

PSYCHOLOGY ASSOCIATION

PRESENTS

Quitters

never

Win

**A WORKSHOP ON
SMOKING CESSATION BY
DR SMITHA AG**

17 November, 2019

Central Block, Room No. 611 | 4:00 - 6:00 PM

DEPARTMENT OF PSYCHOLOGY
PSYCHOLOGY ASSOCIATION
WORKSHOP ON SMOKING CESSATION SKILLS

In a country with 12% of the world's smokers, a skill like Smoking Cessation is invaluable. Keeping that in mind, the Psychology Association organized "A Safe Space from the Smoke" with Dr. Smitha AG. Dr. Smitha is a clinical psychologist with her research interests in fields like adolescent addiction. The workshop started with Dr. Smitha asking the students whether they think smoking is a problem and its consequences. Getting to the meat of the session, the participants were told that they need to quit cannot be induced by external sources; the need has to be felt by the victims themselves. Introspection, Dr. Smitha said, could be used to identify the reasons an individual smokes. The physiology of the nicotine 'high' a smoker's experience was also discussed. According to research on cessation, a person wanting to quit cannot do so outright. In Dr. Smitha's words, "Conquering biology with psychology is a battle won with planning and perseverance. A planning period of around two months is in most cases, foundational to a successful cessation attempt. A smoker should set realistic goals and find alternatives to the nicotine high before starting to cut down. Although 92% of adolescent smokers have attempted to quit at some point, only 15% have succeeded. The withdrawal symptoms can include nicotine craving, irritability, insatiable hunger, and anxiety. Dr. Smitha also made a distinction between addiction and dependence, saying that smoking dependence is a rare but serious case that can only be dealt with in therapy. In most cases though, planned deliberations and a firm resolve are more than enough. Wishing the participants good luck in their endeavors, the workshop was concluded. Dr. Sudesh offered Dr. Smitha AG a memento on behalf of the association.

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S.NO.	NAME	SIGNATURE
1	Mulki Gayatri Kamath	<i>Mulki Gayatri</i>
2	Meera R Nair	<i>Meera R Nair</i>
3	Rahul Talvar	<i>R. Talvar</i>
4	Namrata Warriar	<i>N. Warriar</i>
5	Siddhi Deo	<i>Siddhi Deo</i>
6	Shreya S. Agarwal	<i>Shreya S. Agarwal</i>
7	Tarun Eric R	<i>Tarun Eric R</i>
8	Sana Khan	<i>Sana Khan</i>
9	AP Shreya	<i>AP Shreya</i>
10	Rishabh Kumar	<i>Rishabh Kumar</i>
11	K. Aadam Khan	<i>K. Aadam Khan</i>
12	Vidhathi	<i>Vidhathi</i>
13	Samarth	<i>Samarth</i>
14	Tanmay	<i>Tanmay</i>
15	Leah Sarah Mammen	<i>Leah Sarah Mammen</i>
16	Sanchita Nagarajan	<i>Sanchita Nagarajan</i>
17	Sravya Kalagarla	<i>Sravya Kalagarla</i>
18	Shatakshi Sharma	<i>Shatakshi Sharma</i>
19	Carol Marina J.	<i>Carol Marina J.</i>
20	Vibha C. Kashyap	<i>Vibha C Kashyap</i>
21	Deepti Pal	<i>Deepti Pal</i>
22	Keziah Mariam	<i>Keziah Mariam</i>
23	Apoorva Patnaik	<i>Apoorva Patnaik</i>
24	Elizabeth Joseph	<i>Elizabeth Joseph</i>
25	Rithani J.M.	<i>Rithani J.M.</i>
26	Rohan Khinrasava	<i>Rohan Khinrasava</i>
27	Naveen Johnson	<i>Naveen Johnson</i>
28	Abhishek Sandikar	<i>Abhishek Sandikar</i>
29	Sahil Bhalerao	<i>Sahil Bhalerao</i>
30	Garimella Bhavna	<i>Bhavna Garimella</i>
31	Raj	<i>Raj</i>
32	Parijath Parimal	<i>Parijath Parimal</i>

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