

World No Tobacco Day

As part of *World No Tobacco Day 2025*, an awareness programme was conducted at Perungulathur by the Department of Community Medicine. The session aimed to educate the public about the serious health consequences of tobacco use in all forms—smoking, chewing, and inhalation.

The talk highlighted the strong link between tobacco and life-threatening conditions such as heart disease, stroke, cancers, and respiratory illnesses. The audience was also encouraged to adopt healthy dietary and lifestyle habits to reduce the burden of tobacco-related complications.

