

VIDYAVARDHAKA LAW COLLEGE

SHESHADRI IYER ROAD, MYSURU-1

BRIEF REPORT ON WORLD NO TOBACCO DAY



Dr. B.G.Ponnappa

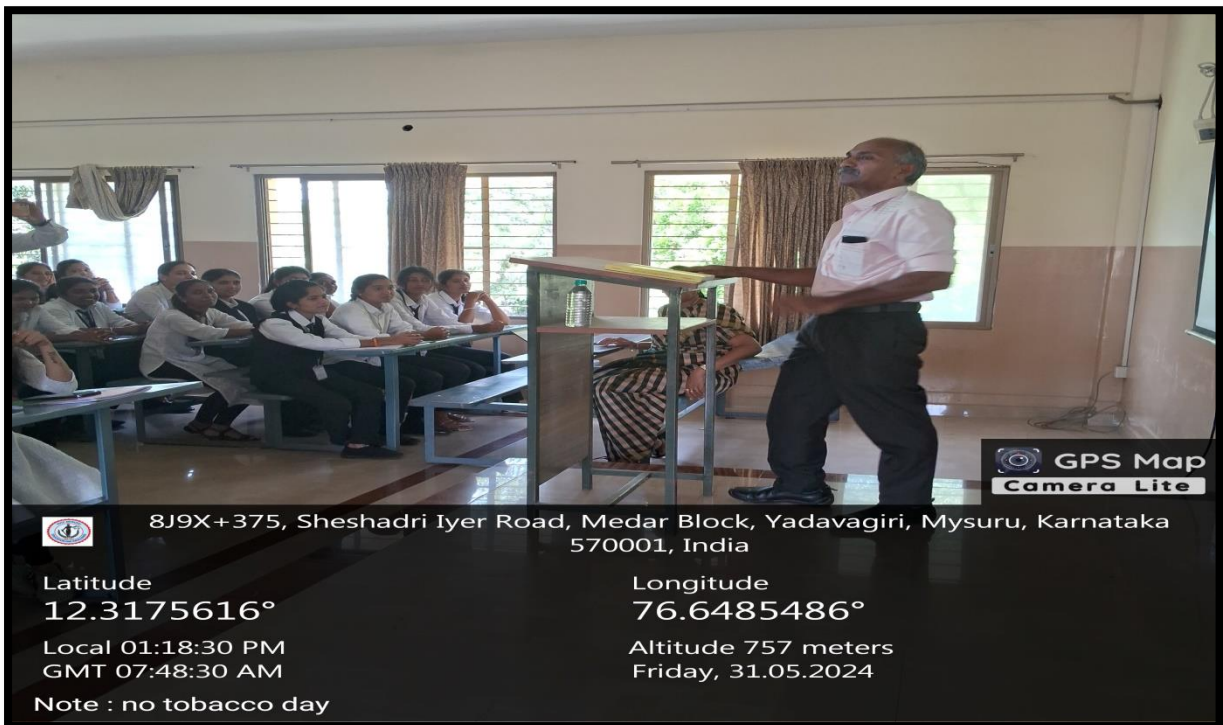
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General Surgeon & Medical Superintendent,

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On 31st MAY in our college we organized a awareness programme on World No Tobacco Day. We invited a distinguished speaker Dr.B.G.Ponnappa to deliver lecture on “Consequences of Using Tobacco in Young Age”.



Addressing the students he said that, yearly celebration of this day informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing

to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations. Every year, World No Tobacco Day is observed to make people aware of the potential health risks and advocate efficient policies to reduce tobacco consumption.

This day is a reminder of several health risks like heart disease, stroke, cancer and some respiratory illnesses. Smoking is fatal to health causing millions of deaths every year imposing a huge burden on healthcare systems.



Our Speaker also stated that The theme for World No Tobacco Day 2024 is "Protecting children from tobacco industry interference". The message is to protect future generations and ensure a constant decrease in tobacco consumption.

What are the negative effects of smoking?

Here are some long-term effects of smoking:

Lung cancer

Tobacco smoke comprises carcinogenic compounds that damage the DNA in lung cells. Repeated consumption can lead to mutation and uncontrolled cell growth. Lung cancer is fatal and its symptoms include coughing, weight loss, and chest pain, it significantly reduces quality of life and survival rates.

Heart disease

Chemicals in tobacco smoke damage blood vessels which leads to atherosclerosis reducing blood flow and oxygen supply to the heart. This can increase the risks of heart attacks, heart failure, and chest pain (angina), leading to high mortality and morbidity rates.

Stroke

Another common negative effect of smoking is stroke which increases blood pressure and makes blood more likely to clot, blocking blood flow to the brain. This can damage your brain, resulting in paralysis, and speech difficulties, and it can even cause death in severe cases.

Respiratory infections

Your immune system can be impaired and airways can be damaged due to smoking, which can easily hold infections. Increases in susceptibility to pneumonia, bronchitis and other respiratory infections can lead to frequent illness and lower overall health.

Type 2 diabetes

Smoking raises insulin resistance to make it harder for the body to regulate blood sugar levels. It also raises the type 2 diabetes risk leading to complications like neuropathy, kidney disease, and vision problems.



Principal Dr, Deepu addressed the gathering in this occasion. Smt Indumathi M.J proposed vote of thanks



We took a pledge on No Tobacco Day

