

WORLD NO TOBACCO DAY (31ST MAY) - COMMEMORATION AT HIMSR

The 'World No Tobacco Day' was commemorated at the Hamdard Institute of Medical Sciences & Research (HIMSR), Jamia Hamdard, on the 31st May & 1st June, 2013. A poster competition and two *Nukkad Nataks* were held on 31st May morning, and a Symposium on the 'Harmful Effects of Tobacco Use' was held on 1st June afternoon.

Poster Competition

The programme was inaugurated with the poster competition, in which 21 students from 1st year M.B.B.S (HIMSR), Paramedical and Nursing courses participated. These posters were displayed in the main atrium of HIMSR. From depicting the ill effects of tobacco abuse to the social consequences of its use was well illustrated. The visually appealing posters were reflections of the young minds, and one could appreciate the fact that they appreciated the gravity of the problem. A major section of the display was dedicated to oral lesions of tobacco which depicted the horrifying images of mutilated faces. Four poems composed by Prof. S Dwivedi, Dean HIMSR, portraying the tragic consequences of tobacco use and the eminent role of physicians in prevention of this scourge were also put up. The posters were judged by Prof D.K Srivastav, Prof Ashok Kumar and Dr Zeeba Jairajpuri. The 1st prize was awarded to by Farhat Fatima (HIMSR), 2nd prize to Mansha Madan (HIMSR), and 3rd prize was shared by Deeksha Sharma (HIMSR) and Meher Khan (MSc-Nursing student). These posters were also visited by Dr. Barbara Guilberton and Dr. Jannet from St. Catherine University, Minneapolis, USA, on 31st May, and Prof. M Aslam, Vice-Chancellor, IGNOU and Dr. BudiHardja M Singgih, Regional Advisor, WHO-SEARO, on 1st June. Each one of them was very appreciative of the quality of the posters and applauded the students for their efforts.

Nukkad Nataks

Medical students presented a skit titled "Tambaku ne Machai Tabahi" (Tobacco caused Devastation). It started with a shrouded dead body. A young man entered and introduced himself as the protagonist and claimed that the body was his. The scene shifted to his college days, where he was shown to be initiated into the habit of smoking by a class-mate. Interestingly, it was shown that his widowed mother was also hooked to chewing tobacco and smoking "beedis", as a panacea for her woes. The protagonist got married, but his wife did not conceive, as he was suffering from erectile dysfunction. The wife conceived by artificial insemination. But the man did not give up smoking. He progressively became verbally and physically abusive to his wife and son, who ultimately left him. The closing scenes of the skit showed the mother developing oral cancer and dying in excruciating pain. The son too succumbs to lung cancer and myocardial infarction.

Nursing group presented a skit named "Nasha Mukta Sansar" (Addiction Free World). The gist: A small town simpleton *Ramu* comes to a big city with his pregnant wife and daughter in search of a livelihood. Here he is seduced to cigarette smoking by a friend, and gets hooked lock, stock and barrel! He starts spending most of his income towards his new indulgence. His pregnant wife is denied adequate & necessary nutrition. *Ramu* constantly exposes her to passive smoking. The wife goes into pre-mature labour and delivers a still born male. This emotionally devastates *Ramu*, and he pledges publically not to touch cigarettes ever again in his lifetime.

Both skits were highly praised by audience. A cash prize of Rs. 500/- to each team was awarded by Dean, HIMSR at the end of the programme.

Symposium

Symposium on '**The Harmful Effects of Tobacco Use**' was held in the afternoon of 1st June 2013, at Lecture Theatre 1, HIMSR. Prof Aslam, Hon'ble Vice Chancellor, IGNOU was the chief guest, and Dr BudiHardja, Regional advisor, WHO SEARO, was guest of honour for the occasion. Dr G N Qazi, Hon'ble VC Jamia Hamdard presided. Prof M C Kapilashrami, HOD Community Medicine, was the organizing secretary of the entire event. There were informative and educative presentations by four eminently distinguished speakers. Prof S Dwivedi, Dean HIMSR, talked on "**Tobacco Lifestyle At What Cost?**", Dr Rohit Nayyar, Consultant Onco- surgeon, Apollo hospital, gave a talk on "**Tobacco and Cancer**", Dr Vivek Chaturvedi, Associate Professor Cardiology, G B Pant Hospital, spoke on "**Smoking and Cardiovascular Diseases**" and Dr Radhika, Senior Specialist, Obs & Gynae Department, GTB hospital-UCMS, gave a talk on "**Smokeless Tobacco Amongst Females**". The speakers elucidated the burden of the tobacco related diseases and deaths; ways and means of tobacco intake, and recent studies and ongoing research in this field.

In his address Dr G N Qazi, Hon'ble VC, Jamia Hamdard, gave a clarion call to make Jamia Hamdard a "Tobacco Free Campus" by 2014. Prof Aslam, Hon'ble VC IGNOU, shared his personal experience and struggle in the quest to quit smoking and inspired all those who wish to quit tobacco. Dr BudiHardja, Regional Advisor, WHO SEARO, shared his experiences while working in various Southeast Asian countries in this field, and praised the effort of Jamia Hamdard and HIMSR in the efforts to eradicate tobacco use from our society.

The Hon'ble VC, Jamia Hamdard, Dr. G N Qazi presented prizes to the students who had won 1st, 2nd and 3rd positions in the poster competition, and also to the groups who participated in *Nukkad Nataks*. At the end, Prof M C Kapilashrami proposed the vote of thanks.