

## PROGRAMME REPORT OF WORKSHOP ON TOBACCO DE-ADDICTION THERAPIES

Date-20/04/2024

Venue- Lecture Hall 1, Govt College of Dentistry, Indore

### WORKSHOP OVERVIEW

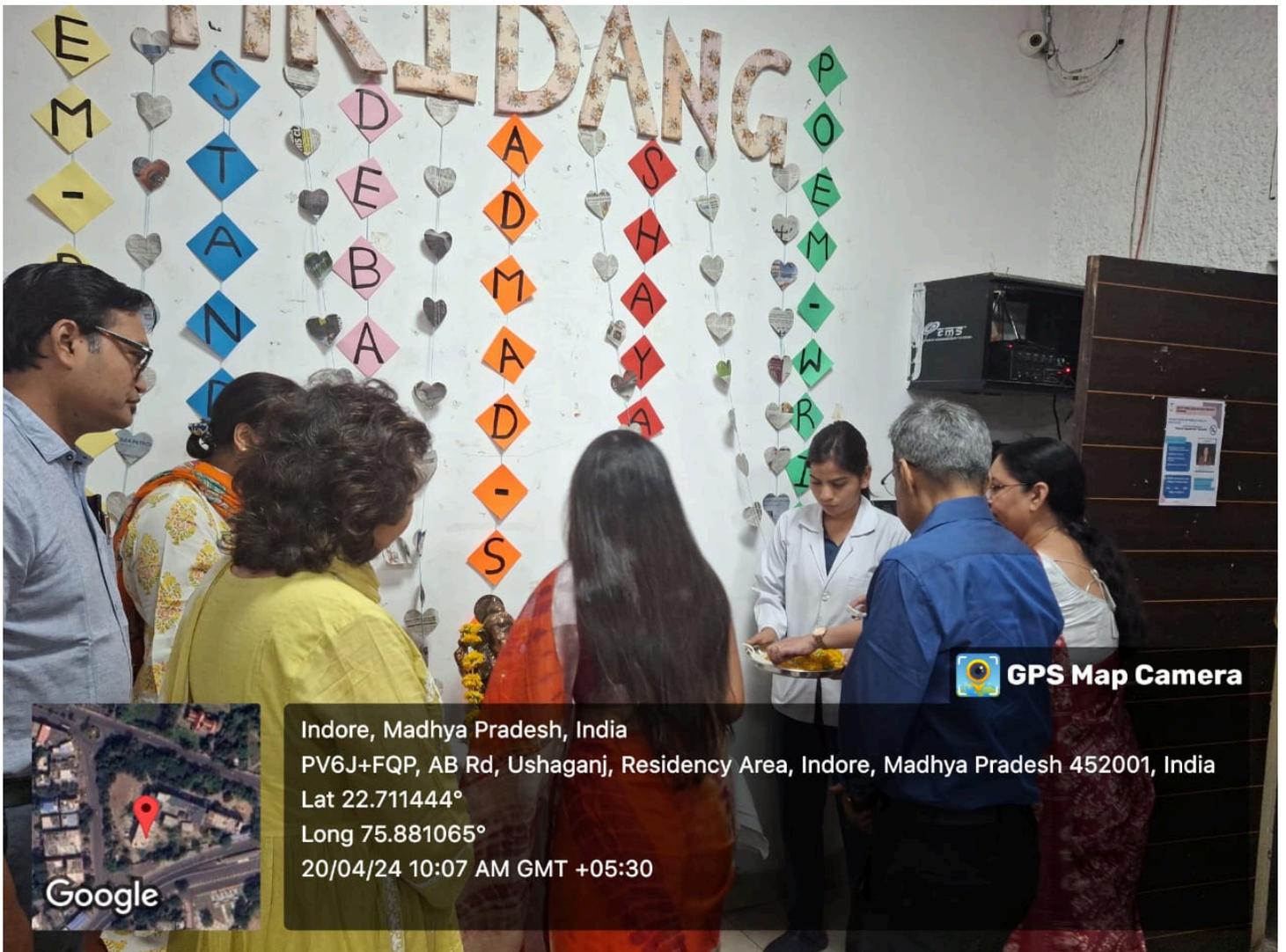
The Workshop spanned for a day consisting of 2 sessions featuring combination of lectures, quiz sessions, case discussions and followed by interactive q/a round.

The primary objectives of the session were to

1. Highlight the tobacco use in India.
2. Reasons & types of tobacco consumption
3. Hazards of use and benefits of quitting.
4. Tobacco law in India
5. Stages of Behavioral Change
6. Tobacco Cessation techniques
7. Pharmacotherapy
8. Recent advances in de-addiction therapies

The workshop commenced with inaugural ceremony, where Principal Dr Sandhya Jain, Professor and HOD; Dr Vrinda Saxena Dept of Public Health Dentistry, Guest speaker Dr Nilam Gada Tobacco Deaddiction specialist & team of Public Health dentistry lightened the lamp along with Saraswati Vandana.





After the inaugural ceremony, Guest Speaker Dr Nilam Gada was presented with a planter as a token of appreciation by Dr Sandhaya Jain ma'am, followed by her speech highlighting the importance of conducting workshop addressing the root cause of addiction and empowering individuals to lead a healthy lifestyle. Ma'am also focused on institutional objectives by highlighting the importance of efficient training for students and doctors of GDC, Indore on tobacco cessation.

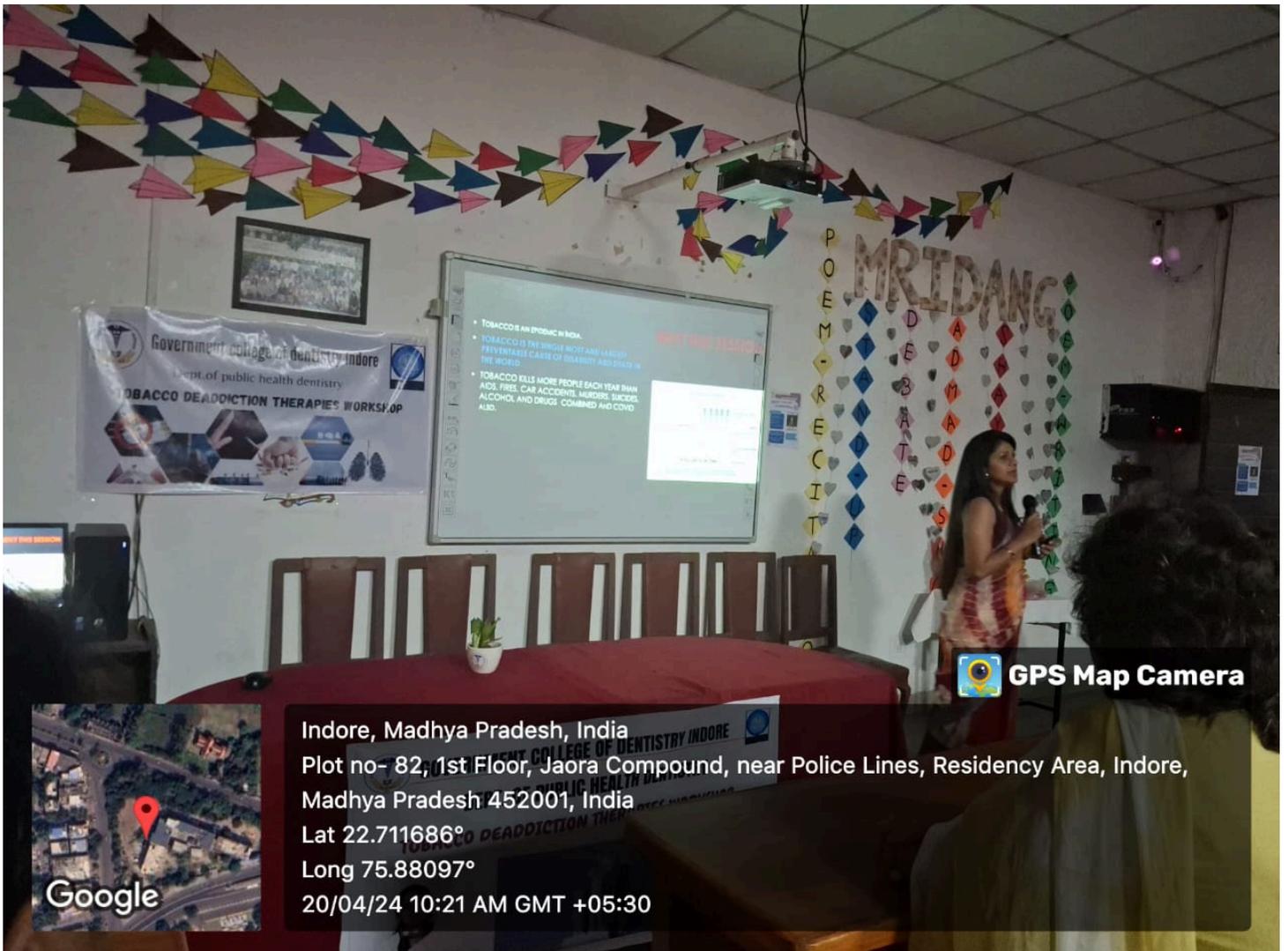




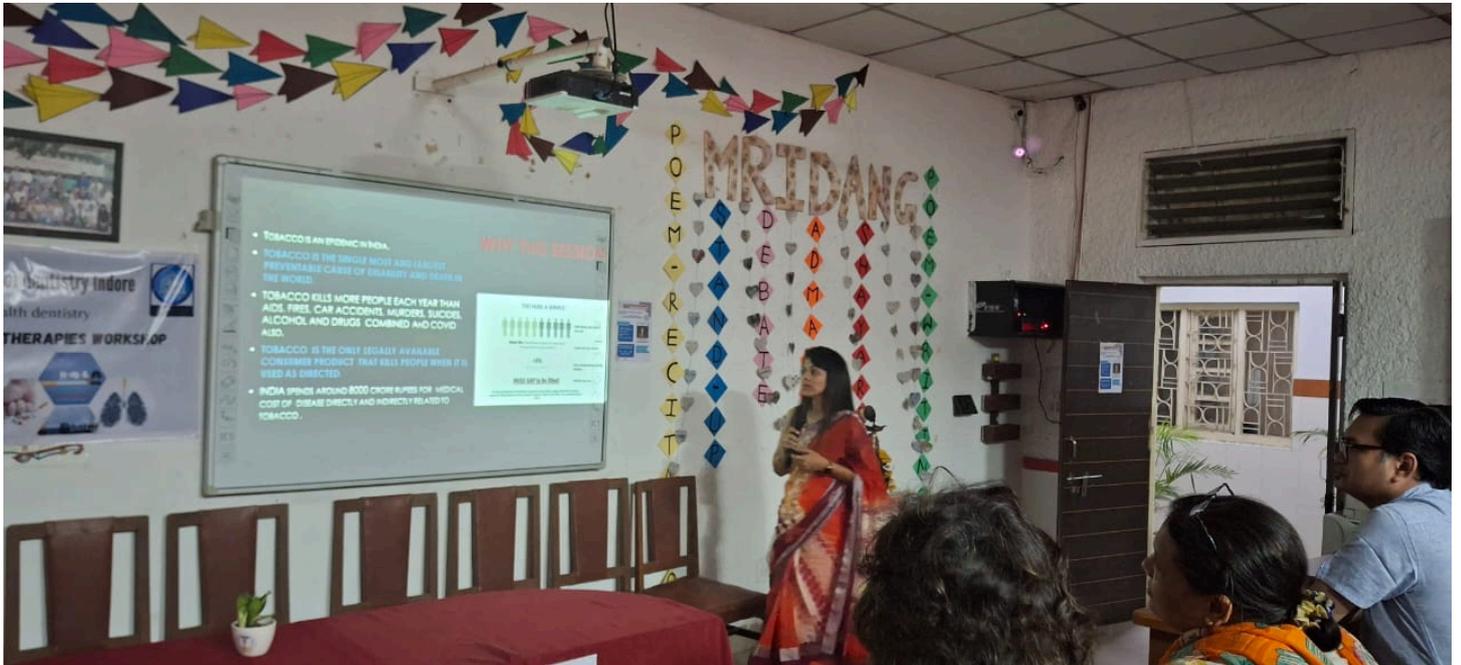
After the introductory speech by Dr Sandhya Jain, Dr Vrinda Saxena, Chief coordinator & Chief tobacco de-addiction officer introduced our guest speaker Dr Nilam Gada, Tobacco deaddiction specialist from Mumbai, trained at John Hopkins University, USA.



Dr Nilam Gada approached the 1st session of workshop by addressing the tobacco use in India, followed by types of tobacco consumption, hazards of use and benefits of quitting, tobacco law in India and the stages of behavioral change. 1st session ended with a quiz round.



After 15 mins of ta break, 2nd session started with tobacco cessation techniques, behavioral counselling, pharmacological therapies, reasons of withdrawal, trigger points and relapse and at last discussed about the recent advances in de-addiction therapies followed by case discussion.



The workshop also highlighted the important role of education and collaboration. All department members who attended the workshop considered it an important and concluded it successfully.

After this engaging session Dr Nilam Gada was felicitated by Dr Vrinda Saxena with a certificate of appreciation and memento for sparing her valuable time for our institute followed by presenting certificate of participation to all the 50 delegates who attended the workshop with full zeal and enthusiasm. In the end, the programme terminated with a group photograph to create a lifetime memory.





## Conclusion

The workshop on tobacco de-addiction therapies at GDC, Indore, proved to be a resounding success, achieving its objectives of enhancing knowledge on Tobacco cessation techniques and fostering collaboration among departments. The knowledge and skills gained during the workshop are expected to contribute significantly to the participants academic and professional pursuits.

We extend our gratitude to all the organizers, faculties and participants for their active involvement and commitment to make this workshop a valuable learning experience.