

Event Report

WORLD NO TOBACCO DAY 2023

World No Tobacco Day is celebrated annually on May 31st to raise awareness about the harmful effects of tobacco use and to encourage individuals and communities to take action toward tobacco control. The theme of World No Tobacco Day as declared by World Health Organization (WHO) this year is “We Need Food, Not Tobacco”. This year, the Faculty of Dentistry, Jamia Millia Islamia organized a series of events to commemorate World No Tobacco Day 2023. These events aimed to educate, engage, and empower individuals to make informed decisions about tobacco consumption and promote a smoke-free environment. All events saw enthusiastic participation from patients as well as students.

The event commenced with the following activities:

1. **Model-Making Competition:** A model making competition with the theme “Say No to Tobacco” was organized on 12th May 2023. A total of 42 students from BDS 1st year, 2nd year and 3rd year participated in the competition. The competition was organized by Prof. Aman Chowdhry, Prof. Deepika Bablani Popli, Dr. Vatchala Rani RM and Dr. Yusra Khan from Oral Pathology and Microbiology. The students unleashed their creativity and made extremely creative as well as informative models covering the various aspects of tobacco cessation. The competition was judged by Prof. Priyanka Kapoor and Prof. Mukesh Hasija and four best models were awarded certificates by Prof. Keya Sircar, Dean Faculty of Dentistry on World No Tobacco Day, 31st May 2023.
2. **E-Poster-Making Competition:** A creative e-poster-making and a week-long special screening camp for tobacco associated lesions from 25th-31st May 2023 was also organized. The posters had to be in Hindi language with the primary objective of patient information regarding the harmful effects of tobacco. Five themes were given for this competition namely risk factors of oral cancer, smoking or smokeless tobacco habit associated oral lesions, different types of smoking and smokeless tobacco habits and say no to tobacco. Twenty-eight students participated in the competition. The judges were Dr. Manisha Lakhanpal, Professor & HOD (OMR), ITS Greater-Noida and Dr. Nagaraju Kamarthi, Professor & HOD (OMR), Subharti Dental College and Hospital, Meerut. A specialised team comprising of Prof. Mandeep Kaur, Prof. Virender Gombra, Prof. Shamimul Hasan and Dr. Rahnuma Masood from Oral Medicine and Radiology along with BDS students and interns also organized a screening camp for tobacco associated lesions. This event was aimed to provide comprehensive oral examination for tobacco-associated lesions. Certificates were awarded to the winners of the e-poster competition on 31/05/2023 by Prof. Keya Sircar, Dean of Faculty of Dentistry.

3. **Tobacco Cessation Counselling Camp:** A dedicated tobacco cessation counselling camp was organised on 30th May 2023 at the Satellite Clinic, Hazrat Nizamuddin, offering guidance and support to individuals willing to quit tobacco. Two interns and two Final year students provided one-on-one counselling sessions, personalized quit plans, and information about various nicotine replacement therapies. The camp proved to be immensely helpful, as many attendees expressed their determination to quit smoking or chewing tobacco.
4. **Health Education Session:** Concurrently, an interactive health education session was also conducted on 30th May 2023 at Hazrat Nizamuddin to provide accurate information about the risks associated with tobacco use. A total of 4 students (2 interns and 2 final year) participated in the session.
5. **Nukkad Natak (Street Play):** An impactful street play by the students was organized by Prof. Abhishek Mehta, Dr. Aditi Verma, Dr. Bushra Karim and Dr. Nikhat from Public Health Dentistry on 31st May 2023 addressing the hazards of tobacco use. A total of 16 students from BDS 1st year, 2nd year, 3rd year, Final year and interns participated in the play. The performance emphasized the negative health consequences, addiction, and social implications of smoking and chewing tobacco. The students effectively conveyed the message, capturing the attention of the patients as well as the students, teaching and non-teaching faculty of the institution. This play was much appreciated by the patients as well as the faculty. The certificate of appreciation to all the participants was also awarded by Prof Keya Sircar, Dean Faculty of Dentistry.
6. **Panel discussion on Radio Jamia** – A panel Discussion was organised by Faculty of Dentistry to create awareness regarding the ill-effects of tobacco for mass community aired on 90.4 Radio Jamia on 31st May 2023. The panel comprised of Prof. Aman Chowdhry, Prof. Mohammad Faisal, Prof. Abhishek Mehta and Prof. Shamimul Hasan from the specialities of Oral Pathology, Oral Surgery, Public Health Dentistry and Oral Medicine respectively. The panel discussion was moderated by Mr. Shakeel, MCRC, Jamia Millia Islamia. These specialities are concerned with counselling, clinical and histological diagnosis and treatment of oral diseases caused by tobacco including oral precancerous lesions and conditions.
7. **Anti-Tobacco Pledge:** The Anti-Tobacco Pledge aimed to encourage people to leave the habit of tobacco consumption. All the students, staff and patients pledged not to consume tobacco in any form in my life and motivate their family and friends not to fall prey to this habit.

Thus, these events succeeded in creating awareness and empowering individuals to take action against tobacco use at individual level. These events also inspired students as well as faculty to create a tobacco-free society and fostered a sense of community engagement in achieving this goal.