



Shri Vile Parle kelavani Mandal's

**Dr. Bhanubhen Nanavati College of Pharmacy**

(Approved by PCI, AICTE, DTE. Affiliated to University of Mumbai)



**Seminar Report Seminar organized as per the directives of AICTE under IQAC activity entitled, “Say No to Smoking and Junk Food” 22nd September 2017.**

A seminar was organized as per the directives of AICTE under IQAC activity entitled “Say No to Smoking and Junk Food” 22nd September 2017. The seminar was organized for the First Year M. Pharm and Second Year M. Pharm students.

The objective of the seminar was to spread the awareness about the harmful effects of tobacco in any form and junk food on student's health.

The various scientific reports shows that Tobacco having more than 50 harmful ingredients which are responsible to cause cancer. Along with smoking, chewing of tobacco is also harmful, it leads to oral cancer. The smoking related cancer cases is not just restricted to man but also affects female. It has been reported that 50% patients suffering from cancer can due to tobacco consumption are male and 25 % cases are of female. Tobacco takes away many year from productive life of young people. Thus we must take strong measures against it. We need to work towards developing and enforcing strong policies to reduce tobacco and alcohol use and reducing exposure to environmental carcinogens. One of the invited speakers Dr. Sharmila Pimple MBBS, MD. , Professor and physician with Tata memorial Hospital in department of preventive oncology in her speech reinforced about the harmful effects of tobacco.

Dr. Sharmila Pimple mentioned about the cancer prevalence, causes of cancer. She also mentioned about the harmful effects of tobacco. Tobacco use stand second as a leading cause of various diseases and disorders. She shared the global map of cancer stating the prevalence of cancer in India which is about 94 cases of all types of cancer per lac. She emphasized about the routine oral inspection and also legislation to be reinforced and to be implemented.



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Not just consumption of tobacco and alcohol is dangerous to the health but the unhealthy food which we are consuming also responsible for metabolic disorders due to obesity.

India's diabetes burden and the obesity problem have assumed serious levels, which is mainly because of increase in consumption of junk food. Every year, nearly 5.8 million Indians die of heart and lung diseases, cancer and diabetes. Junk food is filled with salt, sugar and fat. Hence the diet remains the integral part of life. Diet is food that is consumed for nutritional requirement and health wellbeing. Another speaker of the seminar Mrs. Vinita Chowdhary freelance dietician mentioned about the healthy food habits. Mrs. Vinita Chowdhary told in her speech about harmful effects of bread, Maida, artificial sweetner, artificial colours. She also highlighted about the traditional food recopies and goodness of rock salt, ghee.

All the M. Pharm students attended the seminar. The feedback was taken. Most of the M. Pharm students found the both the topics of the seminar very informative.

The local organizing committee members comprised of the following faculty

Sr. No	Name	Role in Seminar
1	Dr. Munira Momin	Convener and Principal
2	Dr. Sujata Sawarkar	Program Coordinator
3	Mrs. Rashmi Mallya	Program Coordinator
4	Mrs. Madhavi Apte	Member
5	Mrs. Manisha Oza	Member



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## Glimpses of Seminar "Say No to Smoking and Junk Food" 22nd September 2017



**Welcome address by  
Mrs. Rashmi Mallya**



**Guest Introduction by  
Mrs. Madhavi Apte**



**Dr. Sujata Sawarkar welcoming guest and  
Presenting token of appreciation to Dr. Sharmila Pimple.**



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**Dr. Sujata Sawarkar welcoming guest**



**Guest lecture by Mrs. Vinita Chowdhary**



**Students attending Seminar**



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**Group Photo**

**Prepared By**

Mrs. Madhavi Apte

**Program Coordinator**

Mrs. Rashmi Mallya

**Program Coordinator**

Dr. Sujata Sawarkar

**Convener and Principal**

Dr. Munira Momin