

## KU organizes Awareness program on World No-Tobacco Day

**Srinagar, May 31:** An Awareness Program commemorating World No Tobacco Day was today organized by Department of Students' Welfare in collaboration with Cancer Society of Kashmir at University of Kashmir's Gandhi Bhawan.

Prof. Sowkat Zargar, Head – Department of Gastroenterology, SKIMS and Chairman, Cancer Society of Kashmir, in his multimedia presentation gave an insight of the cancer society and its activities to the attendees. "Awareness about cancer is the greatest tool to fight cancer and this is one of the aims behind the establishment of this society". Reiterating that this was the 4<sup>th</sup> such awareness program in the University, he said that 70 such programs had been conducted by the society over the past year. He thanked Vice Chancellor University of Kashmir, Prof Riyaz Punjabi for his continuous support to the Society adding that everyone's support was needed by the society to fight cancer.



Dean Students' Welfare, Prof Nilofer Khan, while welcoming audience comprising of doctors, research scholars, faculty, officials at University and students, said such programs would go a long way in safeguarding healthy future of the society. "I am glad to see such enthusiastic participation from students. I hope students will become ambassadors against tobacco and help us in fighting this dreaded nuisance" she said. She added that a symposium on awareness about breast cancer would be organized by DSW in the near future.

Dr. Nazir A Khan, Additional Professor, Radiation Oncology, SKIMS, delivered a presentation on 'effects of smoking on health'. While delving details and statistics, he said consumption of tobacco in all its forms was on a rise by 15% every year in developing countries. "Nicotine compels smokers to continue smoking. Lung cancer is the second most common cancer in Kashmir, and it is most prevalent in smokers in urban areas and farmers in rural areas" he added.

In another PowerPoint presentation, Dr. Imtiyaz Ali, Head – Department of Social and Preventive Medicine discussed 'Tips on how to quit smoking' and touched various aspects regarding smoking. He suggested reasons that can help motivate a person to give up smoking.

Dr. Mushtaq A Quraishi, Director, Directorate of Internal Quality Assurance (DIQA) and founding member of Cancer Society of Kashmir began the proceedings of the function. Assistant Dean Students Welfare and Public Relations Officer of the University, Showkat Shafi delivered the vote of thanks.

Mr. Ayub Sabir, Social activist former Lecturer in Kashmiri, presented a satiric poem addressing the ill effects of tobacco on the human body. His musings were appreciated with roaring applause by the audience. Mr. Sabir narrated his poem in Kashmiri, Urdu and English.

A short film was also played during the presentation highlighting activities of Cancer Society of Kashmir. 'When you open your mouth for cigarette, you open your mouth for cancer' 'Don't let your life go up in smoke' 'Everyone has a right to breathe clean air' 'By permitting somebody to smoke near you, you are at greater risk' were some of slogans canvassed on banners during the program. Awareness booklets on various forms of cancer were also distributed amongst students at the program.

Shahid Ali Khan, Cultural Officer KU conducted proceedings of the program