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Report on 'Caso the Quiz' on World NO Tobacco Day

Date: 30th May 2024 **Venue:** B121, B Block **Event Type:** Quiz

Mode of Activity: Offline

Target Group: NSS volunteers and KRMU students

Coordinators: Neeraj Kumari (NSS Coordinator)

Organized by: NSS, K R Mangalam University, Gurugram

Participants: 43 NSS volunteers and KRMU students

Introduction:

Every year, World No Tobacco Day is observed on 31st May globally. The World Health Assembly of World Health Organization (WHO) initiated to observe World No Tobacco Day on 31st May 1987 to encourage individuals who are addicted to tobacco. Therefore, to observe World NO Tobacco Day, NSS K. R. Mangalam University organized a quiz competition among NSS volunteers and KRMU students on 30th May 2024 at KRMU campus.

Objectives:

The event aimed to raise awareness among NSS volunteers and KRMU students about the harmful effects of use of tobacco in any form and to promote tobacco free lifestyle.

Content:

The event was started by Dr Neeraj Kumari by welcoming all the participants and briefed about the event. She informed the students about the role of World Health Organization (WHO) and motive to celebrate World NO Tobacco Day. She informed the students that more than one crore people die every year due to the use of tobacco. She delivered an impactful discussion of the harmful effects of tobacco consumption on the health of human beings including respiratory diseases and cancer and on the environment. Additionally, She highlighted that the agricultural land used for tobacco cultivation is a major contributor to soil degradation. NSS volunteers shared real-life examples and inspiring stories of individuals who overcame tobacco addiction. A pledge ceremony followed, where students solemnly Vowed to avoid tobacco and spread awareness about its dangers, symbolizing their commitment to a healthy, tobacco-free



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life. The event concluded with a quiz competition on tobacco-related topics, engaging all participants. Following the discussion, the quiz competition related to facts about tobacco, its health effect and the efforts of global to combat its use was held among NSS volunteers. In the last, the pledge ceremony was conducted among the participants to promote tobacco-free lifestyle.

Conclusions:

The No Tobacco Day observance by the NSS unit was a resounding success, effectively educating and involving participants while fostering a sense of community and commitment to a healthier, tobacco-free lifestyle. In the quiz competition, Mr Harsh Sharma secured the first position followed by Archana Tomar who secured second position. The third position was begged by Shimanshu Shokeen. Dr Neeraj Kumari, NSS coordinators congratulated all the winners and appreciated the efforts of volunteers who helped to make this event successful.

Event outcome:

The participants gained a deep understanding of the impact of tobacco on the health of human beings, especially for passive human beings. The quiz competition served as an effective tool to reinforce the knowledge tobacco and its harmful impact.

Glimpes



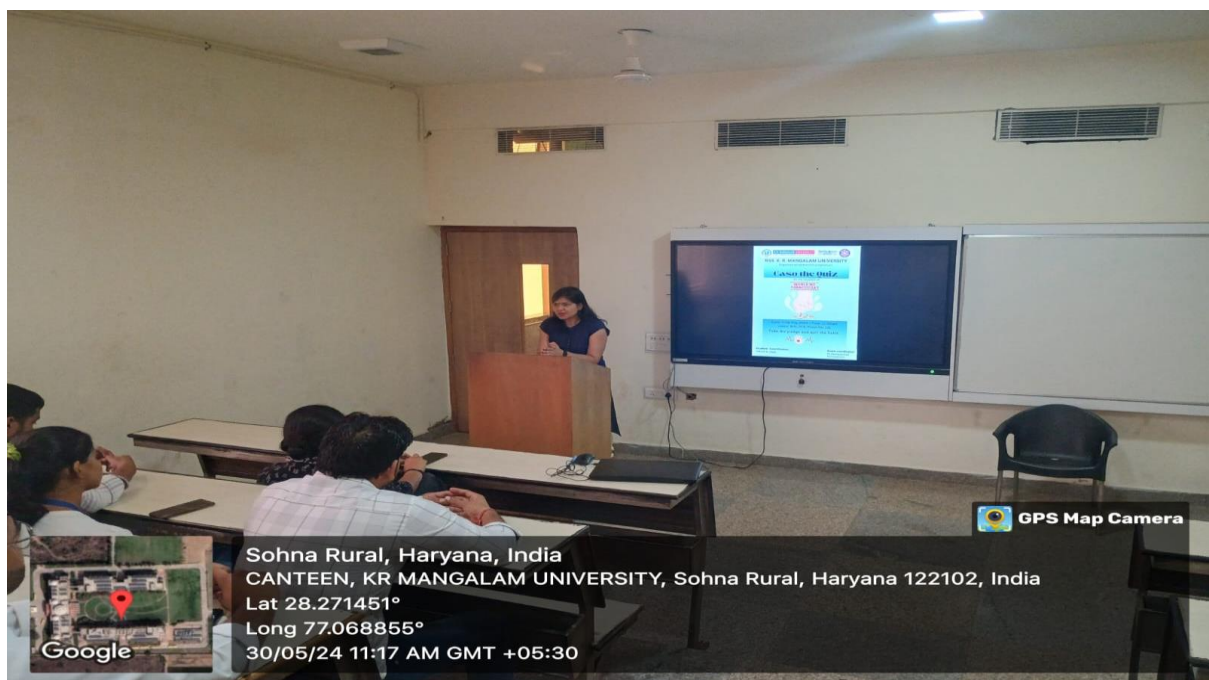
A student participant delivering her presentation during the 'Caso the Quiz' event on World No Tobacco Day.



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Participants viewing an awareness video highlighting the harmful effects of tobacco use.



Dr. Neeraj Kumari addressing the students and emphasizing the importance of a tobacco-free lifestyle.