



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

INTERACTIVE SESSION ON 'PREVENTING THE YOUTH FROM TOBACCO USE' ON THE OCCASION OF ANTI-TOBACCO DAY

Date: 31st May 2023

Venue: Panchayat Bhawan, Garhi Wazidpur, Sohna

Event Type: Extension Activity

Mode of Activity: Offline

Target Group: Students of KRMU and Villagers of Garhi Wazidpur

Resource Person: Dr. Niranjan Naik, Fortis Hospital Gurugram, Haryana 122002

Coordinators: Dr Neeraj Kumari

Organized by: NSS, K R Mangalam University, Gurugram

Introduction:

Every year, World No Tobacco Day (WNTD) is observed all over the world on 31 May. It is also known as Anti-Tobacco Day. According to WHO, 60% of people want to quit the use of tobacco but only 30% of world population have the quality to quit it. Therefore, to celebrate World No Tobacco Day and to raise awareness, NSS K R Mangalam University organized an interactive session on 'Preventing the Youth from Tobacco Use' on the occasion of Anti-Tobacco day in Garhi Wazidpur village.

Objectives:

The main objectives to organize the session were:

1. To spread awareness among the youth and wean away the youth from the use of tobacco.
2. To raise awareness on the harmful and deadly effects of tobacco use.
3. To increase awareness on the link between tobacco and cardiovascular disease (CVD) and promote feasible actions and measures to reduce the risks to heart health posed by tobacco

Content:

The International Anti-Tobacco Day was celebrated by NSS, K R Mangalam University at Panchayat Bhawan, Garhi Wazidpur on 31st May 2023. The session was started by Mr Abhay Barwal, NSS volunteer where he briefed about the motive of the session. He welcomed all the guests and gave the introduction of resource person among participants.

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Dr Niranjan Naik from Fortis Hospital discussed about the use of tobacco all over the world. He said that Adolescent smoking is a serious public health concern, and the role of personnel in reducing students' tobacco use has been proven. Tobacco use in early life has been shown to negatively impact physical (e.g. pulmonary and cardiovascular diseases)¹ or psychological (e.g. depression and anxiety disorders) health both immediately and in the future³. It also increases the likelihood of smoking later in adulthood. He further informed the participants that cardiovascular disease kills more people than any other cause of death worldwide, and tobacco use, and second-hand smoke exposure contribute to approximately 12% of all heart disease deaths. Tobacco use is also the second leading cause of CVD, after high blood pressure. He discussed different types of cancer that occurred due to the use of tobacco. In the last, Dr Naik suggested to improve the diet taken by individual and focused on the physical exercises.

Conclusion: The program ended with a vote of thanks which was given by Dr Neeraj Kumari, NSS coordinator. She thanked all the participants and guests and encouraged the participants to take oath for quitting the use of tobacco.

Outcomes: However, not only smokers are at risk, but second-hand smoking also causes 1.2 million deaths per year. Every participant appreciated the efforts of guests and organizers to conduct the event and they agreed that quitting smoking is one of the most important actions people can take to improve their health.

Future prospects: This type of session helps the people to improve their health status and enhances quality of life by reducing the risk of premature death and can add as much as 10 years to life expectancy.

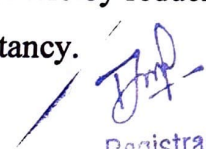

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Photo 1: NSS Volunteers discussed about the motive to commemorate Anti-Tobacco Day to villagers

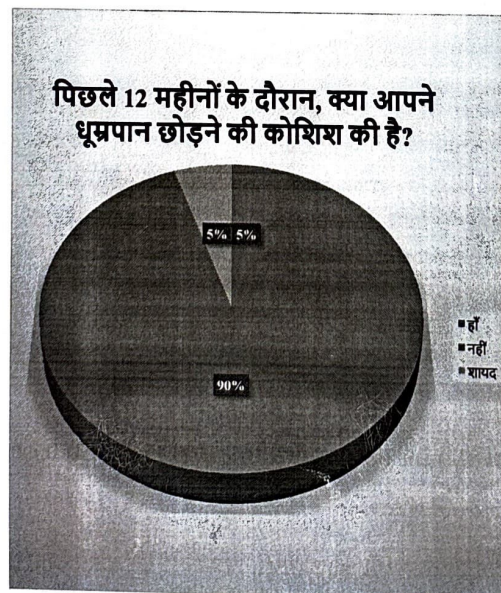


Photo 2: A group photograph with villagers and students


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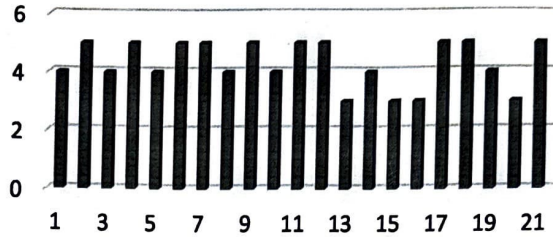
Photo 3: Dr Naik discussed about different types of cancer caused due to the use of tobacco



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आपको क्या लगता है कि यह
आपके लिए कितना प्रासंगिक
और उपयोगी था?

How relevant and helpful do you
think it was for you?



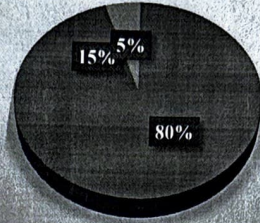
Report prepared by	<i>[Signature]</i>
Report verified by Event Coordinator	<i>[Signature]</i>
Report Verified by IQAC Director	<i>[Signature]</i>

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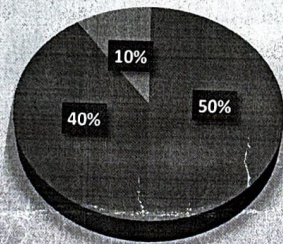
IQAC
K.R. Mangalam University,
Sohna Road, Gurugram-122103

क्या आपने पिछले 12 महीनों में किसी डॉक्टर या स्वास्थ्य देखभाल प्रदाता से मुलाकात की है?



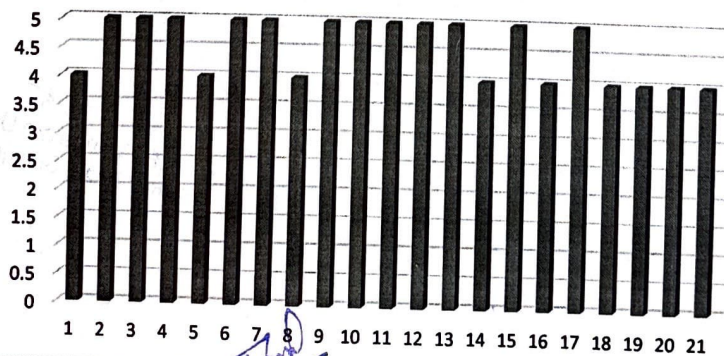
■ हाँ
■ नहीं
■ शायद

क्या आप धूम्रपान करना पसंद करते हैं?



■ हाँ
■ नहीं
■ शायद

आप आयोजन से कितने संतुष्ट हैं?
How satisfied are you with the event?



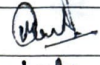
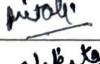
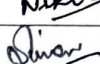
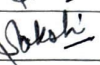
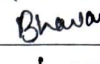
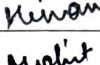
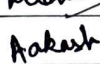
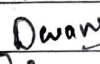
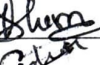
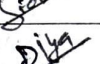
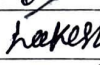

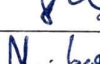

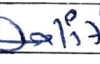
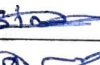





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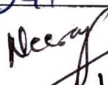
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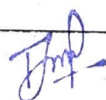
Sr. No.	Name	Course	Signature
1	Mansi	2204130045 BPT 1 st yr	
2	Mitali	2204130001 BPT	
3	Nikita	2204130026 BPT 1 st yr	
4	Simone	2204130057 BPT 1 st yr	
5	Jakshi	2204130059 BPT 1 st yr	
6	Bhavani	2204130032 BPT 1 st yr	
7	Minanshi	2204130047 BPT 1 st yr	
8	Mohit	2204130041 BPT 1 st yr	
9	Aakash	2204130046 BPT 1 st yr	
10	Dwansh	2201830016 BSc Cyber Security	
11	Harsh Chavda	2101060012 BCA	
12	Sidharth Dhima	2201350004 BTech-CSE	
13	Diga SIKKA	2201350005 BTech-CSE	
14	Lokeesh Sharma	2208380020 BA(H) Pol. Sci	
15	Sheetal Rajput	2208380021 BA(H) Pol. Sci	
16	Shagun	2101060004 BTech(CSE)	
17	Abhily	2003270001 B.Sc. Program	
18	Sanya	141250002 B. El. Ed	
19	Kalish	2101060003 BCA	
20	Simran	2101060002 BCA	
21	Sejal	2103110006 BSC (math)	

Verified by:

Signature:

Date:


31/5/23



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NSS, K R Mangalam University, Gurugram-122103

Sr. No.	Name of the villager	Signature
1	Manish	
2	Ravinder	
3	Subham Chandel	
4	Parvinder	
5	Yogesh	
6	Dishu Yadav	
7	Sur	
8	Ranbir	
9	Dinesh Gaudam	
10	Jai pal	
11	Makesh	
12	Rakesh	
13	Sandeep	
14	Deepak Chandra	
15	PREET CHD	
16	Yogesh Yadav	
17	Vidya Yadav	
18	Sanjay	
19	Bhola	
20	Bittu Yadav	
21	Sachin	

Verified by:

Signature:

Date:

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