

UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME



Web site- www.nssmu.org.in
Tel. / Fax- 022-22873696
Vidyapeeth Vidyarthi Bhavan,
2nd Floor, 'B' Road, Churchgate,
Mumbai - 400 020.
No. NSS/492/2016-2017
Date: 22/09/2016

Principal, Colleges having NSS Unit,
Mumbai Western and Central Suburb.

Dear Sir / Madam,

Sub:- Sensitization Workshop on: 'I Quit Tobacco'

Smoking and the rampant use of Tobacco is a huge menace to our society. The alarming rise of smoking among the youngsters, particularly in colleges is a matter of grave concern. R.D. and S.H. National College, Bandra in association with Lions International is organizing an '**I Quit Tobacco**' Campaign aimed at educating the harmful effects of cigarette smoking and consuming tobacco.

Once You Start, It's Hard to Stop

Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal. Many people don't quit smoking because they think it's too hard and it's true that for most people quitting isn't easy. After all the nicotine in cigarettes is a powerfully addictive drug but with the right approach you can overcome the cravings.

Most people, who have quit smoking, have had at least one unsuccessful try in the past. It is not important how many times you try to quit. The only important thing is, that eventually you stay quit

"Go ahead and smoke but the ashes you leave are your own."

The seminar program is as following:

1. Audio-Visual Presentation by Speaker
2. Film "100 to 0 to 100"
3. Data Presentation
4. Question-Answer Session
5. Pledge of "Quit Smoking & Tobacco"
6. Seminar

Date: 28th September, 2016 at 09.00 am

Venue: Auditorium, R.D. and S.H. National College, Bandra (w), Mumbai -50

Kindly depute 6 NSS volunteers for this program for sensitization and awareness sothat they can conduct similar programs at NSS unit of your college.

For any Other Detail Contact

Dr. Neha Jagtiani, Vice-principal Email-ID : neha.s.jagtiani@gmail.com Mob. No. : 99209 89602	Dr. Vijendra Shekhawat, Area Coordinator NSS, Western Suburb - Phone 7738109557 E mail: vijendradoc@yahoo.com
--	--

Yours Sincerely,

Prof. B.S. Bidve
NSS Programme Co-ordinator