

NSS Unit of GDC Kishtwar and NCORD Cell Organize Lecture on World No Tobacco Day



Kishtwar, [31-04-2024] – The NSS unit of Government Degree College (GDC) Kishtwar, in collaboration with the NCORD cell of the college, organized an enlightening lecture on World No Tobacco Day. The event featured Dr. V. R. Pandita, a Consultant in Medicine at District Hospital Kishtwar, as the keynote speaker.

The program commenced with a warm welcome address by Prof. Esarul Ayub, NSS Programme Officer. Dr. Pandita provided an in-depth discussion on the numerous disadvantages of tobacco consumption, highlighting the severe health risks and diseases associated with its use. He explained how tobacco affects the lungs, leading to chronic respiratory diseases and significantly increasing the risk of deadly diseases such as lung cancer. Dr. Pandita emphasized that the carcinogenic substances in tobacco smoke damage the cells lining the lungs, which can eventually lead to cancerous growths. Additionally, he discussed the harmful effects of other forms of tobacco, such as ghutka, which also contribute to oral cancers and other serious health conditions.

A significant moment of the event was the oath-taking ceremony led by Prof. Prithivi, where attendees pledged to abstain from tobacco. The lecture was followed by a lively interactive session, allowing students and faculty members to engage directly with Dr. Pandita and ask pertinent questions.

Principal of GDC Kishtwar, Prof. Basharat Iqbal, encouraged students to stay away from tobacco consumption. He emphasized the importance of maintaining a healthy lifestyle and the role of education in making informed choices about personal health.

The formal vote of thanks was delivered by Prof. Waseem, Nodal Officer of the NCORD cell, expressing gratitude to all participants and contributors. The event was well-attended by various faculty members, including Prof. Umar Din, Dr. N. K. Manhas, Prof. Prithivi Raj, Chief Librarian Rafiq Ahmed, Prof. Bilal Ahmed Pareey, Prof. Vijay Kumar, Prof. Ajeet Kumar, Prof. Sonika Sen, Prof. Akhter, Prof. Vijay Kumar, Prof. Asma, among other dignitaries.