



TECNIA INSTITUTE OF ADVANCED STUDIES
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



Ref:.....

Date:.....

Report

- Event** : Poster Competition on Say No to Tobacco & Say No to Junk Food
Date : 31 May, 2023
Event Convener : Mr. Piyush Kumar, NSS Programme Officer
Participants : Tecnia Institute of Advanced Studies Students
Venue : PG Building Ground Floor Corridor
Participates : 15

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 INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

NATIONAL SERVICE SCHEME (UNIT-I)

Poster Competition

Wednesday, 31st May, 2023

Themes

Say No to Tobacco **Say No to Junk Food**

NSS Strives for

Health Camps Tree Plantation

India's Premier ISO 9001:2015 & 14001:2015 Certified Institute, Rated as "A++" Category Best Business School by latest AIMA- Business Standard & Business India Publications Surveys & Included in Top 100 B-Schools & IT-Schools by Data Street Investment Journal.

Piyush Kumar
 Programme Officer, NSS (SFU)
 Tecnia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi -85

REPORT

Tecnia National Service Scheme organized a poster competition on 31st May 2023. The participants were from various BBA, MBA, MCA and BA (JMC) courses of Tecnia Institute of Higher Education and the students were enthusiastic. The main objective of the event was to showcase the hidden talent of the students. Students showed their talent through posters where they expressed their feelings in the form of sketches, cartoons, quotes etc. This was the first event ever held at Tecnia Institute of Higher Education and it gave the best platform to all the students. All students participated enthusiastically and performed well. Tecnia Institute of Advanced Studies, an institute specialized in management, journalism and IT reputation, is committed to playing an important role in creating positive behavioral changes in individuals and groups towards a smoke-free campus. TIAS believes that each of us can play an important role in achieving the goal of "Quit Tobacco and Junk Food" by observing and implementing it in our personal lives. The link between tobacco and disease is clear, as are the dangers of secondhand smoke and machete, and young people need to hear this message early and often. Avoid that you can give the best of your heart; diseases, cancer, stroke, respiratory diseases and many other diseases."

By designing posters with anti-smoking messages, students learn about the dangerous chemicals in cigarettes and how smoking is addictive and linked to many health problems. Winning posters will further spread these key messages when they are distributed for display at TIAS.

Highlights of Poster Competition

- 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.

Objective

- Posters designed by colleagues can have a greater impact on the message and provide students with an immediate, effective, direct, relevant and visual way to inform other students, friends and family about the harmful effects of smoking and encourage them to quit smoking.
- Through this program, students will become aware of the increasing incidence of asthma, meningitis, respiratory diseases such as bronchitis, cough and cold, and infant mortality.
- Implement a smoke-free campus and make students aware of the harmful health effects of junk food.
- A non-smoking and litter poster competition was organized.
- To publicize tobacco and junk food free activities and their importance which are voluntarily done by students working under NSS.

Action Plan

The poster competition of the Tecnia Institute of Advanced Studies was celebrated with great enthusiasm and activity was in full swing. During the poster competition, several activities were launched in and outside the campus of the institute. In the beginning, all faculty, administrative and support personnel, and students took a pledge to make their lives smoke-free and then strived to pursue this goal. In addition, groups of students and faculty members were given separate areas of responsibility to convey that message both within the region and adjacent areas of the Institute.

Tobacco is harming the health, wealth and spirit of India. Every year, more than 932,600 people die from diseases caused by tobacco. However, more than 625,000 children (aged 10-14) and 10,361,400 adults (aged 15) still use tobacco every day. Complacency with the tobacco epidemic isolates the Indian tobacco industry and ensures that the number of tobacco-related deaths increases every year. Tobacco use has mainly negative effects on human health, and concern about the health effects of tobacco has existed for a long time. The study is mainly focused on smoking. Smoking most often causes diseases that affect the heart and lungs, and most often the arms or legs, where the first signs of smoking appear as numbness, and smoking is a major risk factor for heart attacks, chronic obstructive pulmonary disease (COPD), emphysema and cancer, especially lung, larynx, pancreas and laryngeal cancer. Long-term smokers also have a shorter overall life expectancy, with estimates ranging from 10 to 17.9 years less than nonsmokers. About half of long-term male smokers die from smoking-related diseases. The link between smoking and lung cancer is the strongest both in general perception and etiologically. Male smokers have a lifetime risk of lung cancer of 17.2%; among women who smoke, the risk is 11.6%. This risk is significantly lower in non-smokers: 1.3% for men and 1.4% for women. Historically, before World War I, lung cancer was considered a rare disease and most doctors never saw it during their careers. As the popularity of smoking increased after the war, a virtual epidemic of lung cancer arose. A person's increased risk of becoming ill is directly proportional to the duration of smoking and the amount of smoking. However, when someone stops smoking, these chances gradually decrease as the damage to the body heals. One year after quitting smoking, the risk of developing heart disease is half that of continuing to smoke. The health risks of smoking are not the same for all smokers. The risks vary depending on the amount of tobacco smoked, and those who smoke more have a greater risk. Smoking so-called "light" cigarettes does not reduce the risk. Smoking causes approximately 5 million deaths each year. Therefore, it is the most common cause of preventable early death. One study found that smokers lose an average of 13.2 years and women lose 14.5 years. The other died at 6.8 years. It is estimated that each cigarette smoked shortens life by an average of 11 minutes. At least half of lifetime smokers will die earlier from smoking. Smokers are three times more likely to die before age 60 or 70 than non-smokers. Cigarette smoke contains more than fifty cancer-causing chemicals. Tobacco also contains nicotine, which is a highly addictive psychoactive drug. When tobacco is smoked, nicotine causes physical and mental dependence. Cigarettes sold in less developed countries tend to have a higher tar content and are less often filtered, which can increase susceptibility to smoking-related diseases in those areas. Tobacco is the biggest cause of preventable death in the world. Up to half of smokers die from smoking-related complications. According to the World Health Organization (WHO), tobacco causes approximately 6 million deaths each year (about 10% of all deaths), of which 600,000 occur in non-smokers due to passive smoking. In the 20th century, tobacco caused about 100 million deaths. Similarly, the US Centers for Disease Control and Prevention describes tobacco use as "the most important preventable

threat to human health in developed countries and the leading cause of premature death worldwide."

Tobacco is the most common cause of heart, liver and lung diseases. Smoking is a major risk factor for heart attack, stroke, chronic obstructive pulmonary disease (COPD) (including emphysema and chronic bronchitis), and several cancers (especially lung cancer, laryngeal and mouth cancer, bladder and pancreatic cancer). It also causes peripheral artery disease and high blood pressure. The effects depend on how many years a person smokes and how much they smoke. Starting to smoke at an earlier age and smoking cigarettes containing tar increase the risk of these diseases. Environmental tobacco smoke, or secondhand smoke, has also been shown to have harmful effects on people of all ages. Tobacco use is a major factor in miscarriage among pregnant smokers and contributes to many other fetal health problems, including premature birth, low birth weight, and a 1.4- to 3-fold increase in sudden infant death syndrome (SIDS). The incidence of erectile dysfunction in male smokers is about 85 percent higher than in non-smokers. Several countries have introduced measures to limit tobacco consumption using restrictions on use and sale and warning messages printed on packages. In addition, smoke-free laws that prohibit smoking in public places such as workplaces, theaters, bars and restaurants reduce exposure to second-hand smoke and help some smokers quit without negatively affecting the economy of restaurants or bars. Tobacco taxes that raise prices are also effective, especially in developing countries.

Glimpses of the Programme:-



Students of Tecnia Institute of Advanced Studies displayed their Posters on No Tobacco & No Junk Food in Poster Competition on 31st May, 2023



Faculty Member of Tecnia Institute of Advanced Studies attending Poster Competition on 31st May, 2023



Faculty Members of Tecnia Institute of Advanced Studies judging the displayed Posters on No Tobacco & No Junk Food in Poster Competition on 31st May, 2023



A Poster is displayed showing the impact of smoking in Poster Competition on 31st May, 2023



A Banner of the Poster Competition is displayed in Poster Competition on 31st May, 2023



Posters on No Tobacco & No Junk Food are displayed in Poster Competition on 31st May, 2023



Posters on No Tobacco & No Junk Food are displayed in Poster Competition on 31st May, 2023



Faculty Members and Prof. (Dr.) Sudhir Dawra, NSS Programme Officer along with Prof. (Dr.) Ajay Kumar, Director, Tecnia Institute of Advanced Studies, New Delhi Standing along with Banner during Poster Competition on 31st May, 2023

Winners will be honored at an awards ceremony and receive gift certificates and public recognition for their Posters. Their artwork will also be included in Tecnia Times to showcase their marvelous work to convey the message of No Tobacco & No Junk Food to the younger generation.

Sudhir Dawra
 Programme Officer, NSS (SFU)
 Tecnia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi -85

Learning Outcome

This event gave the students a platform where they could showcase their talent through posters and give a message about society, environment and the impact of junk food. Students also show their talents to give them an identity among their peers and realize their abilities.

1. The lack of junk food and its impact on health was emphasized among students.
2. The posters show the effects of smoking and its diseases.
3. Made posts about health and hygiene.
4. Posters provide visual, colorful and simple ways to communicate the effects of litter and tobacco and are suitable for display in institutions.
5. Poster contests can generate publicity and provide information.
6. Posters are pasted in various places of the tobacco-free and food-free institution to motivate and encourage students.

Students, both as participants and coordinators, brought out their inner talent and did well. The poster competition proved to be the best platform to think and act outside the box and show your hidden skills and acumen for the betterment of society, institutions and surrounding areas. On the other hand, tempting prizes and other consolation prizes emerged as the most important source of attraction and motivation.

NSS CLUB
LIST OF STUDENTS
(Say no to Tobacco)
(DATE:- 31 May, 2023)

Sr.No.	Enrollment	Name	Course	Event
1.	00117004417	Abhishek Gupta	MCA	Say no to Tobacco
2.	00217004417	Ajay Maji	MCA	Say no to Tobacco
3.	00317004417	Deepawali sharma	MCA	Say no to Tobacco
4.	00417004417	Lashika Adhikari	MCA	Say no to Tobacco
5.	00517004417	Monalisha Singh	MCA	Say no to Tobacco
6.	00117004417	ABHAY GUPTA	BBA	Say no to Tobacco
7.	00217004417	ABHINAV ARORA	BBA	Say no to Tobacco
8.	00317004417	ABHINAV MITTAL	BBA	Say no to Tobacco
9.	00417004417	ADARSH ASHOK	BBA	Say no to Tobacco
10.	00517004417	ADESH GOYAL	BBA	Say no to Tobacco
11.	00117004417	AAKASH MALIK	MBA	Say no to Tobacco
12	00217004418	AKANKSHA KUKREJA	BA(J&MC)	Say no to Tobacco
13	00317004418	AKSHAY JOSHI	BA(J&MC)	Say no to Tobacco
14	00417004418	AMAN AGGARWAL	BA(J&MC)	Say no to Tobacco
15	00517004418	Amrita	BA(J&MC)	Say no to Tobacco