

Name of the activity:Health education program at Kothav village, Gujarat

Date of Activity: 31st May, 2017

Back ground for the activity: There is a growing need to develop a sense of awareness among the rural population regarding the adverse effects of tobacco products. The initiative for the same was taken on the occasion of World No Tobacco Day, 31st May 2017.

Participants: Villagers of Kothav village, Vadodara district, Gujarat

Brief details of the activity: A short play was conducted by the Interns of the Department stressing on the adverse effects of tobacco usage, and on the importance of self- realization of these effects. There- after, health education was imparted to the villagers and door to door leaflets were distributed which enlightened the villagers about the harmful habits of consuming tobacco and counselled them upon quitting the habit. T-shirts and caps donning anti-tobacco slogans were also distributed to the villagers. Also, posters were put up around the village eliciting the harmful habits of tobacco and promoting cessation of tobacco in order to provide better quality of life.

Learning: The play presented by the interns was very well accepted by the villagers. A few villagers also came forward for counselling and vowed to quit the habit. Over all, the entire effort was very well appreciated by all and a step closer was taken to make the village a tobacco free village.

Suggested actions based on learning from the activity: A full screening camp can be organized and later a referral. A proper follow up can be done for those who want to quit habit post counselling.

PHOTOGRAPHS:



TOBACCO COUNSELLING



ADDRESS BY THE VILLAGE SARPANCH- ATTEMPT AT INVOLVEMENT OF COMMUNITY LEADERS



