



JKPS

‘B’ Paschimi, Shalimar Bagh, Delhi-110088

WORKSHOP ON ILL EFFECTS OF TOBACCO

JKPS organised a workshop on the ill effects of tobacco on 15 January 2025 in the assembly hall area for the support staff where the use and strategies to quit tobacco were discussed. It aimed to raise awareness among school support staff regarding the harmful consequences of tobacco consumption. It also provided practical and effective strategies to help them quit smoking or tobacco use, thus fostering a healthier and more supportive school environment.

The objective of this workshop was to educate the support staff about the health risks associated with tobacco use and to discuss the impact of tobacco on both personal health and the school environment.



The session commenced with an informative presentation about the dangers of tobacco use. Key points included Tobacco consumption leads to various diseases such as lung cancer, respiratory issues, heart disease, and stroke. The facilitator highlighted the risks posed by second hand smoke, particularly in enclosed spaces like schools, which can affect the health of students and other staff members.



The counsellor threw light on how Tobacco can worsen mental health conditions like anxiety and depression, as nicotine addiction creates cycles of mood swings. A significant portion of the workshop focused on the effect of tobacco use in a school environment, particularly its role as a bad influence for students. ‘The special educator discussed the legalities of consuming tobacco inside the school premises. Also laws that prohibit smoking in public places, including schools, hospitals, and government buildings were discussed Two major highlights were **Bans on smoking indoors** within school premises and

within a specific distance from the school grounds. **Penalties** for individuals who smoke in restricted areas, such as fines or legal action.

The workshop was concluded by the school principal, addressing the support staff on the ill effects of consuming tobacco. Practical strategies were offered to support staff who are ready to quit tobacco, providing them with the tools needed to succeed. There was a noticeable sense of commitment to creating a healthier school culture that discourages tobacco use among students and staff alike.



The workshop was a success in raising awareness about the dangers of tobacco use and providing staff with strategies to quit. Moving forward, it was recommended that the school continues offering support for tobacco cessation, promotes a tobacco-free environment, and provides ongoing resources for those who need additional help quitting. This workshop aligns with the school's broader health and wellness goals, fostering a safe and supportive environment for both staff and students.