



# **Gandhinagar Institute of Technology**

A Report on  
“No Tobacco: Health and Happiness Workshop”  
(25<sup>th</sup> July 2017)

## **Introduction:**

Gandhinagar Institute of Technology (GIT) runs a Healthy Campus Committee which works with an objective of making students aware regarding healthy living, social consciousness, stress management, building self esteem, developing critical thinking & soft skills and leading a drug free life. Keeping up the tradition, GIT organized a ‘No Tobacco: Health and Happiness Workshop’ on 25<sup>th</sup> July 2017, in association with GTU, GHCL Foundation Trust and Art of Living Foundation. The event was organized for the students of semester 3 in the Seminar Hall at A-105.

## **Objective:**

Addiction to tobacco products such as cigarettes, bidis, hookahs, pan masala, khaini, zarda and gutkha is one of the biggest social evils which has been affecting the youths today. Many students get engulfed in such addictions and sometimes suffer from depression and anxiety related issues in their college life. The objective of this workshop was to reduce access to tobacco products amongst youngsters and create awareness in youth regarding the harmful effects of tobacco products and its complications to life of oneself and others. It was organized with a motive to overcome its addiction.

## **Program Overview:**

The workshop was conducted by Ms. Rachita Shah and Mr. Lovkesh Chaudhari from the Art of Living Foundation. These experts have a motivated experience of more than 7 years in this field. They enlightened students about the severe impact of tobacco habits on health and life. They also explained how tobacco usage leads to diseases affecting the heart, liver and lungs. They were also provided with information regarding various negative health effects which leads to large number of deaths every year. They exemplified ways to overcome stress, anxiety and addiction related issues through breathing, pranayama and meditation. Students performed meditation and some basic yoga asanas at the workshop and pledged to stay away from tobacco products throughout their life. They were encouraged to inspire others to live a tobacco free life. The event concluded with a vote of thanks by Prof. Jatin Chakravarti, Coordinator, HCC.

**Photo Gallery:**



Mr. Lovkesh Chaudhari addressing the audience.



Ms. Rachita Shah and Mr. Lovkesh Chaudhari teaching yoga asanas.



Faculties and students taking pledge to live a tobacco free life.



Faculties and students performing meditation at the workshop.



Prof Jatin Chakravarti (Coordinator, HCC) giving a vote of thanks.



Banner of the No Tobacco: Health and Happiness Workshop.