

BANNER MAKING

"Eliminate tobacco from your life before it kills you".

Parivartan, the NSS unit of Mata Sundri College for Women organized a Banner Making competition on the topic 'Tobacco Free India' on 30th November. A total of 26 volunteers participated in the following event.

Tobacco has been consumed by the Indian population in a large scale. Tobacco consumption has serious consequences on health like bad breath, fatigue and a decrease in energy, reduction in the senses of taste and smell, coughing, Shortness of breath, cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary diseases.

The participants showed their creativity about imagining a tobacco free India and made such artistic banners using vibrant colours. They highlighted their vision of a tobacco free India and helped to create awareness about it. The participants were very enthusiastic and determined. Tobacco contains nicotine, carbon monoxide, tar and various toxic chemicals like benzene which is very harmful for the human body and human health. Some tobacco products consumed by the people are cigarettes, cigars, bidis, hookahs, snuff, kreteks and many more.

Eliminating the consumption tobacco would leads to a healthy and happy life and our volunteers tried to showcase the importance of quitting the consumption of tobacco. They have tried to spread awareness through their work and have encouraged the people to quit tobacco and help others to do the same and contribute to make a healthy change in the society. This overwhelming participation of the volunteers will create a powerful impact in the society and would enable us to reach a step closure by enlightening people about the harmful effects of tobacco on human health and the damage it can cause in ones life. The banner making event was a success and and everyone participated whole heartedly and gathered knowledge about the topic and helped to spread awareness about it.