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INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref.No.:IIDS/ Misc. VAC /2024/ 42-A

Date: 21.04.2024

CIRCULAR

Index Institute of Dental Sciences, Indore is organizing a value added course entitled "SAY NO TO TOBACCO" is to equip dental professionals and healthcare providers with the knowledge and tools to effectively educate, prevent, and reduce tobacco use among . Interested students and interns can attend the session and gain insights for the same. The value added course will be held on 24/06/2024-26/0 4 at Auditorium IIDS.

Details are as per the brochure attached




S. Ganapathy
Dean
Index Institute of Dental Sciences,
Indore

Copy for information to:

- Registrar (Malwanchal University, Indore)
- All concerned authorities
- File

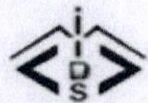
Prepared By: Dr. Chinmay Vyas


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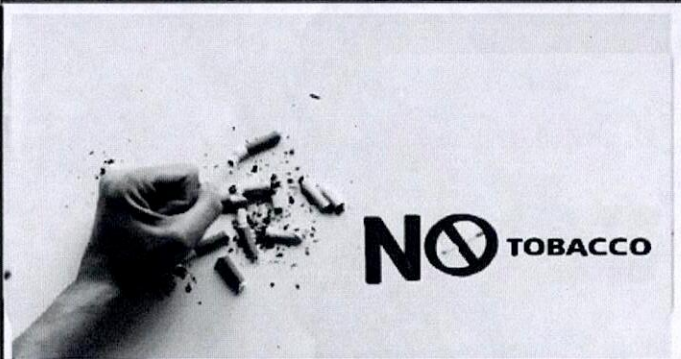
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MALWANCHAL UNIVERSITY

**IQAC, MALWANCHAL UNIVERSITY &
INDEX INSTITUTE OF DENTAL SCIENCES
INDORE (M.P.)**



SAY NO TO TOBACCO

ABOUT

Tobacco and Drugs, a widespread issue in educational institutions, has detrimental effects on students' mental and physical well-being. To address this concern, an " SAY NO TO TOBACCO " was organized at Index Institute of Dental Sciences (IIDS), Indore

COURSE OBJECTIVE

Educate students on the health risks and diseases associated with tobacco use, including physical, mental, and social impacts, to foster informed decisions about personal health.

REGISTRATION CONTACT

Dr. Anu Vashisht 9561910483
Department Of Conservative Dentistry
And Endodontics
Mr. Shivam Sharma 91952770393
student section , Malwanchal University

MODULES

Increase Awareness of Health Risks
Promote Preventive Strategies
Highlight Societal Impacts of Tobacco Use
Support Behavior Change and Self-Management
Promote Lifelong Health Literacy

PROGRAM OUTCOMES

- Understand the Health Risks of Tobacco Use
- Demonstrate Knowledge of Prevention Strategies
- Advocate for Tobacco-Free Communities
- Explain the Societal and Environmental Costs of Tobacco
- Commit to Personal Health Goals

RESOURCE PERSONS

Dr. MANASI KEWLANI,
LECTURER
Index Institute of Dental Sciences (IIDS),
Indore.

24 JUNE 2024

11:00-1:00 PM

S. Garguly



Ho d h o l
Registrar
Malwanchal University
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REPORT

Date- 24/06/24-26/06/24

Venue- **IDS** Auditorium

Course Code: **IDS/VAC/2024/11**

Number of attendees: 66

Subject- "SAY NO TO TOBACCO"

● The issue of **Tobacco and Drugs** had been widespread in educational institutions, with detrimental effects on students' mental and physical well-being. To address this concern, an awareness program titled "**Say No to Tobacco**" was organized at **Index Institute of Dental Sciences (IDS), Indore**.

The program had been scheduled for **16 hours**, running from **June 24 to June 26, 2024**. These modules had been discussed during the free hours of the students. Registration had been provided free for all students. The total duration of the course had been 16 hours. Students were informed about helpline numbers and had been reintroduced to the **IDS Tobacco Cessation Committee**.

The program had been a resounding success, led by esteemed expert **Dr. Manasi Kewlani, M.D.S.** Dr. Kewlani had delivered an insightful lecture with a PowerPoint presentation, highlighting the evils of **drug and tobacco use** and suggesting ways to **curb this menace**.

S. Gaughy



[Signature]
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The esteemed speaker, **Dr. Manasi Kewlani, M.D.S.**, had been felicitated by **Dr. Suparna Ganguly Saha**, the **Dean (IDS)**, and **Dr. Rajeev Shrivastav**, the **PG Director (IDS)**.

The Program Aimed to:

1. Raise awareness about the consequences of drug use, smoking, and tobacco consumption.
2. Inform students about the legal implications and disciplinary actions associated with drugs and tobacco.
3. Encourage a culture of mutual respect and support among peers.
4. Equip students with the knowledge and resources to report incidents of drug and tobacco use.

Day 1 Sessions:

Health

Tobacco consumption had been a leading cause of preventable death worldwide. It had significantly increased the risk of various diseases, including **lung cancer, cardiovascular diseases, chronic respiratory conditions**, and **strokes**. Exposure to secondhand smoke had also posed serious health risks to non-smokers, particularly **children** and other vulnerable populations.

Implications

Economic

The economic costs associated with tobacco use had been staggering. Healthcare expenditures related to treating tobacco-related illnesses had drained national budgets. Moreover, lost productivity due to illness and premature death had further strained economies, particularly in low- and middle-income countries.

Burden

Social

Tobacco use had not only affected individuals' health but had also had broader social implications. It perpetuated **health inequalities**, as marginalized and disadvantaged populations had often been

Impact

perpetuated health inequalities, as marginalized and disadvantaged populations had often been



disproportionately affected. Additionally, tobacco addiction had led to **social stigma**, impacting relationships and diminishing the quality of life.

Current

Trends

Despite declining smoking rates in some regions, tobacco use had persisted globally, fueled by aggressive marketing, socio-cultural factors, and insufficient regulation. Emerging trends such as **e-cigarettes** and **flavored tobacco products** had posed new challenges to tobacco control efforts, particularly among youth.

Day 2 Sessions:

Preventive

Strategies

To combat the tobacco epidemic effectively, comprehensive strategies had been essential, including:

- **Public Awareness Campaigns:** Education about the health risks of tobacco use and the benefits of cessation had been crucial.
- **Policy Interventions:** Enacting and enforcing stringent tobacco control policies, including higher taxes, advertising bans, smoke-free legislation, and plain packaging laws.
- **Support for Cessation:** Providing accessible cessation programs and resources to help individuals quit tobacco use.
- **Youth Prevention Programs:** Targeting youth through education and regulations to prevent the initiation of tobacco use.

Day 3 Sessions:

Application

of

Preventive

Measures

The final day had focused on applying the preventive measures discussed earlier. A **signature program** had been introduced to encourage everyone to join hands against tobacco. Additionally, a **Nukkad Natak** (street play) had been presented, revealing the condition of patients affected by tobacco use and illustrating its **devastating impact** on their families.

Conclusion:

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In conclusion, tobacco use had remained a significant public health challenge globally, with profound implications for health, economies, and social well-being. Addressing this issue had required concerted efforts from governments, public health agencies, civil society, and individuals. By advocating for comprehensive tobacco control measures and promoting a tobacco-free lifestyle, we could mitigate the devastating impact of tobacco on individuals and societies worldwide.

Acknowledgment:

We extended our gratitude to all participants, organizers, and speakers for their valuable contributions to making this program a success. This report served as a testament to our commitment toward eradicating drugs and tobacco, fostering a nurturing and secure educational environment.

The lecture had been highly appreciated by both students and teaching faculty. Overall, the workshop had been deemed successful in achieving its objectives and had received positive feedback from attendees for its informative sessions and practical demonstrations.

S. Ganapathy



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HITESH NAVARE
INSIYAH CHAKERA
IRUM FATIMA KHAN
ISHAN KANUNGO
JASWAL KASHISH KAMLESH
KHUSH SHARMA
KUNAL ADHIKARI
LALIT KUSHWAH
MAHIMA BILODIYA
MARIA NAZIR
MEENAL HARAL
NAMRATA ADHIKARI
NAVANSHI YADAV
NEHA KARIYA
NHITTA CHOURASIA
NILESH SILVADIYA
NISHANT YADAV
NITIKA SUMAN
PRACHEE KUSHWAH
PRADYUMN SISODIYA
PRERNA MAKHLJA
PRIYA TIWARI
RASHIDA KOTWALA
RIVA GOPAL DANGI

S. Gargya

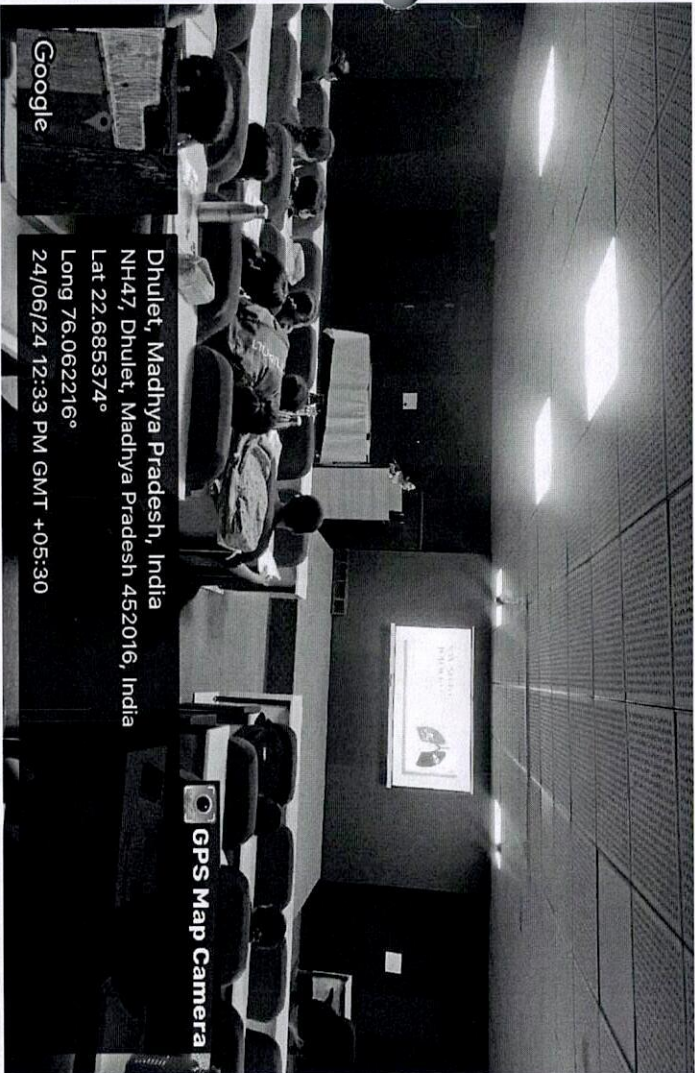
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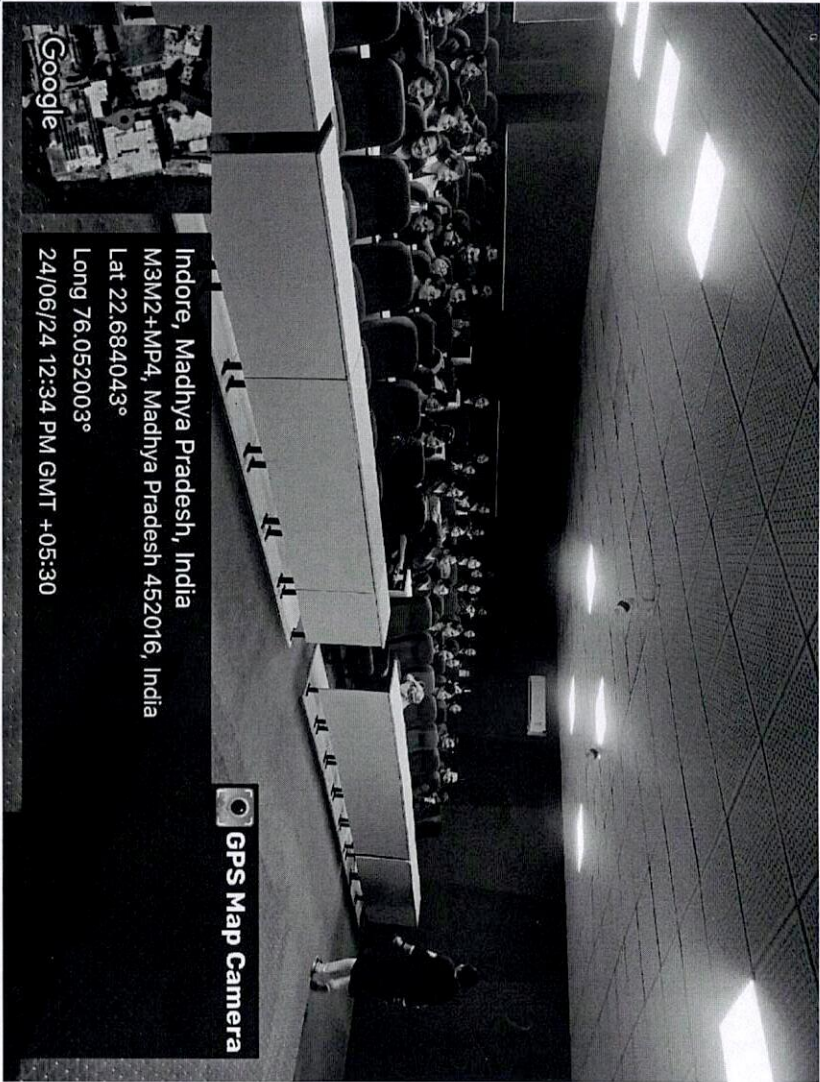


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