

Flash mob on the ill-effects of tobacco

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Thane: On World No Tobacco Day on Saturday, various organisations across Thane held events and awareness programmes to highlight the ill-effects of smoking.

Doctors and nurses from various hospitals joined hands to spread awareness among the common man, especially smokers. Every cigarette smoked causes damage to each organ in the body. There are around 4,000 chemicals in a cigarette and out of these 200 are poisonous.

Smoking not only affects smokers, but also those around them as they too are exposed to the toxic chemicals around. So, few dancers, along with 50 doctors from Indian Dental Association (IDA) conducted a flash mob at Korum mall on Saturday evening.

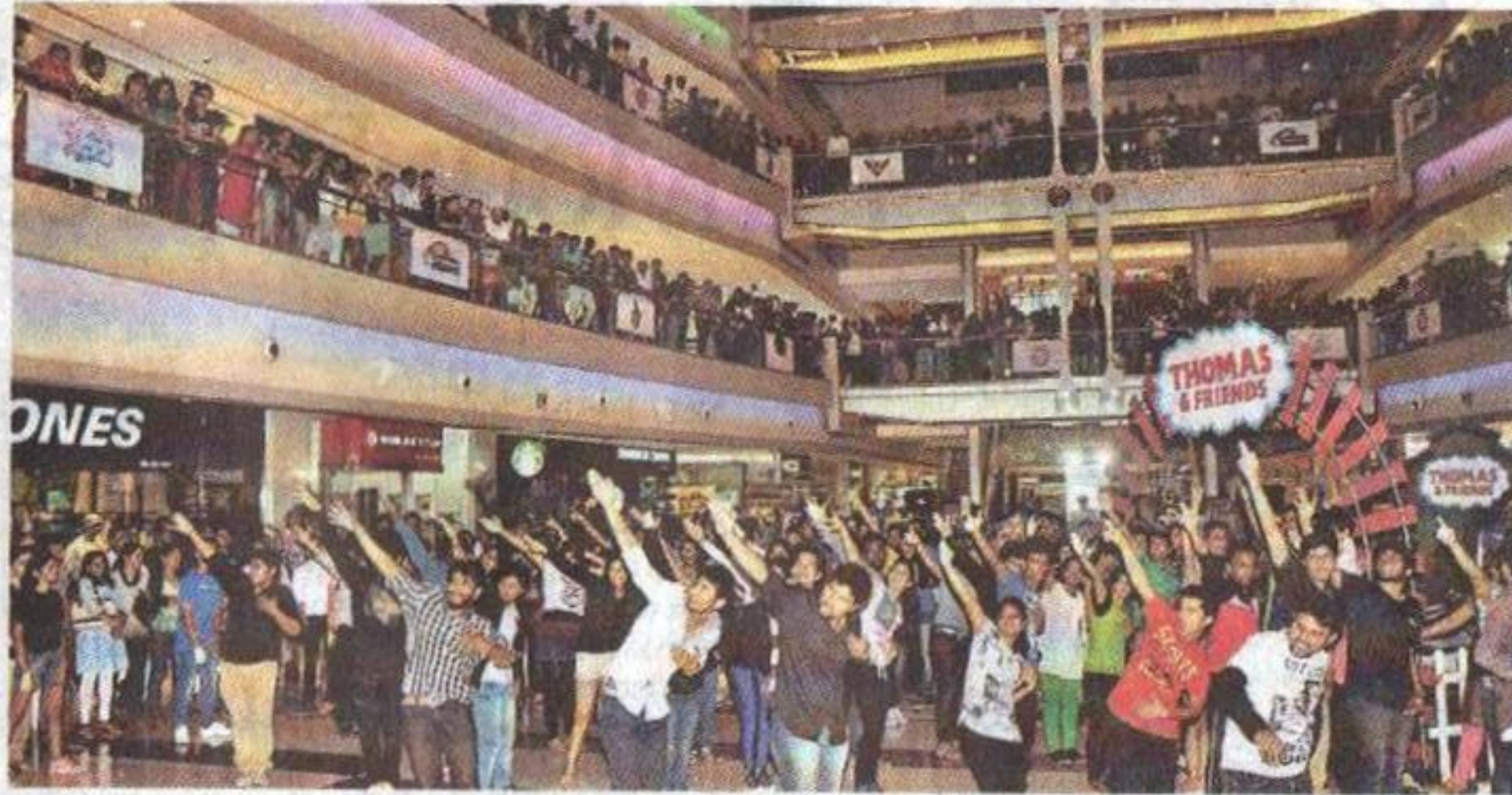
They danced to the tunes of songs that encouraged citizens to quit tobacco. Shoppers were surprised to see doctors shaking a leg at the mall premises. Similarly, around 20 nurses from Thane Civil Hospital came together and made drawings on the 'anti-tobacco' theme.

Apart from this, there were

counselling sessions as well. Shoppers were guided to the nearest Tobacco Intervention Initiative clinic (TII). Doctors guided the shoppers at the mall about the ill-effects of smoking and its adverse effects. This was followed by a signatory pledge against tobacco addiction. "The initiative to involve nurses will help as they interact constantly with patients. This will spread the word about the ill effects of tobacco faster. In rural areas, many use paste which has tobacco contents and this affects their oral hygiene as well. So, we conducted an awareness campaign for both the genders," says a doctor from the hospital.

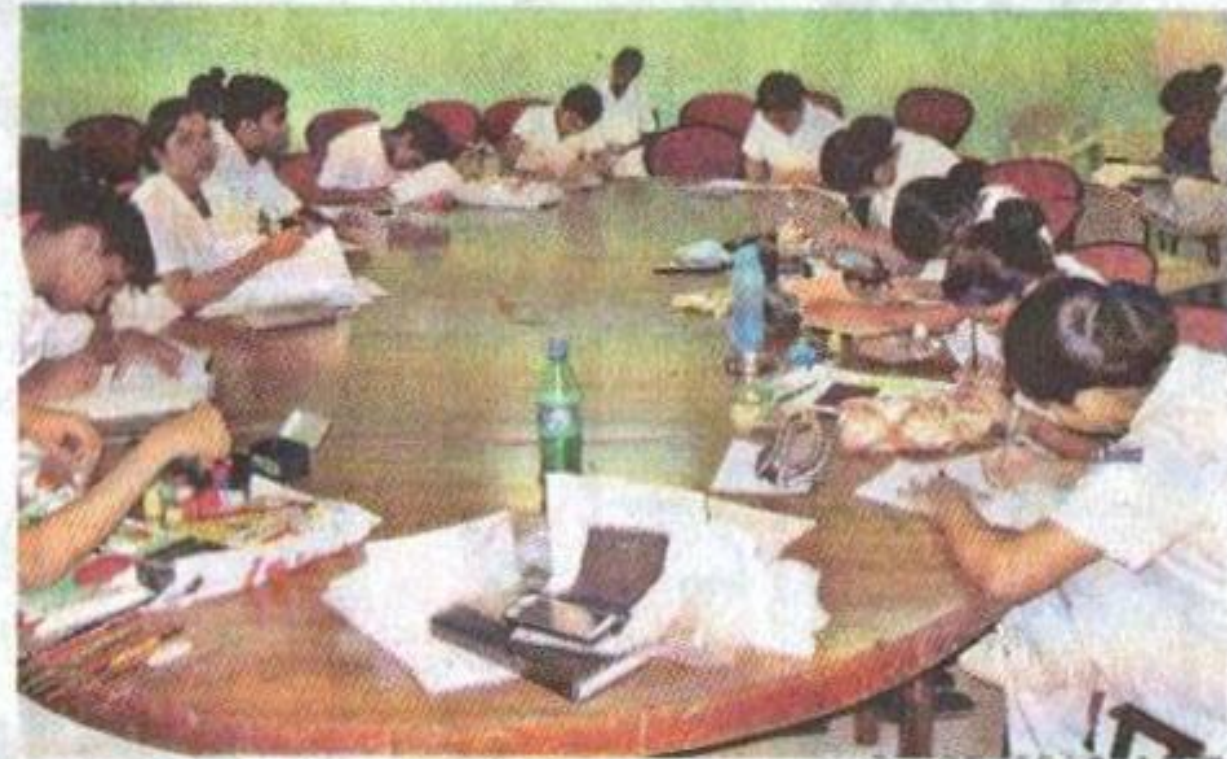
The poster competition for nurses was conducted in the premises of Thane Civil Hospital and the drawings were exhibited. Patients and other visitors at the hospital were also counselled. They were told about the effects of gutkha and pan masala.

Meanwhile, few NGOs in the city also came together to conduct an awareness drive at Kopri for labourers and construction workers. They were not only explained the after-effects of consuming tobacco, but also given ways



to quit it. Around 200 labourers attended this awareness initiative.

"Tobacco is very injurious to the body as it can cause several problems like various types of cancer. It can also cause coronary heart disease, stroke, respiratory illness, infertility to both men and women, increase risk of cataract and other illnesses. A small strip of tobacco can harm your body to great extent so it is better to take precautions," said Dr Anil Heroor, oncosurgeon at Fortis Hospital.



A poster competition for nurses was conducted at Thane civil hospital; a flash mob was organised at Korum Mall, to spread awareness