

'Quit Today, Quit Now' campaign



PANJIM: Indus Health Plus launched an awareness drive in the city, 'Quit Today, Quit Now' to mark World No Tobacco Day on May 31. The aim is to spread the message on ill effects of consuming tobacco. The event was flagged off at INOX courtyard with two cigarette shaped mascots. The mascots educated hundreds of people and distributed booklets with startling facts about harmful effects of consuming cigarette and tobacco. Amol Naikawadi of Indus Health Plus said, "As compared to last year, the number of smokers has increased by 7 per cent in Goa with an increase amongst female smokers between the age group of 25-35 years." Experts believe that oral cancer and respiratory diseases can be controlled if people quit tobacco, be physically active and eat healthy diet.