

Freelance journalism course article by Maryum Samar

Pre-Feature Writing Work:

Child Health Awareness Interview of Environmentalist 1 Dr Mahmood A.Khwaja, NGO, Pakistan. (by phone)

Q1: How can we raise health awareness in children?

By raising awareness of the their teachers, holding joint teacher - parents - children activities at their institutions

Q2: How can we raise health awareness in parents?

By raising their awareness about the health of their children and sensitizing them about their children desire for healthy long lived parents

Q3: What in your opinion is the standard of health awareness in our locality?

Poorest in elite, poor in middle class very poor among the rest

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

Identifying the cause (both at home and around) and awareness raising and early prevention, accordingly

Q5: There is a relationship between environmental pollution control and health of children. How can we improve health of children with respect to environmental pollution control?

Advocacy and awareness raising for the pollution Control may be done via-a-viz its relation to health, economic benefits by cutting down the visit to hospitals and medical expenses ... saving would be the added available resource at home and in the country for better facilities (food, education, recreation etc) for the children

Child Health Awareness Interview of Environmentalist 2

Professor Peter Sly(by email)

Deputy Director, Queensland Children's Medical Research Institute

Professor, University of Queensland

Director, WHO Collaborating Centre for Research on Children's Environmental Health

Adjunct Professor, Centre for Child Health Research, University of Western Australia

Adjunct Professor, School of Public Health, Curtin University of Technology

Please answer the following questions as an environmentalist for my assignment on Childrens health and environment.

Q1: How can we raise health awareness in children?

The best way to engage children is through schools. Class projects with prizes can work well. “Draw me a picture of a healthy environment for children”. Small prizes can be given for participating and for the “best” picture.

Q2: How can we raise health awareness in parents?

Public awareness is best raised by careful approaches through the popular media. In addition, children are really good at getting their parents to help their parents to understand health messages. “Daddy, you smoking makes my lungs sick”

Q3: What in your opinion is the standard of health awareness in our locality?

This depends on just where you mean but is likely to be sub-optimal everywhere.

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

Make all children’s environment free of tobacco smoke – this is the single most effective methods for increasing children’s health.

Q5: There is a relationship between environmental pollution control and health of children.

Yes, definitely. Schools tend to be build near busy roads. There is a large amount of evidence that exposure to traffic-related pollution is dangerous for children and increases the risk of respiratory diseases.

How can we improve health of children with respect to environmental pollution control?

This is much more difficult as it is not possible to move schools or roads. However, future schools should be built in areas that will not be subjected to pollution.

Child Health Awareness Interview of Environmentalist 2

Asif Khan. Peshawar,Pakistan.(by email)

Q1: How can we raise health awareness in children?

i) Disseminating air and water quality data in simple format and impact of pollution

ii) Develop children website on Health & Environment and providing social forum for discussion of

iii) Debates and declamation contests in schools

iv) Encouraging students to establish "Environment & Health Clubs" and share information and undertake small activities like; backyard composting

v) Write letters to legislators on national health & environmental issues.

Q2: How can we raise health awareness in parents?

i) Encourage children to "Challan your Parents" on neglecting health care. Indicative Penalty of Rs. 10 on each violation on ignoring health aspects e.g not washing hands before taking meal or not keeping kitchen clean.....so on.

ii) Schools should sent weekly message to parents what to do or what not to do for keeping healthy environment in homes e.g Don't drink untreated water or unboiled water.

iii) Ask parents to minimize use of plastic bags.....promote "SAY NO to PLASTIC BAG"

Q3: What in your opinion is the standard of health awareness in our locality?

Almost non-existent or ineffective.

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

Water borne diseases

Q5: There is a relationship between environmental pollution control and health of children. How can we improve health of children with respect to environmental pollution control?

Create awareness, education on "How to do it" and enhance role of civil society in influencing policy makers.

Child Health Awareness Interview of Environmentalist 3

Cathey Eisner Falvo, MD, MPH (by email)

President, International Society of Doctors
for the Environment

Representing Physicians for Social Responsibility/USA

Q1: How can we raise health awareness in children?

Play games and projects related to the subject

Q2: How can we raise health awareness in parents?

teaching, pamphlets, helping their kids with the health lessons

Q3: What in your opinion is the standard of health awareness in our locality?

In my locality in the USA, health awareness is limited to a few of the risks for heart disease including smoking, lack of exercise and fatty animal/meat foods. There is no awareness about environmental risks to health

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

In the USA they need more exercise, outdoor activity and less time at the television set and computer games

Q5: There is a relationship between environmental pollution control and health of children. How can we improve health of children with respect to environmental pollution control?

Very big relationship in that children are more susceptible to absorbing and being affected by pollution control the pollution sources

Child Health Awareness Interview of Environmentalist 4

Doz. Dr. Hanns Moshhammer
Medical University Vienna, Austria

Q1: How can we raise health awareness in children?

I have to write to you from the perspective of Middle Europe. Austria is part of the Western World.

All children go to school from the age of 6 and health education is a (although small) part of the curriculum. They are taught about personal behavior (personal hygiene, etc) and there is some safety education etc. (behavior in traffic, swimming lectures, ..) In higher classes also sexual health is taught.

Environmental factors are not included prominently in the Austrian curriculum. From some projects I know that children would be very much interested. So including more teaching about the association between health and environment would be rewarding. Children are very keen on environmental issues in general and even teach their parents (e.g. on waste separation and energy saving).

Q2: How can we raise health awareness in parents?

I do not know how to reach parents but for "going to be" parents. During pregnancy young

couples are willing to visit seminars and they listen to all sort of advice and would also like to hear about environmental health issues. Passive smoking at home is one such issue that is already successfully included in some of these seminars. Nevertheless still too many pregnant women and their husbands smoke in Austria.

Q3: What in your opinion is the standard of health awareness in our locality?

The standard of health awareness? That differs between social groups, age groups and gender. Men tend to go less to routine health check-ups. Also people from lower socioeconomic status are less prepared to go to the doctor.

Pregnant women are forced to go to regular medical checks (otherwise they lose part of financial aid) and this program is long standing and successful. As a researcher I am sorry that the many valuable data generated by this program are not well documented and therefore useless for further scientific evaluation.

People generally know when they feel ill. As long as they feel healthy they do not very much consider health issues. They do not perceive it their own responsibility but when they get ill they think it is the responsibility of the society to make them healthy again and to support them as long as they are ill. This might be a drawback of the long-standing good social security system in our country.

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

The best solution to the problem of child health problems: this really depends on the problem we want to discuss. I suppose tobacco smoke is a grave problem to children's health in my country.

Stricter laws to protect non-smokers and to make it more difficult for adolescents to start smoking would be of much help. Air pollution is a problem in some parts of Austria. This can only be solved through a concerted action on many levels (starting with stricter regulations on emission control on European level, better zoning regulations at the local level, framework legislation to do so on national level, and many activities by individual players: individuals and industry alike).

Climate change is not a severe problem for our children now. But it will be a severe problem when those that are children now, grow older. I know of no good solution to climate change.

Q5: There is a relationship between environmental pollution control and health of children. How can we improve health of children with respect to environmental pollution control?

When I answered your 4th question I did concentrate on environmental health issues. So it also answered the 5th question!

(Stricter laws to protect non-smokers and to make it more difficult for adolescents to start smoking would be of much help. Air pollution can only be solved through a concerted action on many levels (starting with stricter regulations on emission control on European level, better

zoning regulations at the local level, framework legislation to do so on national level, and many activities by individual players: individuals and industry alike, I know of no good solution to climate change).

Child Health Awareness Interview of Environmentalist 5 (by email)

Dr Lilian Corra
medical doctor
Executive Director, NGO, Argentina
ex-secretary of ISDE (International Society of Doctors for the environment)
Children Environment Health is her special area of work & interest

Q1: How can we raise health awareness in children?

by including education at primary school.

Q2: How can we raise health awareness in parents?

by including education of parents since pregnancy starts in every opportunity!

Q3: What in your opinion is the standard of health awareness in our locality?

In Argentina we are starting to replicate at the provincial level the successful national experience with environment and health indicators and implementing the environmental burden of disease in public health.

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

Improving environment and alleviation of poverty.

Q5: Tell me about the relationship between environmental pollution control and health of children.

Yes

How can we improve health of children with respect to environmental pollution control?

| By educating all levels of society and disseminating information to all stakeholders

Child Health Awareness Interview of Medical Doctor1

Dr. Peter van den Hazel
Peter van den Hazel, from Netherlands,
Medical doctor,
Co-founder of International Network for Children health, environment and safety (INCHES)

Q1: How can we raise health awareness in children?

Early education about health, environment, nature in basic school systems. Continuous education at higher educational levels.

Q2: How can we raise health awareness in parents?

More campaigns (depending on which country and which level of health literacy is available). But also using incentives in health insurance systems if those are in place in some countries.

Q3: What in your opinion is the standard of health awareness in our locality?

Depends on country, level of education, level of work available etc.

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

What do you mean with our locality?

Q5: There is a relationship between environmental pollution control and health of children.

How can we improve health of children with respect to environmental pollution control?

Better regulations, better testing of chemicals, better maintaining of regulations to keep pollution down. Better monitoring.

[Very good – you asked appropriate questions and received some useful responses.](#)

Child Health Awareness Interview of Medical Doctor2

Dr (Ms) Ingrid Eckerman

Ordförande / President

Läkare för Miljön (LfM) Swedish Doctors for the Environment

Sweden

Children's health care was one of my tasks as a clinician. In my country, there are child health centres where 99.9999 % of the children come, and here the parents are educated. We are comparatively progressive also when it comes to environmental health issues.

Q1: How can we raise health awareness in children?

Pre-school and school. Health should be included in the education both theoretically (like reproduction, sex, nutrition, tobacco, alcohol etc) and practically (physical activity, cooking, art, music, dance etc).

Q2: How can we raise health awareness in parents?

Group education at the child health centre. Written material. Websites.

Q3: What in your opinion is the standard of health awareness in our locality?

My locality: Very high. As always, it is less in low privileged groups, where immigrants are over represented. In the low privileged groups, it is more common that the parents smoke, that they eat junk food, that physical activity is low.

Q4: In your opinion, what is the best solution to the problem of child health problems in our locality?

My locality: To increase the general education of the low privileged and to reduce the unemployment.

Q5: There is a relationship between environmental pollution control and health of children.

How can we improve health of children with respect to environmental pollution control? Difficult question as we have done so much already. But I think parents must understand how much chemicals their children are exposed to, and to reduce the amounts at home (food, toys, beddings, clothes, floor material etc). Then they must go the schools and get the same things done there. Also, parents must take care of themselves before they get children. Young women should not eat certain fishes, neither men nor women should use tobacco or other drugs.

[Very good.](#)

Permission for Copyright items:

1. Emails were sent by me for grant of permission to Malaysian Today, Boston.com, Nature, Sydney's children hospital, cehn.org and Dawn. (Response came from Dawn.com and Cehn.org only, permission granted by Dawn.com provided I attribute author name and dawn.com).
2. WHO already grants permission of rewriting for students on their website so did not need to email request for permission.
3. All the interviews above were given with permission by email to be used for this assignment.

Matching it to the Market.

New England Journal of Medicine http://www.nejm.org/	
WHO IT'S FOR:	The <i>New England Journal of Medicine</i> (NEJM.org) is dedicated to bringing physicians the best research and key information at the intersection of biomedical science and clinical practice, and to presenting the information in an understandable and clinically useful format.
WHAT'S IT FOR	Medical News, medical research and presenting medical information in an understandable and clinically useful format

Type of articles used	<p>Related to any field of Medicine especially new research. NEJM employs a highly rigorous peer-review and editing process to evaluate manuscripts for scientific accuracy, novelty, and importance. The editors have set policies to ensure that authors disclose all relevant financial associations and that those financial associations do not influence published content. These factors contribute to NEJM's reputation as the "gold standard" for quality biomedical research and for the best practices in clinical medicine.</p>
Freelance	Yes.
Length/Style	<p>Max :2700 words. Abstract compulsory. Max :5 tables and 40 references.</p> <p>. Perspective articles are limited to 1000 to 1200 words and usually include one figure. There is a maximum of 5 references</p> <p>Editorials are limited to 750 words, with up to 10 references.</p> <p>Sounding board articles: The text is limited to 2000 words</p> <p>Formal writing style</p> <p>Your revised file should include the title page, the abstract, the text of the article references, tables, and figure legends.</p> <p>Name your files with the corresponding author's last name and "text," "fig 1," "fig 2," etc.</p> <p>In the manuscript, provide the title of the paper on the first page; the title should be concise, descriptive (not declarative), and limited to 75 characters. We discourage subtitles.</p> <p>Electronic files are acceptable in any readable resolution since the illustrations will be redrawn in-house. We can accept electronic files for illustrations in the following formats and applications:</p> <p>PDF, GIF, JPEG, TIFF, BMP Adobe Photoshop Adobe Illustrator Microsoft PowerPoint</p>
Any Formulae	<p>Want:-</p> <p>Must be written for general doctor</p> <p>Do not want:-</p> <p>to be written for specialist. Author to have significant financial associations with a company (or its competitor) that makes a product discussed in the article.</p>
Graphics, photos	<ul style="list-style-type: none"> • Photo files must be submitted in JPEG format and have a file extension of .jpg or .jpeg. • Photos must be 1000 x 1000 pixels minimum to be considered for publication. To be eligible to be printed at the largest size, images should be 1730 pixels wide by

	<p>2000 pixels high or larger.</p> <ul style="list-style-type: none"> • Photo files may be up to 10 MB in size. • A maximum of five photos may be uploaded per session. <p>However photographs of recognizable people are not generally published. ✓</p>
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Analyzing Magazine Objectives:

The Feature is written for New England Journal of Medicine.

Who is it for: Medical Students, Teachers, Professionals and General Public Reading?

What is it for: Medical Issues Awareness?

The Feature:

Cleaner environment means healthier children!

Children – the smiles of our life are directly affected due to our negligence of a very important issue.

Environmental pollution if not controlled would diminish the smiles of children and make them unhealthy.

A report I came across on the website of the World Health Organization about a meeting held in Glion Sur Montreux on 13-15 October 2003 supports these facts.

The report suggests, “Furthermore, there are growing concerns that exposures to physical, chemical, and biological risk factors during critical periods of development and growth (fetal development, childhood and adolescence) may not only result in pediatric disease but also lead to long-term impact on health in adulthood, and that maternal exposures to environmental factors during pregnancy or periods of breast –feeding may also impact on children’s health and development”.

“The World Health Organization in its General Assembly in 2003 of a Strategy for Child and Adolescent Health and Development that includes reduction in childhood deaths and disabilities through:

- Promotion of healthy environments for children as they are particularly sensitive to their physical environment
- Emphasis on the psychosocial development and mental health of children
- Emphasis on the health needs of children living in especially difficult circumstances or with special needs” 1

(Extracts of WHO information can be used for private study or for educational purposes without permission)

Water and Sanitation indicators all over the world collected by WHO show the need for improved sanitation, ² The tables speak volumes on the over all health conditions of children. Cleanliness and Sanitation has to be taken care of at household level and at workplace as well. Interestingly, Dawn.com reported on 24th March 2011 about 7th Health Asia 2011 Exhibition held at Expo Center in Karachi. In this exhibition, Dr Altaf Ahmed talked about hospital acquired infections –HAI.

“The reluctance to wash hands is still the most important cause of HAI. The safe disposal of bio-medical waste must be ensured. Hospitals need to discard the use of incinerators forthwith as they release hazard gases.

Bio-medical waste must be made non-infectious with the help of autoclave and then given away for disposal.” ³

That’s just one more reason to make sure hand washing is seriously done by both elders and children. We also got to know of another reason for health problems which is non seriousness on the issue of bio medical waste disposal.

Interestingly in another report by Mukhtar Alam in Dawn.com on 29th Dec 2010, hand washing was emphasized for prevention of swine flu. He reports ,” About the preventive measures, Dr Ahmed (Dow University) said that individuals should cover their nose and mouth with a tissue when they cough or sneeze, and trash the tissue after the use. He said people should often wash their hands with soap and water, especially after they cough or sneeze. Alcohol-based hand cleaners were also effective. They should avoid touching their eyes, nose or mouth as germs spread this way.” ⁴

I took interviews of 2 Medical doctors and 5 Environmentalists (or Doctors of Environment if you prefer).

Following are the list and credentials of the doctors and environmentalists I interviewed.

Dr.Mahmood A Khwaja ,

Environmentalist, NGO, Pakistan.

Engr.Asif Khan

Environmentalist, Pakistan.

Dr.Cathey Eisner Falvo, MD, MPH (by email)
President, International Society of Doctors
for the Environment
Representing Physicians for Social Responsibility/USA

Dr Lilian Corra

Medical doctor

Executive Director, NGO, Argentina

Ex-secretary of ISDE (International Society of Doctors for the environment)

Children Environment Health is her special area of work & interest

Doz. Dr. Hanns Moshhammer

Medical University Vienna, Austria

Dr. Peter Sly

Deputy Director, Queensland Children's Medical Research Institute

Professor, University of Queensland

Director, WHO Collaborating Centre for Research on Children's Environmental Health

Adjunct Professor, Centre for Child Health Research, University of Western Australia

Adjunct Professor, School of Public Health, Curtin University of Technology

Dr (Ms) Ingrid Eckerman

Ordförande / President

Läkare för Miljön (LfM) Swedish Doctors for the Environment

Dr. Peter van den Hazel

Peter van den Hazel, from Netherlands,

Medical doctor,

Co-founder of International Network for Children health, environment and safety (INCHES)

Following was the set of my questions and summarized answers by them.

Q1: How can we raise health awareness in children?

All of them agree on focusing more about Health and Environment in the primary and secondary curriculum. Engr.Asif's recommendation of school kids writing letters to legislators on their health and environmental issues is very commendable. In my opinion, this would make it easier for authorities to fix

problems as the problems would be brought to notice of the authorities by children. I agree with Dr Hanns that children are very keen on environmental issues. Dr Peter.S recommends picture competitions with prizes while Engr.Asif recommends declamation contests. I remember how much informative it was, when at school I participated in a declamation contest of a provincial level. Competitions create more awareness in kids during school years than anything else. Creating environmental and health awareness cartoons is my recommendation. Captain Planet is to date the only one so far. Dr.Mahmood's recommendation of involving parents also in the school's environment friendly activity is commendable too because then children would give it even more importance. Dr Ingrid's opinion of practically teaching health and environment issues to children is very appreciative. She gives examples of cooking, art and music as tools of teaching these issues.

For my part, teaching them to use a napkin so they can control sneezes, coughs or a runny nose because this leads to respiratory infections. washing hands before and after meals should be taught to kids. Making them learn to cover their meals if half – eaten so that flies don't infect their meals. Similarly, importance should be given to training kids to brush their teeth before going to bed, after every meal. Cleanliness campaigns in school are also an effective tool in raising awareness.

Q2: How can we raise health awareness in parents?

Great idea by Pakistan's Dr Mahmood of sensitizing parents about their desire for healthy long lived parents. This will prompt them to follow healthy lifestyles and inculcate healthy habits in their children as well. Australia's Dr Peter. S recommends careful approaches through the popular media. Media has become such an important part of everyday life that any impact on any topic can be made through it. The suggestion of parents paying some penalty fee for non environment friendly activity would be very popular with kids. The kids get more pocket money and parents become more environment friendly. Decreasing plastic bag usage by parents on the insistence of kids is also another great recommendation by Engr.Asif. Making the home a smoke free environment is only possible if the kids keep telling their parents not to smoke as suggested by Dr.Peter.S. Its alarming how even inspite of knowing the bad effects of smoking 'parents to be in Austria according to Dr Haans still smoke. Dr Ingrid suggests written material and internet websites to be used to promote healthier lifestyles.

In my opinion, toilet trained children make all the difference. So train your children to wash their hands, brush their teeth. Teach your children about cleanliness and half of health problems would be eliminated. Clean and healthy meals that are home made are best. Fast food may not be prepared in an environmentally friendly place and that could adversely affect your and your child's health.



Kids brushing teeth ⁵

Q3: What in your opinion is the standard of health awareness in our locality?

Since answer to this question varies because of different locations of interviewees. Both from Pakistan think standard of health awareness is poor or ineffective. Our Australian interviewee thinks the standard is sub optimal everywhere. Fully agree with him. Alarmingly our US interviewee thinks there is no awareness to environmental risks to health. The only awareness people have is of heart diseases and importance of exercise. Our Austrian interviewee thinks.

As long as people feel healthy they do not very much consider health issues. They do not perceive it their own responsibility but when they get ill they think it is the responsibility of the society to make them healthy again and to support them as long as they are ill. According to him this is a drawback of the long-standing good social security system in our country. In my opinion, if people are motivated to take care of environmental issues, many problems can reduce. Our Argentinean interviewee mentions the environmental and health indicators at provincial level which were successful at national level. Our Dutch interviewee thinks standards of health and environment depend on level of education and work available. Our Swedish interviewee thinks health and environment standards are very high in her locality. In her opinion, standards are low only where low privileged people exist. Low privileged families tend to smoke more and are involved with drugs more.

Personally, I feel it's not so good but it's definitely improving. For example the advertisement industry has suddenly jumped on the bandwagon of creating health awareness. Hand washing adverts by certain soap companies involving children is commendable. Other companies should follow suit.

Q4: In your opinion, what is the best solution to child health problems in our locality?

Dr Mahmood thinks identifying causes, awareness raising and early prevention can solve a lot of children's' health problems. Engr.Asif suggests water borne diseases are the single reason for children's' health problems. Dr Peter .S suggests making children's' environment smoke free is the single most effective tool in reducing children health diseases. I totally agree with him. If governments could make strict laws about this, we could see many child health issues solved in less time. Interestingly Dr.Hanns agrees with Dr Peter.S and also thinks tobacco is the one thing that needs to be controlled. According to him, stricter laws to protect non-smokers and to make it more difficult for adolescents to start smoking would be of much help. According to him, air pollution needs to be also controlled by stricter legislation and regulations. This needs to be done individually as well as industries need to get involved in his opinion.

Our USA interviewee thinks more concentration should be given to exercise and outdoor activity and time given to television viewing and Computer related activities should be reduced. Totally agree with her and to be honest this is something that needs to be worked on in all localities.

Dr.Lilian suggests improving environment and alleviation of poverty could solve children health issues. Dr Ingrid thinks increasing general knowledge of low privileged would help improve health of children and reducing unemployment would also be helpful in this regard.

Q5: There is a relationship between environmental pollution control and health of children. How can we improve health of children with respect to environmental pollution control?

According to Dr Mahmood from Pakistan, children's' health can be improved by advocacy and awareness raising campaigns. In his opinion if economic gains are emphasized, people would be more careful with expenses on health issues and would be careful with health of their children. ✓
Dr Peter from Australia also thinks

that there is a direct relation between health and environmental issues. In his opinion schools built near busy roads are more prone to air pollution. Students in these schools suffer from respiratory diseases and other traffic pollution related problems also. Engr.Asif thinks enhancing the role of civil society in influencing policy makers would make a difference.

Dr. Cathey thinks controlling all pollution sources is the way. Dr. Hanns suggests stricter laws on smoking and stricter regulations on emission control on European level. Dr.Lilian from Argentina thinks educating all levels of society and educating all stakeholders would make a difference.

Dr Peter from Netherlands suggests better regulations agreeing with Dr Hanns. He also suggests better monitoring. Dr Ingrid from Sweden suggests parents need to control chemicals exposure to kids at home and at school. Parents should quit smoking too in her opinion.



Industrial Pollution damaging rivers ⁶

Keeping the environment clean should be the number one priority of parents. If each parent makes sure the locality of his /her child is clean, then we can improve the health of our nations' children. When parents would make sure the school administration gives priority to cleanliness of the school, it would make such a difference.

Pop Outs:

-Dr Peter .S suggests making children's' environment smoke free is the single most effective tool in reducing children health diseases.

-Keeping the environment clean should be the number one priority of parents.

-Parents need to control chemicals exposure to kids at home and at school.

-.Clean and healthy meals that are homemade are best.

- Media has become such an important part of everyday life that any impact on any topic can be made through it.

References:

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Part 2

Search Words :

Children Health
Environmental Awareness
Health Awareness
Hand washing
Smoking
Air pollution
Kid's activities
Parents
Environmental Pollution
Water and Sanitation
World Health Organisation

Key Phrases:

In my opinion: for my part, personally
Quit smoking
Environmental and health awareness
Awareness raising campaigns
Tools of teaching

[Freelance journalism course](#) article by Maryum Samar