



SANDIP FOUNDATION'S
SANDIP INSTITUTE OF TECHNOLOGY & RESEARCH CENTRE
An Autonomous Institute Permanently Affiliated to Savitribai Phule Pune University
Mahiravani, Nashik-422213
Department of Management Studies



Date: 20 November 2025

NOTICE

This is to inform all the MBA Students that we are **conducting** an Expert Lecture for MBA Students on “**National Tobacco Awareness Program**”

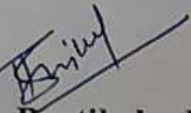
Date: 21 November 2025

Time: 3:00 PM Onwards

Resource Person: **Ms. Kavita Pawar & Ms. Ujjwala Patil**

Venue: E Building, SITRC

Attendance is Mandatory


Prof. Pratiksha Bhujbal
Co-Ordinator


Dr. Abhay Bora
HOD, MBA, SITRC



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An Autonomous Institute Permanently Affiliated to Savitribai Phule Pune University,
Pune, Approved by AICTE, New Delhi and Govt. of Maharashtra

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NBA Accredited for Computer & Mechanical Engineering(UG Course) w.e.f. 2023-24 to 2025-26



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Department of Management Studies (MBA)

Academic Year 2025-26

Seminar Report on “National Tobacco Awareness Program”

- **Event Title:** National Tobacco Awareness Program
- **Date:** 21st November 2025
- **Conduction Duration:** 1 Hour
- **Venue:** E’ Buiding , SITRC.
- **Resource Person:** **Ms. Kavita Pawar** – Psychologist & Counsellor, Civil Hospital
Ms. Ujjwala Patil – Social Worker, Civil Hospital, NTCP Team
- **Coordinator:** Prof. Pratiksha Bhujbal

Objective:

- To spread awareness about the harmful effects of tobacco consumption.
- To educate students on physical, psychological, and social impacts of tobacco use.
- To promote tobacco-free lifestyle and highlight resources available for de-addiction.
- To support the National Tobacco Control Program (NTCP) by encouraging youth participation.

About the Program:

The Department of Management Studies organized an impactful awareness session under the **National Tobacco Awareness Program** on 21st November 2025. The program was conducted by two esteemed resource persons from Civil Hospital, Nashik — **Ms. Kavita Pawar**, Psychologist & Counsellor with eight years of experience, and **Ms. Ujjwala Patil**, Social Worker and an active member of the **National Tobacco Control Program (NTCP)**, also with eight years of dedicated service.

Ms. Kavita Pawar addressed the psychological aspects of tobacco addiction, explaining how stress, peer pressure, and behavioral patterns often lead individuals toward tobacco use. She discussed withdrawal symptoms, mental health effects, and the importance of counselling in helping individuals overcome addiction. She emphasized healthy coping strategies, self-awareness practices, and the need for family and social support during de-addiction.

Ms. Ujjwala Patil focused on community-level awareness, sharing her field experiences from NTCP. She highlighted the severe health risks associated with tobacco — including oral cancer, lung diseases,

cardiovascular issues, and addiction disorders. She explained the harmful impact of passive smoking and the rising number of tobacco-related cases among youth. She also educated students about government initiatives, cessation centers, and support services available for those wishing to quit tobacco.

Both speakers engaged with students through real-life case stories, demonstrations, and interactive discussions. The session encouraged students to reflect on the long-term consequences of tobacco consumption and inspired them to promote a tobacco-free environment in their communities.

Outcome:

- Students gained awareness about the physical and psychological dangers of tobacco.
- They understood the role of NTCP and available government support for de-addiction.
- The session motivated students to avoid tobacco use and encourage others to adopt a healthy lifestyle.
- Participants learned practical techniques for influencing positive behavioral change within society.

Glimpse of the Day





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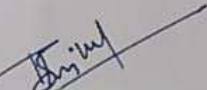
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