



**RAMAIAH  
UNIVERSITY  
OF APPLIED SCIENCES**

**Faculty of  
Dental Sciences**

## ***TOBACCO CESSATION CENTRE***

***Tobacco cessation center provides counseling with pharmacotherapy for patients willing to quit but require assistance or help in quitting***



**INAUGURATION OF TOBACCO CESSATION CENTRE (NAVAJEEVANA)**

**MAY 31, 2012**

**Events conducted by TCC in 2015- 2016**



**EDUCATIVE MATERIALS USED FOR PATIENT COUNSELLING**



**TRAINING WORKSHOP FOR SCHOOL TEACHERS**



Teachers are value educators for children. They have better influence over the student's attitude, thoughts and vision towards the society. They play a key role in modelling and developing the personality of children. Empowering School teachers to educate and motivate school children about the ill effects of tobacco will prevent the younger generation to succumb to this habit.

In this regard, a training workshop for school teachers from Ramaiah Institutions was conducted by Dr. Virupaaksha and Dr. Sujatha on the occasion of World No Tobacco Day in the year 2015

### **TRAINING SCHOOL CHILDREN AND COLLEGE STUDENTS**



Educational talks and interactive sessions were conducted for school children and adolescents on the occasion of World No Tobacco Day in the year 2015

### **TRAINING WORKSHOP FOR DENTAL PROFESSIONALS**



Health professionals have a prominent role to play in tobacco control. They have the trust of the population, the media and their opinions are heard across a vast range of social, economic and political arenas. At the individual level, they can educate the population on the harms of tobacco use and they also help the tobacco users to overcome addiction with appropriate training. In this regard, the center conducts training sessions for dental health care professionals to empower them to spread awareness about the ill effects of tobacco and provide counselling and cessation services, independently.

## Events conducted by TCC in 2017



**Talk by Dr Virupaksha HN- department of Psychiatry, MSRMC**

The theme for World No Tobacco Day 2017 was "Tobacco – a threat to development". This highlights the threats tobacco industry poses to the sustainable development of all countries, including the health and economic well-being of their citizens. It will propose measures that governments and the public should take to promote health and development by confronting the global tobacco crisis. On this occasion we from the department of Oral Medicine and Radiology conducted some activities highlighting the ill effects of tobacco and ways to overcome the addiction to tobacco.

In this regard, a talk was organized for all postgraduates and faculty in the auditorium. Dr Virupaksha H N Associate Professor, Department of Psychiatry addressed everyone regarding addiction caused by tobacco in various forms and chalked out ways to counsel the patient by newer innovative methods.





**Talk By Dr Sujatha S, Head TCC and Dept of Oral Medicine and Radiology**



### **E poster competition**

An e poster competition highlighting ill effects of tobacco and prevention strategies was organized for all postgraduates. 10 posters were displayed of which two best posters were allotted prizes. The day concluded with a role play which was organized for education purpose in the University House where interns of the Faculty displayed their talents in the form of a skit for the faculty of University House which was appreciated by all.



### **Role play by Interns in the form of a skit**

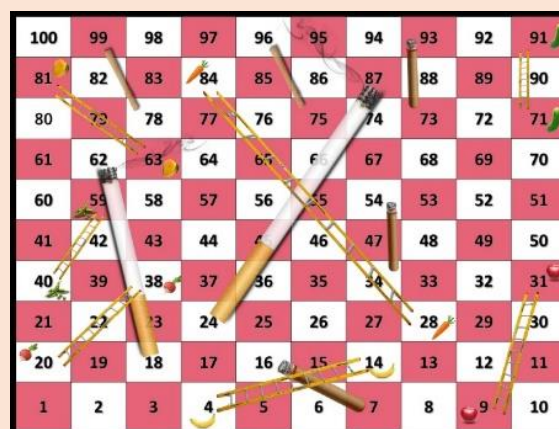


## Events conducted by TCC in 2018

### Development Of Tobacco Education Tools For A Tobacco Prevention Kiosk At Educational Institutions

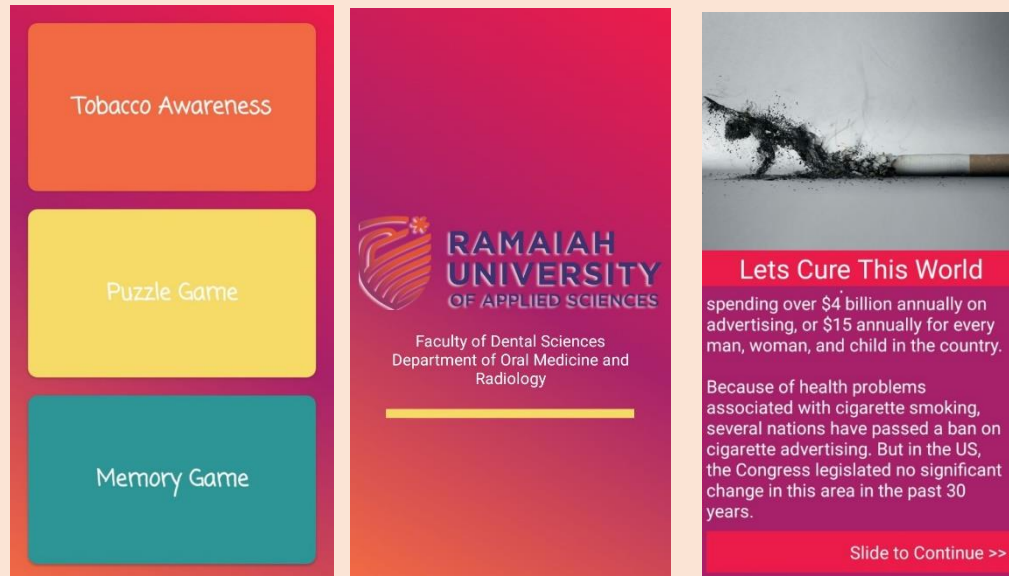
#### Let's Play and Defeat Tobacco 'An Addicting Evil' A Tobacco Use Control Project

Development of innovative board games for spreading awareness against tobacco



## Tobacco cessation Mobile awareness App

### KNOW IT TO FIGHT IT!! (Tobacco Awareness Application)



## 1. Implementation of tobacco prevention kiosk in schools

Following the development of the mobile application and board games, the centre took their service to the next platform by organizing anti tobacco awareness sessions for school children. The center conducted educative sessions in government and private schools of Bangalore. The activities involved were screening of a short film that picturizes the harmful effects of tobacco use, motivational informative speech session and the platform to play the developed games.



## Events conducted by TCC in 2019

The World No Tobacco Day 2019 was celebrated on 31/05/2019 at the Faculty of Dental Sciences, RUAS, Bangalore. The day began with our Dean Dr B V Sreenivasa Murthy Sir addressing the gathering regarding the pressing issues of tobacco addiction among youth and how only education and awareness can bring about a change in reducing the burden of Tobacco.

We had Dr Virupaksha HS Assistant Professor, Dept of Psychiatry as the guest speaker for the day who addressed all postgraduates and faculty regarding the ill effects of Tobacco and behavioral and Pharmacotherapeutics of Nicotine addiction. He also threw light on various hurdles in behavioural and pharmacologic management of tobacco addiction and ways to overcome them as health care professionals. His talk was well received by the postgraduates and faculty who interacted with him after the session.







## SLOGAN WRITING COMPETITION:

A total of 150 entries (e mail and hand written) were received from the participants. The staff members from Faculty of Dental sciences from the speciality of Oral medicine, Oral surgery, Periodontics and Public Health Dentistry were chosen to judge the slogans.

### Top 10 slogans

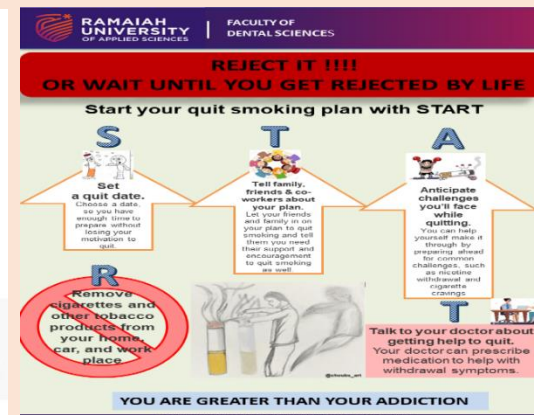
Sl no.	Entry no	Name	Marks	Slogan	Email address	Faculty
1	116	Surya Jayaslmha Reddy	10	"today you turn me into ash, but tomorrow is my turn"		FMC-MHA
2	133	Pasupuleti Nithish Kumar	10	"It's time to quit- Pledge to never start it's time to be smart"	nithishkp2017@msrchm.edu	BHM 3rd year FHMCT
3	35	Priyanka	10	Don't put your lips on fire, give what it desire.		
4	6	Sampada	10	ಸುಡುತೀರ ಸಿಗರೇಟು, ಆಮೇಲೆ ಆಗ್ನೇಯ ರಿಗ್ನೇಟು		MBA (Finance)
5	103	Muktha Rawath.R	9	If you don't stop smoking, cancer will stop you		FMC-MHA
6	111	Manila Agarwal	9	Burn Calories, not CIGARETTES SAVE YOUR LUNGS:Make LIFE WORTH	manilaa09@gmail.com	FDS- MDS(ENDO)
7	64	Misbah khan	9	Let your colors smile bright. Give up tobacco, escape white.	misbahsidiquekhanam123@gmail.com	FLAHS (biotech)
8	2	Revanth challa	9	Sign to Resign Smoking	revanthchalla1997@gmail.com	
9	137	Thanu Shree	9	Don't let tobacco kill you, you are more worthy	thanum99@gmail.com	MSRUAS FET (B. Tech CSE)
10	44	Aileen	9	Stop smoking before it stops you in everything		FMC-MHA



Slogan	Entry details	Slogan	Entry details
ಸಿಗರೆಟ್ ಬಾಯಲ್ಲಿ ,ಯಮ ಧರ್ಮ "ಬಾ ಇಲ್ಲಿ"ಕ (entry no. 22)	Bharat (MBA) finance FMC	ಸಿಗರೆಟ್ ಬಾಯಲ್ಲಿ ,ಯಮ ಧರ್ಮ "ಬಾ ಇಲ್ಲಿ"ಕ (entry no. 22)	Bharat (MBA) finance FMC

### The Best Slogan Entries which received the cash Prize

The best 3 e poster entries were also awarded Cash prizes in the Valedictory function organized during the last week of June.



### 3 Best E poster Entries received from Post graduates from Faculty of Dental Sciences

## The role play on “ill effects of tobacco on general and oral health”

### Aims and Objectives of Role Play:

To raise awareness on the harmful effects of tobacco use –in any form, and to discourage the use of tobacco in a community.

### School children awareness (Role play and sensitization program)



**The total number of schools visited for role play:**

- 1) PVP High School, Mathikere, B-54
- 2) Venkateshwara School ,Mathikere ,B-54
- 3) Navkis School,Mathikere,B-5

**School children awareness and sensitization program**



**School children Awareness Programs at Navkis Education Centre**



**School children Awareness Programs at Akai Public School**



## **Preconference workshop on “Oral Medicine Specialists as tobacco Cessation Counsellors”**

**Held on 22/08/2019 at Faculty of Dental Sciences, RUAS**

A preconference workshop on “Oral Medicine Specialists as tobacco Cessation Counsellors” was conducted on 22/08/2019 as part of the National IAOMR Postgraduate Convention by the department of Oral Medicine and Radiology at the Faculty of Dental Sciences, Bengaluru.

The inaugural function was graced by our Associate Dean (Post Graduate studies) Dr Latha Anandakrishna, Dr Kavitha Prasad, Associate Dean ( Under Graduate Studies), Dr Prakash Chandra Shetty (Hospital Director) and Dr Rakesh N (Associate Professor, dept of OMDR). Dr Narasimha GVL, faculty at the department of Addiction Medicine, NATIONAL INSTITUTE OF MENTAL HEALTH & NEURO SCIENCE was the chief resource person. Twenty delegates from various dental colleges across the country participated in the workshop. The session began with our in house faculty Dr Shwetha V addressing the delegates about the Tobacco Use and Harm from a dentist Perspective. Dr Narasimha gave didactic lectures on Understanding addiction for tobacco products and pharmacological intervention and his team with Counsellor Ms Neethu conducted various interactive group activities to engage with the delegates. The workshop concluded with distribution of certificates to the delegates.



**Inaugural ceremony with lamp lighting**



**Dr Shwetha V session**



**Dr. Narasimha mock counselling**



## Various group activities



## Valedictory function



