

## *KARPAGA VINAYAGA INSTITUTE OF DENTAL SCIENCES*

### *Department of Public Health Dentistry*



# Event Report

World No Tobacco Day 2026

31<sup>st</sup> May 2026

## INSTITUTION DETAILS WITH LOGO



Name and Address of the College	
Name	KARPAGA VINAYAGA INSTITUTE OF DENTAL SCIENCES
Address	GST ROAD, CHINNAKOLAMBAKKAM, PALAYANOOR (PO),MADURANTHGAM(Tk) KANCHIPURAM DIST
City	MADURANTHAGAM
State	TAMIL NADU
Pin	603308
Website	<a href="https://www.kids.edu.in/">https://www.kids.edu.in/</a>
Dean	DR. A. MATHAN MOHAN
Principal	DR. BALA GUHAN
Contact	044-71565100
Email ID	<a href="mailto:kidsindia07@gmail.com">kidsindia07@gmail.com</a>

## **EXECUTIVE SUMMARY**

Nurturing a dream to create institutions of excellence and serve society, Thiru S. Ragupathy laid the foundation of Karpaga Vinayaga Institute of Dental Sciences was established in 2007 with an intake capacity of 100 students for developing quality academic facility /dental care to the rural population.

It is recognized by the Dental Council of India (DCI) and affiliated to the Tamil Nadu Dr. M.G.R. Medical University, Guindy, Chennai.

Postgraduate Programme in 9 dental specialities were started in the year 2020-21, which is recognized by the Dental Council of India (DCI) and affiliation with The Tamil Nadu Dr MGR Medical University, Chennai.

Apart from setting enviable standards in delivering oral health services, the Department of Public Health Dentistry has been organising regular extension and outreach activities every year since its inception in 2007. The activities include dental screening camps, dental treatment camps, school oral health programs, oral health awareness campaigns, etc., in remote rural areas, tribal hamlets, urban slums, industries, schools and colleges as a social responsibility. The Tobacco Cessation Centre started in the year 2018 and has been serving the society.

On the occasion of World No Tobacco Day, the institution has organized various programs. The program started by walkathon for a Tobacco-Free Future – Public Awareness Drive at Eliot Beach, Chennai. Together for a Tobacco-Free Society – Community Oral Health and Anti-Tobacco Awareness Program, Breathe Easy – Carbon Monoxide Monitoring and One-on-One Tobacco Cessation Counseling at TCC, Spreading Awareness - One Life at a Time – One-to-One Outreach at Satellite Centers and Tobacco Awareness for All – Mass Oral Health Screening & Anti-Tobacco Campaign for public. The undergraduates and the postgraduates actively participated and enhanced the program.

### LIST OF ACTIVITIES

S.NO	ACTIVITIES	DATE	REPORT WITH LINK
01	Individual counselling sessions and carbon monoxide test for outpatients at tobacco cessation center	25/05/2026	
02	Walkathon for a Tobacco-Free Future – Public Awareness Drive at Eliot Beach	30.05.2026	
03	Pledge ceremony at chennai central railway station	31.05.2026	
04	Signature campaign and public awareness activity	31.05.2026	
05	Choose Life, Not Tobacco: Public Awareness Initiative on World No Tobacco Day"- Tobacco Awareness SKIT	31.05.2026	
06	Awareness in Action: Anti-Tobacco Pamphlet Distribution Campaign"	31.05.2026	
07	Digitalizing TCC Form	03.6.2026	
08	Compliance assessment tour	03.6.2026	
09	Spreading awareness, inspiring change: tobacco awareness pamphlet distribution at chengalpattu railway station	05.06.2026	

# World No Tobacco Day 2026 – Event Report

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## FOR OUTPATIENTS AT TOBACCO CESSATION CENTER

**Date:** 31.05.2026

**Location:** TCC Center

**Members Participated:**

**Faculties:**

Dr. Mahesh J

**Postgraduate:**

Dr. Divya

The Individual Counselling Sessions combined with Carbon Monoxide (CO) testing conducted at the Tobacco Cessation Centre on World No Tobacco Day was organised by the **Department of Public Health Dentistry, Karpaga Vinayaga Institute of Dental Sciences** represented a personalized and scientifically grounded approach to tobacco cessation support.

The session began with each outpatient undergoing a CO breath test using a calibrated digital CO monitor. This non-invasive test provided immediate feedback on the levels of carbon monoxide in the participant's bloodstream, an indicator of recent tobacco smoke inhalation. Visual display of results on the monitor served as a powerful motivator by quantifying harm that participants might otherwise underestimate.

Following the CO test, patients were engaged in one-on-one counseling sessions conducted by trained dental public health professionals and psychologists. The counseling adopted evidence-based techniques including motivational interviewing, cognitive-behavioral therapy elements, and relapse prevention strategies tailored to each individual's tobacco use profile.

During these sessions, patients discussed their tobacco use history, triggers, previous quit attempts, and barriers to cessation. Counselors helped build personalized quit plans incorporating behavioral modifications, coping mechanisms, and pharmacotherapy options when appropriate.

The center also provided educational material outlining the health risks of tobacco use, benefits of quitting, and practical advice on managing cravings and withdrawal symptoms.

This combined approach of physiological feedback through CO testing and personalized behavioral counseling was highly effective in fostering self-awareness and commitment among patients. Many participants expressed renewed determination to quit and appreciation for the individualized care provided.

The Tobacco Cessation Center plans to use this model as a best practice framework for future cessation efforts, emphasizing the critical role of personalized interventions and objective feedback in combating tobacco addiction.




**KARPAGA VINAYAGA INSTITUTE  
OF DENTAL SCIENCES**  
DEPARTMENT OF PUBLIC HEALTH DENTISTRY





Chengalpattu, Tamil Nadu, India  
Hwr6+rg9, Chengalpattu, Tamil Nadu 603308, India  
Lat 12.592065° Long 79.911178°  
Monday, 25/05/2026 10:42 AM GMT +05:30




**WORLD NO  
TOBACCO DAY**  
31<sup>st</sup> MAY 2026



**KARPAGA VINAYAGA INSTITUTE  
OF DENTAL SCIENCES**  
DEPARTMENT OF PUBLIC HEALTH DENTISTRY



Padalam, Tamil Nadu, India  
Hwr7+r43, Grand Southern Trunk Rd,  
Chinnakolambakkam, Padalam, Tamil Nadu 603308, India  
Lat 12.592448° Long 79.912449°  
31/05/2026 11:04 AM GMT +05:30



**WORLD NO  
TOBACCO DAY**  
31<sup>st</sup> MAY 2026

## 2. WALKATHON FOR A TOBACCO-FREE FUTURE – PUBLIC AWARENESS DRIVE AT ELIOT BEACH

**Date:** 31.05.2026

**Location:** Eliot Beach, Besant Nagar

**Members Participated:**

**Faculties:**

Dr. Karthikayan MDS.,

**Postgraduate:**

Dr. Muthu Durga Lakshmi

Dr. Durgadevi Raj

**CRI**

1. Dr. Sree devi Meena
2. Dr. Priyanka
3. Dr. Nithyasri
4. Dr. Poojitha
5. Dr. Padmapriya
6. Dr. Prathiksha
7. Dr. Dinesh
8. Dr. Manoj
9. Dr. Lokesh
10. Dr. Akshaya
11. Dr. Rishanthi
12. Dr. Santhanalakshmi
13. Dr. Nazreen
14. Dr. Sudarsan

As part of the World No Tobacco Day celebrations, a vibrant and impactful Walkathon was organised by **Department of Public Health Dentistry, Karpaga Vinayaga Institute of Dental Sciences** in association with various colleges and NGOs at **Eliot Beach, Besant Nagar** to promote a tobacco-free lifestyle and raise awareness about the harmful effects of tobacco consumption. The event commenced early in the morning and saw an enthusiastic turnout from healthcare professionals, students, social workers, and members of the general public. The walkathon route was strategically chosen to pass through high-footfall areas, ensuring maximum visibility and engagement with the community.

Participants carried placards bearing strong anti-tobacco messages like "Say No to Tobacco," "Breathe Free, Live Free," and "Your Life Matters More Than a Puff." These slogans helped initiate conversations with passersby, who showed keen interest in the event. The participants also distributed informative pamphlets and flyers that illustrated the dangers of tobacco use, both smoking and smokeless, and highlighted the benefits of quitting.

Following the walkathon, a brief awareness session was held near the finishing point where healthcare experts addressed the crowd. They discussed the consequences of tobacco use, shared alarming statistics, and offered actionable tips on how to quit tobacco. Participants were encouraged to become community ambassadors and spread the message of tobacco cessation in their own circles.

This event also served as a prelude to other tobacco awareness programs scheduled during the week. The momentum generated by the walkathon significantly boosted participation in subsequent events and fostered a collective spirit within the community.

Feedback collected from participants and observers alike was overwhelmingly positive. Many expressed their intention to either quit tobacco or encourage someone close to them to take that step. The presence of media personnel ensured that the message reached an even broader audience through coverage in local newspapers and social media platforms.

The success of this event was made possible through meticulous planning, dedicated volunteers, and support from local authorities. Overall, the walkathon not only contributed to increasing awareness but also marked the beginning of a stronger community commitment to tobacco cessation.





The walkathon proved to be a powerful medium to create visibility for the tobacco-free movement. It not only raised awareness but also instilled a sense of solidarity among those working towards the same goal. The visual appeal of the banners, the energy of the participants, and the direct interaction with the public made this event a resounding success.

### 3. PLEDGE CEREMONY AT CHENNAI CENTRAL RAILWAY STATION

**Date:** 31.05.2026

**Location:** Puratchi Thalaivar Dr.MGR Central railway station, Chennai

**Members Participated:**

**Faculties:**

Dr. Saravanan

Dr. Vishnu Prasad S

Dr. Mahesh J

Dr. Indra Priyadarshini G

Dr. Karthikayan R

Dr. Revanth MP

Dr. Vincy Preetha

Dr. Santhosh S

**Postgraduate:**

Dr. Muthu Durga Lakshmi

Dr. Durgadevi Raj

Dr. Rathish Guna

Dr. Divya

Dr. Gopikka

**CRI**

1. Dr. Sri Priyanka
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7. Dr. Prathiksha
8. Dr. Dinesh
9. Dr. Manoj
10. Dr. Lokesh
11. Dr. Akshaya
12. Dr. Abellna
13. Dr. Diwakar
14. Dr. Varun
15. Dr. Maheshwari
16. Dr. Rishanthi
17. Dr. Santhanalakshmi
18. Dr. Nazreen
19. Dr. Sudarsan
20. Dr. Ramesh
21. Dr. Sweetlin
22. Dr. Ragul
23. Dr. Hashwini
24. Dr. Simona
25. Dr. Swetha

26. Dr. Shobika
27. Dr. Preethi
28. Dr. Subiksha

As part of the observance of **World No Tobacco Day**, a public pledge ceremony was organized at **Puratchi Thalaivar Dr. M.G. Ramachandran Central Railway Station (Chennai Central Railway Station)** to raise awareness about the harmful effects of tobacco use and to promote a tobacco-free lifestyle among the general public.

The program witnessed the participation of railway passengers, students, healthcare professionals, railway staff, and members of the public. During the event, participants collectively took a pledge affirming their commitment to abstain from the use of tobacco products, avoid exposure to second-hand smoke, and actively encourage family members, friends, and society to adopt tobacco-free habits.

The event successfully reinforced the objectives of World No Tobacco Day by fostering awareness, encouraging behavioral change, and strengthening community participation in tobacco cessation and prevention efforts. The program highlighted the collective responsibility of individuals and institutions in creating a healthier, tobacco-free society.

The World No Tobacco Day pledge ceremony resulted in increased public awareness regarding the harmful effects of tobacco use and the importance of adopting a tobacco-free lifestyle. The event witnessed active participation from passengers, students, railway staff, and members of the general public, who collectively pledged to refrain from tobacco consumption and promote healthy behaviors within their communities. Conducted at a busy public transportation hub, the program effectively disseminated tobacco cessation and prevention messages to a large and diverse audience, thereby enhancing the reach and impact of the awareness campaign. Furthermore, the initiative contributed to the objectives of national tobacco control programs by encouraging community engagement and supporting the vision of a healthier, tobacco-free India. The World No Tobacco Day pledge ceremony conducted at Chennai Central Railway Station was a successful awareness initiative that effectively engaged the public and reinforced the importance of tobacco-free living. The event contributed to ongoing efforts to reduce tobacco use and promote public health through education, advocacy, and community participation.



The pledge ceremony served as an effective platform to disseminate key messages regarding the health risks associated with tobacco consumption, including oral cancer, cardiovascular diseases, respiratory illnesses, and other non-communicable diseases. Conducting the program at a major public transportation hub ensured wider community engagement and enhanced the reach of the tobacco control message.

#### **4. SIGNATURE CAMPAIGN AND PUBLIC AWARENESS ACTIVITY**

**Date:** 31.05.2026

**Location:** Puratchi Thalaivar Dr. MGR Central railway station, Chennai

**Members Participated:**

**Faculties:**

Dr. Saravanan

Dr. Vishnu Prasad S

Dr. Mahesh J

Dr. Indra Priyadarshini G

Dr. Karthikayan R

Dr. Revanth MP

Dr. Vincy Preetha

Dr. Santhosh S

**Postgraduate:**

Dr. Muthu Durga Lakshmi

Dr. Durgadevi Raj

Dr. Rathish Guna

Dr. Divya

Dr. Gopikka

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28. Dr. Subiksha

On the occasion of World No Tobacco Day 2026, the Department of Public Health Dentistry, Karpaga Vinayaga Institute of Dental Sciences, organized a Signature Campaign and Tobacco Awareness Program at Chennai Central Railway Station on 31st May 2026. The

program aimed to raise public awareness about the harmful effects of tobacco use and encourage individuals to adopt a tobacco-free lifestyle.

The campaign received an enthusiastic response from the public, with numerous individuals actively participating in the pledge activity and engaging in discussions about tobacco cessation. The program successfully promoted awareness, encouraged positive health behaviors, and strengthened community commitment toward a tobacco-free society.

Overall, the event served as an effective public health initiative, reinforcing the message that preventing tobacco use and supporting cessation efforts are essential steps toward improving individual and community health.







A large anti-tobacco pledge board was displayed at the venue, where commuters, railway staff, students, and members of the public were invited to sign as a symbol of their commitment to tobacco-free living. Participants were educated about the health risks associated with smoking and smokeless tobacco, the benefits of quitting, and the importance of supporting tobacco control initiatives.

## **5. CHOOSE LIFE, NOT TOBACCO: PUBLIC AWARENESS INITIATIVE ON WORLD NO TOBACCO DAY- TOBACCO AWARENESS - SKIT**

**Date:** 31.05.2026

**Location:** Puratchi Thalaivar Dr. MGR Central railway station, Chennai

**Members Participated:**

**Faculties:**

Dr. Saravanan

Dr. Vishnu Prasad S

Dr. Mahesh J

Dr. Indra Priyadharshini G

Dr. Karthikayan R

Dr. Revanth MP

Dr. Vincy Preetha

Dr. Santhosh S

**Postgraduate:**

Dr. Muthu Durga Lakshmi

Dr. Durgadevi Raj

Dr. Rathish Guna

Dr. Divya

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14. Dr. Varun
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18. Dr. Nazreen
19. Dr. Sudarsan
20. Dr. Ramesh
21. Dr. Sweetlin
22. Dr. Ragul
23. Dr. Hashwini
24. Dr. Simona
25. Dr. Swetha
26. Dr. Shobika
27. Dr. Preethi

## 28. Dr. Subiksha

As part of the observance of **World No Tobacco Day**, the **Department of Public Health Dentistry, Karpaga Vinayaga Institute of Dental Sciences**, organized a **Tobacco Cessation Awareness Program** at **Puratchi Thalaivar Dr. M.G. Ramachandran Central Railway Station**. The program aimed to raise awareness among the public regarding the harmful effects of tobacco consumption and to promote tobacco cessation through interactive educational activities.

The awareness campaign was conducted in a highly accessible public setting with a large daily footfall, enabling the dissemination of anti-tobacco messages to a diverse audience, including railway passengers, commuters, vendors, railway staff, and members of the general public. The program primarily consisted of a **street skit (nukkad natak)** and **distribution of educational pamphlets**, both designed to communicate the dangers of tobacco use in an engaging and understandable manner.

The skit was performed by students and faculty members, portraying real-life situations that highlighted the adverse health, social, and economic consequences of tobacco addiction. The performance emphasized the association of tobacco use with serious health conditions such as oral cancer, lung diseases, cardiovascular disorders, and reduced quality of life. Through compelling storytelling and interactive dialogue, the skit illustrated the challenges faced by tobacco users and the positive outcomes that can be achieved through cessation. The performance attracted considerable attention from the public and effectively conveyed the message that tobacco-related diseases are preventable through informed choices and timely intervention.

Following the skit, educational pamphlets containing information on the harmful effects of smoking and smokeless tobacco, warning signs of oral cancer, benefits of quitting tobacco, and available tobacco cessation services were distributed among the audience. Participants were encouraged to seek professional assistance for tobacco cessation and were provided with practical tips to overcome tobacco dependence. Faculty members and students also interacted directly with the public, addressing queries and motivating tobacco users to initiate cessation efforts.

The program received a positive response from the audience, with many participants expressing increased awareness regarding the health hazards associated with tobacco use. The initiative successfully promoted tobacco cessation messages and reinforced the importance of adopting a healthy, tobacco-free lifestyle. By utilizing culturally relevant and interactive educational methods, the campaign effectively engaged the community and enhanced public understanding of tobacco-related health risks.

Overall, the Tobacco Cessation Awareness Program served as a valuable public health intervention that contributed to the objectives of World No Tobacco Day and supported ongoing national efforts toward tobacco control. The program highlighted the crucial role of

community-based health education in preventing tobacco-related diseases and fostering a healthier, tobacco-free society.





The skit effectively portrayed the adverse health consequences of smoking and smokeless tobacco, including oral cancer, periodontal disease, tooth loss, and other systemic illnesses. Through engaging role-play and interactive communication, the performers highlighted the dangers of tobacco addiction and emphasized the benefits of quitting tobacco for a healthier life.

## 6. AWARENESS IN ACTION: ANTI-TOBACCO PAMPHLET DISTRIBUTION CAMPAIGN

**Date:** 31.05.2026

**Location:** Puratchi Thalairvar Dr. MGR Central railway station, Chennai

**Members Participated:**

**Faculties:**

Dr. Saravanan

Dr. Vishnu Prasad S

Dr. Mahesh J

Dr. Indra Priyadarshini G

Dr. Karthikayan R

Dr. Revanth MP

Dr. Vincy Preetha

Dr. Santhosh S

**Postgraduate:**

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Dr. Rathish Guna

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22. Dr. Ragul
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25. Dr. Swetha
26. Dr. Shobika
27. Dr. Preethi

28. Dr. Subiksha

As part of the **World No Tobacco Day 2026** observance, the **Department of Public Health Dentistry, Karpaga Vinayaga Institute of Dental Sciences**, conducted an **Anti-Tobacco Pamphlet Distribution Campaign** at Puratchi Thalaivar Dr. M.G.R. Central Railway Station, Chennai. The initiative aimed to educate the public about the harmful effects of tobacco use and promote awareness regarding tobacco cessation.

Faculty members, postgraduate students, and undergraduate students actively distributed informative pamphlets to commuters, railway staff, and members of the general public. The pamphlets highlighted the adverse health effects of tobacco consumption, including oral cancer, periodontal diseases, cardiovascular disorders, and respiratory illnesses. Information regarding the benefits of quitting tobacco and available tobacco cessation services was also provided.

The campaign facilitated direct interaction with the public, allowing participants to clarify doubts and gain valuable knowledge about tobacco-related health risks. The activity successfully reached a diverse audience and reinforced the importance of adopting a tobacco-free lifestyle.



The pamphlet distribution campaign effectively raised awareness about the dangers of tobacco use, encouraged tobacco cessation, and strengthened community participation in the fight against tobacco-related diseases. The program contributed to spreading the message of a healthier and tobacco-free society.

## **7. DIGITALIZING TCC FORM**

**Date:** 03.06.2026

**Location:** Karpaga Vinayaga Institute of Dental Sciences

**Members Participated:**

**Faculties:**

Dr. Balaguhan

Dr. Saravanan

Dr. Vishnu Prasad

Dr. G.R.Karthikeyan

Dr. Mahesh J

Dr. Karthikayan R

As part of the ongoing efforts to enhance the efficiency and accessibility of services provided by the Tobacco Cessation Centre (TCC), the existing paper-based TCC data collection form was transformed into a digital format using Google Forms. This initiative was undertaken to streamline the process of patient registration, documentation, follow-up, and data management while reducing the administrative burden associated with manual record keeping.

The digital form was designed to comprehensively capture all relevant information, including patient demographics, tobacco usage patterns, type and duration of tobacco consumption, nicotine dependence details, medical and dental history, motivation for quitting, counseling records, and follow-up outcomes. Care was taken to ensure that the digital format mirrored the existing paper form while incorporating features that improved data accuracy and completeness.

The use of Google Forms enables real-time data entry and automatic storage of responses in a centralized database, thereby minimizing the risk of data loss and transcription errors. The platform also facilitates easy retrieval, analysis, and monitoring of patient records, which can support evidence-based decision-making and program evaluation. In addition, the digital format promotes a paperless workflow, contributing to environmental sustainability and cost-effectiveness.

Following the development of the form, a shareable link was generated and disseminated among faculty members, postgraduate students, interns, and other healthcare personnel involved in tobacco cessation activities. The link allows convenient access to the form through smartphones, tablets, and computers, enabling seamless data collection both within the institution and during outreach activities.

The digitalization of the TCC form represents an important step toward modernizing the centre's operations, improving record management, enhancing service delivery, and facilitating long-term tracking of tobacco cessation outcomes.



This initiative is expected to strengthen the overall effectiveness of the Tobacco Cessation Centre by ensuring accurate documentation, efficient follow-up, and better utilization of collected data for research and public health purposes.

## **08. COMPLIANCE ASSESSMENT TOUR**

**Date:** 03.06.2026

**Location:** Karpaga Vinayaga Institute of Dental Sciences

**Members Participated:**

**Faculties:**

Dr. Balaguhan

Dr. Saravan

Dr. Vishnu Prasad

Dr. G.R.Karthikeyan

Dr. Mahesh J

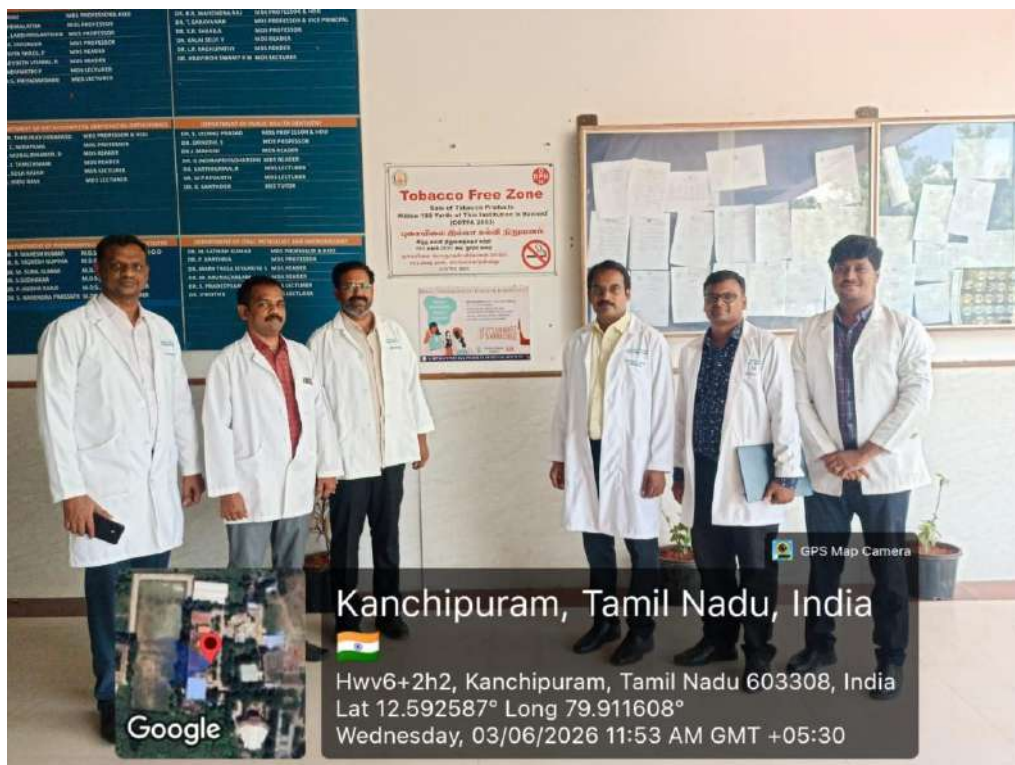
Dr. Karthikayan R

As part of the preparations for the observance of World No Tobacco Day 2026 and to ensure adherence to tobacco control regulations, a comprehensive campus compliance assessment tour was conducted on 28.05.2026. The assessment was led by the Vice Principal and Staff Professor, with the objective of evaluating the institution's compliance with tobacco control policies and creating a tobacco-free educational environment.

During the tour, various locations within the campus, including academic buildings, administrative offices, student common areas, cafeterias, hostels, and public gathering spaces, were inspected. Particular attention was given to the presence and visibility of tobacco prohibition signage, adherence to smoke-free campus regulations, and the absence of tobacco product sales or promotional materials within and around the institution.

The tour served as an important monitoring activity to ensure that the institution maintained a healthy, safe, and tobacco-free environment in accordance with national tobacco control guidelines and institutional policies.

The compliance assessment further reinforced the institution's commitment to promoting public health, preventing tobacco use, and supporting tobacco cessation initiatives among students, staff, and visitors. Findings from the assessment were documented to facilitate future monitoring and continuous quality improvement efforts.



The assessment team also evaluated awareness among students, faculty, and support staff regarding tobacco control measures and the harmful effects of tobacco use. Areas requiring improvement were identified, and recommendations were provided to strengthen policy implementation and compliance.

### **09. SIGN FOR LIFE: TOBACCO-FREE PLEDGE CAMPAIGN AT CHENGALPATTU RAILWAY STATION**

**Date:** 05.06.2026

**Location:** Chengalpattu railway station

**Members Participated:**

**Faculties:**

Dr. Mahesh J

Dr. Karthikayan R

**Postgraduate:**

Dr. Rathish Guna

Dr. Divya

Dr. Gopikka

**CRI**

1. Dr. Sri Priyanka
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6. Dr. Ragul
7. Dr. Simona
8. Dr. Swetha
9. Dr. Shobika
10. Dr. Subiksha

As part of the **World No Tobacco Day 2026** observance, the **Department of Public Health Dentistry, Karpaga Vinayaga Institute of Dental Sciences**, conducted a **Signing Board Awareness Campaign** at **Chengalpattu Railway Station**. The activity aimed to create awareness among the public regarding the harmful effects of tobacco use and to encourage individuals to pledge for a tobacco-free life.

A large awareness board carrying anti-tobacco messages and slogans was displayed at the venue. Commuters, railway staff, students, and members of the general public were invited to sign the board as a symbol of their commitment to abstain from tobacco use and support tobacco control efforts.

The campaign witnessed enthusiastic participation and provided an effective platform for public engagement. By signing the board, participants expressed their support for a healthier, tobacco-free community and reinforced the importance of tobacco cessation.



The signing board campaign successfully increased public awareness about the dangers of tobacco consumption, promoted community involvement in tobacco control, and strengthened the message of a tobacco-free society.



. Educational messages highlighting the risks of smoking and smokeless tobacco, including oral cancer and other health complications, were shared with participants



## **10. SPREADING AWARENESS, INSPIRING CHANGE: TOBACCO AWARENESS PAMPHLET DISTRIBUTION AT CHENGALPATTU RAILWAY STATION"**

**Date:** 05.06.2026

**Location:** Chengalpattu railway station

**Members Participated:**

**Faculties:**

Dr. Mahesh J

Dr. Karthikayan R

**Postgraduate:**

Dr. Rathish Guna

Dr. Divya

Dr. Gopikka

**CRI**

1. Dr. Sri Priyanka
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4. Dr. Ramesh
5. Dr. Sweetlin
6. Dr. Ragul
7. Dr. Simona
8. Dr. Swetha
9. Dr. Shobika
10. Dr. Subiksha

As part of the **World No Tobacco Day 2026** activities, the **Department of Public Health Dentistry, Karpaga Vinayaga Institute of Dental Sciences**, organized a **Pamphlet Distribution Campaign at Chengalpattu Railway Station** to educate the public about the harmful effects of tobacco consumption.

Faculty members, postgraduate students, and undergraduate students actively interacted with the participants, explaining the contents of the pamphlets and addressing queries related to tobacco use and cessation.

The campaign served as an effective method of reaching a large and diverse audience, helping to spread awareness about tobacco-related diseases and encouraging individuals to adopt healthier lifestyles. The initiative also reinforced the importance of community participation in tobacco control and prevention.

The pamphlet distribution campaign successfully disseminated anti-tobacco messages to a wide audience, increased awareness regarding the adverse effects of tobacco use, and motivated individuals to make informed decisions towards a tobacco-free life.



Informative pamphlets containing details on the health hazards of smoking and smokeless tobacco, the signs and symptoms of oral cancer, the benefits of quitting tobacco, and available tobacco cessation services were distributed to commuters, railway staff, and members of the general public.



The campaign served as an effective method of reaching a large and diverse audience, helping to spread awareness about tobacco-related diseases and encouraging individuals to adopt healthier lifestyles.

