

DEPARTMENT OF SCIENCE AND HUMANITIES

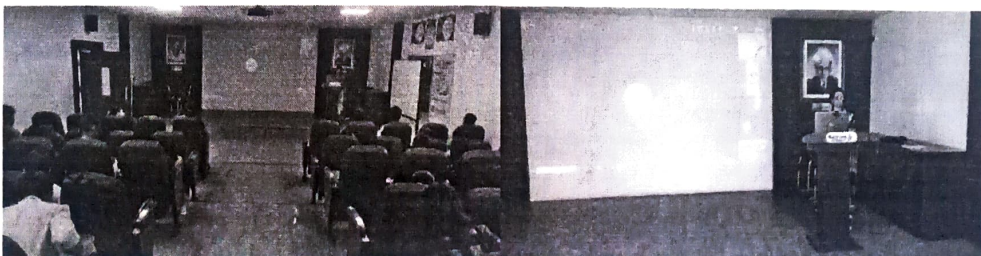
REPORT ON WORLD NO TOBACCO DAY

31.05.2024

The Department of Science & Humanities along with Corporate Academia Relationship Cell successfully hosted a virtual program to celebrate World No Tobacco Day – 2024 in the campus of Sri Sairam College of Engineering. This year's theme, "STOP SMOKING," aimed to raise awareness among students, faculty, and the local community about the dangers of tobacco use and to promote a smoke-free environment. The program was hosted by Prof. Malini K V, Head Corporate Academia Relations. To execute the program we had amongst us Hema Parikh, Founder and CEO, Insight Academy & Sai Prasad Bangaru, Life Coach & Clinical Psychologist, Sober Steps Foundation as speakers for the day.

Mr, Sai Prasad Bangaru spoke on how Smoking is one of the leading causes of preventable deaths worldwide, and how its effects are far-reaching and devastating. Not only does it harm the smoker, but also those around them, including family, friends, and co-workers. Quitting smoking is not easy, and it requires a lot of effort and commitment. However, the benefits of quitting are immense, and they are both immediate and long-term. First and foremost, quitting smoking improves our health. Smoking causes a range of health problems, including lung cancer, heart disease, stroke, and respiratory illnesses. By quitting smoking, we reduce our risk of developing these health problems and improve our overall health and well-being. Finally, he highlighted that quitting smoking is a responsible choice that can help protect the health of those around us. Second-hand smoke can cause a range of health problems, particularly for children and non-smokers. By quitting smoking, we reduce the risk of exposing those around us to the harmful effects of second-hand smoke.

It was indeed an extremely informative session which created awareness in students to make the right choices for themselves. Finally, Prof. Malini KV thanked the speakers for sharing their valuable insights and concluded the programme.



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Coordinator