

# **SAY NO TO TOBACCO: A STEP TOWARDS A HEALTHIER TOMORROW**

**~ Khushleen Kaur (IX-A) & Amritpal Singh (IX-B) ~**

**Reporters, Modern School Life Magazine**

**May 20, 2025**

**Modern Senior Secondary School, Patiala,** organized a **Tobacco Awareness Campaign** on 20 May 2025, aimed at sensitizing students about the harmful effects of tobacco use.

This enlightening session was conducted by a team of medical professionals from **Lakshmi Bai**

They highlighted the severe health risks associated with tobacco consumption and emphasized the importance of making informed lifestyle choices.

The doctors engaged students through interactive discussions, real-life examples, and practical advice, leaving a lasting impact. The

**Dental College, Patiala**, under the leadership of the college's Principal and our proud alumnus, **Dr. Ashutosh Nirola**.

The visiting team included **Dr. Pranjal Mitra**, **Dr. Avneet Kaur**, and interns **Ms. Nehal Jain** and **Ms. Khushi Gulati**, who addressed the students with remarkable empathy, clarity, and conviction.

campaign was a powerful reminder of the importance of preventive awareness and personal responsibility in building a healthy, tobacco-free future.

The school extends heartfelt gratitude to Dr. Nirola and his team for their valuable time and inspiring guidance.

