



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University

Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Date: 31th May, 2021

Venue:

You tube Channel (<https://youtu.be/sdLcXjJXAiA>)

Name of the Initiative: Anti-tobacco day

Issue Addressed: Ban to sale of Tobacco Products

Conducted By: CSA, St. Francis De Sales College

Attended By: Public

Organized By: St. Francis De Sales College.

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.38, calling for 7 April 1988 to be a "a world no-smoking day." In 1988, Resolution WHA42.19 was passed, calling for the celebration of World No Tobacco Day, every year on 31 May.

No Tobacco Day or Anti-Tobacco Day is marked on May 31. The day as the name suggests is meant to raise awareness about the adverse effects of smoking. The day created by World Health Organisation (WHO) in 1987, aims to sensitise people about the hazardous diseases that can be caused due to smoking. The fatal habit can lead to things like cancer, diabetes, respiratory disorders etc. This year the theme of the day is "Commit to Quit".

The nicotine which is present in tobacco is highly addictive in nature and creates a sort of dependency. As a result, a person is likely to crave for tobacco in extreme moods. This more than often makes it difficult for the person to quit. However, with good support system and tried and tested methods one can gradually get over the hazardous habit.

Desalite Initiatives for Social & Holistic Activities
St. Francis de Sales College

Bengaluru - 560100

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To celebrate Anti-Tobacco day we from St.Francis de Sales college under Center for Social Action(CSA), has conducted session in you tube channel. We need mass communication to create awareness about the dangers of tobacco in our society. We thought you tube channel helps to reach most of the people in a modern society. Prof.Lavin Bhawnani, Asst.Professor, Department of Commerce has given seminar about the peril of tobacco and this seminar was uploaded in tube channel to view for public.

In this seminar the following points were highlighted,

Tobacco is a plant and also known as Nicotiana Tabacum. It naturally contains over 2,500 chemicals - one of them being nicotine, when the tobacco plant is ripe, leaves are harvested, and dried, fermented and aged those processed leaves are now ready to be used in tobacco products. Sacred Tobacco are naturally grown and gift from the creator. This type of tobacco is used in ceremony, prayer and rituals for thousands of years. It can have spiritual, cultural and medicinal purposes.

Commercial tobacco is manufactured by the tobacco industry (AKA "Big Tobacco") and it is made with harmful chemical additives. It is used for recreation and sold for-profit - only benefits tobacco companies. Chewing tobacco may not produce smoke but it doesn't mean it's harmless. It contains over 3000 chemicals, 28 are known to cause cancer. More over it increases higher levels of nicotine than cigarettes. The consequences of tobacco are heart problem, stomach problem, tooth and gum problem, white patches or sores in the mouth and addiction to nicotine.

Cigars are not safe, it exposures to toxins and chemicals is for a longer period of time and it has more tar than a cigarette. It is increased the risk of cancer in lung, mouth and throat. It creates a gum disease and tooth loss.

Hookah's are definitely a safer option than smoking, the water filters out all the toxins. In Hookah water does not filter out toxins and it has the same health effects as cigarettes. Tobacco products cannot sell or supply to anyone less than 19 years of age. It is prohibited to consume tobacco in hospital, child care center, workplaces, and educational institutions.

We can protect our self by avoiding places where people are smoking, Kindly asking people to not smoke around you and, If you see someone smoking illegally, contact your local Public Health Unit.



PRINCIPAL
St. Francis de Sales College
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DISHA
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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

ATTENDANCE SHEET

EVENT : AWARENESS ON ANTI-TOBACCO DAY

31ST MAY, 2021

SL.NO	NAME	ROLL NO	SIGNATURE
1	ABHISHEK. KP	19NCC26001	Abhishek
2	ALLEN O JOLLY	19NCC26003	Allen →
3	AMJO JOSHY	19NCC26004	Amjo.
4	ANUSHA. D	19NCC26005	Anusha.
5	ANUSHKA PATHAK	19NCC26006	Anushka
6	ARCHANA R	19NCC26007	Archana
7	ASHOK KUMAR	19NCC26008	Ashok
8	BHUVANA R	19NCC26009	Bhuvana
9	CHANDANA G	19NCC26010	Chandana
10	CHANDINI THOMAS	19NCC26011	Thomas
11	DEEPA G	19NCC26012	Deepa
12	DEEPA R	19NCC26013	Deepa
13	DEEPA. S	19NCC26014	Deepa
14	HARSHITH. C.P	19NCC26017	Harshitha
15	HARSHITHA. N	19NCC26018	Harshitha
16	KARTHIK. V	19NCC26019	Karthik
17	KAVITHA. R	19NCC26020	Kavita
18	KAVYA. D	19NCC26021	Kavya
19	KEERTHANA. V	19NCC26022	Keerthana
20	KEERTHI KUMAR A	19NCC26023	Keerthi
21	KIRAN KUMAR. R.G	19NCC26025	Kiran
22	LAVANYA. K.C	19NCC26026	Lavanya
23	LIKITHA. S	19NCC26027	Likitha
24	M PRASHANTHA	19NCC26028	Prashantha
25	MADHUSUDAN. N	19NCC26029	Madhushudan
26	MAHESH. R	19NCC26030	Mahesh
27	MOHAMMED FAIZAL	19NCC26032	Mohammed Faizal
28	MOHAMMED ISMAIL	19NCC26033	Mohammed Ismail
29	MOHAMMED JUNAID	19NCC26034	Mohammed Junaid
30	MONISHA V	19NCC26035	Monisha
31	NAGOLA SANTHOSH REDDY	19NCC26036	Nagola Santhosh Reddy
32	NANDINI. M	19NCC26037	Nandini



33	NAVEEN. G	19NCC26038	Navneen
34	NEERUMALLA ESWAR	19NCC26040	Prathyush
35	PRATHYUSH	19NCC26041	Nikesh
36	NIKESH EKKA	19NCC26042	Juriel
37	ORAN JURIEL DSOUZA	19NCC26043	Shrawani
38	P. SHRAVANI	19NCC26044	Rheetha
39	PAVAN KALYAN M	19NCC26044	
40	PRAJWAL P	19NCC26046	Prajwal
41	PRAVEENKUMAR P	19NCC26047	Praveen
42	RANGANATH. Y.R	19NCC26050	Ranganath.
43	RANI R	19NCC26051	Rani
44	RANI. R	19NCC26052	Rani
	RANJEETHA C		
44	NAGANUR	19NCC26053	Ranjeetha
45	REHAMAN ULLA KHAN K	19NCC26054	Ulla
46	REVANTH. G	19NCC26055	Revanth
47	S UDAY	19NCC26056	Uday
48	SABITHA. S.K	19NCC26057	Sabitha
49	SANDEEP KUMAR D S	19NCC26059	
50	SANDHYA KUMARI SAHU	19NCC26060	Sandhya
51	SANTHOSH KUMAR C	19NCC26061	Santhosh
52	SHIVAPRASAD. P	19NCC26062	Shivaprasad
53	SHRAVYA. V	19NCC26063	Shravya
54	SHYLASHREE V	19NCC26065	Shylashree
55	SRIVATHSA. S	19NCC26066	Srivaths
56	SUHAS. S	19NCC26067	Suhas
57	SUJITHRA. V.B	19NCC26068	Sujithra

