



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

**AWARENESS ABOUT THE
HARMFUL EFFECTS OF
TOBACCO CONSUMPTION**

2019-20 to 2023-2024



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

AWARENESS ABOUT THE HARMFUL EFFECTS OF TOBACCO CONSUMPTION

Gargaon College has been organizing Extension Programmes to create awareness about the harmful effects of tobacco use, to raise awareness about the health risks associated with it and promote effective policies to reduce tobacco consumption in the neighbouring areas.



Overview of the program

Name of the Program: World No Tobacco Day

Type of Program: Extension

Related to: Awareness

Date: 31.05.2020

Organized by: NSS Unit, Gargaon College

Number of Participants: 20 NSS volunteers

Objective of the Program: Informing people about the harmful effects of tobacco use on individuals, families, and communities

Brief report of the program

The NSS Unit of Gargaon College observed 'World No Tobacco Day' on 31st May, 2020. Due to Covid-19 pandemic, the volunteers tried to create awareness regarding 'World No Tobacco Day' through social media. They made some posters and arts related with No Tobacco. 20 NSS volunteers took part in this event.

Photograph of the Programme





@diipu_art

List of participants

Sl. No	NSS Volunteers	Sl. No	NSS Volunteers
1	Jnytrisha Phukon	10	Jogpun Peg
2	Pubali Konwar	12	Jnytrisha Phulon
3	Punsi Kumar Singh	13	Baisaly Dowarah
4	Dipjyoti Gowala	14	Dipjyoti Gowala
5	Suruj Gogoi	15	Suruj Gogoi
6	Dipjyotii Gowala	16	Nkihita Hazarika
7	Abhijit Gogoi	17	Pori Hazarika
8	Khamirranjan Bhuyan	18	Puja Raja
9	Sabita Hatimuria	19	Sonu Jalan
10	Rimli Gogoi	20	Puja Gogoi

Rimjem Borah

Dr. Rimjem Borah
Programme Officer, NSS Unit
of Gargaon College, Simalgauri
Sivasagar, Assam



Overview of the program

Name of the Program: World No Tobacco Day

Type of Program: Extension

Related to: Awareness

Date: 31.05.2021

Organized by: NSS Unit, Gargaon College

Number of Participants: 135

Objective of the Program: Create awareness on “Quit tobacco to be a Winner”.

Brief report of the program

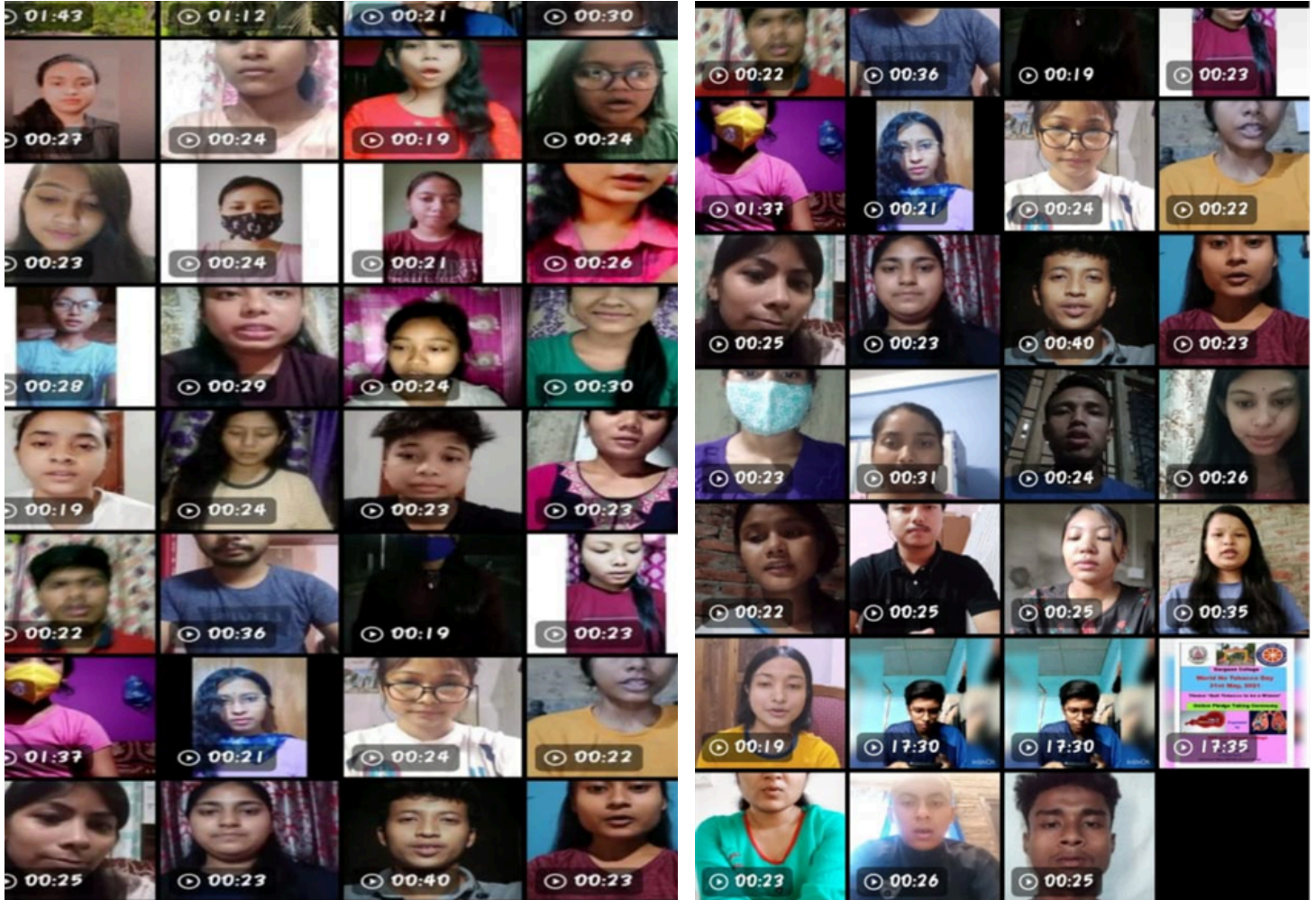
The NSS unit of Gargaon college organised an online Pledge taking ceremony on the occasion of 'World No Tobacco Day' on 31st May, 2021. The theme of this programme was “Quit tobacco to be a Winner”. All volunteers of the NSS Unit of Gargaon college including programme officer Dr. Rimjim Borah took pledge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

Photograph of the Flyer





Photograph of the Programme



Rinjem Borah
Dr. Rinjem Borah
Programme Officer, NSD Unit
of Gargaon College, Simalgaon
Sivasagar, Assam



List of participants

Sl. No	Name	Sl. No	Name
1	Dr. Sabyasachi Mahanta	41	Himashree Das
2	Dr. Rimjim Borah	42	Jogpun Pegu
3.	Dr. Bidyananda Borkakoty	43	Anamika Ray
4	Pragyajyoti Borua	44	Nayanmoni Mech
5	Pranab Dowerah	45	Madhurima Panging
6	Ritu Saikia	46	Neeha Lahon
7	Ankika Dutta	47	Ritu Mohan
8	Dipjyoti Gowala	48	Arpita Chetia Phukan
9	Murchana Phukon	49	Hrishikesh Borgohain
10	Jnyntrisha Phukon	50	Sumon Gogoi
11	Punsi Kumar Singh	51	Pubali Koch
12	Sumonjit Singh	52	Pritisha Dutta
13	Baisaly Dowerah	53	Sangeeta Neog
14	Boishnabi Chetia	54	Nikhita Hazarika
15	Partha Pratim Konwar	55	Mallika Gogoi
16	Pubali Konwar	56	Priyanka Saud
17	Mithu Moni Gogoi	57	Martina Borah
18	Samudrika arandhar	58	Junmani Manki
19	Mrinmoy Pator	59	Papu Panging
20	Ankita Saikia	60	Ruksana Hazarika
21	Subhana Yasin Rohman	61	Sony Begum
22	Suruj Gogoi	62	Rituraj Dihingia
23	Daisy Chetia	63	Nitu Borah
24	Suman Das	64	Blitupan Dutta
25	Abhijit Gogoi	65	Abhijit Gogoi
26	Khamirranjan Bhuyan	66	Ujjal Bezboruah
27	Mayuri Bhattacharjee	67	Afruja Begum
28	Neha Gogoi	68	Lovely Konwar
29	Rikash Singh	69	Nilutpal Borthakur
30	Madhusmita Mazumdar	70	Debojit borah
31	Krishna Deka	71	Kalyan Jyoti saikia
32	Jahid Rohman	72	Kaustav Chetia
33	Sabita Hatimuria	73	Biplob Koch
34	Partha Pratim Lahon	74	Ankur Gogoi
35	Kakoli Saikia	75	Neha Khan
36.	Antara Gogoi	76	Kabyashree Bhuyan
37.	Ponita Kurmi	77	Abhijit Gogoi
38	Rimli Gogoi	78	Asfiya Begum
39	Dipshikha Tanti	79	Gitanjali Devi
40	Tulu Bhumij	80	Khyamiranjan Bhuyan



81	Miss Jyotshna Mech	114	Pompi gogoi
82	Lipakshee Mech	115	Chayanika phukon.
83	Hong Kong Baruah	116	Luna Gogoi
84	Jamini Phukon	117	Jyotishmita khonikor
85	Uzzal Phukon	118	Doli konwar
86	SATABDI RANI KALITA	119	Dhiraj Kumar Phukon
87	Biplob Koch	110	Jisa Gogoi
88	Jyotish saikia	111	Partha pratim borah
89	Debasish Roy	112	Ukhamoni Handique
90	MOYATRI P. BORAH	113	Sidrat Amrin
91	SAHIL ALI	114	Tanaya Gogoi
92	Lipika konwar	115	Miss Noyanmoni Mech
93	Hazira Ahmed	116	Anchal Sharma
94	Karabi Baruah	117	Goutam Gogoi
95	Himashree Kalita	118	Sushmita Gogoi
96	Rituraj konwar	119	Ritumoni Phukon
97	Ankur gogoi	120	Puja Rana
98	Susmita Devi	121	Abhijit Dutta
99	Pompy Rajkumari	122	Kashmiri gogoi
100	Nibedita Borgohain	123	Sukanya Borah
101	Swapnali Gogoi	124	Asfia begum
102	Jitamoni gogoi	125	Rakhi gogoi
103	Lovely Rajkumari	126	kabyashree lahon
104	Trinayan Dulakakharia	127	Puja Rana
105	Baby chetia	128	Sony Begum
106	Kakoli Hazarika	129	Rituraj Dihingia
107	Kashmiri kashyop	130	Nitu Borah
108	Pritisha Dutta	131	Blitupan Dutta
109	Nitu Borah	132	Abhijit Gogoi
110	Barakha Changmai.	133	Ujjal Bezboruah
111	Polash konwar	134	Afruja Begum
112	Dipankar Changmai	135	Lovely Konwar
113	Priyanka Gogoi		

Rimjem Borah

Dr. Rimjem Borah
Programme Officer, NSE Unit
of Gargaon College, Simalgaon
Sivasagar, Assam



Overview of the program

Name of the Program: World No Tobacco Day

Type of Program: Extension

Related to: Awareness

Date: 31.05.2022

Organized by: NSS Unit, Gargaon College

Collaborative Agency: NCC unit, Gargaon College & Gargaon High school

No. of Participants: 20

Venue: Gargaon High, Sivasagar District

Brief report of the program

The NSS Unit of Gargaon College in collaboration with NCC and Gargaon High school observed 'World No –Tobacco Day' at Gargaon High school on 31st May, 2022. 'World No –Tobacco Day' is one of 11 official global public health campaigns marked by the WHO. This day is observed all over the world in every year on 31st May.

Dr. Rimjim Borah, Programme Officer of the NSS Unit, Gargaon College delivered a speech on World No Tobacco Day (WNTD) and its impacts on youth. She explained the dangers of using tobacco, the business practices of tobacco companies, fight against the use of tobacco, and role of youth to claim their right to health and healthy living and to protect future generations.

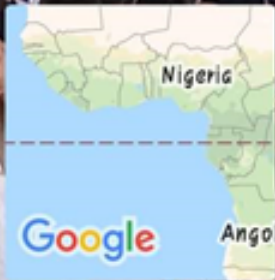
Few volunteers delivered their awareness speech with colourful slides on the ill effects of the use of tobacco.

Oath taking was also conducted by all the volunteers along with Dr. Bidyananda Borkakoty, Pimly Langthasa and all the teachers of Gargaon High school. All the school students, teachers and volunteers took pledge on 'No tobacco use' in future.



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

Photograph of the Programme





গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

Photograph of the Programme





List of participants

Sl. No	Name	Sl. No	Name
1	Kaustav Chetia	11	Sonu jalan
2	Kalyan Jyoti Saikia	12	Karima begum
3	Nikhita Hazarika	13	Ankita Ghosh
4	Pori Hazarika	14	Bumoni Dihingia
5	Abhijit Gopgoi	15	Gitimoni boruah
6	Meher Ahmed	16	Smriti konwar
7	Suruj Gogoi	17	Tanaya Gogoi
8	Puja Rana	18	Noyanmoni Mech
9	Sumon Gogoi	19	Anchal Sharma
10	Ankita Dutta	20	Goutam Gogoi

Rimjem Borah

Dr. Rimjem Borah
Programme Officer, NSE Unit
of Gargaon College, Simaluguri
Sivasagar, Assam



Overview of the program

Name of the Program: World No Tobacco Day

Type of Program: Extension

Related to: Awareness

Venue: Gargaon High school

Date: 31st May, 2023

Organized by: The NSS Unit of Gargaon College in collaboration with ECO CLUB, 11 Assam Girls (1) COY NCC, IQAC and Gargaon High School

Number of Participants: 82

Objective of the Program: To fight against the use of tobacco, and role of youth to claim their right to health and healthy living and to protect future generations

Brief report of the program

The NSS Unit of Gargaon College in collaboration with ECO CLUB, 11 Assam Girls (1) COY NCC, IQAC and Gargaon High School observed 'World No –Tobacco Day' at Gargaon High school on 31st May, 2023. WNTD is one of 11 official global public health campaigns marked by the WHO. This day is observed all over the world in every year on 31st May. Till now, the NSS unit of Gargaon College has created awareness among 5000 people regarding the ill effects of tobacco use.

Dr. Rimjim Borah, Programme Officer of the NSS Unit, Gargaon College delivered a speech on World No Tobacco Day (WNTD). She explained the dangers of using tobacco, the business practices of tobacco companies, fight against the use of tobacco, and role of youth to claim their right to health and healthy living and to protect future generations. Few volunteers delivered their awareness speech with colourful slides on the ill effects of the use of tobacco.

Oath taking was also conducted by all the volunteers. Dr. Mintu Gogoi, Assistant Professor of Commerce, Pimly Langthasa, CTO of NCC also delivered their speech on significance of this World No Tobacco Day. All the teachers of Gargaon High School, all school students, NSS Volunteers, NCC Cadets also took pledge on No tobacco use in future. Dr. Sabyasachi Mahanta, the Principal of Gargaon College offered thanks to the NSS Unit for grand success of this event.



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Flyer

The flyer features a light blue and white background with a green leaf in the top left corner. At the top, there are three logos: Gargaon College, National Service Scheme (NSS), and Assam Girls' COYNCC. The main title is "GARGAON COLLEGE WORLD NO TOBACCO DAY" in large, bold letters, with a cigarette icon crossed out by a red 'X' over the word "NO". Below the title is the date "31st May, 2023" and the theme "Theme : 'We Need Food, Not Tobacco.'" in a blue rounded rectangle. The organizers are listed as "Organised by NSS Unit Gargaon College, ECO CLUB, Gargaon College, and 11 Assam Girls (1) COYNCC". Collaborators include "IQAC, Gargaon College" and "Gargaon High School". On the left, there is an illustration of human lungs, with the left lung showing a person working in a field and the right lung showing a person sitting at a desk. On the right, there is a red and white "STOP" sign with a cigarette pack inside it. At the bottom, a dark purple rounded rectangle contains the venue and time: "Venue : Gargaon High School :: Time : 11.00 AM".

GARGAON COLLEGE
WORLD NO TOBACCO DAY
31st May, 2023

Theme : "We Need Food, Not Tobacco."

Organised by
NSS Unit Gargaon College
ECO CLUB, Gargaon College
11 Assam Girls (1) COYNCC

In Collaboration with
IQAC, Gargaon College
Gargaon High School

Venue : Gargaon High School :: Time : 11.00 AM



Photographs





Media coverage

বিভিন্ন ঠাইত 'বিশ্ব ধঁপাত বিৰোধী দিৱস'

মেলো : নিম্ন প্ৰতিবেদন, ০১ মে'ত আদি যোৰহাটত কোৱাৰ্টাৰত বিশ্ব ধঁপাত বিৰোধী দিৱস নিম্নোক্তৰূপে উপস্থাপন কৰা হয়। যোৰহাট জিলা স্বাস্থ্য সচিব, শিৱসাগৰ বিশ্বাস প্ৰতিবেদন কৰা হয়। যোৰহাট জিলা স্বাস্থ্য সচিব, শিৱসাগৰ বিশ্বাস প্ৰতিবেদন কৰা হয়। যোৰহাট জিলা স্বাস্থ্য সচিব, শিৱসাগৰ বিশ্বাস প্ৰতিবেদন কৰা হয়।

ইয়াৰ পাছতে হাজীৰা মেজাৰ বাৰদৰী ছোৱা ন্যূনতমত কেমেৰাত গছটি তোলা কৰে।

মহাবিদ্যালয়ৰ ৰাষ্ট্ৰীয় সেৱা আঁচনি, ইক' ক্লাব, 11 Assam Girls (1) COY NCC ৰ উদ্যোগত আৰু গড়গাঁও মহাবিদ্যালয়ৰ ৰাষ্ট্ৰীয় সেৱা আঁচনি, ইক' ক্লাব, 11 Assam Girls (1) COY NCC ৰ উদ্যোগত আৰু গড়গাঁও মহাবিদ্যালয়ৰ ৰাষ্ট্ৰীয় সেৱা আঁচনি, ইক' ক্লাব, 11 Assam Girls (1) COY NCC ৰ উদ্যোগত আৰু

Effects of tobacco use

Cancer and Palliative Trust.

SIVASAGAR: With an aim to raise awareness on the hazardous health effects of tobacco use, the NSS Unit of Gargaon College, in collaboration with Eco Club, 11 Assam Girls (1) COY NCC, IQAC of the College, organized an awareness programme on the occasion of World No Tobacco Day at Gargaon High School on Wednesday.

In the awareness programme, Dr Rimjim Borah, Programme Officer of NSS Unit, Gargaon College outlined the significance of the observance of the day. She explained the effect of using tobacco, the business practices of tobacco companies and fight against the use of tobacco. Dr Borah further claimed their right to health and healthy living and to protect future generations.

Dr Sabyasachi Mahanta, renowned academician and Principal of Gargaon College, appreciated the efforts of the organizers for organizing such an awareness programme to sensitize the students on the health risks associated with tobacco use. As part of initial activities of the programme, all the teachers of Gargaon High School, NSS volunteers and NCC cadets of Gargaon College and students of Gargaon High school took pledge not to consume tobacco in any form.

Dr Mintu Gogoi, Assistant Professor of Commerce, Pimily Langthasa, CTO of NCC and a few volunteers of NSS and NCC also delivered their speech on the importance of celebration of World No Tobacco Day and spoke on the harmful effects of the use of tobacco products. The programme received a very encouraging response of 150 participants, including teachers and students of the school.

অধ্যক্ষ হৰেন গোৱালাসহ অন্যান্যসকল উপস্থিত থাকে।

■ শিৱসাগৰ : এজন প্ৰতিবেদক : সমগ্ৰ বিশ্বতে উদ্যাপন কৰা বিশ্ব ধঁপাত বিৰোধী দিৱস উপলক্ষে আজি গড়গাঁও মহাবিদ্যালয়ৰ ৰাষ্ট্ৰীয় সেৱা আঁচনি, ইক' ক্লাব, 11 Assam Girls (1) COY NCC ৰ উদ্যোগত আৰু অভ্যন্তৰীণ মান নিৰূপণ কোষৰ সহযোগত গড়গাঁও উচ্চ মাধ্যমিক বিদ্যালয়ত বিভিন্ন সজাগতামূলক কাৰ্যসূচীৰে দিৱস পালন কৰা হয়।

গড়গাঁও মহাবিদ্যালয়ৰ ৰাষ্ট্ৰীয় সেৱা আঁচনিৰ কাৰ্যক্রম বিষয়া ড° ৰিমঝিম বৰাই অনুষ্ঠানটোৰ আঁত ধৰি বিশ্ব ধঁপাত বিৰোধী দিৱসৰ তাৎপৰ্য ব্যাখ্যা কৰে। অনুষ্ঠানটোত মহাবিদ্যালয়ৰ এন চি চি গোটৰ সমন্বয়ক পিমলি লাংঠাছা, বাণিজ্য বিভাগৰ সহকাৰী অধ্যাপক ড° মিন্টু গগৈয়ে ধঁপাত সেৱনৰ ফলত হ'ব পৰা বিভিন্ন মাৰাত্মক তথা দুৰাৰোগ্য ৰোগৰ সম্বন্ধে বক্তব্য আগবঢ়োৱাৰ



Participants

Sl.No	Name	Sl.No	Name	Sl.No	Name
1	Ajijur Rohman	31	Miss Junti Tassa	61	Boishali Boruah
2	Jahan Ali	32	Probita Bauri	62	Anindita Dadhaka
3	Sikhamoni Dutta	33	Priyanka	63	Niharika Gogoi
4	Jintu Mech	34	Puja Devi	64	Rubi Buragohain
5	Ruponjyoti Chetia	35	Asmina Khatun	65	Lucky Bailung
6	Aporba Saikia	36	Astha Duwrah	66	Munmun Grogoi
7	Rahul Bailung	37	Juri Mech	67	Himashree Buragohain
8	Manab Jyoti Das	38	Barbie Lahom	68	Jyotishma Kanwar
9	Deep Kumar Mishra	39	Niharika Deka	69	Ankita Gogoi
10	Arvind Singh Yadav	40	Apsara Begum	70	Ananaya Gogoi
11	Manab Krishna Buragohain	41	Ankita Kumari	71	Sahida Rahman
12	Angkita Gogoi	42	Bornali Guwala	72	Darchana Konwar
13	Krishna Rani Boruah	43	Priyakhi Ghatowar	73	Anuska Deni
14	Miss Dimpi Dutta	44	Himeishree mech	74	Pankaj Gogoi
15	Miss Sabri Begum	45	Luitya Kalita	75	Kongkona Bharali
16	Miss Monikha Devi	46	Bishal Munda	76	Nabajyoti Borgohain
17	Miss priyakhi Changmai	47	Rinku Baruah	77	Rituraj Gogoi
18	Miss Sabana Alom	48	Wahidul Ali	78	Akileen Rahman
19	Miss Dikhita Gogoi	49	Debarich Mcch	79	Debojit Borgohain
20	Miss Bristy Buragohian	50	Arup Mech	80	Bimal Mohan
21	Miss Rashmi Bauri	51	Anujraj Singh	81	Manash Pratim Rajkonwar
22	Miss Udayashmi Gogoi	52	Lakhi Gogoi	82	Riajuddin Ahmed
23	Liza Begum	53	Asikur Rahman		
24	Miss Naymin Begum	54	Protim Singh		
25	Jyoti Lodhi	55	Suhal Gohain		
26	Miss Yasmin Begum	56	Hasan Arman		
27	Miss Warisha Begum	57	Koushik Gogoi		
28	Miss monalisa Das	58	Nayan Jyoti Bakti		
29	Miss Sumon Loha	59	Raj Haldar		
30	Miss Pormita Bakti	60	Prastut Phukan		

Rimjem Borah

Dr. Rimjem Borah
Programme Officer, NCE Unit
of Gargaon College Simaluguri
Sivasagar, Assam