

Murshidabad Adarsha Mahavidyalaya

Ph: 03481-236327

E-mail: mam236327@gmail.com

www.murshidabadadarshamahavidyalaya.in



Islampur

Murshidabad

Pin- 742304 (W.B.)

Memo No: MAM / /

Date: ___/___/___

Memo No: MAM / /

Date: ___/___/___

Notice

এতদ্বারা কলেজের সমস্ত ছাত্র-ছাত্রীদের উদ্দেশ্যে জানানো যাচ্ছে আগামী ২৬/১১/২০১৯ কলেজের Seminar Hall একটি 'তামাকজাত দ্রব্য বর্জন সম্পর্কিত' আলোচনা ও সচেতনতা মূলক সভার আয়োজন করা হয়েছে। উক্ত আলোচনা চক্রে সকল ছাত্র-ছাত্রীদের উপস্থিত থাকার জন্য নির্দেশ দেওয়া হচ্ছে।

উক্ত আলোচনা চক্রে ছাত্র-ছাত্রীদের তাৎক্ষণিক বক্তব্য ও কুইজ প্রতিযোগিতায় অংশগ্রহণের জন্য ইতিহাস বিভাগের অধ্যাপক Dr. Firoj High Sarwar সঙ্গে যোগাযোগ করতে বলা হচ্ছে।

- ১। তাৎক্ষণিক বক্তব্যের বিষয় : তামাকজাত দ্রব্য বর্জন।
- ২। কুইজ প্রতিযোগিতায় অংশগ্রহণের জন্য : উপস্থিত সমস্ত ছাত্র-ছাত্রী অংশগ্রহণ করবে।

Time: 12 Noon - 2 P.M.

Organised by:
Murshidabad Adarsha Mahavidyalaya

Collaboration with :
District Health & Family Welfare Society
Murshidabad

Coordinator
IQAC
Murshidabad Adarsha
Mahavidyalaya
Islampur, Murshidabad

Teacher-in-charge
Murshidabad Adarsha Mahavidyalaya
Chak Islampur, Murshidabad

Indra Kumar Mishra

Principal
Murshidabad Adarsha Mahavidyalaya
P.O.-Islampur, Dist.-Murshidabad
West Bengal

Murshidabad Adarsha Mahavidyalaya

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National Tobacco Control Programme



Sensitization Campaign for College Students:

Details of budgetary break up are as matrix below:

Sl.NO	Purpose	Approximate budget (in Rs.)
1.	Refreshment (Rs.300 X 50)	10,500
2.	Extempore Competition (Rs. 500 X 3)	1500
3.	Prize for Quiz (Rs.50 X 10)	500
4.	Banner to show at the college premises (Rs. 300X2)	600
5.	Placard for college campus (Rs.30X30)	900
6.	Wall painting at the college premises (Rs.500X2)	1000
7.	Hoarding Display In front of the College campus (Rs.1000X1)	1000
Total=		16,000

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Government of West Bengal
Office of the Chief Medical Officer of Health
Murshidabad

DTCCMob: - 8768719007/ 9126333996
Email—dtcc.msdc@gmail.com

Memo. No. CMOH /MSD/NTCP/ 8870

Dated-- 21/11/19

To,
The Principal,
Murshidabad Adarsha Mahavidyalaya
Islampur, Murshidabad.

Sub: Conduct a Sensitization Campaign for College Students in your Institution

Respected

Sir/Madam,

We are all aware that the drugs are harmful for all human being. It is the curse of the youth also. It is our biggest problem of our country today. Youth are constantly addicted by this. It would be very surprised to know that tobacco is the main entrance of this addiction.

Gladly tell you that the "National Tobacco Control Programme" (NTCP) has been running in the Murshidabad district successfully. District Tobacco control cell (DTCC) wants to awareness among the student through this programme in the different college of Murshidabad district. For this reason, we want to conduct a sensitization campaign for college students in your institution on 05/12/2019 at 12.00 p.m.

Through this programme we want to inform students about the harmful effect of tobacco/drug addiction with mental illness.

It's my request to look into the details and take necessary action accordingly.

Thanking you.

Chief Medical Officer of Health
Murshidabad
Dated, Berhampore the 21/11/19

Memo. No. CM/MSD/NTCP/ 8870/1(12)
Copy forwarded for necessary information to:

1. The District Magistrate, Murshidabad
2. The MD, NHM, Govt. of West Bengal, Swasthya Bhawan, Kolkata-91
3. The Director of Health Services & e.o. Secretary, Govt. of West Bengal, Kolkata-91
4. The Dy. Director (NCD), Govt. of West Bengal, Swasthya Bhawan, Kolkata-91
5. The Additional district magistrate (Health), Murshidabad.
6. The Assistant Director of Health Service, (NCD), Swasthya Bhawan, Kolkata-91
7. The Dy.-Chief Medical Officer of Health -I/II/III Murshidabad.
8. The Officer in Charge of Health, District Administration.
9. The State Consultant, NTCP, Swasthya Bhawan, Kolkata-91
10. Office Copy.

Chief Medical Officer of Health
Murshidabad

013485655-Prasab

7364942157

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AWARNESS PROGRAMME ON TOBACO FREE SOCIETY

26th November 2019
MAM, ISLAMPUR, MURSHIDABAD

QUIZ

Questions:

1. What is the estimated global economic impact of the tobacco industry and its products in terms of healthcare costs and lost productivity?
 - More than US\$ 1000 billion (US\$ 1 trillion) *
 - US\$ 500 billion-US\$ 1000 billion
 - US\$ 200 billion-US\$ 500 billion
2. What is the latest estimate of people who die from tobacco-related illnesses every year?
 - More than 3 million
 - More than 5 million
 - More than 7 million * (Tobacco kills nearly six million people every year, according to the World Health Organisation)
3. What percentage of household budgets in low-income settings is spent on tobacco products?
 - 2%
 - 5%
 - 10% *
4. Does the tobacco industry and use impact the environment?
 - No.
 - Yes.*
5. What proportion of women work on tobacco farms in tobacco growing countries compared to men?
 - 20%-30% of tobacco field workers are women
 - 40%-50% of tobacco field workers are women
 - 60%-70% of tobacco field workers are women.*
6. What proportion of children from tobacco growing families miss school due to working in tobacco fields?

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- 10%-14% of children from tobacco growing families miss school due to working in tobacco fields.
 - 6%-10% of children from tobacco growing families miss school due to working in tobacco fields.
 - 2%-6% of children from tobacco growing families miss school due to working in tobacco fields.
7. Is tobacco control a target of the globally agreed 2030 Sustainable Development Agenda?
- Yes *
 - No
 - Not yet, but it will be
8. On packages of tobacco, health warnings that contain both pictures and text are more effective than those that contain only text.
9. WHO has banned the promotion, advertisement and sponsorship of the tobacco or its products while celebrating the World No Tobacco Day of 2008 and through the campaign message of "Tobacco-free youth".
10. Which of these smoking devices operates by water-filtration and direct heat?
- Hookah
 - Hubble-bubble
 - Water pipe
 - All of these *
11. Approximately how many different chemicals does a smoker inhale with one drag on the cigarette?
- between 500 and 1000
 - about 200
 - over 4000 (Over 4000 – Some of those are ammonia (a powerful toilet cleaner and a poisonous gas), arsenic (a rat poison), cyanide(contains in the arsenic), acetone, formaldehyde (used to preserve dead bodies), etc.)
 - about 2000
12. The World No Tobacco Day, a global event sponsored by the World Health Organization, is held annually on which day?
- May 31 *
 - April 31
 - March 31
 - January 1
13. of these cigarette brands is produced by Philip Morris International?
- L&M
 - Parliament
 - Marlboro

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All of these *

14. The Award was conferred by WHO on occasion of World No Tobacco Day (celebrated on 31 May 2019) at a function in New Delhi.
15. The World Health Organization (WHO) awarded Rajasthan government's Medical & Health Department its Tobacco Control Award for year 2019 in recognition of Rajasthan's achievements in the field of tobacco control.
16. With focus of World No Tobacco Day 2019 being on theme "tobacco and lung health",

IN AFRICA, WHERE TOBACCO USE ISN'T AS WELL ESTABLISHED AS ELSEWHERE, IT IS RESPONSIBLE FOR FIVE PERCENT OF MALE DEATHS, COMPARED WITH 25 PERCENT IN EUROPE. (YES, IN AFRICA, WHICH IS THE WORLD'S FASTEST GROWING MARKET, ACCORDING TO THE TOBACCO CONTROL RESEARCH GROUP (TCRG) AT THE UK'S UNIVERSITY OF BATH.)

[WHAT HAPPENS TO YOUR BODY WHEN YOU QUIT SMOKING?

This is the timeline of what happens to your body after you stop smoking, according to the [American Cancer Society](#):

- After **20 minutes** your heart rate and blood pressure drop
- After **12 hours** your blood's carbon monoxide levels returns to normal
- After **two or three weeks** your circulation and lung function improves
- After **one to nine months** coughing and shortness of breath drops
- After **one year** your risk of heart disease is half that of a smoker
- After **five years** your risk of developing mouth and throat cancer halves
- After **10 years** the risk of dying from lung cancer is around half that of a smoker
- After **15 years** the risk of heart disease is that of a non-smoker]

SMOKING BANS BY COUNTRY

ALBANIA

ANDORRA

ARGENTINA

ARMENIA

AUSTRALIA

AUSTRIA

BELGIUM

BHUTAN **[EDIT]**

Main article: [Tobacco Control Act of Bhutan 2010](#)

**Pankaj Chaturvedi, eminent oncologist and anti-cancer crusad

***Every 3rd person in West Bengal addicted to tobacco; health ..

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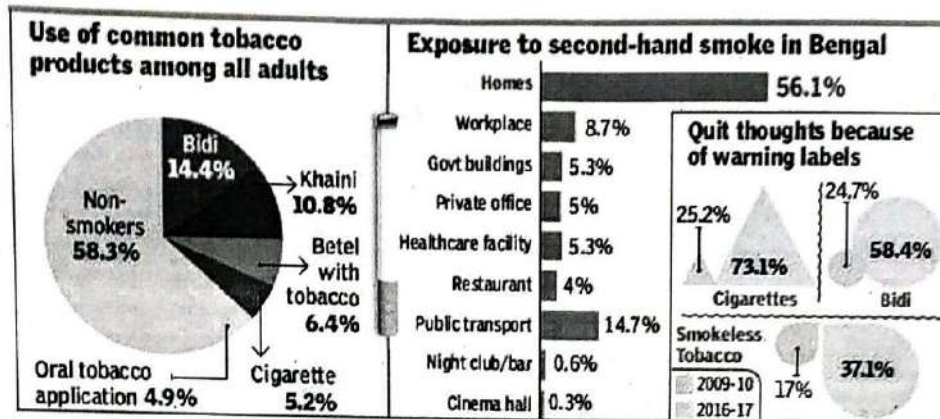
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Smoking alone results in a Rs 1,409-crore economic burden the state in the way of health expenses.

Alarmingly, a quarter of tobacco users in Bengal (24.4%) act actually comprises second-hand smokers and, among them, 56.1% adults are exposed to second-hand smoke in their homes.

COTPA: Cigarettes and Other Tobacco Product Act), 2003

With more than 7,000 chemical compounds, many of which are toxic as well as carcinogenic, tobacco is known to cause over 25 diseases. Despite its well-known health hazards, the use of tobacco continues to be a cause for concern in India. A Global Adult Tobacco Survey (GATS-2) 2016-17 report shows that India remains the second-largest consumer of tobacco products at about 81 lakhs users.

Estimates suggest that a 30-year-old who smokes five cigarettes a day would lose over Rs 1 crore on the habit by the time he is 60. Where 67% of the population is below the poverty line, this is expensive both for the individual as well as the country..

In 1999, Kerala became the first state to ban smoking in public places. The movement gained momentum and the state of Chandigarh followed suit by becoming a 'smoke-free' city in 2007.

Global survey says 22.5 per cent of Bengal's adults are passive smokers

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AWARNESS PROGRAMME ON TOBACO FREE SOCIETY

26th November 2019
MAM, ISLAMPUR, MURSHIDABAD

SHORT SPEECH

Maximum Marks - 10

Participants:


1. Sahabuddin Ali → 5+
2. Masud Saha → 3+
3. Nayan Molla (History/ 6289976143) - 3+
4. Hasanujjaman (Philosophy/ mob. 6295235328) - 2+
5. Abdul Asif (Education/ mob. 9083473638) → 7+2
6. Gaffar Hossain (History/ 1st semester) - 4+
7. Ainal Hossain (Education/ 3rd semester) → 4+
8. Asik Khan (Education/ 3rd Semester)
9. Ripon Mondal (Education/ 3rd Semester) - 3+
10. Alisha Akhtar Mondal (Political Science/ 1st Semester) → 4+
11. Taniya Khatun (Political Science/ 1st semester) - 4+
12. Hasina Khatun (Philosophy / 1st Semester) 5 1/2+
13. Belal Hossain (Pass / 1st semester) → 4+
14. Golam Sarwar (P. Education)
15. Mariya Khatun (Geography 3rd sem) → 5+
16. Rajibul ste. (History 1st sem)

Evaluation:
Judge sheet:

Name and Date:

D. Mahabo

26.11.19


Coordinator
IQAC
Murshidabad Adarsha
Mahavidyalaya
Islampur, Murshidabad

Indra Kumar Mistri

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AWARNESS PROGRAMME ON TOBACO FREE SOCIETY

26th November 2019
MAM, ISLAMPUR, MURSHIDABAD

SHORT SPEECH

Maximum Marks: 10

Participants:

- | | |
|--|-----|
| 1. Sahabuddin Ali (HISTORY) $\frac{1}{2}+1$ | 6 |
| 2. Masud Saha $\frac{1}{2}+1+$ | 6.5 |
| 3. Nayan Molla (History/ 6289976143) $\frac{1}{2}-1$ | 5 |
| 4. Hasanujjaman (Philosophy/ mob. 6295235328) $\frac{1}{2}+1$ | 7 |
| 5. Abdul Asif (Education/ mob. 9083473638) $\frac{1}{2}+2$ | 5 |
| 6. Gaffar Hossain (History/ 1 st semester) $\frac{1}{2}+1$ | 5.5 |
| 7. Ainal Hossain (Education/ 3 rd semester) $\frac{1}{2}+1$ | 6 |
| 8. Asik Khan (Education/ 3 rd Semester) $\frac{1}{2}+1$ | 6 |
| 9. Ripon Mondal (Education/ 3 rd Semester) $\frac{1}{2}+1$ | 6 |
| 10. Alisha Akhtar Mondal (Political Science/ 1 st Semester) $\frac{1}{2}+1$ | 4 |
| 11. Taniya Khatun (Political Science/ 1 st semester) $\frac{1}{2}-1$ | 4 |
| 12. Hasina Khatun (Philosophy/ 1 st Semester) $\frac{1}{2}+1+$ | 6.5 |
| 13. Belal Hossain (Pass. / 1 st Semester) $\frac{1}{2}+1$
P. Education | 5.5 |
| 14. Golam Sarwar | |
| 15. Mariya Akter (Geography - 3 rd sem) $\frac{1}{2}+3$ | 8 |
| 16. Rajeswar Saha (History 1 st sem) | |

Evaluation

Judge sheet:

Name and Date: — ERSADALI 26/11/19

Mirza Syed Faruk
26/11/19
Coordinator
IQAC
Murshidabad Adarsha
Mahavidyalaya
Islampur, Murshidabad

Indra Kumar Mishra

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Memo No: MAM / /

Date: ___/___/___

AWAWARENESS PROGRAMME ON TOBACO FREE SOCIETY

26th November 2019
MAM, ISLAMPUR, MURSHIDABAD

SHORT SPEECH

Maximum Marks: 10

Participants:

1. Sahabuddin Ali → 9.
2. Masud Saha → 8.
3. Nayan Molla (History/ 6289976143) 7
4. Hasanujjaman (Philosophy/ mob. 6295235328) 7
5. Abdul Asif (Education/ mob. 9083473638) 10
6. Gaffar Hossain (History/ 1st semester) 7
7. Ainal Hossain (Education/ 3rd semester) 6
8. Asik Khan (Education/ 3rd Semester) 6
9. Ripon Mondal (Education/ 3rd Semester) 7
- *10. Alisha Akhtar Mondal (Political Science/ 1st Semester) 7
- *11. Taniya Khatun (Political Science/ 1st semester) 5
- *12. Hasina Khatun. (Philosophy) 1 semester) 7
13. A. Belal Hossain (Pass/ 1st semester) 6.
P. Education.
14. Golam Sarwar.
15. Mariya Khatun → 10.
16. Rafiqul SK.

Rules:

1. - 3 minutes. + 1 minutes..
- 2.

P. Agarwal
26/11/19.

Coordinator
IQAC
Murshidabad Adarsha
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AWARNNESS PROGRAMME ON TOBACO FREE SOCIETY

26th November 2019
MAM, ISLAMPUR, MURSHIDABAD

SHORT SPEECH

Evaluation sheet

Participants:

- * 1. Sahabuddin Ali $5 + 6 + 9 = 20$
2. Masud Saha $3 + 6.5 + 8 = 17.5$
3. Nayan Molla (History/ 6289976143) $3 + 5 + 7 = 15$
4. Hasanujjaman (Philosophy/ mob. 6295235328) $2 + 7 + 7 = 16$
- * 5. Abdul Asif (Education/ mob. 9083473638) $7 + 5 + 10 = 22$
6. Gaffar Hossain (History/ 1st semester) $4 + 5.5 + 7 = 16.5$
7. Ainal Hossain (Education/ 3rd semester) $4 + 6 + 6 = 16$
8. Asik Khan (Education / 3rd Semester) AB
9. Ripon Mondal (Education/ 3rd Semester) $3 + 6 + 7 = 16$
10. Alisha Akhtar Mondal (Political Science/ 1st Semester) $4 + 6 + 7 = 17$
11. Taniya Khatun (Political Science/ 1st semester) $5\frac{1}{2} + 4 + 5 = 14\frac{1}{2}$
12. Hasina Khatun (Philosophy / 1st semester) $5\frac{1}{2} + 6.5 + 7 = 19$
13. Belal Hossain (Gen., / 4th sem) $4 + 5.5 + 6 = 15.5$
- * 14. Mariya Khatun (Geography / 3rd sem) $5 + 8 + 10 = 23$

Verified by

Dr. F. H. Saikat
IQAC COORDINATOR

- Rank
1. Mariya Khatun (Geography / 3rd semester) = 23.
 2. Abdul Asif (Education / 3rd year) = 22.
 3. Sahabuddin Ali (History / 3rd semester) = 20.

Coordinator
IQAC

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Date: ___/___/___



Sensitization Campaign for College Students				
Venue : Murshidabad Adarsha Mahavidyalaya				
Date: 26-11-2019			Time: 12:00pm	
SL.NO.	NAME	DESIGNATION	CONTACT.NO.	SIGNATURE
1	POOJA AGARWAL	ASSISTANT PROF.	9635676304	P. Agarwal
2	Ensaad Bi	Guest Lecturer	9872558286	
3	Dhananjoy Mahato	Assistant Prof.	9635903297	D. Mahato
4	Rakibul Islam	G.L	9733461897	Dr. (R)
5	Ensof Anwar	FIC	2424856552	Ensof
6	Md. Abdul Okil	Guest Lecturer	9152117601	Okil
7	Anusree Kundu	Guest Lecturer	8942898653	Anusree
8	Sukanta Barmu	Asstt. Prof. in Eng	9153639312	Sukanta
9	Jomail Sarkar	Guest Lect	8372042816	Jomail
10	Dr. A. H. Sarwat	Asstt. Prof.	7699234821	Dr. Sarwat
11				
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24				



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	NAME	DESIGNATION	CONTACT.NO.	SIGNATURE
26	Monorama Mandal.			Monorama Mandal.
27	Najmin Sultana			Najmin Sultana
28	Najmin Akter Banu			Najmin Akter Banu
29	Tajkura Khatun			Tajkura Khatun
30	Ms. Tonikatumesa			Ms. Tonikatumesa
31	Mrs. Eyasmin Tamanna			Mrs. Eyasmin Tamanna
32	Baishakhi Mandal			Baishakhi Mandal
33	Azina Mandal			Azina Mandal
34	Hasina Banu			Hasina Banu
35	Suma Khatun			Suma Khatun
36	Ismatara Khatun			Ismatara Khatun
37	Sabnun Khatun			Sabnun Khatun
38	Shraboni Khatun			Shraboni Khatun
39	Meri Sahana			Meri Sahana
40	Mukti Khatun.			Mukti Khatun.
41	Dilruba Khatun			Dilruba Khatun
42	Sahar Shakti			Sahar Shakti
43	Arora Hossain			Arora Hossain
44	Sayed Najat Saheb			Sayed Najat Saheb
45	Wasim Mollick			Wasim Mollick
46	Sohel Rana			Sohel Rana
47	Rahul Potamoni			Rahul Potamoni
48	Muklesur Rahman			Muklesur Rahman
49				
50				
51				
52				
53				



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Date: / /

NAME	DESIGNATION	CONTACT.NO.	SIGNATURE
266 Hamim Mondal			Hamim Mondal
277 GAFFAR MONDAL			Gaffar Mondal
278 NILIMESH GHOSH			Nilimesh Ghosh
279 Gouram Das			Gouram Das
280 Fulsua Khatun			Fulsua Khatun
281 Minarul Islam			Minarul Islam
282 Baby Nagmin			Baby Nagmin
283 Bapi Mandol			Bapi Mandol
284 Mominur Islam			Mominur Islam
285 NAWID HOSAN			Nawid Hosan
286 Kuddus SK			Kuddus SK
287 NAHID AKTAR.			Nahid Aktar.
288 Rajibul SK			Rajibul SK
289 Md. Nazim Sakib Mia			Md. Nazim Sakib Mia
290 Soriful Sah			Soriful Sah
291 Kanahan SK			Kanahan SK
292 Hadid Rahman		9641506813	Hadid Rahman
293 Akash Pramanik			Akash Pramanik
294 Selim molla		9641699814	Selim molla
295 Sakhanur Islam			Sakhanur Islam
296 mohammada AKT		9641605046	mohammada AKT
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298			
299			
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Murshidabad
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Memo No: MAM / /

Date: ___/___/___



National Tobacco Control
Programme, MAM
26th November, 2019

Indra Kumar Mishra

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Memo No: MAM / /

Date: ___/___/___

Utilization Certificate

Certified that out of Rs.16,000/- (Rupees sixteen thousand only) memo no. CMOH/MSD/NTCP/8870 dtd.21/11/19 in respect of TOBACCO CONTROLL PROGRAMME in the Year 2019-20 in respect Gov. Aided College. A sum of Rs.16,000/- has been utilized for the purpose of TOBACCO CONTROLL PROGRAMME for which has been disbursed from Murshidabad by NEFT and balance Rs.NIL as on date.

Sl.NO	Particulars with Rate	Amount
1.	Refreshment (Rs.300 X35)	10,500
2.	Extempore Competition (Rs. 500 X 3)	1500
3.	Prize for Quiz (Rs.25 X 20)	500
4.	Banner to show at the college premises (Rs. 300X2)	600
5.	Placard for college campus (Rs.30X30)	900
6.	Wall painting at the college premises (Rs.500X2)	1000
7.	Hoarding Display In front of the College campus (Rs.1000X1)	1000
Total=		16,000

(Rupees sixteen thousand only)

Received
by gr. 26/11/19

Teacher-in-Charge
Murshidabad Adarsha Mahavidyalaya
Chak Islampur, Murshidabad

Indra Kumar Mishra

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Date: ___/___/___

Report on "Awareness Programme on Tobacco Free Society"

Murshidabad Adarsha Mahavidyalaya, Islampur, Murshidabad

Venue : Seminar Hall , Room no : 19

Date: 26.11.2019

Time: 12pm to 2pm



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Date: ___/___/___

We all know that tobacco is very harmful to body, mind and society. To say that it has greatly affected our country. Especially among the youth community. Therefore, to get rid of the tobacco effect, the Chief Medical Officer of Murshidabad district under the Government of West Bengal ordered to observe the national tobacco control program in various institutions of Murshidabad district on 21.11.2019, whose memo no. CMOH/MSD/NTCP/8870.

The Teacher-in-charge responded to the order of the government of West Bengal office of the chief medical officer of health Murshidabad and gave permission to conduct "AWARENESS PROGRAMME ON TOBACCO FREE SOCIETY" on 26th November, 2019 from 12pm to 2pm. On that occasion a notice was issued on 23.11.2019 on the notice board. In this discussion, students can participate in Impromptu speech and quiz competition on tobacco cessation, the notice said. In this regard, the Participants are asked to contact Dr. F.H. Sarwar, Professor of the Department of History. Mr. Md. Abdul Ukil, Faculty of Geography, has been given the responsibility of conducting the entire program as the program in-charge.

Government of West Bengal office of the chief medical officer of health Murshidabad according to the instructions and decision of IQAC committee started from 12 noon. Mr. Basob Ghosh(TIC) presided over the event. Also present were Professor Pooja Aggarwal, Ershad Ali, Dhananjay Mahato, Rakibul Islam, Md. Abdul Ukil, Anushree Kundu, Sukanta Borman, Ismail Sarkar and Dr. Firoz High Sarwar. Each gave an informative speech on the main topic of the event.

PROGRAMME SUMMARY

12 students participated in the impromptu speech of the programme. Among the 12 students, Maria Khatun, a student of Geography, won the first place, Abdul Asif, a student of Education, won the 2nd and Shahabuddin Ali, a student of History, won the third place.

All the present students participated in the quiz competition. A total of 218 students attended the event.

Students have a good understanding of the changes that occur in the body after quitting tobacco products. For example;

- > After 20 minutes you have a heart rate and blood pressure drop
- > After 20 hours your blood carbon monoxide levels return to normal
- > After 2 or 3 weeks your circulation and lung function improve
- > After 1 to 9 months coughing and shortness of breath drops
- > after 1 year your risk of heart disease is half that of a smoker
- > After 5 years your risk of developing mouth and throat cancer halves
- > After 10 years the risk of dying from lung cancer is around half that of a smoker
- > After 15 years the risk of heart disease is that of a non-smoker.

So, to get rid of the harmful effects of tobacco, the countries that have banned smoking are-

Albania, Andorra, Argentina, Armenia, Australia, Austria, Belgium, Bhutan.

Overall discussion was successful 218 students are present in this program everyone cooperated with all the speakers. All the present students realized how harmful tobacco products are. Not only that, several students who became addicted have voluntarily vowed never to smoke again. That is the greatest success of all.



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★ গরু হাঁজা / উই হাঁজা জগাঘর খুঁটে গঠিত খাদ্য-প্রদান এবং তুল্য পরিমাণে জলপান করণ অথবা মূল খাবার স্নান। চকচকি লাগলে, মরুস্থি হিউনি অভ্যাস করলে তামাক খাবার থেকে বিরত থাকি যায়।

★ তামাক বাহ্যিকভাবে খাওয়া অথবা হাল থেকে নিজেকে মুক্ত করিয়ে রাখুন।

★ নতুন অভ্যাস অথবা নতুন কার্যকলাপ নিজেকে মনোনিবেশ করুন। মনে রাখবেন বর্তমানে যারা তামাক সেবন পরিভাষা করতে সক্ষম হয়েছেন তারা নিজেকে ইন্সপিরেশন দান রাখেন। তাই বর্তমানে। একবারে না পারলে ক্রমাগত চেষ্টা করুন অথবা বন্ধন করা যায়।

আসক্তি থেকে বিরত থাকার উপায় :-

- ★ সাক্ষরিত চিকিৎসনা।
- ★ নিজেকে নেগেটিভ (Negative) চিন্তাধারা থেকে বিরত থাকুন।
- ★ নিজেকে সেন হারের শারীরিক কার্যকলাপ অথবা নিজের পছন্দের সেন কাজে নিজেকে মনোনিবেশ করুন।
- ★ সোজা দিন / প্রতিদিন যত্ন সহকারে জমা এবং প্রতিভাটোকে নিয়ন্ত্রণ রাখার জন্য।
- ★ পশুটির খাবার খান সেন শাক-সবুজ, ফল ইত্যাদি।
- ★ প্রবৃত্তি পরিমিত ভলন পান অথবা আপনাকে উত্তেজনা রাখুন, তাই উৎস পরিমিত ভলন পান করুন।
- ★ উই হাঁজা শক্তি ও ইন্সপিরেশন আপনাকে মুক্ত জীবন রাখতে সাহায্য করবে।
- ★ সাক্ষরিত, মনিক, বসন্তিক অস্ত্র প্রদান থেকে বিরত থাকার জন্য নিজেকে পূরিত করুন।

তামাক বন্ধনের সূত্র :-

- ★ ২ ঘণ্টা কড়ক :-
দিন ২ ঘণ্টা তামাক সেবন না করলে থেকে যাবে। নিজেকে সেন মাত্রা করে যাব।
- ★ ৪ ঘণ্টা কড়ক :-
৪ ঘণ্টা তামাক সেবন থেকে বিরত থাকলে সেনে কর্তব্যমোচনীয় মাত্রা হ্রাস পায় এবং অভ্যাসজনিত মাত্রা বৃদ্ধি পায়। তাতে সেনে রক্ত সঞ্চালন ভালো হয়।
- ★ ২৪ ঘণ্টা কড়ক :-
আপনার হালসেবনের সঞ্চালনা অনেকদিনে করে যাব।
- ★ ৪৮ ঘণ্টা কড়ক :-
আপনার হালসেবন ও হালসেবনকালীন কর্তব্যমাত্রা উন্নত হয়।
- ★ ২ থেকে ৪ দিন কড়ক :-
আপনার শরীরের মাত্রা থেকে নিজেকে সম্পূর্ণভাবে মুক্ত করে যাব।
- ★ ২ থেকে ৪ সপ্তাহ কড়ক :-
রক্ত সঞ্চালন উন্নত হয় এবং ক্রমাগত কর্তব্যমাত্রা বৃদ্ধি পায়।
- ★ ৩ মাস কড়ক :-
শ্রী-পূজন উৎসেবক ক্রমাগত সঞ্চা করে যাব। বেসেই পূরনের অনেক উপগত মান বাড়ে এবং মহিলাদের গর্ভধারণের সুযোগ বাড়ে।
- ★ প্রথম ২ মাস :-
আসক্তি, ব্রেকিং টিন এবং সাইনালের সঞ্চা থেকে মুক্ত পাওয়া যায়। বিভিন্ন ধরনের আসক্তি থেকে মুক্ত হয়ে যাব।
- ★ ১ বছর :-
হালসেবনকালীন মাত্রা হ্রাস এবং হালসেবনকালীন বিভিন্ন থেকে মুক্ত হয়ে যাব।
- ★ ৫ বছর :-
ক্রমাগত সঞ্চালনা করে যাব।
- ★ ১০ বছর :-
সম্পূর্ণ কালের হ্রাসের সঞ্চালনা ৫০ শতাংশ করে যাব। সেনসেবনকালীন অসুখের সেনে মুগ্ধবৃত্ত, খালসেবন, ব্রেকিং, বিভিন্ন ক্রমাগত (সেনসেবন) এর সঞ্চালনা করে যাব।





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দ্বিতীয় তামাক নিষেধণ কর্মসূচী

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