



Late Shri. Vishnu Waman Thakur Charitable Trust's  
**VIVA INSTITUTE OF PHARMACY**  
At. Shirgaon, Veer Sawarkar Road, Virar (E),  
Taluka: Vasai, Dist. Palghar-401305, Maharashtra.  
**National Service Scheme (SH-11)**



**Name of the Event: SPIT-FREE INDIA MOVEMENT**

**Date: September to November 2020**

### Programme Summary/Details:

The Spit-Free India Movement, which ran from September to November 2020, was a crucial initiative to curb the spread of COVID-19 by pledge for life, tobacco free youth. The habit of spitting in public spaces, a behavior that posed a significant transmission risk. The movement saw the enthusiastic participation of approximately 110 volunteers and non-volunteers from the VIVA Institute of Pharmacy, who not only actively engaged in spreading awareness about the dangers of spitting but also inspired and motivated others to join the cause. Their collective efforts played a vital role in fostering a cleaner and safer environment, aligning with the broader national objective of combating the pandemic through community-driven actions. This grassroots movement exemplified the power of collective action and social responsibility in the fight against COVID-19.

