

# GOVERNMENT COLLEGE OF DENTISTRY, INDORE

## DEPT OF PUBLIC HEALTH DENTISTRY

### REPORT ON WORLD NO TOBACCO DAY - 2026

World No Tobacco Day (WNTD) is observed globally on 31st May every year. The day was established by the World Health Assembly in 1987 to draw global attention to the devastating health, social, economic, and environmental consequences of tobacco use and to advocate for effective policies to reduce tobacco consumption worldwide.



World No Tobacco Day serves as an important platform to educate the public about the dangers of tobacco consumption, promote tobacco cessation, strengthen tobacco control measures, and encourage collective action towards a tobacco-free society. Every year, WHO identifies a specific theme that highlights an emerging challenge in tobacco control and mobilizes governments, healthcare institutions, educational organizations, and communities to act.

The World Health Organization has announced the theme for World No Tobacco Day 2026 as:

**“Unmask the Appeal – Countering Tobacco and Nicotine Addiction”**

The 2026 campaign focuses on exposing the deceptive tactics employed by the tobacco and nicotine industries to attract new users, particularly children, adolescents, and young adults. Through attractive packaging, appealing flavours, social media marketing, influencer promotion, innovative product designs, and misleading claims of reduced harm, tobacco and nicotine companies continue to target younger generations and create lifelong addiction.

**The primary objectives of the 2026 campaign are:**

- To expose industry tactics that make tobacco and nicotine products attractive to young people.
- To increase awareness regarding the addictive nature and health risks associated with tobacco and nicotine products and to protect future generations from nicotine addiction and tobacco-related diseases.
- To advocate for stronger tobacco control policies and regulations.
- To empower adolescents and young adults to make informed health decisions.
- To promote evidence-based tobacco cessation services and support systems.

**The Department of Public Health Dentistry, Government College of Dentistry, Indore,** organized a week-long observance of World No Tobacco Day from 24th May 2026 to 30th May 2026. The program aimed to create awareness regarding the harmful effects of tobacco consumption, encourage tobacco cessation, and actively involve students in tobacco control initiatives through educational, creative, and interactive activities.

The week-long campaign served as an important platform for promoting healthy lifestyles and reinforcing the commitment of future dental professionals towards tobacco control. Various academic, cultural, and awareness activities were conducted to engage students and disseminate anti-tobacco messages within the institution and the community.



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  - Tattoo Making Competition

## **ACTIVITIES**

### **Tobacco Warning Messages on OPD Slips**

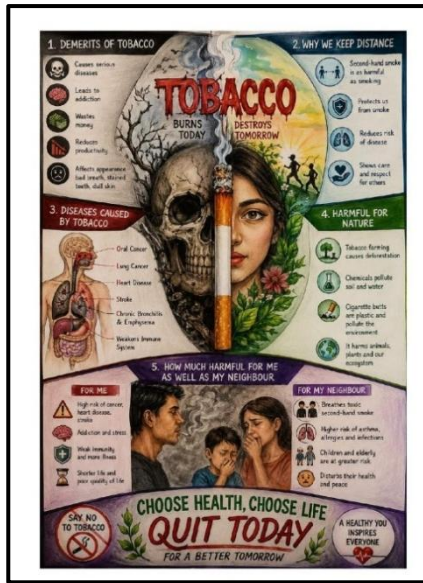
As part of preventive and awareness activities, tobacco warning messages were incorporated on OPD slips. Every patient visiting the institution received educational messages highlighting the harmful effects of tobacco use and encouraging tobacco cessation. This initiative ensured continuous dissemination of anti-tobacco messages among patients and their attendants.

### **E-Poster Competition (25th May 2026)**

An E-Poster Competition was organized to encourage students to creatively communicate anti-tobacco messages. Participants designed informative and visually appealing posters highlighting the dangers of tobacco use and the importance of cessation.

Winners:

- Sohel Khan
- Shivangi Kirar



### Reel Making Competition (25th May 2026)

A Reel Making Competition was conducted on the theme “Tobacco Awareness and Tobacco Cessation”. Students prepared innovative short videos demonstrating the harmful consequences of tobacco use and promoting tobacco-free lifestyles.

Winners:

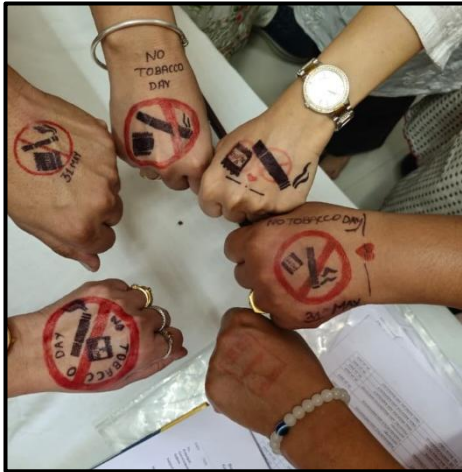
- Kavya Verma
- Aftab Siddique
- Aditya Dwivedi
- Shadab Khan

### Tattoo Making Competition (25th May 2026)

A creative Tattoo Making Competition was organized where participants designed awareness-oriented tattoos carrying anti-tobacco messages. The competition successfully combined artistic expression with public health advocacy.

Winners:

- Divyani Singh
- Serene Singh



### Debate Competition (26th May 2026)

A Debate Competition was organized on the topic “Electronic Cigarettes: Cessation Aid or Promotion of Tobacco Use?”. Participants presented evidence-based arguments both in favour of and against the proposition. The debate provided valuable insights into the emerging public health concerns related to electronic nicotine delivery systems and encouraged critical thinking among students.

Winners:

- First Prize – Jhanvi Pal
- Second Prize – Bhoomi Pathak
- Third Prize – Ujjwal Prakash



## Quiz Competition (27th May 2026)

A Tobacco Awareness Quiz Competition was conducted to assess participants' knowledge regarding tobacco epidemiology, oral manifestations of tobacco use, tobacco control legislation, cessation strategies, and public health initiatives. The event witnessed enthusiastic participation and healthy competition among students.

Winning Team: Vape Escape Team

- Akshat Sharma
- Shrijan Malviya
- Shreya Jain
- Vibhor Tiwari
- Dr. Kiran Bachani



## Skit (30th May 2026)

The concluding day featured an impactful skit presentation by first-year BDS students. The skit effectively portrayed the social, psychological, and health consequences of tobacco addiction and conveyed a strong message encouraging tobacco cessation and healthy living.

Participants:

Bhavya Rathi, Akshat Sharma, Shrijan Malviya, Serene Singh, Shreya Jain, Manya Patidar, Sandeep Ghosh, Anvesha Paliwal, Sakshi Karna, Himanshu Omre, Nishtha Malhotra, Saumya Tripathi, Aditya Dwivedi and Shresth Garg.



## Pledge Ceremony

Students, faculty members, interns, and patients participated in a tobacco-free pledge ceremony and reaffirmed their commitment towards avoiding tobacco use and spreading awareness regarding its harmful effects.



## Prize Distribution Ceremony

The World No Tobacco Day Week concluded with a Prize Distribution Ceremony on 30th May 2026. Winners and participants of all competitions were felicitated and appreciated for their active involvement and contribution towards promoting tobacco awareness and tobacco cessation.



## OUTCOME OF WORLD NO TOBACCO DAY WEEK 2026

- Increased awareness regarding the harmful effects of tobacco among students and patients.
- Enhanced knowledge of tobacco control measures, oral health consequences of tobacco use, and tobacco cessation strategies.
- Active participation of students through creative competitions such as E-Poster, Reel Making, Tattoo Making, Debate, Quiz, and Skit Presentation.
- Effective dissemination of anti-tobacco messages through OPD slips, educational videos, and social media platforms.
- Strengthened commitment of future dental professionals towards tobacco control and oral health promotion.
- Successful observance of World No Tobacco Day Week through collaborative efforts of faculty members, interns, students, and patients.

The World No Tobacco Day Week 2026 was a grand success and served as an effective platform for promoting awareness regarding tobacco cessation, encouraging healthy lifestyle choices, and reinforcing the vision of a tobacco-free society.