

**MEDICAL DEPARTMENT  
EASTERN RAILWAY, HOWRAH**

**Sub: World No Tobacco Day on 31<sup>st</sup> May, 2018.**



On 31<sup>st</sup> May, 2018, “World No Tobacco Day” was observed in a befitting manner through an awareness programme organized at OPD Complex of Orthopaedic Hospital, Eastern Railway, Howrah with focus on the risks of tobacco addiction.



The session was chaired by Dr. B. C. Saha, CMS /E. Rly./HWH and well attended by Doctors, Nursing and other para-medical staff as well as many OPD patients.



The session started with a short lecture by Sri. Goutam Jana, Staff Nurse who focused on the theme for 2018 “Tobacco and Cardiovascular Disease”. The common perception is that the main risk of tobacco is only cancer but it the audience was sensitized to the fact that apart from cancer a large number of serious and life threatening conditions also result from tobacco abuse.



Sri. Bidyut Kumar Dash, Food Safety Officer, Howrah motivated people to discontinue such addictive habit by explaining the economic burden of smoking and shared a newspaper article on the issue.



Dr. A. Sarkar, ACMS/H&FW/HWH shared some simple techniques that may be utilized to self-motivate addicts to quit the habit.



Finally Dr. B. C. Saha, CMS/HWH effectively explained the many pitfalls of tobacco abuse with special focus on the damage caused by passive smoking to family members and even the unborn when pregnant ladies are subjected to passive smoking.

There was a very positive response from members of the audience and they were also motivated to spread the message and help others to escape the harmful effects of Tobacco.

There was display of informative banners and a few photographs were taken on the occasion.

( Dr. B. C. Saha )  
Chief Medical Superintendent  
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