

## **Krishi Vigyan Kendra (KVK), Reasi organises World No Tobacco Day**

Krishi Vigyan Kendra (KVK), Reasi under the administrative control of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-J) organised World No Tobacco Day here today through virtual mode which was enthusiastically attended by a number of people. The programme was organised under the able guidance of Director Extension (DE) of SKUAST-J, Dr.SK Gupta. The major objective of the programme was to create awareness among the people about the hazardous side effects of tobacco that causes many serious ailments. Scientist & Head of KVK, Reasi, Dr. Banarsi Lal, initiated the programme with the warm welcome of the participants. While addressing the participants he spoke on the ill-effects of tobacco. He elaborated the theme of 2021 No Tobacco Day i.e. "Commit to Quit". He said that the tobacco is the leading cause of respiratory disorders like chronic obstructive pulmonary diseases, tuberculosis and other lung diseases. He said that the best way to quit smoking is to never start it. He narrated that there is dire need to protect and prevent youths from tobacco and nicotine use. He spoke on the second hand smoke and added that the strenuous efforts are needed to safeguard the youths from this menace. He also discussed on some new interventions need to be introduced to make a tobacco free society. Dr.Suja Nabi Qureshi, Scientist spoke on the hazardous effects of tobacco and narrated that some best practices need to be showcased to protect the youths from tobacco. He added that for a good health we need to eat healthy food, feel healthy and above all we should not have any addiction of those products which are harmful to our health. He added that the young people must take care of their health and they need to reject tobacco addition as ultimately they are the future of the nation. He suggested that one should pledge to quit smoking or chewing of tobacco on this day. Participants showed keen interest in the programme and thanked KVK, Reasi for organizing such a useful programme. The programme was concluded by Dr.Suja Nabi Qureshi with formal vote of thanks.