

Celebration of World No Tobacco Day on 31st May 2023



Oral Health Unit, Government College of Dentistry celebrated World No Tobacco Day on 31st May 2023. Multiple awareness campaign was organized to mark the importance and educate communities about harmful effects of tobacco use and associated risk. Extra efforts in the direction of quit journey is also imperative in the stop tobacco campaign with a motive of **EVERY DAY IS NO TOBACCO DAY**.

Date: 31/05/2023

Time: 8:00 AM – 3:00 PM

Place: Government College of Dentistry, Indore



World No tobacco Day is celebrated to create awareness among the masses of the illicit effects of tobacco uses and encourages them to quit tobacco habit. As well as educate the non-tobacco users so that they don't fall into the tobacco addiction trap. This year the theme given by World Health Organization is **"We need food , not tobacco "**. This is to acknowledge the fact that tobacco use does not only affect human body but also has an impact on our environment . Right

from its production to its usage and how it is discarded by the users. It contributes to high environmental pollution with its hazardous effects.



The harmful impact of the tobacco industry is vast and growing, adding unnecessary pressure to our planet which is already suffering from scarce resources and fragile ecosystem. Tobacco kills over 8 million people every year and devastates our environment, and every minute 6 people are engulfed by its menace, further harming human health, through the cultivation, production, distribution, consumption and post consumer waste and passive smoking.

Program Journey

Program was conducted under the expert guidance of Dr Vrinda Saxena (Professor, Dept of Public Health Dentistry) , Dr Ankita Bhargava, Dr Madhika Patidar (Oral Health Unit, GDC Indore) .The chief guest of the program was Dr. Deshraj Jain Sir, Principal, GDC Indore. The program inauguration involved taking “No Tobacco” pledge with everyone at our institute as we believe that charity begins at home.



The Program was a combined venture of GDC Indore and IDA Indore branch. Dignitaries present from IDA Indore branch were: Dr Amit Bhardwaj [President, IDA], Dr Aditya Mangal [Hon. Secretary, IDA], Dr Amit Rawat [President elect, IDA], Dr Prashanthi Reddy [Joint Secretary, IDA]

The team was divided to conduct multiple awareness campaigns. The Program schedule was as follows:

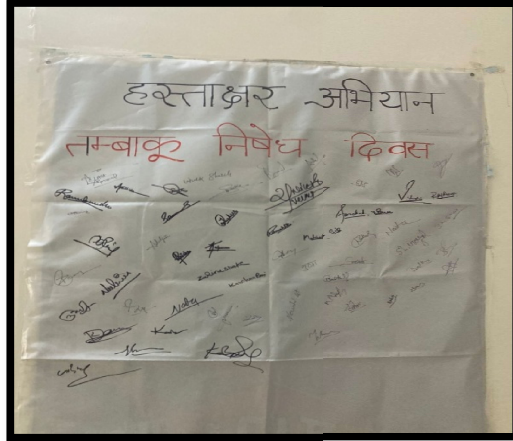
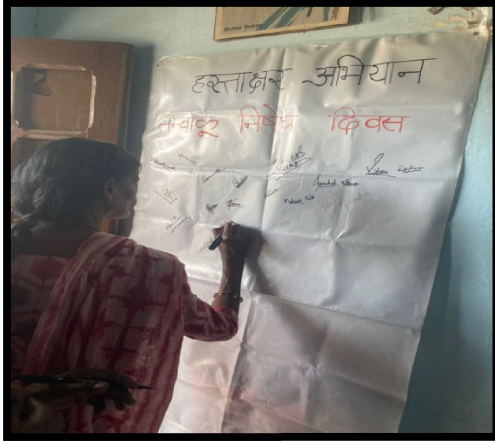
1. **Bike Rally** to mark tobacco control in collaboration with IDA Indore. By combining the goals of No Tobacco Day with the spirit of a bike rally, this event promotes a tobacco-free lifestyle, raise awareness, and engage the community in the fight against tobacco addiction.



2. **Panel Discussion** on tobacco health hazards and quit Campaign for slum in collaboration with NGO- Diocese Social Service Society, Indore.



3. **Hastakshar Abhiyaan** for residents of the slum for tobacco cessation as affirmation to strengthen the program and networking.



4. **TATTOO MAKING:** World tobacco day was marked by an awareness campaign through tattoo making for all the Faculties and patients visiting OPD.



5. **Brown Ribbon Campaign** among faculty and staff.



6. **Rajyoga Meditation** and No Tobacco Awareness exhibition by Brahma Kumaris Meditation centre to stop the use of tobacco products in any form.



7. **SCREENING CAMP at Police Control Room** :A team of Dr Vrinda Saxena,Dr Ankita Bhargava,Dr Madhrika Patidar ,Oral Health Unit , GDC Indore comprising Post Graduates and Interns conducted an awareness and screening camp on World No Tobacco day at Police Control Room, DIG Office, Indore.



8. **Plantation drive**: Going along with this year's theme on Growing food not Tobacco, a Plantation drive was organized as well.



9. **E poster competition** was organized by IDA Indore branch to celebrate World No Tobacco Day as a way to raise awareness about harmful effects of tobacco and promote tobacco free lifestyles.



9. **Valedictory function** of “No Tobacco day”

The program concluded with Valedictory function by a guest lecture from eminent tobacco control founder in Madhya Pradesh Dr B. M. Shrivastava former Principal of Govt. dental college Indore. This was followed by felicitation of winners of E-Poster Competition. We thanked everyone for their presence and time.



Lastly a token of respect ushering to the dignitaries in the form of air purifying plants to control environmental second hand pollution. Special thanks to Dr Sandhya Jain Scientific committee in-charge GDC , Indore.

This event was followed by refreshments for all the participants and staff.