



Government Arts & Science College, Kaparada સરકારી વિનયન અને વિજ્ઞાન કોલેજ, કપરાડા



Accredited with B-Grade by NAAC

મુ.પો.- કપરાડા નિશાળ ફળિયા પાણીની ટોકી પાસે તા.- કપરાડા જી.- વલસાડ, પિનકોડ નં. ૩૯૬ ૦૬૭

સ્થાપના વર્ષ ૨૦૧૨ ઇ-મેઇલ: gackaparada@gmail.com, URL: www.kaparadacollege.org

GACK/2026/

Date: 21/07/2026

Report on Tobacco Control Awareness Programme Programme

Title: Tobacco Control Awareness Programme under the District Tobacco Control Cell

Organized by: District Tobacco Control Cell, Valsad, in collaboration with Government Arts and Science College, Kaparada

Date: 21 July 2026

Time: 11:30 a.m.

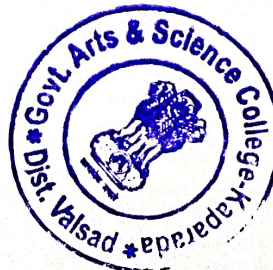
Venue: Government Arts and Science College, Kaparada

In accordance with the objectives of the National Education Policy (NEP-2020), which emphasizes student-centred education, holistic development, and the promotion of healthy lifestyles, Government Arts and Science College, Kaparada, in collaboration with the District Tobacco Control Cell, Valsad, organized a **Tobacco Control Awareness Programme** to educate students about the harmful effects of tobacco consumption and to encourage a tobacco-free lifestyle.

The programme was organized under the guidance and support of In-charge Principal **Mr. Manojkumar P. Patel**. The event commenced with a welcome address by NSS Programme Officer **Mr. Anishbhai Gamit**, who warmly welcomed the guests. He welcomed the resource persons and highlighted the importance of creating awareness about tobacco addiction among students. Thereafter, the Principal of the college, **Mr. Manojkumar P. Patel**, delivered an inspiring address to the students. He provided detailed information about the serious health hazards caused by tobacco consumption, including cancer and other life-threatening diseases. The awareness session was conducted by **Dr. Alpesh Patel**, Social Worker, Health Department, District Panchayat, Valsad, and **Ms. Sumitraben Bagul**, Counsellor, District Tobacco Control Cell.

Through an informative PowerPoint presentation, Ms. Sumitraben Bagul explained the concept of tobacco, its various forms, origin, cultivation, and usage. She highlighted the factors that often lead individuals to initiate tobacco consumption, including curiosity, peer influence, social pressure, and habitual behaviour. She also discussed **nicotine**, the addictive chemical present in tobacco products, explaining that a single cigarette contains approximately one **milligram of nicotine**, which gradually leads to addiction.

The session further focused on the severe health consequences associated with tobacco use. Detailed information was provided on diseases such as oral cancer, lung cancer, cardiovascular disorders, respiratory illnesses, and tuberculosis (TB). Special emphasis was placed on the health risks faced by women in both rural and urban areas who consume tobacco.





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Visual presentations of tobacco-related diseases were displayed through PowerPoint slides, enabling students to better understand the serious and often irreversible effects of tobacco consumption.

The resource person also highlighted the numerous health benefits of quitting tobacco and explained the temporary withdrawal symptoms that individuals may experience after giving up tobacco. Students were informed that, despite these initial challenges, quitting tobacco significantly improves both physical and mental well-being. Participants who wished to overcome tobacco addiction were encouraged to seek counselling and treatment services available at Valsad Civil Hospital.

Dr. Alpesh Patel subsequently delivered an informative session on the **Cigarettes and Other Tobacco Products Act (COTPA), 2003**. He explained the objectives of the Act and elaborated on its major provisions, including the prohibition of smoking in public places, restrictions on the sale of tobacco products to minors, mandatory health warnings, and other important legal provisions related to tobacco control. The presentation included photographs, awareness posters, and motivational slogans designed to inspire students to adopt a tobacco-free lifestyle.

The speakers interacted with the students in an engaging and approachable manner, incorporating practical examples and light-hearted discussions to effectively communicate the harmful consequences of tobacco and alcohol addiction. The interactive nature of the programme encouraged students to actively participate, ask questions, and clarify their doubts with the resource persons.

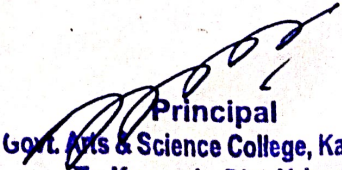
The programme successfully enhanced students' awareness regarding the physical, psychological, and social consequences of tobacco use. It motivated participants to make informed health choices, adopt healthy lifestyles, and contribute towards building a tobacco-free society.

The programme concluded with a formal vote of thanks delivered by **Mr. Anishbhai Gamit**, who expressed sincere gratitude to the distinguished resource persons, organizing committee, faculty members, and students for their valuable participation and support in making the programme a great success.

Participation

The awareness programme witnessed enthusiastic participation from the college community. A total of **23 faculty members** and **102 students** attended the programme, bringing the overall participation to **125 attendees**. The participants actively engaged throughout the session, interacted with the resource persons during the discussion, and expressed their commitment to promoting a healthy, tobacco-free lifestyle within the campus and the wider community.




Principal
Govt. Arts & Science College, Kaparada,
Ta. Kaparada, Dist. Valsad.



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DATE: / /

Activity Attendance

Activity Name	ગણાચક્ર લાઇવ અભિયાન
Activity Head	NSS
Activity Coordinator Name	Prof. Anishbhai C. Gamit
Activity Date	21-07-2026

Staff Attendance

Sr. No.	Name Of Staff	Designation	Signature
1.	Mr. M. P. Patel	Prin. Principal	
2.	Dr. M. K. Dharane	Asst. Prof.	
3.	Dr. Bhaskar M.	"	
4.	Kavay. S. Patel	"	
5.	Sanalip M. Tumbel	PTI	
6.	Anishbhai C. Gamit	Asst. Prof.	
7.	Aashwini L. Rathod	"	
8.	Alpesh A. Patel	S.W (NTCP) Junior	
9.	Thoset Hemraj B.	Lecturer	
10.	Dahi Dinesh D.	"	
11.	Gamit Jigishu D.	"	
12.	Gamit Ramesh M.	"	
13.	Gamit Swati A.	"	
14.	Kushik Kulkarni	"	
15.	Anil L. Chavhan	"	
16.	Sachin B. Bhargava	"	
17.	Sumitra B. Gavli	"	
18.	Dr. Kala bahar I	"	
19.	Patel Vibha N.	"	
20.	Dr. Nirvanbhai. C	"	





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Activity Attendance

Activity Name	જેશાબુકત ભાવન વ્યભિચાન
Activity Head	N.S.S.
Activity Co-Ordinator Name	Anishbhai commit
Activity Date	21-07-2026

Students Attendance

Sr. No	Semester	Students Name	Mobile No	Signature
1	1	Kadu Ankitaben Somnath	9834607806	A.S.Kadu
2.	1	Chaudhary Rimla N	9099223672	Rimla
3	1	Falguni Anishbhai Janjori	9409164584	Falguni
4	1	Chaudhary Surika P.	9427890718	Surikaben
5.	1	Gavli Pragat K.	9213627417	Gavli. P.K
6.	1	Chaudhary Vaishali C	9213660079	
7	1	Dhoom. Ushaben M	8799198526	Ushaben
8	1	Barhad Babhaben S	9428846384	B.B.S
9	1	Raut Sonal Amrat	7874244640	S.A.Raut
10	1	Chaudhary Pinulben B.	9408207787	C.P.B.
11	1	Butari Sanikaben Y.	9081975980	S.Y.B
12	1	Kadu Vaishali Dinesh	7863050829	Vaishali
13	1	Pavur Ushaben K.	9213473600	P.U.K.





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Sr. No	Semester	Students Name	Mobile No	Signature
14	3	Raidiya Renuka D.	9023901825	<i>Am.</i>
15	3	Mahla Nehaben S.	7359750421	<i>Neha.</i>
16	3	Mahla Shitalben R.	7867838235	<i>Shital</i>
17	3	Bhadagi Manishaben S.	8799330741	<i>Manish</i>
18.	1	Jeevan Ahiben S.	6353872747	<i>Jeevan</i>
19	1	Ghetke Pinkiben A	8849824733	<i>Ghetke P.A.</i>
20	1	Komti Kusumaben P	9426844218	<i>Komti K.P.</i>
21	1	Thulkar Renukaben . M	7265970930	<i>Thulkar.R.M.</i>
22	1	Bhojra Bhumnika	9499621778	<i>B. J Bhojra</i>
23	3	Sapta Khyatiben . R.	6354034894	<i>Khyatiben</i>
24	3	Dalvi Nitaben G.	7069403670	<i>Nitaben</i>
25	3	Bhojra Harshita D.	6353809123	<i>Harshita</i>
26	3	Bhigva Anshiben . R.	9328784401	<i>Anshiben</i>
27	3	Gajakwad Pratibha M.	8320253701	<i>Pratibha</i>
28	3	Avtar Nikitaben R.	6283082163	<i>Avtar.N.R.</i>
29	3	Shahle Ratnaben S.	9313170913	<i>S. R. S.</i>
30	4	Bhugari Anjali D.	8180211342	<i>A. D. B.</i>
31	1	Nikalyi Anjana A.	8849467529	<i>A. A. Nikalyi</i>





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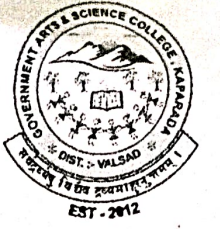
Sr. No	Semester	Students Name	Mobile No	Signature
32	01	Bhaidagi Archita K.	9106268696	A.K. Bhaidagi
33.	01	Vaithu Mamita M.	9979776206	M.M. Vaithu
34	01	Chavalthuri Mayuri A.	9712122178	Mayuri
35	01	Chunabhai Kumbhar G.	9023393950	Kumbhar
36	03	Chavalthuri Purni R.	9773246097	Purni
37	05	Bhoye Dhanashree N.	9213448523	Bhoye D.N.
38	03	Bhoye Vrushabhben V.	9714524857	Bhoye V.V.
39	01	Kelvi Dheeraj K.	9213469511	Kelvi
40	01	Patel Tanvi . M.	6351222721	T.M. Patel
41	01	Chavalthuri Vrushabh R.	9773246097	V.R.
42	01	Chavalthuri Vandana C.	7984341090	Vandana
43	03	Patel Vrushabhben N.	8320610183	Patel V.N.
44.	03	Tyambar Anishu B.	8320324437	A.B.T
45	03	Khulizee Dhanish J.	9723868563	Dhanish
49	03	Tyambar Dhanashree D.	9773441925	Dhanashree
50	03	Khulizee Hamsabhen B.	9408266138	Hamsabhen
51	03	Dhanish Amitabh C.	6355740057	Amitabh
52	03	Bhoye Jasminben A.	6353577056	Jasmin





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Sr. No	Semester	Students Name	Mobile No	Signature
53	01	Ganvi monaliben Harshbhai	8849214286	Ganvi.m.m.
54	01	Bhoye Sunitiben P.	6851619215	Suniti.
55	3	Runit Chetameben G.	8780158245	Runit.C.G.
56	3	Bhoye Nushiluben D.	8016927312	Bhoye.N.D.
57	5	Tamde Roshumi. S	990403704	Roshumi.S.
58	5	Ganvi Ankitaben - B	9512571465	Ankit.
59	5	Mose Piddhiben. M.	7984291794	Piddhi.
60	5	Bhoye Vaibhavitiben L.	8347384147	Vaibhavi.
61	1	Gavli Shivamiben R.	7574069278	Shivam.
62	1	Mirajga Nishiben S.	8780669053	Nishi.
63	1	Khadam Shivami L	6859109668	Shivam.
64	1	Bhoye Prati M	9879723294	Prati.M.
65	1	Tamde Roshumiben R.	9016590926	Roshumi.R.
66	3	Runit Nishiben. M.	9127019073	Runit.N.M.
67	3	Gond Ketimiben S.	9913183328	Gond.K.S.
68	1	Buruf Shitalben T	9213404389	Buruf.S.T.
69	1	Bhoye Kamminiben I	9429604885	Kammi.
70	1	Gajekwad Vibhavitiben C	9023974202	Vibhavi.





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Sr. No	Semester	Students Name	Mobile No	Signature
71	3	Govindaraj Govind S.	9326360822	G.V.S.
72	3	Chavhanaji Raju J.	6355654464	Chavhanaji
73	3	Chavhanaji Moniraj D.	746507045	C.M.D.
74	1	Kanti Kanchan S.	9220588592	K.K.S.
75	1	Bhumika Dineshbhai Fard	9875132264	Bhumika.F
76	1	Chamvit Kityben b.	9512551739	Kity
77	1	Mehar Hemshela R	9213408562	Mehar H.R.
78	1	Panwar Sanjama D.	6351768025	Panwar.S.D.
79	1	Janice Preetima C.	9106893307	J.P.C.
80	1	Pethad Denshona R.	9313569935	Pethad.D.R.
81	5	Bhoye Mahesh bhaji	-	M.I.Bhoye
82	1	Semkare Sunilbhai Shemkare	9328392568	Semkare
83	3	Baraf Aniket S.	9327456917	Aniket
84	3	Vachy Vipulbhai Shemkare	9635606690	Vachy.V.S.
85	3	Samuel rank	9023977743	Samuel
86	5	Kanti Preshbhai K	7874092761	H.Kanti
87	5	Vamshree Dinkabhai K.	9373631574	Vamshree
88	1	Thakkar Dineshbhai R	7940412052	Dinesh.R.





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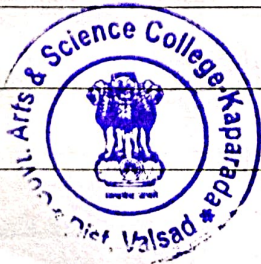


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89	1	mahla Amit bhui L.	9327128891	Amit Bhui
90	5	Bhoyu Malharish bhui	-	M I Bhoyu
91	1	chavdhari vikas .R.	9913660102	Vikas
92	1	Kalpesh Krishna bhoyu	9023469908	Kalpesh
93	2	Aniketbhui D. morarshi	7698705988	Aniket
94	2	Bemuelbhui L. dengre	9512487578	Bemuel
95	2	Dhamesh .R. Dauli	8780284604	D. R. D.
96	2	Ketan G. Dhule	9213482834	Ketan
97	2	Beet G. Trawat	9316759665	Beet
98	1	Kumdi Vishalbhui T.	8200970613	Kumdi
99	1	Chandhan Nitinbhui M.	6354764134	Chandhan
100	1	Dhanyesh. Subhash bhui S.	9588512489	Dhanyesh
101	1	Dauli Anilbhui Ramesh.	6355694969	Anil
102	1	Bhoyu Yuvrajbhui D.	9313384057	Yuvraj

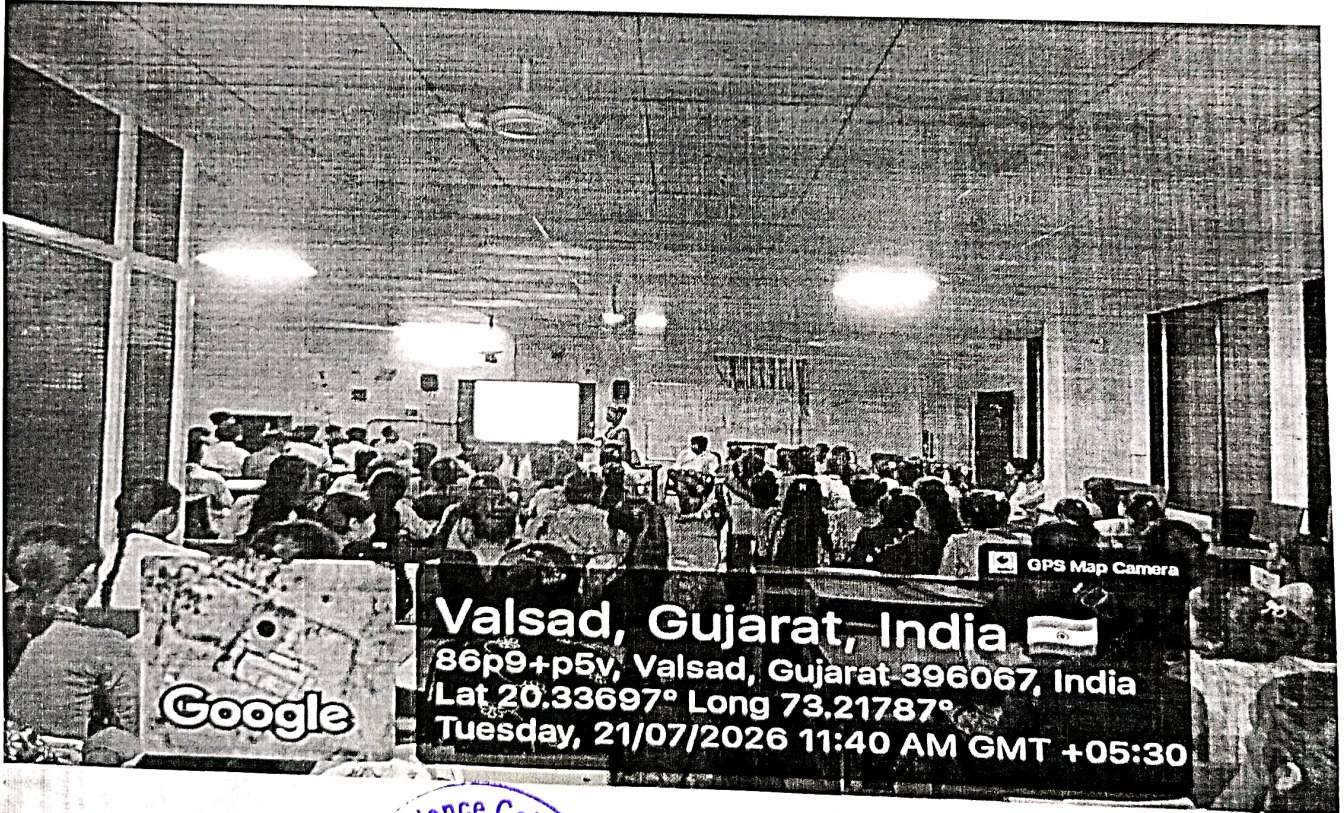
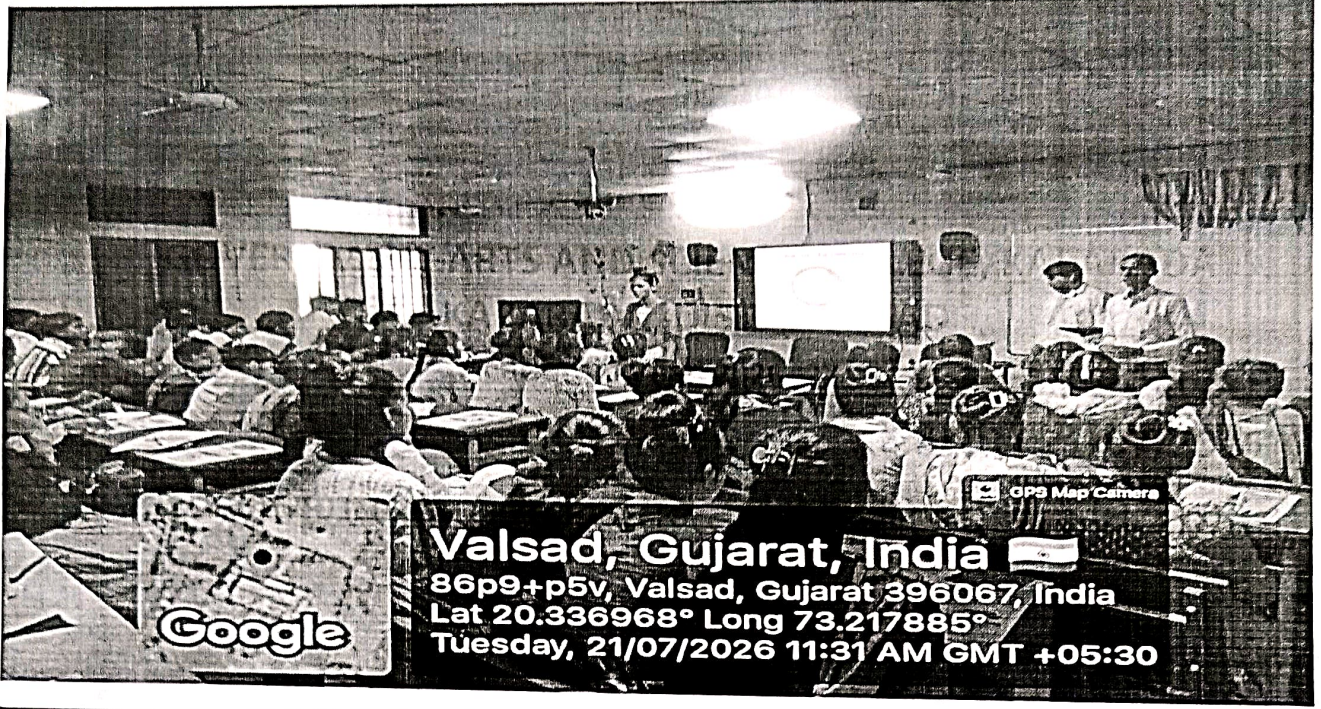


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GOVERNMENT ARTS AND SCIENCE COLLEGE, KAPARADA
TA – KAPARADA, DIST – VALSAD
Academic year-2026-'27

તારીખ:21/07/2026

જિલ્લા તમાકુ નિયંત્રણ સેલ અંતર્ગત તમાકુ નિષેધ જાગૃતિ કાર્યક્રમ



GOVERNMENT ARTS AND SCIENCE COLLEGE, KAPARADA

TA – KAPARADA, DIST – VALSAD

Academic year-2026-'27

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