



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



_____ An initiative of Narotam Sekhsaria Foundation _____

**LIFEFIRST TOBACCO CESSATION LEVEL 1
TRAINING PROGRAMME**

Date - 21st and 22nd February, 2022

Venue - Lecture Hall 1

LIFE FIRST TOBACCO CESSATION LEVEL 1 TRAINING PROGRAMME SCHEDULE

21st AND 22nd FEBRUARY, 2022

BATCH 1 – 21ST FEB

BATCH 2 – 22ND FEB

8:30 – 9:30	Pre-test and Introduction		Link to Google form for pre-test will be shared
9:30 – 11:00	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 – 11:20	Module 2	Laws around Tobacco	Module objective is to get familiar with the Tobacco control
11:20 – 11:30	Question and Answers		
11:30 – 12:30	Module 3 (Part 1)	Addiction	Understand the different reasons behind tobacco use and different types of addiction
Lunch Break			
1:00 – 1:45	Module 3 (contd.)	Addiction Continued..	
1:45 – 2:30	Module 4	Approach to cessation and Life First Models	Understand the 5As and 5Rs as recommended way of going about tobacco cessation
2:30 – 3:00	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. Shraddha Ghaisas

Dr. Sneha Naware

Dr. Ankita Deshmukh

Dr. Vaibhav Thakkar

Dr. Munitha Naik

Mr. Kiran Thakur



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