



**OFFICE OF THE PRINCIPAL**  
**GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)**  
**NAAC Accredited B+**

E-mail. [gdcnowshera@gmail.com](mailto:gdcnowshera@gmail.com), Website: [www.gdcnowshera.co.in](http://www.gdcnowshera.co.in)  
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

Dated: - 31-05-2023

## Press Release

### GDC Nowshera celebrated “World No Tobacco Day, 2023”

To mark the significance of **World No Tobacco Day**, Red Ribbon Club unit of GDC Nowshera in collaboration with NSS Unit under the banner of “**G-20 Summit**” organized a poster making competition on the theme ‘**We Need Food, Not Tobacco**’. The competition was organized by Prof. Pooja Devi, Nodal officer Red Ribbon Club and Dr. Sunil Dutt, Programme Officer NSS under the overall supervision and guidance of Dr. K.K. Sharma, Principal of the college. On this occasion, Prof. Pooja while addressing the students highlighted the negative impacts of tobacco consumption on health and environment. She advised them not to indulge in chewing/smoking of tobacco in any form and motivated them to spread this message in their families and society.

A large number of students participated in the competition expressing their creativity and drawing skills by making posters based on the given theme. The participants showed the damaging effects of consuming tobacco through their posters. Prof. Rajat Bhardwaj, Asstt. Prof. Sociology, Dr. Akhil Khajuria, HoD Physical Education and Dr. Mohd. Zeeshan, HoD EVS evaluated the posters of the students. Top 3 positions were selected from amongst the entries. Manpreet Kour stood first; Gagandeep Kour bagged second position while the third position was secured by Harpreet Kour. All the winners belonged to B.Sc. Sem VI. On this occasion, all the faculty members and students pledged not to consume tobacco in any form so that GDC Nowshera can be made a Tobacco-free Institution. Dr. K.K. Sharma, Principal of the college said that this contest shall prove helpful to educate the youth about the immediate as well as long-term health benefits of quitting Smoking. Dr. Ruhi Gupta, HoD Sociology conducted the proceedings of the programme.



Sd/-  
Principal  
GDC Nowshera