

## REPORT : RALLY AND AWARENESS PROGRAM AGAINST TOBACCO.

The ICPF, Chennai, in collaboration with the NSS team of S.I.V.E.T.College, conducted an awareness program followed by an awareness rally on the ill effects of using tobacco and the benefits of leaving tobacco consumption.

The awareness program was conducted in the college auditorium. Preparations were made already by NSS volunteers and the program started at around 10.00 am.

A team of four represented the ICPF. After a brief introduction, Mr.Ron Paul explained in depth the history of tobacco, its types and how it is used as an addictive, narcotic stuff - be it smoking, for chewing or as snuff. Then he explained about the ill effects of tobacco chewing. The chemical contents of cigarettes too were explained and the ill effects of smoking and snuff inhaling too were explained along with images for illustrations. All these were explained by means of a slide show. The program concluded at 11.30 am.

After a short break of, at around 12.30 pm, the students gathered in two lines, outside the main block of the college building. At around 12.45 pm, the principal of S.I.V.E.T.College, Dr.A.Anbalagan, inaugurated the rally by waving a flag. Then, headed by the NSS flag, and the NSS banner and that of the ICPF, the rally of students started. The procession came to the entrance of the college where they crossed the main road in a highly disciplined manner, and started towards Sembakkam.

All along their way, ignoring the scorching sun, the students came, shouting slogans and distributing pamphlets which described the ill effects of using tobacco and other addictive stuffs.

The procession successfully reached Sembakkam, where refreshments were distributed to the students by the ICPF team. And then the students dispersed to their homes.