

HIMSR & Centenary Hospital , Jamia Hamdard Initiates World No Tobacco Day Celebrations at Hamdard Public School

WHO and Government of India's pledge to eradicate tobacco from community took new dimensions when HIMSR & Centenary Hospital team successfully conducted an awareness programme for Tobacco Cessation in Hamdard Public School on 11.5.2011

It was a unique programme designed particularly for these young children who although are most receptive at this age but are equally vulnerable to acquire tobacco habit. The programme started at around 10am with the warm welcome of speakers by the school principal and other teachers. The auditorium was thickly packed with around 300 children mostly from class 9th to 12th. The first talk was delivered by Prof S Dwivedi, HIMSR & HAHC highlighting various forms of tobacco use in the community and the various harmful effects of tobacco on human body. It was followed by a loud applause by the children. The second speaker Dr Amitesh, Lecturer in Medicine in UCMS & GTBH interacted with students in the form of a quiz. The students responded and participated well in this session. Third speaker Dr P. Verma was from LRS Hospital and he taught about various harmful effects of smokeless tobacco. This was followed by a short skit presented beautifully by the students of Hamdard School. The script was nicely written and it was enacted by the children in the most professional way. The skit made the audience realize that tobacco use in any form will make its consumer poor both in health and wealth..

A picturesque booklet was also distributed amongst the students to sensitise them towards the growing menace of tobacco. Finally a vote of thanks was delivered by the Vice Principal. The message delivered to the students was loud and clear. **"Say No To Tobacco"**. This program was coordinated by Dr. Ramesh Aggarwal, I/c Tobacco Cessation Clinic, Centenary Hospital, Jamia Hamdard.