



**MAHATMA GANDHI MISSION'S
DENTAL COLLEGE & HOSPITAL,
NAVI MUMBAI
TOBACCO CESSATION CENTRE**



Yes to Life. No to Tobacco.

_____ An initiative of Narotam Sekhsaria Foundation _____

**LIFEFIRST TOBACCO CESSATION LEVEL 1
TRAINING PROGRAMME
VALUE ADDED COURSE**

Date - 10th May 2023

Venue - Lecture Hall 1

LIFE FIRST TOBACCO CESSATION LEVEL 1 TRAINING PROGRAMME SCHEDULE

10 th May 2023			
09:00 to 09:30	Pre-test and Introduction		Link to Google Forms for pretest will be shared
09:30 to 11:00am	Module 1	Introduction to Tobacco, Products, Prevalence and Effects of Tobacco Use	The idea is to get familiar with the subject of Tobacco and understand the extent of use, associated effects of tobacco use.
11:00 to 11:10	Break		
11:10to11:30pm	Module 2	Laws around Tobacco	Module objective is to get familiar with the Tobacco control.
11:30 to 1:00 pm	Module 3 (part1)	Addiction and its Types	Understand the different reasons behind tobacco use and different types of Addiction.
<u>Lunch Break</u>			
02:00 to 02:30 pm	Module 3 contd.	Addiction contd..	
02:30 to 04:30 pm	Module 4	Approach to Cessation and LifeFirst Models.	Understand the 5 A's and 5 R's as recommended way of going about tobacco cessation.
04:30 to 05.00 pm	Post Test		Link for Google Forms will be shared with the group.

ORGANIZING COMMITTEE

LIFE FIRST COMMITTEE/ TOBACCO CESSATION COUNSELLING COMMITTEE

CHAIRPERSON

Dr. Srivalli Natarajan

MEMBER SECRETARY

Dr. Rohit Gadda

MEMBERS

Dr. Munitha Naik

Dr. Vaibhav Thakkar

Dr. Shraddha Ghaisas

Dr. Ankita Deshmukh

Mr. Kiran Thakur



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