

## Event Report

# **World No Tobacco Day 2025**

**Organized by the Department of Dental and Oral Surgery Lady Hardinge Medical College (LHMC),  
New Delhi on 31st May 2025**

In observance of *World No Tobacco Day 2025*, the Department of Dental and Oral Surgery, LHMC, organized an awareness event on **31st May 2025** with the aim of educating the public about the harmful effects of tobacco and promoting oral health. The program was aligned with this year's global theme and focused especially on the early detection of Oral Potentially Malignant Disorders (OPMDs) and tobacco cessation.

The event was graced by the presence of **Mr. Rajeshwar Lal, Deputy Director Administration (DDA), LHMC**, as the Chief Guest, and **Mr. Gyan Singh Thakran**, Senior Administrative Officer, as the Guest of Honour.

## **Event Proceedings**

The program was held in the outpatient department premises to ensure direct engagement with the patients attending the OPD, thereby maximizing the reach and impact of the message.

### **1. Welcome and Introduction**

The event began with a warm welcome extended to the dignitaries, patients, staff, and student volunteers. The importance of observing World No Tobacco Day was briefly highlighted, setting the tone for the day's activities.

### **2. Health Talks**

Two informative and engaging health talks were delivered by postgraduate residents:

- **Dr. Jigyasa** spoke on "*The Harmful Effects of Tobacco*", shedding light on both the systemic and oral consequences of tobacco use.
- **Dr. Jaspreet** presented on "*Oral Potentially Malignant Disorders (OPMDs) and Self-Examination*", emphasizing the significance of early detection and regular self-checks.

### **3. Interactive Session and Patient Engagement**

Following the talks, an interactive **Question and Answer** session was held where patients actively participated. Prizes were distributed to those who answered correctly, encouraging involvement and reinforcing learning.

### **4. Patient Testimonials**

A unique and heartfelt segment featured **volunteer patients** who courageously shared their personal experiences with tobacco addiction and the challenges they faced. These stories served as powerful motivators for others in the audience.

### **5. Tobacco Cessation Motivation**

Patients were then encouraged and guided to **quit tobacco**, with many coming forward to make a personal commitment. Counseling support was provided for those interested in tobacco cessation.

### **6. Address by Chief Guests**

The Chief Guest, **Mr. Rajeshwar Lal, DDA, LHMC**, and **Mr. Gyan Singh Thakran**, Senior Administrative Officer, addressed the gathering. They appreciated the initiative and emphasized the need for regular awareness drives to combat tobacco addiction and reduce oral cancer risk.

### **7. Felicitation Ceremony**

As a token of appreciation and encouragement, **Dr. Pravesh Mehra**, Director-Professor and Head of Department, felicitated the chief guests by conferring upon them the title of "**Oral Health Ambassador**" and presenting them with commemorative badges.

### **8. Closing Remarks**

The event concluded with a heartfelt vote of thanks to all dignitaries, guests, faculty members, residents, and patients for their enthusiastic participation and support.

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### Special Screening Drive

In a special outreach effort, the department also organized an **oral health check-up and screening drive in the OPD** for the **security personnel** of LHMC. Recognizing that many of them are at high risk due to habitual tobacco chewing, the initiative aimed at early detection of OPMDs and oral cancers.

Participants identified with tobacco habits were:

- **Screened for early signs of OPMDs**
- **Counseled about the risks**
- **Provided with support and resources to quit tobacco**

This focused initiative was well-received and marked a meaningful step towards institutional health promotion.

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### Conclusion

The World No Tobacco Day 2025 observance at LHMC was a well-rounded, impactful event that not only educated but also empowered individuals to make informed decisions about their health. Through community engagement, professional counseling, and screening services, the Department of Dental and Oral Surgery reaffirmed its commitment to oral health promotion and tobacco control.



