



**MALABAR MEDICAL COLLEGE  
HOSPITAL & RESEARCH CENTRE**  
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## World No Tobacco Day Report

The Department of Community Medicine, Malabar Medical College & Research Centre (MMCH&RC), in collaboration with the Departments of Pulmonology, Psychiatry, and Forensic Medicine, organized a full-day event on **World No Tobacco Day (WNTD)** on **May 31, 2025**. Observed globally, WNTD aims to raise awareness about the harmful effects of tobacco use and second-hand smoke, while promoting tobacco-free lifestyles. This year's program targeted medical and paramedical students and included academic sessions, competitions, and creative activities centered around the World Health Organization's theme for 2025.

The program was inaugurated by Mr. Anil Kumar V (Chairman), Dr. P.V. Narayanan (Principal), and senior faculty members from the organizing departments. The event began with opening remarks on the significance of WNTD, followed by a collective tobacco-free pledge taken by all students and faculty. The organizing team comprised Dr. George P Jacob (Chairperson), Dr. Amrutha M.S (Organizing Secretary), Dr. Rakesh Ramachandran (Joint Secretary), and Dr. Rahana Raj (Organizing Member).

The academic sessions included a talk on the "Adverse Effects of Smoking" by Dr. Harsha P.V. and a session on "Overview and Management of Nicotine Addiction" by Dr. Sinu Sathian. An engaging quiz competition was conducted by Dr. Neena Priyadarshini A.V., covering topics such as tobacco-related diseases, laws (COTPA, WHO-FCTC), and common myths. Four student teams participated enthusiastically, and prizes were awarded to winners and participants.

In the afternoon, a poster-making competition on the theme "Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products" saw participation from 19 student teams. Posters were judged based on creativity, scientific accuracy, and relevance, with winning entries displayed in the department and awarded prizes.

The event concluded by 4 PM and was marked by strong interdepartmental collaboration, enthusiastic student participation, and a clear reaffirmation of the institution's commitment to tobacco control and public health promotion.





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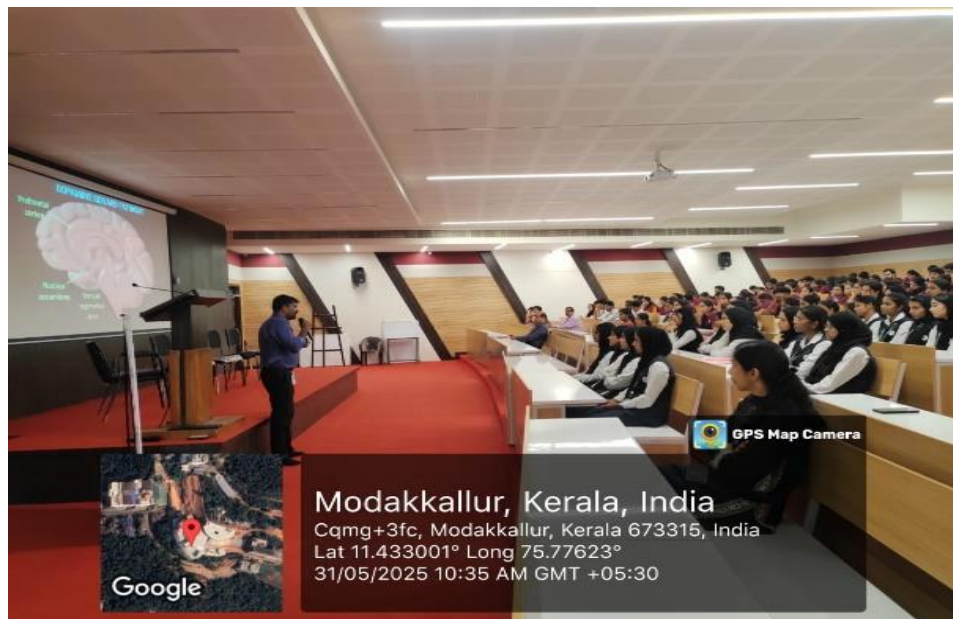


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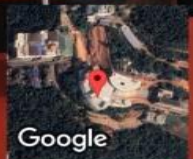


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