



2020-2021

Name of the Department/Society: **National Service Scheme**

Name of the Event **65**: No tobacco day session

Date of the Event: 31st May, 2021

It has long been known that tobacco consumption is the leading cause of a number of fatal cardiovascular and lung diseases. But recently WHO has stated that smokers face a 40-50% higher risk of death from Covid-19. Yet unfortunately, it remains one of the most widespread addictions across the globe.

So, on the occasion of World No Tobacco Day, we at NSS Hansraj in collaboration with SGA Hansraj College, conducted a webinar to create awareness about the tobacco epidemic.

The speaker of the session was Dr Ravi Kaushik who is a prominent member of the faculty at the National Resource Center for Tobacco Control. He informed the attendees about the history of tobacco, the types of smokeless tobacco and the risks associated with them. The session ended with a discussion on what steps should be taken by the government, NGOs and individuals to solve this perilous problem. The webinar became successful with attendees gaining knowledge about the crucial topic. We would like to thank our principal Dr Rama Ma'am, our Programme Officer Dr Monika Koul Ma'am, and SGA's convener Dr Shalini Kaushik for guiding us throughout the session and gracing the occasion with their joyful presence.

World No Tobacco Day Webinar

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History of Smokeless Tobacco (SLT)

- Portugese and Spanish sailing crews carried tobacco seeds, and planted them
- When smoking was forbidden on British naval vessels because of the fire hazard, sailors turned to chewing tobacco and snuff.
- In Europe, tobacco was regarded as a prophylactic during the plague and, for those who did not like smoking, chewing was an alternative.
- Tobacco chewing was recommended for cleaning the teeth
- The native populations of Brazil were the first people known to use snuff.
- By early 1600s, snuff use spread to South America, China, Japan and Africa
- In 1890, about 1.5 kg of SLT products were chewed annually per capita in US
- By early 20th century, tobacco chewing became socially unacceptable and unlawful.

A GOOD IDEA CHEWING TOBACCO

Don't spit on the floor. But if you spit on the floor at home, do so here. We want you to feel at home.

HELENS HAVANAH TOBACCO.

Ravi Kaushik (Guest)

31-05-2021

DR RAVI KAUSHIK

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Ravi Kaushik (Guest)

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