

## TOGETHER AGAINST TOBACCO

### **ACTIVITY: Anti-Tobacco Awareness Training Session**

**DATE: 10 July 2026**

**CONDUCTED BY: Anti Tobacco Committee**

As part of the **Anti-Tobacco Committee's monthly activity**, an awareness training session was conducted for students and teachers to promote a tobacco-free lifestyle and educate participants about the harmful effects of tobacco use.

The session focused on creating awareness about the physical, mental, and social consequences of tobacco consumption while emphasizing the importance of prevention and informed decision-making. Participants were encouraged to adopt healthy lifestyle choices and become advocates for spreading awareness within their families and communities.

Through informative discussions and interactive engagement, the programme reinforced the importance of resisting peer pressure, making responsible choices, and contributing towards a healthier, tobacco-free society. The session also highlighted the collective role of schools, teachers, and students in creating a safe and health-conscious environment.

The training proved to be informative and impactful, strengthening awareness and inspiring participants to actively support the mission of promoting health, well-being, and a tobacco-free future.

