

UNMASKING THE APPEAL: EMPOWERING YOUTH TO SAY NO TO TOBACCO

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To commemorate World No Tobacco Day, Modern Senior Secondary School, Patiala, hosted an awareness seminar on 29 May 2026 in collaboration with Mata Kaushalya Hospital and Laxmi Bai Dental College, Patiala. The

dangers of addiction and discussed serious health issues associated with tobacco use, such as oral cancer, respiratory disorders, and other life-threatening diseases. Special emphasis was laid on the growing use of e-cigarettes and vaping devices

programme, held in the school auditorium, was attended by students of Grades IX and X and aimed at educating young minds about the harmful effects of tobacco consumption and nicotine addiction.

The seminar was conducted by a team of eminent healthcare professionals, including Dr. Shelly Jaitely (Civil Surgeon), Dr. Sunanda Grover (DDHO), Dr. Inderpreet Kaur Randhawa (AHO), and Dr. Savita (Medical Officer-Dental) from Mata Kaushalya Hospital. They were joined by Dr. Pranjan and a team of seven interns from Laxmi Bai Dental College.

During the session, the resource persons explained the adverse effects of tobacco on both physical and mental health. They highlighted the

among youth. Students were informed that these products contain nicotine and can lead to addiction as well as severe health complications.

The interactive nature of the seminar encouraged active participation from the students, who engaged enthusiastically in discussions and gained valuable insights into making informed and healthy lifestyle choices. The speakers motivated them to stay away from tobacco products and to play an active role in spreading awareness within their families and communities.

The seminar concluded with a strong message advocating a tobacco-free lifestyle. It proved to be highly informative and impactful, inspiring students to become ambassadors of a healthier, tobacco-free society.



