

“COMMUNITY AWARENESS WORKSHOP ON THE HARMFUL EFFECTS OF ALCOHOL AND TOBACCO”

7TH MAY 2026 (THURSDAY)



The NSS Unit of Gitarattan International Business School (GIBS) successfully organized an “Awareness Workshop on the Harmful Effects of Alcohol and Tobacco” on 7th May 2026 in collaboration with Alcoholics Anonymous. The workshop was conducted from 11:30 AM to 12:30 PM at Ekta Camp, Pitampura, as part of the NSS Unit’s ongoing commitment to community engagement and social responsibility.

This initiative was thoughtfully planned to address a critical public health issue affecting individuals across all age groups, particularly in underserved communities. The primary objective of the workshop was to spread awareness about the physical, psychological, and social consequences of alcohol and tobacco consumption, while also encouraging individuals to make informed and healthier life choices. By organizing the session at Ekta Camp, the NSS Unit aimed to directly reach out to the community and create meaningful impact at the grassroots level.

The workshop commenced with an interactive introduction by representatives from Alcoholics Anonymous, who shared their experiences and insights into addiction, recovery, and the importance of support systems. Their real-life narratives added authenticity and emotional depth to the session, making it more relatable and impactful for the participants. The speakers emphasized that addiction is not merely a personal issue but a social concern that affects families, communities, and future generations.

The session extensively highlighted the harmful effects of alcohol and tobacco on human health. Participants were made aware of serious health risks such as cancer, respiratory disorders, cardiovascular diseases, liver damage, weakened immunity, and mental health issues including anxiety, depression, and dependency. Special emphasis was laid on the long-term consequences of substance abuse, including its impact on family relationships, financial stability, and overall quality of life.

To ensure active participation, the workshop incorporated interactive elements such as open discussions, question-and-answer sessions, and awareness-based activities. Participants were encouraged to share their views, ask questions, and reflect on their personal experiences or

observations within their communities. This participatory approach helped in breaking stigmas associated with addiction and created a safe space for dialogue and learning.

Informative presentations and awareness materials were also used to simplify complex medical and social aspects of substance abuse. The volunteers effectively communicated preventive strategies, coping mechanisms, and the importance of seeking help at the right time. The session also highlighted the role of community support, peer influence, and family encouragement in overcoming addiction and sustaining recovery.

The workshop proved to be an enlightening and transformative experience for all attendees. It not only enhanced their understanding of the adverse effects of alcohol and tobacco but also inspired them to take responsibility for their own health and well-being. Participants were motivated to adopt healthier lifestyles and act as change-makers by spreading awareness within their families and communities.

FLYER OF THE EVENT



TYPE OF EVENT	Extra- Curricular
VENUE	Ekta Camp, Pitampura, Delhi
TIME & DURATION	11:30AM Onwards
CONDUCTED BY	NSS
ORGANISED FOR	Ekta Village Residents
NAME OF THE COORDINATOR	Ms. Muskan Grover, Dr Purna Jain
ATTENDANCE	12 NSS volunteers, 60Ekta village residents
RESOURCE PERSON	Mr. Deepak Kumar

	Alcoholics Anonymous
OBJECTIVES OF THE EVENT	<ol style="list-style-type: none"> 1. To create awareness about the harmful effects of alcohol and tobacco. 2. To encourage healthy and addiction-free lifestyles. 3. To educate participants about prevention and responsible choices.
LEARNING OUTCOME	<ol style="list-style-type: none"> 1. Gained awareness about the health risks of alcohol and tobacco. 2. Understood the importance of healthy lifestyle choices. 3. Developed a sense of responsibility towards substance abuse prevention.
SHORTFALL DURING EVENT	NA
LINK OF YOUTUBE VIDEO	https://www.instagram.com/reel/DYhn8KIzeXK/?igsh=bWU3N2dyM3hlMDdr

PREPARED & SUBMITTED BY: MS MUSKAN GROVER, ASSISTANT PROFESSOR, GIBS