

## **Seminar on 'Anti Smoking and Drug Abuse' held at BRAC University**

**Khairul Hasan Munna**

BRAC University organised a seminar on 'Anti smoking and anti Drug' in collaboration with MONON, MANAS and BUEC at the indoor games room of the university. State Minister for Health and Family Welfare Captain (retd) Dr Mujibor Rahman Fakir was present as the chief guest in the seminar. Professor Dr. Arup Ratan Chowdhury, founder director of MANASH presented a keynote speech in the seminar with acting Vice Chancellor of BRAC University Professor Golam Samdani Fakir in the chair.



Dr Mujibor Rahman Fakir said that our anti smoking and anti drug campaigns should start from each family. He expressed his fear that now a days many bright people like doctors use drugs so we all need to be concerned about this issue. It cannot be stopped by law only; we have to be socially aware and make a social movement all together. He put forward a message that said, "No more nicotine, take raw tea". He also added that the present government should give emphasis on stopping drug abuse.

Professor Dr. Arup Ratan Chowdhury talked about the physiological effect of smoking on our body. He also added that drug addiction starts from smoking and explained how smoking as well as drug have harmful impact on our body mechanism and we become dependent on it. He provided some statistics on how many people suffer or die every year due to smoking related complications or diseases. He made us aware that not only smokers but non-smokers also get affected equally. Now a days not only men but women also smoke and take various types of drugs. He pointed out some reasons for smoking, such as curiosity, peer pressure, uncomfortable feelings and watching favourite celebrities smoking in movies. He said that for all kinds of addiction three major components are responsible; psychological, physiological and social. He insisted all to "SAY NO TO DRUGS".