

No. EDN (SE) (Gen) F (9)07/2024-Drug
Directorate of School Education,
Himachal Pradesh

Directorate of School Education
15 MAY 2026
Himachal Pradesh, Shimla-171001

Dated Shimla-171001 the May, 2026

To

All the Deputy Directors of School Education
(Elementary/Higher) in H.P.

**Subject: - Ensuring TOFEI Compliance and Certification in all Schools of
Himachal Pradesh during World No Tobacco Day 2026 Campaign.**

Sir/Madam,

Please find enclosed herewith the letter no. NHMHP-
NCD0NTCV4/2019-12227-27 dated 11-05-2027 (along with its enclosure) received from the
Mission Director National Health Mission Himachal Pradesh on the subject cited above.

In this context, you are therefore requested to issue necessary directions
to all Government as well as Private Schools under your jurisdiction to ensure that prescribed
TOFEI (Tobacco-Free Educational Institution) activities are initiated immediately and
completed within the stipulated timeline. Further its may also be directed to undertake TOFEI
self-assessment, complete the prescribed nine activities and ensure submission/obtaining of
TOFEI certification through the concerned Block Medical Officer (BMO), wherever
applicable. Further, special emphasis may kindly be laid on ensuring that every eligible school
possesses valid TOFEI certification by 14th June, 2026 in compliance with the directions
conveyed by the National Health Mission, Himachal Pradesh.

Treat it most urgent.

[Signature]
Additional Director (Admn.)
School Education H.P.

Endst. No: Even dated the Shimla-171001 May, 2026

Copy for information to:-

1. The Mission Director, National Health Mission, Himachal Pradesh, Kasumpti, Shimla-
9 with reference to his office letter referred to above for information please.
2. Guard File.

Directorate of School Education
15 MAY 2026

[Signature]
Additional Director (Admn.)
School Education H.P.

Deputy Director of
School Education (Sec.)

15 MAY 2026
Dispatch No. 2019
Kangra at Dharamshala

Endst. No. EDN-KGR (Sci. Consultant) Drug-2026-27
O/o The Dy. Dir. of School Education (Sec.) Kangra at D/shala.

Copy to:-

All the Principals/HM's of- GSSS/GHS/GMS/
Private schools in Distt. Kangra are directed to go through
the letter and ensure TOFEI compliance and certification
in your institution.

Enclose Steps for TOFEI compliance & Certification.

[Signature]
Dy. Director of School Education (Sec.)
Kangra at Dharamshala.

No.NHMHP-NCD0NTCV4/2019-12227-27
National Health Mission
Himachal Pradesh

To

The Director,
Department of School Education,
Himachal Pradesh

Dated Shimla-09 the



Subject: Ensuring TOFEI Compliance and Certification in all Schools of Himachal Pradesh during World No Tobacco Day 2026 Campaign.

Sir,

The Department of Health & Family Welfare and National Health Mission Himachal Pradesh sincerely appreciates and congratulates the Department of School Education for the exceptional work carried out towards implementation of Tobacco-Free Educational Institutions (TOFEI) in Himachal Pradesh during the Tobacco Free Youth Campaign 3.0 conducted from October to December 2025. Owing to the committed efforts of your department, nearly 9,000 schools in the State have already achieved TOFEI compliance, which is a remarkable achievement towards protecting children from the harmful effects of tobacco and nicotine addiction.

As you are aware, World No Tobacco Day is observed every year on 31st May and the theme for World No Tobacco Day 2026 is "*Unmasking the appeal – countering nicotine and tobacco addiction*", focusing on protecting youth from emerging and deceptive nicotine and tobacco products such as e-cigarettes and nicotine pouches. In this regard, schools have a critical role in safeguarding children and adolescents from tobacco use and addiction.

In this regard, it is requested that, necessary directions may kindly be issued to all Deputy Directors of School Education for ensuring that all Government as well as Private schools undertake TOFEI self-assessment, complete all the prescribed nine activities and obtain TOFEI certification.

As per TOFEI guidelines, **self-assessment is required twice every year**. In view of World No Tobacco Day observed on 31st May 2026, all institutions may kindly be directed to initiate TOFEI activities immediately and complete all prescribed activities, self-assessment and certification process during the World No Tobacco Day fortnight campaign ending on 14th June 2026

Schools already having valid TOFEI certification issued by the concerned Block Medical Officer (BMO) and falling within the one-year validity period are required to undertake self-assessment and complete all TOFEI activities; however, they need not apply for certification again at this stage. **Schools not having TOFEI certification are required to complete all prescribed activities, undertake self-assessment and thereafter apply to the concerned BMO for claim verification and certification.** The ultimate objective is to ensure that every

school in Himachal Pradesh possesses a valid TOFEI certification by 14th June 2026.

The detailed steps for the preparation and certification of schools under TOFEI are enclosed at Annexure-1 for ready reference and necessary action.



Yours faithfully,

Signed by Pradeep Kumar

Thakur

Mission Director

Date: 11-05-2026 14:42:43
National Health Mission
Himachal Pradesh

Endst. No. As above dated Shimla-09, the
Copy to:



1. The Secretary, Health to the Government of Himachal Pradesh-Cum-Chairperson, State Level Coordination Committee for Tobacco Control, Himachal Pradesh for information please
2. Office copy

— Sd —

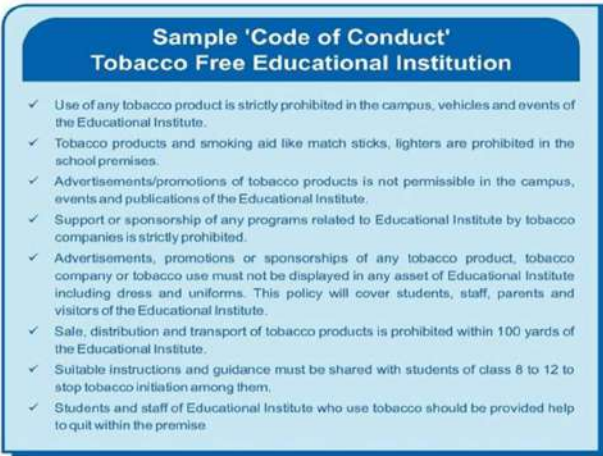

Mission Director
National Health Mission
Himachal Pradesh


Annexure 1: Steps for preparing an Educational Institution for **TOFEI Compliance and Certification**

Sr. No.	Activity/Criteria	Weightage/points	Description	Pictorial representation
1	<p>Display of 'Tobacco Free Area' signage inside the premise of Educational Institute at all prominent place(s).</p> <p>The name/designation/contact number of the Institution Incharge must be mentioned in the signage.</p>	Mandatory (10)	<ul style="list-style-type: none"> Standardized signages of minimum size 60 × 45 cm shall be displayed at the main entrance of the educational institution and at all other entrances, wherever applicable. These signages shall also be displayed at conspicuous places inside all buildings including hostels and canteens of the educational institution, including on every floor, near staircases and lift entrances, and in open areas within the premises such as playgrounds, parking areas, courtyards and other common areas. Non-display of the prescribed signage shall be treated as a violation of Section 4 of COTPA, and the Institution Incharge may be liable for action as per the provisions of the Act. No teaching/non-teaching/support staff or visitor can bring any tobacco products inside the institute. 	

2	<p>Display of 'Tobacco Free Educational Institution' signage at entrance/boundary wall of Educational Institute.</p> <p>The name/designation/contact number of Institution Incharge must be mentioned in the signage</p>	Mandatory (10)	<ul style="list-style-type: none"> Standardized signage of minimum size 60 x 45 cm shall be displayed at the entrance/boundary wall of the institution. Non-display of the prescribed signage shall be treated as a violation of Section 6(b) of COTPA, and the Institution In-charge may be liable for action under the provisions of the Act. 	<div data-bbox="1352 134 1944 508" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; background-color: red; color: white; font-weight: bold; font-size: 1.2em;">तम्बाकू मुक्त शिक्षण संस्थान</p> <p>इस शिक्षण संस्थान के 100 गज के दायरे में किसी भी प्रकार के तम्बाकू उत्पाद बेचना कानूनी अपराध है, उल्लंघन करने वालों पर 200/- रुपये तक का जुर्माना हो सकता है।</p> <p>यदि कोई भी व्यक्ति उल्लंघन करता हुआ पाया जाये तो तुरंत सूचित करें</p> <p>नाम _____</p> <p>पद नाम _____</p> <p>मोबाइल नंबर _____</p> <p style="text-align: right; font-size: 0.8em;">आदेशानुसार - जिला प्रशासन</p> </div>
3	<p>No Cigarette/Beedi butts or discarded Gutka/Pan Masala/Tobacco pouches, spitting spots inside the premises-Tobacco litter free campus</p>	Mandatory (10)	<ul style="list-style-type: none"> Educational institutions are classified as public places under COTPA, and the presence of tobacco-related litter within the campus may be considered an indication of tobacco use, which is punishable under Section 4 of COTPA. The Institution In-charge shall ensure strict compliance with tobacco control provisions within the campus premises, failing which appropriate action may be initiated as per the applicable rules and regulations. 	
4	<p>Poster or other awareness materials on harms of tobacco displayed in the premise.</p>	9	<ul style="list-style-type: none"> Standardized IEC material or posters and creative materials prepared by students on the harmful effects of tobacco may be displayed to promote awareness and encourage student participation in tobacco control activities. 	

5	Organization of at least one tobacco control activity during last 6 months.	9	<ul style="list-style-type: none"> Conduct at least one activity out of the following: - Student rally, Anti-tobacco competition, Street plays and Health talk by experts etc. 	
6	Designation of Tobacco Monitors and their names, designations, and contact number are mentioned on the signages.	9	<ul style="list-style-type: none"> One faculty member/teacher may be designated as a “Tobacco Monitor” through a written office order. The Tobacco Monitor shall serve as a responsible focal point for monitoring and reporting any tobacco-related violations within the institution premises and within a 100-yard radius of the institution. He/she shall remain vigilant regarding the sale and use of tobacco products and shall support the Institution In-charge in ensuring compliance with tobacco control regulations. In larger campuses, such as universities or colleges, more than one Tobacco Monitor may be appointed, with responsibilities assigned on a department-wise or zone-wise basis to ensure effective coverage and monitoring. 	

7	Inclusion of 'No Tobacco Use' policy in the Educational Institution's code of conduct.	9	<ul style="list-style-type: none"> • A written declaration signed by the Institution In-charge stating that the educational institution follows a “No Tobacco Use Policy” should be prepared and prominently displayed on the notice board. • The declaration should clearly mention that the use of any tobacco products within the institution premises is strictly prohibited, the institution does not promote or advertise tobacco products in any form, and no sponsorship, support, or contribution from the tobacco industry is accepted for any institutional activity or event. 	 <p>Sample 'Code of Conduct' Tobacco Free Educational Institution</p> <ul style="list-style-type: none"> ✓ Use of any tobacco product is strictly prohibited in the campus, vehicles and events of the Educational Institute. ✓ Tobacco products and smoking aid like match sticks, lighters are prohibited in the school premises. ✓ Advertisements/promotions of tobacco products is not permissible in the campus, events and publications of the Educational Institute. ✓ Support or sponsorship of any programs related to Educational Institute by tobacco companies is strictly prohibited. ✓ Advertisements, promotions or sponsorships of any tobacco product, tobacco company or tobacco use must not be displayed in any asset of Educational Institute including dress and uniforms. This policy will cover students, staff, parents and visitors of the Educational Institute. ✓ Sale, distribution and transport of tobacco products is prohibited within 100 yards of the Educational Institute. ✓ Suitable instructions and guidance must be shared with students of class 8 to 12 to stop tobacco initiation among them. ✓ Students and staff of Educational Institute who use tobacco should be provided help to quit within the premise
8	Marking of Yellow Line within 100 yards area from the outer limit of boundary wall/fence of the Educational Institution.	7	<ul style="list-style-type: none"> • This marking is intended to designate a Tobacco-Free Zone around the educational institution, where the sale and use of tobacco products are strictly prohibited. • In locations where drawing a yellow boundary line is not feasible due to the geographical setting of the school, permanent markings, stamps, or landmark signs may be placed on stones, walls, or other visible surfaces to indicate the Tobacco-Free Zone. 	

9	No shops selling tobacco products within 100 yards of the Educational Institution.	7	<ul style="list-style-type: none"> • The institution in-charge is also an authorized officer under Section 6 of COTPA. • He/She shall inspect all shops located within 100 yards of the institution, and if any person is found selling tobacco products, appropriate penalty should be imposed immediately, or the matter may be reported to the nearest Medical Officer In-charge or police officials. • There shall be zero tolerance towards any violation of Section 6 of COTPA near educational institutions. 	
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Next Steps:

- 1 After completing all 9 ToFEI activities and securing 90% or above in self-assessment, the Head of the Educational Institution shall submit the signed Self-Declaration Form to the concerned Block Medical Officer along with supporting documents and photographic evidence.
- 2 A verification team constituted by the BMO shall physically assess the Educational Institution on the 9 ToFEI criteria and submit the evaluation report to the BMO.
- 3 Educational Institutions securing 90% or above in physical verification shall be awarded the ToFEI Certificate.
- 4 The ToFEI Certificate remains valid for one year.

Self-Assessment score card of ToFEI Guidelines

Self-Assessment Scorecard for Tobacco Free Educational Institution			
• Name of the Educational Institution:			
• Name and Designation of Assessor:			
• Date of Self-Assessment:			
• Self-Assessment Score:			
Sl. No.	Criteria	Weightage Points	Points scored on self-assessment
1.	Display of 'Tobacco Free Area' signage inside the premise of Educational Institute at all prominent place(s). The name / designation / contact number are mentioned / updated in the signage.	Mandatory (10)	
2.	Display of 'Tobacco Free Education Institution' signage at entrance/boundary wall of Educational Institute. The name/designation/contact numbers are mentioned in the signage.	Mandatory (10)	
3.	Cigarette / Beedi butts or discarded Gutka / Pan Masala / Tobacco pouches, spitting spots not found inside the premises.	Mandatory (10)	
4.	Poster or other awareness materials on harms of tobacco displayed in the premise.	9	
5.	Organization of at least one tobacco control activity during last 6 months.	9	
6.	Designation of Tobacco Monitors and their names, designations, and contact number are mentioned on the signages.	9	
7.	Inclusion of 'No Tobacco Use' policy in the Educational Institution's code of conduct.	9	
8.	Marking of Yellow Line within 100 yards area from the outer limit of boundary wall / fence of the Educational Institution.	7	
9.	No shops selling tobacco products within 100 yards of the Educational Institution.	7	

Name and signature of
Head of the Educational Institution
(with seal)

Tobacco Free Educational Institution

Self-Declaration

Name of Educational Institution

Address of Educational Institution

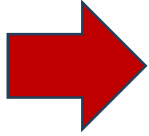
I (Name of the Principal/Head of the Institution).....
hereby declare that

1. Signages as per Tobacco Free Educational Institution (ToFEI) guidelines have been placed/wall painted at prominent places inside and outside the premise.
2. I have also nominated 'Tobacco Monitor' to monitor violations and their details are mentioned on signages.
3. There is no tobacco use inside the premise and it is regularly being checked for any evidence of tobacco usage.
4. Awareness activities have been organized for the students to raise awareness about the harms of tobacco and benefits of quitting. All students/teachers/staffs have taken pledge against tobacco use.
5. 100 yard area around the institution has been marked by the thick line (yellow/red/blue) or board.
6. Any shopkeeper/person found selling tobacco products within 100 yards area around the institution will be penalised lawfully as per section 6b of COTPA-2003 and section 77 of Juvenile Justice (Care and Protection of children) Act 2015.

Date :

Signature of the Principal/Head of Institution
Stamp of the Institution

Prototype of Self-assessment scorecard and Self-declaration Form



The Head of the Educational Institution shall **submit** the duly signed Self-Declaration Form and self-assessment scorecard, along with supporting documents and photographic evidence, to the Block Medical Officer concerned, with a copy marked to the District Tobacco Control Cell.

Sr. No.	District Name	Health Block Name	Official email ID	Mandatory copy to Dist Tobacco Control Cell
1.	Bilaspur	Ghumarwin	chghumarwin@gmail.com	dpopo2blp@gmail.com
2.	Bilaspur	Markand (Bilaspur)	chcmarkand@gmail.com	
3.	Bilaspur	Jhandutta	bmojhandutta@gmail.com	
4.	Bilaspur	Shri Naina Devi Ji	bmosndj@gmail.com	
5.	Chamba	Choori	bmochoori@rediffmail.com	ncdchambahp@gmail.com
6.	Chamba	Killar (Pangi)	bmokillar@gmail.com	
7.	Chamba	Samote	bmosamote@gmail.com	
8.	Chamba	Pukhari (Chamba)	bmopukhari@gmail.com	
9.	Chamba	Kihar	bmosalooni@gmail.com	
10.	Chamba	Tissa	bmotissa@yahoo.com	
11.	Chamba	Bharmour	bmobharmour@gmail.com	
12.	Hamirpur	Tauni Devi (Hamirpur)	bmotauni.do@gmail.com	ncdhamirpur@gmail.com
13.	Hamirpur	Sujanpur	bm91456@gmail.com	
14.	Hamirpur	Nadaun	nadaunbmo@yahoo.in	
15.	Hamirpur	Galore	bmogalore3@gmail.com	
16.	Hamirpur	Barsar	bmobarsar@gmail.com	
17.	Hamirpur	Bhoranj	bmobhoranj@gmail.com	
18.	Kangra	Fahehpur	bmofatehpur@yahoo.com	ntcpkangra@gmail.com
19.	Kangra	Gopalpur (Palampur)	bmogopalpur@gmail.com	
20.	Kangra	Nagrota Surian	bmochngs@gmail.com	
21.	Kangra	Dadasiba	bmodadasiba@yahoo.in	
22.	Kangra	Mahakal	bmomahakal@yahoo.in	
23.	Kangra	Tiara (Kangra)	bmotia-kan-hp@gov.in	
24.	Kangra	Shahpur	bmoshahpur@yahoo.in	
25.	Kangra	Indora	bmoindora@yahoo.in	
26.	Kangra	Jawalamukhi	bmojawalamukhi@gmail.com	
27.	Kangra	Bhawarna	bmobhawarna@yahoo.in	
28.	Kangra	Nagrota Bagwan	bmongb@gmail.com	
29.	Kangra	Nurpur (Gangath)	bmogangath@yahoo.in	
30.	Kangra	Thural	thuralbmo@gmail.com	
31.	Kangra	Jaisinghpur	bmojaisinghpur2024@gmail.com	
32.	Kangra	Dehra	bmodehra@gmail.com	
33.	Kinnaur	Pooh	bmopooh@gmail.com	ncdcellkinnaur@gmail.com

34.	Kinnaur	Nichar (Bhabanagar)	bmonichar@gmail.com	
35.	Kinnaur	Sangla	bmosangla@gmail.com	
36.	Mandi	Ratti (Mandi)	moicchcratti@yahoo.in	mohmandihp3@gmail.com
37.	Mandi	Padhar	moicchcpadhar@yahoo.in	
38.	Mandi	Baldwara	moicchcbaldwara@yahoo.in	
39.	Mandi	Karsog	karsogbmo@yahoo.in	
40.	Mandi	Bagsaid	bagsaidbmo@yahoo.in	
41.	Mandi	Kotli	moicchckotli@yahoo.in	
42.	Mandi	Ladbharol	bmoladbharol@gmail.com	
43.	Mandi	Sandhole	bmosandhole1966@gmail.com	
44.	Mandi	Rohanda (Sundar Nagar)	bmorohanda@gmail.com	
45.	Mandi	Janjehli	bmojanjehlihp@yahoo.in	
46.	Mandi	Kataula	bmokataula@gmail.com	
47.	Shimla	Mashobra (Shimla rural)	bmomashobra123@gmail.com	dpo4shimla@gmail.com
48.	Shimla	Shimla Urban	urbanshimlahealth@gmail.com	
49.	Shimla	Matiana	bmomatiana@gmail.com	
50.	Shimla	Kumarsain	bmokumarsain1@gmail.com	
51.	Shimla	Rampur	bmorampur@gmail.com	
52.	Shimla	Nankhari	bmonankhari95@gmail.com	
53.	Shimla	Nerwa	bmonerwa@gmail.com	
54.	Shimla	Chirgaon	bmochirgaon1@gmail.com	
55.	Shimla	Tikker	bmotikkar1@gmail.com	
56.	Shimla	Kotkhai	bmokotkhai1@gmail.com	
57.	Shimla	Sunni	bmosunni@gmail.com	
58.	Sirmaur	Dhagera (Nahan)	bmodhagera2@gmail.com	dposirmaur2@gmail.com
59.	Sirmaur	Rajpur (Paonta Sahib)	bmorajpur2@gmail.com	
60.	Sirmaur	Pachhad (Sarahan)	bmopachhad3@gmail.com	
61.	Sirmaur	Shillai	bmoofficeshillai@gmail.com	
62.	Sirmaur	Sangrah	bmoofficesangrah@gmail.com	
63.	Sirmaur	Rajgarh	bmorajgarh@gmail.com	
64.	Solan	Dharampur (Solan)	bmodharampurhp@gmail.com	dpo5solan@gmail.com
65.	Solan	Nalagarh	bmonalagarhhp@gmail.com	
66.	Solan	Arki	bmoarkihip@gmail.com	
67.	Solan	Chandi	bmochandihp@gmail.com	
68.	Solan	Syri	bmosyrihp@gmail.com	
69.	Solan	Baddi	bmobaddi@gmail.com	
70.	Una	Amb	bmoamb001@gmail.com	dpo4unahp@gmail.com
71.	Una	Thanakalan	bmothanakalan1@gmail.com	

72.	Una	Gagret	bmogagret1776@gmail.com	
73.	Una	Haroli	bmoharoli1@gmail.com	
74.	Una	Basdehra (Una)	bmobasdehra@gmail.com	
75.	Kullu	Nirmand	bmonirmand@gmail.com	nrhmkulluhp@gmail.com
76.	Kullu	Naggar (Manali)	bmonaggar@gmail.com	
77.	Kullu	Anni	bmoanni002@gmail.com	
78.	Kullu	Banjar	bmobanjar@gmail.com	
79.	Kullu	Jari (Kullu)	bmojari@gmail.com	
80.	L&S	Gondhla (Keylong)	bmogondhla@gmail.com	dpolahaulspiti@gmail.com
81.	L&S	Kaza	bmokaza@gmail.com	



तम्बाकू मुक्त शिक्षण संस्थान

प्रमाण पत्र

संख्या.....

को प्राधिकृत समिति द्वारा किये गये सर्वेक्षण के अनुसार..... (शिक्षण संस्थान का नाम)

ने...../100 अंक अर्जित किये हैं।

अतः इस शिक्षण संस्थान का तम्बाकू मुक्त संस्थान प्रमाणित किया जाता है।

दिनांक:..... BMO के हस्ताक्षर

(मुहर सहित)

यह प्रमाण पत्र जारी करने के उपरांत एक वर्ष तक मान्य होगा।

Prototype of ToFEI Certificate

- All reference materials related to TOFEI guidelines, standardized signages, IEC posters, and templates of the self-assessment scorecard, Self-declaration, code of conduct, anti-tobacco pledge, and TOFEI certificate can be downloaded from from <https://nhm.hp.gov.in/ntcp>
- For any queries, please feel free to contact the State Tobacco Control Cell, National Health Mission, Himachal Pradesh Shimla-09 at osdncdhp@gmail.com



No Smoking Area Smoking here is an offence

On violation fine upto Rs. 200/-

In case of any violation please report to :

Name of Reporting Officer/Monitor : _____

Name of the Educational Institution : _____

Contact No. : _____

OR

Call at Toll Free No. **1800-112-356**



गैर धूम्रपान क्षेत्र यहां धूम्रपान करना अपराध है ।

उल्लंघन करने पर 200/- रूपए तक जुर्माना किया जाएगा ।

अगर आपको कोई भी व्यक्ति धूम्रपान करते दिखाई देता है, तो कृपया निम्न अधिकारी को सूचित करें।

1. श्री/सुश्री/श्रीमती _____

2. पदनाम _____

3. फोन न. _____

किसी भी प्रकार के उल्लंघन होने पर सूचना देने के लिये कॉल करें **1800-110-456** (टॉल फ्री)

तम्बाकू मुक्त शिक्षण संस्थान

इस शिक्षण संस्थान के 100 गज के दायरे में किसी भी प्रकार के तम्बाकू उत्पाद बेचना कानूनी अपराध है, उल्लंघन करने वालों पर 200/- रुपये तक का जुमाना हो सकता है।

यदि कोई भी व्यक्ति उल्लंघन करता हुआ पाया जाये तो तुरंत सूचित करें

नाम _____

पद नाम _____

मोबाइल नंबर _____

आदेशानुसार:- जिला प्रशासन



TOBACCO FREE AREA

Tobacco Use here is a Punishable Offence

If you see any violation, please report to :

Name _____

Designation _____

Contact No. _____

OR

Call at Quitline Number-1800-112-356 (Toll free)

This Premise/Campus is Tobacco Free

Use of any Tobacco product like Cigarette, Bidi, Gutka, Pan Masala, Zarda etc. is strictly prohibited inside this campus. Violation of this is a punishable Offence with fine upto Rs. 200/-



In case of any violation please report to :

Name of Reporting Officer/Monitor : _____

Name of the Educational Institution : _____

Contact No. : _____

तम्बाकू मुक्त शिक्षण संस्थान

इस परिसर में किसी भी प्रकार के तम्बाकू का उपयोग किया जाना प्रतिबन्धित है।

इसका उल्लंघन एक दण्डनीय अपराध है जिसमें ₹ 200 (दो सौ) तक का जुर्माना किया जा सकता है।



यदि आपको कोई भी व्यक्ति धूम्रपान या तम्बाकू का सेवन करते दिखता है, तो निम्नांकित पदाधिकारी को सूचित करें।

नाम _____

पद का नाम _____ मोबाईल नं. _____

आज ही तम्बाकू की लत से अपने आप को मुक्त करें।

कॉल करें : टॉल फ्री नम्बर - 1800-11-2356, प्रातः 8 बजे से संध्या 8 बजे तक (सोमवार छोड़कर)



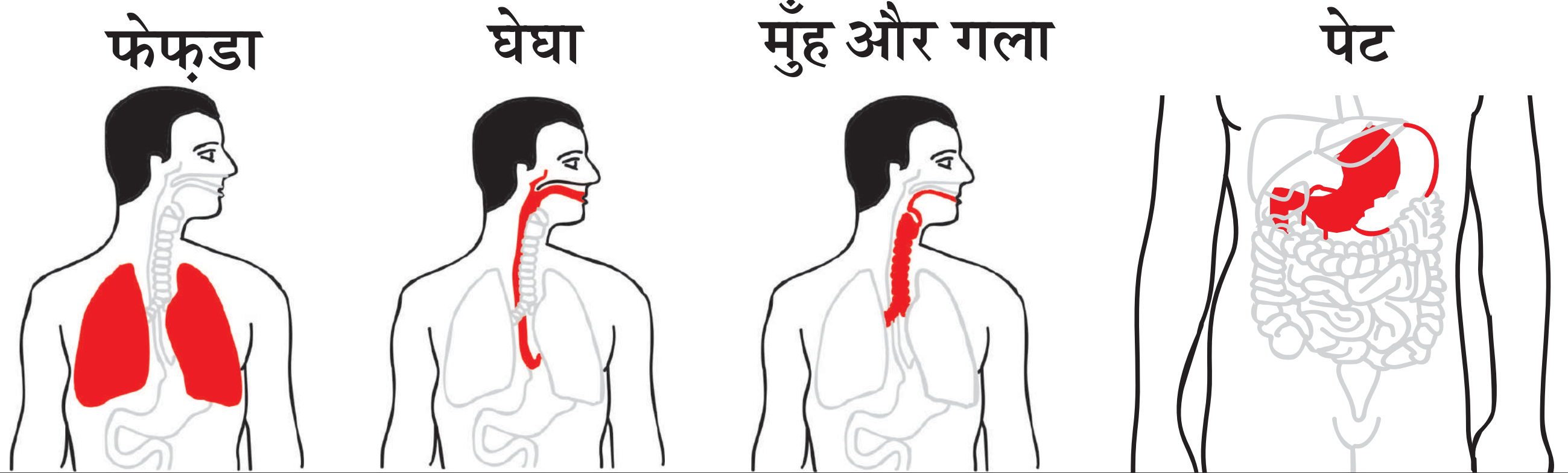
रहो बीड़ी से दूर रहे कैंसर व टीबी से दूर



बीड़ी पीने से होने वाले रोग

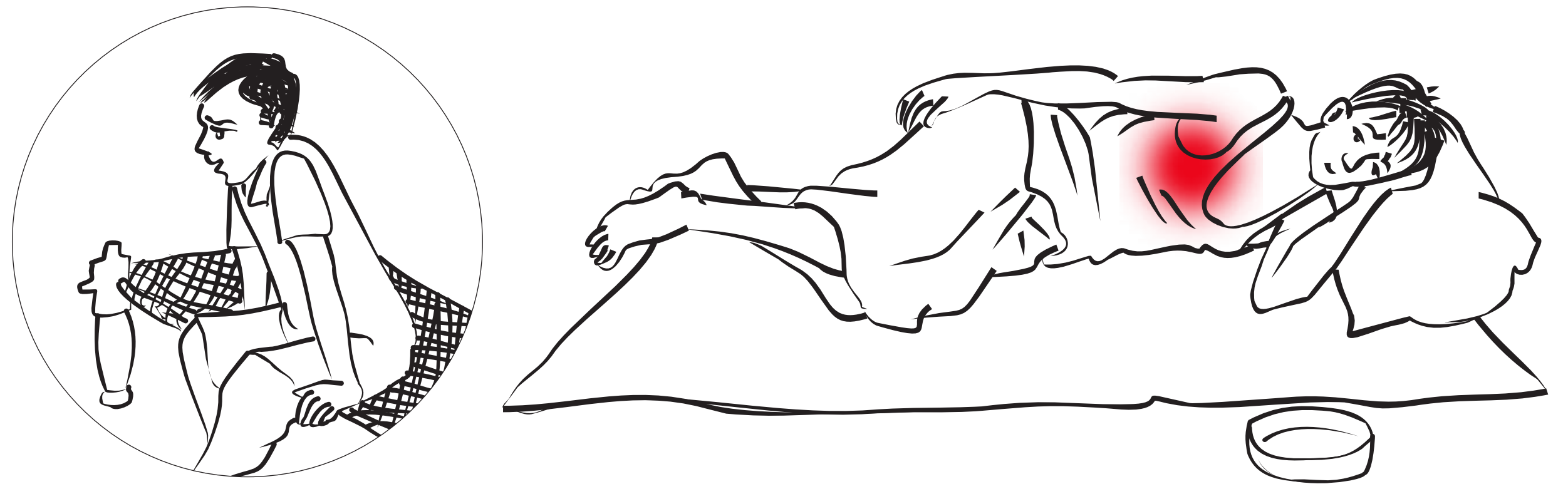
केन्सर

कैंसर हो सकता है।



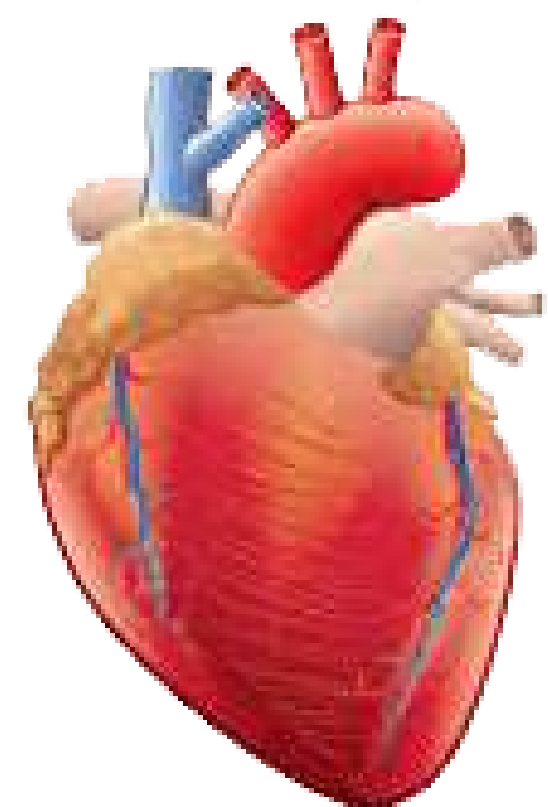
टी.बी.

टी.बी. हो सकता है।



हृदय रोग

हृदय रोग व दिल का दौरा आ सकता है।



आज ही तम्बाकू की लत से अपने आप को मुक्त करें।

कॉल करें : टॉल फ्री नम्बर - 1800-11-2356, प्रातः 8 बजे से संध्या 8 बजे तक (सोमवार छोड़कर)



धुम्रपान से शरीर पर होनेवाले नुकसान...



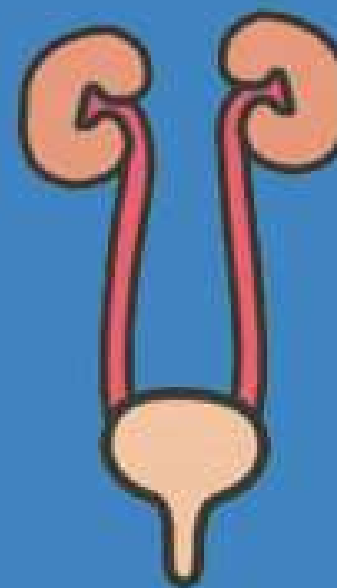
आंत का कैंसर



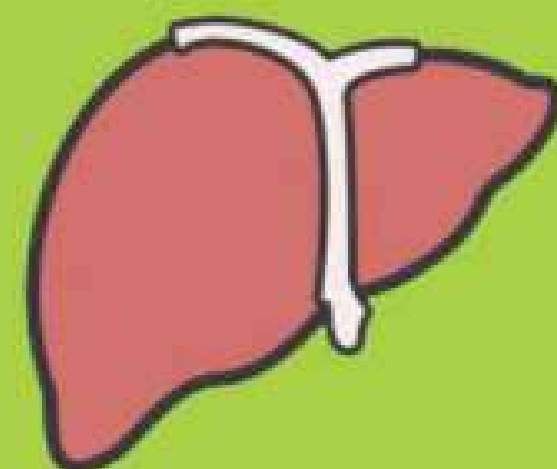
गर्भाशय मुख का कैंसर



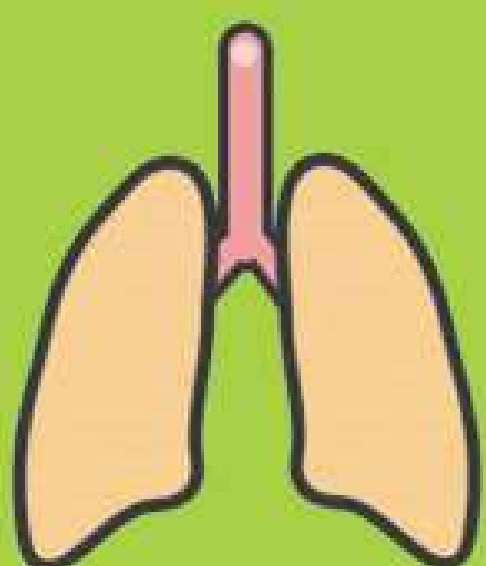
मूत्राशय का कैंसर



यकृत का कैंसर



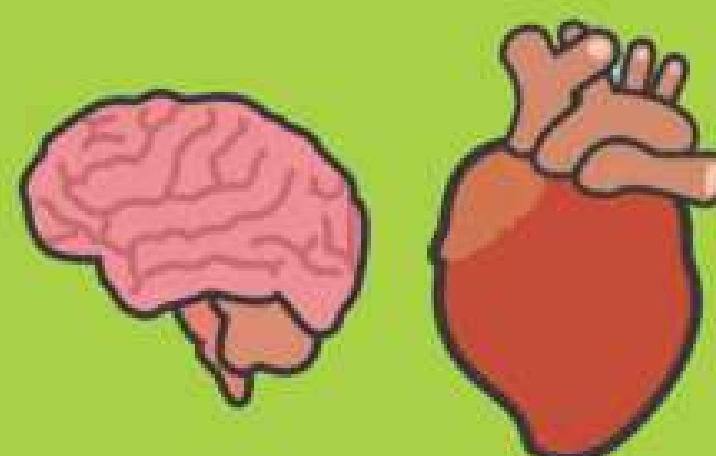
फेफड़े का कैंसर



हृदय रोग व मधुमेह (प्रकार-२)



मस्तिष्क और हृदय को क्षति पहुंचने से लकवा या अकाल मृत्यु

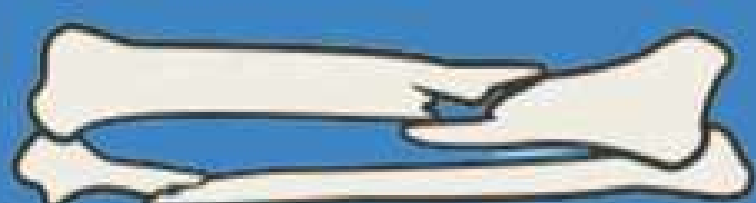


टी.बी.

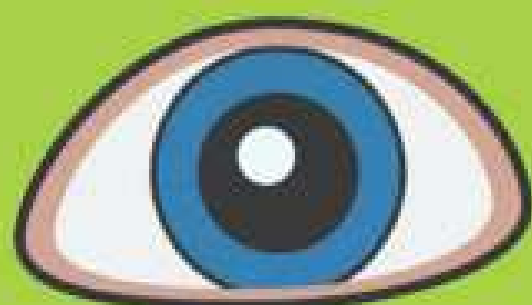


हड्डियां खोखली हो जाने से

टूटने की आशंका ज़्यादा



मोतियाबिंद या झामर के कारण नज़र में कमी



जोड़ों का दर्द



धमनी की दीवार मोटी हो जाने से रक्त संचार में अवरोध



गर्भावस्था में धुम्रपान करने से फटे हुए तलवे वाले शिशु जन्मने के ज़्यादा आशंका



कम उम्र में गंजापन और बाल सफेद होना



धुम्रपान से उत्पन्न होनेवाले विषाक्त रसायनों से

एक वर्ष से छोटे बालकों के फेफड़े, मस्तिष्क और हृदय को नुकसान होने से अचानक मृत्यु होती है.

सुनने में कमी



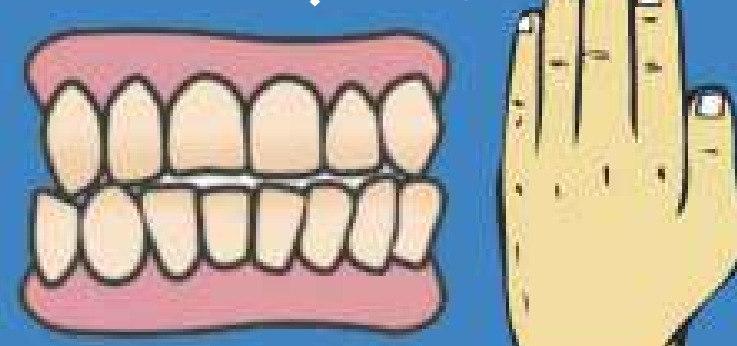
घाव भरने में वक़्त लगता है



बड़ी उम्र के व्यक्ति के धुम्रपान करने से चित्तभ्रमता, मस्तिष्क की कार्यक्षमता में कमी होने की आशंका ज़्यादा रहती है.



दांत और नाखून के रंग में बदलाव, त्वचा फीकी पड़ती है



स्त्री-पुरुष की प्रजनन क्षमता घटती है.



आज ही तम्बाकू की लत से अपने आप को मुक्त करें।

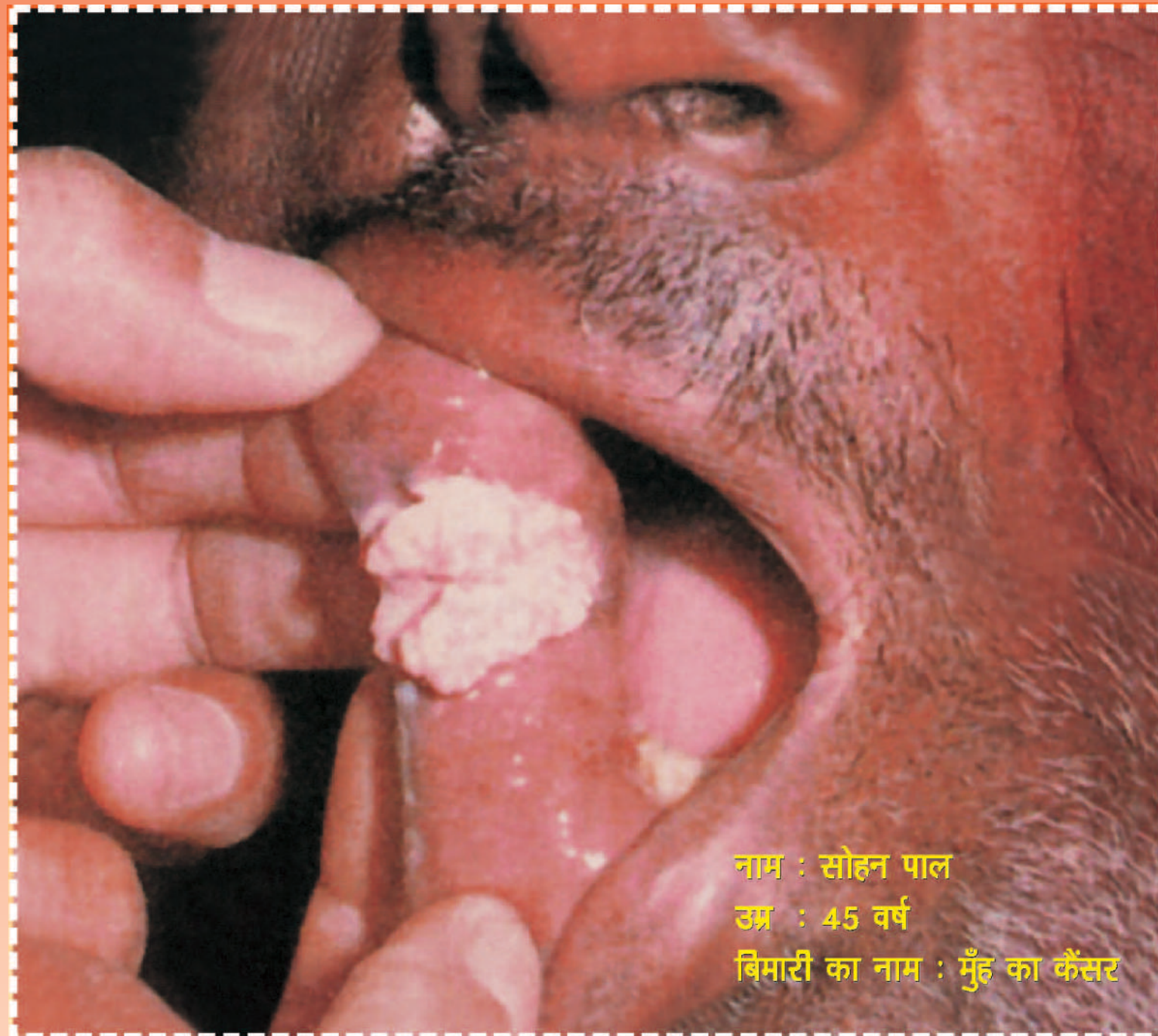
कॉल करें : टॉल फ्री नम्बर - 1800-11-2356, प्रातः 8 बजे से संध्या 8 बजे तक (सोमवार छोड़कर)



ठहरिये !

तम्बाकू छोड़िए

आज ही !



नाम : सोहन पाल
उम्र : 45 वर्ष
बिमारी का नाम : मुँह का कैंसर

नशे से रहें दूर - ज़िन्दगी जियें भरपूर

आज ही तम्बाकू की लत से अपने आप को मुक्त करें।

कॉल करें : टॉल फ्री नम्बर - 1800-11-2356, प्रातः 8 बजे से संध्या 8 बजे तक (सोमवार छोड़कर)



प्रत्यक्ष धुम्रपान जितना
ही है परोक्ष धुम्रपान.



क्या आप जानते हैं?

घर में एक व्यक्ति धुम्रपान करता हो तो उसका साथी लंबे समय तक परोक्ष धुम्रपान का शिकार होता है. जिसके कारण..



हृदय रोग

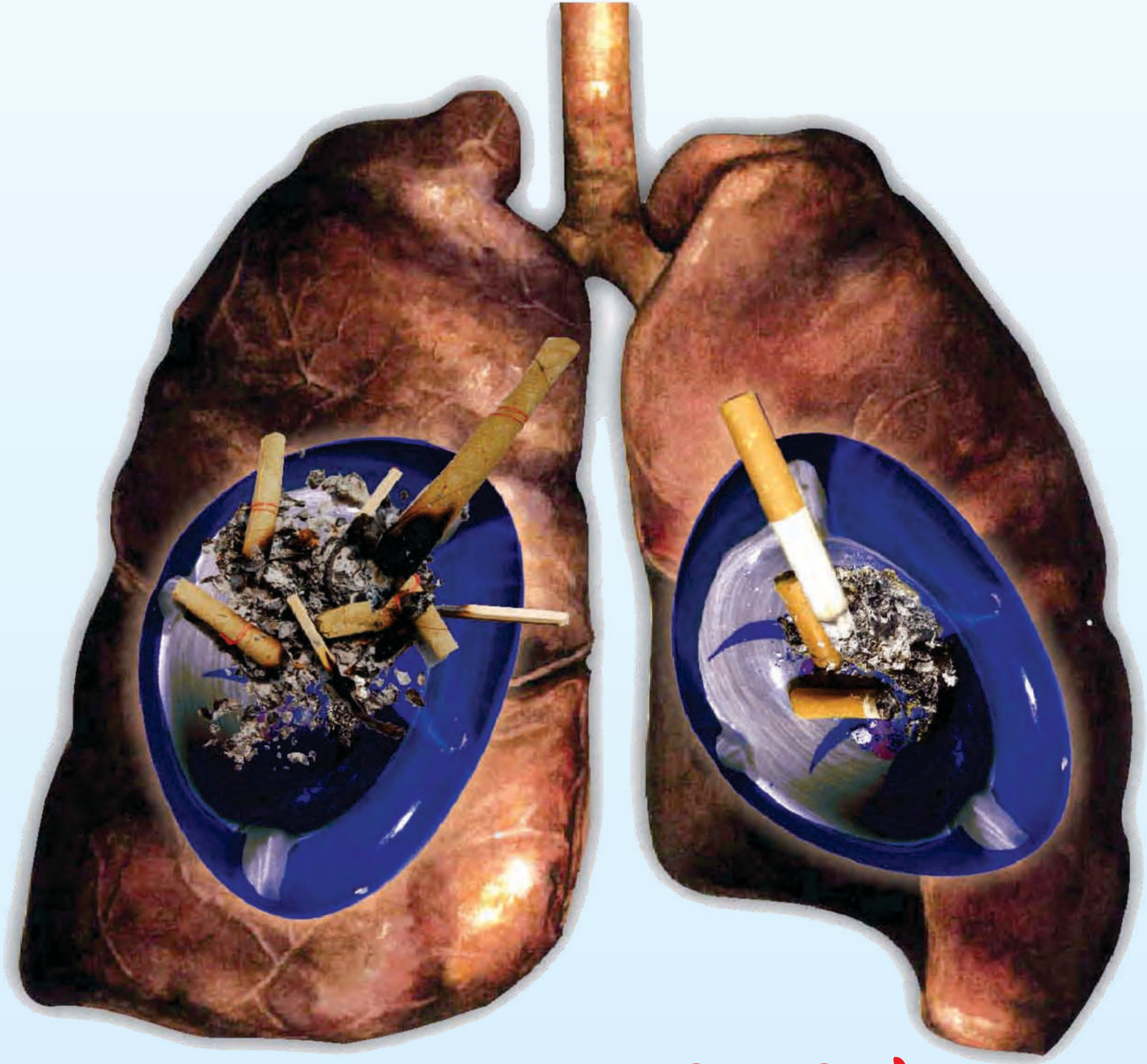


स्तन, गले, फेफड़े आदि का कैंसर हो सकता है.



आज ही तम्बाकू की लत से अपने आप को मुक्त करें।

कॉल करें : टॉल फ्री नम्बर - 1800-11-2356, प्रातः 8 बजे से संध्या 8 बजे तक (सोमवार छोड़कर)



हर सांस कीमती है
धूम्रपान पर लगाम!
टी० बी० पर लगाम !!

- भारत में समय से पहले होने वाली मौत का एक प्रमुख कारण टीबी है
- धूम्रपान न करने वालों की तुलना में धूम्रपान करने वालों में टी.बी. हाने का खतरा 3 गुणा अधिक होता है एवम् मृत्यु दर 3 से 4 गुणा अधिक होती है।
- धूम्रपान करने वाले जितनी अधिक बीड़ी-सिगरेट पीते हैं उन्हे टी.बी. होने की संभावना उतनी ही अधिक होती है

आज ही तम्बाकू की लत से अपने आप को मुक्त करें।

कॉल करें : टॉल फ्री नम्बर - 1800-11-2356, प्रातः 8 बजे से संध्या 8 बजे तक (सोमवार छोड़कर)



क्या आप जानते हैं ? तम्बाकू में मौजूद

4000

जहरीले तत्व इन बिमारियों का कारण बन सकते हैं ...

बालों का झड़ना



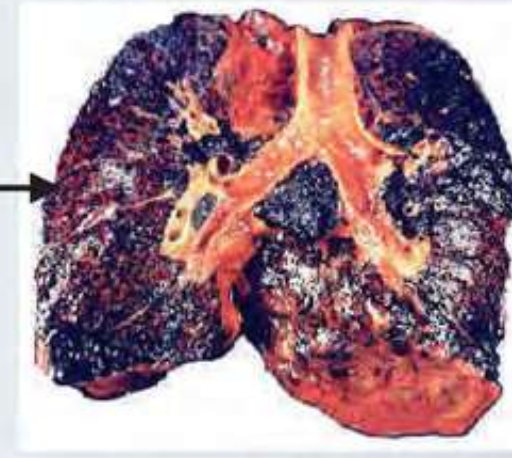
मोतियाबिंद



दांत में सड़न



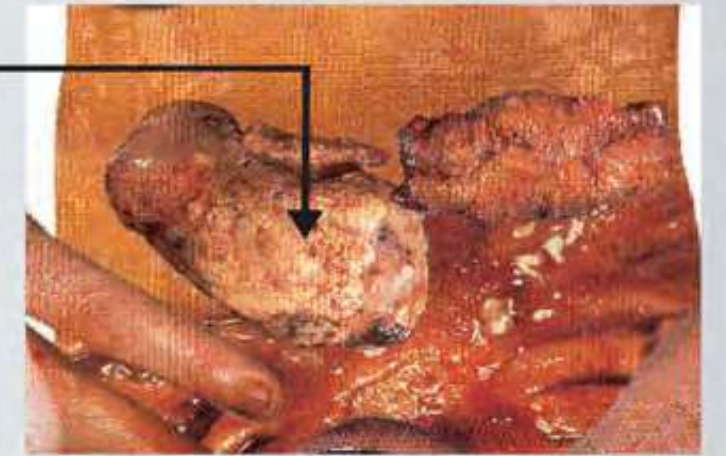
फेफड़ों का कैंसर



दिल की बीमारी



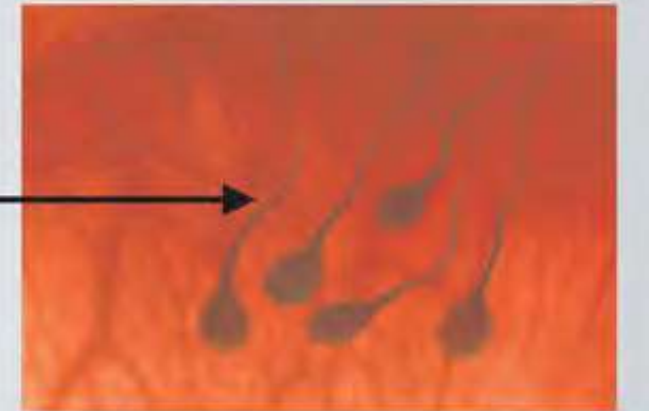
पेट का अल्सर



बदरंग उंगलियां



विकृत शुक्राणु



गैंग्रीन



....क्या आप बिमारियों भरी जिंदगी एवम् दर्दनाक मौत चाहेंगे ?

आज ही तम्बाकू की लत से अपने आप को मुक्त करें।

कॉल करें : टॉल फ्री नम्बर - 1800-11-2356, प्रातः 8 बजे से संध्या 8 बजे तक (सोमवार छोड़कर)



ज़िन्दगी चुनो,
तम्बाकू नहीं.

तम्बाकू मुक्त भविष्य के लिए
युवाओं को आगे आना होगा



हम में है दम



तम्बाकू को

ना

कहें हम



तंबाकू सेवन के विरुद्ध शपथ

मैं (नाम) _____ शपथ लेता / लेती हूँ कि मैं अपने जीवन में कभी भी तंबाकू का सेवन नहीं करूँगा / करूँगी तथा न ही किसी प्रकार के नशे का सेवन करूँगा / करूँगी।

मैं अपने परिवार, समाज और देश को तंबाकू और नशे से मुक्त करने के लिए हर संभव प्रयास करूँगा / करूँगी।

मैं यह भी शपथ लेता / लेती हूँ कि भारत सरकार द्वारा तंबाकू नियंत्रण के लिए बनाए गए कानूनों का पालन करूँगा / करूँगी तथा अपने परिवार, मित्रों और समाज के लोगों को भी इन कानूनों का पालन करने के लिए प्रेरित करूँगा / करूँगी।

मैं यह भी शपथ लेता / लेती हूँ कि मैं अपने विद्यालय / महाविद्यालय / कार्यस्थल को तंबाकू और नशे से मुक्त रखने के लिए हर संभव प्रयास करूँगा / करूँगी तथा अपने विद्यालय / महाविद्यालय / कार्यस्थल को तंबाकू और नशा मुक्त बनाने के लिए अपने साथियों को भी प्रेरित करूँगा / करूँगी।

हस्ताक्षर _____

नाम _____

स्थान _____

तिथि _____

जिन्दगी चुने, तंबाकू नहीं

Draft Office order from Health of Institution to nominate “Tobacco Monitor”

OFFICE ORDER

Sr.No.

Date:

To declare our University/College/School/Institute tobacco free and ensuring 100% compliance of Tobacco Free Educational Institution (ToFEI) guidelines,
Prof./Dr./Mr./Ms.....
.....(designation) is hereby nominated as Tobacco Monitor.

Responsibility of Tobacco Monitor will be ensuring no use of any tobacco product inside the premise by students, teachers, other staff or visitors and aware them about ill effects of tobacco use; involving students in various activities such as taking anti-tobacco pledge, in essay, slogan or painting competition, in rallies to create awareness among them for not using tobacco; placing posters, hoardings related to ill effects of tobacco, display of signage as per Tobacco Control Act (COTPA-2003) and mentioning name along with details of Tobacco Monitor on it; marking of yellow line from the 100 yards of outer boundary of the institute; keeping the institute premise free from evidence of tobacco use and making policies to completely prohibit tobacco use in the premise. He/She must also randomly check students and their bags for tobacco products at least once a week.

By Order

Head of Educational Institute

<p>Name, Designation and Contact Details of 'Tobacco Monitor'</p> <p>Name of Tobacco Monitor :.....</p> <p>Designation:</p> <p>Contact No. :</p>

Sample

“Code of Conduct” of a Tobacco Free Educational Institution

It is hereby declared that: -

- ✓ Use of any tobacco product is strictly prohibited in the campus, vehicles and events of the.....(Name of the Ed. Institution).
- ✓ Tobacco products and smoking aid like match sticks, lighters and ashtrays are prohibited in the institute premises.
- ✓ Advertisements/promotions of tobacco products is not permissible in the campus, events and publications of the Educational Institute.
- ✓ Support or sponsorship of any programs related to Educational Institute by tobacco companies is strictly prohibited.
- ✓ Advertisements, promotions or sponsorships of any tobacco product, tobacco company or tobacco use cannot be displayed in any asset of Educational Institute including dress and uniforms. This policy will cover students, staff, parents and visitors of the Educational Institute.
- ✓ Sale, distribution and transport of tobacco products is prohibited within 100 yards of the outer boundary of the Educational Institute.
- ✓ Suitable instructions and guidance are to be shared with students to stop tobacco initiation among them.

Self-Assessment score card of ToFEI Guidelines

Self-Assessment Scorecard for Tobacco Free Educational Institution			
• Name of the Educational Institution:			
• Name and Designation of Assessor:			
• Date of Self-Assessment:			
• Self-Assessment Score:			
Sl. No.	Criteria	Weightage Points	Points scored on self-assessment
1.	Display of 'Tobacco Free Area' signage inside the premise of Educational Institute at all prominent place(s). The name / designation / contact number are mentioned / updated in the signage.	Mandatory (10)	
2.	Display of 'Tobacco Free Education Institution' signage at entrance/boundary wall of Educational Institute. The name/designation/contact numbers are mentioned in the signage.	Mandatory (10)	
3.	Cigarette / Beedi butts or discarded Gutka / Pan Masala / Tobacco pouches, spitting spots not found inside the premises.	Mandatory (10)	
4.	Poster or other awareness materials on harms of tobacco displayed in the premise.	9	
5.	Organization of at least one tobacco control activity during last 6 months.	9	
6.	Designation of Tobacco Monitors and their names, designations, and contact number are mentioned on the signages.	9	
7.	Inclusion of 'No Tobacco Use' policy in the Educational Institution's code of conduct.	9	
8.	Marking of Yellow Line within 100 yards area from the outer limit of boundary wall / fence of the Educational Institution.	7	
9.	No shops selling tobacco products within 100 yards of the Educational Institution.	7	

Name and signature of
Head of the Educational Institution
(with seal)



Tobacco Free Educational Institution Self-Declaration



Name of Educational Institution

Address of Educational Institution

I (Name of the Principal/Head of the Institution).....

hereby declare that: -

1. Signages as per Tobacco Free Educational Institution (ToFEI) guidelines have been placed/wall painted at prominent places inside and outside the premise.
2. I have also nominated 'Tobacco Monitor' to monitor violations and their details are mentioned on signages.
3. There is no tobacco use inside the premise and it is regularly being checked for any evidence of tobacco usage.
4. Awareness activities have been organized for the students to raise awareness about the harms of tobacco and benefits of quitting. All students/teachers/staffs have taken pledge against tobacco use.
5. 100 yard area around the institution has been marked by the thick line (yellow/red/blue) or board.
6. Any shopkeeper/person found selling tobacco products within 100 yards area around the institution will be penalised lawfully as per section 6b of COTPA-2003 and section 77 of Juvenile Justice (Care and Protection of children) Act 2015.

Date :

Signature of the Principal/Head of Institution
Stamp of the Institution

