



## ST. XAVIER'S COLLEGE, MAPUSA GOA

### Report of Activity conducted in the Academic Year 2024-25

<b>Name of Activity</b>	<b>TALK ON ILL-EFFECTS OF TOBACCO AND RALLY</b>
<b>Date/ Duration</b>	17 <sup>th</sup> October 2024
<b>Venue</b>	Seminar Hall and Rally Outside the College Campus
<b>Name of organizing Department/Cell</b>	St. Xavier's College
<b>In collaboration with</b>	The Department of Sociology
<b>Name/s of Faculty Co ordinator</b>	Prof. Afonso Botelho
<b>Stratum of Event</b>	College Level
<b>Name &amp; details of Resource Person/s if any</b>	Dr. Nutan Bicholkar, Chairperson of the Mapusa Municipal Council, Chief Guest <b>Nandita Nadkarni</b> , Public Health Dentist and District Nodal Officer for the National Tobacco Control Program, North Goa, <b>Nadia Dias</b> , Psychologist and Counselor at the Tobacco Cessation Centre, District Hospital, Mapusa, <b>Sneha Sawant</b> , Social Worker at the Tobacco Cessation Centre.
<b>Report</b>	<p><b>REPORT ON THE TALK ON ILL-EFFECTS OF TOBACCO AND RALLY</b></p> <p><b>Date:</b> 17th October 2024  <b>Time:</b> 9:30 AM - 10:45 AM  <b>Venue:</b> Seminar Hall, St. Xavier's College, Mapusa, Goa</p> <p>On 17th October 2024, St. Xavier's College, Mapusa, Goa, in collaboration with the Department of Sociology, conducted a Tobacco Awareness Talk and Rally, reaffirming its commitment to being a tobacco-free educational institution. The event aimed to educate students on the harmful effects of tobacco, emphasize the benefits of a tobacco-free lifestyle, and empower them to become ambassadors of a healthier future.</p> <p>The main objective of the session was to raise awareness about the adverse health effects of tobacco consumption, a leading preventable cause of diseases and deaths in India. The event was organized to encourage students to make informed choices regarding tobacco use, highlighting its direct link to severe health complications, including cancer and respiratory illnesses. The session also focused on the susceptibility of young adults, especially within the 17-19 age group, to initiate tobacco use due to peer pressure and stress during their educational transition.</p> <p>The interactive awareness session was attended by about 100 students from different Departments (HODs), totaling an enthusiastic group of students ready to learn and engage in discussions on tobacco's harmful effects.</p>

	<p>the session was attended by Dr. Nutan Bicholkar, Chairperson of the Mapusa Municipal Council, who graced the event as the Chief Guest. The esteemed resource persons included: <b>Dr. Nandita Nadkarni</b>, Public Health Dentist and District Nodal Officer for the National Tobacco Control Program, North Goa, <b>Ms. Adia Dias</b>, Psychologist and Counselor at the Tobacco Cessation Centre, District Hospital, Mapusa, <b>Ms. Sneha Sawant</b>, Social Worker at the Tobacco Cessation Centre.</p> <p><b> Rally for a Tobacco-Free Campus</b></p> <p>Following the session, the students organized a rally across the college campus. With posters, banners, placards, and powerful slogans, they raised awareness about the risks associated with tobacco consumption. Slogans such as "Smoking kills, but it also kills," "Choose Health, Not Tobacco," and "Say Yes to Life, No to Tobacco!" resonated across the campus, drawing attention from faculty, students, and staff.</p> <p>The event concluded with a Vote of Thanks delivered by Prof. Afonso Botelho, who expressed gratitude to the Chief Guest, resource persons, Principal and College administrator, and all participants for their contributions to this successful event.</p> <p>The event succeeded in fostering awareness among students about the dangers of tobacco and equipped them with the knowledge and motivation needed to advocate for a tobacco-free lifestyle. By participating in the rally, students demonstrated their commitment to spreading the message beyond the college campus. St. Xavier's College remains dedicated to implementing further initiatives that advocate for the health and well-being of its community.</p>
<b>Brochure/Poster</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Brochure-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Brochure-1.pdf</a>
<b>Photographs</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Photo-1.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Photo-1.pdf</a>
<b>List of participants with signatures</b>	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/List-of-Participants-.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/List-of-Participants-.pdf</a>
<b>Certificate</b>	NA