

FAIPS DPS ORGANIZES AWARENESS SESSION ON THE DANGERS OF VAPING AND SMOKING FOR GRADE 8 STUDENTS

As part of promoting healthy lifestyle choices and spreading awareness about the harmful effects of vaping and smoking, FAIPS-DPS conducted a special awareness session for Grade 8 students on Monday, 15th September, 2025 during the school hours. Dr. Anila Albert, ENT Specialist, Jaber Armed Forces Military Hospital, Kuwait was the keynote speaker for the same.

The interactive session started with a welcome address by the Middle school Head Girl, Sarah Mohammed, followed by a detailed session that aimed to educate students about the physical, psychological, and social consequences of tobacco use and e-cigarettes. Dr. Anila highlighted how nicotine addiction affects growing bodies, the risks of lung diseases, reduced concentration, and long-term health issues. Students were also made aware of how peer pressure and misleading advertising can influence their decisions.

Through videos, real-life stories, and engaging discussions, students gained a deeper understanding of why it is important to say “No” to vaping and smoking. The session encouraged students to make informed, responsible choices and to act as ambassadors of health in their peer groups. The session ended with the proposal of Vote of Thanks by the Middle School Head Boy, Anvay Bansal.



