative health impact of tobacco and information to suspect pre-cancerous & malignant lesions for oral cancer.



Activity 7

Activity	NCD screening camp including Oral cancer screening
Date & day	30/05/2024, Thursday
Time	8:00 AM to 11:30 AM
Venue	RTRM Hospital premises, Delhi
Beneficiaries	Laborers and construction site workers
No. of beneficiaries	61 (sixty one)
Health screening doneby	Residents of community medicine department, MAMC, Delhi
Beneficiaries identified with suspected lesion	09 (nine)
Remarks	Health talk was also given by interns and residents to the beneficiaries and other people.



Activity 8

Activity	Health education talk and Oral cancer screening
Date & day	31/5/2024, Friday
Time	8:00 AM to 11:30 AM
Venue	RTRM Hospital premises, Delhi
Beneficiaries	Laborers and construction site workers
No. of beneficiaries	19 (nineteen)
Health screening done by	Residents of community medicine department, MAMC, Delhi
Beneficiaries identified with suspected lesion	0 (nil)
Remarks	Health talk was also given by interns and residents to the beneficiaries and other people visiting the site.



Activity 9

Activity	Health education talk
Date & day	31/05/2024, Friday
Time	11:00 AM to 12:00 noon
Venue	Gunna Misaar Gali, Delhi Gate, Daryaganj, New Delhi
Beneficiaries	General population residing in the area
No. of beneficiaries	45-50 (Forty five to fifty)
Health talk delivered by	Residents and Interns of community medicine department, MAMC, Delhi
Remarks	IEC material (pamphlets and handouts) were distributed giving information about the negative health impact of tobacco and information to suspect pre-cancerous & malignant lesions for oral cancer.



WNTD 2024**Activity 10**

Activity	Oral cancer screening & Health education talk
Date & day	31/05/2024, Friday
Time	10:00 AM to 01:00 PM
Venue	Delhi Gate Health Centre, MAMC, Delhi
Beneficiaries	People visiting the health centre
No. of beneficiaries	30 (thirty)
Health screening doneby	Residents of community medicine department, MAMC, Delhi
Beneficiaries identified with suspected lesion	02 (two)
Remarks	Health talk was also given by interns and residents to the beneficiaries and other people visiting the site.



Activity 11

Activity	Health education talk
Date & day	30/05/2024, Thursday
Time	10:30 AM to 11:30 AM
Venue	Near Basti Vikas Kendra (BVK), ITO, Delhi
Beneficiaries	General population residing in and visiting the area
No. of beneficiaries	35-45 (Thirty five to Forty five)
Health talk delivered by	Residents and Interns of community medicine department, MAMC, Delhi
Remarks	IEC material (pamphlets and handouts) were distributed giving information about the negative health impact of tobacco and information to suspect pre-cancerous & malignant lesions for oral cancer.

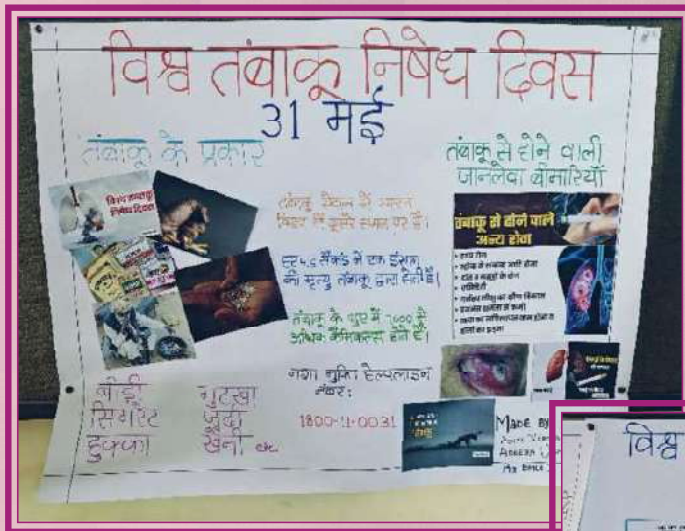


Activity 12

Activity	Oral cancer screening & Health education talk
Date & day	31/05/2024, Friday
Time	09:00 AM to 01:00 PM
Venue	Health centre BVK, ITO, Delhi
Beneficiaries	People visiting the health centre
No. of beneficiaries	19 (nineteen)
Health screening done by	Residents of community medicine department, MAMC, Delhi
Beneficiaries identified with suspected lesion	01 (one)
Remarks	Health talk was also given by interns and residents to the beneficiaries and other people visiting the site.



Some of the IEC material created and used by the residents and interns for the health talks and educational purposes:



Special Newsletter issued by Dept. Of Community Medicine, MAMC New Delhi on Occasion of World No Tobacco Day 2024



Acknowledgements

Special thanks to Dr. Poonam Narang Dean MAMC Delhi for her support, Dr. MM Singh HOD Community Medicine , Dr. Hariom Kumar Solanki Asst. Professor for coordinating all activities, all faculties and centre in charges of Community Medicine, Dept. of Public health Dentistry MAIDS, Delhi for conduct of Oral Screening camps. Thanks to Dr. Parth Sharma and Dr Ajanya Residents for coordination, compilation and all residents, interns involved in conduct as well as participants of the events. Special acknowledgement to RCTC, PGIMER for their encouragements and establishing consortium of medical colleges towards common goal of Tobacco Free India.

SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES

Name of DEAN/ Head of the institution: Dr. G.Jayalakshmi
 Official Email ID: slimsoffice@bharathuniv.ac.in
 Name of Nodal Person: Dr.M.Mercy
 Email ID: dr.m.mercy@gmail.com
 Mobile Number: 9487132393

Activity 1

Name of the activity :

Theme :

NO SMOKING AWARENESS AT KODAPAKKAM VILLAGE

- **Date and Time** : 2.05.2024,10:30 am-11:30 am
- **Duration** :1 hr
- **Target audience** : Community-General Public
- **Synopsis** : Awareness on harms of smoking , air Pollution, and diseases associated with smoking
- **Expected outcome** : Increase in KAP among general public about air pollution ,smoking and its harms
- **Collaboration** : Koodapakkam PHC
- **OUTLINE:**
- Introduction on Disorders caused by air pollution Prevention and safety measures to reduce air pollution and regarding no smoking .
- **OBJECTIVES OF THE AWARENESS PROGRAM:**
- To educate the public about air pollution , about the causes and pollutants
- To aware them about the diseases associated with air pollution and the smoking and its disorders .
- **SUMMARY:**
- The awareness programme were conducted by second year students under the guidance of Dr.Pravin Raj and Dr.Mercy M Department of PSM. General public learnt about the topic of air pollution,Smoking associated diseases and prevention.
- **Feedback:**
- The staff of the PHC are very cooperative and gave the support on conducting the awareness programme.



Activity 2

Name of the Activity:

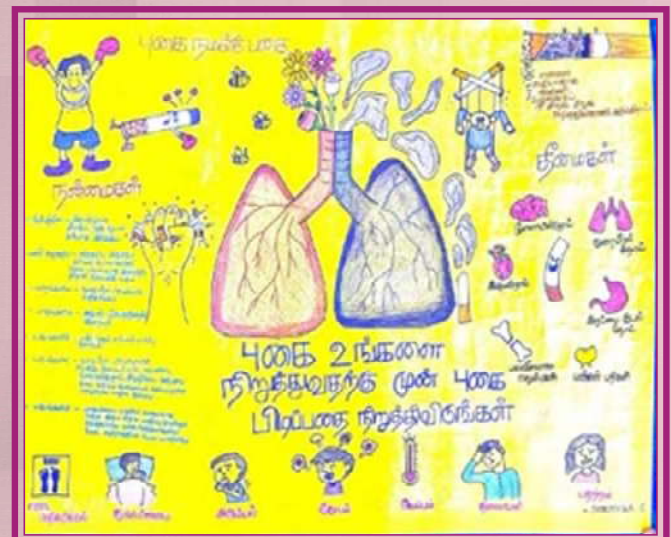
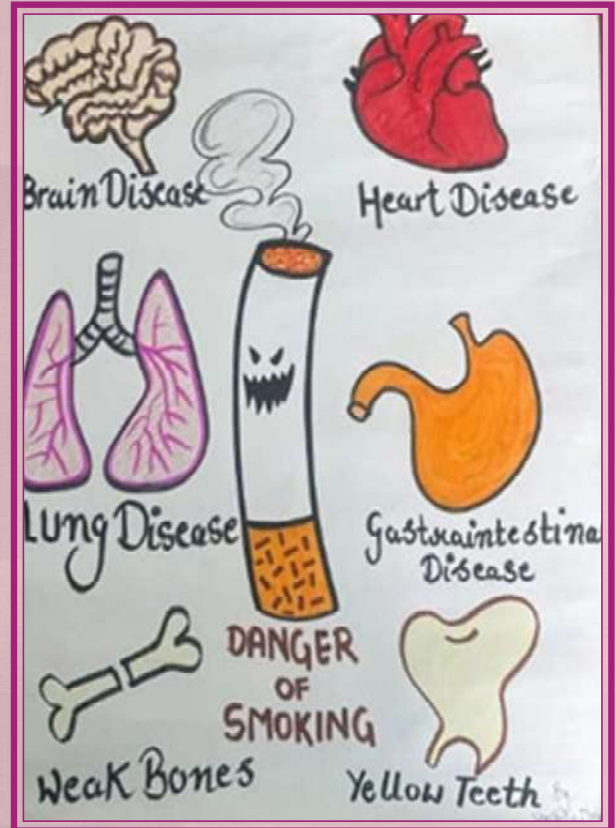
SYMPOSIUM ON TOBACCO AWARENESS AMONG THIRD YEAR MBBS STUDENTS AND INTERNS

- **Detail of Activity::** Awareness on harms of smoking, air pollution and diseases associated with smoking
- **Duration:** 4 HRS
- **Target Audience:** THIRD YEAR MBBS STUDENTS AND INTERNS
- **Expected Outcome:** Increase in KAP among THIRD YEAR MBBS STUDENTS AND INTERNS about smoking
- **Collaborations :** STATE TOBACCO CONTROL CELL PONDICHERRY STATE
- **Date :** 11.05.24

Summary:

Department of Community Medicine, SLIMS, Puducherry Organized 'symposium on tobacco awareness among students and interns. with immense support from our chairman Dr. Jagathrakshagan, President Dr. Sandeep Anand and Managing Director Dr. Swetha Sundeep Anand. The National CME programme started with prayer song and lighting kuthuvilaku done by Prof.Dr.G.Jayalaskhmi(Dean) ,Prof Dr.Balagurunathan (Dean Academics), Dr.Asayas Bosco Chandra Kumar((MS),Dr.Pammy Sinha(VP) and Dr.Rajini (HOD,PSM).The event was graced by eminent Dr. R. Suriya Kumar State Consultant - NTCP who gave their eloquent speech on Tobacco & Substance Abuse. The programme was a grand success with an audience of around 300 members which includes UG,PG students and faculties from various places.





Activity 3

Name of the Activity: NO SMOKING AWARENESS AT KUMARAPALAYAM VILLAGE

- **Detail of Activity:** Awareness on harms of smoking, and diseases associated with smoking, and oral self examination.
- **Duration:** 1 HR
- **Target Audience:** General public
- **Expected Outcome:** Increase in KAP among general public about smoking
- **Collaborations :** Rural Health Training centre-Kumarapalayam.
- **Date and Time-** 13.05.2024 10AM-11AM

Themes of the Health Education:

1. Health education on cancer awareness; No smoking
2. Tobacco products, and oral self examination for oral cancer.

The Health Education session was organized and coordinated by Dr Mercy Jafrin, Assistant Professor and Dr Ishwarya PG Resident, Department of Community Medicine in rural health centre, Kumarapalayam under the guidance of Dr Rajini S, Professor and Head, Department of Community Medicine, SLIMS. Compulsory Rotatory Residential Internship students posted in Rural Health Training Centre (Dr Abhinaya, Dr Padmashrilekha,, Dr Aishwarya, Dr Medazhazo) have designed health education materials (posters) stressing Health education on cancer awareness, no smoking.

Health workers (Mr Durai) and Nursing Officer (Mrs Komala, Mrs sumathi) have helped out in arranging the logistics for the programme.

Outline of the Programme

1. Health talk on Awareness on cancer focusing on the theme "CLOSE THE CARE GAP". The contents were cause of Awareness on cancers in general.

Health talk content Risk factors, steps of self oral examination, symptoms, treatment of oral cancers and its importance with posters and displays.



Activity 4

Name of the Activity: *NO SMOKING AWARENESS at Poraiyur with rally*

- Detail of **Activity:** Awareness on harms of smoking, and smokeless tobacco diseases associated with smoking.
- **Duration:** 1 HR
- **Target Audience:** young adults and general public
- **Expected Outcome:** Increase in KAP among young adults and general public
- **Date** 31.05.24

Theme of health education :

- 1) Toxic substances contained in tobacco.
- 2) Major diseases tobacco
- 3) Legal notice and acts associated

The Health Education **RALLY** was organized and coordinated by Dr Mercy Jafrin , Assistant Professor under the guidance of Dr Rajini S, Professor and Head, Department of Community Medicine, SLIMS. Second year MBBS students actively took part in the rally stressing the importance of no smoking with banner, pamphlets distributed to general public and young adults specially ,charts emphasizes on tobacco awareness .

Health Inspector Anbarasan has helped out in arranging the logistics for the programme.





Himalayan Institute of Medical Sciences, SRHU, Dehradun, Uttarakhand

Name of the Institute: Himalayan Institute of Medical Sciences, SRHU, Dehradun, Uttarakhand

Name of Director/ Head of the Institution: Dr. Ashok K. Deorari

Official Email ID: principal.hims@srhu.edu.in **Head of the Department:** Dr. A.K. Srivastava **Email ID:** hod.psm@srhu.edu.in

Name of Nodal Person: Dr. Shaili Vyas **Email ID:** shailivyas7@gmail.com **Mobile Number:** 9759135362

Coordinators: 1. Dr. Abhay Srivastava (Asst. Prof.)
2. Dr. Neha Sharma (Asst. Prof.)

Activity 1

National Activity

Name of the Activity: Creatathon Competition

Details of Activity: Postgraduates, Senior Residents & Faculty of Community Medicine and Public Health at National Level were invited to unleash their imaginations and artistic talents to create "Pictorial Slogans" that convey impactful messages against tobacco consumption. Top Three Award winners were given cash prizes of Rs/-4000, Rs 2000/- & Rs 1000/- along with a certificate in an online activity on 31st May.

Duration: 1month

Target Audience: General public

Expected Outcome: To yield innovative and impactful pictorial slogans that effectively raise awareness about the harms of tobacco use and inspire behaviour change. The most impactful warning would be sent to the IAPSM & RCTC so that it could be used appropriately.

Collaborations (if Any): IAPSM, IAPSM UPUK, RCTC



WNTD 2024**Activity 2****National Activity**

Name of the Activity: Ideafusion Competition

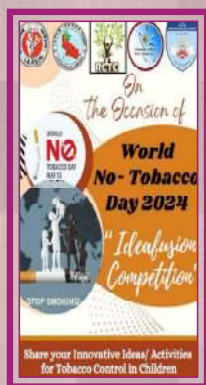
Details of Activity: Postgraduates, Senior Residents & Faculty of Community Medicine and Public Health at National level were invited to do an innovative activity based on the theme “Protecting children from tobacco industry interference” Top Three Award winners were given cash prizes of Rs/-4000, Rs 2000/- & Rs 1000/- along with a certificate in an online activity on 31st May.

Duration: 1month

Target Audience: Children out of School & School children

Expected Outcome: The most innovative activity could be adopted as “BEST PRACTICES”. To provide creative approaches and tactics to combat tobacco addiction and encourage quitting among youngsters.

Collaborations (if Any): IAPSM, IAPSM UPUK, RCTC

**Activity 3****Social Media**

Details of Activity: Department of Community Medicine in collaboration with Cancer Research Institute, SRHU organized a TV talk in which Dr. Vipul Nautiyal, a renowned expert from the Oncology Department, spoke on television about the importance of safeguarding children from tobacco use & its adverse effects. Dr. Nautiyal highlighted the terrible health effects of tobacco use, such as an increased risk of cancer, respiratory problems, and cardiovascular disorders, as well as the startling growth in tobacco use among youth. In support of tougher laws against tobacco promotion and sales to minors, he emphasized the value of early education and preventative actions as ways to stop this trend. In addition, Dr. Nautiyal emphasized the need for communities, schools, and parents

to foster a culture that supports abstaining from tobacco use. He offered helpful guidance on identifying telltale indicators of tobacco use in kids and starting frank discussions about the risks associated with smoking. The speech served as a forceful call to action, imploring people to safeguard the next generation against the perils of tobacco addiction and its long-term health consequences.

YouTube Link: <https://youtu.be/7nWdAketYIU?si=S3r4A67N7AAZFahT>

Duration: 40mins

Target Audience: General Public

Expected Outcome: To raise awareness of public against the harmful effects of tobacco use & how to safeguard children

Collaborations (if Any): Cancer Research Institute, HIHT, SRHU, Dehradun



Activity 4

School Based Activities

Name of the Activity: Extempore Competition

Detail of Activity: An extempore competition on the topic “Celebrities Championing Tobacco-Free Lifestyles” was organized between students both girls & boys from class 8th-Class 12th of one English medium & one Hindi medium school. Participants delivered impromptu speeches, showcasing their understanding and perspectives on the role of public figures in advocating for a tobacco-free society. The competition witnessed enthusiastic participation, with students presenting insightful views on the positive impact celebrities can have on public health.

Winners: 1st- Prerna, 2nd- Sheetal and 3rd- Ishika were given certificates with prizes.

Duration: 30 min

Target Audience: All students of class 8th-12th

Expected Outcome: Awareness of adolescents & teachers on the negative impact of Tobacco.

Collaborations (if Any): District Tobacco Control Cell, State Tobacco Cell



Activity 5

School based activities

Name of the Activity: Fitness Challenge Test

Detail of Activity: Fitness tests like “*Utkatasana*” were held between the girls of two girls whereas the “*Phalakasana*” - the *plank Test* was done between the boys of two schools. At last, “*Kapalbati yoga*” was conducted between the winners of both rounds to evaluate the student’s physical health, encouraging them to maintain a healthy lifestyle free from tobacco. Students actively participated and received personalized fitness assessments, emphasizing the importance of physical well-being.

Winners: 1st- Ruchi, 2nd- Rahul and 3rd-Vikas were given certificates with prizes.

Duration: 30 min

Target Audience: All students of class 8th-12th

Expected Outcome:

Collaborations (if Any): District Tobacco Control Cell, State Tobacco Cell





Activity 6

School based activity

Name of the Activity: Tobacco Quiz

Detail of Activity: Students competed in a quiz that covered various aspects of tobacco-related health issues, statistics, and preventive measures. The quiz fostered a healthy competitive spirit and deepened the students' knowledge about the hazards of tobacco. The events were conducted under the expert supervision of esteemed faculty members from the Department of Community Medicine: Prof. Dr. Shaili Vyas, Dr. Abhay Srivastava, Dr. Neha Sharma, Assistant Professor, Dept. of Community Medicine HIMS, SRHU. School Principal Mr. Shashank Chamoli Principal of SDMPs, Anirudh Nautiyal, and a representative from the school congratulated the winners & were thankful to the SRHU Team for the activities.



Winners: 1st- Himanshu 1st, 2nd- Saksham and 3rd-Suman were given certificates with prizes.

Duration: 30 min

Target Audience: All students of class 8th-12th



Expected Outcome: Awareness of adolescents & teachers on the negative impact of Tobacco.

Collaborations (if Any): District Tobacco Control Cell, State Tobacco Cell



Activity 7

Medical /MBBS students

Name of the Activity: Pledge Ceremony, awareness video display, and Quiz on Tobacco Cessation & Control

Detail of Activity: In a remarkable effort to raise awareness about the harmful effects of tobacco use, Dr. AK Srivastava (HOD), & Dr Shaili Vyas took the lead in enlightening the students about the global tobacco epidemic and its detrimental impact on individual and public health. To further reinforce the message, educational videos were showcased, providing a compelling visual narrative of the devastating consequences of tobacco use. In a pledge to foster a tobacco-free generation, MBBS students were invited to solemnly commit to abstain from tobacco use. Their commitment was further strengthened through an engaging quiz that tested their knowledge about the harmful effects of tobacco and the importance of a tobacco-free lifestyle. This event served as a powerful reminder of the collective responsibility to combat the tobacco menace and create a healthier world for all. **Duration:** 30 min

Target Audience: Final year (PART-1) MBBS students, PG's & Ph.D Scholars

Expected Outcome: It boosted



commitment to a tobacco-free lifestyle and enhanced students' knowledge about the dangers of tobacco use and effective cessation strategies.

Collaborations (if Any): None



Activity 8

Health Centre activities (RHTC/UHTC)

Name of the Activity: Awareness session at Rural & Urban Health Training Centres (RHTC & UHTC)

Detail of Activity: The Program started by presenting a wonderful slide show by Dr Chirag and Dr. Avani in the department where the staff of the department was made aware of the day and issues about it. Next, a Health talk regarding World No Tobacco Day was given at RHTC, Gohri Mafi, and UHTC, Kurkawala. A team of doctors visited the centers and explained to the people regarding dangers of tobacco use and the tobacco industry's tactics that target young people. They highlighted the alarming statistics of youth tobacco use and emphasized how the tobacco industry uses appealing flavors, misleading marketing, and social media presence to attract young people. Doctors also addressed strategies to protect children from tobacco industry influence and discussed advocating for stricter regulations on tobacco marketing and sales, promoting smoke-free environments, and educating children about the harms of tobacco use. Doctors also guided individuals on how to quit tobacco, nicotine replacement therapy, & behavioral counseling programs.

Duration: 1 hour

Target Audience: General Public

Expected Outcome: The awareness session is expected to increase community knowledge about preventive health practices and enhance participation in local health initiatives, thereby improving overall public health outcomes.

Collaborations (if Any): None



WNTD 2024**Activity 9****PG Presentation**

Name of the Activity: PG seminar on the Tobacco Health Impacts: Policies, Legislation and strategies for youth prevention & intervention

Detail of Activity: Dr. Avani Gupta (1st year resident) presented the seminar and showcased the critical issues of tobacco control and public health. The National Tobacco Control Programme (NTCP) goals, tactics, and legal framework aimed at reducing tobacco use were all covered in detail throughout the session. Briefly, she described about M-Power strategy and ToFEI guidelines. The importance of community participation and advocacy for successfully controlling tobacco usage were also highlighted. Additionally, the seminar emphasized networking with policymakers to encourage cooperative efforts to improve NTCP.

Duration: 45 mins

Target Audience: Faculty & Postgraduates of Community Medicine

Expected Outcome: The seminar highlighted current research findings in tobacco control and identified areas where further research is needed. Participants gained a comprehensive understanding of the NTCP, including its objectives, strategies, and implementation mechanisms and it enhanced understanding of Tobacco Control Policies and Strategies.

Collaborations (if Any): None

**Activity 10****Member of UTFC**

Name of the Activity: 15th Quarterly meeting of Uttarakhand Tobacco Free Coalition (UTFC) and Tobacco cessation training

Detail of Activity: On 30th May 2024, the Meeting was held to talk about the difficulties and advancements in the battle against tobacco use in Uttarakhand. Participating key players from the advocacy, education, and health sectors reaffirmed their commitment

to advancing a tobacco-free society. The meeting included thought-provoking talks on cutting-edge tobacco cessation techniques, such as youth involvement initiatives and community-based treatments. In addition, a specific training session on tobacco cessation was held, giving participants useful tools to assist others in giving up tobacco usage. In the end, there was a renewed resolve to push forward with initiatives to make Uttarakhand healthier and tobacco-free. Dr Shaili Vyas & Dr Abhay Srivastava became the member of UTFC.

Duration: 3 hours

Target Audience: Executive members of UTFC, Tobacco advocates, social workers, MPH students

Expected Outcome: To strengthen collaboration among stakeholders, enhance strategic planning for regional development, and foster coordinated efforts to address key socio-economic and environmental challenges in Uttarakhand.

Collaborations (if Any): Seema Dental College & Hospital, Rishikesh & Uttarakhand Tobacco Free Coalition



Activity 11

CME cum Sensitization meeting on Tobacco Control

Name of the Activity: CME cum Sensitization meeting on Tobacco Control **Detail of Activity:** Department of Community medicine in collaboration with CRI took the lead in organizing CME cum Sensitization meeting in HIMS of all the department working towards Tobacco control where MS along with Deputy MS, chairperson & Secretary of UTFC along with representatives of Balajee NGO were present. It was a thought-provoking presentation by Miss Mamta Thapa, from Balajee sewa Trust who spoke on the Tobacco-Free Educational Institutions (ToFEI), M- POWER initiatives, and the WHO Framework Convention on Tobacco Control (WHO-FCTC). She gave a thorough rundown of the National Tobacco Control Programme (NTCP), highlighting the vital role that many departments and stakeholders must play in seeing it through to completion. Miss Thapa emphasised the significance of concerted efforts to successfully implement tobacco control laws. All the participants were actively involved in the session and shared their experiences. They departed with a

WNTD 2024

fresh resolve to enthusiastically work in an integrated manner for tobacco control and cessation.

Duration: 3 hours

Target Audience: MBBS & M.Sc. Epidemiology students, Faculty from Oncology, Dental, Pulmonary, Psychiatry, Community Medicine & Yoga sciences, Director CRI, Director of Hospital Services, Deputy MS, Representatives from nursing, security and housekeeping, and NGO.

Expected Outcome: It enhanced healthcare professionals' knowledge about current tobacco control measures and strategies, and increased their commitment to advocacy and work in collaboration for implementing effective tobacco cessation programs.

Collaborations (if Any): CMO office-Uttarakhand Tobacco Free Coalition & NGO-Balajee Seva Sansthan



Activity 12

Health Camp

Name of the Activity: Health Camp and Awareness Session at Rural Health Training Centres (RHTC) on tobacco cessation

Detail of Activity: More than 100 patients were screened and in-depth physical examinations with tailored education regarding the harmful consequences of tobacco consumption were provided to them. In addition to offering helpful advice on cessation tactics, the awareness session emphasized the significance of giving up tobacco use for improved health outcomes. Attendees were actively involved in understanding the risks linked with tobacco usage through interactive talks led by healthcare professionals. They also took a pledge to not smoke and not to promote tobacco consumption.

Duration: 4 hours

Target Audience: General Public

Expected Outcome: To promote healthier lives and lower tobacco prevalence in rural communities, it aims to deepen attendees' understanding of the health concerns associated with tobacco use and provide them with the necessary tools and assistance to begin or continue their journey towards quitting.

Collaborations (if Any): None



MEDIA COVERAGE



PLEDGE CERTIFICATE



MGM MEDICAL COLLEGE, KAMOTHE, NAVI MUMBAI

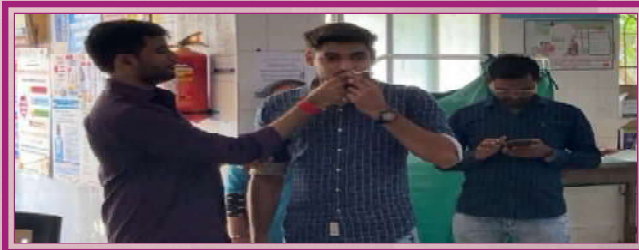
Name of institute- MGM MEDICAL COLLEGE, KAMOTHE, NAVI MUMBAI
 Head of institute-Dr.G.S.Narshetty
 Name of nodal person-Dr.Nisha Ram Relwani
 Email ID—relwani_nisha@yahoo.com
 Mobile-+91-9545455853

Activity 1

Role plays/ NukkadNatakwas performed by students in various catchment areas on the occasion of No Tobacco Day; on the topic of harmful effects of Tobacco consumption during pregnancy. Near about total beneficiaries 91 attended the performance.

Venue:RHTC, PHCNERE

No. of participants:15



Role Play at RHTC NERE



NUKKAD NATAK performed in Mahalaxmi Nagar, Nere



A skit performed at MGM canteen and Hospital



A role play performed at UHTC Khopoli

Activity 2

IEC sessions and display of posters was done in the campus (college / hospitals / canteen / common areas) and catchment areas of the medical college for awareness amongst students, faculties, staff, community members, patients and their relatives. Approximately a total of 45-55 beneficiaries attended the IEC activity and rest other



Display of Poster at the entrance gate of MGM Medical college and Hospital



Display of poster at UHTC Khopoli



Conduct of IEC activities at RHTC

Activity 3

Arranging camps in the catchment areas for oral health screening. Various oral health screening camp were organized at various outreach center in collaboration with Dental department.

Approximately a total of 259 beneficiaries were screened



Photos showing various oral health screening camp done at outreach area.

All India Institute of Medical Sciences, BIBINAGAR

Name of the Institute: AIIMS BIBINAGAR
 Head of the Institute: Prof. (Dr.) Vikas Bhatia, CEO & Executive Director, AIIMS Bibinagar
 Name of Nodal Person: Dr. Kishore Yadav Jothula
 Email ID: kishoreyadav2021@gmail.com
 Mobile: 9885155920

Activity 1

Awareness Campaign in hospital

Date: 31.05.2024, **Venue:** OPD foyer, **Number of participants:** 60 - 75

Resource person: Dr. Shrikrishna BH, Additional Professor, Dept of ENT
 Dr. Vijay, Assistant Professor, Dept of Dentistry
 Dr. Sowryaswi and Dr. Sampath, Senior Residents, Dept of CFM

Department of Dentistry, Department of ENT and Department of CFM conducted awareness campaign at OPD area by displaying informative posters and with interactive talk with the group of patients gathered at OPD area. Key facts about tobacco were highlighted and Residents and interns engaged with visitors with conversations about the benefits of a tobacco-free lifestyle. This campaign was aimed to dispel myths surrounding tobacco and encourage individuals to prioritize their health and well-being.



Activity 2

Display of Educational Video on Tobacco usage in OPD TVs

Date: 31.05.2024, **Venue:** OPD foyer, **Number of participants:** 40 - 50

Resource person: Dr. Malathesh, Assistant Professor, Dept of Psychiatry
Dr. Lakshmi, Dr. Anirudh and Dr.Diveesha, Senior Residents, Dept of Psychiatry

The Department of Psychiatry has prepared two educational videos on tobacco both in English and Telugu and displayed in the TVs located at OPD area. Patients were sensitized about various aspects of tobacco like detrimental health effects of tobacco use, including its link to various diseases such as cancer, cardiovascular diseases, and respiratory disorders. Practical tips and strategies for quitting smoking were also discussed, emphasizing the importance of seeking support and adopting healthy coping mechanisms.



Activity 3

Community Pledge and Rally

Date: 31.05.2024, **Venue:** RHTC, Bommalararamam village,
Number of participants: 25-30

Resource person: Dr. Govindrao Kusneniwar, Associate Professor, Dept of CFM
Dr. Nagaraj, Junior Resident, Dept of CFM
Dr. Shravan and Dr. Sumalatha, Medical Officer, RHTC, Bommalararamam
Smt.Indrajyothi, Smt.Noorjahan and Smt,Nagalakshmi MPHA(F), RHTC,
Mr. Janardhan, MPHS(M), RHTC, Bommalararamam

To symbolize our commitment to a tobacco-free future, Health staff of RHTC invited community members to take a pledge along with them, affirming their dedication to abstain from tobacco use and support others in their journey towards cessation. The pledge served as a visual representation of our shared responsibility in creating a healthier environment for ourselves and future generations. After the pledge a rally was done in the Bommalararamam village by RHTC staff by raising the slogans 'Protect Children from Tobacco' , 'Tobacco kills everyone' etc



Activity 4

Community Skit

Date: 31.05.2024,
30-40

Venue: Govindu Thanda Village,

Number of participants:

Resource person: Dr. Kishore Yadav Jothula, Assistant Professor, Dept of CFM
Dr. Venakata Akhil, Junior Resident, Dept of CFM
Mr. Ankit, Mr. Arshaq, Mr. Ajay, Mr. Bharadwaj, Mr. Harsh, Interns, Dept of CFM
Ms. Aarti, Ms. Aishwarya, Ms. Aparna, Ms. Rimzy, Interns, Dept of CFM
Ms. Reena, Nursing Officer, Dept of CFM

The JR and Interns of Department of CFM have performed skit at Govindu Thanda Village on the theme of World No Tobacco Day- '**Protecting Children from Tobacco Industry Interference**'. Various topics like strategies adopted by tobacco industries to hook children and role of parents and other elders in protect children from tobacco were discussed through the activity



Activity 5

Tobacco related awareness activity for rural children and Adolescents

Date: 31.05.2024, **Venue:** Govindu Thanda Village,
Number of participants: 15-20

Resource person: Dr. Venakata Akhil, Junior Resident, Dept of CFM, Mr. Ankit, Mr. Ajay, Mr. Bharadwaj, Mr. Harsh, Interns, Dept of CFM

Interns and JR of Department of CFM were involved in sensitizing exclusively rural children and adolescents about tobacco and its health effects, passive smoking and how to cope up with peer pressure and adopting healthy lifestyle.



All India Institute of Medical Sciences, Bhubaneswar

Name of the Institute: All India Institute of Medical Sciences, Bhubaneswar
 Head of the Institute: Prof (Dr) Ashutosh Biswas (Executive Director)
 Name of Nodal Person: Prof (Dr) Sonu H Subba
 Email ID: cmfm_sonu@aiimsbhubaneswar.edu.in
 Mobile: 9438884025

Activity 1

Public Health Lecture in OPD foyer in AIIMS Bhubaneswar

Date: 31/05/2024

Venue: OPD Foyer, AIIMS Bhubaneswar

Chief guest: Prof (Dr) Dillip Kumar Parida (Medical Superintendent, AIIMS Bhubaneswar)

Resource persons: Prof. (Dr) Binod K Behera (Addl Prof, Department of Community Medicine and Family Medicine, AIIMS Bhubaneswar), Dr. Samapika Routray (Addl professor, Department of Dentistry, AIIMS Bhubaneswar), Dr Debadatta Mohapatra (Assoc Prof, Department of Psychiatry)

Number of participants: 70-100

Details of the activity

Department of Community Medicine and Family Medicine organized a Public Health Lecture in the OPD foyer at AIIMS Bhubaneswar from 10 - 11 AM. Prof (Dr) Sonu H Subba, HOD, Department of Community Medicine and Family Medicine, welcomed the gathering with an overview of the theme of 'World No Tobacco Day- 2024'. On this occasion, Prof (Dr) Dillip Kumar Parida (Medical Superintendent, AIIMS Bhubaneswar) talked about the effect of tobacco on youth. He also emphasized the 'Tobacco Free Hospital' initiative in AIIMS Bhubaneswar along with the burden of cancer in youths from his own clinical experience. Dr. Binod Kumar Behera (Additional Professor), Department of Community Medicine and Family Medicine, emphasized the role of parents in identifying young people at an early stage of tobacco use and the long-term social and financial effects of tobacco addiction. Dr. Samapika Routray (Additional professor, Department of Dentistry) showed pictures of the oral malignant lesions associated with tobacco consumption to raise awareness about tobacco. Dr Debadatta Mahapatra (Associate professor, Department of Psychiatry) talked about the de-addiction from tobacco addiction with real-life examples. The session ended with a question-answer session. A total of 70 beneficiaries participated in this session.





Activity 2

Symposium on 'World No Tobacco Day- 2024'

Date: 31/05/2024

Venue: Main Auditorium, AIIMS Bhubaneswar

Chief guest: Prof (Dr) Ashutosh Biswas (Executive director, AIIMS Bhubaneswar)

Resource persons: Prof. (Dr) Prasanta Raghav Mohapatra Dean (Academic), AIIMS Bhubaneswar, Prof. (Dr) Dillip Kumar Parida (Medical Superintendent, AIIMS Bhubaneswar), Prof. (Dr) Sonu H Subba (Professor and HOD, Department of CM & FM and Nodal person for Core Committee for Tobacco Control in AIIMS Bhubaneswar), Dr. Prajna Paramita Giri (Additional professor Department of CM & FM), Dr. Arpit Jashwantbhai Parmar (Associate professor, Department of Psychiatry, AIIMS Bhubaneswar), Prof (Dr) Pradipta Kumar Parida (HOD, Department of ENT), Prof (Dr) Sourin Bhuniya (HOD, Department of Pulmonary Medicine and Critical Care) Dr. Samapika Routray (Additional professor, Department of Dentistry), Dr. Aditi (Assistant professor, Department of Pediatrics)

Number of participants: 253

Details of the activity

The Core Committee for Tobacco Control in AIIMS Bhubaneswar organized a symposium at the main auditorium in AIIMS Bhubaneswar. Dr Dillip Kumar Parida, the Medical Superintendent gave the opening remarks emphasizing the need to protect children from adverse effects of tobacco. Prof (Dr) Prasanta Raghav Mohapatra, Dean, Academic talked about the newer tobacco products and their ill effects on the youth. He also talked about the role of companies in the marketing of tobacco products for increasing their sales. Prof (Dr) Sonu H Subba, Professor, HOD, and Nodal person for Core Committee for Tobacco Control, AIIMS Bhubaneswar elucidated on this year's theme, 'Protecting children from tobacco industry interference' by giving real-life examples of the tobacco companies' role on increasing their sale among children and youths, specifically by advertisements, social media usage and modifying the tobacco products. She also emphasised avoiding products manufactured by tobacco companies to reduce tobacco use and the preventive

strategies in the form of COTPA act and MPOWER strategy. Dr Prajna Paramita Giri talked about the burden of tobacco use in Odisha, India, and at the global level and how the tobacco epidemic is encroaching on children. Dr. Arpit Jashwantbhai Parmar (Assistant Professor, Department of Psychiatry) talked about the myths related to tobacco addiction and termed it as a disease with an explanation of the biological basis for addiction. A panel discussion was held, moderated by Dr Prajna Paramita Giri, where Prof (Dr) Pradipta Kumar Parida, (HOD, Department of ENT), Prof (Dr) Sourin Bhuniya (HOD, Department of Pulmonary Medicine and Critical Care) Dr Samapika Routray (Additional professor, Department of Dentistry), and Dr Aditi (Assistant professor, Department of Pediatrics) were the panelists. They discussed on the ill effects of usage of smokeless tobacco and smoke tobacco among the children. The effects of smoking, including second-hand smoke, were discussed in the panel discussion. In the last part of the technical session, Dr Gaurav Kumar Singh (Assistant Professor, Drug De-Addiction Programme (DDAP), Department of Psychiatry, AIIMS, Bhubaneswar) discussed managing tobacco addiction involving pharmacological and non-pharmacological interventions. A total of 253 beneficiaries, including faculty members, MBBS students, nursing students, residents, and para-medical students, were registered for this symposium.



Activity 3

Health education activity at Patrapada (CRUT Depot, Bhubaneswar)

Date: 31/05/2024

Venue: CRUT Depot, Patrapada, Bhubaneswar

Chief guest: Mr Jayant Kumar, Senior Manager, CRUT, Dr. Binod Kumar Patro, Professor, Department of Community Medicine and Family Medicine, AIIMS, Bhubaneswar

Resource person: Dr. Manish Taywade (Additional Professor, Department of Community Medicine and Family Medicine, AIIMS, Bhubaneswar), Satyajit Mohanty (Manager, Training and Capacity Building), Ms. Nivedita, Manager (Communications).

WNTD 2024

Number of participants: 150

Details of the activity

The program was attended by Dr. Binod Kumar Patro, Professor, Department of Community Medicine and Family Medicine, AIIMS, Bhubaneswar; Dr. Manish Taywade, Additional Professor, Department of Community Medicine and Family Medicine, AIIMS, Bhubaneswar and senior officials from Capital Region Urban Transport, namely, Mr Jayant Kumar, Senior Manager, CRUT; Mr Satyajit Mohanty, Manager, Training and Capacity building; Ms. Nivedita, Manager, Communications and Mr. Pinak Barik, Depot Manager of the Mo Bus Depot, Patrapada. Junior doctors and research scholars from AIIMS also attended the program. Dr. Kiran laid down several tips that can be practically applied by every individual in their journey of tobacco cessation, and the multitude of institutional mechanisms also available to help them in the process, like tobacco cessation, quitlines, deaddiction clinics, etc. Dr. Patro and Dr. Taywade, Faculty members in AIIMS, Bhubaneswar further enlightened the participants with their experiential examples and motivational talk. Mr. Jayant, from CRUT, encouraged the participants to stand as a positive influence in society and become cheerleaders in the cause of tobacco cessation. Several banners and posters with information of tollfree m-Cessation and Quitline numbers and essential tips on tobacco cessation had also been put on display to aid in the health education. The program ended with a short question-and-answer session, wherein many eager participants enquired about the topic further and expressed their keen interest in and support for the cause. The gathering came together to pledge their allegiance to the mission of making India Tobacco-free, possible only by eradicating the evil of tobacco use from our lives and protecting ourselves, our children, family, friends, and society in the process.



Activity 4

Health education sessions and oral cancer screening in UHTC Nayapalli

Date: 31/05/2024

Venue: NABARD ground, AIIMS Bhubaneswar

Resource person: Dr. Mayur Bhola (Junior resident, Department of Dentistry)

Number of participants: 45 for screening and more than 100 for awareness session

Details of the activity

World No Tobacco Day was celebrated by the Department of Community Medicine & Family Medicine, UHTC Nayapalli, at Nabard ground, Nayapalli, on 31st May 2024. More than a hundred people attended the program. The theme of World No Tobacco Day 2024 was “Protecting Children from Tobacco Industry Interference”. The program began with an introduction of the team by moderator Mrs. Ranjulatha Behera. A skit was performed by Dr. Beenit Kumar Jena, Dr. Sanskar Gupta, Dr. Soumyadeep Behera, Dr. Samayita Ghosh, Dr. Rohan Ajit Nair, and Miss Swayamshree Swain portraying the effect of tobacco on a family, including children. Later, Dr Swosti Kiran delivered a talk on the harmful effects of tobacco on self, family, and ways of tobacco cessation. Dr. Mayur Bhola (Dentistry), Dr. Beenit Jena, Dr. Alina Sahu, Dr. Samayita Ghosh, and Dr. Rohan Ajit Nair conducted a cancer screening camp. 45 beneficiaries were screened, out of which eight were found to have pre-cancerous lesions and were referred to AIIMS Bhubaneswar hospital for further evaluation. Beneficiaries were counselled regarding tobacco cessation by Miss Diptimayee Padhi. The session was concluded with a thank you note from Mrs. Swati Patra.



Activity 5

Health education session and Yoga in RHTC Mendhasala

Date: 31/05/2024

Venue: Kantabada, Mendhasala

Resource person: Mr Adarsh (Yoga Teacher, Mendhasala), Mrs. Sasmita Sahoo (CHO, Kantabada)

Number of participants: 54

Details of the activity

World No Tobacco Day was celebrated in Kantabada by Team RHTC Mendhasal, with collaboration with NSS, on 31st May 2024. After a secondary analysis of prevalence of smoking and smokeless tobacco in EHC villages, Kantabada was selected. A total number of 54 beneficiaries attended the event. A skit was performed by NSS volunteers. IEC on tobacco burden, its effects on health, tobacco withdrawal, and cessation by Dr. Bhargavi, Dr. Pramit, Dr. Omkar, and Dr. Muskan. A pledge was taken against no tobacco use with children. The event was also attended by CHO and a Yoga teacher. A yoga session was also conducted. The general public as well as students participated with much joy. The event was structured to include a variety of educational and interactive segments, designed to engage the participants and provide them with valuable information about tobacco cessation.



Activity 6

Health education activity in RHTC Tangi

Date: 31/05/2024

Venue: OPD foyer, CHC Tangi

Resource person: Dr Abhisek Mishra (Assistant professor, Department of Community Medicine and Family Medicine)

Number of participants: 15

Details of the activity

The team of Tangi observed “WORLD NO TOBACCO DAY” at the Community Health Centre, Tangi, on 31.05.2024. The welcome address was given by Mrs. Barna Das (MSW), after which our Tangi team lead, Additional professor Dr. Swayam Pragya Parida, and Tangi co-in-charge Assistant professor Dr. Abhisek Mishra joined us online and gave a brief description on the significance of No Tobacco Day and made the participants aware of the health risk associated with smoking. A health talk was given by our JR, Dr. Nibash, along with an intern, Dr. Raj, who emphasized the benefits of quitting smoking as well as how social media and movies influence young minds. The people were also educated about the myths and facts about New Age smoking Gadgets. Dr. Nibash coordinated the program overall. At the end, Mrs Barna voted for thanks, and Mr Dambarudhar distributed refreshments. The local people of Tangi Block attended the complete session and visited CHC Tangi.



All India Institute of Medical Sciences, Raebareli

Name of the Institute: AIIMS Raebareli
 Head of the Institute: Prof (Dr) Arvind Rajwanshi
 Name of Nodal Person: Dr Sourabh Paul, Associate Professor,
 Community Medicine Email ID: drsourabh82@gmail.com
 Mobile: 8093424491

Activity 1

On the occasion of World No tobacco Day 31st May 2024 at hospital premises an awareness programme was organized by Tobacco control cell of AIIMS Raebareli for the general public and OPD patients. 200-300 public gathered in this programme. Students of 2nd MBBS has demonstrated a nukkad natak showing the harmful effect of tobacco on children. Faculty from different departments (psychiatry, Radiation oncology, ENT, Surgery) had expressed the thoughts for public how to save their children from this tobacco epidemic.



Activity 2

To make public aware about the harmful effect of tobacco AIIMS Raebareli has given a message on media platform (social media, you tube etc) on 31st May 2024. The highlight of the message was how to prevent and safe our youth from tobacco addiction. There was also some real-life story of cancer patients who were chronic tobacco consumer.

WNTD 2024

Following are the link of the video: <https://fb.watch/spbVMrT48X/>
https://x.com/aiims_rbl/status/1796438820164149475
<https://www.instagram.com/p/C7n6W0nylOz/>
https://youtu.be/9_dwBK-0ark



Activity 3

Institute security personals are conducting regular as well as random checking for violation of COTPA act inside the institute premises. In this exercise to make the campus tobacco free zone security personal has seized more than 400 kg tobacco products from those who have violated the norm in last 1 year. All these products were disposed off on the World No tobacco Day 2024.



All India Institute of Medical Sciences, Bathinda

Name of the Institute: All India Institute of Medical Sciences Bathinda
 Head of the Institute: Dr D K Singh, Executive Director
 Name of Nodal Person: Dr Rakesh Kakkar, Prof & Head, CFM
 Email ID: drrakesh75@rediffmail.com
 Mobile: 8218608467

Activity 1

(Please provide the activity details, including the date, venue, chief guest, resource person, number of participants, and 2-3 relevant photographs).

Poster and Slogan Competition for MBBS and Nursing students.

A poster and slogan-making competition were organized based on the theme 'Protecting children from tobacco industry interference' for MBBS and nursing students, for which winners were felicitated by the respected Dean of Academics, Dr. Akhilesh Pathak and the Head of the department.



Activity 2

(Please provide the details of the activity, including the date, venue, chief guest, resource person, number of participants, and 2-3 relevant photographs).

The health check-up camp for the institute's non-medical staff focuses on NCD risk in the CFM Department.

A health screening camp for the employees of AIIMS, Bathinda, from the department of accounts, recruitment, procurement, establishment, security, and sanitation. The camp started with the sensitization of the beneficiaries regarding the harmful effects of tobacco consumption, and the faculty delivered awareness of health legislation. A total of 62 beneficiaries were given consultations at the screening camp. The beneficiaries were screened for non-communicable diseases. Identification details, dietary patterns, family

history, weight, height, blood pressure, random blood sugar (RBS), and oral and breast cancer screening were made. The patients who were found to have advanced health issues were counseled, called for follow-up, or referred to the respective departments accordingly.



Activity 3

(Please provide the activity details, including the date, venue, chief guest, resource person, number of participants, and 2-3 relevant photographs).

Health Awareness Talk on types of tobacco products, E-cigarettes, Passive smoking, Harmful effects of these products, & Tobacco Cessation and availability deaddiction facilities Nukkad natak by Interns “HAR TOBACCO TO JEET HAMARI” was performed in OPD AIIMS Bathinda, RHTC, Badal and UHTC, Lal Singh Basti.

A health talk on ‘Effects of tobacco consumption, Tobacco Cessation and availability of deaddiction facilities’ was delivered at the rural health training center (RHTC) at SDH Badal by interns, followed by a pledge ceremony on no tobacco consumption at home or work by the general public.

Interns also conducted awareness regarding the harmful effects of tobacco at UPHC Lal Singh Basti, followed by pledge-taking.



Activity 4

(Please provide the details of the activity including the date, venue, chief guest, resource person, number of participants and 2-3 relevant photographs).

“No Tobacco” Pledge by students and beneficiaries: The Department of Community and Family Medicine beneficiaries undertook the no Tobacco Consumption Pledge to promote tobacco-free homes and campuses.

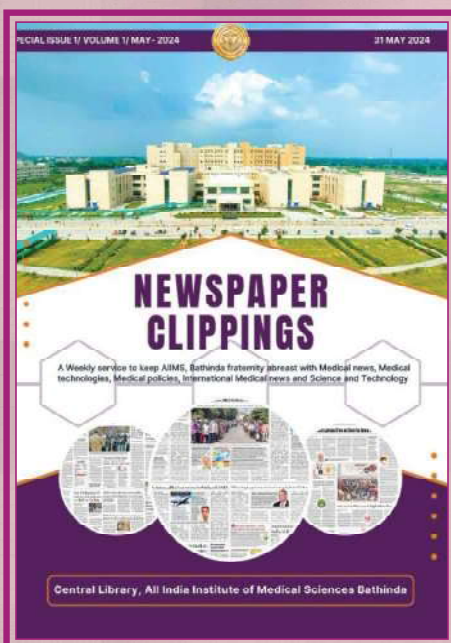
The event saw enthusiastic participation of students, residents, patients & staff alike.

All MBBS Batches were sensitized by Powerpoint regarding the harmful effects of tobacco consumption in any form.



Activity 5

Special issue on World No Tobacco Day by Central Library for tobacco-related news



All India Institute of Medical Sciences, Jodhpur

Name of the Institute: School of Public Health,
All India Institute of Medical Sciences, Jodhpur
Head of the Institute: Dr Goverdhan Dutt Puri
Name of Nodal Person: Dr Pankaj Bhardwaj
Email ID: pankajbhardwajdr@gmail.com
Mobile: 8003996903

Activity 1

Induction into WNTD activities and capacity building of Postgraduate MPH Scholars of SPH AIIMS Jodhpur by through explanation of various nuances of NTCP of India and experience sharing by Dr Narendra Singh, State Program Officer, NTCP, Rajasthan

Dr Narendra Singh shared valuable insights and his field experiences while describing the nuances of the National Tobacco Control Program of India. MPH scholars actively engaged in doubt clearing session and interactive discussions with Dr Singh that followed afterwards, and were zealously engaged in the community sensitisation activities that followed over the course of next few days.

Number of participants: 30 MPH Scholars, project staff and departmental staff.



Activity 2

Sensitisation of housekeeping staff of AIIMS Jodhpur and motivating them to quit - a drive towards tobacco free campus

To reinforce the tobacco free campus policy as envisioned by the Tobacco Control Core Committee of AIIMS Jodhpur, activities were carried out for the housekeeping staff and the construction workers employed in the institution. The staff and labourers were

sensitised and made aware of the common misconceptions regarding tobacco use, more specifically bidi and smokeless tobacco usage and their health and financial implications. They actively engaged in discussions and mentioned the resistance they face in their own households against tobacco cessation and discussed ways of motivation to quit.

Number of participants: 50 house-keeping staff and construction site workers



Activity 3

Youth sensitisation against initiation and quitting, harms and impact of tobacco use - bursting common myths surrounding tobacco consumption

Considering the extremely low age of initiation amongst youth of the country and state, collaborative program was conducted with the Jai Narayan Vyas University of Jodhpur and university students along with civil service aspirants were briefed about the harms of tobacco, in an effort to shape the future of tobacco free nation. The program was met with great appreciation and over 250 students were sensitised during the event.

Number of participants: 250 college students



Activity 4

Rural tobacco sensitisation camp at CHC Keru (Mandor Tehsil, Jodhpur District)

To engage with the rural communities, camps were carried out in connected rural community health centres to engage rural population to seek tobacco cessation services and motivate self and family members to quit tobacco. The audience were explained how tobacco consumption puts not only their own lives, but also the lives of their family members, young and vulnerable adults at risk, and also serves as an influence for young children to get initiated into using tobacco. The activity benefitted over 100 rural patients and their relatives visiting the hospital and asked them to pledge against tobacco.



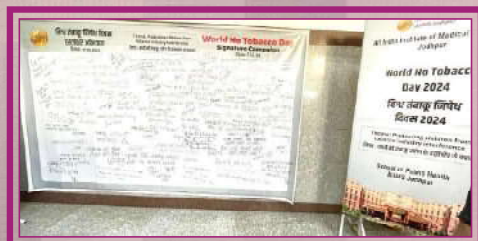
Participants: 100 patients and their relatives from rural communities visiting CHC OPDs

Activity 5

Launch of the signature campaign on World No Tobacco Day, May 31, 2024 by the Executive Director of AIIMS Jodhpur in AIIMS Jodhpur hospital OPD

On 31 May, a signature campaign was signed off by Dr. Goverdhan Dutt Puri, Executive Director of AIIMS Jodhpur along with Dr Pankaj Bhardwaj, Academic Head, School of Public Health and Dr Suresh Sharma, Principal Nursing College. Dr Goverdhan Dutt Puri emphasised the urgent need of tobacco control in benefitting the healthcare system of the country as well as to control the huge health burden posed by tobacco consumption. The signature campaign received great response from the OPD patients as well as healthcare professionals and students of the medical college and nursing college.

Number of participants: Over 500 (Public Health, Medical, Nursing students, Hospital OPD patients and healthcare staff)



Activity 6

Active Social Media Campaign by School of Public Health

All the activities were also associated with an active social media campaign to gather attention of the masses.



Link: <https://www.facebook.com/share/p/WQQPX8fqd1jsnzX3/>

Link: <https://www.facebook.com/share/p/5MTybZENFK86L5pT/>



Link: <https://www.facebook.com/share/p/AbSizhoP5y1Xs1VX/>

Link: <https://www.facebook.com/share/p/UyqXJjbPExfJ1Hx/>



<https://www.facebook.com/share/p/zP3CvUcVK8zHZAR/>

Link: <https://www.linkedin.com/feed/update/>

Besides the active social media campaigning, the activities received extensive print media coverage in various local and national newspapers (pics attached)



All India Institute of Medical Sciences, KALYANI

Name of Institute: ALL INDIA INSTITUTE OF MEDICAL SCIENCES, KALYANI

Address: Saguna, NH-34 Connector, Basantapur, Kalyani, West Bengal 741245

Name of Nodal Person: Dr. Aniruddha Basu, Associate Professor, Department of Psychiatry, AIIMS Kalyani.

Email ID: aniruddha.psy@aiimskalyani.edu.in

Mobile: 8968979239

Activity 1

A talk on World No Tobacco Day 2024

S.Name of Activity (up to 100 words): This program was conducted on 31st May 2024 on World No Tobacco Day 2024 with the theme “Protecting Children from Tobacco Industry Interference”. Panel Discussion on “Strategies for protecting children from tobacco industry interference” was conducted. The discussion was participated by other eminent faculties of different institutes and it had an impact insight amongst the audiences.



Activity 2

Tobacco cessation services were initiated at Community level.

The services were conducted at Saguna Primary Health Centre under the leadership of Dr. Aniruddha Basu, Nurses and psychologists. The activity consists of assessment of patients regarding tobacco use both smoking and smokeless use, explained about the harmful use of tobacco, and its complications. Medications were also prescribed and referred to AIIMS, Kalyani for further management.



Activity 3

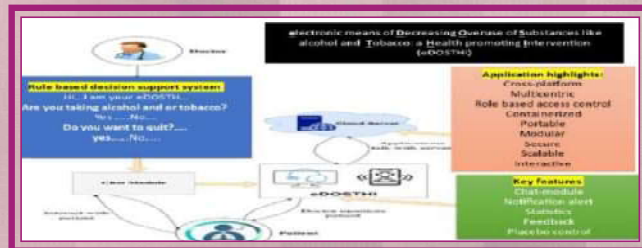
Research Initiatives proposed for tobacco usage has been started.

A research project titled *“Estimation of heavy metals, potentially toxic trace elements and microplastics in breast milk of lactating mothers on the basis of exposure to second hand tobacco smoke(SHS): a pilot cross-sectional analytical study”* data collection has been started.



Activity 4

Another project titled *“Process & patient outcomes with an AI-enabled treatment package for alcohol and nicotine use disorder”* has been initiated by Dr. Aniruddha Basu. A brief version of this application has already been prepared and attached herewith titled E-DOSTHI ‘Electronic means of Decreasing Overuse of Substances like alcohol and Tobacco: a Health promoting Initiative’ has also been started.



Activity 5

Campaigning for a tobacco free campus

Tobacco Control Action Program, AIIMS Kalyani aims to make a tobacco free campus & it's adjacent areas through different kinds of educational materials, posters, pamphlets, signage to raise awareness regarding harmful effects of tobacco use and its treatment procedure amongst the population. This campaign for Tobacco free campus has been continuing and will continue in the future too.



All India Institute of Medical Sciences, Deoghar

Name of the Institute: All India Institute of Medical Sciences, Deoghar

Head of the Institute: Prof. Saurabh Varshney (Executive Director)

Name of Nodal Person: Dr. Santanu Nath

Email ID: santanu.psychiatry@aiimsdeoghar.edu.in

Workshop On Screening And Brief Intervention For Tobacco Use, AIIMS Deoghar, Jharkhand

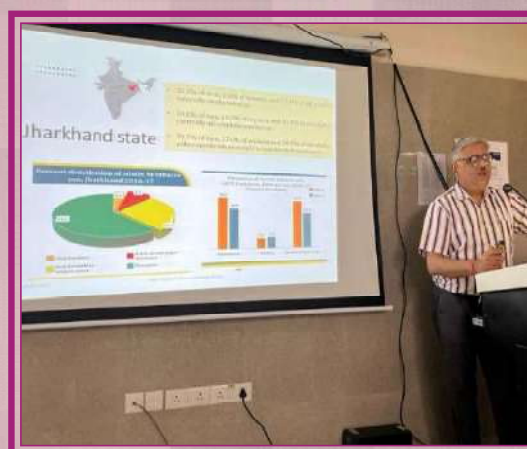
Tobacco consumption is one of the leading causes of preventable deaths. According to WHO, 8 million deaths occur every year globally because of tobacco consumption. In India, there are almost 267 million tobacco users, who consume tobacco in either smokable or smokeless form.

World no tobacco day (WNTD), an initiation by WHO, is celebrated on 31st May every year globally. This re-emphasizes this global challenge each year and promotes awareness about ill effects of tobacco consumption.

In this regard, a workshop on screening and brief intervention on tobacco use was organized by AIIMS Deoghar, Jharkhand on 07th May 2022 which was the first of several events planned to mark the celebration of WNTD 2022. The objective of the program was to briefly discuss the simple tools and methods of screening and intervention for tobacco dependence. A total of 22 faculty members of AIIMS Deoghar, across the specialties, participated in this workshop.

The workshop commenced with introductory remarks by Prof. Dr. Saurabh Varshney, Executive Director & CEO AIIMS Deoghar. The escalating use of tobacco products, its ill effects on health, environment and role of healthcare professionals was highlighted. Various aspects of tobacco screening and brief interventions (Motivation to quit, 5 As and 4Rs and pharmacotherapy) were discussed by Dr. Gaurav Jain, Assistant Professor Dept of Dentistry, Dr Santanu Nath, Assistant Professor Dept of Psychiatry and Dr. V L Narsimha, Assistant Professor Dept of Psychiatry. This was followed by dynamic and rigorous group discussion of case vignettes. Several queries raised by the participants were satisfactorily answered by the speakers. All the participants were awarded with WHO certified certificates of participation.

Glimpses of WNTD-2022 workshop:



1. Prof. Dr. Saurabh Varshney, Executive Director & CEO AIIMS Deoghar, addressing participants



2. Dr. Gaurav Jain, Assistant Professor Dept of Dentistry, discussing motivation to quit tobacco



3. Dr Santanu Nath, Assistant Professor Dept of Psychiatry, explaining methods of screening and right approach to address tobacco dependence



4. Dr. V L Narsimha, Assistant Professor Dept of Psychiatry, in an active discussion with participants.



5. Participants with organizing team of WNTD 2022 Workshop.

Theme- “Awareness On Effects Of Tobacco And Its Prevention”

Tobacco consumption and addiction is a global challenge. In India, according to global adult tobacco survey (GATS) there are 267 million active users of tobacco. India faces a dual problem of smokeless as well as smokable form of tobacco. There is a lack of general awareness regarding health, environmental and socioeconomic hazards of tobacco consumption and addiction. To bring the desired behavioral change towards this global challenge, the knowledge gap in the community needs be rectified.

Skits/plays/acts have been a part of human civilization since time immemorable. Facts and knowledge can be disseminated easily, and the message conveyed has an greater impact which motivates the audience to contemplate. To celebrate the world no tobacco day, AIIMS Deoghar organized a skit competition for MBBS as well as nursing undergraduates on 9th May 2022 in lecture theatre 4 (Academic block). The theme of the competition was “awareness on effects of tobacco and its prevention”. The competition was judged by

Prof. Dr. Pratima Gupta (Dean Research), Prof. Dr. Harminder Singh (Head of Dept of Pharmacology) and Dr. Vasantha (Principal of nursing college). A total of 5 teams of students participated in the event:

1. Team Awareness warriors
2. Team Half dozen
3. Team Lifeliners
4. Team Jagrat
5. Team Stop tobacco

The event was attended by Prof. Dr. Saurabh Varshney, Executive Director & CEO AIIMS Deoghar, Prof. Dr. Satya Ranjan Patra (Medical Superintendent, AIIMS Deoghar), Shri Amrendra Kumar (DDA, AIIMS Deoghar), all the faculty member, residents, and students of AIIMS Deoghar. All the teams participated with full enthusiasm and highlighted the rampant consumption of tobacco products, its ill effects on health and society as well as methods of deaddiction, importance of counselling and pharmacotherapy.

After completion of all the acts, Prof. Dr. Saurabh Varshney, Executive Director & CEO AIIMS Deoghar congratulated the students for their active participation the event and briefly highlighted the role of health care professionals in fight against tobacco consumption and addiction.

The program ended with announcement of winners of the competition (*1st prize- Team Lifeliners, 2nd prize- Team Half dozen and 3rd prize- Team Awareness warriors*) followed by vote of thanks by Dr Archana Mallick (Asst. Prof. of Pulmonary Medicine, AIIMS Deoghar).





Figure 6: Skit competition by MBBS students and interactive session by Prof. Saurabh Varshney, Prof. Pratima Varshney and Prof. Harminder singh

Tobacco Awareness Program at GEETA DEVI D.A.V Public School, Deoghar

Date: 11/05/2022

Time: 10-11.30 AM

Venue: G.D DAV Public School, Deoghar, Jharkhand

SPEAKERS:

1. Dr Amiy Arnav, Asst. Prof Dept of Oncosurgery, AIIMS Deoghar
2. Dr Dibyanshu, Asst. Prof Dept of Community & Family Medicine, AIIMS Deoghar

COORDINATORS:

1. Dr Santanu Nath, Asst. Prof. of Psychiatry, AIIMS Deoghar
2. Dr Dibyanshu, Asst. Prof Dept of Community & Family Medicine
3. Mr. Ranvir, Medical Social Worker, Dept of CFM, AIIMS Deoghar

Skit Presentation by Third year MBBS Students, AIIMS Deoghar

1. Harshita Dixit
2. Asmit Agarwal
3. Sumita Sinha
4. Aishwarya
5. Khushi
6. Harihar bhanu

Program Summary

On the occasion of World No Tobacco Day on 31st May, 2022, an awareness talk was organized on 11th of May 2022 at GD DAV Public School. The program was conducted by AIIMS Deoghar in collaboration with World Health Organization (WHO).

The health awareness program was planned in the library of the school and was attended by students of Class IX and Class XII.

The program started by welcome song presented by the students followed by a kathak dance performance by the students of GD DAV public school. Dr Amiy took an interactive session about various tobacco products, forms of usage and harmful effects of tobacco use. Dr Dibyanshu took a session regarding causes of tobacco addiction and the impending solutions to it. The students participated with full enthusiasm in both the sessions.

A highly informative skit was presented by MBBS students on “tobacco deaddiction”.

This program ended with vote of thanks given by Dr Vijay Kumar (principal).



Figure 7: Skit by MBBS students and interactive session by the faculty from AIIMS to the students on harms associated with tobacco use

Tobacco Awareness Program at St. Francis school, Deoghar

Date: 12/05/2022 **Time:** 10.00 -11:30 AM
Deoghar, Jharkhand

Venue: St. Francis School,

Speakers:

1. Dr. Gaurav Jain, Asst. Prof. of Dentistry, AIIMS Deoghar.
2. Dr. Subhra Dey, Asst. Prof. of Dentistry, AIIMS Deoghar.
3. Dr. Shubham, Senior resident, AIIMS Deoghar.

Coordinators:

1. Mr. Ranvir, Medical Social Worker, AIIMS Deoghar

Skit Presentation by MBBS student (batch- 2019) AIIMS Deoghar:

1. Harshveen Kaur
2. Kumar Satyam
3. Aseem
4. Ashutosh Anand
5. Sidhant Sharma
6. Athul v. Raj

Program Summary:

On the occasion of **World No Tobacco Day** on 31st May, 2022, an awareness talk was organized on 12th May 2022 at **St Francis School**. The program was conducted by AIIMS Deoghar in collaboration with World Health Organization (WHO).

Program was attended by students of class 12th, teachers, and other staffs of St. Francis School. Students of the class 12th enthusiastically participated in the awareness talk delivered by Dr.Gaurav Jain, Dr Subhra Dey and Dr. Shubham. This was followed by an interactive session with students and teachers on tobacco and its health hazards. Afterwards a skit was performed by MBBS students (batch-2019) of AIIMS Deoghar which highlighted the grave effects of tobacco addiction, deaddiction treatment and counselling. The program concluded with a group pledge against the use of tobacco and an interactive question-answer session with the students.





Figure 8: Skit by the MBBS students and interactive session with high school students and teachers on harms associated with tobacco use

Tobacco Awareness Program at Divine Public School, Deoghar

Date: 13/05/2022; **Time:** 9-10:30 AM; **Venue:** Divine Public School, Deoghar, Jharkhand

Speakers:

1. Dr. Abhinav Prakash Arya, Asst. Prof. of General Surgery, AIIMS Deoghar.
2. Dr. Santanu Nath, Asst. Prof. of Psychiatry, AIIMS Deoghar.
3. Dr. Rajat Agrawal, Asst. Prof. of Cardiothoracic and Vascular Surgery, AIIMS Deoghar.

Coordinators:

1. Mrs. Navjot Kaur, Asst. Prof., College of Nursing, AIIMS Deoghar
2. Mr. Ranvir, Medical Social Worker, AIIMS Deoghar

Skit Presentation by first year BSc Nursing Students, AIIMS Deoghar:

1. Neha Gurjar
2. Vinesh Mahour
3. Gareema Kumari
4. Payal Khakar

Program Summary:

On the occasion of **World No Tobacco Day** on 31st May, 2022, an awareness talk was organized on 13th May 2022 at Divine Public School. The program was conducted by AIIMS Deoghar in collaboration with World Health Organization (WHO).

Program was attended by students of class 6th to 9th, teachers, and other staffs of Divine Public School. Students of the class 6th to 9th enthusiastically participated in the awareness talk delivered by Dr. Abhinav Arya, Dr. Santanu Nath and Dr. Rajat Agrawal. Afterwards a skit was performed by First year, BSc Nursing students of AIIMS Deoghar. The program was concluded with a group pledge against the use of tobacco.



Figure 9: Skit by the nursing students and interactive session on harms associated with tobacco use for high school students

Tobacco Awareness Program at Rama Krishna Mission School, Deoghar

Date: 13/05/2022; **Time:** 2-330 pm; **Venue:** Rama Krishna Mission School, Deoghar, Jharkhand

Speakers:

1. Dr. Sumeet Angral, Asst. Prof. of ENT, AIIMS Deoghar.
2. Dr. Archana Mallick, Asst. Prof. of Pulmonary Medicine, AIIMS Deoghar.
3. Dr. Nishit Ranjan, Asst. Prof. of General Surgery, AIIMS Deoghar.
4. Dr. Sarthak Das, Associate Professor, Department of Pediatrics, AIIMS Deoghar
5. Dr. Venkata Lakshmi Narasimha, Assistant Professor, Department of Psychiatry, AIIMS Deoghar

Coordinators:

Mr. Ranvir, Medical Social Worker, AIIMS Deoghar

Skit Presentation by first year MBBS Students, AIIMS Deoghar:

Team Life Liners	Team Half Dozens
1. Ashutosh Anand	1. Vijay Mandavi
2. Athul V Raj	2. Ayush raj
3. Harshveen Kaur	3. Abhay Sharma
4. Siddhant Sharma	4. Vishnu R
5. Aseem	5. Divya Saini
6. Kumar Satyam	6. Sakshi suman

Program Summary:

On the occasion of **World No Tobacco Day** on 31st May, 2022, an awareness talk was organized on 13th May 2022 at RK Mission School. The program was conducted by AIIMS Deoghar in collaboration with World Health Organization (WHO).

Program was attended by students of class 11th, teachers, and other staffs of RK Mission School. Students of the class 11th enthusiastically participated in the awareness talk delivered by the team of doctors. Afterwards two skits were performed by MBBS students of AIIMS Deoghar. The program was concluded with a group pledge against the use of tobacco.





Figure 10: Skit by MBBS students in the RK mission and interactive session with adolescents on harms associated with tobacco use

Workshop On Screening And Brief Intervention For Tobacco Use for MBBS Students, AIIMS Deoghar, Jharkhand

A workshop on screening and brief intervention on tobacco use was organized by AIIMS Deoghar, on 14th May 2022 for MBBS students of AIIMS Deoghar. The objective of the program was to briefly discuss the simple tools and methods of screening and intervention for tobacco dependence for MBBS students.

The workshop commenced with introductory remarks by Prof. Dr. Saurabh Varshney, Executive Director & CEO AIIMS Deoghar. The escalating use of tobacco products, its ill effects on health, environment and role of healthcare professionals was highlighted. Various aspects of tobacco screening and brief interventions (Motivation to quit, 5 As and 4Rs and pharmacotherapy) were discussed by Dr. Gaurav Jain, Assistant Professor Dept of Dentistry, Dr Santanu Nath, Assistant Professor Dept of Psychiatry and Dr. V L Narasimha , Assistant Professor Dept of Psychiatry. This was followed by a role play by Dr. V L Narsimha and Dr. Santanu Nath. Several queries raised by the participants were satisfactorily answered by the speakers. The program ended with vote of thanks by Dr. Shubham (Senior resident, Dept of Dentistry).



Figure 11: Training program on screening and brief interventions for MBBS students of 2019 and 2020 batch. Role play and didactics used for the workshop training

Community Health Centre, Devipur Outreach Activity

At Community Health Centre, Devipur an outreach activity was organized by faculty of Department of Community and Family Medicine namely Dr Dibyanshu (Asst. Professor), Dr Anuradha Gautam (Senior Resident), Dr Komal Mishra (Junior resident) collaboration with Dept of Pulmonary Medicine Dr Archana Mallick (Asst. Professor) and Dept. of Dentistry, Dr Subhra Dey (Asst. Professor). Two Nursing officers from the latter two departments were also present. The Medical Officer in charge Mr Abhay Kumar was present on the occasion and preceded the sessions.

A Health Awareness Talk was conducted by the various faculties present on the occasion. Dr Dibyanshu spoke on the various forms of usage and how to identify tobacco addiction. Dr Archana addressed the various lung diseases due to various forms, helpline numbers and how to go for deaddiction. Dr Subhra spoke on the oral hygiene and oral cancer aspect of tobacco addiction. Dr Anuradha covered the community aspect of deaddiction. The health talk was attended by 30 Health Care workers, ANMs & ASHAs as well as 20 patients.

The health talk was preceded by OPD services where free health checkup was done for the patients by the Dept. of Dentistry and Dept. of Pulmonary Medicine.



Figure 12: Glimpse of awareness camp conducted for patients from rural and tribal areas of CHC Devipur

WORLD NO TOBACCO DAY 2022 Training Program On Screening And Brief Intervention For Tobacco Use Disorders at IMA Deoghar

As a part of our multiple events to observe the WORLD NO TOBACCO DAY 2022, AIIMS Deoghar also organized a program on 'Screening and Brief Intervention for tobacco use disorders' on 29th May 2022 at Indian Medical Association (IMA), Deoghar Hall in the city of Deoghar, Jharkhand. This was planned along with IMA, Deoghar and the event was attended by around 50 doctors across all the medical specialities in Deoghar.

The event started with an introductory note on tobacco and its harmful uses by Prof. Dr. Saurabh Varshney, Executive Director and CEO, AIIMS, Deoghar followed by talks on motivation by Dr. Sumit Angral, Assistant Professor, ENT. This was followed by a brief note on the various non-pharmacological management and brief intervention for tobacco use disorder by Dr. Gaurav Jain, Assistant Professor, Dentistry and lastly by a brief talk on the various pharmacological management of tobacco uses by Dr. Santanu Nath, Assistant Professor, Psychiatry.

The program ended with an interactive question-answer session and vote of thanks.





Figure 13: Glimpse of the training program conducted for IMA Deoghar

Awareness program for police officers

Date: 22nd May 2022

Time: 9 AM

Venue: Superintendent office, Deoghar

As a part of our multiple programs to observe the World No Tobacco Day 2022, a team of doctors from AIIMS, Deoghar also visited the Police headquarters in Deoghar to deliver an interactive session with police personnel in Deoghar. Police officers of different rank attended the event which comprised of three important talks in a hybrid mode. Dr. Sumit Angral, Assistant Professor, ENT, spoke of tobacco products and harms associated with their consumption, Dr. Archana Mallick, Assistant Professor, Pulmonary Medicine, spoke on Pulmonary diseases associated with tobacco use while Dr. Santanu Nath, Assistant Professor, Department of Psychiatry delivered his talk on ways to stop using tobacco. The sessions were highly interactive and attendees, both offline and those online asked various questions to clear their doubts on harms associated with tobacco use. It ended with a vote of thanks from Mr. Sumit Prasad, DSP, Cyber Crime Branch, Deoghar.



Online Symposium On India's Fight Against Tobacco

A half day online training program was organized for health professionals across the country. This program was attended by around 200 participants. The objective of this program is to reduce treatment gap for tobacco use disorders.

The inaugural address was given by Prof. Dr. Saurabh Varshney, Executive Director & CEO, AIIMS Deoghar. Eminent speakers from WHO and across the country discussed different aspects of tobacco cessation. Dr. Jagdish Kaur, Regional Advisor (TFI), WHO in her keynote address, highlighted the need for tobacco cessation and tobacco as threat to the environment which was also the WHO theme for world no tobacco day 2022. Prof. Pratima Murthy from National Institute of Mental Health and Neurosciences (NIMHANS) explained about "Tobacco Quitline services in the fight against tobacco"; Dr. Dilip Kumar Acharya, President of Indian Medical Association standing committee for cancer prevention and tobacco control emphasized the "Role of health professionals in tobacco cessation"; Dr. Lalit Ranjan Pathak, State Nodal Officer, NCD, Jharkhand, India explained the "Strengthening of National Tobacco Control Program"; Undergraduate students were sensitized on tobacco cessation in early part of their career. Medical officers working under state tobacco control cell in the state of Jharkhand actively participated in the program. Post graduate students, specialists from different branches of medicine took part in the training. The program ended with question-and-answer session, followed by vote of thanks extended by Dr Shubham, Senior resident (Dept of Dentistry). More than 275 people registered for the program and around 100 participants attended the program.

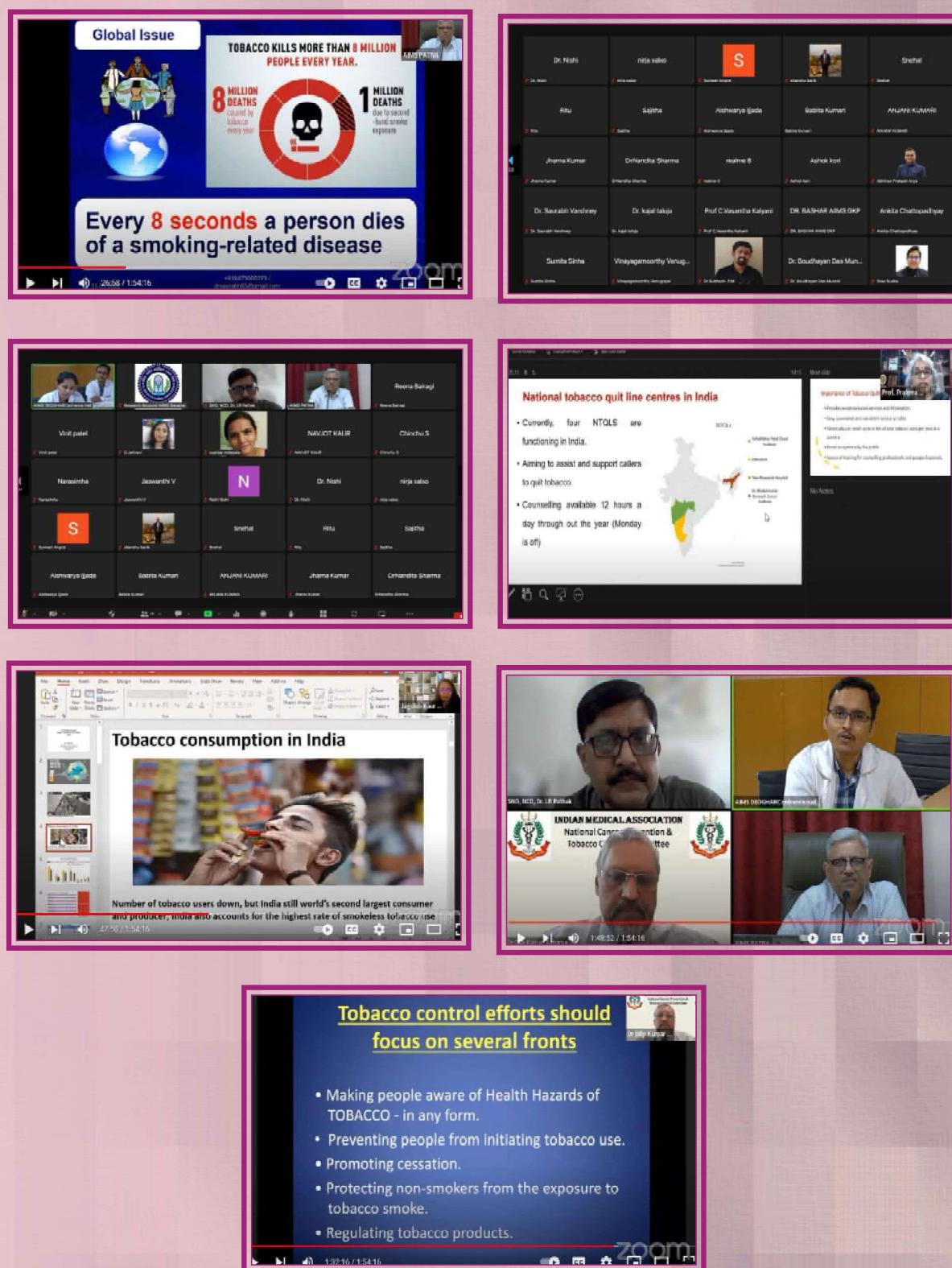


Figure 15: Online symposium on India fight against tobacco by Prof. Saurabh Varshney, Dr. Jagdish Kaur, Prof. Pratima Murthy, Dr. Lalith Ranjan Pathak, Dr. Dileep Acharya on 31st May 2022

WNTD 2024

Awareness activities on the occasion of World No Tobacco Day 2022

- MBBS students prepared awareness material in the form of you tube video compiling a short video from the faculty of different specialties of AIIMS Deoghar. Link to the video: <https://youtu.be/qCy1D7aELZM>
- Nursing officers from the Department of psychiatry has prepared an awareness video for the patients visiting the OPD. Link to the video: <https://youtu.be/VqxtXvQWc>
- Awareness posters have been kept all over the OPD premises to promote awareness about tobacco use. Photos attached below:

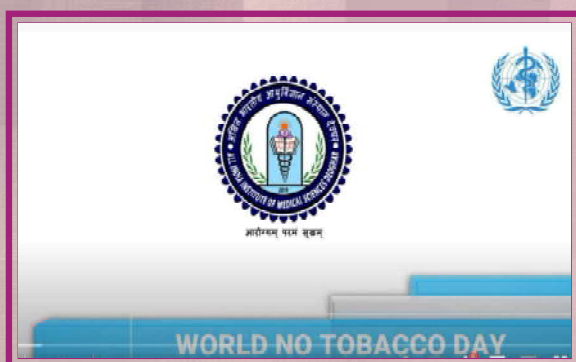


Figure 16: Screenshot of the YouTube video. More than 700 people viewed the awareness video in the last 1 month



Figure 17: Screenshot of YouTube video developed by the nursing officers. Around 700 people viewed this awareness video till date





Figure 18: Posters placed in the OPD premises to promote awareness about harms of tobacco use

All India Institute of Medical Sciences, Patna

Name of the Institute: AIIMS Patna
 Head of the Institute: Executive Director cum CEO
 Name of Nodal Person: Dr Bijaya Nanda Naik [Assoc. Prof. of CFM]
 Email ID: drbijaya@aiimspatna.org
 Mobile: 8870763201
 Organized by: Tobacco Control Enforcement Committee (TCEC) AIIMS Patna

Activity 1

Poster Competition and Health Awareness Activity

Venue: Baliga Senior Secondary School, Khagaul, Patna

Following a short survey for assessment of awareness and understanding in context of tobacco among students of Standard VII to X at a Government School, an interactive health awareness session was held whereby Faculty from Department of Community and Family Medicine, AIIMS Patna informed the students about the morbidity and mortality due to tobacco consumption, harmful health effects of tobacco and various types of tobacco products available. This was followed by a short talk by Faculty from Department of Psychiatry and CFM on the deception strategies of Tobacco Industry to attract students to the world of tobacco use and the various methods of tobacco cessation. The session saw enthusiastic participation of students and teachers. This was followed by a **“No Tobacco Pledge”** by students and teachers. A Poster Competition on the topic **“Harmful health effects of tobacco”** was also held among students and the winners were awarded. A motivational video compiled by Department of Community and Family Medicine titled **“Journey of No Tobacco Champions”** was shown to the students which comprised of experiences shared by people who have successfully quit tobacco consumption.



Activity 2

No Tobacco Champion Award

Venue: Tobacco Cessation Clinic (TCC), Department of Psychiatry, AIIMS Patna

For the **“No Tobacco Champion” Award**, based on prior set parameters, a youth was carefully selected among patients who have attended the Tobacco Cessation Clinic (TCC)

located in the Department of Psychiatry, AIIMS Patna and have successfully quit tobacco consumption. He was felicitated for successful quitting of tobacco in the OPD whereby he shared the extent of tobacco consumption earlier along with reasons and his journey of tobacco cessation and motivating factors with the audience that comprised of patients attending OPD and TCC. This was supplemented with motivational talk by Faculty from Dept. of CFM and Psychiatry, about the various psycho-social, economic and personal benefits of not using, and quitting by users of tobacco.



Activity 3

Health Awareness Activity

Venue: Jagat Narayan Lal College, Khagaul, Patna

A team of Faculty and Resident Doctors from AIIMS Patna visited a Government College on the third day whereby following a short survey for assessment of awareness and understanding in context of tobacco among students, a health awareness session was held. Faculty from Department of Community and Family Medicine informed about the morbidity and mortality due to tobacco consumption, harmful health effects of tobacco and various types of tobacco products followed by a talk by Faculty from Department of Psychiatry on the various methods of tobacco cessation. Special focus was made on how youth today are getting trapped by tobacco industry deceptive propaganda. The

motivational video “**Journey of No Tobacco Champions**” was shown to the students. The event shown enthusiastic participation of students and teachers in attendance along with sharing of experiences.



Activity 4

Health Awareness Activity

Venue: Urban Health Centre, Khagaul

At Urban Health Centre, Khagaul of Department of Community and Family Medicine, AIIMS Patna, a role play by Medical Interns on the harmful health effects of tobacco was organised. This was followed by health awareness talk on harmful effects of tobacco and cessation methods by Faculty and Resident Doctors of the Institution. The audience included patients attending the Centre along with people mobilised from the community residing in nearby areas. A Q & A session was organized looking at the queries of the audience, and myths were addressed and correct information were provided regarding tobacco cessation services.



Activity 5

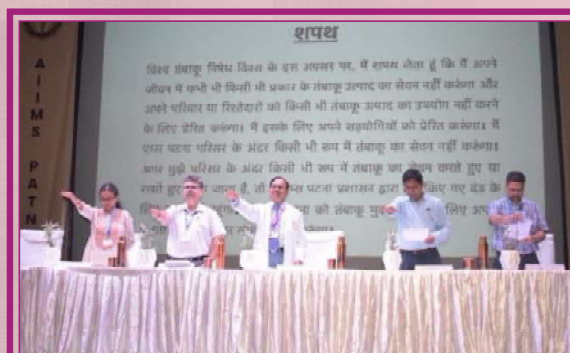
Pledge Taking Ceremony cum CME

Venue: Auditorium, AIIMS Patna

On the last day, that is, World No Tobacco Day, under the guidance of Executive Director and CEO, AIIMS Patna, a “Pledge Taking Ceremony” was organised by the Department of Community and Family Medicine which was attended by Faculty, Resident Doctors, Medical and Nursing Students and Staff from various cadres of the Institution. Dignitaries included Executive Director, Medical Superintendent, Dean (Academics) and Deputy Director (Administration) of AIIMS Patna. A “No Tobacco Pledge” was administered during the event to restrain from tobacco use, and to make AIIMS Patna a Tobacco Free Campus. Executive

WNTD 2024

Director stressed on the toxic and addictive effects of tobacco and the need of abstaining from its consumption in any form. No Tobacco Pledge was followed by the CME. Short talks on Harmful Health Effects of Tobacco, Tobacco Cessation and the Theme for the current year along with existing Legislation were also delivered by Faculty from Department of Pulmonary Medicine, Psychiatry and Community and Family Medicine, respectively. We place on record the successful and impactful completion of observation of week-long program on the occasion of World No Tobacco Day 2024.



**Resource Centre for Tobacco Control (RCTC)
Department of Community Medicine & School
of Public Health, PGIMER, Chandigarh
www.rctcpgi.org**