



PAKISTAN STUDY CENTRE
University of Sindh, Jamshoro, Pakistan

WEBINAR REPORT

“ANTI-TOBACCO AWARENESS ONLINE SESSION”

Pakistan Study Centre,
University of Sindh, Jamshoro
and
Shaukat Khanum Memorial Cancer Hospital
and Research Centre, Karachi

LIVE WEBINAR
ANTI-TOBACCO
AWARENESS ONLINE SESSION

Tuesday, 8th June 2021 @ 10:30 AM
Zoom ID: 92005480879
Password: 843364

Presided by
Prof. (Meritorious) Dr. Muhammad Siddique Kalhoro
Vice Chancellor, University of Sindh, Jamshoro

Keynote Speaker
Dr. Mahreen Khalid

Welcome Address
Prof. Dr. Shuja Ahmed Mahesar
Director, Pakistan Study Centre,
University of Sindh

Moderator
Mr. Zohaib Faizi
(Regional Head)

Best Regards:
Prof. Dr. Shuja Ahmed Mahesar
Director, Pakistan Study Centre,
University of Sindh, Jamshoro
Cell No: 0336-3729263

Organized by: **Pakistan Study Centre, University of Sindh, Jamshoro**
In Collaboration with: **Shauk Khanum Memorial Cancer Hospital & Research Centre, Karachi**

Tuesday, June 8, 2021

Topic: **“Anti-Tobacco Awareness Online Session”**

Welcome Address: **Prof.Dr.Shuja Ahmed Mahesar**, Director Pakistan Study Centre

Keynote Speakers: **Dr Mahreen Khalid**

Cancer Awareness Medical Officer

Shaukat Khanum Memorial Cancer Hospital & Research Centre, Karachi

Organized by: Pakistan Study Centre, University of Sindh, Jamshoro

Presided over by: **Professor (Meritorious) Dr.Muhammad Siddique Kalhoro**

Vice Chancellor, University of Sindh

Day / Date: Tuesday, June 8, 2021

Participants: PVCs, Deans, Directors, chairpersons, PhD & M.Phil Scholars and graduate students of the University

Computerized by: **Ayaz Channa**, Publications Officer, Pakistan Study Centre

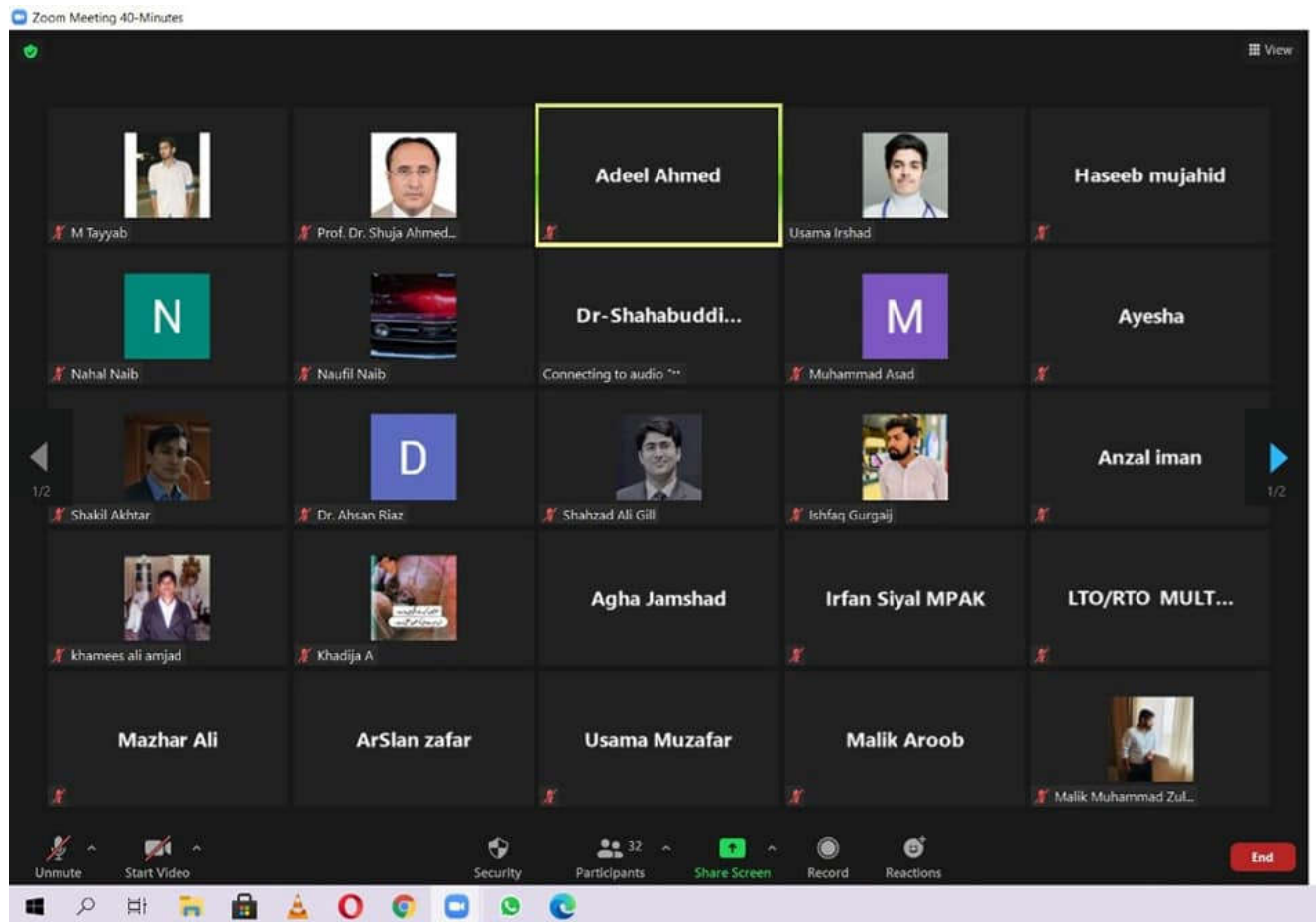
Edited by: **Professor Dr Shuja Ahmed Mahesar**

Director Pakistan Study Centre University of Sindh Jamshoro

PAKISTAN STUDY CENTRE, UNIVERSITY OF SINDH, JAMSHORO

PROCEEDINGS

Pakistan Study Centre (PSC) is one of the leading research focused institutions of higher education. The centre is a part of internationally recognized University of Sindh, Jamshoro.



PSC teach and research across a wide range of subjects in the field of Pakistan Studies. PSC are based in creative and culturally diverse area of Jamshoro located near the River Indus. The Centre offers excellent learning environment as well as accommodation to students.

PSC also started series of research seminars, conferences and workshops in order to

engage scholars, researchers in academic debate on unprecedented challenges faced by Pakistan during this pandemic crisis.

PRESIDENTIAL ADDRESS

Under the vision of Professor (Meritorious) Dr. Muhammad Siddique Kalhoro Vice Chancellor, University of Sindh Jamshoro and under the leadership of its Director, Pakistan Study Centre has started a series of workshops/seminars and conferences.

In his presidential remarks, the Vice Chancellor University of Sindh Jamshoro, Meritorious Professor Dr. Muhammad Siddique Kalhoro said that the youths were increasingly smoking, which was having a negative effect on their health. He said that the students needed to be made aware of the deadly effects of smoking from their school age so that they might not get into the habit of smoking when they came to colleges and universities.

KEY NOTE SPEAKER

Speaker Dr Mahreen Khalid, Cancer Awareness Medical Officer, Shaukat Khanum Memorial Cancer Hospital & Research Centre, Karachi at a webinar has said that the corona virus has devoured the



lives of those people in Pakistan, India, USA, UK and other countries who were the chain smokers and it is still lethal for such sorts of natives across the globe.

She said that as many as 90% patients of lungs cancer in Pakistan were the outcome of being chain smokers, therefore; they said there was stern need to create awareness among the masses not only in Pakistan but worldwide as 1.1 billion people were accustomed to tobacco on the planet.

Smokers are at a higher risk of developing severe disease from COVID-19

CORONAVIRUS IS ANOTHER GOOD REASON TO QUIT TOBACCO USE

THE EFFECT OF THE CORONAVIRUS CAN BE WORSE FOR PEOPLE WHO USE TOBACCO

Tobacco use leads to disease and disability and harms nearly every organ of the body, including the lungs.

The coronavirus attacks the lungs – if your lungs are already damaged by tobacco use, the effects of the virus could be worse.

Tobacco affects your immune system, meaning you're less able to fight off infections.

#COVID19 #Coronavirus

Dr. Mehreen Khalid

The compound in car exhaust that causes death

Causes shortness of breath

Reduces the amount of oxygen blood can carry

Shaukat Khanum Memorial Cancer Hospital and Research Centre

#StopUsingTobacco

Shaukat Khanum Anti-Tobacco Campaign

Dr. Mehreen Khalid

ABC Certified

The Largest Circulated Sindhi Daily of Pakistan

هڪ ٿي وقت ڪراچي، حيدرآباد ۽ سکر مان شايع ٿيندڙ پهرين سنڌي اخبار

DAILY KAWISH

روزانه

Wednesday 09 June, 2021

(جلد 31) اربع 09 جون 2021 ۽ بمطابق 28 شوال المڪرم 1442ھ (شمارو 305) قيمت 25 روپيا

پاڪستان ۾ سگريٽ پيئندڙ 20 سيڪڙو ماڻهو ڪينسر ۾ ورتل

سنڌ يونيورسٽي ۾ شوڪت خانر اسپتال جي سھڪار سان ٿيل ريسارچ ۾ ماھرن اھو انڪشاف ڪيو

سگريٽ جي عادت ۾ ورتل ماڻھن جي بحالي لاءِ سينٽر هجڻ گھرجي: ڊي سي ڪلهوڙو

جامشورو (پ راسد) يونيورسٽي جا مشورو جي پاڪستان اسٽڊي سينٽر، لاهور جي شوڪت خانر ميموريل هاسپيٽل اينڊ ريسرچ سينٽر جي سھڪار سان ٿيندڙ نوشي خلاف عوامي سجاڳي جي سرڻي هيٺ هڪ ويسٽار جو اھتمام ڪيو جنھن کي خطاب ڪندي مقررين صحت تي سگريٽ نوشي جي پوندي خطراتن کي بيان ڪيو. انھن بابت ماڻھن خاص طور نوجوانن ۾ سجاڳي پيدا ڪرڻ جي ضرورت تي زور ڏنو ۽ چيو تہ سگريٽ نوشي سبب نوجوانن بيمارين ۾ دلچي مختلف ڏھن طرف لاڳو ڪري رهيا آهن جن کي روڪڻ لاءِ عملي قدم کڻڻا پوندا. پاڪستان ۾ 80 کان 90 سيڪڙو مريض سگريٽ نوشي سبب ٿيڻ جي ڪينسر جو شڪار آهن. صحت تي خطاب ڪندي وائيس چانسلر پروفيسر ڊاڪٽر محمد صديق ڪلهوڙو چيو تہ نوجوانن جو سگريٽ نوشي طرف لاڳو وڌي ويو آهي جنھن جا سندن صحت تي ناڪاري اثر پئجي رهيا آهن. انھن چيو تہ جيڪي نوجوان سگريٽ يا تماڪ نوشي جا عادي بڻجي چڪا آهن انھن لاءِ پھلجي وارا سينٽر هجڻ گھرجي. پاڪستان اسٽڊي سينٽر جي ڊائريڪٽر پروفيسر ڊاڪٽر شجاع احمد مھيسر چيو تہ پاڪستان سميت دنيا ۾ ان وقت هڪ ارب ڏھ ڪروڙ ماڻھو سگريٽ جا عادي آهن ۽ اھو نسر ڏينھن ڏينھن وڌي رهيو آهي. مھرين خاتم پنھنجي تقرير ۾ تماڪ جي هونمار اٿڻ کي تفصيل سان بيان ڪيو. انھن چيو تہ پاڪستان ۾ 80 کان 90 سيڪڙو مريض ڪينسر سبب مھل ٿين ٿا. ان چيو تہ سگريٽ نوشي سبب مھل ٿين ٿا. ان چيو تہ سگريٽ نوشي چٽي ماڻھو بيمارين جي رسڪ مان 90 سيڪڙو آج ٿي سگھن ٿا. ويسٽار کي عليند ۽ زويھت فيضي ماڻھن کي ڪيو جڏھن تہ آخر ۾ سولن جولن جو سيشن پڻ ٿيو. ويسٽار ۾ سنڌ يونيورسٽي جي سوشل سائنسز فيڪلٽي جي ڊين پروفيسر ڊاڪٽر زين عباسي ۽ ٽيچرن توڙي محققن ۽ شاگردن جي وڏي لگ حصو ورتو.

سنڌ يونيورسٽي پاران خانگي ڪاليجن ۾ بي اي ۽ ايم اي جا امتحان 29 جون تي ٿيندا

جامشورو (پ ر اسد) سنڌ يونيورسٽي جا مشورو جي سينٽر امتحان واري ڪنٽرولر محمد معشوق صديقي چٽاڻو آهي تہ سنڌ يونيورسٽي، سان الحاق خدمت خانگي ڪاليجن ۾ بي اي ۽ ايم اي جي پھرين سيشن جا امتحان 2020 ۾ هلندڙ مھيني جي 29 تاريخ کان شروع ٿيندا. سمورن لاڳاپيل نيجيٽ عملي ۽ ناگھرن کي عدالت ڪشي وڃي آهي تہ هو امتحان دوران ضرور ٿيڻ ۾ پوز تي رھي. سان عمل ڪرڻ پھلجي موجب امتحان بابت تفصيلي ٽائيس ٽيبل جلد جاري ڪيو ويندو.

THANK YOU