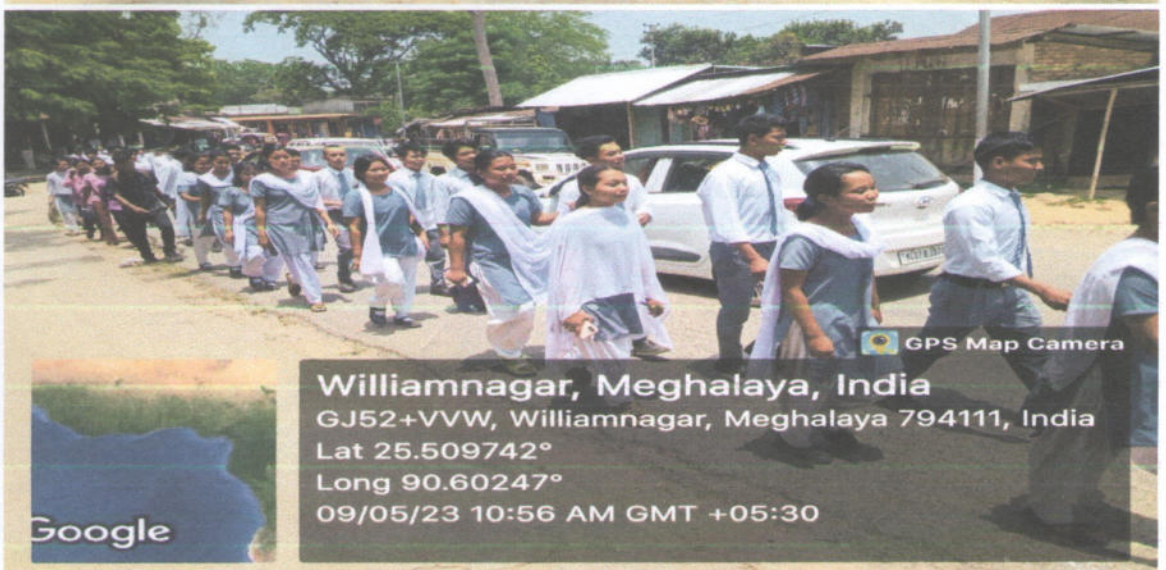



WILLIAMNAGAR GOVERNMENT COLLEGE
TOBACCO FREE EDUCATIONAL COMMITTEE



1. On 9th May, 2023, the Tobacco Free Educational Committee, Williamnagar Government College organized Signature Campaign and Rally Against Tobacco for the World No Tobacco Day, 2023 at 10.00AM in the College premise. The Campaign was started by a short speech from the Convenor, Dr. Antarwell Warjri- Assistant Professor, Williamnagar Govt. College about the harmful effects of tobacco. Shri Johnsen W. Momin Principal, Williamnagar Govt. Higher Secondary School delivered a presentation on the aims and objectives of the campaign and highlight the harmful effects of tobacco. The students of Williamnagar Govt. College and Williamnagar Govt. Higher Secondary School actively participated in the Campaign. The Programme organized by the ToFEI Committee of the Institution was a grand success.




Principal
Williamnagar Govt. College
East Garo Hills, Meghalaya.



Intarnell
TOFFI Leader
Tobacco free Educational Committee
Williamnagar Govt. College

Assistant Professor
Williamnagar Govt. College
East Garo Hills, Williamnagar

Principal
Williamnagar Govt. College
East Garo Hills, Meghalaya.



SIGNATURE CAMPAIGN

WORLD NO TOBACCO DAY 2023

MY MEGHALAYA

TOBACCO FREE MEGHALAYA

D. Samuelchi D. Moin

Prasi

- | | |
|---------------------------|---------|
| 2) Ajanta Das | Ajanta |
| 3) Ansharita S Sangma | Ana |
| 4) Janukirth N. Sangma | Sangma |
| 5) Pillaijin N. Marak | Rubi |
| 6) Rongku D. Sangma | Ryone |
| 7) Rakkimha N. Sangma | Ril |
| 8) Stanbinia G. Momin | Sumoin |
| 9) Driek N. Sangma | Ril |
| 10) Buncilei Ch. Marak | Bmk |
| 11) Tengnam T. Sangma | T. |
| 12) Lakshith G. Moin | G. |
| 13) Wensang R. Marak | Wensang |
| 14) Sundaykith H. Sangma | H. |
| 15) Saljang G. Momin | G. |
| 16) Tengbith N. Sangma | N. |
| 17) Silkam R. Marak | Smak |
| 18) Dhandi Ch. Marak | D. |
| 19) Akina urich R. Sangma | Akina |
| 20) Gudluk R. Marak | Gudluk |
| 21) Panseng D. Sangma | Panseng |
| 22) Londich N. Marak | L. |
| 23) Simdimchira N. Marak | Sima |
| 24) Sumami N. Marak | Smk |
| 25) Nikieme N. Sangma | Nikieme |
| 26) Lecia R. Marak | L.R.M. |
| 27) Annitha M. Marak | Anik |



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East Garo Hills, Meghalaya.

34) Aisha T. Sangma	Apur
39) Marchita Ch. Marak	Mehar
340) Thaezitta A. Sangma	Dipri
41) Chegreuchi M. Sangma	Chh
42) Priya Modak	P. Modak
43) Silna M. Marak	Suk
44) Sipra Mazumdar	S
45) Rajane. D. Shira	Shira
46) Satkritik D. Shira	Shira
47) Muskan G. Momin	M. Momin
48) Sunsey M. Sangma	S. M. Sangma
49) Parvina Ch. Marak	P. Ch. Marak
50) Welmera Moini	W. G. Moini
51) Rinky Agarwala	R. Agarwala
52) Ringme D. Marak	R. D. Marak
53) Anjika G. Momin	Anjika
54) Walchina K. Sangma	Wal
55) Palleth D. Marak	Palleth
56) Sengjokha Sangma	Sengjokha
57) Smylina G. Momin	S. G. Momin
58) Chechi M. Marak	Chechi
59) Mengchi A. Sangma	Mengchi
60) Grikchi G. Momin	G. Momin
61) Jachusa D. Sangma	Jachusa
62) Salgma Chidak M. Sangma	Salgma
63) Laskiath N. Marak	L. N. Marak
64) Ronglu D. Sangma	Ronglu
65) Kindbiath S. Sangma	Kindbiath
66) Jelise Ch. Momin	Jelise
67) Jening G. Marak	J. G. Marak
68) Belling M. Sangma	Belling
69) Rorkhath T. Sangma	R. Sangma
70) Sengkan Ch. Marak	Sengkan
71) Sproxical D. Sangma	Sproxical





72) Ritman G. Momin	R. Momin
73) Jengbiak N Sangma	JN
74) Ariluis M Sangma	Ariluis
75) Chuang Ch Marak	Chuang
76) Marikuh R Sangma	Marikuh
77) Belgium R Sangma	Belgium R.
78) Debandi ch. Marak	Debandi
79) Jumbak N Marak	JN
80) Roneak W. Momin	Roneak
81) Debillon R. Marak	Debillon
82) Lakshath G. Marak	Lakshath
83) Nchafeli S. Momin	Nchafeli
84) Sengbea Ch. Momin	Sengbea
85) Akellus Ch. Momin	Akellus
86) Puyelha D. Sangma	Puyelha
87) Batime N. Marak	Batime
88) Tabuon S. Sangma	Tabuon
89) Junilho D. Marak	Junilho
89) Galia R. Sangma	Galia
91) Trensha R. Sangma	Trensha
92) Chesey Sundhu Flor ch. Momin	T. R. Sangma
93) Nachi N. Sangma	S. ch. Momin
94) Peshina Biswatharma	N. N. Sangma
95) Chingkame M. Sangma	B. B
	C. M. Sp
96) Medina M. Marak	Medina
97) Rikhimchi T. Sangma	Rikhimchi
98) Tanuja B. Momin	Tanuja
99) Silla M. Sangma	Silla
100) Chiedina G. Momin	Chiedina
101) Muktual G. Momin	Muktual
102) Mattan G. Momin	Mattan
103) Saleni D. Sangma	Saleni
104) Sumami N. Marak	Sumami


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- | | | | |
|------|-------------|-------------------|----------|
| 105) | Sindimehina | Marak | Smk |
| 106) | Tercejitna | Sangma | Si |
| 107) | Marichita | Ch. Marak | Mai |
| 108) | afyida | R. Sangma | af |
| 109) | Jesha | A. Sangma | Ja |
| 110) | Akina | unich R. Sangma | Agn |
| 111) | ANDEL | JAKOMAM M. Sangma | ANIC |
| 112) | Nicky | D. Marak | N. D. Mk |
| 113) | Jamila | M. Sangma | J |
| 114) | Kasa | R. Marak | K |
| 115) | Mihingtar | M. Sangma | M |
| 116) | Jyrel | R. Marak | J |
| 117) | Pija | Sh. Ch. Marak | Sh |
| 118) | Shakmal | Jyrel | Shakmal |
| 119) | Chichang | G. Momin | Ch |
| 120) | Oliver | G. Momin | O |
| 121) | Stehiren | A. Marak | St |
| 122) | Eiwad | Ch. Marak | E |
| 124) | Banime | N. Marak | B |


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SIGNATURE CAMPAIGN

5

WORLD NO TOBACCO DAY 2023 MY MEGHALAYA


TOBACCO FREE MEGHALAYA

- | | |
|---------------------------|--------------|
| 1) Salmachi D. Moini | P. Moini |
| 2) Priya Modak | P. Modak |
| 3) Sipsa Marzunchi | |
| 4) Bijome D. Shira | Shira |
| 5) Satchirik D. Shira | Shira |
| 6) Muskan G. Momin | M. Momin |
| 7) Rinky Agarwala | R. Agarwala |
| 8) Ringme D. Marak | R. Marak |
| 9) Anjika G. Moini | Anjika |
| 10) Natchena K. Sangma | N. Sangma |
| 11) Tabuna S. Sangma | T. S. Sangma |
| 12) Sandhulani Ch. Momin | S. Ch. Momin |
| 13) Reshma B. Bhatkarma | R. Bhatkarma |
| 14) Nochi N. Sangma | N. N. Sangma |
| 15) Trinesha R. Sangma | T. R. Sangma |
| 16) Nibmachi D. Sangma | N. Sangma |
| 17) Masukhi N. Sangma | M. Sangma |
| 18) Kilmia M. Marak | K. Marak |
| 19) Cheamchi N. Sangma | C. Sangma |
| 20) Saleni R. Sangma | S. Sangma |
| 21) Tengme Ch. Marak | T. Ch. Marak |
| 22) Chidima R. Sangma | C. Sangma |
| 23) Thaisa Ch. Marak | T. Ch. Marak |
| 24) Pritydayana S. Sangma | P. Sangma |
| 25) Pnacka Ch. Marak | P. Ch. Marak |
| 26) Silla M. Sangma | S. Sangma |
| 27) Mediniam M. Marak | M. Marak |
| 28) Tanyja B. Momin | T. B. Momin |
| 29) Galina K. Sangma | G. Sangma |

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30) Christina G. Momin	
31) Wannisha. W. Sangma	DSG
32) Chanchame A. Sangma	DSG
33) Nima G. Momin	DSG
34) Anisha K. Sangma	DSG
35) Priyatha D. Sangma	Abangma
36) Parime N. Marak	Sangma
37) Presitha N. Sangma	Marak
38) Bengba CR. Momin	Sangma
39) Walmena Momin	DSG
40) Sunsey M. Sangma	W. G. Momin
41) Parina Ch. Marak	SMSangma
42) Silra N. Marak	P.C. Mh.
43) Snylira G. Momin	Bmk
44) Pullex D. Marak	S. G. Momin
45) Songrock A. Sangma	Bmk
46) Feluse D. Momin	DSG
47) Jerubith N. Sangma	DSG
48) Roukhu D. Sangma	Sangma
49) Pittarjin N. Marak	DSG
50) Jening G. Marak	Marak
51) Rakkinna N. Sangma	J. G. Marak
52) Stanbin G. Momin	DSG
53) Orik N. Sangma	Momin
54) Brucilee Ch. Marak	Pib
55) Ajanta Das	Bmk
56) Disharitta S. Sangma	Ajanta
57) Umikhi G. Momin	DSG
58) Jerubith N. Sangma	Momin
59) Sachiso D. Sangma	Sangma
59) Salgala Chi Sak m. Sangma	Sangma
60) Labbiath N. Marak	DSG
61) Kindbith S. Sangma	L. N. Mh.
62) Billing M. Sangma	Bmk


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63) Si' Oeng M Sangma	Opp.
64) Rakmath T. Sangma	R.T. Sangma
65) Songkon Ch. Marak	Songkon
66) Spherical D. Sangma	Spherical
67) Tengkinte N. Sangma	Tengkinte
68) Rikman G. Momin	R. Momin
69) Arthus M. Sangma	Arthus
70) Cheong Ch. Marak	Cheong
71) Mandaph R. Sangma	Mandaph
72) Belgium R. Sangma	Belgium
73) Roneak W. Momin	Roneak
74) Delbiller R. Marak	Delbiller
75) Lakibakth G. Marak	Lakibakth
76) Tengkinte N. Marak	Tengkinte
79) Sengname N. Marak	Sengname
80) Nialchi G. Momin	Nialchi
81) Medina M. Marak	Medina
82) Riktimchi T. Sangma	Riktimchi
83) Chingkarne M. Sangma	Chingkarne
84) Selma Jakchemchi M. Marak	Selma
85) Panseng D. Sangma	Panseng
86) Akira unich R. Sangma	Akira
87) Angel Jaknam M. Sangma	Angel
88) Lecia R. Marak	Lecia
89) Ayra N. Sangma	Ayra
90) Appellina Ch. Momin	Appellina
91) Melnicar G. Marak	Melnicar
92) Nicky D. Marak	Nicky
93) Matkan G. Momin	Matkan
94) Nikatchi S. Momin	Nikatchi
95) Deland Ch. Marak	Deland
96) Julia A. Sangma	Julia




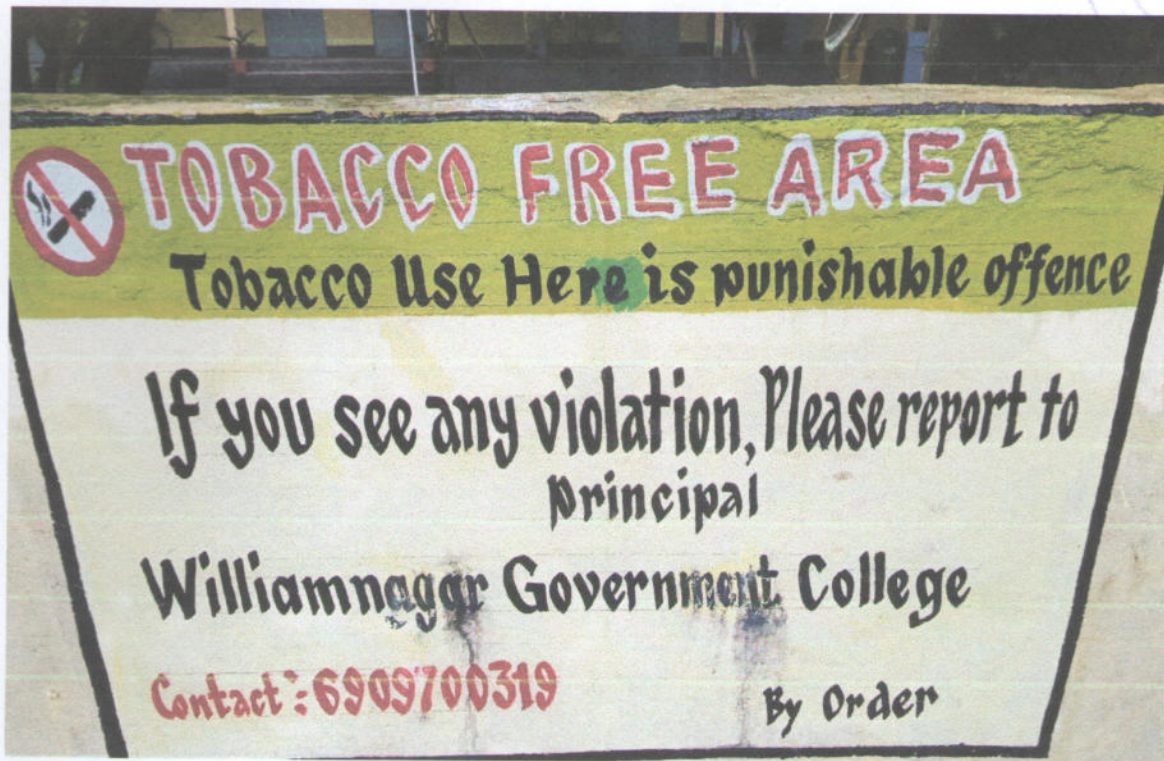
18

97)	Marichita Ch. Marak	Metul
98)	Aesha T. Sangma	Quin
99)	Sumami N. Marak	Suh
100)	Threujitha A. Sangma	Suh
101)	Sajitha M. Sangma	Suh
102)	Kaira R. Marak	Suh
103)	Mukhington H. Sangma	Suh
104)	Lysel R. Marak	Suh
105)	Pije Shi Ch. Marak	Suh
106)	Arustemell Lyjile	Suh
107)	Chichang G. Momir	Suh
108)	Oliver G. Momir	Suh
109)	Stibiria K. Marak	Suh

2. The Tobacco Free Educational Committee, Williamnagar Government College has implemented all the activities instructed by the National Tobacco Control Programme. These are:

Activity 1 (a) Display of "Tobacco Free Area" Signage inside the premise of school at all prominent places


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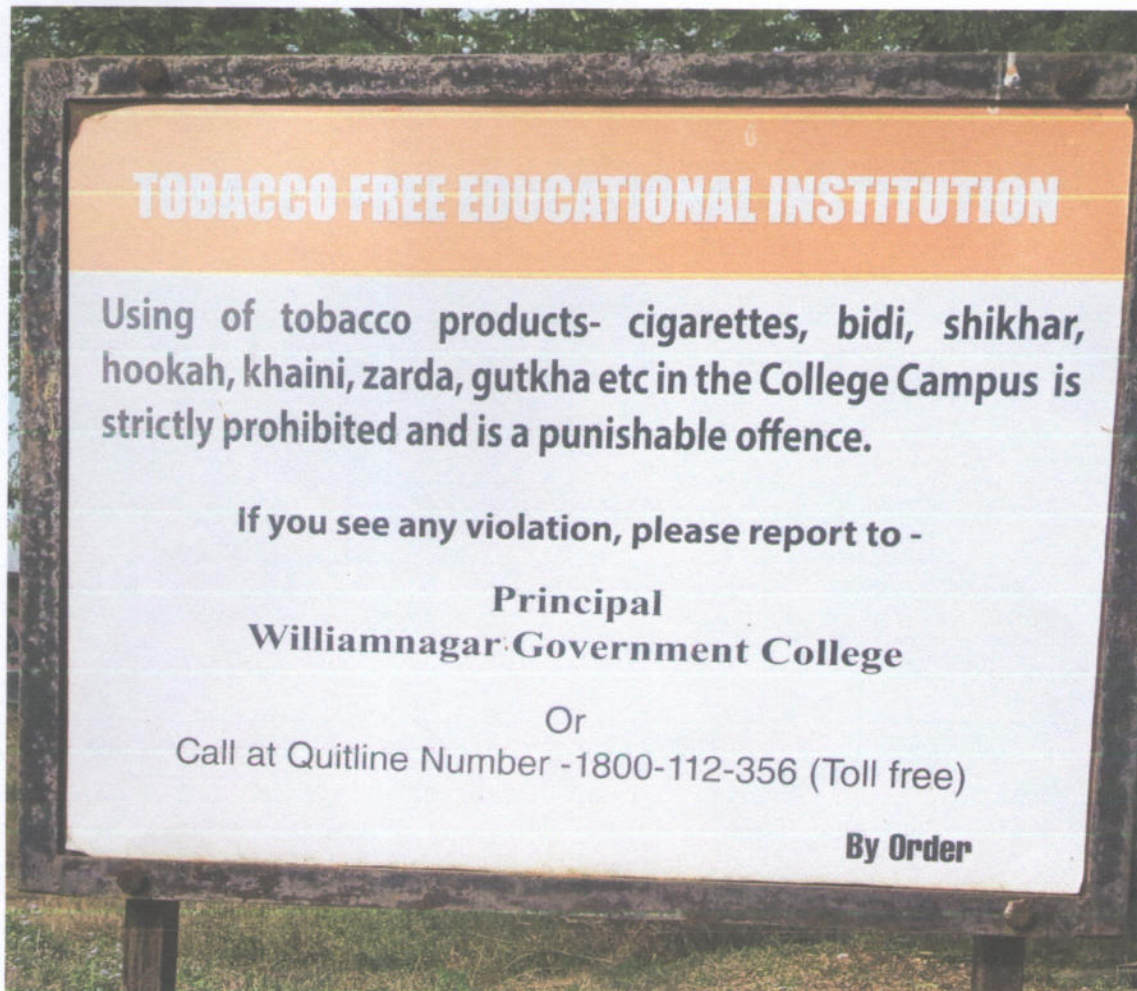


Activity 1 (b) The name/ designation/contact number are mentioned/up dated in the signage



Activity 2 (a) Display of "Tobacco Free Educational Institution" Signage at entrance/boundary wall of institution


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Activity 4. Poster or other awareness material on harm of tobacco displayed in the premise


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CHOOSE HEALTH NOT TOBACCO

Side effects of nicotine

- Irritation of the mouth and throat
- Increased heart rate and blood pressure
- Stomach acid production
- Nicotine addiction
- Withdrawal symptoms (headaches, irritability, depression)
- Risk of stroke and heart disease
- Lung cancer
- Emphysema
- Chronic bronchitis
- Asthma
- Diabetes
- Kidney disease
- Parkinson's disease
- Alzheimer's disease
- Depression
- Anxiety
- Insomnia
- Weight gain
- Decreased immune system
- Increased risk of infection
- Delayed wound healing
- Increased risk of osteoporosis
- Increased risk of osteoarthritis
- Increased risk of rheumatoid arthritis
- Increased risk of multiple sclerosis
- Increased risk of Crohn's disease
- Increased risk of ulcerative colitis
- Increased risk of psoriasis
- Increased risk of eczema
- Increased risk of alopecia
- Increased risk of vitiligo
- Increased risk of tinnitus
- Increased risk of vertigo
- Increased risk of dizziness
- Increased risk of lightheadedness
- Increased risk of fainting
- Increased risk of hypotension
- Increased risk of orthostatic hypotension
- Increased risk of syncope
- Increased risk of presyncope
- Increased risk of palpitations
- Increased risk of tachycardia
- Increased risk of arrhythmia
- Increased risk of atrial fibrillation
- Increased risk of ventricular tachycardia
- Increased risk of ventricular fibrillation
- Increased risk of sudden cardiac death
- Increased risk of myocardial infarction
- Increased risk of stroke
- Increased risk of peripheral vascular disease
- Increased risk of atherosclerosis
- Increased risk of coronary artery disease
- Increased risk of carotid artery disease
- Increased risk of aortic aneurysm
- Increased risk of aortic dissection
- Increased risk of aneurysm rupture
- Increased risk of intracerebral hemorrhage
- Increased risk of subarachnoid hemorrhage
- Increased risk of intracranial hemorrhage
- Increased risk of subdural hemorrhage
- Increased risk of epidural hemorrhage
- Increased risk of meningitis
- Increased risk of encephalitis
- Increased risk of meningococcal meningitis
- Increased risk of pneumococcal meningitis
- Increased risk of viral meningitis
- Increased risk of bacterial meningitis
- Increased risk of fungal meningitis
- Increased risk of parasitic meningitis
- Increased risk of cryptococcal meningitis
- Increased risk of toxoplasmosis
- Increased risk of toxoplasmosis reactivation
- Increased risk of toxoplasmosis infection
- Increased risk of toxoplasmosis encephalitis
- Increased risk of toxoplasmosis chorioretinitis
- Increased risk of toxoplasmosis myocarditis
- Increased risk of toxoplasmosis pericarditis
- Increased risk of toxoplasmosis splenomegaly
- Increased risk of toxoplasmosis hepatomegaly
- Increased risk of toxoplasmosis lymphadenopathy
- Increased risk of toxoplasmosis osteomyelitis
- Increased risk of toxoplasmosis osteoarthritis
- Increased risk of toxoplasmosis arthritis
- Increased risk of toxoplasmosis myelitis
- Increased risk of toxoplasmosis myelomeningocele
- Increased risk of toxoplasmosis hydrocephalus
- Increased risk of toxoplasmosis microcephaly
- Increased risk of toxoplasmosis intellectual disability
- Increased risk of toxoplasmosis blindness
- Increased risk of toxoplasmosis deafness
- Increased risk of toxoplasmosis epilepsy
- Increased risk of toxoplasmosis autism spectrum disorder
- Increased risk of toxoplasmosis schizophrenia
- Increased risk of toxoplasmosis bipolar disorder
- Increased risk of toxoplasmosis major depressive disorder
- Increased risk of toxoplasmosis anxiety disorder
- Increased risk of toxoplasmosis personality disorder
- Increased risk of toxoplasmosis substance use disorder
- Increased risk of toxoplasmosis self-harm
- Increased risk of toxoplasmosis suicidal thoughts
- Increased risk of toxoplasmosis suicidal behavior
- Increased risk of toxoplasmosis suicide

how long can you live?

CHOOSE HEALTH NOT TOBACCO

TOBACCO CAN CAUSE -

- ✓ CANCER
- ✓ KIDNEY CANCER
- ✓ CANCER OF THE LARYNX
- ✓ CANCER IN NECK AND HEAD
- ✓ BLADDER CANCER
- ✓ CANCER OF ESOPHAGUS
- ✓ LUNG CANCER
- ✓ CANCER OF THE PANCREAS
- ✓ STOMACK CANCER

Risks from Smoking

Smoking can damage every part of the body.

Location	Effects
Heart & Blood Vessels	• Heart disease • Stroke • Blood clots • High cholesterol
Lungs	• Asthma • Chronic bronchitis • Emphysema
Stomach	• Stomach cancer
Esophagus	• Esophageal cancer
Bladder	• Bladder cancer
Other	• Weakening of the immune system • Increased risk of infection • Reduced fertility • Premature aging

WARNING

Tobacco causes mouth cancer

Cancer of the MOUTH, ESOPHAGUS, AND PANCREAS.


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**WELCOME TO TOBACCO
FREE EDUCATIONAL INSTITUTION**

WARNING


Sale of cigarettes and other tobacco products in an area within a radius of 100 yards of the educational institution is strictly prohibited.

It is an offence punishable with fine which may extend to Rs 200 under COTPA, 2003

**Principal
Williamnagar Govt. College**

Antarwell
Dr. Antarwell Wajri
To FEI Leader
Tobacco Free Educational Committee
Williamnagar Govt. College

Assistant Professor
Williamnagar Govt. College
East Garo Hills, Williamnagar


Principal
Williamnagar Govt. College
East Garo Hills, Meghalaya.