



A Report on  
“Report on Fitness Awareness  
Programme

*National Tobacco Control Program*”

(11<sup>th</sup> March 2025)

## Introduction

The National Service Scheme (NSS) and GIN of Gandhinagar University jointly operate with the core objective of promoting student development through awareness about healthy living, social responsibility, stress management, building self-esteem, enhancing critical thinking and soft skills, and encouraging a drug-free lifestyle. In line with this mission, a *National Tobacco Control Program* was organized on 11th March 2025. Sponsored by the Primary Health Center, Hajipur, Kalol, the event aimed to educate students about the dangers of tobacco consumption and foster a tobacco-free environment on campus. This initiative is consistent with the Government of India's vision to curb tobacco usage and minimize associated health risks, especially among the youth.

## Detailed Report

The event commenced with a welcome speech delivered by the NSS Program Coordinator, who emphasized the significance of a tobacco-free life and the vital role of youth in shaping a healthier and more responsible nation. The keynote session was led by a guest speaker from the Primary Health Center, Hajipur, Kalol, who presented an insightful discussion on the health hazards linked to tobacco use, the dangers of passive smoking, and current statistics on tobacco-related illnesses in India. The session also included an overview of the National Tobacco Control Program (NTCP) and provisions of the Cigarettes and Other Tobacco Products Act (COTPA).

To further engage students and encourage creative expression on the theme *"Say No to Tobacco"*, various activities were conducted during the program. Students showcased their talents through themed drawings and speeches. The top three winners were awarded prizes in

recognition of their contributions. These competitive elements helped reinforce the event's message through student-led advocacy and awareness.

Towards the end of the program, a question-and-answer session was conducted, during which students actively interacted with the experts. They asked questions to clarify common myths and learn effective strategies for tobacco cessation. This was followed by a "*Tobacco-Free Life*" pledge, where all participants committed themselves to abstaining from tobacco use and to promoting tobacco awareness among their peers.

The prize distribution was jointly conducted by Dr. Kamlesh V. N., Vice Chancellor of Gandhinagar University, and the guest speaker. Winners and participants of various events were felicitated with prizes and gifts as a token of appreciation. The event was efficiently coordinated and conducted by Prof. Tejas Shah (Program Coordinator, NSS) and Dr. Chetan Gupta (Principal, GIN). The active involvement of faculty members, student coordinators, and volunteers played a key role in the overall success of the program. The event concluded on a positive note, reinforcing the commitment of Gandhinagar University to student health and social responsibility through proactive engagement and education.

#### Photo Gallery:

	
1 <sup>st</sup> Winner of Elocution Competition	1 <sup>st</sup> Winner of Drawing Competition



2<sup>nd</sup> Winner of Elocution Competition



2<sup>nd</sup> Winner of Drawing Competition



3<sup>rd</sup> Winner of Elocution Competition



3<sup>rd</sup> Winner of Drawing Competition



Felicitations of Guests



Expert talk by a guest speaker from the Primary Health centre



Group photo with participants of elocution competition



Group photo with participants of drawing competition

