



SSM Institute of Engineering and Technology (Autonomous)

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Dindigul – Palani Highway, Dindigul 624 002.

CIRCULAR


Date: 18/04/2024

Under the UBA activity our college (SSMIET) and Sarada Krishna Homoeopathy medical college (Kulasekharam) jointly conducts an awareness program on "Tobacco" for school students. They are having learned bitter lessons in its battle against Tobacco, has started intensifying awareness programme.

Participant: St. Francis Matriculation Higher Secondary School Students

Date: 20.04.2024 [Saturday]

Venue: St. Francis Matriculation Higher Secondary School campus


Program Co-ordinator


UBA Co-ordinator


PRINCIPAL

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TOBACCO AWARENESS PROGRAM

The Tobacco Awareness Program is a school-based initiative aimed at educating students about the harmful effects of tobacco consumption. The program focuses on raising awareness among children about the dangers of smoking and chewing tobacco, highlighting its impact on health such as lung diseases, cancer, and heart problems.

Through interactive activities like presentations, videos, quizzes, poster-making, and skits, students are encouraged to understand the consequences of tobacco use and develop the confidence to say "No" to peer pressure. The program also includes real-life stories and ends with a group pledge to live a tobacco-free life. This initiative plays a vital role in shaping healthy habits at an early age and promoting a tobacco-free environment in schools and communities.

Program Outline

1. Introduction Session (15 minutes)

- Welcome and Ice-breaking activity
- Simple question: "What do you know about tobacco?"
- Share some fun facts and myths (e.g., "Is chewing tobacco safe?")

2. Educational Talk / Presentation (30 minutes)

- What is tobacco?
- Types of tobacco products (smoking, chewing, vaping)
- Health impacts: cancer, lung disease, heart problems, addiction
- Secondhand smoke and its effect on others
- Legal age and laws regarding tobacco use in India

Use pictures, short videos, or animations to explain the dangers visually.

3. Interactive Activity (20 minutes)

- Poster-making competition on the theme: "*A World Without Tobacco*"
- Role-play/skit on saying "No" to peer pressure
- Quiz with small prizes (e.g., "Tobacco Kills – True or False?")

4. Testimonials & Real-Life Stories (10 minutes)

- Share real stories or invite a health worker or recovered patient (with consent)
- Short video clips from government or WHO resources



5. Pledge & Takeaway (10 minutes)

- Group pledge: "I choose to live tobacco-free."
- Distribute awareness pamphlets and stickers: *"Say NO to Tobacco!"*
- Display posters around the school campus.

Expected Outcomes

- Improved knowledge among students about health hazards of tobacco.
- Positive change in attitude toward tobacco use.
- Empowerment to resist peer pressure and spread awareness.

Total: 422 Students was successfully participated.

PHOTOS





Dr. D. Senthil Kumar

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