

Every year 31st May was celebrated as “World No Tobacco Day” by World Health Organization (WHO) as an initiative to spread awareness about the harmful effects of tobacco use. As an effort to spread this message of Tobacco Awareness amongst the population, Oral Medicine and Radiology Department at Government Dental College & Hospital, Ahmedabad celebrated “Tobacco Awareness Week 2024” (from 31st May to 6th June) under the able leadership of respected Incharge Dean Dr. Falguni Mehta and the guidance of Incharge head of the department Dr. Shilpa Parikh. The activity was a grand success under the efforts of staff members Dr. Piyush Limdiwala along with all the post-graduate students. A special questionnaire survey carried out for the Interns and UG Students of the institute regarding knowledge, awareness and attitude on Tobacco ill effects and their usage. The UG students presented a skit on the “Tobacco Free Generation” theme and had enthusiastically participated in Slogan presentation. At the end of ceremony, the pledge was taken amongst young students and generation for Tobacco free environment and motivate the society for the tobacco free generation.

The following activities were conducted during the week:

DAY	DATE	Activity
DAY 1	30 th May 2024	Mass screening of tobacco habits and its related lesions
DAY 2	31 st May,2024	Mass screening of tobacco habits and its related lesions (Contd.) Awareness Program (Power point Presentation on “Tobacco- ill effects and cessation awareness” via audio-visual means) “ No Tobacco Pledge
DAY 3	1 st June, 2024	Mass screening (cont.)
DAY 4	3 rd June, 2024	Deaddiction counselling Motivation- patient to patient Pamphlet distribution
DAY 5	4 th June 2024	Questionnaire survey on “No Tobacco Awareness amongst Students and Teenage Patients”
DAY 6	5 th June 2024	PPT / Model Presentation on “No Tobacco Generation” and Slogan Presentation “No Tobacco Pledge”



TOBACCO AWARENESS WEEK MAY-JUNE 2024



**DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY
GOVERNMENT DENTAL COLLEGE AND HOSPITAL, AHMEDABAD**

Activities on Tobacco Awareness week

DAY	DATE	Activity
DAY 1	30 th May,2024	Mass screening of tobacco habits and its related lesions
DAY 2	31 st May,2024	Mass screening of tobacco habits and its related lesion (cont.) Awareness Program (Power point Presentation on “Tobacco-ill effects and cessation awareness” via audio-visual means) “No Tobacco Pledge”
DAY 3	1 st June ,2024	Mass screening (cont.)
DAY 4	3 rd June, 2024	Deaddiction counselling Motivation- patient to patient Pamphlet distribution
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DAY 6	5 th June, 2024	PPT/ Model Presentation on “No Tobacco Generation” “No Tobacco Pledge”

30th May Mass screening of tobacco habits and its related lesions



Homogenous Leukoplakia





Speckled Leukoplakia



Oral submucous fibrosis



Tobacco quid lesion


GOVERNMENT DENTAL COLLEGE AND HOSPITAL, AHMEDABAD


NO TOBACCO DAY SURVEY 2024

Name of the patient: Sonu Tiwari Date: 5/6/24
 Age/Gender: 28y/M Case No: 24389
 Occupation: Factor

1. Do you have tobacco habit :

- Yes
- No
- Quit

2. How did you quit the habit?

- Self awareness
- Family/friends motivation
- Doctor counselling
- Nicotine replacement therapy(NRT)
- Yoga
- Healthy diet

3. Do you know different techniques are available to assist in quitting tobacco habit?

Yes. No

4. Have you heard of any below given technique that helps in quitting tobacco habit?

- Mobile apps
- yoga
- diet altering
- Behavior modification method
- psychiatric counselling
- Nicotine replacement therapy(NRT)
- medicinal method

5. If yes, do you know how to implement them?

Yes. No

○ Withdrawal symptoms

3. If you decide to quit habit completely during next 2 week are you confident that you will succeed?

Yes No

4. Do you need any help in quitting?

Yes No

5. Are you confident that you will quit if you receive any help.?

Yes. No PTO

6. What kind of deaddiction method do you prefer to quit habit?

- Mind game therapy
- Writing and reading method
- Engaging with social activities
- Altering diet
- Yoga
- Behavior counselling
- Nicotine replacement therapy
- Medicinal therapy

7. If government dental college provide you with treatment, will you come-for follow up.?

Yes. No

8. If no what is the reason for it?

- Work ethics
- Distance
- Not comfortable
- Social pressure
- Not interested

9. Will you opt for treatment if it is provided through telecommunication with minimal follow up or by referring to nearby centers for the same?

Yes. No

10. Will you encourage other people to quit habit?

Yes. No

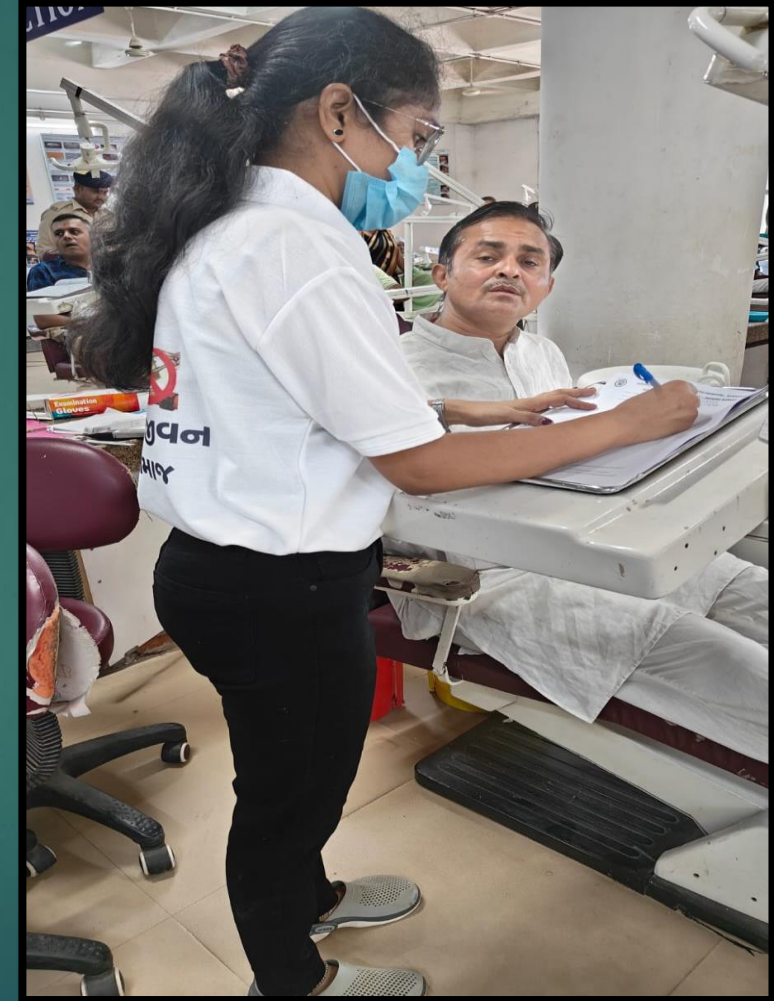
11. If yes how would you encourage them?

- By counselling them personally
- By bringing them to government dental college and hospital
- By advising mobile apps
- By referring them to nearby yoga and wellness center
- By referring them to nearby community centers
- By referring them to nearby tobacco cessation center in state
- By referring them to professional counselling centers

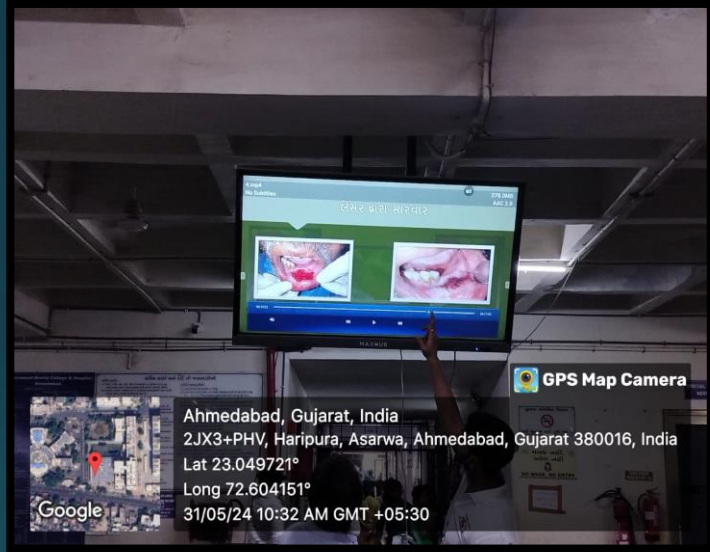
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Tobacco awareness survey form 2024

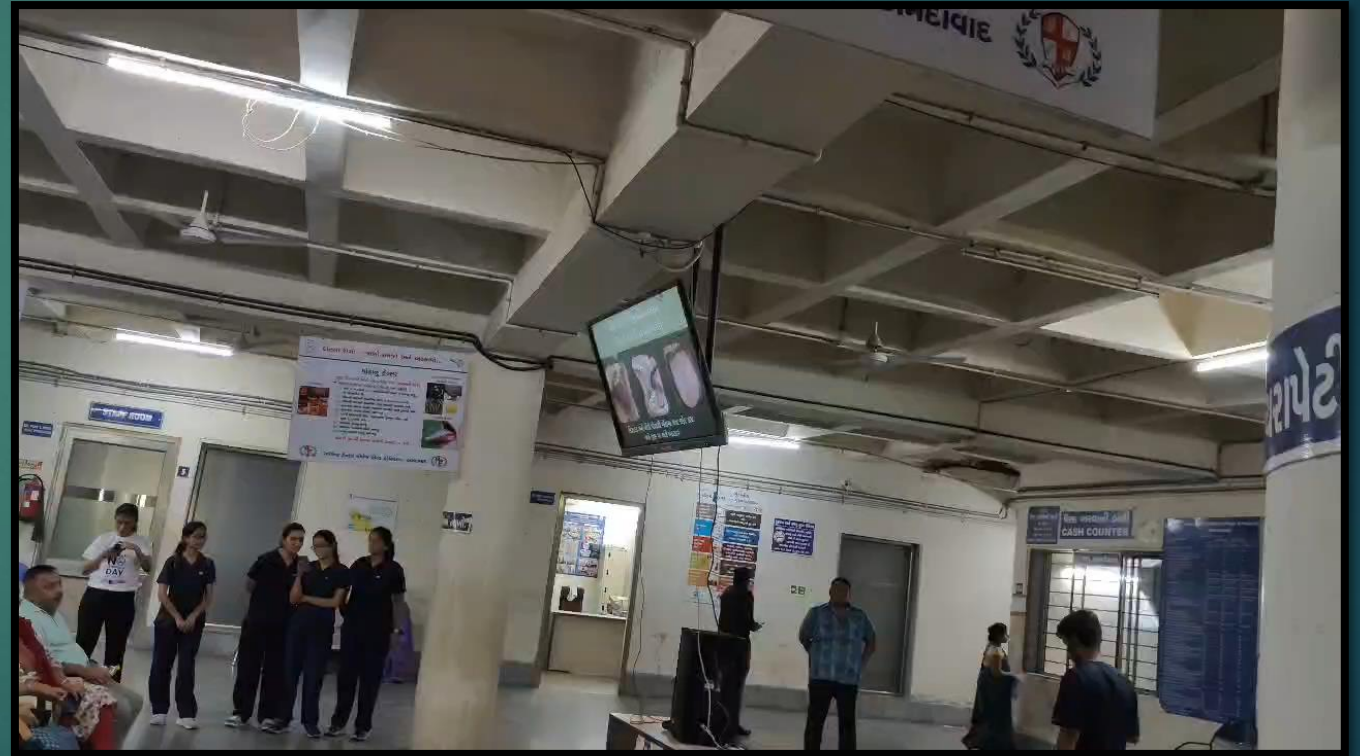
31st may Mass screening of tobacco habits and its related lesion (cont.)



31st may Awareness Program (Power point Presentation on “Tobacco-ill effects and cessation awareness” via audio-visual means)



31st may Awareness Program (Power point Presentation on “Tobacco-ill effects and cessation awareness” via audio-visual means)



NO TOBACCO PLEDGE



31th May Mass screening Continued:



3RD JUNE DEADDICTION COUNSELLING AND PATIENT TO PATIENT MOTIVATION





DEADDICTION COUNSELING

PAMPHLET DISTRIBUTION

તમાકુ નું સેવન —> કેન્સર નું આગમન

તમાકુની દાંત અને મોંની ચામડી પર થતી અસરો

	<ol style="list-style-type: none"> 1. અકારણ મોં ઓછું ખુલવું. 2. મોંમાં લાલ ચાંદી પડવી. 3. મોંમાં તીખું અને ગરમ ખાવાથી બળતરા થવી. 4. અકારણ ઘોંઘરો અવાજ. 5. અકારણ ચાવવામાં અને ગળવામાં તકલીફ પડવી. 6. મોઢામાં જે તે ભાગ સુન પડી જવો. 7. જીભનું કડક થઇ જવું. 	
	<ol style="list-style-type: none"> 1. ર અઠવાડિયાથી વધુ ના રૂઝાતું ચાંદું. 2. અકારણ મોં ઓછું ખુલવું. 3. અકારણ મોંમાં નીકળતું લોહી. 4. અકારણ ચાવવામાં અને ગળવામાં તકલીફ પડવી. 5. અકારણ દાંત નું હલવું. 	

તમાકુ ની શરીરમાં થતી અસર

<ol style="list-style-type: none"> 1. શ્વાસનતંત્ર ના રોગો જેમ કે અસ્થમાં અને ક્ષય. 2. સ્વરપેટી, ફેફસાં અને હોજરી નું કેન્સર. 3. લોહી નું દબાણ વધવું અને હૃદય રોગો થવા. 4. વારંવાર ખાસી થવી અને ફેફસાં નબડા થવા. 	<ol style="list-style-type: none"> 5. ગર્ભવતી મહિલાના નવજાત શિશુ પર થતી અસરો <ul style="list-style-type: none"> > શિશુ નું વજન ઓછું થવું. > નાજુક અવયવો પર ઝેરી અસર થવી. > મૃત બાળક નો જન્મ થવો.
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વ્યસન મુક્તિ માટેની યોજના

<ol style="list-style-type: none"> 1. ચર્ચા- તમારા કુટુંબ અને મિત્રો ને જાણ કરો, સમર્થન અને સહાયતા માટે તેમને પૂછો 2. વિલંબન- વ્યસન છોડવા સામેના પડકારો સામનો કરવો પોતાના આજીવનમાં પર્યાવરણ માંથી તમામ તમાકુ અને બીજા તમાકુ ઉત્પાદિત વસ્તુનો ત્યાગ કરવો. 	<ol style="list-style-type: none"> 3. ધ્યાન વિચલન - તમારા બીજા શોખના કામમાં મગ્ન રહેવું. 4. કસરત અને યોગા - તણાવ દૂર કરવા માટે દિવસમાં ૩ વાર ઊંડા શ્વાસની કસરત કરવી 5. આહાર - સ્વસ્થ ખોરાક, એન્ટીઓક્સિડન્ટ અને કુદરતી રોગપ્રતિકારક શક્તિ વધારનાર ખોરાકનું સેવન કરવું.
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નિષેધિત પેચ **ચૂંઈ ગમ** **હર્બલ સિગારેટ** **નિકોટીન સ્પે**

ડિપાર્ટમેન્ટ ઓફ ઓરલ મેડીસીન એન્ડ રેડિયોલોજી, સરકારી કેન્ટલ કોલેજ અને હોસ્પિટલ, અમદાવાદ,

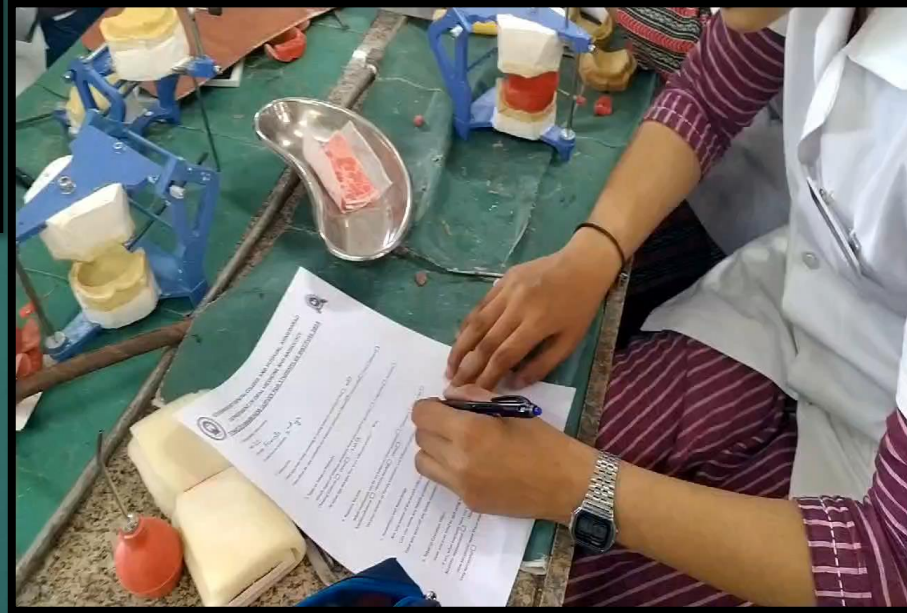


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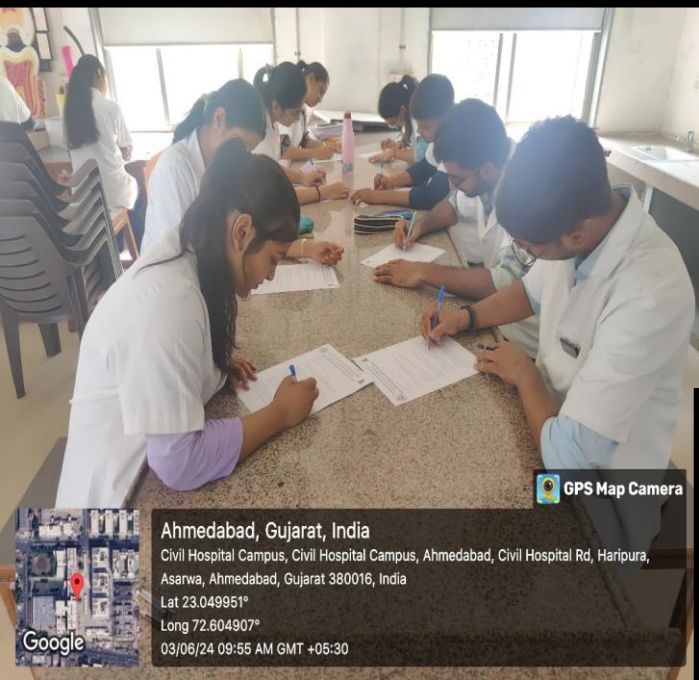


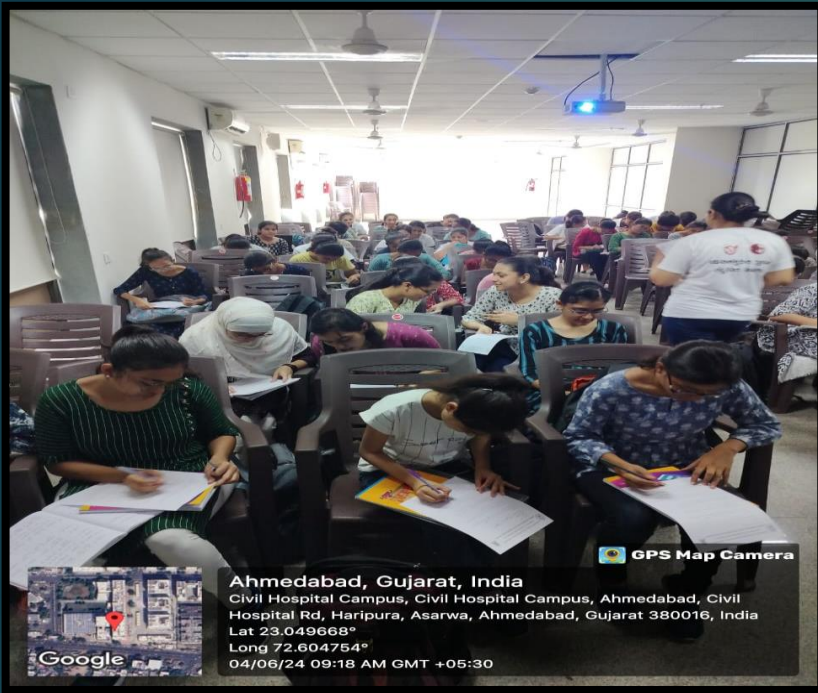
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TEENAGE STUDENTS SCREENING FOR NO TOBACCO GENERATION



TEENAGE STUDENTS SCREENING FOR NO TOBACCO GENERATION





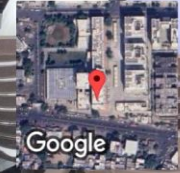
GPS Map Camera



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Skit performance on NO TOBACCO GENERATION BY students of institute



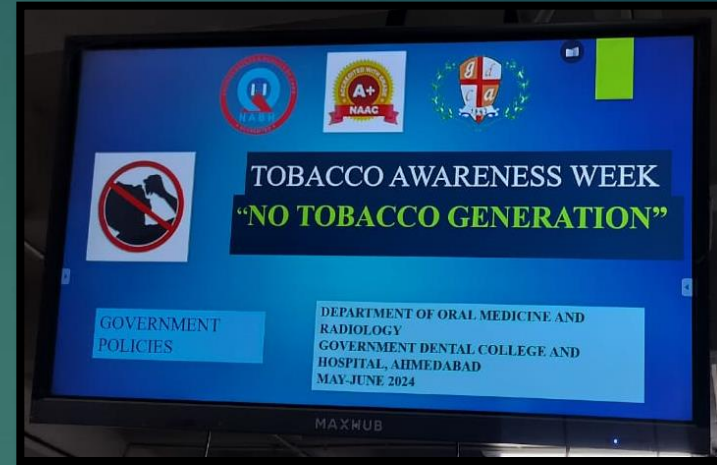
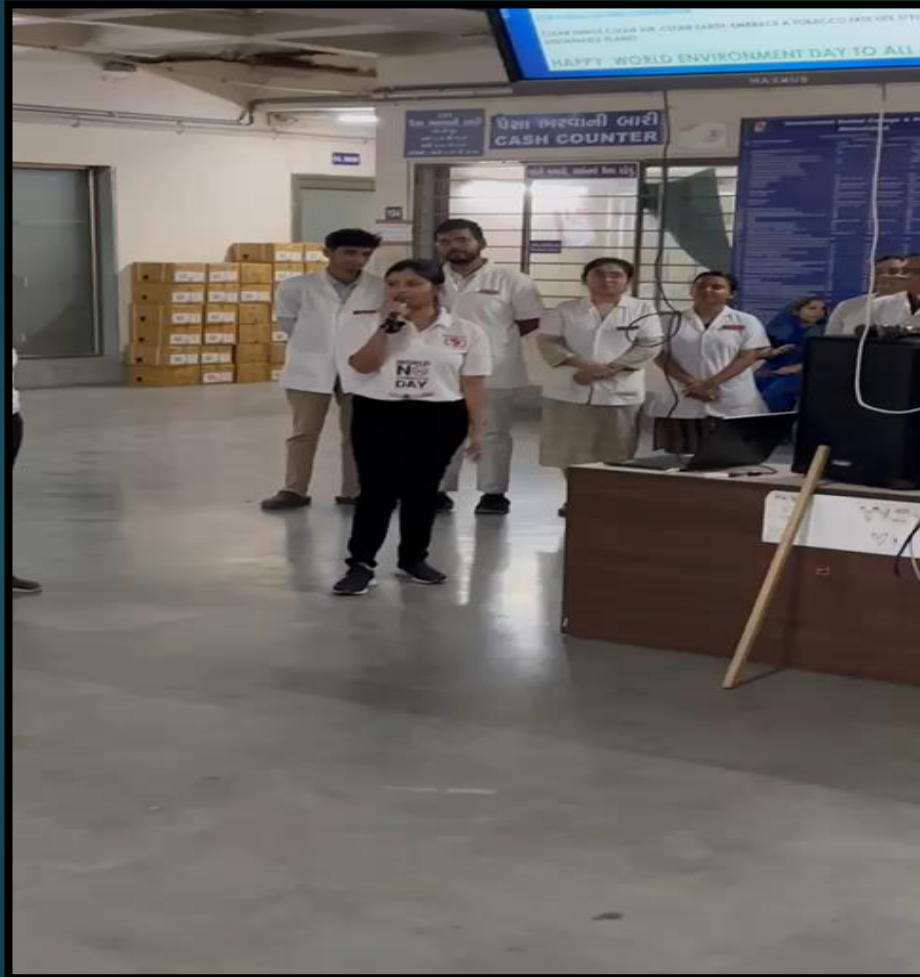


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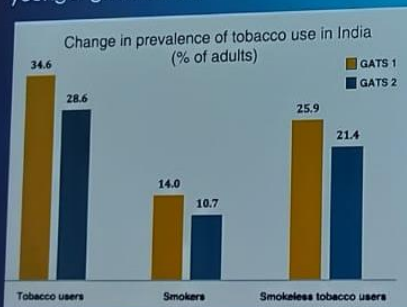
Audiovisual Demonstration Of Government Policies For Tobacco And Its Legal Aspect



WHY TOBACCO AWARENESS.?

Importance of Educating Young People:

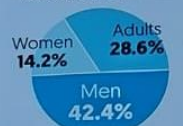
- Smoking typically begins in adolescence;
- most adult smokers start before age 18.
- Early education can prevent the initiation of smoking.
- Creating a tobacco-free culture starts with the younger generation.



Global Adult Tobacco Survey

GSSCORE
Datastory

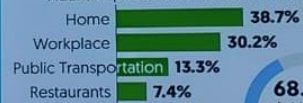
Tobacco users in India:



State-wise prevalence of current tobacco use among adults:



Adults exposed to 2nd-hand smoke:



55.4% of current smokers want to quit.

68.0% of adults noticed anti-smoking tobacco information on television or radio.

92.4% of adults believed that smoking causes serious illness.

MAXHUB



Pledge For Teenage students of institution For Tobacco Free Generation



PLEDGE

I

TODAY, AS I AM AWARE OF ALL THE HARMS IT CAN CAUSE, I TAKE THE PLEDGE TO NEVER CONSUME OR SMOKE ANY KIND OF TOBACCO PRODUCTS,

I PLEDGE TO MOTIVATE MY FAMILY OR AQUAINTANCES TO NOT CONSUME TOBACCO EITHER.

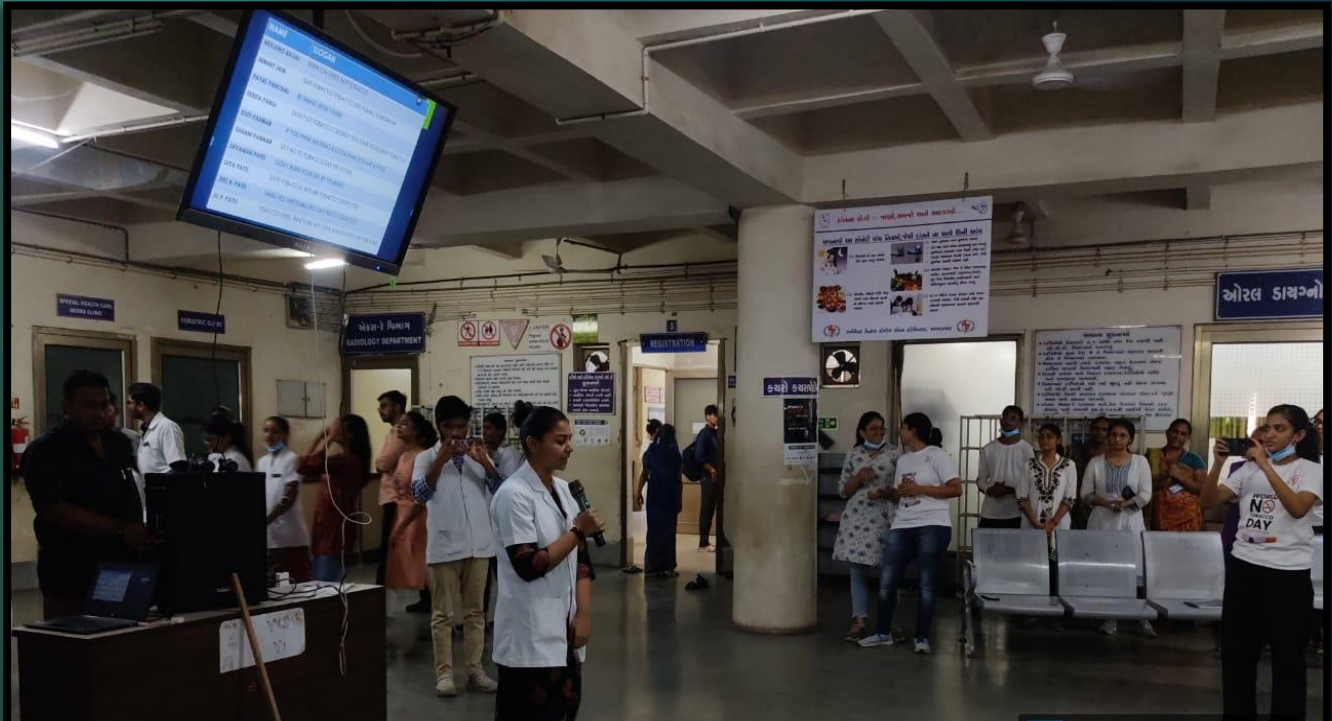
TOGETHER WE ALL PLEDGE TO MAKE THE COMING GENERATION A "TOBACCO FREE GENERATION"

DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY,
GOVERNMENT DENTAL COLLEGE AND HOSPITAL, AHMEDABAD





Slogans For Tobacco Free Generation



GPS Map Camera



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Slogans For Tobacco Free Generation

NAME	SLOGAN
NEELANG RAVAL	BURN CALORIES, NOT TOBACCO
NIMMIT JAIN	QUIT TOBACCO TODAY TO LIVE YOUNG TOMORROW
PAYAL PANCHAL	BE SMART, DON'T START
DIXITA PARGI	DON'T LET TOBACCO DESTROY YOU, START TO DESTROY TOBACCO
STUTI PARMAR	IF YOU THINK SMOKING IS COOL, THAN YOU ARE A FOOL
SUHANI PARMAR	SAY NO TO TOBACCO, SAY YES TO LIFE
DEVANSHI PATEL	DON'T BURN YOUR LIFE BY YOURSELF
DIYA PATEL	STOP TOBACCO, BEFORE TOBACCO STOPS YOU
JEEL R. PATEL	HARD YES, IMPOSSIBLE NO, SAY NO TO TOBACCO
JIL P. PATEL	TOBACCO FREE, THAT'S THE KEY, TO A HEALTHY LIFE, FOR YOU & ME

NAME	SLOGAN
PRINCE RAMANI	A SMOKE FREE GENERATION STARTS TODAY
PRIYANSHEE MONPARIYA	YOUR HEALTH, OUR FUTURE
PRIYANSHI PANCHAL	EMPOWER THE FUTURE- SAY NO TO TOBACCO
RAHUL PATIDAR	SMOKE FREE KIDS, BRIGHTER FUTURES
RAVI CHAUHAN	QUIT TO WIN
RENI GALIYA	CESSATION IS LIBERATION
RENIL SAVALIYA	BREAKING BARRIERS, BUILDING BRIDGES: CESSATION FOR A TOBACCO FREE LEGACY

Some Wise Words

