



## Activity Report

Academic year 2022-23	
1.Basic details	
Name of Activity	Walkathon on awareness of No Tobacco
Date	1 <sup>st</sup> June,2022
Faculty	
Organized by Name of Department/ Name of Committee/ Club	SSMRV College (NSS) in association with Rotary Greater Jayanagar, ASRC Club, <b>Aparajitha</b> , Spandana, NCC, Ayush Foundation, Youth Red Cross
Coordinator/ In-charge of Activity	Mrs Shakeela M K
Time	12:30pm
Venue	SSMRV College
Activity for Class/Group	Walkathon
Nature: Academic /Co- curricular/extracurricular/other	Extracurricular
2.Brief information about Activity	
Topic /Subject of activity	Walkathon on occasion of world No Tobacco Day
Objectives of the activity	“Say No To Tobacco”
Methodology	Rally, Walkthon
Outcome of Activity	Spreading awareness to the public on non- usage of tobacco & its harmful effects
3.Proofs attached	
Photos etc.	

Activity In-charge



A Report on  
Walkathon conducted by  
APARAJITHA- WOMEN EMPOWERMENT CELL,  
SSMRV COLLEGE



Sivananda Sarma Memorial R V College has observed “World No Tobacco Day” as informed in the circular from University Grants Commission (UGC). Every year, on 31st May, the World Health Organization and global partners observe World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on harmful and deadly effects of tobacco smoke use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year the theme of World No Tobacco Day 2022 “**Protect the Environment**”. As per WHO, “The harmful impact of the tobacco industry on the environment is vast and growing adding unnecessary pressure to our planet's already scarce resources and fragile ecosystems. UGC has directed all the institutions to observe the “World No Tobacco Day” on 31st May 2022 on the theme and also to organize a pledge-taking ceremony in a befitting manner following the strict adherence to the Government protocols on COVID-19.

The Walkathon ceremony was organized for all the faculty, students and non-teaching staffs of SSMRV College on 31st May 2021. A total of 300 students, 33 faculty and non-teaching staff participated.

Walkathon was joined by various activity centre members, office bearers, faculty Incharge, Convenors and other fraternities to raise awareness about the ill effects of the use of tobacco to mark World No Tobacco Day on May 31. This programme was to promote a tobacco-free Bengaluru.

Hence awareness about 'Tobacco Breaks Hearts', which emphasises on the impact of tobacco on cardiovascular health, was conveyed. Flash mob and skit were also performed by students to convey the message. Many awareness based posters, placards, banners etc were also used to convey the awareness of “No Tobacco Day” to general public

Even the college students were informed that -Second-hand smoking is a major cause of cardiovascular diseases. To prevent this, we must ban smoking in public places and remove designated smoking areas that do not follow the law.

Activity In-charge



R.V. Educational Institutions  
**Sivananda Sarma Memorial R.V. College**  
*Transforming Lives*

UG & PG Programmes  
 Affiliated to Bengaluru City University  
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**Rotary**  
 GREATER JAYANAGAR  
 R I DISTRICT 3190



In association with

**ROTARY GREATER JAYANAGAR**



**NATIONAL SERVICE SCHEME**

Organizing

## "SAY NO TO TOBACCO"

( Walkathon on occasion of World No Tobacco Day )

Chief Guest :

**Mrs. Manchaleshwari Mahendra**  
 President  
 Rotary Greater Jayanagar

Resource Person :

**Dr. B N Sunitha**  
 District Consultant  
 NTCP, BBMP BANGALORE

Resource Person :

**Mr. Raghav K**  
 Psychologist, Mental Health Program,  
 BBMP, GOVT OF KARNATAKA

Presided by :

**Dr. S Anil Kumar**  
 Principal  
 SSMRV College

Best wishes from :

**Mr. Yallappa M**  
 Assistant Professor  
 NSS Programme Officer

In association with



**Date : 1st June 2022**

**Time : 12.30pm**

**Best wishes from Office bearers and NSS Volunteers SSMRV COLLEGE**

**All are Welcome**

*Go, change the world*





