

Awareness Programme for Faculty and Staff on “Tobacco-Free Institution”

4 December 2025

St. Thomas' College organised an awareness programme for the teaching faculty on 4 December 2025 in the college Seminar Hall. The programme was conducted as part of the institution's initiative to promote a healthy and safe academic environment, aligned with the guidelines for establishing a Tobacco-Free Institution.

Objectives of the Programme

1. To raise awareness among faculty about the health hazards of tobacco use.
2. To familiarise staff with tobacco-related laws such as COTPA, 2003.
3. To strengthen the implementation of *Tobacco-Free Institution Guidelines*.
4. To encourage teachers to act as role models for students.

The session commenced with a welcome address, followed by a keynote presentation delivered by **Dr. Mugdha Anand**. The speaker highlighted various crucial aspects related to tobacco use and its prevention, including:

- Types of tobacco and their harmful effects
- Physical, psychological and social impact of tobacco addiction.
- Importance of early prevention among youth.
- Strategies to maintain smoke-free and tobacco-free educational spaces.
- Legal responsibilities of educational institutions and penalties for violations.

A short PowerPoint presentation focusing on tobacco hazards, student vulnerability and the need for preventive measures was also screened for the participants.

Following the presentation, an interactive discussion was held in which faculty members openly shared their views, raised questions and clarified doubts regarding tobacco-control practices on campus.

The programme helped enhanced the faculty's understanding of tobacco-related health risks and legal guidelines. It enforced the collective commitment to maintaining St. Thomas' College as a 100% Tobacco-Free Campus and encouraged faculty involvement in monitoring and awareness initiatives.

