



No Smoking Day

**Outreach community Activity
2018-2019**

Presented By: Dr Iman Elmahdi



No Smoking National Day

- 13 March is National no smoking day.
- Annual health awareness day in UK.
- UK celebrate no smoking day on 2nd Wed of March.
- The theme in 2011 is “Time to quit”.
- WHO celebrate no tobacco day on 31 March 2018.
- The faculty will celebrate on 13 March.

World No Tobacco Day 2018: Tobacco breaks hearts



Is smoking forbidden in Libya?

- د. دور العلم كالجامعات والمعاهد والمدارس والمكتبات العامة وما في حكمها بالقطاعين العام والخاص .
- هـ. أماكن العبادة وملحقاتها .
- و. مقر القطاعات العامة والمراكز والأجهزة والمصالح والمكاتب والإدارات العامة .
- ز. الأماكن المغلقة التي تقام فيها الأنشطة الاجتماعية والثقافية والرياضية.
- ح. الأسواق والمحلات التجارية المغلقة .
- ط. المطارات والموانئ والمنافذ البرية والبحرية ومحطات نقل الركاب .
- ي. جميع وسائل النقل العام البرية والبحرية والجوية سواء كانت مملوكة للقطاع العام أو الخاص .
- ك. المنشآت الصناعية ومراكز التدريب .
- ل. سلاسل المباني والمصاعد الكهربائية .

مادة (7)

يعتبر الممثلون القانونيون للمرافق والأماكن والمشرفون والقيّمون عليها المذكورة بالمادة (6) مسؤولين عن تنفيذ هذا القرار وعن منع التدخين بتلك المرافق والأماكن المنصوص عليها به ، وعليهم اتخاذ الإجراءات



Toxic Chemicals in Cigarette

- Nicotine
- Hydrogen cyanide
- Formaldehyde
- Lead
- Arsenic
- Ammonia
- Radioactive elements
- Benzene
- Carbon monoxide
- Nitrosamines
- Polycyclic aromatic hydrocarbons (PAHs)





Why this topic?

- Nearly 6 million deaths per year over the world due to tobacco smoking.
- Smoking causes diabetes, heart diseases, stroke, lung diseases, and cancer.
- Smokers die 10 years earlier than nonsmokers.
- According to WHO, smoking environment is classified as human carcinogenic.





Aim of the No smoking day

- To increase the awareness of population about the risk of smoking.
- To encourage smokers to quit smoking.





Preparations for the day

Students will be divided into teams:

- Team for designing brochures.
- Team for designing faculty's T-shirts.
- Team for designing models.
- Team for designing a poster about the activity.
- Team for designing video.
- Team for designing the oral presentation.





Team for Designing Brochures

- Tri-fold.
- Informative
- Attractive.
- Simple.
- Health problems associated with smoking.
- How quit smoking.
- A special statement # for no smoking day.



Team for designing faculty's T-shirts.

- Faculty Logo.
- Same a special statement # for no smoking day.

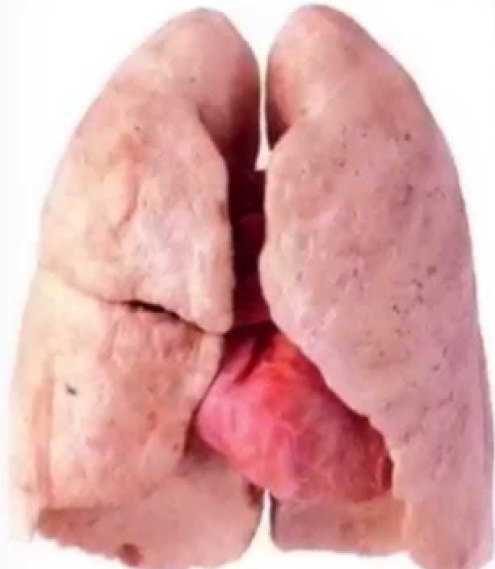


Team for Designing Models

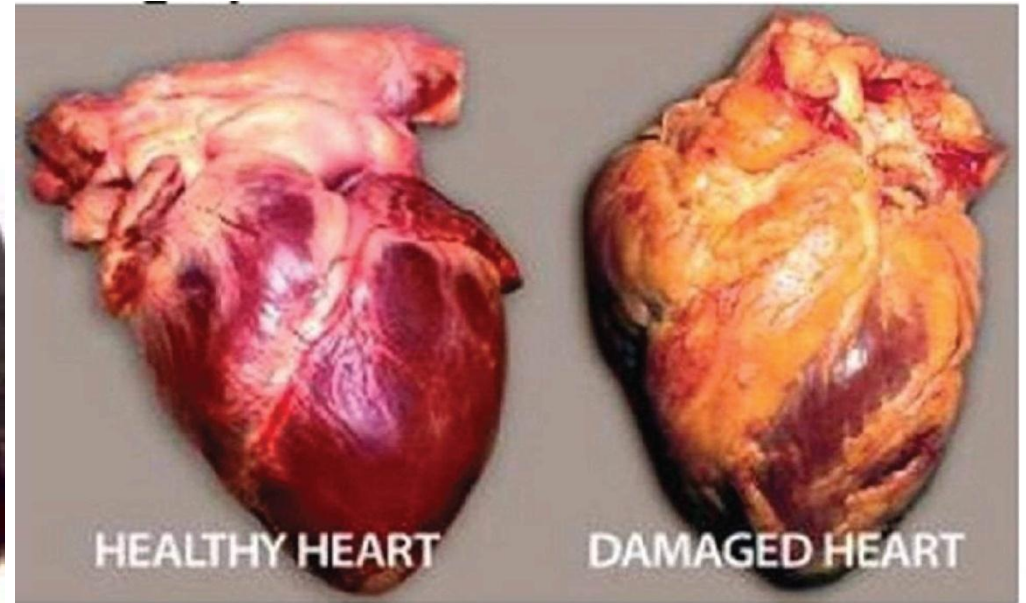
➤ Lung affected by smoking.

➤ Heart affected by smoking.

Vaper's Lungs



Smoker's Lungs





Team for Designing Models

- Stop smoking signs.
- Smoker teeth.





Team for Designing Poster

- Share the same theme of the brochures.
- Faculty & University logo.
- Highlight the activity.





Team for designing video

- About the complications of smoking.
- How to quit smoking.





Team for designing the presentation

Presentation about the activity for scientific day.
It should includes:

- Introduction about the day no smoking day.
- Photos & information about the preparation for the activity.
- Photos about the day celebration.





On the day

- Be on time.
- Wear the activity T-shirt.
- Video will be on all screens at university.
- Station at the university.
- Organized tour out the university.





Safe your heart
from early start.

TAKE THE FIRST STEP
NO SMOKING DAY

