

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

NO SMOKING DAY 2021

DATE: 04.03.21	NO. OF STUDENTS: 12
FACULTY: Dr. Jagannatha GV sir, Dr. Nagaland T sir, Dr. Nagappan N sir, Dr. Cyril Benedict sir	ORGANISING AGENCY: Final Year A Batch Students (2017-18 Batch)

SPECIAL EVENT REPORT

NO SMOKING DAY

4th March, 2021

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1. INTRODUCTION

No Smoking Day 10 March 2021: No Smoking Day is observed every year on the second Wednesday of March, to encourage people over the world to quit smoking. No Smoking Day, 2021 is being celebrated on March 10, but you can quit smoking on any day of the year. The main purpose of this day is to spread awareness about the harmful health effects of tobacco consumption through cigarette and other modes. The important message is to help smokers to get rid of the bad habit of smoking.

No Smoking Day: History

March No Smoking Day 2021 Speech: No Smoking Day is an annual health awareness day in the United Kingdom that is intended to help smokers who want to quit smoking. The first No Smoking Day was on Ash Wednesday in 1984, and it now takes place on the second Wednesday in March.

The motto behind this day celebration is to help people to quit smoking forever. According to the researchers, this effort has proven very effective and was observed that at least one among the ten people has been observed to give up smoking on this day.

About No Smoking Day

No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking. The first No Smoking Day was on Ash Wednesday in 1984, and it now takes place on the second Wednesday in March.

According to The World Health Organisation, tobacco kills up to half of its users.

On the 10th March 2021, we acknowledge No Smoking Day – an awareness campaign that encourages smokers to quit using cigarettes, to raise awareness of the health risk of smoking and to celebrate those who have kicked the habit in the past

What happens when we act?

Quitting smoking lowers your risk of other cancers over time as well, including cancers of the stomach, pancreas, liver, cervix, and colon and rectum, as well as acute myeloid leukemia (AML).

Quitting also lowers your risk of diabetes, helps your blood vessels work better, and helps your heart and lungs.

Quitting smoking can also add as much as 10 years to your life, compared to if you continued to smoke. Quitting while you're younger can reduce your health risks more (for example, quitting before the age of 40 reduces the risk of dying from smoking-related disease by about 90%), but quitting at any age can give back years of life that would be lost by continuing to smoke.

Progress

Today, we know more about the harmful effects of smoking than ever. Rehabilitation centres, doctors are all helping more in the cessation of this habit. The more we know, the more progress we can make in helping people to quit smoking by scientific and psychological means.

Impact

In recent years, the United Nations, the World Health Organization and other UN agencies have recognised the urgent need for a global commitment.

When leaders speak up and take action we give ourselves a chance to make history and to move towards a world without smoking.

Equity

Marked Socio economic Inequalities patterning of tobacco use has persisted in India. Improving enforcement of tobacco control policies and monitoring comprehensive smoke-free legislations are needed to address this growing burden.

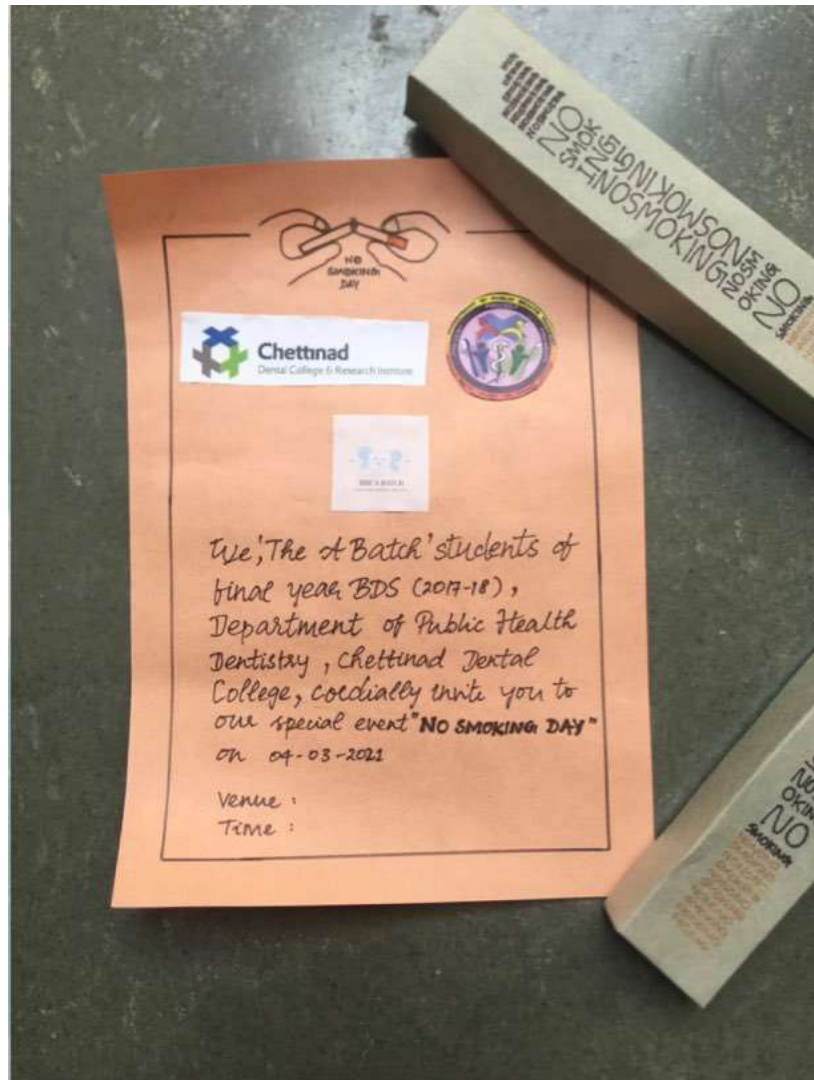
Change

Through raising the public and political literacy and understanding around the importance of smoking and its ill effects we increase understanding, dispel myths and misconceptions, and change behavior and attitude and help more people to quit the habit.

2. PRE EVENT PREPARATIONS / INVITATION



- The Invitation was made by Amira Moosa and was given to The Head Of Department of Public Health Dentistry and The Head of Department of Respiratory Medicine.
- The Invite was depicting a scroll which was placed inside a box. The design on the box was in the shape of a cigarette with the words NO SMOKING DAY in different sizes.



3. EVENTS

3.01. INTRODUCTION : PLACARDS

- Placards were made by Kanmani.D and Madhanarajan.
- The placards briefly explained the need to quit smoking with catchy phrases, hashtags and Quit Line numbers.

- The introduction primarily focused on the topic - No Smoking Day followed by a small discussion on the same.





3.02. LOGO OF THE DAY

- Logo of the day was presented by Aadhya B.
- The No Smoking Day Theme was incorporated in the logo by depicting a pair of hands breaking the cigarette into two halves.
- The cigarette shaped models were handmade in paper and cut into half.
- The logo had the ban symbol in replacement of the 'O's in NO SMOKING DAY.
- The ban symbol was highlighted in RED to show that it's a warning, an emergency to quit the habit immediately.
- The Logo was adapted into several wearable badges, which was presented to all the Faculties, Interns and Final Years in the department of Public Health Dentistry.







3.03

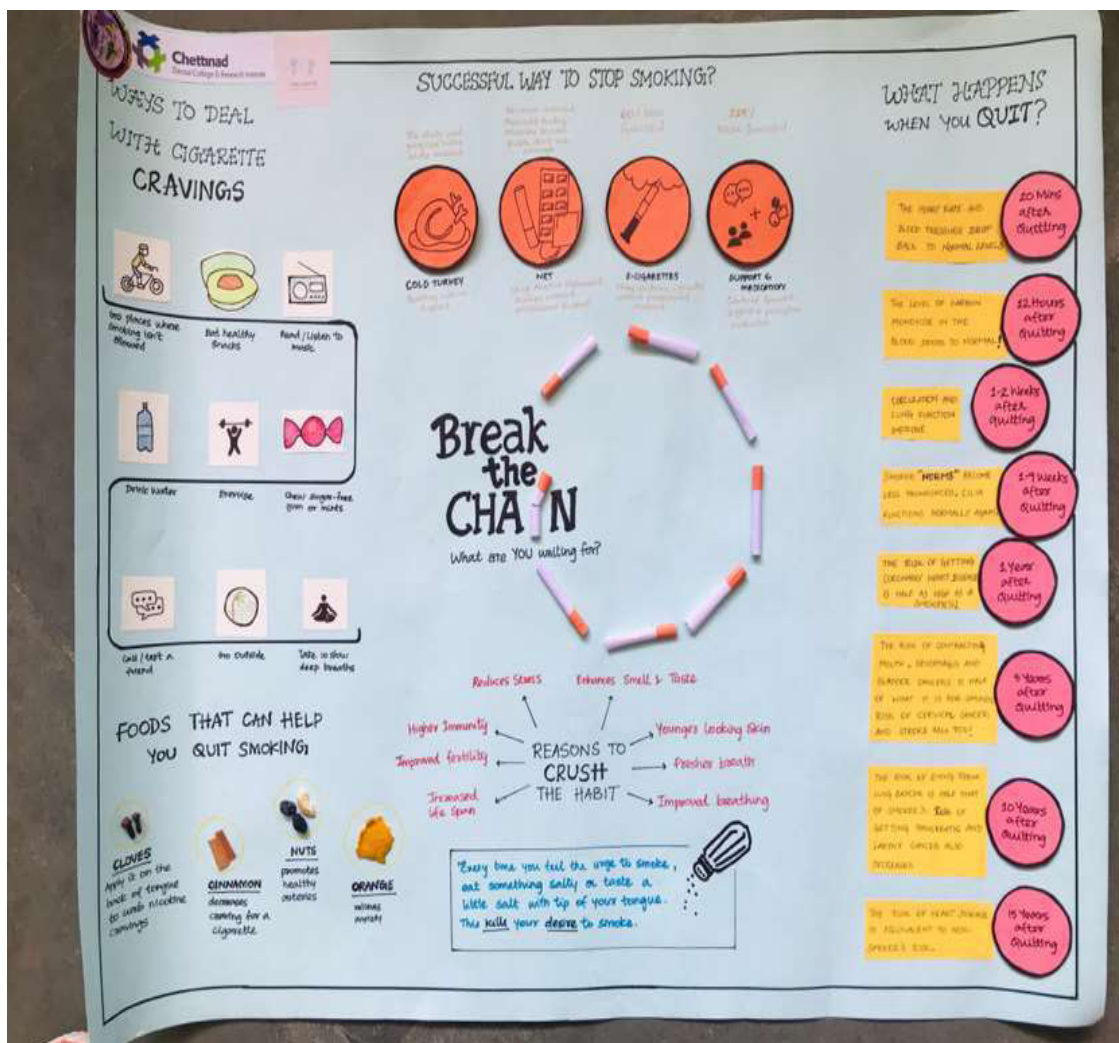
EFFECTS OF SMOKING AND PASSIVE SMOKING

- Event presented by Afridh Hameedha and Abirami.P
- Effects of Smoking/Passive Smoking: A well descriptive chart was made which elaborated on the effects of smoking.
- The Chart was made with pictures showing the side effects of smoking and passive smoking.
- A embossed cigarette model with smoke coming out was done with cotton was stuck at the end of the chart to depict the cause of all the symptoms and diseases was due to smoking.
- The presentation was made in Tamil and was easily understandable for the general public.
- The common side effects were discussed and made aware to the public.
- Examples were given and the need to stop smoking was stressed on.



3.04. WAYS TO QUIT SMOKING

- A chart was prepared by Amira Moosa and Akshaya S.
- The Chart highlighted 'BREAK THE CHAIN' with cigarettes that were hand made.
- Pictures of each successful way of stopping the habit was there.
- The chart also had a section for 'Ways to deal with cigarette cravings' which with the use of alternative food and lifestyle changes which were recommended based of research articles.
- The third section of the chart showed 'What happens when you quit smoking?'
- This chart showed simple ways on how one can begin the process of quitting the habit and was well received by the public.







3.05. SMOKER'S vs NON SMOKER'S LUNG

- A working model was made by Akshaya B and Aishwarya G.
- The model consisted of a human respiratory system consisting of a healthy lung and a smokers lung.
- A tube was attached and when air was pumped into the tube, the expansion of the normal vs the smokers lung was compared.
- The normal lung expanded normally whereas the smokers lung was shrunken and couldn't expand very well.
- The model was very eye catching and easy to be understood by the public.



3.06.



CRUSH THE CIGARETTE

- A working model was done by Aateef Ahmed and Thaiyal Nayaki.
- A cigarette model was made and submerged in a tray filled with mud which depicted the ash tray and ash respectively.
- A big BAN LOGO was fixed behind to show that smoking should be banned and prohibited.

- The cigarette was fixed to the ash tray depicting ‘CRUSHING THE CIGARETTE’.
- Sambrani (Gum Benzoin) was used to create the fake cigarette smoke.
- The effects of smoking and the need for cessation of habit was explained to the public.
- The theme of no smoking day and why it is celebrated was made aware to the public.
- The need for more people to quit smoking and how it harms the environment and fellow human beings was explained.





3.07. DON'T SMOKE, EAT CAKE.

- Cupcakes were distributed to public and the staffs of CDCRI.
- The cupcakes had cake toppers with the caption 'DON'T SMOKE, EAT CAKE' and 'SODIUM CHLORIDE NA UPPU, SMOKE PANNERADHU THAPPU' as a form of telling to treat yourself instead of smoking.
- The cupcakes were handed over and the need for quitting the habit of smoking was explained to the public.
- The cupcakes received good response from the public.









3.08 PAMPHLETS

- The pamphlet was designed by Abigna Reddy.
- It was printed in tamil and english on either sides and was distributed to the public.
- The effects of smoking and the need for cessation of the habit was mentioned in the pamphlet.



3.09 DISTRIBUTION OF LOGOS TO PUBLIC

The logos were distributed to the public after the events where over and the awareness was given.





4. CONCLUSION

The No Smoking Day event by the Final Year A Batch students concluded with a thank you addressal showing sincere gratitude towards the Department of Public Health Dentistry and the Head Of the Department and the staff for the opportunity and continuous support and motivation throughout the event.

LEARNING HIGHLIGHTS FROM THE EVENT:

Differing from our previous 1 online special event, this direct event to the general public was a new experience. Talking to patients one on one, building up conversations on the spot and adapting ourselves to meet the needs of our audience was a whole new challenge on its own. The active engagement and participation of the public, gave us a morale boost which aided us in giving our best.

We learned how to connect with the audience, not just with our verbal skills but also use our gestures, body language and facial expressions to communicate in a more efficient way.

We also learned the need for cooperation and team work in successfully hosting a special event.

We also developed our interpersonal skills by answering their questions and concerns about the particular topic.

We learnt that spreading awareness to the general public makes an impact and we feel beyond blessed to be given this opportunity.

AREAS OF IMPROVEMENT:

We would like to improvise on our stage presence and we also would like to improvise our speech delivery to the general public in a still more systematic and effective manner.

In our upcoming events we would also like to incorporate an innovative methodology to educate the public apart from the conventional model and chart works.

5. APPENDIX- LIST OF PARTICIPANTS

Faculty present:

1. Dr. Jagannatha GV sir

2. Dr. Nagaland T sir
3. Dr. Nagappan N sir
4. Dr. Cyril Benedict sir

PG present:

1. Dr. Sujatha Devi
2. Dr. Vincy Preetha
3. Dr. Charumati

Final Year Students- A Batch:

1. Kanmani D
2. Thaiyal Nayaki
3. Madhana Rajan
4. Aadhya Babu
5. Aateef Ahmed
6. Abigna Reddy
7. Abirami P
8. Afridh Hameedha
9. Aishwarya G
10. Akshaya B
11. Akshaya S
12. Amira Moosa







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DATE: 06.03.2021

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