



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE

## World No Tobacco Day

May 31, 2019



Organized by  
NSS unit, Gargaon college



## Overview

**Name of the Program: World No Tobacco Day**

**Date: 31st May, 2019**

**Organized by: NSS unit of Gargaon college**

### About the program

On the occasion of 'World No Tobacco Day' on May 31st, 2019, the National Service Scheme (NSS) Unit of Gargaon College organized an awareness program to highlight the harmful effects of tobacco consumption. This significant event took place at Sankardev Vidya Niketan in Nazira. The initiative aimed to educate the community, particularly young students, about the dangers associated with tobacco use and to promote a healthier, tobacco-free lifestyle.

The program saw active participation from various segments of the school community. Sixteen teachers from the school, along with the guardians of the students, attended the event, showing their support and commitment to the cause. Approximately 170 students were present, engaging with the presentations and activities designed to inform and inspire them to make healthier choices. In addition to the school's participation, twenty NSS volunteers from Gargaon College played a crucial role in organizing and executing the event. Their involvement was instrumental in ensuring the program's success, from planning educational segments to facilitating discussions and interactive sessions. The awareness program included various activities such as informative talks, presentations, and interactive sessions. The attendees were provided with insights into the severe health risks associated with tobacco use, including respiratory diseases, cardiovascular problems, and cancer. The discussions also covered the social and economic impacts of tobacco addiction, encouraging attendees to spread the message within their communities.

Overall, the event at Sankardev Vidya Niketan on World No Tobacco Day was a meaningful and impactful effort by the NSS Unit of Gargaon College to combat the pervasive issue of tobacco consumption. Through education and community engagement, the program aimed to foster a healthier future for the younger generation.

### 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.



Photos of the program



