



Alamdar Nursing College IUST commemorates No Tobacco Day

Awantipora May, 31: On the occasion of 'World No-Tobacco Day', Alamdar Memorial College of Nursing and Medical Technology Charari Sharief, a constituent college of IUST Awantipora organised a One Day training and awareness programme in collaboration with Institute of Mental Health and Neurosciences (IMHANS) Srinagar for nursing students.



During the event, Principal Govt. Medical College Srinagar Dr. Samia Rashid, who was the Chief guest, highlighted the ill-effects of tobacco usage and deliberated on the challenges and strategies associated with quitting tobacco consumption.

Dr. Arshid Hussain, Professor at the Department of Psychiatry, Govt Medical College Srinagar, underscored various health hazards associated with tobacco use including death



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of ‘eight million people each year because of tobacco use’ and talked about its effects on our economy.



The awareness programme was followed by technical and scientific sessions conducted by medical experts including Professor, Department of Psychiatry and Incharge of Drug De-addiction Centre SMHS, Srinagar Dr. Yasir Rather, and Senior Resident, Senior Resident, De-addiction Centre, Department of Psychiatry Dr Fazal-e-Roub, who talked the various respiratory disorders caused by the use of tobacco and also suggested various ways to control it.

Earlier clinical psychologist IMHANS Ms. Zoya Mir welcomed the participants and the program concluded with the health awareness segments conducted by the students of AMCMNT in the different out-patient department of SMHS hospital led by teaching faculty Mr. Syed Shahid Siraj and Mr. Tabashir Bashir.

The aim of the programme was to make the audience aware of the ill-effects of tobacco consumption in the backdrop of this day observed annually on May 31 by the World Health Organisation (WHO) and global partners to raise awareness on the dangers associated with tobacco usage with this year’s theme “protect the environment.”