

**REPORT ON**  
**“REJECT OR REGRET” programme**  
**conducted as part of “World no tobacco day”**  
**by Department of Business Administration in**  
**association with “Amrita Institute of Medical**  
**Science, Kochi.”**

**St. Albert's College (Autonomous), Ernakulam**

**Department of Business Administration**  
In association with "Amrita Institute of Medical Science, Kochi"  
Organizes

**“Reject or Regret”**  
(Smoke away your worries not your lungs)  
As a part of "World No Tobacco Day"

**WORLD NO TOBACCO DAY**

**Dr. Aswathy.S**  
Professor, Community Medicine (Tobacco Cessation)  
Amrita Institute of Medical Sciences, Kochi

**Date: 31/5/2021** **Join via Google meet**

**Schedule**

Inaugural session	: Dr. M.A.Solomon Principal, St.Albert's college(Autonomous)	10.00 am
Chief Guest Address	: Dr. Aswathy.S Professor, Community medicine, Amrita Institute of Medical Sciences, Kochi	10.15 am
Live Consulting session Valedictory Session	: Dr. Aswathy.S	10.45 am

**Organizing Committee**

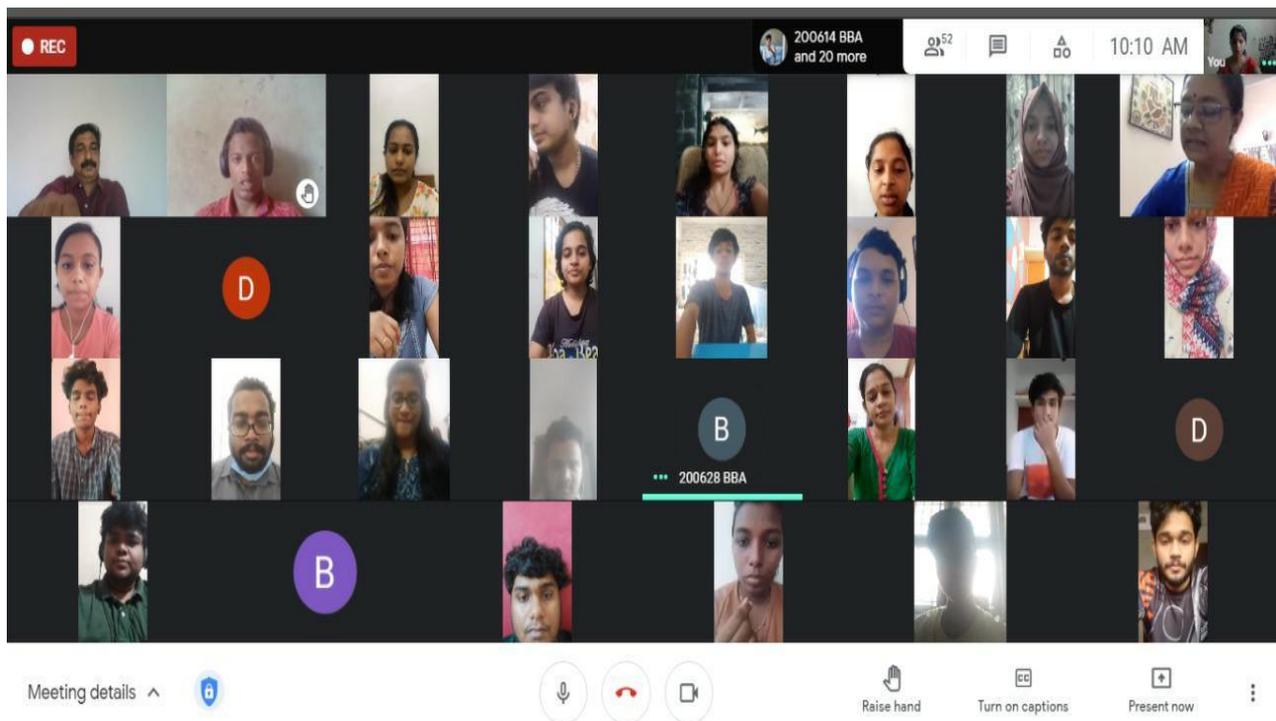
Prof. Akhila Lal (HOD) Dr. Shobitha.P.S	Dr. Ajitha.H Prof. Serin Sajan
--	-----------------------------------

For more details contact : [bba@alberts.edu.in](mailto:bba@alberts.edu.in) , Akhila Lal(HOD): 9995519681

The Department of Business Administration, St. Albert's college (Autonomous) in association with Amrita Institute of medical sciences, Kochi conducted a webinar and live counselling session “Reject or Regret”(Smoke away your worries not your lungs),as part of “World no tobacco day” on 31<sup>st</sup> of May 2021.The programme were coordinated by Asst. Prof. Akhila Lal (HOD, of BBA Dept.), Dr. Shobitha P S, Dr. Ajitha H, Asst. Prof. Serin Sajan.

The webinar started at 10:00 am. It was hosted by Ms. Mary Tania Simenthy, second year student of BBA department. The webinar began with the blessings of almighty by a prayer song by Ms.Niya P Wilson, second year student of BBA department. Dr. Ajitha welcomed the gathering with a opening speech. Dr. M. A. Solomon, Principal of St. Albert's college (Autonomous), addressed the gathering.

The chief guest of the day, Dr. Aswathy S., Professor, Community Medicine (Tobacco Cessation), Amrita Institute of Medical Science, Kochi recited the pledge for the students. Every student from the department took the pledge along with her. It was really a positive moment.



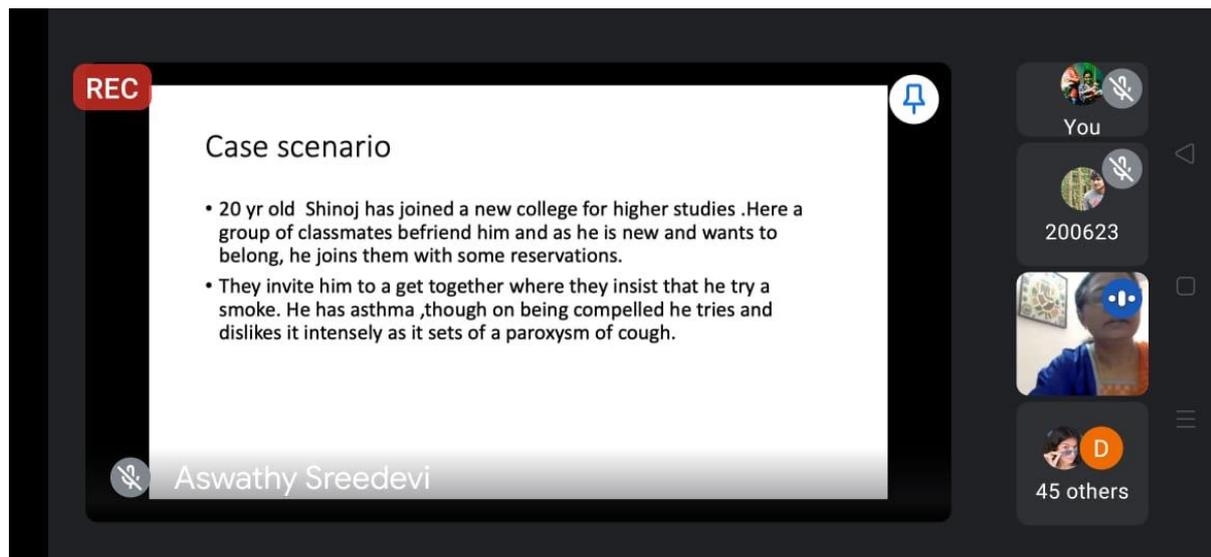
Then she took us all through a presentation session.

The screenshot shows a Zoom meeting interface. The main content is a presentation slide titled "CHEMICAL COMPOUNDS IN CIGARETTE SMOKE". The slide includes a summary of hazardous compounds and their effects, with a central graphic of a cigarette and the number 7,357. Below the cigarette, it states "70 NUMBER OF THESE COMPOUNDS WITH CONFIRMED CARCINOGENIC ACTIVITY". The slide lists several chemical classes with their structures and effects:

- NICOTINE**: CN1CCCC1. Affects 10-14 mg per cigarette. Addictive. Increases blood pressure. Increases heart rate. Causes bronchospasm. Causes vasoconstriction. Causes increased salivation.
- N-NITROSOAMINES**: Large class of compounds. Several are known carcinogens. Affects carcinogenicity. Affects carcinogenicity. Affects carcinogenicity.
- BENZENE**: c1ccccc1. Affects 10-14 mg per cigarette. Causes bone marrow depression. Causes leukemia. Causes aplastic anemia.
- AROMATIC AMINES**: Large class of compounds. Several are known carcinogens. Affects carcinogenicity. Affects carcinogenicity. Affects carcinogenicity.
- ACETALDEHYDE**: CC=O. Affects 10-14 mg per cigarette. Causes irritation. Causes coughing. Causes wheezing. Causes bronchospasm.
- 1,3-BUTADIENE**: C=CC=C. Affects 10-14 mg per cigarette. Causes irritation. Causes coughing. Causes wheezing. Causes bronchospasm.
- ACROLEIN**: C=CC=O. Affects 10-14 mg per cigarette. Causes irritation. Causes coughing. Causes wheezing. Causes bronchospasm.
- POLYAROMATIC HYDROCARBONS**: Large class of compounds. Several are known carcinogens. Affects carcinogenicity. Affects carcinogenicity. Affects carcinogenicity.

The meeting interface shows the presenter "Aswathy Sreedevi" and a grid of participants, including "1624 Depart...", "Akhila Lal", "1622 Depart...", "200628 BBA", "200623 BBA", "1627 Depart...", "Mary Tania S...", "1617 Depart...", "200607 BBA", "1626 Depart...", "1604 Depart...", "1619 Depart...", "200621 BBA", "1605 Depart...", and "200614 BBA".

At then end of the session, students did a case study.



The vote of thanks was proposed by Asst. Prof. Serin Sajan, department of business administration.

Around 53 students participated. All the students and teachers actively participated. Students also got the opportunity to converse with the guest of honour. They cleared their doubts. The session was very informative and useful.