



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

World No Tobacco Day

31st May, 2021



Organized by
NSS unit, Gargaon college

Overview

Name of the Program: World No Tobacco Day

Date: 31st May, 2021

Organized by: NSS unit of Gargaon college

About the program

The NSS (National Service Scheme) unit of Gargaon College organized an online pledge-taking ceremony on May 31, 2021, to commemorate World No Tobacco Day. The theme of the event was "Quit Tobacco to Be a Winner." This virtual event saw enthusiastic participation from all NSS volunteers of Gargaon College, including the programme officer, Dr. Rimjim Borah.

The NSS unit of Gargaon college organized an online Pledge taking ceremony on the occasion of 'World No Tobacco Day' on 31st May, 2021. The theme of this programme was "Quit tobacco to be a Winner". All volunteers of the NSS Unit of Gargaon college including programme officer Dr. Rimjim Borah took pledge for not using any tobacco related items in their life and spread the awareness among other people regarding the dangerous effect of Tobacco Consumption.

During the ceremony, the participants collectively took a pledge to abstain from using tobacco-related products throughout their lives. This commitment extended beyond personal abstinence; the volunteers also vowed to actively raise awareness about the hazardous effects of tobacco consumption within their communities. The event highlighted the importance of a tobacco-free life and encouraged individuals to lead healthier lifestyles by quitting tobacco use. The collective efforts of the NSS unit aimed to foster a supportive environment for those looking to quit tobacco and to educate others about the severe health risks associated with its use.

Rationality of the program

Celebrating World No Tobacco Day is crucial for raising awareness about the devastating health impacts of tobacco use, which is a leading cause of preventable deaths globally. It emphasizes the importance of quitting tobacco to improve personal health and reduce the burden on healthcare systems. The day serves as a platform for governments, NGOs, and health organizations to advocate for stronger tobacco control policies and regulations. It highlights the economic benefits of reducing tobacco consumption, including lower healthcare costs and increased productivity. Public awareness campaigns on this day educate people about the risks of smoking and secondhand smoke. It also provides support and resources for those attempting to quit tobacco. By focusing on prevention, it aims to reduce the number of new smokers, especially among youth. World No Tobacco Day encourages a collective effort to create a healthier, tobacco-free society. Overall, it underscores the global commitment to combat the tobacco epidemic and promote healthier lifestyles.



Banner of the program

Gargaon College
World No Tobacco Day
31st May, 2021
Theme: 'Quit Tobacco to be a Winner'
Online Pledge Taking Ceremony

Organized by
NSS Unit, Gargaon College
Organising Committee:
Dr. Sabyasachi Mahanta
Principal, Gargaon College
Dr. Rinjim Borah
Programme Officer, NSS Unit, Gargaon College

Photos of the program



