



Maharaja Agrasen Institute of Management Studies

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Maharaja Agrasen Chowk, Sector 22, Rohini, Delhi - 110086, INDIA www.maims.ac.in

REPORT

Seminar on From Vape to Lungs: What Every College Student Should Know

Date: September 28, 2026

Timings: 10 AM Onwards

Venue: MAIMS Campus

No. of Participants: 100

Resource Person: Dr. Ankush Chaudhary

Faculty Coordinator: Prof. (Dr.) Charu Mohla, Professor, Department of Business Administration
Dr. Deepak Dagar, Associate Professor, Department of Business Administration and Dr. Diksha Goel,
Assistant Professor, Department of Economics

Introduction

Students Grievance Redressal and Welfare Committee of Maharaja Agrasen institute of management studies (MAIMS) organized a seminar on **From Vape to Lungs: What Every College Student Should Know** on September 28, 2026. The initiative was conducted under your guidance and institutional leadership to promote health awareness across the campus. The session featured Dr. Ankush Chaudhary, Consultant Pulmonologist, Chest & Respiratory Specialist, and Interventional Pulmonologist, as the keynote resource person. The event aimed to educate first-year students on the physiological, neurological, and behavioural hazards associated with vaping and smoking.

Key Discussion Points and Technical Insights

Interactive Opening Poll: Dr. Chaudhary initiated the session by asking students if they believed vaping was safer than smoking. Student responses revealed widespread misconceptions regarding e-cigarettes. He clarified that nicotine-containing vapes represent a critical threat to respiratory health.

Mechanism of Addiction: Addressing what drives addiction, Dr. Chaudhary highlighted that approximately 90% of dependence is anchored in behavioural habits and social routines rather than chemical intake alone.

Comparative Analysis (Cigarettes vs. Vaping): Conventional cigarettes burn tobacco and generate smoke containing

Carbon Monoxide (which reduces oxygen capacity), tar, and over 7,000 toxic substances that damage airways. Added sugars and bacterial toxins further heightening nicotine addiction. Conversely, vaping produces chemical aerosols containing volatile organic compounds and high nicotine levels. Although anti-smoking campaigns originally promoted vaping as harm reduction, it has inadvertently led to an increase in youth smoking and vaping cases.

Debunking Myths: The speaker debunked common myths such as "vape is just flavoured water" or "it smells nice, so it is harmless". He affirmed that nicotine is addictive and harmful to lung tissue. Furthermore, he warned that e-cigarette batteries can overheat and explode in pockets under excessive heat, leading to physical burns and acute lung injuries.

Pathophysiology and Brain Development: Vaping leads to chronic coughing, throat irritation, breathlessness, lung inflammation, and long-term pulmonary complications. Because brain development and neuroplasticity continue through young adulthood, youth remain highly vulnerable to chemical addiction. The habit forms a neurological loop where stress triggers cravings, nicotine provides temporary relief, and dopamine reinforces the addiction memory cycle. Peer pressure, social circles, and environmental exposure were identified as the primary catalysts for youth initiation.

The Dopamine Dependency Cycle:

Stress / Environmental Triggers Craving Nicotine
Consumption Temporary Physiological Relief Dopamine
Memory Reinforcement Loop.

Case Study and Practical Demonstration

Dr. Chaudhary shared a case study from 2017–2018 regarding a former district-level badminton and football athlete who took up smoking in his youth. By his 30s, the individual became bedridden, unable to stand, walk, dress, or use the washroom independently, while suffering from severe depression and suicidal thoughts. Doctors diagnosed extensive internal damage and predicted a remaining lifespan of only 6 months. However, by quitting smoking completely and undergoing proper medical treatment, he achieved full recovery. For the past 10 years, he has served as a member of the Maharashtra Secretariat group and conducts awareness sessions across institutions.

To conclude the event, Dr. Chaudhary conducted a practical

breathing and mindfulness exercise, equipping students with self-control techniques to manage stress and stay away from smoking and drinking.

Conclusion and Institutional Core Message

The session successfully aligned with MAIMS' health mandate: *"Your Health Matters – Make Health a Priority, not a Compromise"* and *"Stay Informed | Stay Healthy | Stay Strong"*. The knowledge shared during this session will contribute to fostering a healthier, substance-free student community.



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a Glimpse OF EVENT

28.09.26



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