

Awareness Program on World No Tobacco Day -2025

Date: 31st May 2025

Time: 8:00 to 8.40 pm

Mode: Online (Google meet)

Introduction:

No Tobacco Day, also known as World No Tobacco Day, is observed on May 31st every year. There are many reasons for observing this day and spreading awareness and communities. The My Bharat volunteers of Raidighi College NSS Unit 1 participated in an Awareness Program conducted through Online mode on World No Tobacco Day 2025. The Speaker NSS PO- 1: Dr Arvinda Shaw explained the aims and objectives behind this day's observation, deleterious health impacts of tobacco and its products, government initiatives and how the volunteers can act as an agent of change for those who are addicted to tobacco.

Objectives:

1. ***Raise awareness***: Educate people about the risks associated with tobacco consumption, including cancer, cardiovascular disease, and respiratory problems.
2. ***Promote tobacco cessation***: Encourage tobacco users to quit and provide resources for cessation support.
3. ***Advocate for tobacco control policies***: Support policies that restrict tobacco advertising, promotion, and sales.

Health Risks Associated with Tobacco Use

1. ***Cancer***: Tobacco use is a leading cause of preventable cancer deaths worldwide.
2. ***Cardiovascular disease***: Tobacco use increases the risk of heart disease, stroke, and other cardiovascular conditions.
3. ***Respiratory problems***: Tobacco use can cause chronic obstructive pulmonary disease (COPD), emphysema, and other respiratory problems.

By observing No Tobacco Day, individuals and organizations can work together to promote a tobacco-free lifestyle and reduce the burden of tobacco-related diseases. This initiative aligns with the National Service Scheme (NSS) objectives, promoting health, well-being, and community service.

Integration with NSS Activities:

1. ***Awareness campaigns***: Organize awareness campaigns , road rallies, street corner skits, puppet shows , scientific demonstrations to educate people about the risks/ hazards of tobacco and its products consumption.
2. ***Community outreach***: Engage with local communities to promote tobacco cessation and provide resources for support.
3. ***Collaboration with healthcare professionals***: Collaborate with healthcare professionals to provide guidance on tobacco cessation and prevention.

Activities and Responsibilities

1. ***Organize events***: Organize events, such as rallies, walks, or seminars, to raise awareness about the risks of tobacco consumption.
2. ***Distribute informational materials***: Distribute informational materials, such as brochures or pamphlets, to educate people about tobacco risks.
3. ***Provide support***: Provide support to tobacco users who want to quit, including referrals to cessation resources.

Reflections:

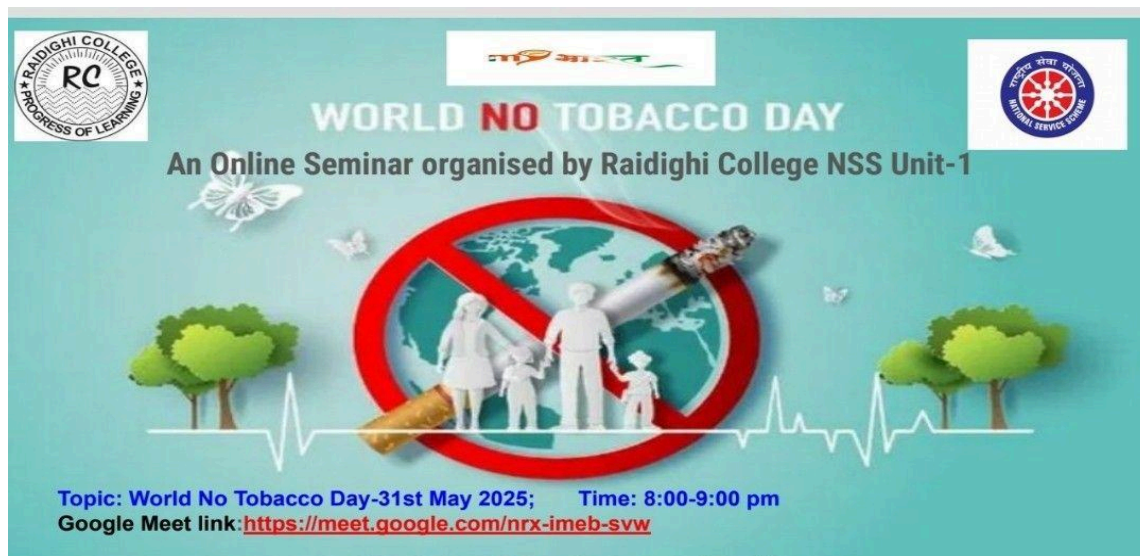
1. ***Impact on community***: Reflect on the impact of the program on the local community, including increased awareness and reduced tobacco consumption.
2. ***Challenges faced***: Identify challenges faced during the program, such as resistance to change or lack of resources.
3. ***Lessons learned***: Reflect on the lessons learned, including the importance of community engagement and support in promoting tobacco cessation.

Conclusion:

No Tobacco Day observation is an important initiative to raise awareness about the risks of tobacco consumption and promote a tobacco-free lifestyle among people of all backgrounds who indulge in it. By integrating with NSS activities, students can develop a deeper understanding of health promotion and community service while contributing to a healthier society.

This online session aimed at providing scientific information to volunteers stating negative effects of tobacco usage on health of both passive and active users. Volunteers took pledge that they will not indulge in such addictive activities and be responsible citizens of the nation.

They would act as agents for change by counselling their near and dear ones, community people to quit smoking and use of other tobacco products as they are harmful for all.



Attendance of the participants.

