

**DEPARTMENT OF PUBLIC HEALTH DENTISTRY AND ORAL  
MEDICINE & RADIOLOGY**

**WORLD NO TOBACCO DAY**

<b>Date: 31.05.2022</b>	<b>Venue: CHETTINAD DENTAL COLLEGE AND RESEARCH INSTITUTE</b>
<b>Faculty: Dr.Christeffi Mabel</b>	<b>Organizer: Dr. Dr.Christeffi Mabel</b>
<b>No. of students attended: 5</b>	<b>PG</b> <b>Dr. Bavithra- Second year pg</b> <b>Dr. Shymala- Second year pg</b> <b>Dr. Pavithra- First year pg</b>  1 <sup>ST</sup> & 2 <sup>ND</sup> YEAR MDS Students from Radiology and Department of Public Health Dentistry  <b>UG</b>  <b>CRI - SHWETHA and SWATHI</b>



**INVITATION:**

**"WORLD NO TOBACCO DAY"**  
**31.5.2022**  
**ORGANIZED BY**  
**DEPARTMENT OF ORAL MEDICINE AND**  
**RADIOLOGY**

Make everyday a NO Tobacco Day

**WHEN YOU LIGHT A CIGARETTE,**  
**YOUR LIFE BURNS WITH IT.**

RELIEVE YOU CAN  
AND YOU'RE  
HALFWAY THERE.

**SMOKING HELPS IN LOSING WEIGHT,**  
**ONE LUNG AT A TIME!**

**IT'S GOING TO BE HARD**  
**BUT HARD IS NOT**  
**IMPOSSIBLE.**

**You CAN quit smoking.**  
**You CAN breathe better.**  
**You CAN feel better.**  
**You CAN look better.**  
**You CAN do it.**  
**The time to**  
**take back your**  
**life is NOW.**

**SAY**  
**NO**

## **EVENTS**

- ❖ Awareness Programs on Tobacco And Oral Cancer
- ❖ Quiz Program
- ❖ Seminar Presentations

## **SCHEDULE OF EVENTS**

- 1. Awareness program for Security guards – 7 :00 AM**
- 2. Quiz Program**
- 3. Seminar topics-**
  - ❖ Tobacco and its Oral Effects – Premalignant lesion and Conditions
  - ❖ Oral Cancer
- 4. Awareness program for UDS Staff – 5 : 00 PM**

## **AWARENESS PROGRAM FOR SECURITY GUARDS**

An awareness programme was conducted by the Department Of Oral Medicine and Radiology(OMDR) regarding the use and its ill effects of tobacco. 1<sup>st</sup> Year and 2<sup>nd</sup> Year Post graduates from OMDR delivered speeches creating awareness with the Security staffs regarding the harmful effects of Smoking & Smokeless Tobacco and their potential malignant hazard which may be caused due to the usage of these products. Charts portraying the lesions(potentially malignant and malignant lesions) which may occur after usage of smoking and smokeless forms of tobacco were shown and queries regarding the same was resolved. Our students also reinforced the concept of prevention and cure of oral cancer when diagnosed early and motivated them to follow healthy lifestyles. Patients were given tips and counseling for quitting the habit as well as directed them to tobacco cessation centre in Department Of Oral Medicine and Radiology and Department of Public Health Dentistry for Tobacco Cessation Counseling.

## **PARTICIPANTS –**

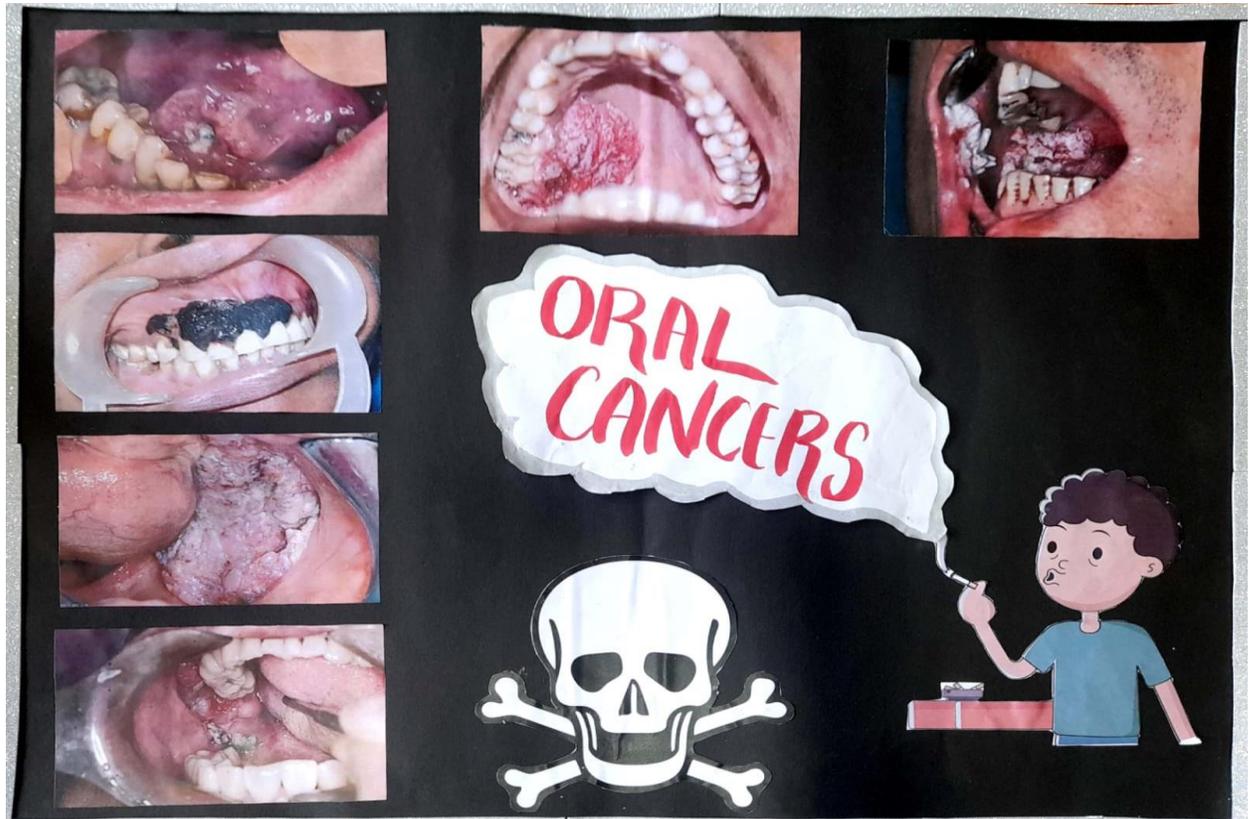
- ❖ **50 (PUBLIC)**
- ❖ **Dr. Bhavithra (Second Year PG)**
- ❖ **Dr. Shyamala (Second Year PG)**

**POSTER TOPIC: Tobacco and its Oral Effects**

Premalignant Lesions and Conditions



**POSTER TOPIC – Oral Cancer**





The awareness programme continued with our department with conduction of seminar and quiz programmes.

### **SEMINAR PRESENTATION**

A Seminar Presentation was done by CRRI – Swetha and Swathi on the topics

- ❖ Tobacco and its Oral Effects – Premalignant lesion and Conditions
- ❖ Oral Cancer

The seminars was presented to Third years and Final years by the CRI's who educated them on the ill effects on using tobacco and also taught them when to intervene and treat the patients by the students and how to help them quit the dreadful habit . Help line numbers were also shown to the students who will refer the patients in need of free counseling.

### **QUIZ PROGRAM**

A quizzical program regarding identifying tobacco products, its ill effects on self and environment was conducted by Dr. Priyadharshini in the Department of Oral Medicine



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for 3rd years. The winners for the quiz were announced and certificates were awarded to akash and aravind rajesh of third years who secured first and second place.





#### **AWARNNESS PROGRAM FOR UDS STAFF:**

An awareness was conducted by the Department Of Oral Medicine and Radiology regarding the use and its ill effects of tobacco. 1<sup>st</sup> Year and 2<sup>nd</sup> Year PGs from the Department Of Oral Medicine and Radiology highlighted and created awareness with the UDS staffs regarding the harmful effects of Smoking Tobacco & Smokeless Tobacco and their potential malignant disorders which may be caused due to the same. Charts portraying the lesions (potentially malignant and malignant lesions) which may occur after usage of tobacco were shown and queries regarding the same was resolved. Post graduate students also reinforced the concept of prevention and cure of cancer when diagnosed early and motivated them to follow healthy lifestyles. Tips were given for quitting the habit as well as directed them to tobacco cessation centre in Department Of Oral Medicine and Radiology and Department of Public Health Dentistry For Tobacco Cessation Counseling. There was an Overwhelming response among the UDS staffs to this programme and they welcomed frequent discussions regarding the same.

#### **PARTICIPANTS –**

- ❖ **50 (PUBLIC)**
- ❖ **Dr. Bhavithra (Second Year PG)**
- ❖ **Dr. Pavithra (First Year PG)**



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