

WORLD
NO TOBACCO
DAY

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World Tobacco day

- World No Tobacco Day This day is often referred to as “Anti-Tobacco Day.” Every year on May 31st, this day is marked as World No Tobacco Day throughout the world. The goal of commemorating this day is to increase awareness among all people, and this annual campaign is an opportunity to raise awareness in order to help minimize use and preserve people’s health. The World Health Organization (WHO) promotes World No Tobacco Day.

OVER VIEW ON TOBACCO

- Tobacco kills more people than any other addiction and it's time we educate people young and old people alike to stay away from tobacco. ...
- Smoking gives you the pleasure of a moment but kills you in the process. ...
- What we need to burn on a daily basis are **calories** and not tobacco.

Why is not smoking good for your health?

- Lower heart rate and blood pressure
- Less carbon monoxide in the blood (carbon monoxide reduces the blood's ability to carry oxygen)
- Better circulation
- Less coughing and wheezing

WHAT IS TOBACCO ?

- Tobacco is the common name of several plants in the genus *Nicotiana* of the family Solanaceae, and the general term for any product prepared from the cured leaves of these plants. More than 70 species of tobacco are known, but the chief commercial crop is *N. tabacum*



TABACCO FORMS

1) CIGARETTE.



2) BIDIS.



3) CIGAR.

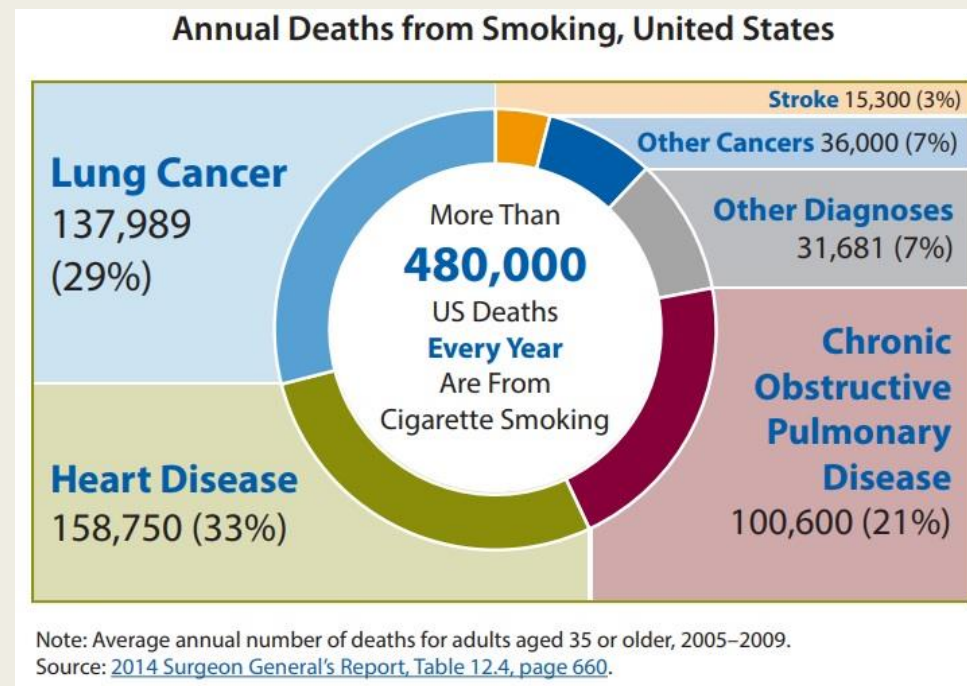


4) KRETEKS



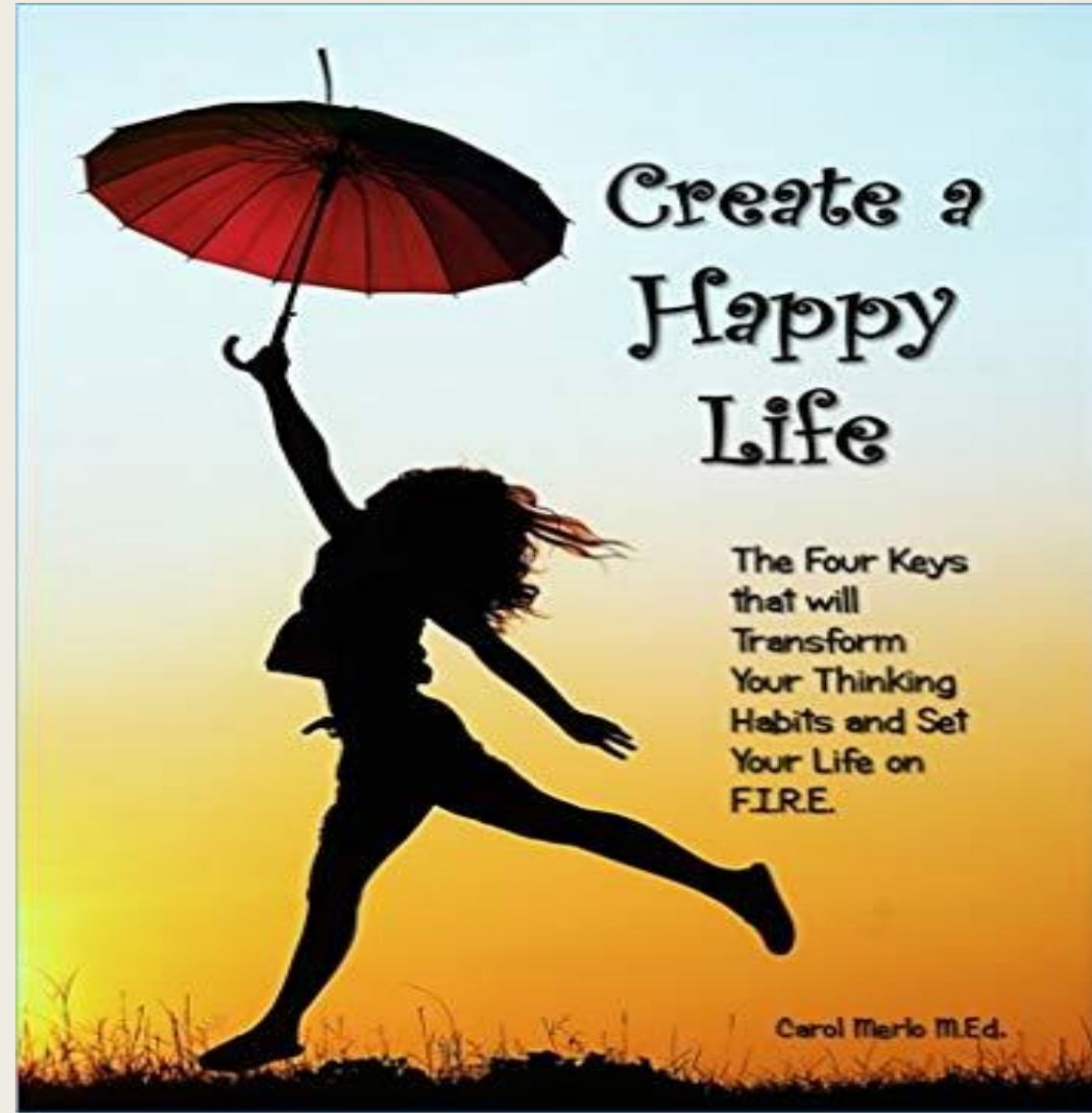
Annual death in world using tobacco

- Tobacco kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke



Quitting smoking: 10 ways to resist tobacco cravings

- Try nicotine replacement therapy
- Delay
- Avoid triggers
- Chew on it
- Don't have 'just one
- Get physical
- Try relaxation techniques
- Call for reinforcements
- Remind yourself of the benefits
- Go online for support



THANK YOU 😊
ENJOY YOUR LIFE WITH YOUR FAMILY

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