

World No Tobacco Day celebrated in RGU on the theme “We Need Food, Not Tobacco”



Rono Hills: In joining with the rest of the world in celebrating the World No Tobacco Day, Rajiv Gandhi University also celebrated the day with an Awareness Lecture on the theme “We Need Food, Not Tobacco”. The day was jointly organised by IQAC, IDE, NCC, NSS, and Department of Psychology along with other departments of RGU. The special lecture was delivered by Prof. P. Jaykumar, Dean, TRIHMS, Naharlagun, Arunachal Pradesh. Prof Saket Kushwaha, Hon’ble Vice Chancellor, RGU chaired the session in the presence of Dr. N.T. Rikam, Registrar, RGU here in the campus.

Master of the Ceremony, Miss Moyir Riba, Assistant Professor, Dept. of Education, warmly welcomed the august gathering and set the tone of the event, which was followed by University anthem and Lighting of the ceremonial lamp respectively.

The event then kick-started with the opening remarks by Prof. R.C. Parida, Director IQAC & Chairman, Organizing Committee. He persuaded with special reference to the youth to stay away from tobacco and thus minimise the ill-effects and its multiplying correlated diseases.

Dr. N.T. Rikam, Registrar, RGU, initiated his speech with the pledge on “No Tobacco” alongside all the participants present at the venue. At the very outset, he extended his heartfelt gratitude and congratulated the entire organizing committee for the smooth conduction of the

much needed event. He urged to create consciousness amongst the campus dwellers specially the student community. He insisted them to rather direct one's focus by engaging in energetic activities like getting enrolled into NCC unit, NSS cell etc and therefore protecting oneself from the harmful traps of tobacco. He also, expressed his thought on the possibility of putting in law and order to completely ban tobacco in our nation.

Prof. P. Jaykumar, Former Dean, TRIHMS, Naharlagun, Arunachal Pradesh, the Special guest of the programme talked in length about the significance of the programme. He highlighted the history and significance of the celebration and the various themes incorporated annually as to how this world-wide celebration awares the society about the ill-effects of tobacco consumption. Prof. Jaykumar outlined the serious harm and danger tobacco related products can cause to a human's body both from a physiological and a psychological angle. He drew on his longstanding experience of working in medical field and enlightened the gathering with valuable information on breaking down nicotine, its chemical composition types, to how nicotine addiction occurs and the adverse effect of usage of tobacco in form of smoking or chewing. Further, he also called upon solutions revolving around coming up with alternative crop production and marketing opportunities for tobacco farmers whilst encouraging them to grow sustainable, nutritious crops. He emphasized on educating the school students, especially that of secondary and senior secondary levels on the prospects of healthy living to protect future generations.

Professor Saket Kushwaha, Hon'ble Vice Chancellor, RGU & Session Chair, addressed the gathering by outlining the importance of the program. He recounted various personal incidences where he had witnessed his known people experience the ill effects of the consumption of tobacco which does not only affect the consumer but also the entire family system. He drew from his own childhood experience and emphasised the importance of the role of modeling by parents and teachers to either expose a child to any form of substance or to discourage them from indulging in any substance consumption. He also encouraged various departments namely, Psychology, Social Work, Sociology, NCC and NSS to take collaborative initiatives to frequently conduct programs addressing the issue of tobacco usage in the premises, particularly the hotspots nearing labour camps, staff quarters etc.

The program concluded with a vote of thanks delivered by Dr.Dharmeshwari Lorembam, Head i/c, Department of Psychology. The program was attended by participants ranging from students, teaching and non-teaching staff of various departments and branches of RGU.

