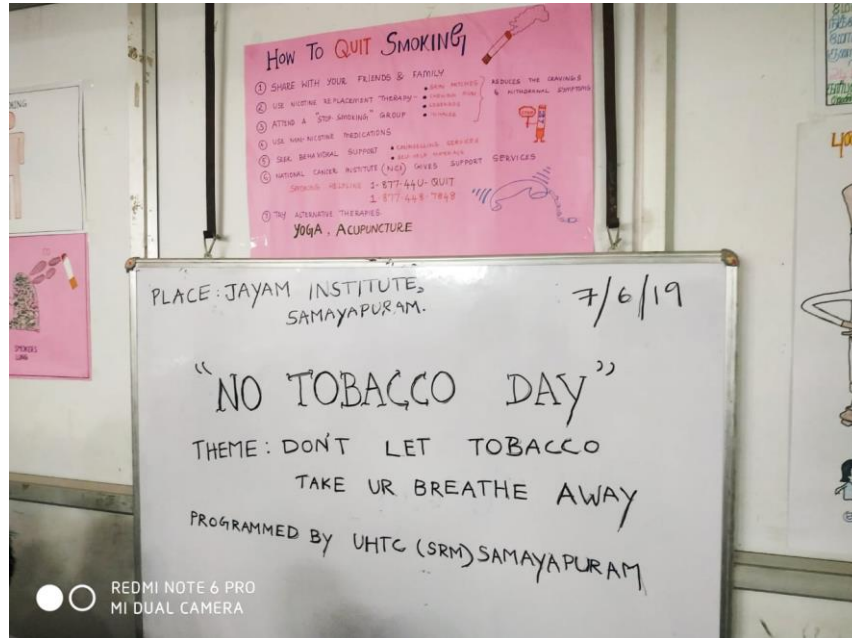


NO TOBACCO DAY

Today the department of community medicine has arranged "No Tobacco Day" with the theme "Don't let tobacco take your breadth away" at Jayam Institute of Nursing Samayapuram. Mr. Govindan from urban centre welcomed the students narrating how smoking causes injuries to health which causes cancer, heart diseases and so on.



Following him Mr. Ashok, organiser, Mr. A. Ananthraj correspondent, Mrs. Jospine, Principal of Jayam institute of nursing felicitated the program wishing all success for the program being obviously benefitted by the students.



Following them Dr. N. Harish CRRI while his key note address, sensitized that, according to WHO survey around 80laks of people dying every year due to smoking, in which 70 Laks of people die due to active smoking and the rest of them are passive smoking. Still 60000 children under five years are affected world wide. However India alone covers about 12% indeed, out of overall smokers world wide.. Still he explained about COTPA act 2008, and has listed out states which seriously enforce that act.



Following him, Dr. P. Jaya Kumar CRR, explained about passive smoking that causes carbon monoxide deposit in the lungs and narrated smoking habits causing diseases for women such as pre-term birth, low birth weight and congenital anomalies.

Still cervical cancer, pancreatic and breast cancer and so on are caused.

And due to chain smoking Atherosclerosis occurs which modulates 30 years old adult into 60 years elderly appearance. Finally Dr. G. Jaisurya while her key note address said how psychical organs are affected due to smoking. She listed out certain diseases such as brain stroke, mio cardial

infractions, PVD, copd, asthma, bone disease, liver, kidney failure, skin cancer all caused due to smoking habits by displaying charts to those students.



The program retained between 10 am to 12 PM. At the lecture Hall, jayam institute of Nursing, Samayapuram. Meanwhile refreshment was provided for all students and the resource persons.



During feedback session students were clarifying their doubts raising many questions to those doctors. Still we suggested those students to sensitize this issue very seriously so as to prevent smoking habits among youths by not abiding fake heroism following cinema. Heath works from UHTC, contributed optimal service for this program's success, especially Mr. Arokiasami, HI and sindiya FNA. Finally by 12.30 we just wind up the program.