

# PERILS OF TOBACCO USE

## -BY PRINCE YADAV

The KIET Group of Institutions, Delhi NCR, Ghaziabad in association with Innovative Cancer Care and Rehabilitation Pvt. organized a webinar on 11<sup>th</sup> March to spread awareness about the perils of tobacco use.

**CERTIFICATE OF PARTICIPATION**

This certificate is awarded to  
**Prince Yadav**  
for successfully attending the National Webinar titled  
**Save the Youth against the Menace of Tobacco**  
organized by  
**KIET Group of Institutions, Delhi-NCR, Ghaziabad**  
in collaboration with  
**Innovative Cancer Care and Rehabilitation Pvt. Ltd. (ICanCaRe)**  
on 11 March, 2021

Dr. A Garg  
Director  
KIET Group of Institutions

Dr. Pawan Gupta  
Medical Advisor  
ICanCaRe

2:21 4G 46%

Webex

LIVE PS

Praveesh singh (cohost)

P

Prince (me)

PS

Prof. Anil D. Sahasrabu... (cohost)

QN

Qureshi Mohammad Nawaz

RS

Rafiya Sabugar

RB


Ramit Batra

2:27 4G 4G 44%

Webex

LIVE

TOBACCO: DEMON OF THE PRESENT ERA – THE BIGGEST KILLER!



- A manmade catastrophe
- Death – 10 Boeing crash everyday – painful death
- Needs intervention

iCanCaRe

2:30 4G 42%

Webex

SAVE THE YOUTH CAMPAIGN

This meeting is being recorded.

**S A V E**

**SENSITIZATION**

1. BE SMART DO NOT START
2. BE CAREFUL and FEARFUL
3. Win Over Tobacco Made Easy
  1. Books
  2. #knowtobacco

**ASSISTANCE**

- ASSIST TO QUIT TOBACCO
  - QUIT LINE
  - APP
  - Self HELP BOOKS
  - Online cessation
  - Cessation centres
  - Online group Counselling
  - Online consultation
  - E-commerce portal
  - iCanCaRe App

**VOLUNTEERING TRAINING**

- NETWORK
  - Volunteers
  - Marshalls
  - Ambassadors
  - Alliance partners
  - Specialist
- TRAINING
  - MARSHAL
  - OCTC
  - CTCs

**ENFORCEMENT**

- TOBACCO FREE
  - Institution
  - Clubs
  - Schools
  - Units
  - Consultation
  - Training
  - Certification

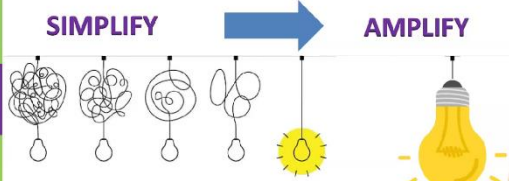
iCanCaRe

3:26 4G 13%

LIVE

ROLE OF ICANCARE

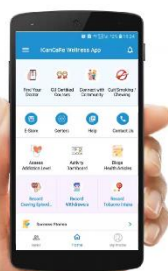
**SIMPLIFY** → **AMPLIFY**



Tobacco Cessation is now simplified into  
PROTOCOL AND EVIDENCE BASED  
METHODOLOGY

**EMPOWER**

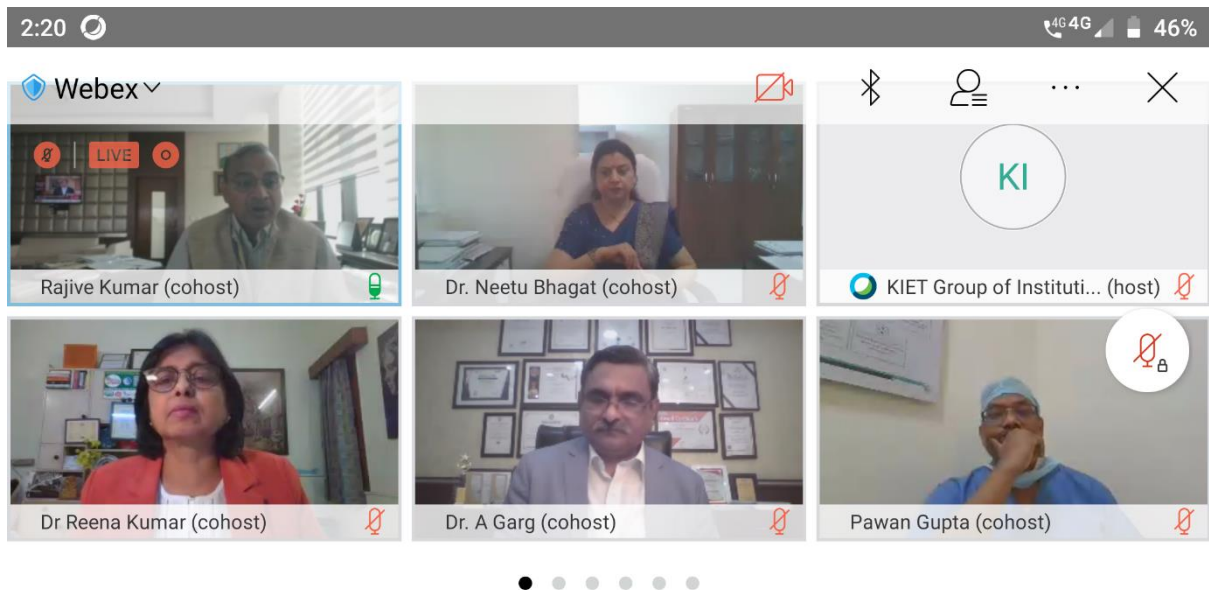
Cessation amplified to reach  
everyone through  
ONLINE CESSATION FACILITY



Speaking: Dr. A Garg, Rishabh Agrawal

Standardized Approach with Personalized Delivery

iCanCaRe



Everyone got to hear from great personalities like Rajive Kumar sir, Dr. Neetu Bhagat, Dr. Reena Kuma, Dr. A Garg and many more. We came to know about the Many things of tobacco on our health like Smoking is a major risk factor for infections like pneumonia, heart attacks, strokes, chronic obstructive pulmonary disease (COPD) (including emphysema and chronic bronchitis), and several cancers.

There are also bad mental affects on our body. Research has shown that **smoking** actually increases anxiety and tension. **Nicotine** creates an immediate sense of relaxation, so people smoke in the belief it reduces stress and anxiety. This feeling is temporary and soon gives way to withdrawal **symptoms** and increased cravings.

Everyone was introduced to Innovative Cancer Care and Rehabilitation Pvt. Which launched ICanCare app which can help to Leave the bad habit of tobacco. Everyone was very much amazed when we got to know how affective this app can be.

Now if I tell you about my personal experience, I can say it was ver informative and knowledgeable session. After attending the webinar I decided I will not smoke , although I don't even do it now. I will rtry my best to change the thinking of some of my friends who are indulge in smoking or any other bad habits which include tobacco.