

**WORLD NO TOBACCO DAY- AWARENESS PROGRAM (NIMS, Hospital)****Venue:** TCC, Neelima Hospital**Time:** 10:00- 11:00 AM

On the occasion of World No Tobacco Day, a health awareness talk was organized at Tobacco Cessation Centre (TCC), Neelima Hospital by the Department of Community Medicine for patients and their accompanying attendants. The session aimed to raise awareness about the harmful effects of tobacco use and to encourage a tobacco-free lifestyle.

The program commenced with a welcome address by the Head of the Department of Community Medicine **Dr P Shruti**, who emphasized the importance of this day.

The talk was delivered by **Dr. M Sandhya Rani** (Assoc. Professor), who highlighted the various types of products containing tobacco to address the misinformation, the health risks associated with tobacco consumption, including cancer, heart disease, and respiratory problems and also about the hazards associated with second hand smoking. The session emphasized the importance of quitting tobacco and offered practical tips and motivation for those looking to give up the habit.

The talk was well-received by the attendees, many of whom expressed appreciation for the valuable information and encouragement provided. The event served as a reminder of our commitment to promoting public health and well-being.

The event was coordinated by: **Dr Sowmyashree U (SR) & Mr Bhimudu (MSW)**

