



## **World No Tobacco Day 2021**

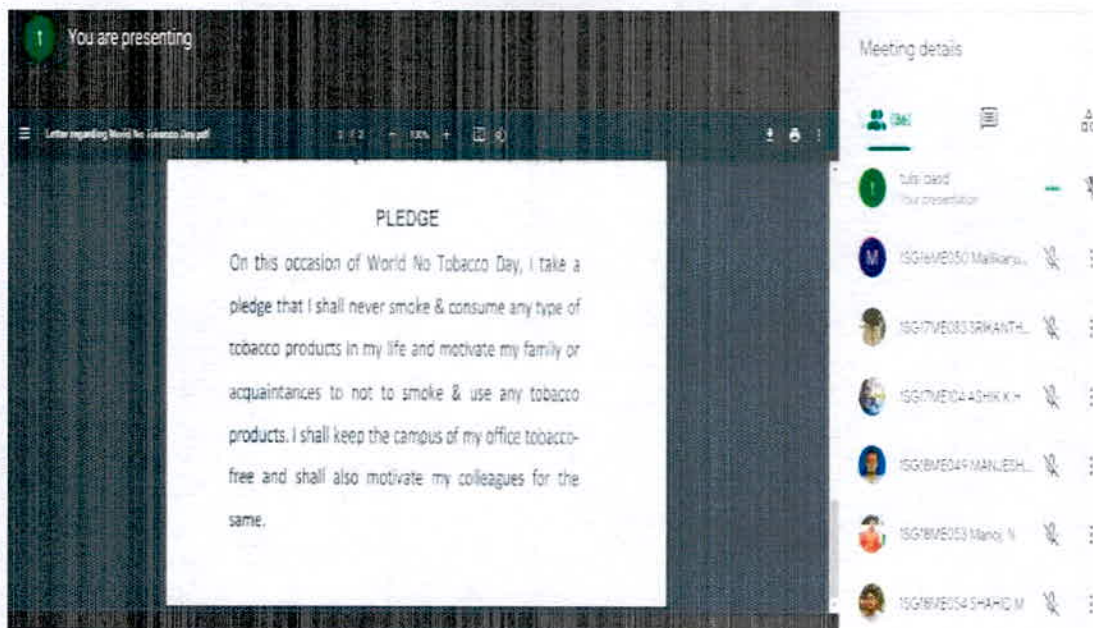
This day is celebrated to spread awareness about tobacco's harmful effects. This is no news that tobacco is extremely harmful for health and there are 5 million people who lose their lives due to tobacco every year. Today on World No Tobacco Day 2021 people take a step to spread awareness on the danger of tobacco and what ways this substance can harm one's system. The day is annually observed on May 31<sup>st</sup> and was started by the World Health Organization.

According to WHO, 50 per cent of smokers are more at risk of contracting COVID-19 than non-smokers. "So quitting is the best thing they can do to lower their risk from corona virus, as well as the risk of developing cancers, heart diseases and respiratory illnesses," WHO statement added. On this day, WHO organises exhibitions or activities in school and colleges to spread awareness. This year the theme of this special day is "Commit to Quit".

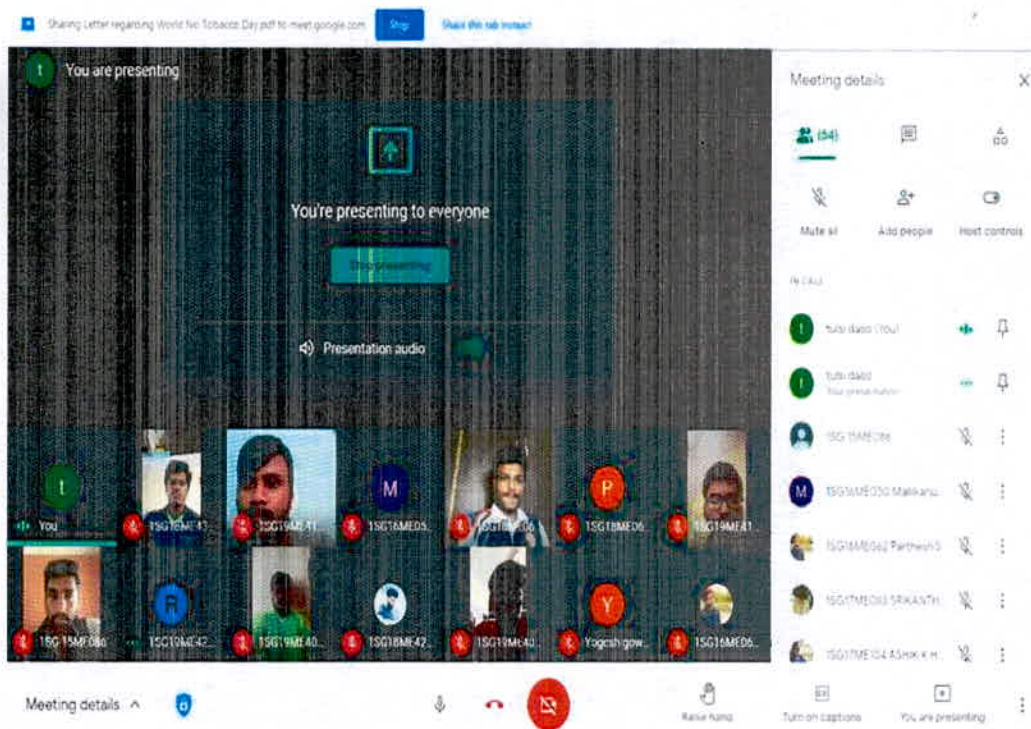
National Service Scheme (SWAYAM SEVA) NSS UNIT of Sapthagiri College of Engineering in association with ECO club and Health club organized Virtual mode of awareness to students an dtaking pledge on NO Tobacco Day on 31st May 2021. The program started with welcome speech by NSS Coordinator Dr.Tulsidas D. and pledge taking by the students which was cordially supported by the management, Principal Dr. H Ramakrishna, SCE, Bengaluru

### **PLEDGE**

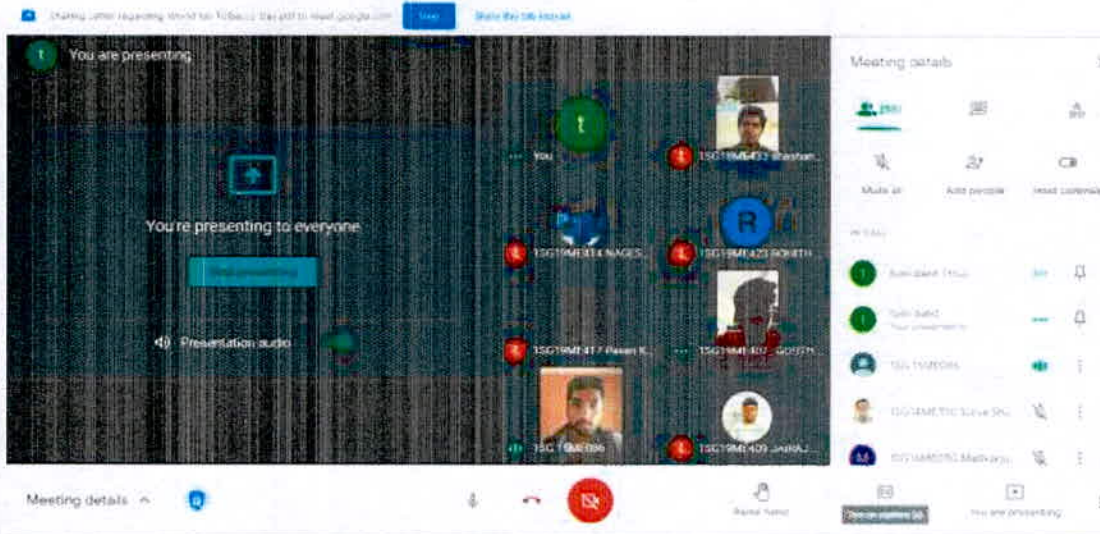
On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke & consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco-free and shall also motivate my colleagues for the same.



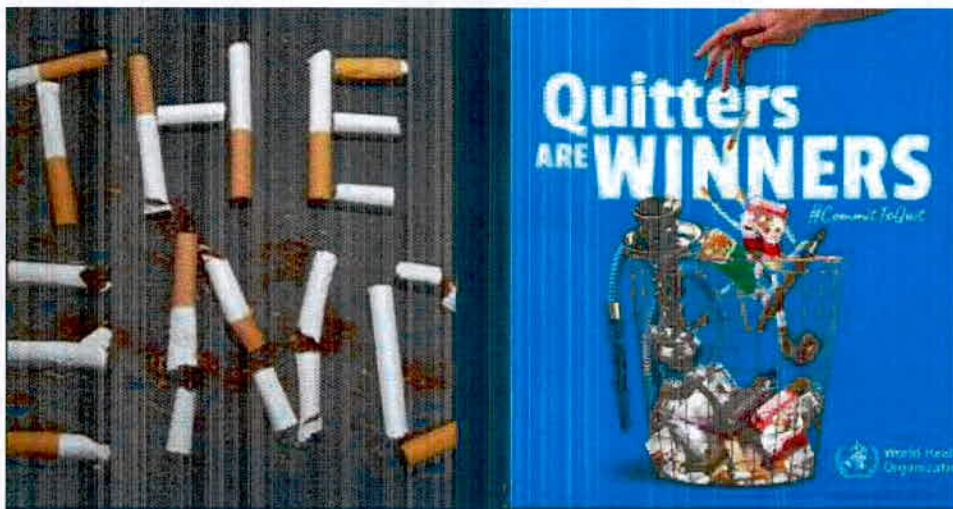
Students ready to take pledge in Virtual mode



Students taking pledge in Virtual mode



Students are addressed to spread the awareness of NO Tobacco



Quotes of No Tobacco

  
NSS Convener

  
Principal  
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