

**Report on Continuing Medical Education (CME) and 1<sup>st</sup> MBBS Student sensitization on World No Tobacco Day**

**Activity 1 CME for Faculties**

<b>Sr. No.</b>	<b>Particulars of CME</b> Topic: Tobacco Product use and COTPA	<b>Numbers</b>
1.	Total Participants (Including SBIMS, GMC Rajanandgaon and RIMS, Medical Colleges)	80
2.	Total Resource Persons	06
3.	Total Panelists and Moderator in panel discussion	06
4.	Total Chairpersons	06

**Activity 2 Sensitization program for 1<sup>st</sup> year MBBS Students**

<b>Sr. No.</b>	<b>Particulars of 1<sup>st</sup> MBBS sensitization on “World No Tobacco Day”</b>	<b>Numbers</b>
1.	Total Participants by 1 <sup>st</sup> year MBBS Batch 2021 SBIMS	92

World No Tobacco Day (WNTD) is observed every year on 31<sup>st</sup> May, on this day a Continuing Medical Education (CME) was organized at Shri Balaji Institute of Medical Sciences (SBIMS), by Department of Community Medicine under the aegis of Medical Education Unit (MEU) on 4<sup>th</sup> Floor in the MEU hall on 31<sup>st</sup> May 2022.

Inauguration of CME was done by Saraswati Vandana by medical students from 1<sup>st</sup> MBBS. Lamp Lightening was done by Dr. Devendra Naik (Chairman SBIMS), Dr. Manik Chatterjee (Dean SBIMS), Mrs. Neeta Naik (Managing Director), CA Nitin Patel (Director SBIMS), Dr. Sanat Sharma, Professor and HOD Pharmacology, Dr. Shree Ranjan Bajpai, Professor and HOD Forensic Medicine, Dr. Debashree Sarkar, Professor and HOD Physiology, Dr. Neeraja Agrawal, Professor and HOD Obstetrics

and Gynecology and Medical Education Unit Coordinator, and Dr. Kiran Makade, Professor and HOD Community Medicine, Shri Balaji Institute of Medical Science.

CME started with opening remarks from Dr. Devendra Naik, Chairman, SBIMS regarding need of restriction of tobacco use and awareness among students regarding side effects of tobacco addiction. Dr. Neerja Agarwal, Professor and HOD Obstetrics and Gynecology and Medical Education Unit (MEU) Coordinator explained how tobacco addiction is harmful for environment. CME continued with session on “Introduction to Tobacco consumption, Epidemiology and Burden of Tobacco related diseases”, by Dr. Manish A Prasad, Associate Professor, Community Medicine followed by the next topic “Forms of tobacco consumption”, by Dr. Priyanka Sahu, Associate Professor and Community Medicine. These sessions were chaired by Dr. Sanat Sharma, Professor and HOD Pharmacology and Dr. Debashree Sarkar, Professor and HOD Physiology.

Dr. Sandeep Surin Assistant Professor Respiratory Medicine SBIMS, presented his topic, “Clinical Presentations of Respiratory diseases related to Tobacco” which was chaired by Dr. Shree Ranjan Bajpai Prof &HOD Forensic Medicine and Dr. B. Laxmikanth Prof. & Head Biochemistry. Dr. Digvijay Singh Assistant Professor ENT, RIMS Raipur then gave his talk on Clinical Presentation of ENT diseases related to Tobacco. The session was chaired by Dr. B. Laxmikanth Prof. & Head Biochemistry and Dr. Debashree Sarkar, Professor and HOD Physiology. It was followed by session taken by Dr. Kiran Makade Prof. & HOD Community Medicine took the session on COTPA section 4, 5, 6, 7, 8 and 9. This session was chaired by Dr. Shalaka Mohire Professor Physiology and Dr. Manik Chatterjee Professor and Dean SBIMS. After this session, lunch break was declared which was followed by the inauguration of the effect of Tobacco products on Environment in Chhattisgarh Factsheet and taking Oath on this occasion under the guidance of Chairman Dr. Devendra Naik and Dr. Kamlesh Jain regarding not to consume any kind of Tobacco Products. Dr. Kamlesh Jain, Professor Community Medicine, Pt. JNM

Medical College Raipur & State Nodal Officer NTCP, C.G. also presented his topic “COTPA activity undergoing in Chhattisgarh”. This session was chaired by by Dr. Shalaka Mohire Professor Physiology and Dr. Sanat Sharma, Professor and HOD Pharmacology.

After finishing the scientific session it was the time for panel discussion on Tobacco cessation and the expert panelists were, **Dr. Neerja Agarwal** [Professor and Head Obs & Gynaecology and MEU Co-ordinator, SBIMS], **Dr. Kamlesh Jain** [Professor Community Medicine, Pt. JNM Medical College Raipur & State Nodal Officer NTCP C.G.], **Dr. Shilpa K. Jain** [Assistant Professor Government Dental College, Raipur C.G., National and State Trainer for the Tobacco Control Program], **Dr. Digvijay Singh**, [Assistant Professor, ENT, RIMS Raipur], **Dr. Sandeep Surin**, [Assistant Professor, Respiratory Medicine SBIMS] . The entire panel discussion was supervised and moderated by **Dr. Kiran Makade**, Prof & HOD Community Medicine. The program ended after the panel discussion with giving the vote of thanks by Dr. Manish A Prasad Associate Professor, Community Medicine.

At the starting of the CME pretest (Format attached) was filled up by the participants and at the end of the CME a post test (Format attached) was submitted by the participants along with a feedback form (Format attached). The CME was accredited by the Chhattisgarh State Medical Council with two credit hours for the participants and one extra credit hour was given to the resource persons.

**1<sup>st</sup> MBBS Student:** on “World No Tobacco Day” Students of 1<sup>st</sup> MBBS were oriented and sensitized regarding harmful effects of Tobacco through a detailed video presentation. Total 92 students participated in this event. A video presentation was shown to the 1<sup>st</sup> year MBBS students and they were sensitized towards the dreaded diseases related to consumption of smoke and smokeless tobacco forms.

No. CM/SBIMS 2022

Date:

**INVITATION & AGENDA of CME**

The Department of Community Medicine, under the Aegis of Medical Education Unit (MEU) cordially invites you to grace the Continuing Medical Education (CME) on,

**“Tobacco Product Use and COTPA”**

**Date: 31<sup>st</sup> May 2022 (Tuesday), Time: 09.00 am to 05:00 pm**

**Venue: MEU Hall 4<sup>th</sup> floor, SBIMS, Mowa, Raipur**

Time	Topic	Speakers	Chairpersons
9:00 -09:20AM	Registration & Pre-test		
09:20-09:45 AM	Inauguration		
09:45-10:00 AM	Opening Remarks	Dr. Devendra Naik, Chairman SBIMS	
10:00 -10:15AM	Tobacco`s Threat to our environment	Dr. Neerja Agarwal, MEU Coordinator	
10:15 -10:45 AM	*Introduction to Tobacco consumption, Epidemiology and Burden of Tobacco related diseases	Dr. Manish A Prasad Associate Professor Community Medicine,	Dr. Debashree Sarkar Professor & HOD Physiology  Dr. Sanat Sharma Prof & HOD Pharmacology
10:45 -11:15AM	*Forms of tobacco consumption	Dr. Priyanka Sahu Associate Professor Community Medicine,	
11:15 AM-12:00 Noon	#Clinical Presentations of Respiratory diseases related to Tobacco	Dr. Sandeep Surin Assistant Professor Respiratory Medicine,	Dr. B. Laxmikanth Professor & HOD Biochemistry  Dr. Ranjan Bajpai Prof & HOD Forensic Medicine
12:00 – 12:15 PM	Tea Break		
12:15 -01:00 PM	#Clinical Presentation of ENT diseases related to Tobacco	Dr. Digvijay Singh Assistant Professor, ENT, RIMS Raipur	Dr. B. Laxmikanth Professor & HOD Biochemistry  Dr. Debashree Sarkar Professor & HOD Physiology
01:00 -01:45 PM	#COTPA section 4,5,6	Dr. Kiran Makade Prof & HOD Community Medicine	Dr. Shalaka Mohire Professor Physiology  Dr. Sanat Sharma Prof & HOD Pharmacology
01:45– 02:15 PM	Lunch		

Post Lunch Session		
02:15– 03:15 PM	#Tobacco Burden and COTPA activity undergoing in Chhattisgarh	<div style="text-align: center;"> <p>Dr. Kamlesh Jain Professor Community Medicine Pt. JNM Medical College Raipur &amp; State Nodal Officer NTCP C.G.</p> </div> <div style="text-align: right; padding-right: 20px;"> <p>Dr. Shalaka Mohire Professor Physiology</p> <p>Dr. Sanat Sharma Prof &amp; HOD Pharmacology</p> </div>
03:15 -04:15 PM	<p style="text-align: center;"><b><u>Panel Discussion</u></b></p> <div style="text-align: center;"> <p>Dr. Neerja Agarwal, Professor &amp; HOD Obstetrics and Gynecology MEU Coordinator, SBIMS</p> <p>Dr. Kamlesh Jain, Professor Community Medicine Pt. JNM Medical College Raipur &amp; State Nodal Officer NTCP C.G.</p> <p>Dr. Shilpa K. Jain Assistant Professor Government Dental College, Raipur C.G. National and State Trainer for the Tobacco Control Program</p> <p>Dr. Digvijay Singh Assistant Professor, ENT, RIMS Raipur</p> <p>Dr. Sandeep Surin Assistant Professor, Respiratory Medicine SBIMS</p> <p>*Including High Tea</p> </div>	
04:15 -04:25 PM	Post – Test and Feedback	
04:25-05:00 PM	Vote of thanks Valedictory Session	

*\*20 min presentation + 10 min discussion, #30 min presentation + 15 min discussion*

**PRE TEST /POST TEST(Kindly tick (✓) the correct option)**

**1. How many current smokers will eventually be killed by their tobacco use?**

- a. One in 20  b) One in 10  c) One in 2

**2. Which symptom is most likely to be associated with smoking cessation?**

- a. Anxiety  b) Stomach pain  c) Blurred vision  d) Dry mouth

**3. Which has less nicotine than cigarettes?**

- a. Tobacco dip  b) Snuff  c) Both  d) Neither

**4. Which of these statements is FALSE?**

- a. Cotinine is the breakdown product of nicotine   
 b. Smoking increases pain perception   
 c. Chemicals in cigarettes can reach breast milk   
 d. At least 250 chemicals have been found in second-hand smoke

**5. How does dependence on nicotine develop?**

- a. Mental habit is too hard to break   
 b. Physical craving is too strong   
 c. Peer pressure makes it hard to quit   
 d. Nicotine changes the pattern of nerve signals in the brain

**6. E-cigarettes are also called vapes, e-hookahs, vape pens, and electronic nicotine delivery systems (ENDS). Any of these is a safe way to help you quit smoking.**

- a. False  b. True

**7. What kinds of substances are contained in a cigarette?**

- a. Chemicals used in wood varnish  b. Chemicals found in nail polish remover   
 c. Chemicals found in rat poison  d. All of the above

**8. What's the most common reason for not quitting?**

- a. Enjoy it too much  b. Smoking eases stress   
 c. Craving is too strong  d. Worried about weight gain

**9. Signs of cigarette addiction do NOT include which one of the following:**

- a. Smoking more than three cigarettes per day   
 b. Difficulty eliminating the first cigarette in the morning   
 c. Smoking within 30 minutes of awakening in the morning   
 d. Smoking even when sick and in bed

**10. A pinch of smokeless tobacco has about as much nicotine as 1 cigarette.**

- a. False  b. True

**11. Compared to non-smokers, smokers are more likely to develop severe diseases with COVID-19**

- a. True  b. False



## **Feedback form**

**Instruction:** Please indicate your level of agreement with the statement listed below.  
(Kindly tick (✓) the correct option according to the LIKERT'S SCALE)

1. The objectives of CME were clearly defined.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

2. Participation and interaction were encouraged.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

3. The topic covered was relevant to me.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

4. Content was organized and easy to follow.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

5. This CME experience will be useful in my work.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

6. The CME was Knowledgeable about the training topic.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

7. The CME was well prepared.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

8. The CME objective was met.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

9. The time allotted for the CME was sufficient.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

10. The meeting room and facilities were adequate and comfortable.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree

11. The food was good at CME.

a) Strongly agree  b) Agree  c) Neutral  d) Disagree  e) Strongly disagree





12. What did you like most about CME?

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13. What aspects of the CME could be improved?

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14. How do you hope to change your practice as a result of this CME?

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15. Please share any other comments.

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.....



# SHRI BALAJI INSTITUTE OF MEDICAL SCIENCE, RAIPUR



Medical Education Unit (MEU)  
Department of Community Medicine



## *CME on "Tobacco Product Use and COTPA"*

*This is to certify that Dr. \_\_\_\_\_ has participated as  
a Delegate/ Resource Person/ Chairperson in CME on "Tobacco Product Use and COTPA" held on the 31/05/2022.*

*Chhattisgarh Medical Council has granted \_\_\_\_\_ Credit hours for Delegate/ Resource Person/ Chairperson.*

*Dr. Manik Chatterjee*  
Dean  
SBIMS

*Dr. Devendra Naik*  
Chairman  
SBIMS

*Dr. Shrikant Rajimwale*  
Registrar  
CGMC

*Dr. Kiran Makade*  
Scientific Committee  
Chairman SBIMS

*Dr. Neerja Agarwal*  
MEU Co-coordinator  
SBIMS

### Newspaper articles from various newspapers dated 01/06/2022

## बिजनेस न्यूज

# श्रीबालाजी इंस्टीट्यूट ऑफ मेडिकल साइंस में मनाया तंबाकू निषेध दिवस



रायपुर. विश्व तंबाकूनिषेध दिवस पर श्रीबालाजी इंस्टीट्यूट ऑफ मेडिकल साइंस में तंबाकू के सेवन से होने वाले बीमारियों और हानिकारक कारणों उसके छुटकारा पर चिकित्सा शिक्षा कार्यक्रम का आयोजन किया गया। इसकी शुरुआत इंस्टीट्यूट के चेयरमैन डॉक्टर देवेन्द्र नायक एवं मैनेजिंग

डायरेक्टर नीता नायक, डीन मानिक चटजी व डायरेक्टर नितिन पटेल ने दीप प्रज्वलित कर की। डॉक्टर देवेन्द्र नायक ने समाज को सही दिशा देने और बच्चों को तंबाकू, सिगरेट, बीड़ी गुड़ाखू जैसे मादक पदार्थों से होने वाले बीमारियों के संबंध में जागरूक करने का बीड़ा उठाने वाले डाक्टरों की टीम को बधाई दी।

# हरिभूमि

रायपुर - रायपुर भूमि  
1 Jun 2022

## आजीवन स्वस्थ रहना है तो तंबाकू-सिगरेट से करें तौबा : डॉ. नायक



रायपुर। विश्व तंबाकू निषेध दिवस पर श्रीबालाजी इंस्टीट्यूट ऑफ मेडिकल साइंस में तंबाकू के सेवन से होने वाले बीमारियों और हानिकारक कारणों, उसके छुटकारे पर चिकित्सा शिक्षा कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ संस्थान के चेयरमैन डॉ. देवेन्द्र नायक एवं मैनेजिंग डायरेक्टर नीता नायक, डीन मानिक चटजी, डायरेक्टर नितिन पटेल ने किया। डॉ. नायक ने समाज को सही दिशा देने और बच्चों को तंबाकू, सिगरेट, बीड़ी गुड़ाखू जैसे मादक पदार्थों से होने वाले बीमारियों के संबंध में जागरूक करने का बीड़ा उठाने वाले डॉक्टरों की टीम को शुभकामनाएं दीं। इस अवसर पर छातीसंगद सरकार के तंबाकू डाटा पोस्टर का विमोचन भी किया गया।

# आजीवन स्वस्थ रहना है तो तंबाकू-सिगरेट से करें तौबा : डाक्टर देवेन्द्र नायक

## विश्व तंबाकू निषेध दिवस पर श्रीबालाजी इंस्टीट्यूट ऑफ मेडिकल साइंस में चिकित्सा शिक्षा कार्यक्रम (सीएमई) का आयोजन



रायपुर। विश्व तंबाकू निषेध दिवस पर श्रीबालाजी इंस्टीट्यूट ऑफ मेडिकल साइंस में तंबाकू के सेवन से होने वाले बीमारियों और हानिकारक कारणों, उसके छुटकारे पर चिकित्सा शिक्षा कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ संस्थान के चेयरमैन डॉ. देवेन्द्र नायक एवं मैनेजिंग डायरेक्टर नीता नायक, डीन मानिक चटजी, डायरेक्टर नितिन पटेल ने किया। डॉ. नायक ने समाज को सही दिशा देने और बच्चों को तंबाकू, सिगरेट, बीड़ी गुड़ाखू जैसे मादक पदार्थों से होने वाले बीमारियों के संबंध में जागरूक करने का बीड़ा उठाने वाले डॉक्टरों की टीम को शुभकामनाएं दीं। इस अवसर पर छातीसंगद सरकार के तंबाकू डाटा पोस्टर का विमोचन भी किया गया।

# TheHitavada

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## SHRI Balaji Institute organises CME on disease on consuming tobacco

■ Staff Reporter  
RAIPUR, May 31



SHRI Balaji Institute of Medical Science organised a Continuing Medical Education (CME) on disease on consuming tobacco, its impact and respite from consuming tobacco on the occasion of World No Tobacco Day on Tuesday.

Chairman of Shri Balaji Institute of Medical Science Dr Devendra Nayak, Managing Director Neera Nayak, Dean Manik Chatterjee and Director Nitin Patel inaugurated the CME with the lighting of the ceremonial lamp.

In his presidential address, Dr Devendra Nayak praised the CME organised under the banner of Shri Balaji Institute of Medical Science, Shri Balaji Medical Foundation along with Community Medicine Department and Medical Education Unit of the hospital.

Welcoming the specialist doctors, Dr Nayak thanked the team of doctors for their mission showing right direction and creating awareness related to deadly disease caused from consumption of tobacco, cigarettes, bidi, gudakhu etc.

Besides Chairman Dr Devendra Nayak and Director Neeta Nayak, MEU Coordinator Dr Neera Agrawal, Dr Nitin Patel, Dr Virendra Patel, Ilimanshu Sahu, Bhojram Patel, Dr Manish A Prasad and Dr Priyanka Sahu (Community Medicine), Heart Specialist Dr Sardeep Surin, Associate Professor ENT from RIMS Dr Digvijay Singh, IIOD Community Medicine Dr Kiran Makde, Professor and Dean of Shri Balaji Institute of Medical Science Dr Manik Chatterjee, Professor and HoD Pharmacology Dr Sanat Sharma, Forensic Medicine Dr Ranjan Bajpai, Dr Shalaka Mohite, Professor Community Medicine at PTINMC and State Nodal Officer Dr Kamlesh Jain, Assistant Professor Government Dental College Dr Shipra Jain and others were present in the CME.

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**Glimpse of the CME on “Tobacco Product Use and COTPA”**



No. /SBIMS/CM/2022 Date: 31/05/2022

**CME on "Tobacco Product Use and COTPA"**

Sr. No.	Name of the Faculty	Designation	Department & Institute	Mobile No.	Email Id	Signature	Remark
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3	DR. POORVAALI SUR	FACULTY	SBIMS, Raipur	8421510436	surpam@protonmail.com		
4	DR. Anansha Dejan	FACULTY	SBIMS Raipur	-	-		
5	DR. NEELIMA D. KORETI	PG - STUDENT	COMMUNITY MEDICINE, G.M.C. RAJNANDGARH	9519327780	Neelimakoreti96@gmail.com		
6	DR. DEBASHREE SARKAR	PROFESSOR	PHYSIOLOGY SBIMS	9329100878	debashree.sarkar56@gmail.com		
7	DR. SHALAKA MOHIRE	PROFESSOR	PHYSIOLOGY SBIMS	9969858783	deshalake@yahoo.com		
8	DR. KIRAN RATAN BAGALE	Professor	Biochemistry	7999279963	avikiran.jingle@gmail.com		
9	DR. NUPUR SRIVASTAVA	ASSOCIATE PROFESSOR	PHYSIOLOGY SBIMS	9165000082	withnigur@gmail.com		
10	DR. Vandana Dewangan	Assistant Professor	Biochemistry SBIMS	8970244879	dr.vandana.dewangan@gmail.com		



No. /SBIMS/CM/2022 Date: 31/05/2022

**CME on "Tobacco Product Use and COTPA"**

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14	DR. THARACHANAN	professor	pharmacology	9884885024	tharachananpho@gmail.com		
15	DR. Pradeep Deewanjan	Asst. prof	FMT	909851256	dr.pradeep@gmail.com		
16	DR. S. RAJAN RAJPAI	Prof and HOD	FMT	808576111	srajanrajpai@gmail.com		
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18	DR. Anilish Bhat	P.G. Scholar	Community medicine P. J. Indira college	9979203774	dr.anilishbhat@gmail.com		
19	DR. SUDHANSU PATIL	-	-	7000638762	Sudhansu2002@gmail.com		
20	DR. Madhura Shetty Laksh	PG scholar	Community medicine P. J. Indira medical college	7488234632	madhuralaksh@gmail.com		



No. /SBIMS/CM/2022 Date: 31/05/2022

**CME on "Tobacco Product Use and COTPA"**

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24	DR. Pratiksha Sharma	Asst Prof (Micro)	---	8765514030	pratikha.ruchi@gmail.com		
25	DR. Apoorva Dixit	Asst. Prof	Radiodiagnosis	998795971	drapoorva@gmail.com		
26	DR. Neeraj Aggarwal	Prof & HOD	O&C	9893309494	neeraj_aggarwal@hotmail.com		
27	DR. Rupendra Singh	Assoc. Prof.	pharmacology	8091026297	rsingh100@gmail.com		
28	DR. JAYANTA SAHA	ASSOC. PROF.	PHYSIOLOGY	9584184130	jsaha4130@gmail.com		
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VINEETA



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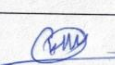

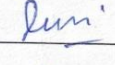
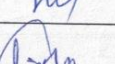
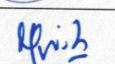
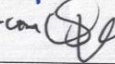
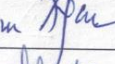
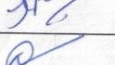
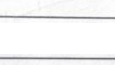
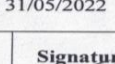
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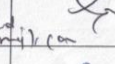

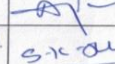
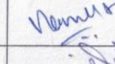
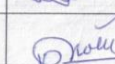

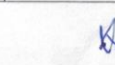



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