



**2020-2021**

Name of the Department/Society: **Society of General Awareness**

Name of the Event 8: Commit to Quit-Webinar on World no Tobacco day

Date of the Event: 31 May 2021

World No Tobacco Day is an annual event observed on May 31 to raise awareness among people regarding the harmful effects of tobacco on health. This year, the campaign also urges people to have a healthy lifestyle amidst the COVID-19 pandemic.

Tobacco can cause various serious diseases, such as lung diseases, tuberculosis, and even cancers. In fact, it accounts for approximately 30 percent of all cancers in India. Keeping this in mind, SGA, Hansraj College in collaboration with NSS Hansraj is hosting the webinar- 'Commit to Quit' on the occasion of World No Tobacco Day 2021. Our guest speaker, Dr Ravi Kaushik, Assistant Professor of Physiology at Maulana Azad Medical College, is a crucial member of the faculty at the National Resource Centre for Tobacco Control. Dr Kaushik will be taking us through the long term physiological and mental effects of consuming tobacco and ways to escape its addiction.

**SOCIETY OF GENERAL AWARENESS**  
*in collaboration with*  
**NSS, HANSRAJ COLLEGE**  
*presents a webinar and*  
*Invites students, faculty & Non Teaching staff to*

**COMMIT TO QUIT**  
*on the occasion of*  
**WORLD NO TOBACCO DAY, 2021**

**Dr. Ravi Kaushik**  
**(MBBS, MD)**  
*Assistant Professor of Physiology, Maulana Azad Medical College & Associated Hospitals, New Delhi*  
*Faculty: National Resource Centre for Tobacco Control, PGI Chandigarh for Online "Basics of Tobacco Control" Course.*

**MAY 31 12:30 PM**

**PLATFORM: MS TEAMS**

**Link: [bit.ly/3c4CAFE](https://bit.ly/3c4CAFE)**

**Patron:** Dr. Rama (Principal)  
**Convenors:** Dr. Monika Koul (NSS)  
Dr. Shalini Kaushik Love (SGA)