

# Tobacco Awareness Camp

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Tobacco use causes a wide range of major diseases which impact nearly every organ of the body. These include several types of cancers, heart diseases and lung diseases. Public health researchers have been substantiating these findings and discovering more and more damaging evidence about the disease consequences of tobacco use for over half a century. With the motive of promoting a healthy lifestyle and create awareness among the students, IQAC Gangadharpur Mahavidyamandir, N.S.S (Unit-I&II) and collaboration with BMOH, Kulai Rural Hospital, Howrah conducted an one day awareness programme on ill effects of Tobacco with students and staffs under the banner of Tobacco free educational institution (TOFEI) under national tobacco control programme (Under COTPA act 2003) on 26-08-2022 for the benefit of the students. The awareness camp was conducted at college premises and its organizing team included 24 NSS volunteers lead by Dr. Jaga Mohan Basantia, IQAC Co-ordinator, Mr.Arijit Das and Mr. Premes kumar Acharyya, NSS Programme Officer. The vital subject of the event was to focus on “SAY NO TO TOBACCO” which witnessed participation of around 111 NSS volunteers. The event began with a welcome speech by DR. Debes Kumar Acharyya, TIC, Gangadharpur Mahavidyamandir. Under the leadership of the BMOH from Kulai B.P.H.C and with the help of the Panchla police station, all shops within a radius of 100 meters of the college were sensitized by the NTCP squad to stop selling tobacco products. 100 meters from the college campus were lined with specific colors and everyone was made aware that all types of tobacco products selling and consuming must be stopped within these 100 meters circle. Volunteers absorbing all the facts of consuming tobacco and how it slowly drags the smoker onto the tracks of death. The statistics shown to everybody regarding death figures caused due to tobacco consumption left everyone awestruck. This was followed by a power point presentation that made everyone aware about the after effects of having

tobacco in any form. Students became well aware about the tobacco monster and made up their mind to stay miles away from it. The event concluded with students taking pledge with their fists raised up. The pledge pointed out assurance from students that they won't consume tobacco in any form such as cigarettes, bidi, gutkas, etc and would also encourage others not to do so. The event was a smash hit and truly made students to take "PLEDGE FOR LIFE"

### Few glimpses of the Tobacco awareness camp-



