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Islampur Murshidabad Pin- 742304 (W.B.)

Memo No: MAM /

Date:	_/_	_/_	
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Memo No: MAM /

Date:\_\_/\_\_\_\_

### **Notice**

এতদ্বারা কলেজের সমস্ত ছাত্র-ছাত্রীদের উদ্দেশ্যে জানানো যাছে আগামী ২৬/১১/২০১৯ কলেজের Seminar Hall একটি 'তামাকজাত দ্রব্য বর্জন সম্পর্কিত' আলোচনা ও সচেতনতা মূলক সভার আয়োজন করা হয়েছে। উক্ত আলোচনা চক্রে সকল ছাত্র-ছাত্রীদের উপস্থিত থাকার জন্য নির্দেশ দেওয়া হছে।

উক্ত আলোচনা চক্রে ছাত্র-ছাত্রী দের তাৎক্ষণিক বক্তব্য ও কুইজ প্রতিযোগীতায় অংশগ্রহণের জন্য ইতিহাস বিভাগের অধ্যাপক Dr. Firoj High Sarwar সঙ্গে যোগাযোগ করতে বলা হচ্ছে।

১। তাৎক্ষণিক বক্তব্যের বিষয় : তামাকজাত দ্রব্য বর্জন ।

২। কুইজ প্রতিযোগীতায় অংশগ্রহণের জন্য : উপস্থিত সমস্ত ছাত্র-ছাত্রী 📑 অংশগ্রহণ করবে

Time: 12 Noon - 2 P.M.

Organised by: Murshidabad Adarsha Mahavidyalaya

Collaboration with: District Moalth & Fam

Murshidabad

Murshidahad Adarsha

Teacher-in-charge
Marchitched Adarshe Beterridgings
Chak leiampur, Murchitches

Indra kuma Mistri

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### **National Tobacco Control Programme**



### Sensitization Campaign for College Students:

Details of budgetary break up are as matrix below:

SI.NO	Purpose	Approximate budget (in Rs.)
1.	Refreshment (Rs.300 X 50)	10,500
2.	Extempore Competition (Rs. 500 X 3)	1500
3.	Prize for Quiz (Rs.50 X 10)	500
4.	Banner to show at the college premises (Rs. 300X2)	600
5.	Placard for college campus (Rs.30X30)	900
6.	Wall painting at the college premises (Rs.500X2)	1000
7.	Hoarding Display In front of the College campus (Rs.1000X1)	1000
	Total=	16,000

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Memo No: MAM /

Date:

### Government of West Bengal Office of the Chief Medical Officer of Health Murshidabad

DTCCMob: - 8768719007/9126333996 Email-dtcc.msd@gmail.com

Memo. No. CMOH /MSD/NTCP/ 8870

Dated -- 21-11-19

The Principal, Murshidabad Adarsha Mahavidyalaya Islampur, Murshidabad.

### Sub: Conduct a Sensitization Campaign for College Students in your institution

Respected

Sir/Madam,

We are all aware that the drugs are harmful for all human being. It is thecurse of the youth also. It is our biggest problem of our country today. Youth are constantly addictedby this. It would be very surprised to know that Tobacco is the main entrance of this addiction.

Gladly tell you that the "Național Tobacco Control Programme" (NTCP) has been running in the Murshidabad district successfully.District Tobacco control cell (DTCC) wants to awareness among the studentthrough this programme in the different collegeof Murshidabad district For this reason, we want to conductaconduct a sensitization campaign for college students in your institution on 05/(2/2019)at 12.00 p.m.

Through this programme we want to inform students about the harmful effect of tobacco/drug addiction with mental illness.

It's my request to look into the details and take necessary action accordingly.

Thanking you.

Copy forwarded for necessary information

Chief Medical Officer of Realth

Dated, Berhampore the 2 / /11/19

The District Magistrate, Murshidabad

The MD, NHM, Govt. of West Bengal, Swasthya Bhawan, Kolkata-91

The Director of Health Services & e.o. Secretary, Govt. of West Bengal, Kolkata-91

The Dy. Director (NCD), Govt. of West Bengal, Swasthya Bhawan, Kolkata-91

The Additional district magistrate (Health), Murshidabad.

The Assistant Director of Health Service, (NCD), Swasthya Bhawan, Kolkat-91
The Dy.-Chief Medical Officer of Health 1/11/11/11 Murshidabad.
The Officer in Charge of Health, District Administration.

The State Consultant, NTCP, Swasthya Bhawan, Kolkata-91

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Memo No: MAM /

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- What proportion of children from tobacco growing families miss school due to working in tobacco fields?

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Memo No: M	IAM/	Date:
5/20/100 5 (0) 5/2	, , ,	
	• 6	
	10%-14% of children from tobacco growing families miss school due to working in tobacco fields.	
	• (	
	6%-10% of children from tobacco growing families miss school due to working in tobacco fields.	
	•	
	2%-6% of children from tobacco growing families miss school due to working in tobacco fields.  7. Is tobacco control a target of the globally agreed 2030 Sustainable Development Advisory.	
	7. Is tobacco control a target of the globally agreed 2030 Sustainable Development Ag	jenda?
	• (	*
	Yes*	
	• C	
	• C	
	Not yet, but it will be	
		200 00 20
	<ul> <li>On packages of tobacco, health warnings that contain both pictures and text that contain only text.</li> </ul>	are more effective than those
		221 222 222 222 22
	WHO has banned the promotion, advertisement and sponsorship of the tobacco	or its products while celebrating
	the World No Tobacco Day of 2008 and through the campaign message of "Toba	co-free youth .
	10. Which of these smoking devices operates by water-filtration and direct heat?	
	· · · · · ·	20 00
	• Hookah	
	• Hubble-bubble	
	C	(A)
	Water pipe	
	• All of these •	
	11. Approximately how many different chemicals does a smoker inhale with one	drag on the cigarette?
	between 500 and 1000	
	about 200	
		alaanar and a naisanaus gas)
	<ul> <li>over 4000 ( Over 4000 – Some of those are ammonia (a powerful toilet arsenic (a rat poison), cyanide(contains in the arsenic), acetone, formaldehyde</li> </ul>	(used to preserve dead bodies),
	etc.)	# 1
	6.	
	• about 2000	
	V V World Health	Organization, is hold annually on
	12. The World No Tobacco Day, a global event sponsored by the World Health	Organization, is field annually on
	which day?	
2	• May 31 *	
	April 31	
	• April 31	
	March 31	
	January 1	
	January 1  13. of these cigarette brands is produced by Philip Morris International?	
	· C L&M	
	Parliament	
	Marlboro	
	191	

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All of these \*

- 14. The Award was conferred by WHO on occasion of World No Tobacco Day (celebrated on 31 May 2019) at a function in New Delhi.
- The World Health Organization (WHO) awarded Rajasthan government's Medical & Health Department its Tobacco Control Award for year 2019 in recognition of Rajasthan's achievements in the field of tobacco control.
- 16. With focus of World No Tobacco Day 2019 being on theme "tobacco and lung health",

IN AFRICA, WHERE TOBACCO USE ISN'T AS WELL ESTABLISHED AS ELSEWHERE, IT IS RESPONSIBLE FOR FIVE PERCENT OF MALE DEATHS, COMPARED WITH 25 PERCENT IN EUROPE. (YES, IN AFRICA, WHICH IS THE WORLD'S FASTEST GROWING MARKET, ACCORDING TO THE TOBACCO CONTROL RESEARCH GROUP (TCRG) AT THE UK'S UNIVERSITY OF BATH.)

[WHAT HAPPENS TO YOUR BODY WHEN YOU QUIT SMOKING? This is the timeline of what happens to your body after you stop smoking, according to the <u>American Cancer Society</u>.

- After 20 minutes your heart rate and blood pressure drop
- After 12 hours your blood's carbon monoxide levels returns to normal
- After two or three weeks your circulation and lung function improves
- After one to nine months coughing and shortness of breath drops
- After one year your risk of heart disease is half that of a smoker
- After five years your risk of developing mouth and throat cancer halves
- After 10 years the risk of dying from lung cancer is around half that of a smoker
- After 15 years the risk of heart disease is that of a non-smoker]

### SMOKING BANS BY COUNTRY

**ALBANIA** 

**ANDORRA** 

ARGENTINA

ARMENIA

AUSTRALIA

AUSTRIA

BELGIUM

BHUTAN[EDIT]

Main article: Tobacco Control Act of Bhutan 2010

- \*\*Pankaj Chaturvedi, eminent oncologist and anti-cancer crusad
- \*\*\*Every 3rd person in West Bengal addicted to tobacco; health ...

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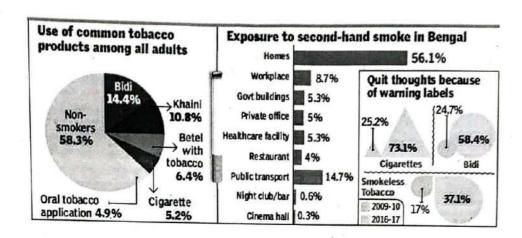
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Date:\_\_\_/\_\_\_/\_\_\_



Smoking alone results in a Rs 1,409-crore economic burden the state in the way of health expenses.

Alarmingly, a quarter of tobacco users in Bengal (24.4%) act actually comprises second-hand smokers and, among them, 56.1 adults are exposed to second-hand smoke in their homes.

COTPA:

Cigarettes

and

Other

Tobacco

Denduce

Act),

2003

With more than 7,000 chemical compounds, many of which are toxic as well as carcinogenic, tobacco is known to cause over 25 diseases. Despite its well-known health hazards, the use of tobacco continues to be a cause for concern in India. A Global Adult Tobacco Survey (GATS-2) 2016-17 report shows that India remains the second-largest consumer of tobacco products at about 81 lakhs users.

Estimates suggest that a 30-year-old who smokes five cigarettes a day would lose over Rs 1 crore on the habit by the time he is 60. Where 67% of the population is below the poverty line, this is expensive both for the individual as well as the country...

In 1999, Kerala became the first state to ban smoking in public places. The movement gained momentum and the state of Chandigarh followed suit by becoming a 'smoke-free' city in 2007.

Global survey says 22.5 per cent of Bengal's adults are passive smokers

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Posted at: Oct 3 2019 1

### Tobacco-Free West Bengal Campaign joins hands with five Durga Puja pandals

Kolkata, Oct 03 (UNI) Tobacco-Free West Bengal Campaign joins hands with five Durga Puja pandals (under Borough X) to make them Tobacco-Free zones and urges the West Bengal government to declare all pandals Tobacco Free on the auspicious occasion of Durga Puja. The five pandals which have come forward to join hands with Tobacco Free West Bengal Campaign are Golf Green Sharad Utsav Committee, Netaji Nagar Nagarik Brinda, Samajgarh Sarbojanin Durgostav, Ranikuthi Regent Place Sarbojanin and Ajaygarh Bastuhara Samity. Tobacco consumerton in India is alarmingly high and the country is the second highest tobacco consumer. Tobacco-Free West Bengal recently undertook public sensitisation programme to urge the State Government and the youth of the State to implement COTPA Regulations more stringently and arrest the rising tobacco epidemic.

Mr Indranil Dasgupta, Programme Manager, Tobacco Free West Bengal Campaign states, "We are grateful to Tapan Dasgupta, Chairman Borough X to have joined hands with Tobacco Free West Bengal Campaign and declare five Durga Puja Pandals Tobacco-Free zones. We also urge the youth of the State, the Durga Puja Committees and various departments of the West Bengal State Government to come forward and support our cause by enforcing Section 4 of COTPA 2003 in all Durga Puja Pandals to make it a Tobacco-Free Durga Puja. Each citizen of the State should come forward together to stop any kind of Tobacco consumption inside and around a Durga Puja pandal this year. Tobacco consumption is one of the most fatal habits of the nation. It is the leading cause of preventable death. The objective of our campaign is to sensitise the State Government officials on the COTPA Regulations and ensure proper enforcement of it."

Tobacco-Free West Bengal is a campaign launched by Tomorrow's Foundation. The main aim of the campaign is to protect citizens from the most preventable cause of death — tobacco. The primary focus of Tobacco-Free West Bengal is to ensure the enforcement of COTPA 2003 by working in close association with the health and home department of the Government of West Bengal and youth of the State.

According to GATS 2 (Global Adult Tobacco Survey) report published in 2016 – 2017, India has the second the largest number of tobacco users in the world, with 28.6% population consuming tobacco in all forms. Tobacco causes approximately 1.3 million deaths in the country. West Bengal has an alarmingly high number of tobacco consumers. 33.5% population of the state is addicted to tobacco. 48.5% of tobacco consumers are men, while 17.9% are women. 24.4% of people were exposed to second-hand smoking in the state which highlights the COTPA regulation violated prohibiting smoking in public places.

MPercentage of adults exposed to secondhand smoke at Home is 56.1%. Percentage of adults exposed to secondhand smoke at the Workplace is 57.5%.

5.4% of women in the state continue Tobacco use during their pregnancy term. 9.6% of the state's population is exposed to smoking by age 15, 19.8% get addicted within 18-19 years, 53.8% get addicted by 20-34 yrs.

According to a report published in 2011 by Ministry of Health & Family Welfare, Government of India in collaboration with WHO India and Public Health Foundation of India on the economic burden related to health issues caused by tobacco, the economic burden of West Bengal was Rs

Economic burden of West Bengal due to cancer, respiratory disease and TB was Rs 1,332 crores due to tobacco consumption. We can, therefore, conclude, a large sum of money is being spent on the treatment of tobacco-related diseases and hence consumption of tobacco needs to be arrested.

UNI XC RN



DALTANGANJ, NOV 25 (UNI)- Prime Minister Narendra Modi with Jharkhand Chief Minister Raghubar Das at an election campaign rally for Usedhand Accombile (Election at Deltangan) in

### Other Links

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UNI-Urdu Service(News Agency)

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### AWARNESS PROGRAMME ON TOBACO FREE SOCIETY

26<sup>th</sup> November 2019 MAM, ISLAMPORE, MURSHIDABAD

SHORT SPEECH

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4	Sahabuddin	Δ1;	-	5	+

2. Masud Saha -> 3+

✓3. Nayan Molla (History/ 6289976143) - 3 +

✓4. Hasanujjaman (Philosophy/ mob. 6295235328) — 2+

6. Gaffar Hossain (History/ 1st semester) -4+

Y. Ainal Hossain (Education/3rd semester) -1 A+

8. Asik Khan (Education / 3rd Semester)

9. Ripon Mondal (Education/ 3rd Semester) -3+

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### AWARNESS PROGRAMME ON TOBACO FREE SOCIETY

26<sup>th</sup> November 2019 MAM, ISLAMPORE, MURSHIDABAD

### SHORT SPEECH

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3. Nayan Molla (History/ 6289976143) 4. Hasanujjaman (Philosophy/ mob. 6295235328)	7
5. Abdul Asif (Education/ mob. 9083473638) 412 6. Gaffar Hossain (History/ 1st semester) 7. Ainal Hossain (Education/ 3rd semester)	5.5
8. Asik Khan (Education / 3 <sup>rd</sup> Semester)	r F
9. Ripon Mondal (Education) 5 Schedule 1 <sup>rd</sup> Semester) 2 <sup>t</sup> 1 10. Alisha Akhtar Mondal (Political Science) 1 <sup>rd</sup> Semester) 2 <sup>t</sup> 1 11. Taniya Khatun (Political Science) 1 <sup>rd</sup> semester) 2 <sup>t</sup> 1 12. Hasina Khatun (Philosophy) 1st Semester) 2 <sup>t</sup> 1 12. Hasina Khatun (Philosophy) 1st Semester) 2 <sup>t</sup> 1	4 6.5
13. Belal Hossain (Philosophy) 1st Senter) 14. 14. Golan Surver	5-5
15. Mariya Washan (Geography - 3rd sem) 2+3	8
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26th November 2019 MAM, ISLAMPORE, MURSHIDABAD

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### Participants:

- 1. Sahabuddin Ali -> 9
- 2. Masud Saha >8
- 3. Nayan Molla (History/ 6289976143) 7
- 4. Hasanujjaman (Philosophy/ mob. 6295235328) 7
- Abdul Asif (Education/ mob. 9083473638) 10
- 6. Gaffar Hossain (History/ 1st semester) 7
- 7. Ainal Hossim (Education/ 3rd semester) 8
- 8. Asik Khan (Education / 3rd Semester)
- 9. Ripon Mondal (Education/ 3rd Semester) 7
- ¥10. Alisha Akhtar Mondal (Political Science/ 1rd Semester) ₹
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Date:	/_	_/_	
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26th November 2019 MAM, ISLAMPORE, MURSHIDABAD

### SHORT SPEECH

### Participants:

\*1. Sahabuddin Ali 5+6+9 = 20

2. Masud Saha 3+6.5+8=17.5

3. Nayan Molla (History/ 6289976143) 3+5+7=15

4. Hasanujjaman (Philosophy/ mob. 6295235328) 2+7+7=16

\* 5. Abdul Asif (Education/ mob. 9083473638) 7 + 5. + 10 = 22

6. Gaffar Hossain (History/ 1st semester) 4+55+7 = 14.5

7. Ainal Hossain (Education/3rd semester) 4+6+6=16

8. Asik Khan (Education / 3rd Semester) AB

9. Ripon Mondal (Education/ 3rd Semester) 3+6 +7 = 16

10. Alisha Akhtar Mondal (Political Science/ 1rd Semester) 4+ 6+7=17

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2500 ml 1. Marina Kharry (Greography /3 semester) = 23. 2. About Asif (Education / 3x year) = 22. 3. Sahabrodin Ali (History / 300 semester) = 20 IQAC Murshidabad Adarsha Mahavidyalaya Islampur, Murshidabad

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Memo No: MAM /

Date:\_\_\_/\_\_\_



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Islampur Murshidabad Pin- 742304 (W.B.)

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### **Utilization Certificate**

Certified that out of *Rs.16,000/-* (*Rupees sixteen thousand only*) memo no. CMOH/MSD/NTCP/8870 dtd.21/11/19 in respect of TOBACCO CONTROLL PROGRAMME in the Year 2019-20 in respect Gov. Aided College. A sum of *Rs.16,000/-* has been utilized for the purpose of TOBACCO CONTROLL PROGRAMME for which has been disbursed from Murshidabad by NEFT and balance *Rs.NIL* as on date.

SI.NO	SI.NO Particulars with Rate		Amount
1.	Refreshment . (R	s.300 X35)	10,500
2.	Extempore Competition (R	s. 500 X 3)	1500
3.	Prize for Quiz (F	Rs.25 X 20)	500
4.	Banner to show at the college premises (	(Rs. 300X2)	600
5.	Placard for college campus	(Rs.30X30)	900
6.	Wall painting at the college premises (	Rs.500X2)	1000
7.	Hoarding Display In front of the College campus	Rs.1000X1)	1000
	Total=		16,000

(Rupees sixteen thousand only)

few by grishing

Teacher-in-Charge
Murshidabad Adarsha Mahawayalaya
Chak Islampur, Murshidabad

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Islampur Murshidabad Pin- 742304 (W.B.)

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Date:\_\_\_/\_\_\_

### Report on "Awareness Programme on Tobacco Free Society"

Murshidabad Adarsha Mahavidyalaya, Islampur, Murshidabad

Venue : Seminar Hall , Room no :19

Date: 26.11.2019

Time: 12pm to 2pm



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Memo No: MAM /



We all know that tobacco is very harmful to body, mind and society. To say that it has greatly affected our country. Especially among the youth community. Therefore, to get rid of the tobacco effect, the Chief Medical Officer of Murshidabad district under the Government of West Bengal ordered to observe the national tobacco control program in various institutions of Murshidabad district on 21.11.2019, whose memo no. CMOH/MSD/NTCP/8870.

The Teacher-in-charge responded to the order of the government of West Bengal office of the chief medical officer of health Murshidabad and gave permission to conduct "AWARENESS PROGRAMME ON TOBACCO FREE SOCIETY" on 26th November, 2019 from 12pm to 2pm. On that occasion a notice was issued on 23.11.2019 on the notice board. In this discussion, students can participate in impromptu speech and quiz competition on tobacco cessation, the notice said. In this regard, the Participants are asked to contact Dr. F.H. Sarwar, Professor of the Department of History. Mr. Md. Abdul Ukil, Faculty of Geography, has been given the responsibility of conducting the entire program as the program in-charge.

Government of West Bengal office of the chief medical officer of health Murshidabad according to the instructions and decision of IQAC committee started from 12 noon. Mr. Basob Ghosh(TIC) presided over the event. Also present were Professor Pooja Aggarwal, Ershad Ali, Dhananjay Mahato, Rakibul Islam, Md. Abdul Ukil, Anushree Kundu, Sukanta Barman, Ismail Sarkar and Dr. Firoz High Sarwar. Each gave an informative speech on the main topic of the event.

### PROGRAMME SUMMARY

12 students participated in the impromptu speech of the programme. Among the 12 students, Maria Khatun, a student of Geography, won the first place, Abdul Asif, a student of Education, won the 2nd and Shahabuddin Ali, a student of History, won the third place.

All the present students participated in the quiz competition. A total of 218 students attended the event

Students have a good understanding of the changes that occur in the body after quitting tobacco products. For example;

- > After 20 minutes you have a heart rate and blood pressure drop
- > After 20 hours your blood carbon monoxide levels return to normal
- After 2 or 3 weeks your circulation and lung function improve
- After 1 to 9 months coughing and shortness of breath drops
- > after 1 year your risk of heart disease is half that of a smoker
- After 5 years your risk of developing mouth and throat cancer halves
   After 10 years the risk of dying from lung cancer is around half that of a smoker
- > After 15 years the risk of heart disease is that of a non-smoker.

So, to get rid of the harmful effects of tobacco, the countries that have banned smoking are-

Albania, Andorra, Argentina, Armenia, Australia, Austria, Belgium, Bhutan.

Overall discussion was successful 218 students are present in this program everyone cooperated with all the speakers. All the present students realized how harmful tobacco products are. Not only that, several students who became addicted have voluntarily vowed never to smoke again. That is the greatest success of all.



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নৈহে শারীরিক প্রতিরোধ ক্ষমতার উপর তামাক ধূব খারাপ প্রতাব ফেলে, যা মুখগন্থরের কান্সারের ক্ষেত্রে গ্রমাণিত

অন্তরায় হয়ে দাঁড়ায়। পুরুষদের মধ্যে নপুংশতার একটি কারণ হচ্ছে তামকি।

কোটিনাইন যায় তা শিশুর মধ্যে ব্রক্সেইটিশ, নিউমোনিয়া, মধ্যকর্গের সংক্রমণ এবং শারীরিক, মানসিক বিকাশের পথে ক্ষ্মতার দক্ষণ : শুকুর খাদোর পরিবর্তে তামাক দ্রব্য ক্রয়, মাতুদুদ্ধের মাধ্যমে শিশুর দেহে যে নিকোটিন এবং জন্ম নেয়, অপরিণত শিশুর জন্মের ফলে শিশুসূত্যু এবং শৈশব কালীন রোগের গড় হার বেড়ে যায়, সীমিত ক্রয় মহিলাদের ক্ষেত্রে যারা ভাষাক সেবন করেন ভাদের ক্ষেত্রে বন্ধাত্ত্বে সপ্তাবনা বেড়ে যায়। কম ওজন সম্পন্ন শিশুও

ঘ) প্রজননতম্ব এবং গর্ভধারণের উপর কু-প্রভাব ঃ-

তাড়াতাড়ি আক্রান্ত হওয়ার সম্ভাবনা বেশী থাকে।

চেয়ে ১৬-১৯ বছর আগে হৃদরোগে আক্রান্ত হয়। যে ব্যক্তি যত তাড়াতাড়ি তামাক গ্রহন / সেবন করেন তত

ওণ বেড়ে যায় যদি ভারা ভামাক সেবন করে থাকে। ভামাক সেবনকারী মানুষেরা, ভামাক সেবন করে না এমন মানুষের Hypertension, Hyperlipidemia, Peripheral Diseases, strokes, মানুষের হাট আটাকের সভাবনা ২০

গ) হাদ যান্ত্রের উপর প্রভাব ঃ-য) শাস্যান্ত্রের উপর কু-প্রভাব ঃ-

কাষার, মূত্রস্থলীর কাষার, কিডনিতে কাষার, গ্যাতিন্যাস কাষার এবং জরায়ু কাষার

মুখগন্তুরের কালার, কুসকুসের ক্যালার, গলার ক্যালার, স্বর্থগ্রের ক্যালার, স্বাদানীতিত

তামাকের কু-প্রভাব ও ক্ষতিকারক দিক ঃ-

ারোনো বাটারী, কটনাশক দ্রবা, টয়লেট ব্রিনার, আলকাতরা, দেওয়ালের রং, কারখানায় ব্যবহাত রাসায়নিত পদথ 🛧 এই বিবাক্ত রাসায়নিক পদার্থগুলি যেসসব দৈনন্দিন জীবনে ব্যবহাত জিনিসে দেখতে পাওয়া যায় সেগুলি হল আসেনিক, ঝাজিন, ক্রমেলভিহাইড, ঘইড্রোজেন সালফাইড, টার, নিকোটিন, ফিনল, ন্যাপথলিন, ডি.ডি.টি., মধ্যে ৪৩৮টি পদার্থ কানসারের কারণ হিসাবে পরিচিত। স্বীকৃত তার মধ্যে ক্ষেক্টি হল ক্যাডমিয়াম, মিথানল, টবুইন

াইটোভেন অক্সইড, বিউটিন ইতাদি।

ভোদি। একটি সাম্প্রতিক গবেষণা থেকে জানা যায় গোছে যে, ডামাক দেহের সব গুরুত্বপূর্ণ অঙ্গের জন্য ক্ষতিকারক

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ण साक

ञात्रांत

# 🛨 বর্তমানে তামাক পুথিবীর ৮.৮ শতাংশ মৃত্যু ও ৮.২ শতাংশ পদ্মছের কারণ আমাদের দেশে প্রতি ঘণ্টায় ২জন মানুষের মৃত্যু ঘটছে এই ডামাক জনিত রোগের কারণে

★ তামাক বিশে শতাব্দীতে ১০ কোটি মানুষকে গুন করেছে এবং বর্তমানে

🛧 अकि विक्रिया निशास्त्रि खीवानद मुलावान ४मिनि नमस त्काफ 🖅 ্ৰকবিশ্ব শতাকীতে ১০০ কোট মানুষকে যুন করবে।

🛨 খোনাযুক্ত - সিগাবেট, বিভি, ছব্বা ইত্যাদি। 🖈 খোয়ামুক্ত - তঠকা, জন্ম, বইনি, সাদাপাতা, নস্যি ইভ্যাদি তামাকের ক্ষতিকারক প্রকারণ্ডাল / রূপণ্ডাল হল ঃ-

চামাক কো কাতকারক °-



★ ডিল বা আচিলের সাম্প্রতিক পরিবর্তন কোন যা তাড়াতাড়ি সারে না খাবার খোডে বা গিলতে কট

ি পায়খানা, প্রধাবের জভ্যাসের পরিবর্তন বা রক্তপত

একজন ধূমপায়ী হতে নিগতি ধোঁয়া যখন অধুমপায়ী ব্যাক্তিদের শ্বাসতত্ত্বের পরোক্ষ ধূমপানের প্রভাব ঃ-🖈 অস্বাভাবিক ভাবে ওজন কমতে থাকা। 🕇 বগল, কুঁচকি, গলা, ঘাড়ে বা অনাস্থানে এক বা একাধিক গ্লাও অনুভব





তামাক সেবনের *ফলে ক্যান্সা*রের বিপদ সংক্রেত ঃ-বলিরেখা দেখা যায়। দাঁত এবং আসুলে দাগ পড়া। শাস-প্রথাসে দুর্গন্ধ, শরীর, তাত, জামা কাগড়ে দুর্গন্ধ, মুখ ও চোবে আর্থেক বা সম্পূর্ণ অন্ধক্তের কারণ হতে পারে তামাক সেবনের ফলে চোম্বের জ্বলর ক্ষতিকারক প্রভাব পড়ে এবং তা

ধূমপারীদের ক্ষেত্রে তা হয়ে থাকে। প্রত্যক্ষ ধূমপায়ীদের ক্ষেত্রে সে সব লক্ষণ পরিলক্ষিত হয় পরোক্ষ

বিসন্নতা। তামকি ব্যবহারের ফলে ডাই মানুষ মানসিক ও শারীরিকভাবে বিষন্ন হতে পারে। প্রবো আক্রান্ত হয়। নিকোটন সাময়িক মুখ্যুর্তর জন্য সুখানুভূতি জাগায়। কিন্তু ভারপর নেমে আসে একটি নেশা জাতীয় প্রব্য যা তামাকে পাওয়া যায়। সময়ের সঙ্গে শরীর ও মন দুটোই এই নিকোটিন নাম তামাক যুক্ত গৃহ পরিবেশে করণীয় ঃ-বাজীর বয়োজ্যে অভিভাবক এবং নতুন প্রজন্ম উচয়ক্ষে তানাকের ক্ষতিকারক দিকতালি নিয়ে আনোচন অবশাই খেয়াল রাখা উচিত যাতে শিশুদেরকে দিয়ে তামাক জাতীয় দ্রবের ক্রয় না করানো হয়। নিকোচন হবে। বাড়ীর অভিভাবকরা যাতে শিশুদের সামনে কোনরকম তামাক সেবন না করে, বয়োজ্যেষ্ঠ ব্যক্তিদের করতে হবে এবং কিভাবে নিজেদের গৃহ এবং নিজেকে তামাকমুক্ত করা যায় তার একটা ছক / রূপরেশা কষতে হবে। পরিবারের সদস্যরা যারা তামাক সেবন করে তাদেরকে অবশ্যই তামাক ছাড়তে বাধ্য করতে

তামাক পরিত্যাগে করণীয় ঃ-

আগে একবার করে কারণগুলো স্মরণ করা উচিত। কখন এবং কেন আপনি তামাক ব্যবহার করছেন সেটি 🛧 কি কারণে তামাক পরিত্যাগ করাবন সেই কারণগুলি লিপিবদ্ধ করতে হবে। প্রত্যেক রাতে শোয়ার

🖈 কোন একটি ভালো দিনে অথবা শুভ মুহূর্তকে আপনার ভামাক বর্জন করার সময় বলে স্থির করুন ★ নিজের কোন বন্ধু অথবা আখীয় পরিজন থেকে তামাক হুড়েতে সাহায্য নিন। বাড়ীর অথবা কর্মস্থলের স্বাইকে জানিয়ে নিন যে আপনি ভামাক ব্যবহার ভ্যাগ করার চেষ্টা ক্যাছেন। 🖈 সেই দিনের আগে কোন একটি দিনে আপনার ব্যবহাত স্বরক্ষের তামাক জাতীয় দ্বব্য বা দ্রব্যের