

tobacco use, training of healthcare providers on tobacco control, establishing clinics in healthcare facilities to quit tobacco, and to oversee effective implementation of COTPA.

You should know about this, so that you can educate community members on this aspect.

## What are the Benefits of Giving up Tobacco?

Even after a person has been consuming tobacco in any form for any period of time, giving up tobacco has several benefits. They include improvement in breathing, reduction in risk of heart attack, or cancer and improved health. However, giving up tobacco causes withdrawal symptoms for which the person needs to be supported by her/his family.

### Withdrawal symptoms

When a person quits the habit of tobacco consumption, they are likely to have “withdrawal symptoms”. These include:

Headache	Anxiety/feeling of worry, concern
Nausea/vomiting	Depressed mood
Constipation or diarrhoea	Increased hunger
Fatigue (tiredness), drowsiness and difficulty in sleeping	Increased desire for the taste of sweets
Irritability	Desire for tobacco

Withdrawal symptoms can be reduced by the support and encouragement of family and friends, finding ways of keeping oneself busy, drinking plenty of fluids, regular exercise, sufficient sleep and eating a balanced diet, or even simple things like carrying out deep breathing exercises.

## What are the Various Forms of Alcohol?

Alcohol is consumed in India in many forms by all age groups: adolescents, men, women and older adults. There are various forms of alcohol:

- Alcohol made from locally grown grains, vegetables and fruits. Eg. *arrack*, *mahwa*, *tari* (*toddy*) etc.
- Distilled alcohol/foreign alcohol like whisky, rum etc.
- Beer.
- Locally made drinks which are illegal but consumed widely.

Although alcohol has been being widely used in India for a long time, in recent years the harmful use of alcohol has increased. This means that people are drinking in quantities which has harmful effects on body.