

Event Report

CME on “Achieving Sustainable Development Goals: International Strategies for De-addiction of Drugs, Tobacco, Alcohol and Smart phones”

The Faculty of Dentistry, Jamia Millia Islamia in collaboration with Asian Coalition for Health Empowerment (ACHE), Delhi organized a Continuing Medical Education program on “Achieving Sustainable Development Goals: International Strategies for De-addiction of Drugs, Tobacco, Alcohol and Smart phones” on Wednesday, 27th December from 12.00-1:30 PM in Library Hall, Faculty of Dentistry, Jamia Millia Islamia.

The event started with the introduction to the topic and agenda setting by Dr. Ankit Sharma, Head-Strategy and Communications; HEAL Foundations as Moderator of the program. This was followed by the welcome address by Dean, Prof. (Dr). Keya Sircar, who emphasized the need to recognize the new addictions like smartphone addiction and their negative impact on our lives. The Guest Speakers for the sessions were Dr. Mohsin Wali, Padma Shri Awardee, Senior. Consultant, Medicine, Sir Ganga Ram Hospital, Delhi and Dr. Jatinder Kumar, Senior. Neurosurgeon, Director Medical Services Yashoda Medicity, Delhi.

The CME focused on "Achieving Sustainable Development Goals: Need to focus on International Strategies of De-addiction of Drugs, Tobacco, Alcohol, and Smart phones," to address the critical issue of addiction in India.

The event aimed to raise the awareness among dental professionals about the increasing burden of addiction and its impact on individual health and society. It explored global strategies for combating addiction related to drugs, tobacco, alcohol and smart phones and their applicability within the Indian context and also provided evidence-based approaches for the prevention, early intervention and treatment of addiction. The key areas of the discussion for the sessions were exploring the global strategies for combating addiction and their applicability within the Indian context. The experts presented insights into successful de-addiction programs implemented worldwide and provided a comparative analysis to understand the effectiveness of various approaches. Emphasizes was laid the tobacco de-addiction and its impact on oral health and general health of an

individual. Also, the need for the tailored interventions considering the cultural and socioeconomic diversity of the country was emphasized. Participants were engaged in discussions on heart related myths and facts and the potential interventions to promote healthy heart and healthy lifestyle. Suggestions were made as comprehensive awareness campaigns, stricter regulations, and the integration of de-addiction programs into healthcare systems. Special attention was given to smart phone addiction as a modern challenge. The speakers deliberated on the impact of technology on mental health and proposed measures to promote responsible usage.

The event concluded with a consensus on the urgent need for a holistic approach to address addiction in India and the determination to create a healthier and addiction-free society in India by participating and supporting a signature campaign, for onward submission to the higher policy making authorities.