



# TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT - I



## Report on "Say NO to Tobacco:

### NSS Outreach Activity Against Tobacco Consumption"

<b>Title of Activity*</b>	"Say NO to Tobacco: NSS Outreach Activity Against Tobacco Consumption"
<b>Values</b>	Empowerment and Responsibility, Health and Well-Being
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>• Through the process of designing and presenting their posters &amp; pledges participants deepened their understanding of the adverse health effects of tobacco and gained a clearer perspective on the importance of tobacco prevention.</li> <li>• Participants incorporated various cessation strategies into their artwork, enhancing their knowledge of available resources and methods for quitting tobacco, which they could share with others.</li> </ul>
<b>Objectives</b>	<p>To educate participants about the harmful effects of tobacco use on health and well-being.</p> <p>To highlight effective strategies and resources for quitting tobacco and supporting cessation efforts.</p> <p>To develop participants' skills in conveying important health messages through visual media.</p>
<b>Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*</b>	National Service Scheme
<b>Program Theme*</b>	Promote a <b>tobacco-free generation</b>
<b>External Expert / Internal Expert</b>	No
<b>Date*</b>	31 May 2024
<b>Time*</b>	11:00 A.M Onwards
<b>Venue</b>	Orleans The School, Rohini Sector 8

Poster/Flyer/Notice\*



Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)

NA

No. of Students\* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)

12

No. of Faculty\* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)

01

No. of External Participants (students + faculty) [write NA if not applicable]

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(Geotag) Photograph\*



Pledges to say no to tobacco



Poster on No Tobacco Day

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Programme Officer, Dr. Deepika  
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Report: Description in (min 250 to max 800 words)\*

The National Service Scheme (NSS) of Tecnia Institute of Advanced Studies organized an impactful outreach activity titled "Say NO to Tobacco" on 31<sup>st</sup> May, aimed at alertness raising about the harmful effects of tobacco consumption. The event was conducted in collaboration with local healthcare professionals, anti-tobacco organizations, and government health departments to address the growing concerns about tobacco use, especially among youth. The activity sought to educate the community about the severe health risks associated with smoking and other forms of tobacco use, encourage tobacco cessation, and promote a tobacco-free lifestyle.


The initiative was carried out with the vision to reduce tobacco consumption and empower individuals to make healthier choices. By utilizing interactive sessions, awareness campaigns, and peer education, the outreach activity emphasized the importance of saying NO to tobacco and fostering a healthier, smoke-free environment.

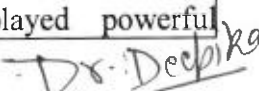
At the close, all participants were invited to take an **anti-tobacco pledge**, committing to a tobacco-free lifestyle. This symbolic gesture reinforced the personal responsibility of each individual to protect their own health and that of their community.

In collaboration with local schools and colleges, the NSS unit declared the surrounding educational campus a **tobacco-free zone**. Signs were placed around the campus, reminding students and staff that smoking and tobacco use were prohibited in these areas. This served as a step toward creating a healthier and safer environment for everyone.

The No Tobacco Day poster activity achieved its objectives of raising awareness about the risks of tobacco use, promoting cessation strategies, enhancing creative communication skills, and encouraging community involvement. Participants not only gained valuable insights into the dangers of smoking but also developed effective visual communication skills that contributed to the broader goal of tobacco prevention. The displayed posters served as impactful tools for educating the community and fostering a collective effort towards a smoke-free environment. Future activities can build on this success by addressing the challenges identified and expanding outreach to engage even more participants and community members.

Volunteers created and displayed powerful

  
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	<p>posters around the venue, using impactful imagery and strong messages to raise awareness about the dangers of tobacco. These visual aids were aimed at catching the attention of the audience and reinforcing the event's message.</p> <p>The "Say NO to Tobacco" outreach activity was a resounding success in raising awareness about the harmful effects of tobacco and encouraging a tobacco-free lifestyle. It empowered participants to make informed decisions about their health and provided them with the tools and resources necessary to quit tobacco. By fostering a spirit of <b>social responsibility, community engagement, and peer education</b>, the event is expected to have a long-lasting impact on the community, reducing tobacco consumption and promoting healthier living.</p>
<b>Resource Person</b>	NA
<b>Attendance Sheet*</b>	<i>Attached at the end of Report</i>
<b>Feedback</b>	<i>Sample feedback Attached at the end of Report</i>
<b>Report Submitted by Convener (write faculty coordinator name)</b>	Dr. Deepika Joshi
<b>For Office Use</b>	
<b>Signature of Event Coordinator</b>	<b>Signature of School/Department Head (With Seal)</b>
<b>List of Beneficiary</b>	

*Fields marked with '\*' are mandatory*

### LIST OF STUDENT PARTICIPANTS

S.No.	Enrolment No.	Name of Volunteer
1.	11317001722	Sampan
2.	70421301722	Rubal
3	35817001722	Shamita
4	00721301722	Bhoomika
5	03821701722	Akshita
6	09821701722	Dhruv
7	05921301722	Kavya
8	08221301722	Devanshi
9	01317001722	Harshit
10	01117001722	Ayush
11	05221301722	Dhruv
12	07917001722	Aadya

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