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

Tobacco was established as a legal product before its harmful effects were known.
<table>
<thead>
<tr>
<th>Smoking</th>
<th>Smokeless</th>
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</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>Gutkha</td>
</tr>
<tr>
<td>Bidi</td>
<td>Khaini</td>
</tr>
<tr>
<td>Hookah</td>
<td>Zarda</td>
</tr>
<tr>
<td>Chutta</td>
<td>Paan+Tobacco</td>
</tr>
<tr>
<td>Chillum</td>
<td>Guraku</td>
</tr>
<tr>
<td>Cigars</td>
<td>Snuff</td>
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</tbody>
</table>

_Tobacco is a plant product_
Do not experiment with tobacco

Hookah kills
Cigarette kills

40% - 50% cancers are due to TOBACCO

Cancer Foundation of India
Bidi kills

CANCER + Other diseases
Heart attack, Asthma, TB, Lung diseases, Impotency, Still birth etc.
Healthy lungs

CANCEROUS Lungs

Lungs go Bad

Cancer Foundation of India
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

Cancer Foundation of India
PROTECT Yourself & Others from Passive smoking

To anyone smoking in a Public place say

“Not Here!”

Cancer Foundation of India
Tobacco is NOT Cool

✓ Do not get attracted by others using tobacco
Tobacco use causes 1 death every 6 seconds

By 2030, 1 crore death every year
(Age 35 – 60 years)

Cancer Foundation of India
Gutkha is already banned in India.
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)
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 - NOIFS, ANDS OR BUTTS.
Don’t try tobacco