



Tobacco Harms

Do NOT TRY!!



Every day

5,500

adolescents

begin

tobacco use

in India

Most of them are
below 15 years of age
and carry the habit
to
adulthood





Tobacco kills



Tobacco is the single
biggest cause of
PREVENTABLE
death in the world.

*Tobacco was established
as a legal product
before its harmful effects were known*





Tobacco types



| Smoking | Smokeless |
|------------|--------------|
| Cigarettes | Gutkha |
| Bidi | Khaini |
| Hookah | Zarda |
| Chutta | Paan+Tobacco |
| Chillum | Guraku |
| Cigars | Snuff |



Tobacco is a plant product





Hookah kills



✓ Do not
experiment
with tobacco





Cigarette kills

40% - 50%
cancers are
due to
TOBACCO





Bidi kills



CANCER

+

Other diseases

Heart attack

Asthma, TB

Lung diseases

Impotency, Still birth

etc.





Lungs go Bad



Healthy lungs



**CANCEROUS
Lungs**





Active Smoking

Smoke from the tip and side of cigarettes, bidis etc.

This smoke contains

4,000 harmful
chemicals

60 of them are

CARCINOGENIC





Passive Smoking

Second hand Smoke

Unwanted exposure to tobacco smoke



Smoking harms the Smoker
&
those around





No smoking around

**PROTECT Yourself &
Others from
Passive smoking**

**To anyone smoking
in a Public place**

say



“Not Here!”





Tobacco is NOT Cool

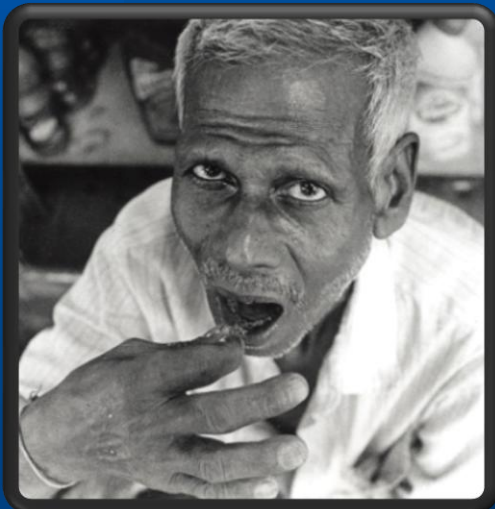
✓ Do not get attracted by others using tobacco





Khaini kills

**Tobacco use causes
1 death every 6 seconds**



**By 2030, 1 crore
death every year**

(Age 35 – 60 years)





Gutkha kills



Gutkha is already
banned in India





Tobacco is NOT Cool

- ▶▶ Do not use products from tobacco companies
- ▶▶ Do not accept awards / scholarships
- ▶▶ Do not let them sponsor your events





Voice your Choice





Keep School tobacco-free



OBSERVE
World No Tobacco Day
May 31

*Keep your School / College
campus tobacco-free*





Keep School tobacco-free

To protect children from the harmful effects of tobacco use it is important that we start talking before they begin experimenting with tobacco.

Keeping school premises tobacco-free is a concrete first step towards a healthy future.





For a Tobacco-free campus

- No individual must use any form of tobacco (cigarette, bidi, gutkha, khaini, zarda, pan masala etc.) within campus and its vehicles. Restriction applies to all students, staff (teaching, non-teaching, support), visitors etc.
- Display mandatory 'no smoking' board at the entrance and strategic points within the premises (as per Govt. of India norm).

*These are provisions of the
Cigarettes and Other Tobacco Products Act, 2003 (COTPA, 2003)*





For a Tobacco-free campus

- No ashtrays, lighters etc. to be displayed within the premises.
 - No sale / distribution of any tobacco product in institution.
 - Not allow sale of any tobacco product within 100 yards (91 metres) around the campus.
- Display mandatory notice board at the entrance to institution *(as per Govt. of India norm).*



These are provisions of the Cigarettes and Other Tobacco Products Act, 2003 (COTPA, 2003)





For a Tobacco-free campus

- No promotion of tobacco product manufacturing companies by way of accepting scholarships, awards from them or participating in competitions and campaigns sponsored by them.



These are provisions of the Cigarettes and Other Tobacco Products Act, 2003 (COTPA, 2003)





Take message to elders...

- ▶▶ **No one at home uses tobacco**
(smoking & chewing)
- ▶▶ **Inform family that tobacco harms**
- ▶▶ **Save non-users from passive smoking** *(children, women etc.)*
- ▶▶ **Let no one break the law!**
(Tobacco Control Law, 2003)





QUIT

BEFORE IT KILLS YOU.
THE BEST WAY TO STOP SMOKING IS TO JUST STOP - NO IFS, ANDS OR BUTTS.





Don't try tobacco



Cancer
Foundation of
India

www.cancerfoundationofindia.org