



# GOBINDA PRASAD MAHAVIDYALAYA

P.O.- Amarkananda ♦ Dist- Bankura ♦ Pin-722133 ♦ (W.B.)

## NATIONAL SERVICE SCHEME -UNIT I & II

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Ref. No. .... Report on Tobacco Cessation among the college students Date 06.06.19

**Name of the Event:** Tobacco Cessation among the college students

**Place:** Gobinda Prasad Mahavidyalaya

**Date:** 30.05.2019

**Time:** 11:00 A.M.

**Number of Participants:** 202 (Teachers: 02 & Students: 200)

**Organised by:** NSS Unit I & II, Gobinda Prasad Mahavidyalaya

### Description of the event:

The NSS UNIT I & II had organized a programme on Tobacco Cessation among the college students on May 30, 2019. Our undergraduate students from various departments had participated enthusiastically in this event. The main goal of this programme was to raise awareness about the detrimental health impacts of smoking and other forms of tobacco intake. The important message was to assist smokers in quitting their harmful habit. Giving up smoking takes a lot of dedication and motivation as, ones who smoke on a regular basis, their bodies get addicted to it. If they stop having smoke, their body reacts in a way that they crave tobacco. Dr. Tushar Kanti Halder (Principal of Gobinda Prasad Mahavidyalaya) graced the occasion as the guest of honour in the programme where he delivered a speech on the topic entitled "Tobacco Cessation among the college students". Mr. Parimal Saren (IQAC Co-ordinator) briefly discussed on the bad effect of Tobacco on our health. The NSS Programme Officer-I concluded the programme by explaining the history of World No Tobacco Day. More than 202 participants attended the programme and it was a huge success.

*Bibek Anand Sinha*

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