

Awareness Lecture on Tobacco & Drug Free Youth & Society

Particular	Details
Name of the Programme	Awareness Lecture on Tobacco & Drug Free Youth & Society
Date	28 November 2025
Venue	Government Degree College, Theog
Resource Person	Dr. Twinkle Tegta, MO, Matiana Hospital
Topic	Tobacco & Drug Free Youth & Society
Initiative	ToFEI (Tobacco-Free Educational Institutions) Initiative
State-Level Leadership	State Government & Department of Higher Education (DoHE)
Participants	All teaching and non-teaching staff of the college
Nature of Programme	Awareness and sensitization lecture



Detailed Report

Government Degree College, Theog organized an awareness lecture on “Tobacco & Drug Free Youth & Society” on 28 November 2025 under the ToFEI initiative of the Government of India, led by the State Government and Department of Higher Education (DoHE).

The lecture was delivered by Dr. Twinkle Tegta from Matiana Hospital, who sensitized the college community about the serious health and social consequences associated with tobacco and drug use. The session emphasized the importance of creating awareness among young people and encouraging them to adopt healthy and responsible lifestyles.

During the lecture, emphasis was placed on the harmful effects of tobacco consumption and substance abuse, the importance of prevention, and the role of educational institutions in creating a safe and healthy environment for students. The resource person also highlighted the need for collective efforts from educational institutions, families, healthcare professionals, government agencies, and society to address the growing challenges associated with tobacco and drug use.

The programme also focused on the responsibility of the youth in contributing towards a healthy, productive and drug-free society. Awareness and early intervention were highlighted as important measures for preventing substance abuse and protecting young people from its adverse physical, psychological and social consequences.

A special message was delivered by the Principal of Government Degree College, Theog, encouraging the college community to actively support initiatives aimed at creating a tobacco-free and drug-free environment. The Principal stressed the importance of awareness, responsible choices and collective participation in achieving the objectives of the ToFEI initiative.

The programme was attended by all the teaching and non-teaching staff of Government Degree College, Theog. The session provided an opportunity for the college community to reflect on the importance of prevention and awareness and to reaffirm its commitment towards promoting a tobacco-free and drug-free youth and society.

Outcome of the Programme

1. Increased awareness regarding the harmful effects of tobacco and drug abuse.
2. Sensitization of staff towards the importance of prevention and early awareness.
3. Reinforcement of the role of educational institutions in promoting healthy lifestyles.
4. Encouragement towards collective responsibility for creating a tobacco-free and drug-free environment.
5. Strengthening of the objectives of the ToFEI initiative at the institutional level