



## **WORLD NO TOBACCO DAY (31 MAY, 2025)**

**'SAY NO TO SMOKING AND YES TO LIFE.'**

*"Tobacco - free is worry - free.*

*Save your lungs, save your life. Healthier future starts with quitting."*

World No Tobacco Day 2025 (May 31) theme: **"Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products"**. Let's expose tobacco industry tactics that lure youth with flavors, attractive designs and glamorous marketing - to make their harmful products appealing, especially to young people. By raising awareness, students can become advocates for a tobacco-free future, educating peers, supporting anti - tobacco initiatives and fostering a community committed to health and well-being.

S.NO	CLASSES	NAME OF THE ACTIVITY	LEARNING OUTCOME	DATE OF THE ACTIVITY	TEACHER INCHARGE
1.	IX-X	<b>'Say No to Smoking &amp; Yes to life'</b> This creative activity encourages students to use the power of music and rhythm to spread a strong message about the dangers of smoking and the benefits of choosing a healthy lifestyle. By composing and performing a jingle or rap, students will engage in meaningful self-expression while raising awareness among peers.	Students will be able to creatively express the harmful effects of smoking and promote healthy lifestyle choices through a short jingle or rap. By using music and rhyme, they will develop persuasive communication skills.	23 May, 2025	Ms. Vidhi Oberoi
2.	X-XII	<b>'From Us to You: Let's Say No to Tobacco Together'</b> This is a workshop conducted by students for Class IV staff of the school to bring awareness about the harmful effects of tobacco consumption	Students develop a sense of empathy and care for the well-being of those around them, especially adult members of the school community. They are able to recognize their role in creating a positive impact even at a young age.	20 May, 2025	Ms. Sabari Maitra & Ms Rumpa B.

### **Teacher In charges:**

Ms. Sabari Maitra  
Ms. Leena M.

### **Overall Supervision:**

Ms Sarika Passi (HM PP)

Note- 1. All teachers-in-charge/Class Reps are requested to kindly upload five good pictures of the activity on the drive link provided below:

<https://drive.google.com/drive/folders/1MNWWY5HI9c7GoUDZl2aCX4Z5xH2XSX-g?usp=sharing>

*Asha Prabhakar*

Asha Prabhakar  
(Principal)

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**WE STAND COMMITTED TO SDGs**

