

# TAMBAKU MUKT RAJASTHAN 100 DIWASIYE KARYAYOJANA

*Nirogi Rajasthan Abhiyaan*

सम्राट पृथ्वीराज चौहान  
राजकीय महाविद्यालय, अजमेर

## गैर धूम्रपान क्षेत्र व तम्बाकू मुक्त शिक्षण संस्थान

इस शिक्षण संस्थान के  
परिसर में तम्बाकू उत्पाद  
का प्रयोग करना व  
बेचना दण्डनीय अपराध  
है। उल्लंघन करने पर  
200 रू. तक जुर्माना  
किया जाएगा।



जिला तम्बाकू नियंत्रण,  
प्रकोष्ठ, अजमेरप्राचार्य  
एस.पी.सी. जी. सी. ए.

**Dr. Avni Sharma**

**Associate Professor, Sociology**

**SAMRAT PRIHVIRAJ CHAUHAN GOVERNMENT COLLEGE, AJMER**

## INTRODUCTION

Tobacco related illnesses are a major risk factor for a number of chronic and fatal diseases leading to cancers of various kinds, cardiovascular diseases, stroke and untimely death. WHO data points that India is the second largest consumer and producer of tobacco, accounting for nearly 135 million deaths every year. The Global Adult Tobacco Survey India, 2016-17 states that 29% of all adults (15 years and above) are users of tobacco in the form of Khaini, Gutkha, Betel Quid, Bidi, Cigarette and Hookah. Tobacco use not only impacts the individual's health, but it has great social and economic impact for the individual, family and the society as a whole.

In view of the enormity of the problem, the state government's manifesto declaration of "taking effective steps to prevent the youth from addiction", and the Nirogi Rajasthan Abhiyaan, a campaign for "100-days Action Plan for Tobacco Free Rajasthan" has been launched. The Government of India has set guidelines for tobacco free campus and has laid down 9 Indicators for educational institutions/colleges. In this regard, a letter no. NTCP/2022/3647 dated 01/04/22 from the CMHO, Ajmer was received by the college on 06/04/2022. Samrat Prithviraj Chauhan Government College has taken serious steps in this regard.

## 9 Indicators

- ★ Online Reporting in Google Sheet
- ★ Display Board at prominent places in the campus / Two signage at the main entrance declaring

Tobacco Free Educational Institution 60cm(L) X 60cm(H)

No Smoking Zone 60cm(L) X 45cm(H)

- ★ Display of Name, Post and Contact No. of Tobacco Monitor
- ★ Organizing Sensitization Workshops
- ★ Awareness generation among students against the ill-effects of Tobacco
- ★ Constitution of Tobacco Control Committee in the College
- ★ Meetings of Tobacco Control Committee
- ★ Evidence of No Tobacco use in the campus e.g. Bidi/Cigarette butts/pouches/spit marks
- ★ Poster and Awareness material in the campus for the harmful effects of Tobacco.
- ★ Minimum of 1 related activity in the past 6 months
- ★ Marking of 100 yard outer boundary of the College
- ★ No shop selling Tobacco products within 100 yards outer boundary of college.

## POINT WISE IMPLEMENTATION

### ★ Online Reporting in Google Sheet

Online Reporting in the google linked sheet was done on 30.04.2022 at Serial No 933

[https://docs.google.com/spreadsheets/d/1-7BSE\\_L2rWND\\_G3Z2pw-q\\_8zoki8kbvWu6WYjdjlho/edit#gid=0](https://docs.google.com/spreadsheets/d/1-7BSE_L2rWND_G3Z2pw-q_8zoki8kbvWu6WYjdjlho/edit#gid=0)

### ★ Display Board at prominent places in the campus / Two signage at the main entrance



Tobacco Free campus and No Smoking Zone displays at the two main Entrances to the Campus and outside Principal Chamber.

★ Display of Name, Post and Contact No. of Tobacco Monitor

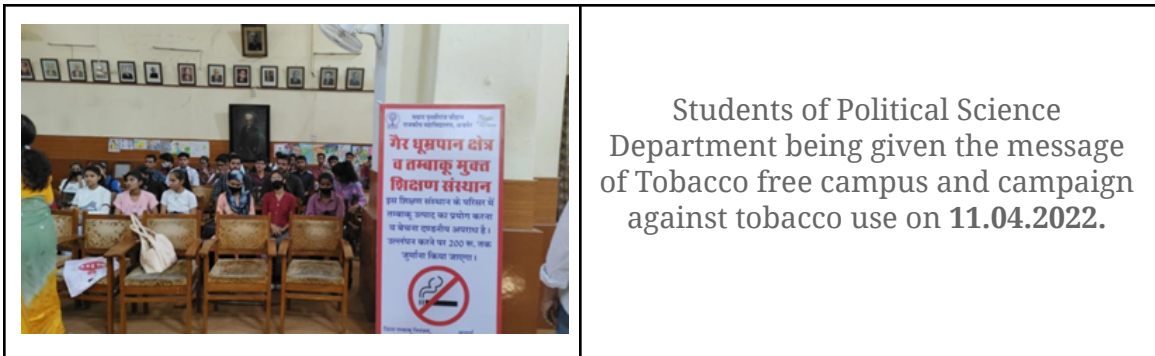


★ Organizing Sensitization Workshops

The Students took an oath that they would not use tobacco and its products and would stop others in their family, neighborhood and society from using tobacco and its products.



★ Awareness generation among students against the ill-effects of Tobacco





Students Interaction with Zoology Department being given the message of Tobacco free campus and campaign against tobacco use on 18.04.2022 by Dr. Bharti Prakash and Dr. Laxmi Yadav.



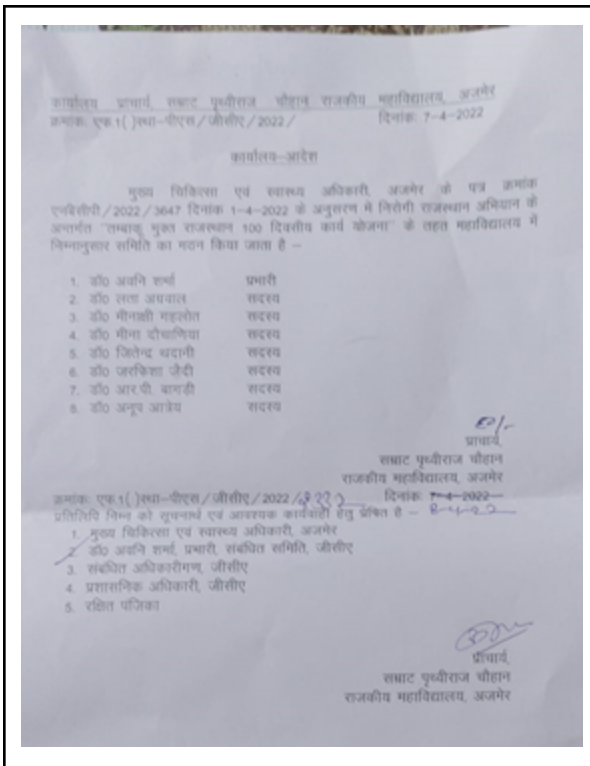
Students Interaction with the Department of Economics being given the message of Tobacco free campus and campaign against tobacco use on 22.04.2022 by Dr. Lata Agarwal and Dr. Jitendra Marothia.



Students Interaction with the Department of Economics being given the message of Tobacco free campus and campaign against tobacco use on 23.04.2022 by Dr.Avni Sharma.

### ★ Constitution of Tobacco Control Committee in the College

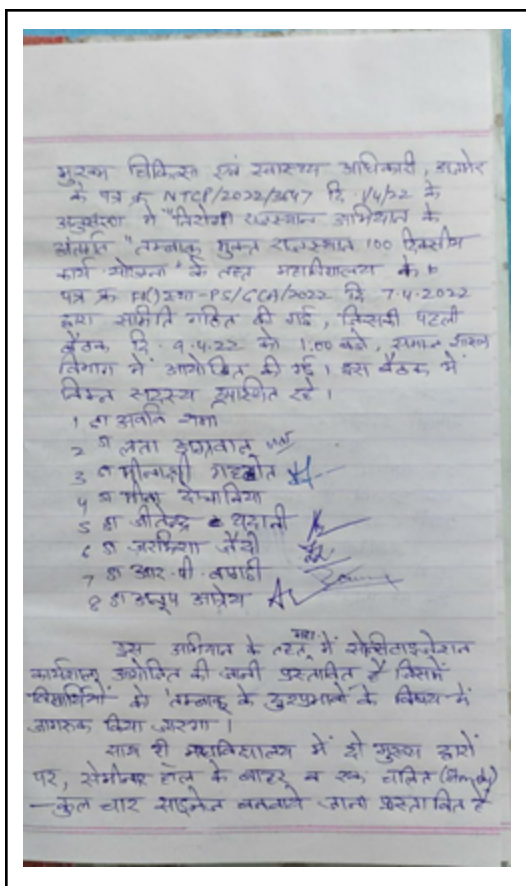
An 8-Member Committee was constituted by the Principal on 07/04/2022.



### ★ Meetings of Tobacco Control Committee

The Plan of Action was chalked out keeping in mind the 9 indicators.





★ Evidence of No Tobacco use in the campus e.g. Bidi/Cigarette butts/pouches/spit marks

The Committee members regularly inspect the campus for any signs or evidence of Bidi/Cigarette butts/Gutka pouches or spit marks on college walls or toilets.

★ Minimum of 1 related activity in the past 6 months

Students of the Girls' Hostel of the college being addressed on 29.04.2022 by Dr. Seema Garg, Associate Professor, Chemistry. She explained the chemical structure of Nicotine and how it affects and attacks the healthy body cells, thus becoming a carcinogenic agent. She also explained in detail how different parts of the human body can become cancerous due to Tobacco use.



★ Marking of 100 yard outer boundary of the College and No shop selling Tobacco products within 100 yards outer boundary of college.

The outer College boundaries have been marked and inspection of adjoining shops has been done to ensure that the shops do not sell Tobacco products.

## CONCLUSION

Samrat Prithviraj Chauhan Government College, Ajmer has been actively involved in inspiring the youth for a healthy mind and healthy society. Apart from being a Plastic Free zone, our college has also been a Tobacco free zone and Campaigns like these reiterate our commitment toward “**Tambaku Mukta College Campus, Tambaku Mukta Rajasthan and Tambaku Mukta Bharat**”