

NATIONAL SERVICE SCHEME (NSS), RKSMVV EVENT REPORT
No Smoking Day Awareness Rally on 11.03.2026

- **Name of the activity :** No Smoking Day Awareness Rally
- **Category :** NSS Outreach activity
- **Organising unit :** NSS Unit and IQAC, RKSMVV.
- **Date :** 11.03.2026
- **Time :** 3 pm to 4 pm
- **Venue :** Surrounding area of RKSMVV Campus.
- **Name and designation of the Resource Persons :** NSS volunteers
- **Number of Participants :** 15 NSS volunteers and 01 faculty of Geography Dept.
- **Brief description of the event :**

An Awareness Rally on the occasion of 'No Smoking Day' was organised on 11th March 2026 in the surrounding areas of RKSMVV Campus by the NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan, in collaboration with IQAC, with the objective of spreading awareness about the harmful effects of smoking and tobacco consumption. Students, teachers and volunteers actively participated in the rally carrying placards and banners with meaningful slogans promoting a tobacco-free lifestyle.

The participants marched through nearby streets and public places, raising awareness slogans and interacting with local residents, shopkeepers and passers-by. The rally aimed to educate the community about the health risks associated with smoking, passive smoking, and tobacco addiction. Informative messages were shared to encourage people to adopt healthier habits and to discourage tobacco use, especially among youth.

- **Programme Outcome :**

- The rally successfully created awareness among local residents about the harmful effects of smoking and tobacco consumption.
- Students developed a sense of social responsibility and actively engaged in community awareness activities.
- The programme helped promote the message of a smoke-free and healthy society.
- It encouraged people in the locality to think about quitting smoking and adopting healthier lifestyles.
- The activity strengthened the institution's commitment to community outreach and public health awareness.
- Overall, the awareness rally was meaningful and impactful, contributing to the promotion of health consciousness and social responsibility among students and the local community.

NO SMOKING DAY, 2026
Awareness Rally
Organised by
NSS Unit & IQAC, Ramakrishna Sarada Mission
Vivekananda Vidyabhavan
(Accredited by NAAC A+ Grade)
33, Sri Maa Sarada Sarani, Dum Dum, Kolkata-55

QUIT SMOKING AND BREATHE

quit!
Before it Kills You

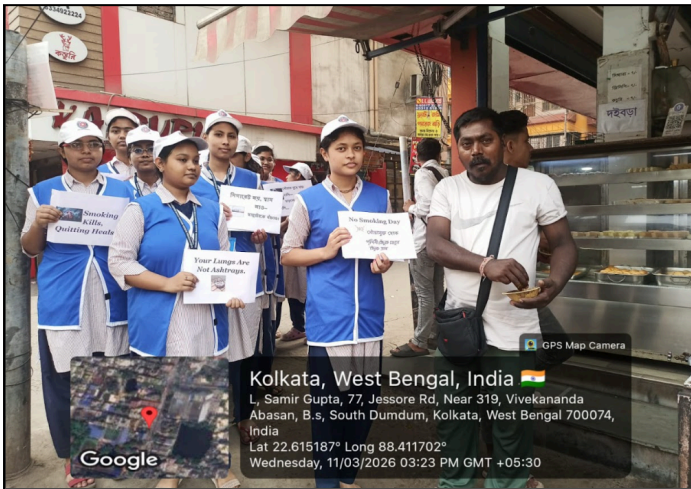
11th March, 2026
At 3:00 pm

save your lungs!
SAY NO TO SMOKING!

STOP SMOKING START HEALING

20 mins: Heart rate drops	1-12 weeks: Breathing gets easier	1-9 months: Reduced shortness of breath
1 year: Heart disease risk drops by half	5-15 years: Stroke risk like a non-smoker	10+ years: Lung cancer risk cut in half





Some glimpses of the programme