

## WORLD NO TOBACCO DAY

On May 31, 2024, Department of Public Health Dentistry commemorated World No Tobacco Day with a week-long series of events aimed at raising awareness about the harmful effects of tobacco use and promoting a tobacco-free lifestyle.

Activities started from a week before with free Oral Cancer Screening Camp at SAI PACKING COMPANY, Rajpur Kalan, Faridabad. Apart from oral cancer screening, oral hygiene education delivery through role play activity by interns, oral hygiene kits distribution and tailored counselling sessions were also conducted. A team of experienced dentists and healthcare professionals conducted the screenings. The primary objectives were to: detect any early signs of oral cancer, educate participants about the early symptoms of oral cancer & provide guidance on maintaining oral health. Over 111 individuals were screened, with follow-up appointments scheduled for those requiring further examination. A group of enthusiastic interns performed an engaging and educational skit highlighting the dangers of tobacco use. The skit covered the physical and social consequences of tobacco addiction, real-life stories of individuals affected by tobacco-related diseases and the benefits of quitting tobacco and leading a smoke-free life. The skit was well-received, drawing attention to the importance of the anti-tobacco message in an entertaining manner. A significant part of the celebration was the pledge ceremony, where workers from various industries and organizations vowed to quit tobacco. To engage the undergraduate students and spread awareness creatively, different competitions were organized for students. Participants were invited to create short highlighting the dangers of tobacco use and promoting a tobacco-free lifestyle. The competition saw enthusiastic participation, with over 15 entries. The objectives of this activity were to raise awareness about causes & risk factors associated with burden of chronic diseases & to disseminate information about the importance of preventive measures and its self-management. World No Tobacco Day celebration was a resounding success, with significant participation from the community. The combination of educational activities, health screenings, and practical support underscored the event's message about the dangers of tobacco and the benefits of quitting. The event fostered a sense of community and collective responsibility towards a healthier, tobacco-free future. The organizers plan to follow up with participants to support their journey to quit tobacco and maintain oral health.



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31/05/24 12:05 PM GMT +05:30

GPS Map Camera



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Rajpur Kalan, Haryana, India  
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**Sudha Rustagi College of Dental Sciences and Research, Faridabad**  
Department of Public Health Dentistry  
31<sup>st</sup> May, 2024  
**WORLD NO TOBACCO DAY**  
"Protecting Children from Tobacco Industry  
"Preference"  
As this product kills 10 million people each year, they are targeting the next generation.  
SPEAK UP TOBACCO EXPOSED

**Sudha Rustagi College of Dental Sciences and Research, Faridabad**  
Department of Oral and Maxillofacial Surgery  
in association with  
Delhi Ncr AQMSI State Chapter  
Organizers  
No Tobacco day Celebrations 2024  
A STEP TOWARDS A HEALTHIER LIFE

 **GPS Map Camera**



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