

Report on Tobacco Control and Awareness Initiatives through Tobacco Control Education Institute Committee

12 March 2026

To ensure a safe, healthy, and tobacco-free educational environment, the institution has implemented a comprehensive set of preventive and awareness measures in accordance with the guidelines of the Tobacco-Free Educational Institution (ToFEI) and the Cigarettes and Other Tobacco Products Act (COTPA), 2003. These initiatives are aimed at preventing the use of tobacco products, e-cigarettes, vaping devices, and other illegal substances among students while promoting awareness and responsible behaviour.

As a preventive measure, periodic inspections of students' bags are conducted by the designated committee members whenever required. The purpose of these inspections is to discourage the possession and use of e-cigarettes, tobacco products, vaping devices, and other prohibited or illegal substances within the college campus. The inspections are carried out with due respect for students' dignity and privacy. If any such prohibited substance is found, the matter is immediately reported to the committee and the students were counselled in a positive manner.

The institution also recognizes the important role of parents in preventing tobacco use and substance abuse among young adults. Therefore, Parent-Teacher Meeting (PTM) includes a dedicated session on tobacco awareness conducted by the Tobacco Control Committee members. During these sessions, parents are informed about the harmful effects of tobacco, e-cigarettes, vaping products, and other addictive substances. They are encouraged to maintain regular communication with their children and actively support the institution's efforts to promote healthy habits and responsible decision-making.

Regular sensitization programmes are organized for students throughout the academic year to enhance their awareness of the physical, psychological, social, and legal consequences of tobacco use and substance abuse. These programmes include expert talks, awareness lectures, interactive discussions, poster-making competitions, slogan-writing activities, awareness rallies, and other educational initiatives. Such activities help students understand the importance of leading a healthy, addiction-free life and empower them to make informed choices.

In addition to student-focused initiatives, the institution regularly apprises parents about the risks and warning signs of addiction. Parents are educated on how to identify behavioural changes associated with substance abuse, provide timely emotional support, and seek professional counselling or rehabilitation services whenever necessary. This collaborative approach between the institution and families strengthens the overall strategy for preventing addiction among students.

To ensure compliance with the provisions of the Cigarettes and Other Tobacco Products Act (COTPA), 2003, the institution also monitors the area surrounding the campus. Particular attention is given to ensuring that no tobacco vendor operates within 100 yards of the institution's boundary. If any violation is observed, a formal complaint is promptly submitted to the District Tobacco Control Cell (DTCC) for necessary action, thereby reinforcing the institution's commitment to maintaining a tobacco-free educational environment.

Through these sustained efforts involving students, parents, faculty members, committee members, law enforcement authorities, and the District Tobacco Control Cell, the institution continues to strengthen its commitment to creating a healthy, safe, and addiction-free campus. These initiatives not only ensure compliance with statutory regulations but also foster a culture of awareness, responsibility, and well-being among all stakeholders.

Report on Tobacco Mukta Abhiyan For Tobacco Free Educational Institution

12 March 2026

St. Thomas' College of Education organized a "Tobacco Mukta Abhiyan" (Tobacco-Free Campaign) on 12 March 2026 with the objective of Creating Awareness for a Healthy and Addiction-free society and creating awareness about the harmful effects of tobacco and other addictive substances. The campaign aimed to encourage students and the general public to adopt a healthy, addiction-free lifestyle while promoting social responsibility among future teachers.

The programme witnessed enthusiastic participation from the B.Ed. First Year and Second Year students, under the guidance of the faculty members. The event began with a brief orientation highlighting the importance of maintaining a tobacco-free environment and the role of educators in spreading awareness within society.

The campaign highlighted the following harmful effects of tobacco and substance abuse:

- Increased risk of oral cancer, lung cancer, heart disease, and respiratory disorders.
- Damage to the brain, liver, and other vital organs due to prolonged substance abuse.
- Mental health issues such as anxiety, depression, stress, and reduced concentration.
- Addiction leading to poor academic and professional performance.
- Financial burden on individuals and families.
- Social problems including domestic violence, accidents, crime, and loss of productivity.

The students also explained the benefits of leading an addiction-free life, including:

- Better physical and mental health.
- Improved concentration and academic achievement.
- Stronger family and social relationships.
- Financial savings and enhanced quality of life.
- Increased self-confidence and productivity.
- Contribution towards building a healthier and more responsible society.

The Tobacco Mukta Abhiyan concluded with a pledge by all participants to remain free from tobacco and other addictive substances and to continue spreading awareness about the importance of a healthy and drug-free lifestyle. The programme successfully reinforced the message that preventing addiction is a collective responsibility and that education plays a vital role in creating a healthier and more conscious society.



