

ITL OBSERVES WORLD NO TOBACCO DAY

Name of the Event : World No Tobacco Day
Date : May 31, 2021
Venue : Online
Participated By : Classes I to XII
Conducted By : Science Department

“You are not living if you are smoking.....You are taking small steps towards a disastrous life.....”

World No Tobacco Day is observed every year on **31 May**. It is an annual event which attempts to raise global public awareness on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic and what people around the world can do to claim their right to health and healthy living and to protect future generations.


The theme for this year’s World No Tobacco Day is “**Life Thrills, Smoking Kills**”, which focuses on the need to quit tobacco and make others aware about its hazards.

ITL observes World no tobacco day every year with great zest, and even amidst this crisis, ITLeens have taken the initiative to spread awareness digitally.

Students designed caricatures and posters on “**Quit Smoking**” where they designed : cut, sorted, pasted and even drew the things to spread awareness for not using tobacco.


Class X and XII students presented their concerns, and suggested remedies, on an intellectual platform by designing an **E-magazine**.

**SAY YES TO LIFE BY SAYING NO TO
TOBACCO!!!**


Life Thrills, Smoking Kills

WORLD NO TOBACCO DAY

Cigar packets display the warning
"Smoking is injurious to health"
Multinational companies increase their earnings,
We loose our body and wealth.



**Be Brighter, Put Down The Lighter.
Be Smart, Don't Start.**

WORLD NO TOBACCO DAY

*Celebrated globally on
31st May every year*

This yearly celebration informs the public on:-

- the dangers of using tobacco
- the business practices of tobacco companies
- what the World Health Organisation (WHO) is doing to fight against the use of tobacco
- what people around the world can do to claim their right to health and healthy living

The Member States of the WHO created this day in 1987 to draw global attention to:-

- ✓ the tobacco epidemic
- ✓ the preventable death and disease it causes

An SOS from your lungs...

-Nandini R. Vasudevan

Every year, nearly 7 million people are killed due to tobacco related diseases. There are no safe substances in any tobacco products, from acetone and tar to nicotine and carbon monoxide. These don't just affect your lungs but also your entire body. It affects your hygiene, the sense of smell and taste, immune system and leads to diseases like Cancer, Heart disease, Stroke including diabetes, and Chronic Obstructive Pulmonary Disease (COPD).

The question arises- "How do we quit Tobacco then?"


- Physical activities can distract you from tobacco and reduce their intensity. So, workout.
- Think about the effects of when you'll stop this habit. You'll feel much better after quitting tobacco and will also get healthier.
- Try going to any smoke-free zones often.

When a person quits smoking:

- The body will start to naturally heal over time.
- Risk of having any chronic disease related to nicotine or tobacco will reduce.
- The body cleanses itself of the excess carbon monoxide produced due to tobacco or cigarettes.

**"Tobacco is the enemy, disguised as a friend,
If you are to win the war, get to know your enemy..."**

Global observance



Groups around the world – from local clubs to city councils to national governments – are encouraged by the WHO to organize events each year to help communities celebrate World No Tobacco Day in their own way at the local level.

Past events have included- letter writing campaigns to government official and local newspaper, marches, public debates, local and national publicity campaigns, anti-tobacco activist meetings, educational programming and public art.

In addition, many government use WNTD as the start date for implementing new smoking bans and tobacco control efforts.

The day has also been used as a springboard for discussing the current and future state of a country as it related to tobacco.

In India, with 275 million tobacco users, has one of the highest levels of tobacco consumption in the world.

-Diksha Vashist

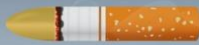
WE CAN

Eliminate Tobacco before it eliminates you...



-NANDINI R. VASUDEVAN

IT'S TIME TO QUIT



A bullet that kills you slowly.

WORLD NO TOBACCO DAY

SAY YES TO LIFE BY SAYING NO TO TOBACCO

**You are a fool if you think
smoking is cool.**

- Diksha Vashist



WORLD NO TOBACCO DAY

FROM NOW WE WILL :-

- 1) STOP SMOKING
- 2) STOP OTHERS DOING SMOKING
- 3) AWARE PEOPLE ABOUT IT'S CAUSES



BY :- PUSHENDER YADAV

You are greater than your addiction!

"Smoking is suicide by instalments"

Looks like the end has arrived!

"All the suffering, stress and addiction comes from not realizing you already are what you are looking for."



Don't make an ash of yourself...

PLEDGE

I promise to not smoke or use any tobacco products now and forever.

In addition, I will always try to stay away from secondhand smoke, which is a danger to my health.

I will do my best to encourage people who do smoke or use any tobacco products, to quit smoking, and will do my best to support them as they try to quit.

START YOUR STOP SMOKING PLAN WITH START

S – Set a quit date.

Choose a date within the next two weeks, so you have enough time to prepare without losing your motivation to quit. If you mainly smoke at work, quit on the weekend, so you have a few days to adjust to the change.

T – Tell family, friends, and co-workers that you plan to quit.

Let your friends and family in on your plan to quit smoking and tell them you need their support and encouragement to stop. Look for a quit buddy who wants to stop smoking as well. You can help each other get through the rough times.

A – Anticipate and plan for the challenges you'll face while quitting.

Most people who begin smoking again do so within the first three months. You can help yourself make it through by preparing ahead for common challenges, such as nicotine withdrawal and cigarette cravings.

R – Remove cigarettes and other tobacco products from your home, car, and work.

Throw away all of your cigarettes, lighters, ashtrays, and matches. Wash your clothes and freshen up anything that smells like smoke. Shampoo your car, clean your drapes and carpet, and steam your furniture.

T – Talk to your doctor about getting help to quit.

Your doctor can prescribe medication to help with withdrawal symptoms. If you can't see a doctor, you can get many products over the counter at your local pharmacy, including nicotine patches, lozenges, and gum.

GOVT PLANS 'ENDGAME' STRATEGY TO COUNTER TOBACCO CONSUMPTION

The major health impacts of smoking were established more than 40 years ago but Governments were slow to respond to the growing health epidemic. Despite laudable tobacco control strategies in many countries, globally deaths from smoking continue to rise and are forecast to reach 10 million a year by the 2030s. There is now general agreement that in order to substantially reduce smoking rates, governments need to adopt a comprehensive approach to tobacco control. This should include a range of measures, notably: a total ban on tobacco advertising and promotion; restrictions on smoking in public places and in the workplace; sustained increases in tobacco taxation combined with measures to curb smuggling; large, bold health warnings on tobacco products; smoking cessation and health education campaigns; and the regulation of tobacco to standards agreed by the health community rather than those set by the tobacco industry. While legislation is to be favoured over voluntary controls, the key to the successful implementation of these measures is winning public support and ensuring proper enforcement. Given the enormous burden that smoking places on health services, governments in developed nations have generally responded by introducing a range of tobacco control measures. However, the picture is far from uniform and some of the best examples of strong, government-led action have occurred in less developed nations. Governments can learn much from these countries and, by supporting the impending global treaty on tobacco control, can help to reduce the smoking-related diseases and deaths of the future.

