

Report on Awareness Programme on Healthy Lifestyle and Tobacco-Free Society

An awareness programme on Healthy Lifestyle and Tobacco-Free Society was successfully organized at Government Degree College Theog on 28th November 2025, with the objective of educating students about the importance of adopting healthy habits and creating awareness regarding the harmful effects of tobacco consumption. The programme began with a brief inaugural address, highlighting the need for a balanced lifestyle in today's fast-paced world. The resource person for the programme was Dr. Twinkle from Matiana Hospital, who elaborated on key aspects of a healthy lifestyle, including proper nutrition, regular physical activity, adequate sleep, stress management, and mental well-being. Special emphasis was laid on the dangers of tobacco use and its adverse impact on physical, psychological, and social health.

Dr. Twinkle sensitized the students about various tobacco-related diseases such as cancer, respiratory disorders, and cardiovascular problems. The session also covered preventive measures and encouraged students to make informed choices for a healthier future. Interactive discussions were held, during which students actively participated and shared their views and queries.

Dr. Bhupinder Singh Thakur, Principal, Government Degree College Theog, also addressed the students, sharing the institutional vision and motivating them to lead disciplined and healthy lives. The vote of thanks was delivered by Dr. Nidhi Dhatwalia, Convenor, Women Cell. The programme proved to be highly informative and motivational. Students pledged to adopt healthy practices and contribute towards building a tobacco-free society. Overall, the awareness programme served as an effective platform to promote health consciousness among students and reinforced the commitment of Government Degree College Theog towards nurturing responsible and healthy citizens. The programme concluded with the National Anthem.



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