FROM   :   EDUSEC DISPUR

TO   :   ALL DEPCOM

INFO   :   ALL INSPECTOR OF SCHOOLS
             ALL DISTRICT ELEMENTARY EDUCATION OFFICER

NO.ASE.312/2013/290 DATED DISPUR THE 18TH JANUARY, 2019 (.) THE PLEDGE TAKING CEREMONY BEING CARRIED OUT BY THE GOVERNMENT IN SECONDARY EDUCATION DEPARTMENT TO CREATE AWARENESS AGAINST THE USE OF TOBACCO AMONGST THE STUDENT COMMUNITY OF BOTH GOVERNMNET AND PRIVATE EDUCATIONAL INSTITUTIONS IS HEREBY EXTENDED UPTO 26TH JANUARY, 2019 SO THAT EVERY SCHOOLS ACROSS THE STATE CAN BE COVERED WITHIN THE SPECIFIED TIME (.)

Joint Secretary to the Govt. of Assam
Secondary Education Department

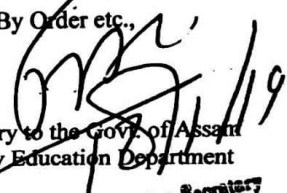
Memo. NO.ASE.312/2013/290-A   Dated Dispur the 18th January, 2019

Copy to -

    1. O/C, APRO, Dispur with a request you transmit the above message immediately.

Copy by post in confirmation to

    1. The Director of Secondary/Elementary Education, Assam, Kahilipara, Guwahati-19 for kind information and necessary action.
    2. Sri Manish Kumar Bhartia, Project Manager, Sambandh Health Foundation.

By Order etc.,

Joint Secretary to the Govt. of Assam
Secondary Education Department

Annexure I – Process to be followed

You have to do the 4 steps as given below:

1. Download video and Instructions.
2. Show the video to students and give anti-tobacco talk. In case you do not have a projector, you can just give the anti-tobacco talk.
3. Give pledge to students and take photos of event.
4. Upload event details and photos.

Access on PC or Laptop

1. Go to www.sambandhhealth.org
2. Click Tobacco Control

Access on Android Smart Phone

1. Download the App 'Pledge For Life' from Google Play
2. Select the 'School Pledge' of your state.

Step 1: DOWNLOAD Video and Instructions:

a. Click Download next to School Pledge of your state. Enter your mobile number. Download as required.
b. If download is not possible, you may also stream the video from YouTube.

Step 2: Show Video and give the anti-tobacco talk

POINTS FOR 'HARMS OF TOBACCO' TALK (you can add more):

- Tobacco harms every part of human body – from cancer to heart disease to breathing problems, kidney problems and even impotence.
- Tobacco in all forms – cigarette, beedi, hukkah, gutkha, khaini and especially when taken with tambul – is harmful.
- 13.5 lac people die in India from tobacco related diseases. And often entire family is destroyed – emotionally and financially
- Once tobacco products are started it is almost impossible to give up. So you should not start.

Step 3: Pledge Ceremony

- Students to stand with right hand raised to shoulder level and fist outward facing (see picture).
- Students to repeat:
  "I pledge not to use tambul or tobacco in any form including smoking cigarettes, beedis, etc. or chewing tobacco as gutkha, khaini, etc. for the rest of my life and I will also encourage my family and friends not to do so".

Step 4: UPLOAD event details & pictures:

a. Access the website on a laptop / PC or on an Android Phone as per steps 1 and 2 above
b. Click Tobacco Control ->Upload (School Pledge) of your state.
c. Enter your mobile number and verify with OTP
d. Enter your school UDISE Code or chose school from menu.
e. If your school is not displayed, click the button 'Add school. Then select District, Block and Village add name of school. Similarly, if your village is not displayed, click 'Add Village' and add it. NOTE: These can be done on the website only.
f. Enter details as per screen -> Submit
g. Upload minimum 1 photo in jpg/jpeg format [Maximum 3 MB]