



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

Report on Awareness and Prevention of Tobacco Consumption

Date: 12 – 22 August 2019

Venue: SFS College - Auditorium and Seminar Hall

Conducted By: St. John Medical College Hospital, Bangalore

Attended By: UG and PG students

Organised By: Health Club, St. Francis de Sales College, Electronic city, Bengaluru

The Health Club of St. Francis de Sales College, Bengaluru, functions to cater to the needs of the health requirements of the college and tries to provide required support for the Kammasandra Locality people, staff and student as well. The Health Club of St. Francis De Sales College conducts various awareness programs for the students to ensure that our students stay mentally fit and physically healthy. The vision of the health club is to create awareness about health related issues and also guide the SFS community towards a healthy and happy life. The health club also initiates a number of activities every year to make sure that the club nurtures to the need of the college in providing the needful to the society.

In August 2019, the Health Club organized an activity on the topic *Awareness on Prevention of Tobacco Consumption*. The sessions were handled by Dr. Farah and a team from St. John Medical College Hospital. The sessions were organized by health club members Prof. Maria Priya, Prof. Elizabeth and Dr. B R Dakshayani. Totally, 1515 students participated in the sessions. The sessions were held in the auditorium and seminar hall and were conducted on 12th, 13th, 19th, 21st, 22nd of February, 2019, and 22nd August, 2019.

The session started with an introduction of the doctors and the topic. A mini survey through questionnaire was obtained from students on "Prevention of Tobacco Consumption". It was followed by educating the students on the demerits of using tobacco. They educated the students on the different types of tobacco, how it leads to addiction, what are the effects of tobacco consumption and how to overcome from health issues caused by tobacco consumption.

Electronics City P.O., Bengaluru - 560 100

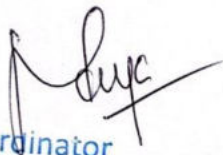
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The sessions were followed by a question session where the students clarified a few doubts related to the topic. The program was an eye opener to students, which in deliberate detail explained the ill effects of tobacco and how to overcome the addiction.

The college encourages Health Club to organize various health awareness programme to benefit the staff and students in the campus.



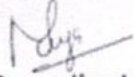
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A glance of the Awareness and Prevention of Tobacco Consumption session held on 12 – 22 August 2019.


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