

# **WORKSHOP-I**

## **HALF DAY WORKSHOP ON**

### **Health Promotion for Excellence: Substance Addiction & Its Affect on Organizations**

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Any organizations grow when employees and employer are healthy. Most of the working hours directly or indirectly are lost due to ill health of the employees. Only healthy people can use their maximum/optimum work hours. Unhealthy (physically or mentally) employees cause huge costs not only in relation to the treatment but also in terms of dissatisfaction, low productivity, frequent recruitments and training. There are many factors/contributors of ill health of employees and one of the biggest causative factors is tobacco. Tobacco use (smoking, chewing, gutka etc.) is harmful to the individual of all ages and gender. Tobacco usage results in both acute and chronic changes in body which slowly leads to disease. It not only affects physical health (e.g. Dental, Respiratory, and Cardiovascular etc.) but also motivation, psychological well-being, self-esteem and mental health of the person. Consequently, it translates into economic burden of the country in terms of expenditure and treatment too, for many non-communicable diseases like cancer. As per the report of the Global Adult Tobacco Survey (GATS, 2009-10), in India, show the prevalence of tobacco use in more than one-third (35%) of adults in some form or the other. The prevalence of tobacco use is reported quite high among certain group of employees (e.g. drivers, executives etc.). Benefits of tobacco cessation are enormous to the individual/organizations and to the country. Though, most of the damages are irreversible yet, quitting tobacco has several benefits like slowing down the illness process and substantial health benefits. Those who use tobacco are unaware of the detrimental effect, because the general public believe that alcohol or other drugs are more harmful than tobacco. After getting treatment for their physical/mental problems patients hardly bother for quitting tobacco and their health deteriorates, as continuing use of tobacco is one of the hurdles in improvement in health. Fortunately two-thirds of the current users want to stop use. Early interventions and awareness programs are important not only for preventing the numerous, significant health problems that result from tobacco use but also to reduce the risk of other psychological disorders (e.g., depression).

The hands on training will be provided to the participants regarding awareness, assessment and simple intervention techniques useful for quitting tobacco in the workshop. The objectives of the workshop is to sensitize students/psychologists working in different organizations and to teach them basic skills of assessment and conducting sessions for Motivation Enhancement & Relapse Prevention for De-addiction.