

## NOTICE

**31/05/2023**



**Join your hands against the use of tobacco in your society and spread the awareness to grow food and not tobacco.**

- Smoking leads to raised blood pressure, overweight/obesity, hyperglycemia (high blood glucose levels) and, hyperlipidemia (high levels of fat in the blood).
- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), tuberculosis.
- Secondhand smoke causes stroke, lung cancer, and coronary heart disease in adults.
- Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, middle ear disease, more severe asthma, respiratory symptoms, and slowed lung growth.
- Women who smoke are more likely to die from chronic diseases than men.

***I will take an oath on this occasion of WORLD NO TOBACCO DAY (31/05/2023) that I shall never smoke or consume tobacco in my life and motivate my family and colleagues to not to smoke or use any tobacco products.***

***Grade 11&12 students of EFIA***