

ACTIVITY REPORT

1.	Name of the activity	No smoking Day 2025
2.	Date & Time	15/03/2025 11-12pm
3.	Venue / Place	UHTC
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	20
5.	Organizing Faculty / Medical team	Dr. Aastha Pandey, Dr. Ashlesha Dandekar and interns
6.	In-charge	Dr. Aastha Pandey,
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	Smoking is one of the biggest causes of preventable diseases and deaths worldwide. It greatly increases the risk of lung cancer, heart disease, and long-term breathing problems. Smoking doesn't just harm the smoker—it also affects people around them through secondhand smoke, especially children and pregnant women. Nicotine is highly addictive because it changes the way the brain works, making quitting hard. But stopping at any stage improves health. Treatments like nicotine patches, counseling, and support groups can make quitting easier. As doctors, we must not only warn people about the dangers but also guide them toward quitting, which leads to better breathing, a healthier heart, and a longer life. Raising awareness and taking action are the best ways to fight this problem.
8.	Number of faculties attended (Guest lecture/CME/Workshop/Seminar/Health camps)	2
9.	Number of Students Attended	2



Professor & Head,
Dept. of Community Medicine
MIMER Medical College,
Talegaon Dabhade.

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No Smoking Day

ATTENDANCE

Dr. Aastha Pandey
Dr. Ashlesha Dandekar

INTERNS

Ameya Kasare,
Aditya Bade



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Talegaon Dabhade, Maharashtra, I...

127, Ambli Rd, Somwar Peth, Khalde Aali, Talegaon Dabhade,
Maharashtra 410507, India

Lat 18.721144° Long 73.685307°
15/03/2025 11:48 AM GMT +05:30