

## Report on Organizing training and Sensitization Session on ToFEI

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The Lady Keane College organized training and sensitization session spreading awareness about adverse effects of indiscriminate tobacco usage and associated narcotics among youth extending National Tobacco Control Programme under National Health Mission in collaboration with NHM, Meghalaya on April 28, 2022.

The session was graced by Dr. Lana E Lyngdoh Nongbri, State Nodal Officer, NHM as the resource person in presence of Principal Dr. D. K. B. Mukhim, other faculties and students in college auditorium. The event was divided in to two sessions to ensure maximum participation from students of all streams.

The programme started with the welcome address from Dr. Mukhim followed by cordial felicitation of Dr. Nangbri with token of gratitude from the college. Dr. Nangbri opened the session reminding that, students are the future of the country. They must be made aware of the adversities associated with the tobacco usage, so that they may abstain from the curse and help people in their neighbourhood to escape from the clutches of this demon for building a tobacco free healthy society.

She shared videos of various case-studies and slide shows explaining the issues associated with tobacco addiction with the students. These interactive and engaging sessions vividly demonstrated the adversities and grim consequences of Tobacco addiction. She was successful in planting the seeds of thought among the students of these region, that is culturally inflicted with indiscriminate tobacco usage to certain degree.

Dr. Nongbri concluded her informative session making students take a pledge to abstain from using Tobacco and stopping others from doing the same.

The event was conducted in two consecutive sessions starting from 10:00 AM onwards. The first session was organized for BA 6<sup>th</sup> semester Day and Morning sections, BCA 4<sup>th</sup> and 6<sup>th</sup> semesters and BTM 6<sup>th</sup> and 8<sup>th</sup> semesters respectively. The second session accommodated students from BA 4<sup>th</sup> semester Day and Morning sections along with BSc 4<sup>th</sup> and 6<sup>th</sup> semesters.

This programme was conducted as a CSR activity for implementation of Tobacco Free Educational Institution under National Tobacco Control Programme launched by State government in association with Government of India.





