



E - NEWS LETTER

Jay Jalaram Ayu Pariwar



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Patron Message-

I hope you have relaxed and spend time with family members and friends during summer vacations. Vacations do make us fresh again to start our academic session with new energy and enthusiasm. We do have many achievements in our academic, and so the faculties are doing all their efforts, to improve performance of students. I am expecting better performance and results from our students.

Dr. Vijay Patel, M.D(Hom.)

President

Prerna Charitable Trust

From Editors Desk:

World is getting more and more attracted towards Ayurveda day by day. Authentic Education of Ayurveda is therefore becomes need of hour.

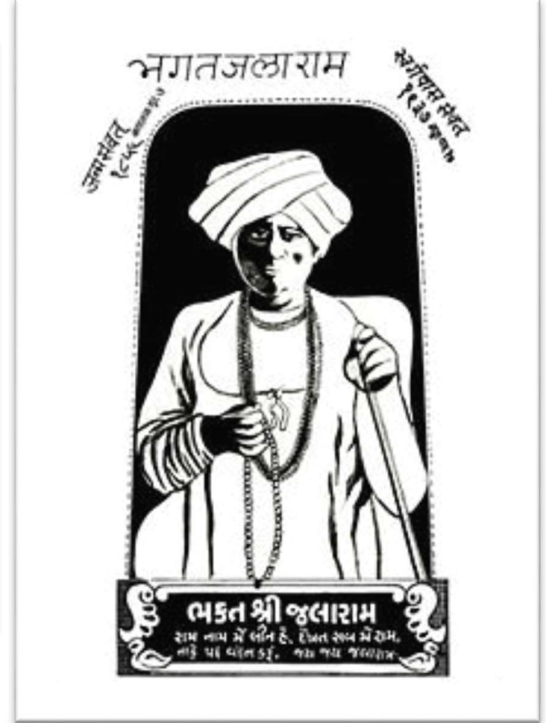
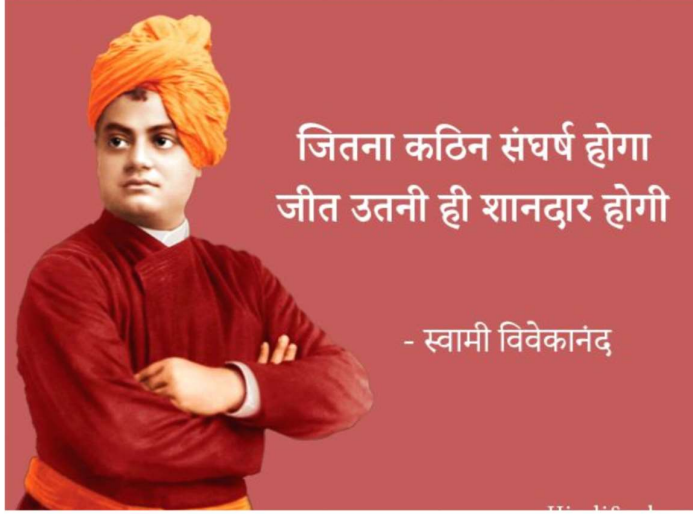
While working in interior area of Panchmahals district, we eager to achieve world standards, and present ourselves as successor of ancient Ayurveda. Getting notified in today's world is also important. Undergoing activities under Azadi Ka Amruta Mahotsav, MSE advised by NCISM, guidance of Gujarat Ayurveda University is enlightening our further progress.

I assure all to work hard for progress and development of our Institute.

- **Dr. Dattatraya Kharosekar M.D(Ayu.)**

Principal, JJAMC

OUR INSPIRATION



ARTICLE BY FACULTY

" Anti Tobacco Day"

Author- Dr Sanjivani Dabre M.D.(Ayu);
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In March 2022 the theme is said to be " quitting smoking doesn't have to be stressful.

The focus of this year will be on calming down people who want to quit smoking & letting them know that the process need not be stressful

Every year on 31May Who and global partners celebrate world No Tobacco Day (WNTD)

The member States of the world health organisation created world No Tobacco Day in 1987 to draw global attention to the Tobacco epidemic and the preventable death and disease it causes in 1987

The world health Assembly passed Resolution WHA40. 31 MAY 2021

The annual campaign is an opportunity to raise awareness on the harmful and deadly effect of tobacco use and second hand smoke exposure and to discourage the use of tobacco in any form

Definition of anti Tobacco opposed to, discouraging or restricting the use of tobacco Anti Smoking

Tobacco is derived from the leaves of the genus Nicotiana, a plant from the night shade family, indigenous to North & south America

Tobacco reduce the risk for many adverse effects, including poor reproductive health outcomes, cardiovascular disease, chronic obstructive pulmonary disease (COPD) and cancer

Tobacco is a plant Nicotiana tobacum and Nicotiana rustica that contains nicotine an addictive drug with both stimulant and depressant effects

Tobacco leaves are used to make products that can be consumed in different ways Smoking in cigarettes, cigars or pipes

In 1987 the world health organisation passed a resolution that announced April 7 1988 as "world no smoking day "

The act was passed to motivate people to prevent using tobacco for at least 24 hours

Later in 1988 the organisation passed another resolution that world No Tobacco Day will be observed on May 31

Aims to sensitise people about the hazardous diseases that can be caused due to smoking

The fatal habit can lead to things like cancer, diabetes, respiratory disorders.

WHO announces the 2022 global campaign for world No Tobacco Day - "Tobacco Threat to air environment" the campaign is aimed to raise awareness among the public on the environment impact of tobacco from cultivation, production, distribution and waste it will give tobacco users one extra reason to quit.

The main purpose behind the event is to stop the negative health impacts Media shows the positive aspects of this day with advertisement

All the NGO's and civil organisations join together to promote the quitting of tobacco on this day. Smokers start suffering from cancer diseases after the unlimited use of tobacco Maximum smokers face many respiratory diseases .

Theme of each year

2017. - Tobacco - a threat to development

2018 - Tobacco breaks hearts

2019. - make everyday world NO TOBACCO DAY

2020. - Tobacco Exposed The secrets out

2021. - commit to quit

2022 - quitting smoking doesn't have to be stressful

On No smoking Day pledge to go smoke free and help others out of this habit too.

**Quitting Smoking
Might Be the Hardest Thing to Do in Life,
But At Least You Will Have One.**



No Smoking Day 2022