



Gujarat Technological University

(Accredited with A+ Grade by NAAC)

GTU School of Management Studies

Report on Anti -Tobacco Day & Nasha Mukti Workshop

1) Title of Event: Anti-Tobacco Day & Nasha Mukti Workshop

2) Type of Event: Online Awareness Workshop and Pledge Taking Ceremony

3) Date, Time and Venue of the Event:

Date: 31st May 2026

Time: 5:00 PM onwards

Venue: Virtual Google Meet Platform

4)Description of Event (Objective/Rationale):

On **World No Tobacco Day**, the NSS Unit of GTU School of Management Studies organized the **Anti-Tobacco Day & Nasha Mukti Workshop** with the objective of creating awareness among students about the serious health, social, psychological, and economic consequences of tobacco consumption and substance abuse. The workshop aimed to educate participants about the risks associated with smoking, chewing tobacco, alcohol, and other addictive substances while promoting preventive measures and healthy lifestyle practices.

The programme was designed to sensitize students towards the importance of physical and mental well-being, self-discipline, and responsible decision-making. It sought to empower young individuals with the knowledge and motivation required to resist addiction and become advocates of positive change within their families and communities. Through expert guidance, interactive discussions, and awareness-based activities, the workshop encouraged participants to adopt a tobacco-free lifestyle, support national initiatives related to addiction prevention, and contribute towards building a healthier, addiction-free society.

The event also aligned with the core values of the **National Service Scheme (NSS)** by fostering social responsibility, community engagement, and youth participation in public health awareness initiatives.

5) Dignitaries and Expert Session:

- Chief Guest: Dr. Rajeshkumar Jain, Director-GTU-SMS
- Expert Speaker: Dr. Pareshkumar U. Mordhara, Assistant Professor, B.J. Vaniya Mahavidyalaya, Vallabh Vidyanagar
- Organizing Secretary: Dr. Kamal Agal Associate Professor & NSS Program Officer-GSMS-GTU

Dr. Kamal Agal, Associate Professor and NSS Programme Officer, GTU School of Management Studies, hosted the workshop and warmly welcomed all dignitaries, Director-GSMS and student participants. In his welcome address, he emphasized the role of youth in building a healthy and addiction-free society and highlighted the importance of observing World No Tobacco Day.

Dr. Rajesh K. Jain, Chief Guest of the programme, shared his valuable thoughts on the harmful effects of tobacco and substance abuse on individuals, families, and society. He encouraged students to develop healthy habits, strengthen their willpower, and become ambassadors of awareness in their communities. He stressed that a tobacco-free lifestyle is essential for personal well-being and national progress.

Dr. Pareshkumar U. Mordhara, - (Best NSS PO Awardee -President of India) the Expert Speaker, delivered an informative and inspiring session on the dangers of tobacco consumption and various forms of addiction. He explained the severe health consequences of smoking, chewing tobacco, and substance abuse, including their impact on physical health, mental well-being, and economic stability. He also discussed preventive measures, methods to overcome addiction, and the importance of making informed lifestyle choices. His session motivated students to pledge themselves to a tobacco-free and addiction-free future and asked for visit to Cancer hospital of Ahmedabad.

(शपथ हिंदी में)

प्रिय साथियों,

युवा किसी भी राष्ट्र की ऊर्जा होते हैं तथा युवाओं की शक्ति का समाज एवं देश के विकास में महत्वपूर्ण योगदान है। अतः यह अति आवश्यक है कि नशामुक्त भारत अभियान में सर्वाधिक संख्या में युवा जुड़ें। देश की इस चुनौती को स्वीकार करते हुए हम आज नशामुक्त भारत अभियान के अंतर्गत एक जुट होकर प्रतिज्ञा करते हैं कि न केवल समुदाय, परिवार, मित्र, बल्कि स्वयं को भी नशामुक्त कराएँगे क्योंकि बदलाव की शुरुआत अपने आप से होनी चाहिए। इसलिए आइए हम सब मिलकर अपने ज़िले/ राज्य....(नाम) को नशामुक्त कराने का दृढ़ निश्चय करें। मैं प्रतिज्ञा करता हूँ कि अपने देश को नशामुक्त करने के लिए अपनी क्षमता के अनुसार हर सम्भव प्रयास करूँगा।

जय हिन्द!

(Pledge in English)

Dear friends,

Youth is the energy of any nation, and the power of youth has an important contribution in the development of society and country. Therefore, it is very important that maximum number of youths join the drug free India campaign. Accepting this challenge of the country, today we unite under the Nasha Mukti Bharat Abhiyan and take a pledge that not only the community, family, friends, but also ourselves will be drug free because change should start with ourselves. So let us all together take a firm decision to make our district/state.... (name) drug-free. I pledge that I will do everything possible to the best of my ability to make my country drug-free.

Jai Hind!

6) Student Participation:

NSS student & volunteers of GTU School of Management Studies participated in the virtual workshop. Hima Javiya and Ishvaku Yoganandi delivered speeches on anti-tobacco awareness and the importance of a healthy lifestyle.

Participant List: A Total of 31 Participants had participated in the event

7) Brochure / Flyer of the Event:



The flyer is for an "ANTI-TOBACCO DAY NASHA MUKTI WORKSHOP". It features the logos of the National Service Scheme (NSS) and Gujarat Technological University (GTU) at the top. The main title is "ANTI-TOBACCO DAY NASHA MUKTI WORKSHOP" in large, bold letters, with "WORKSHOP" in a green banner. Below the title is the slogan "CHOOSE LIFE, NOT ADDICTION". On the left, there is a graphic of a hand holding a lit cigarette with the text "SAY NO TO TOBACCO". In the center, a box indicates the "NO TOBACCO PLEDGE 2026" on "31ST MAY 2026" via "VIRTUAL GOOGLE MEET" at "5:00 PM". To the right, a portrait of "Dr. Pareshkumar U. Mordhara" is shown, identified as an "EXPERT SPEAKER" and "Assistant Professor" at "B. J. Vanijya Mahavidyalaya, Vallabh Vidyanagar". Below this, "Dr. Kamal Agal" is listed as the "ORGANISING SECRETARY", an "Associate Professor & NSS Program officer" at "GTU School of Management Studies, Gujarat Technological University". At the bottom left, there are icons for "Nasha Chodhien, Jeevan Jodien" (No drugs, live life), "Swasthya Soch, Khushhal Jeevan" (Health care, happy life), "Parivar ka Pyar, Nasha se Dukaar" (Love for family, no sorrow from addiction), and "Sashakt Yuva, Sashakt Samaj" (Empowered youth, empowered society). A central box states "YOUR HEALTH IS YOUR GREATEST WEALTH. PROTECTING IT STARTS WITH A CLEAR CHOICE." Below that, it says "A STRONG MIND, A BETTER FUTURE" and "EVERY DAY IS A NEW BEGINNING. MAKE TODAY THE DAY YOU CHOOSE A TOBACCO-FREE LIFE."

8) Photographs of the Workshop:



9) Feedback and Interaction:

The workshop witnessed enthusiastic participation from students throughout the session. During the interactive discussion and feedback segment, participants including Abhishek, Tushar, Hima, Ishvaku, Rohit, Naimish, Aayushi, Vivek, Nisha, and several other students actively shared their thoughts, experiences, and key takeaways. They expressed a deeper understanding of the harmful effects of tobacco and substance abuse on physical health, mental well-being, academic performance, and social life. The participants appreciated the informative and thought-provoking session and pledged to adopt a healthy lifestyle while encouraging their peers, family members, and society to remain free from tobacco and addiction.

10) Outcome of the Workshop:

The workshop successfully achieved its objective of creating awareness about the adverse health, social, psychological, and economic consequences of tobacco consumption and substance abuse. The expert session enhanced students' knowledge regarding preventive measures, the importance of self-discipline, and the role of youth in combating addiction. Participants developed a positive attitude towards maintaining a healthy and responsible lifestyle and understood the significance of making informed decisions for their personal and professional growth. The program also inspired students to act as ambassadors of awareness and contribute actively towards building a tobacco-free and addiction-free community.

11) Conclusion:

In the valedictory session, Dr. Kamal Agal delivered the closing remarks and expressed heartfelt gratitude to the expert speaker, chief guest, faculty members, and participants for their valuable contribution to the success of the program. The workshop, organized by the NSS Unit of GTU-SMS, successfully created awareness about the harmful effects of tobacco and substance abuse through expert guidance and interactive discussions. The event concluded with a collective commitment to promoting a tobacco-free, addiction-free, and healthier society, reflecting the true spirit of NSS and community welfare.

Report Prepared By:

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GTU School of Management Studies

Student Volunteer :

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