



**SANDRA SHROFF ROFEL COLLEGE OF NURSING,  
VAPI**

**REPORT ON NATIONAL NO SMOKING DAY, 2022**

**THEME: QUITTING SMOKING DOESN'T HAVE TO BE  
STRESSFUL**



## **INTRODUCTION:-**

No Smoking Day is observed every year on the second Wednesday of March to let them know about the massive side effects of smoking & encourage them to quit. This year No Smoking Day is being observed on March 9.



## **THEME:-**

### **CELEBRATION OF NO SMOKING DAY 2022**

**“QUITTING SMOKING DOESN'T HAVE TO BE STRESSFUL”, 9TH MARCH 2022**

## **AIM:-**

The main aim of the day is to spread awareness about the harmful health effects of tobacco consumption & to prevent others from picking up the dangerous habit.

## **REPORT OF NO SMOKING DAY:-**

As a part of community posting 4th year B.Sc. Nursing students & 2<sup>nd</sup> year B.Sc. Nursing Students of SANDRA SHROFF ROFEL COLLEGE OF NURSING, VAPI organized one Health Awareness Campaign on 9<sup>th</sup> March, 2022 Wednesday. Students were actively participated in this programme. Health Awareness Campaign kept at Chhiri Rural Area & Dunga Urban Area. From 4<sup>th</sup> Year Mr. Yash gave health education on No Smoking & From 2<sup>nd</sup> Year Mr. Jemin gave health education on Side effects of Smoking. After that they performed a Role Play on Quit Smoking. They explained about the life threatening complications of smoking also like Ectopic pregnancy, Tooth loss, Periodontitis, Gum Infection, lung diseases such as Pneumonia, Emphysema, and Chronic Bronchitis etc.



## **CONCLUSION:-**

The theme of No Smoking Day 2022 is “QUITTING SMOKING DOESN'T HAVE TO BE STRESSFUL” and has been chosen to quit smoking as well as to raise awareness about the implications of smoking on an individual's health. As a part of community health nursing requirement, 4<sup>th</sup> year & 2<sup>nd</sup> year B.Sc. Nursing students celebrated No Smoking Day at Chhiri Rural Area & Dunga Urban Area with the guidance of Maj. Gen. T.K Bhutia (Retd) Principal, SSRCN.