

From **Puff** to **Poof**...



World **No** Tobacco Day

SPARROW

**QUIT
SMOKING**



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WORLD NO TOBACCO DAY 2022



Key message of WHO.

- Tobacco harm the environment
- Make the tobacco industry to clean up their mess
- Quite tobacco to save our planet
- Help tobacco farmers switch to sustainable farmers.

The harmful impact of the tobacco industry on the environment is vast and growing adding unnecessary pressure to our planet's already scarce resources and fragile ecosystems.

Tobacco kills over 8 million people every year and destroys our environment, further harming human health, through the cultivation, production, distribution, consumption, and post-consumer waste.

A STITCH IN TIME SAVE NINE

Mr. A (60yrs) was diagnosed with carcinoma stomach, he is a tailor and the only breadwinner of his family. His wife is a homemaker and she has neurological issues. He has a daughter and two granddaughters. His son-in-law committed suicide a year ago. They all live together in a small house.



The disease condition worsened his distress, because his whole family is depending on him. CCF Provided financial support and the counseling team supported him to overcome his distress through psycho education, family counseling, and mindfulness technique. The counselor also gave guidance for further treatment for his wife's Neurological issues. Now he is in acceptance with his physical condition, and is self- motivated to support his wife, daughter and grandchildren.

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MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)



- Mindfulness is a state of active, open attention to the present.
- This state is described as observing one's thoughts and feelings without judging them as good or bad.
- MBCT is a modified form of cognitive therapy that incorporates mindfulness practices such as meditation and breathing exercises.
- It helps to break away from negative thought patterns that can cause a downward spiral into a depressed state so they will be able to fight off depression before it takes hold.

ARVANIPPU ACTIVITY

Mrs. Marathal

Patient X, 88 yrs old was diagnosed with lung cancer and relatives didn't want to take any treatment due to advanced age of the patient. Patient was abandoned and had symptoms like high fever, severe urinary tract infection and confusion. After assessment and basic care, she improved a lot. The Aravanaippu team holds pride in alleviating her sufferings and giving her a dignified death few days later on.



**Before
Treatment**



**After
Treatment**

WORLD NO TOBACCO DAY 2022



"TOBACCO: THREAT TO OUR ENVIRONMENT "

An awareness rally was conducted on "World No Tobacco day" on 31st May in Vedapatti, Vanniyampalayam, Kurumbapalayam . This event was jointly organised by Coimbatore Cancer Foundation and PSG Hospitals Vedapatti . The rally was flagged off by Dr. Balaji, Managing Trustee, Coimbatore Cancer Foundation. A session on Tobacco and cancer awareness was conducted by Physicians and the Counselors for 75 Nursing and Physiotherapy students. A special session was conducted for women alone on "Tobacco and cancer Awareness for women". At the end of the session a free oral cancer screening was done for participants.





MONTHLY ACTIVITY

Activity conducted by Rotract club

Students from GCT college(Rotract club) conducted activities at PSG Hospital on 21st of May for IP ward patients, activities like 1.Dumsharath, 2. Letter for loved ones (to express their emotions) 3.They played guitar to engage the patient actively 1 hour.

Paruvai awareness program

Cancer awareness programme on "Women and Cancer" for 100days workers at Paruvai village on 19th May ,panchayat secretary Mr.Sivasamy and 65 female and 3 male participated.



MONTHLY STATISTICS

Aravanippu Statistics

Awareness program -3
New referrals - 8
Review Patients -94
Bereavement - 1

PSG Hospitals statistics

New Patient counselled - 63
Review patient counselled - 136
Bereavement - 9

Fund Support CCF extended their financial assistance of Rs.40,000 for PSG Hospitals and 1,10,000 for GKNM hospital for the cancer treatment this month