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## TABLE TALK CALLS FOR CONTINUOUS AWARENESS PROGRAMMES AGAINST THE EVILS OF SMOKING



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DOHA : A table talk organized by Anti Smoking Society Qatar has called up on the community to involve and conduct continuous awareness programmes on the evils of smoking, as the epidemic of smoking is causing multifaceted damages to the individual and society.

Dr. M.P.Hassan Kunhi, the chairman of the society who inaugurated the programme observed that

systematic awareness can improve the situation to a great extent. We should join hands together with government authorities , policy makers and non governmental organisations in spreading awareness in the mass root level.

Dr.Abdul Rasheed, president of the society analysed the phycological impact of information explosion and underlined that people should have effective ways and means for relaxation.

Smoking is not at a recommended solution for stress relieving and it should be eliminated systematically.

Dr. Sabu KC , president of Qatar Indian Authors forum presented a case of will power in quitting smoking and affirmed that its is possible to quit, if we have strong will power.

Mibu Jose, president of engineers forum elaborated on the evils of smoking and felt combined efforts of education and awareness can make effective changes in the society.

Abdul Rauf Kondotty, Lok kerala sabha member and managing committee of ICBF undrerlined the importance of educational campaigns and asked the community not to belittle the evils of smoking in the society.

Dr. Simi Paul, the pride of India award winner observed that keeping special smoking zone in public places gives a comfort for smoking and such facilities to be avoided as far as possible. If no smoking zones are available its likely that many will control smoking to an extent.

Dr. Sheela Philip opined that children should get regular awareness programmes at the schools and these education should guide the younger generation to keep away from smoking

Dr. Hanna Moideen , a councilor and author urged the community to work hand in hand for a smoking free society as it will bring out wonderful results in the social and economic situations.

Muthalib Mattannoor, president of Mappila kala academy highlighted the importance of anti smoking campaigns and found it will create a positive society.

Liji Abdulla, a teacher, artist and social media influence emphasized on practical ways and means to educate people on the evils of smoking

Noushad Abu, president of Kuwaq shared his ideas how to help people to quit smoking

Abdulla Poyil, a member ICC youth wing supported the idea of continuous awareness and education.

Shiju TK, the facility coordinator of FINQ supported the concepts of anti smoking society and offered as possible support and cooperation.

Shafeeq Hydawi urged the gathering to go for scientific methodologies . He narrated the story of

Prophet banning the consumption of alcohol

Akhder Kudel, chief marketing officer of Med Tec corporation urged the society to focus all types of substance abuse including vaping.

Reswin Ashraf, business head of life science division at Med Tec corporation elaborated on inculcating healthy values and systems in the society.

Founder and CEO of Anti smoking society conducted the event.

Pic. Table talk in progress

2. Anti Smoking Society officials and guests holding play cards of World No Tobacco Day 2023