



Government Dental College & Hospital, Mumbai

Department of Public Health Dentistry

Value-Added Course

FREE REGISTRATION  
&  
Participant will be  
provided  
Certificates

Dept of Public Health Dentistry  
*commemorates*

World Health Day – 7th April 2026

*by conducting & organizing*  
A VALUE-ADDED COURSE · 2026

# Tobaccology *Training* Program

Together for Health — Stand with Science



TRAINING COURSE ON

  
Level I Training

**Tobacco Cessation  
Advanced Counselling**

In association with LifeFirst



**Dr. Dimple Padawe**  
Dean



**Dr. Sandhya Chavan**  
Associate Professor & Head

## TIME & VENUE

9:30 am – 4:30 pm

Swadhyay Hall, 3rd Floor Govt.  
Dental College & Hospital, Mumbai



TOBACCO CESSATION ADVANCED COUNSELLING

# Tobacco Dependence *Treatment Training*

## AIM

To enhance participants' knowledge, skills, and competence in implementing evidence-based approaches for effective tobacco cessation strategies in clinical practice.

## OBJECTIVES

- 1 To enhance knowledge of **various tobacco products, patterns of use, and their oral and systemic health consequences.**
- 2 To strengthen understanding of **nicotine addiction, behavioural dependence, and psychological aspects influencing tobacco use.**
- 3 To develop **advanced counselling skills** for effective tobacco cessation interventions in dental clinical settings.
- 4 To train interns in **evidence-based tobacco cessation** approaches
- 5 To apply structured counselling models, including the **5A's (Ask, Advise, Assess, Assist, Arrange) and 5R's (Relevance, Risks, Rewards, Roadblocks, Repetition)** strategies.
- 6 To improve **communication and motivational interviewing skills** for patient-centred tobacco cessation counselling.
- 7 To integrate tobacco cessation as a **routine component of dental practice and preventive oral healthcare.**

## ✦ Guest Speakers ✦



### Dr. Dinesh Jagiasi

He is a **Senior Manager at the Narotam Sekhsaria Foundation** with over six years of experience. He completed his dentistry from Yerala Medical Trust's Dental College, Navi Mumbai, and holds a Master's in Health Administration from Tata Institute of Social Sciences. He has extensive **experience in implementing public health projects, including maternal and child health, malaria, and malnutrition programs.**



### Ms. Ratandeeep Chawla

She holds a postgraduate degree in Psychology and a PG Diploma in Counselling from the Tata Institute of Social Sciences (TISS). She has completed her internship in drug addiction and alcoholism at the National Addiction Research Centre (NARC). **She has conducted over 600 trainings for healthcare and mental health professionals on counselling patients with tobacco addiction.**





TOBACCO CESSATION ADVANCED COUNSELLING

# Program Schedule

Time	Session		
9:30 – 9:35 AM	<b>Welcome and Lighting the lamp</b>		
9:35 – 9:45 AM	<b>Introduction of the Program</b>		
9:45 – 9:50 AM	<b>Tobacco Control Initiative</b> - Implementation of Conflict of Interest Policy - MoU Signing Ceremony		
9:50 – 9:55 AM	<b>Address of Dean</b>		
9:55 – 10:00 AM	<b>Felicitation of Guest Speakers.</b>		
10:00 – 10:15 AM	<b>Pre-Test</b> (Link to Google Forms for pretest will be shared)		
10:15 – 12:00 PM	<b>Module 1</b>	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.
12:00 – 12:10 PM	Break		
12:10 – 12:30 PM	<b>Module 2</b>	Laws around Tobacco.	Module objective is to get familiar with the Tobacco control and associated laws.
12:30 – 1:30 PM	<b>Module 3 (Part 1)</b>	Addiction and its Types.	Understand the different reasons behind tobacco use and different types of Addiction.
1:30 – 2:15 PM	Lunch		
2:15 – 2:45 PM	<b>Module 3 (Part 1)</b>	<b>Continue</b>	
2:45 – 3:45 PM	<b>Module 4</b>	Approach to Cessation and LifeFirst Models.	Understand the 5 A's and 5 R's as recommended way of going about tobacco cessation.
3:45 – 4:00 PM	<b>Post Test</b>		
4:00 – 4:15 PM	<b>Question Answer Session</b>		
4:15 – 4:30 PM	<b>Concluding Remarks &amp; Vote of Thanks</b>		

**Dr. Ketaki Bhor**  
Associate Professor  
(Department of Public Health Dentistry)

**Dr Priyanka Machale Joglekar**  
Assistant Professor & Program Co-ordinator  
(Department of Public Health Dentistry)