

Inauguration of Tobacco Cessation Centre at AIIMS Bathinda

Venue: AIIMS Bathinda

Date: 24-09-2024

The Medical Superintendent of AIIMS Bathinda, Dr. Rajiv Kumar Gupta, inaugurated the much-awaited Tobacco Cessation Centre. This collaborative venture between the Psychiatry and Community Medicine Departments aims to provide comprehensive support to individuals seeking to quit tobacco.

In his inaugural address, Dr. Gupta, along with Prof. (Dr) Gurbinder Pal Singh (Head of Psychiatry) and Prof. (Dr) Rakesh Kakkar (Head of Community & Family Medicine), and Associate Professor Dr. Bharat Udey, emphasized the significance of tobacco as a gateway to addiction. They highlighted the crucial role of tobacco cessation in reducing the burden of tobacco-related diseases and other drug addictions. The centre will offer evidence-based interventions and counselling services to help individuals break free from tobacco addiction.

Services offered by the Tobacco Cessation Centre include:

- **Individual counselling:** Personalized guidance and support to develop effective quitting strategies.
- **Pharmacological interventions:** Assistance in accessing and utilizing medication-assisted treatment options, if appropriate.
- **Community awareness programs:** Health talks, street plays, and seminars to raise awareness about the harmful effects of tobacco and promote healthy lifestyle choices.
- **Community outreach:** Active engagement with the community to disseminate information about tobacco cessation and encourage individuals to seek help.