



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I



Donate Blood
Save Life



Beti Bachao
Beti Padhao



Health
Camps



Tree
Plantation

Ref:.....

Date:.....

REPORT

NO-TOBACCO DAY- 31st May,2019

Report on celebration of No-Tobacco Day at Tecnia Institute of Advanced Studies, Rohini on 31/05/2019 at 2:00 P.M.

Event	:	No-Tobacco Day
Topic	:	Poster Making Competition on Say No to Tobacco
Convener	:	Dr. Ajay Kaul, NSS- Nodal Officer
Date	:	31 st May, 2019
Day	:	Thursday
Time	:	11:00 AM
Event Mode	:	Offline
Platform	:	TIAS Building
Participants	:	Students of MBA/BBA/BCA/BA(JMC) Programme
No of Participants	:	20



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Organizes

World No Tobacco Day

Departments: MBA, BBA, BA(J&MC) & BCA



Date: 31th May, 2019



In Association With

Dr. Kirti Miglani
NSS Nodal Officer, TIAS
New Delhi

India's Premier ISO 9001:2015, 14001:2015 Certified Institute. Rated as 'A' by Govt. NCT of Delhi; "A++" Category - Best Business School by Business India; Included in Top 100 B & IT Schools by reputed publications

OBJECTIVES

- To highlight the health risks associated with Tobacco use
- To highlight the health risks associated with Junk Food
- Our anti-smoking posters deliver affordable, fast, effective, prevention solutions for students.
- The side effect of Junk Food is best illustrated through Posters.
- Poster competition is a platform where students learn about the side effect of Smoking and Junk Food.

REPORT

“Say No to Tobacco & Say No to Junk Food”

The NSS Unit of Tecnia Institute of Advanced Studies, Rohini conducted a special event on 31st of May, 2018 as a part of “World No Tobacco Day”. The vital subject of the event was to focus on “Say No to Tobacco & Say No to Junk Food” were from the different courses of BBA, MBA, MCA and BA (JMC) of Tecnia Institute of Advanced Studies. The main objective of the event was to encourage the hidden talent of the students. The students showed their abilities through posters wherein they expressed their feelings in the form of Sketch, Cartoons, and through quotations etc. It has been the first event that has ever happened in Tecnia Institute of Advanced Studies and has given its best platform to all the students. All the students participated with full zeal and performed well.

Tecnia Institute of Advanced Studies, an Institute of repute engaged in management, journalism and Information technology, is committed to play an important role that will inculcate positive behavioral change in individual and groups towards smoking free campus. TIAS believes that each one of us can play a vital role in achieving the "No Tobacco & No Junk Food" by observing and implementing it in our personal life. The link between tobacco and disease is clear, as are the dangers of second-hand smoke and chewing tobacco, and young people need to hear that message early and often. Avoiding tobacco is one of the best things you can do for your health; it substantially cuts your risk for heart disease, cancer, stroke, respiratory illness, and many other diseases.”

Through the process of designing posters carrying anti-smoking messages, students learned about the dangerous chemicals in cigarettes and that smoking is addictive and associated with numerous health problems. These key messages will then be further disseminated by the winning posters when they are distributed for display in TIAS.

LEARNING OUTCOMES

1. The drawback of Junk Food and its impact on health has been highlighted among the student.
2. Impact of Smoking and its diseases have been displayed through Posters.
3. Prepared Posters on Health and Hygiene.
4. Posters provide visual, colorful, simple ways to communicate message about effects of Junk Food and effects of Tobacco and are suitable for display in institution spaces.
5. Poster competitions can generate publicity and provide information.

GLIMPSES OF THE PROGRAMME





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LIST OF BENEFEICIARIES

S.No	Enrollment	Name	Course
1.	00117004417	ABHISHEK GUPTA	MCA
2.	00217004417	AJAY MAJI	MCA
3.	00317004417	DEEPAWALISHARMA	MCA
4.	00417004417	LASHIKAADHIKARI	MCA
5.	00517004417	MONALISHA SINGH	MCA
6.	00117004417	ABHAY GUPTA	BBA
7.	00217004417	ABHINAV ARORA	BBA
8.	00317004417	ABHINAV MITTAL	BBA
9.	00417004417	ADARSH ASHOK	BBA
10.	00517004417	ADESH GOYAL	BBA
11.	00117004417	AAKASH MALIK	MBA
12.	00217004417	ABHISHEK SHARMA	MBA
13.	00317004417	AJAY SAINI	MBA

14.	00417004417	AJAY SHARMA	MBA
15.	00517004417	AKASH GARG	MBA
16	00117004417	AAROHI MOUDGIL	BA(J&MC)
17	00217004417	AKANKSHA KUKREJA	BA(J&MC)
18	00317004417	AKSHAY JOSHI	BA(J&MC)
19	00417004417	AMAN AGGARWAL	BA(J&MC)
20	00517004417	AMRITA	BA(J&MC)