



# MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

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## Webinar on “Ill Effects of Tobacco on Health” June 4, 2020

Department of Law in collaboration with North West District Legal Services Authority organized a Webinar on Ill Effects of Tobacco on Health on 4<sup>th</sup> June 2020 under the aegis of IQAC. Sh. Sunil Kumar Gupta Secretary, North West District Legal Services Authority along with Sh. Praveen Kumar Gupta, HoD, Dept. of Law and Ms. Purnima Gupta, Legal Aid Convener, hosted the event with their team through Cisco Webex. Around 90 students participated.

The resource person for the said webinar was Dr. Sajeela Maini, consultant at Sir Ganga Ram Hospital, New Delhi. She has also authored a book titled 'The last Puff'. Dr. Sajeela is heading the Tobacco Cessation Centre at Sir Ganga Ram Hospital, a specialized Center, wherein tobacco habitués are given psychotherapeutic interventions and pharmacotherapy to reduce withdrawals/urges and make the quitting process easy and less discomforting. She counsels today's young generations about the bad effects of smoking cigarettes, hookah or tobacco in any other form.

**Decide your last puff,  
Before your puffs  
decide your fate.**

- Dr. Sajeela Maini

### What is Sucked with a Cigarette?

- Nicotine Pesticides
- Arsenic Rat Poison
- Tar Road Surfaces
- Hydrogen Cyanide Poison Used in Death row
- Acetone Nail Polish remover
- Butane Lighter Fuel
- Carbon Monoxide Gas from car exhausts
- Methanol Rocket Fuel
- Formaldehyde Used to preserve dead body
- Ammonia Cleaning Products
- Cadmium Batteries
- Radon Radioactive Gas

**4800 Chemical Compounds + 69 Carcinogens**