



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



An initiative of Narotam Sekhsaria Foundation

**LifeFirst Tobacco Cessation Training
Programme**

VALUE ADDED COURSE

Target audience: III BDS Students

Date - 11th and 12th March, 2026

Venue - Lecture Hall 1

Life First Tobacco Cessation Training

PROGRAMME SCHEDULE

Timing Day 1	Topic	Remarks/Facilitator
09:00 to 09:30 am	Pre-Test	Link for the Pre-Test (Google Forz)
09.30 – 10.00 am	Introduction to LifeFirst Programme.	
10.00 – 12:00 pm	Module 1 Tobacco and Tobacco control Landscape. (Prevalence, Products, & Perceptions)	Dr. Dinesh Jagiasi
12.00 - 12.15 pm	Break	
12:15 – 12:45	Case Discussion	
12.45 - 1.30 pm	Module 2 Tobacco Use Behaviour (Physical, Psychological and Behavioral)	Ms. Ratandeep Chawla
1.30 – 2.30 pm	Lunch Break	
2.30 – 4.30 pm	Module 3 Providing Brief Intervention Tobacco Cessation in practice	Ms. Ratandeep Chawla
4.30 – 5 pm	Post -test	

Timing Day 2	Topic	Facilitator
09.00am – 09:45am	Re Cap of Day 1	Dr. Dinesh Jagiasi
09:45 – 10:45	Motivational Interviewing	Ms. Ratandeep Chawla
Till 11.00 am	Break	
Till 11:15 am	Case Distribution & Preparation	Group Work
11.15am –12:00 pm	Case Discussion	Group work
12:00 – 01:00 pm	Pharmacotherapy	Dr. Dinesh Jagiasi
1:00 – 1:45 pm	Lunch Break	
1.45pm – 2.15pm	Formats and Documentation	Ratandeep and Dinesh
02:15 – 04.30	Cases/Role Play	Dinesh to Facilitate
4.30 – 5:00 pm	Post Test and Closure	Link to be shared

ORGANIZING COMMITTEE

LIFE FIRST COMMITTEE/ TOBACCO CESSATION COUNSELLING COMMITTEE

CHAIRPERSON

Dr. Srivalli Natarajan

MEMBER SECRETARY

Dr. Rohit Gadda

MEMBERS

Dr. Vaibhav Thakkar

Dr. Munitha Naik

Dr. Shraddha Ghaisas

Priyanka Sharma

Kiran Thakur



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