



**Office of the Principal**  
**Srinagar Women's College, Srinagar**  
Batapora, Zakura, Sgr-190006  
**NAAC ACCREDITED B+**

**Dated: 31/05/2024**

**“World No Tobacco Day 2024”  
Celebrated**

The NCC Wing, NSS Unit and Red Ribbon Club of Srinagar Women's College jointly celebrated 'World No Tobacco Day' today on 31<sup>st</sup> May 2024. In this connection, an extension lecture on 'Health and Awareness: Protecting Children from Tobacco Industry Interference' was delivered by Dr. Nazia Zahoor, Senior Resident, Community Medicine, GMC Baramulla. The event was in hybrid mode. In her presentation she spoke about the genesis of the 'World No Tobacco Day' and highlighted the effects of smoking on vital organs like heart, liver and lungs. She threw light on the consumption of cigarettes gender-wise and pointed out that in India it accounts for 9.5% of all deaths. Dr. Nazia emphasised the need to understand that smoking is an addiction and a deadly habit that affects not just smokers but non-smokers equally as well. To break free from smoking, she suggested therapies that can reduce anxiety as well as addiction and include nasal spray, gum, capsules, varenicline etc

Later on an awareness rally by the students accompanied by faculty, Program Officer NSS and Caretaker NCC was taken in the vicinity of the college to aware the general masses about the ill effects of smoking. The students interacted with the locals and also requested the shopkeepers not to sell cigarettes around the educational institutes.





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