



Program Booklet



Preface

Tobacco use is the biggest cause of disease and early death among adults. Tobacco use almost always starts during adolescent years while children are still at school. The initiation among children is greatly influenced by the existence and implementation of tobacco free policies in schools. Teachers are perceived as special role models by children. In addition, teachers are generally respected role models in the community. Thus tobacco use by teachers is a great impediment to reducing initiation among children and effective implementation of tobacco free school policies.

The *Tobacco Free Teachers, Tobacco Free Society* program was initiated in schools of Bihar State to promote cessation of tobacco use among school personnel and to encourage schools to become tobacco free. This booklet is designed to make it possible for all schools to benefit from the ideas and information developed during this program. To help with this process, this booklet is divided into two sections.

Section 1 provides information on the six themes of the *Tobacco Free Teachers, Tobacco Free Society* program. This section starts with information about the importance of teachers as role models, the ill effects of tobacco use, and ways tobacco users can get motivated to quit. It then gives specific steps for users to quit, deal with withdrawal, and stay quit and offers ways non-users can lend support during the quitting process. These materials are designed both for tobacco users and non-users.

Section 2 called 'Making the Program Come Alive' outlines ideas based on the content of these themes that teachers and school personnel can use to make their schools tobacco-free. Engaging in discussions, adopting and enforcing a tobacco control policy, and celebrating success are some of the key actions schools can take to make this happen.

We hope that this booklet will be useful for cessation of tobacco use among school personnel and effective implementation of tobacco free policies in schools thereby benefitting school personnel, children and the community.

Sincerely,


P. C. Gupta

Dr. Prakash C. Gupta
Healis-Sekhsaria Institute for Public Health



Dr. Glorian C. Sorenson
Harvard School of Public Health

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About the *Tobacco Free Teachers,*

The Tobacco Free Teachers, Tobacco Free Society is a program developed specifically to promote tobacco use cessation among teachers.



Teachers are role models for youth and are respected community members. If teachers quit or don't use tobacco, there is the potential for the rest of a community to be influenced in a positive direction. This program is collaboration between the Healis-Sekhsaria Institute for Public Health in Mumbai & Patna, Bihar and the Harvard School of Public Health, USA. This program is being tested in schools in Bihar.

Tobacco Free Teachers, Tobacco Free Society is a program for **all** teachers. The program provides information and builds skills required for quitting tobacco use. Using information learnt from the program, teachers will be able to quit tobacco use and assist other friends, family and community members in quitting tobacco.

In addition, the program includes action steps that teachers and principals can take to make their schools tobacco free. The program also includes a lot of information about tobacco that can be used to educate students, friends, family and the community members about the problems.

Tobacco Free Society

program

The *Tobacco Free Teachers, Tobacco Free Society* program is divided into six different themes with each theme building skills that will ultimately lead to tobacco use cessation.

- Theme 1 explains the important role that teachers play in the promotion of tobacco control. As educators, teachers have the opportunity to spread awareness about the ill effects of tobacco use to the community.
- Theme 2 illustrates the harmful effects of tobacco products.
- Themes 3 and 4 deal with the importance of quitting and illustrate the steps to quitting.
- Theme 5 helps in providing tips to deal with withdrawal symptoms.
- Theme 6 provides coping strategies for staying quit.

This program begins with a kick-off in each school. Each month a different Theme is discussed with teachers of the schools participating in the program. In addition to discussions, various activities related to that Theme are conducted during school time. Activities include:

- Health Educators conduct monthly visits with teachers at participating schools. The purpose of these meetings is to present information about tobacco and cessation support related to the theme for that month.

- A Lead Teacher is selected in each participating school and conducts a variety of activities such as:
 - Holds monthly meetings with their fellow teachers at school to discuss particular topics according to the content for each theme
 - Keeps materials related to the program posted on a Notice Board
 - Manages a Suggestion Box where teachers can pose any questions about tobacco or the program
- The school principal chairs a Tobacco Policy Workgroup. The role of the Policy Workgroup is to adopt and enforce a tobacco control policy that will make or keep their school tobacco-free. The Lead Teacher may chair the Policy Workgroup in cases where the principal is busy.

The *Tobacco Free Teachers, Tobacco Free Society* program runs through the academic year, beginning in September and ending in March. For teachers who want to quit tobacco use at any time during the program, a self-help cessation booklet is offered along with counseling by the Health Educators. While the program is not time intensive, we believe that even the small amount of time school personnel commit to it goes a long way in making their schools and the community tobacco free.

Theme 1

Teachers as

The Tobacco Free Teachers, Tobacco Free Society program believes in one very important philosophy: “Teachers are our role models”

Spreading information and awareness about tobacco problems is a key step in the path to success. Educators are in the perfect position to fulfill this role.

School teachers dedicate their time and energy to educating the younger generations of this country. They are also opinion leaders who are highly respected in our society. Teachers' involvement can serve to both educate children and adults about the ill effects of tobacco use and to help the fight against tobacco use throughout the community.

Tobacco is the single largest cause of preventable death in India. It kills nearly a million people every year in India and causes an even greater number of serious medical conditions such as cancers, heart disease, and stroke. Moreover, death rates due to tobacco are predicted to rise very fast because of an increase in tobacco use in recent years.

There are also many costs associated with tobacco to consider. Tobacco costs money and there are the costs of healthcare that result from tobacco use. Most importantly the loss of lives and development of tobacco-related diseases can cause severe emotional pain and suffering to its victims' families and friends.

Role Models

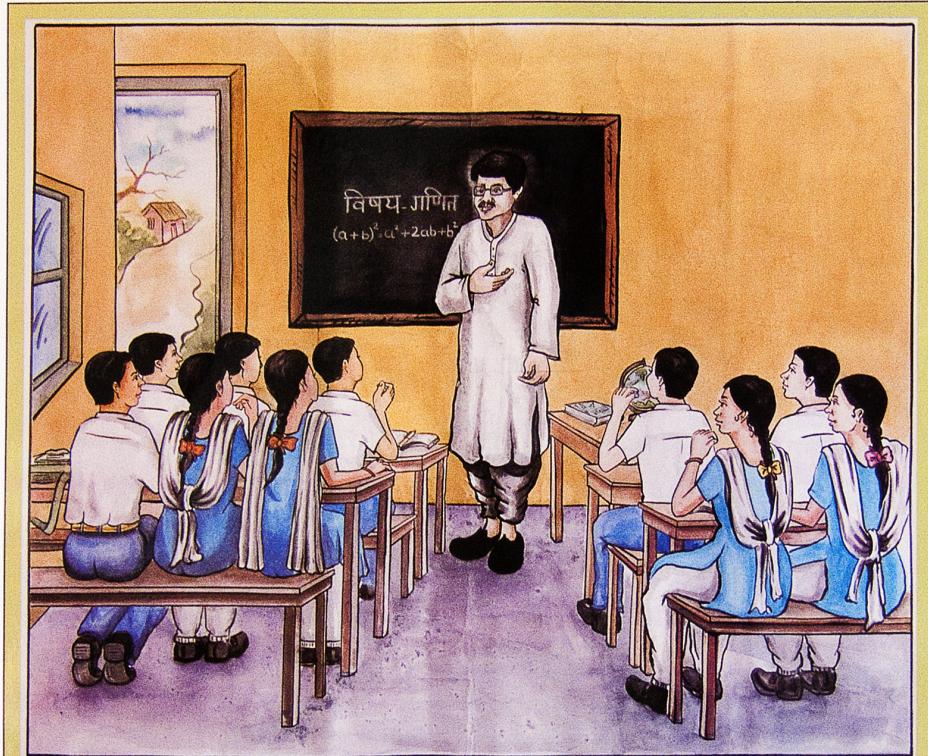
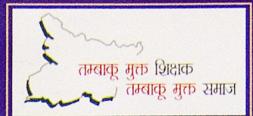
All teachers -- both users and non-users -- can play a significant role in the promotion of tobacco control. We now hope that with the help of this program booklet, teachers and school personnel will be able to:

- Educate others about the true gravity of the tobacco problem
- Become motivated to quit tobacco if they are users
- Learn skills and knowledge to help others quit tobacco use

Spreading information and awareness about tobacco problems is a key step in the path to success. Educators are in the perfect position to fulfill this role. Doing this will also protect their health and the health of their families. Above all their involvement will add more value and meaning to their role as true role models in society.

मैं एक शिक्षक हूँ।

मैं तम्बाकू का प्रयोग नहीं करता हूँ।



मेरे तरह आदर्श बनो।

Theme 2

Health Effects of Tobacco

Learning about the harmful effects of tobacco is a first step in the fight against tobacco use.

Tobacco is one of the biggest public health threats facing the world today. Here are some figures that will help you realize just how dangerous tobacco is:

- India is the 2nd largest producer and consumer of tobacco in the world.
- In India, tobacco kills approximately 1 million people every year. Thus more than 2,500 people die every day or almost 2 persons every minute due to tobacco related illnesses.
- Ultimately tobacco kills up to half of all its users.

There is no question that these numbers are a cause for concern. Many of the bad health effects that tobacco users endure can be traced to the large number of harmful chemicals found in tobacco products:

- Processed tobacco contains at least 2,550 chemicals out of which 28 are known to be cancer-causing

agents (carcinogens).

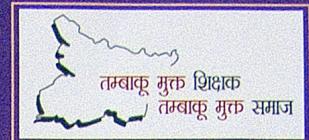
- Cigarette smoke contains more than 4,000 chemical compounds, a large number of them highly toxic.
- Some of the chemicals found in tobacco such, as ammonia, phenol and acetone, are the same ones used in household and industrial cleaning supplies.

There are certain myths, for example, that smokeless forms of tobacco such as paan and khaini are useful in ailments like toothache. But this is not true. In India a large part of the overall tobacco-related problem is due to the use of smokeless tobacco products. In fact, India has the highest rate of oral cancer in the world and about 90 percent of these cancers are caused by tobacco use.

Even non-users are at risk when they are in the presence of cigarette smoke. When nonsmokers, especially children, are exposed to smoke from others smoking nearby, they inhale the same chemicals that smokers do, although may be in somewhat smaller quantity. Over a long term however, these individuals are at an increased risk for numerous health problems such as acute respiratory infections, severe asthma, and impaired brain development. Since there is no risk-free level of exposure to second-hand smoke, the best thing is to eliminate exposure to tobacco smoke all together.



तम्बाकू सेवनकर्ता का श्रीर



मरिताख

- तम्बाकू सेवन के कारण मरिताखापाता हो सकता है।
- निकोटीन से संतर्भता तथा लघुकालीन यादाशत बढ़ता है।
- निकोटीन कार्बन मोलोऑक्साइड तथा द्रुसे रसायनिक पदार्थ जैसे याहूनियों को छानि पहुँचाते हैं, जिससे खाना का अधिक जगता है।
- तम्बाकू में पाये जानेवाले रसायन व्यवस्थाएँ होते हैं।

फेफड़ा

- तम्बाकू सेवन, फैसर से छेनेवाले मृत्यु का सबसे प्रमुख कारण है। दस में से लौ फेफड़े का फैसर तम्बाकू सेवन के कारण होता है।
- तम्बाकू में पाये जानेवाले रसायन फेफड़े के ऊपरी को छानि पहुँचाते हैं। तम्बाकू सेवन के कारण वायु वाहिकाएँ संकुपित हो जाती हैं, जिससे श्वसन संबंधी टीकाकरीन लीमारियों होती हैं।
- धूमपान अस्थामा तथा औकाइटिस को और खराल कर देता है।
- तम्बाकू सेवन ठीं बीं छेने के खतरे को बढ़ा देता है।

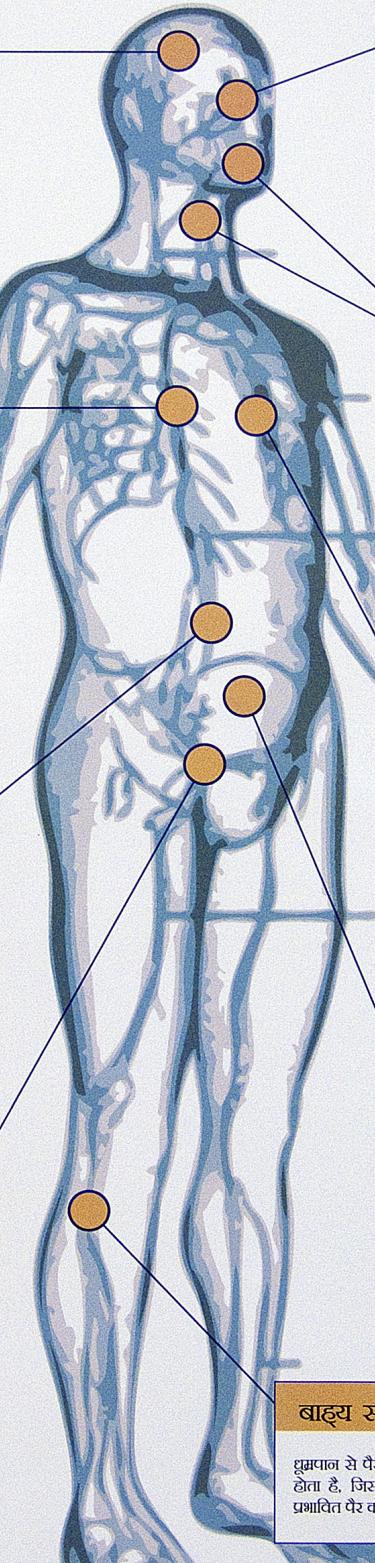
पेट

- पेट का कैंसर संसार का दूसरा सर्वात्यापी कैंसर है। तम्बाकू सेवन पेट के कैंसर तथा आंतों में घाव होने के खतरे को बढ़ा देता है।

प्रजनन तंत्र

तम्बाकू सेवन पुरुषों तथा महिलाओं दोनों में ही प्रजनन क्षमता को घटा देता है।

- पुरुषों में तम्बाकू सेवन शुक्राणुओं की गुणवत्ता को प्रभावित करता है, शुक्राणुओं की संख्या को घटाता है तथा तीव्र की मात्रा को कम करता है।
- धूमपान शुक्राणुओं को विकृत कर सकता है तथा ठीं एन् एं को क्षानि पहुँचाता है।
- धूमपान पुरुषों में उत्तेजना में आगेवाले कमी के खतरे को बढ़ा देता है।
- तम्बाकू सेवन महिलाओं में गर्भाशय का कैंसर होने के खतरे को बढ़ा देता है।



आँख

- तम्बाकू आँख के पिछ्ले हिस्से को अपरिवर्तनीय क्षानि पहुँचाता है।
- यह निकोटीन के विकरित होने के अवसर को बढ़ा देता है, यह एक ऐसी रिश्ती है, जो अंधापन को जग दे सकती है।
- तम्बाकू के कुछ रसायन जैसे - अमोनिया और फॉन्टेनीलाइड आंखों में जलन पैदाकर परेशानी का कारण बनते हैं।

मुँह और गला

- तम्बाकू सेवन मुँह और गले के कैंसर का मुख्य कारण है।
- यानेवाले तम्बाकू से सब-न्यूक्स फाइब्रोसिस होती है (फैसर से पहले की रिश्ती) जो वहुत कष्टदायक होती है।
- धूमपान से कंठ वाले कैंसर होता है।
- धूमपान और वानेवाला तम्बाकू से शॉप की बढ़ती दौतों के दब्बे और मसूरों का ट्रास होता है।

हृदय

- तम्बाकू दुर्दयात्रा (हार्ट अटैक) और हृदयशूल (एंजाइन) के खतरे को बढ़ा देता है।
- तम्बाकू में पाये जानेवाले रसायन धमालियों को संकरण करते हैं, एंट नुक्सान पहुँचाते हैं, तथा खत के शब्दका बलने की प्रक्रिया को बढ़ा देते हैं।
- डिमेट में पाया जानेवाला कार्बन मोलोऑक्साइड हृदय में पहुँचने वाले ऑक्सीजन की मात्रा को कम कर देता है।
- निकोटीन हृदयनन्ति और खतावाप (ब्लड प्रेशर) को बढ़ा देता है।

गर्भवती महिलायें

- तम्बाकू सेवन करने वाली गर्भवती महिलाओं के गर्भाशय शिशुओं का वजन गर्भाल के दौरान घट जाता है।
- तम्बाकू सेवन के कारण प्रसव पूर्व एंट मूत शिशु के जन्म की संभाला बदल जाती है।

बाह्य संवहनी बीमारियाँ

धूमपान से पैर के धमनियों, शिराओं और स्नायु तंत्रिकाओं में लहर एंट सूजन बैठा होता है, जिसके कारण खत का प्रवाह कम हो जाता है, यहाँ तक कि प्राप्तित पैर को काटना भी पड़ता है।

Theme 3

Motivation

So why should someone quit tobacco and help others quit? As stated earlier, there are many dreadful health effects caused by the chemicals in tobacco.

तम्बाकू परित्याग के लिए पारिवारिक प्रेरणा



वर्षा आपको मातृत्व है कि तम्बाकू भविष्य में आपको नुकसान पहुँचा सकता है ?

लेकिन वर्षा आपको मातृत्व है कि अब यह आपको एवं आपके परिवार को श्री नुकसान पहुँचा रहा है ?

आप इस परियोजना से तम्बाकू का परित्याग करना सीखें !

Not only does tobacco lead to life threatening diseases for the user but second-hand smoke can be just as harmful to those around it.

Although tobacco use is one of the leading causes of deaths among adults in India, it is almost entirely preventable by quitting the use of tobacco in any form. Here is a list of reasons that might prompt a tobacco user to think about quitting:

- To avoid many serious health problems
- To feel good
- To save money
- To set a good example for children and the community
- To be a role model for students

The list could go on and on. Can the harmful effects of tobacco be reversed by stopping if a person has been using it for a long period of time? The short answer is emphatic - YES! No matter how long one has used tobacco, quitting will improve health. In just 12 hours after quitting smoking, the

to Quit

carbon monoxide level in blood drops to normal and the excess risk of an acute heart attack will start decreasing. In just 1 year, the added risk of coronary heart disease decreases by half. And in just 5 years after quitting, the risk of stroke is reduced to that of a nonsmoker's. The excess risk of cancer may decrease slowly but that will also be nearly eliminated in about 15 years.

A non-user may want to help a loved one quit tobacco, since quitting benefits tobacco users as well as their families. Quitting can be difficult and a support network of family, friends, and community members is very important during a tobacco user's quit attempt. Non-users play a valuable role in creating a supportive environment that encourages those around to quit.

Motivation to Quit: a Success Story by Mr Mukesh Kumar

My father had a habit of smoking cigarettes. When we were growing up he kept a diary where he would write all of his expenses from day to day. One hot summer evening we were sitting in our courtyard and my father was busy writing in his diary. The list of ever-growing expenses along with the burning heat was making him stressed so he called my 10 year old nephew, Mukesh, to bring him a packet of cigarettes from the nearby shop.

When Mukesh came back he asked my father if he would count the expense related to the freshly purchased cigarettes in his diary. Mukesh went on to ask why he wasn't allowed to have chocolates and lollies all the time since they were both unhealthy and expensive like my father's cigarettes. My father was so furious at Mukesh's questions that he slapped him across the face.

Realizing at once how unjust and wrong his actions were, my father took Mukesh to his arm and wept bitterly. Putting his right hand on his head he made a solemn promise to never smoke again. Since that moment, he never has.



Theme 4

Skills

It has been well demonstrated that preparing to quit tobacco in advance helps in the quitting process. This section will outline the necessary skills to quit.

These skills are important for current tobacco users as they think about quitting, and for non-users wanting to help someone quit. There are five key steps needed to take on the path to quitting tobacco use:

Step 1: Know the reasons for quitting.

The person quitting should know exactly why they want to quit. By quitting tobacco one can live a longer, healthier life, which affects not only a tobacco user but also family and friends. Teachers who quit tobacco are stronger role models for children, and including their students, as well as for the broader community. In addition, tobacco products can be very expensive. Imagine the money one can spend in other ways if tobacco use is stopped! Each tobacco user may consider his or her own individual reasons for quitting as part of preparing to quit.



to Quit

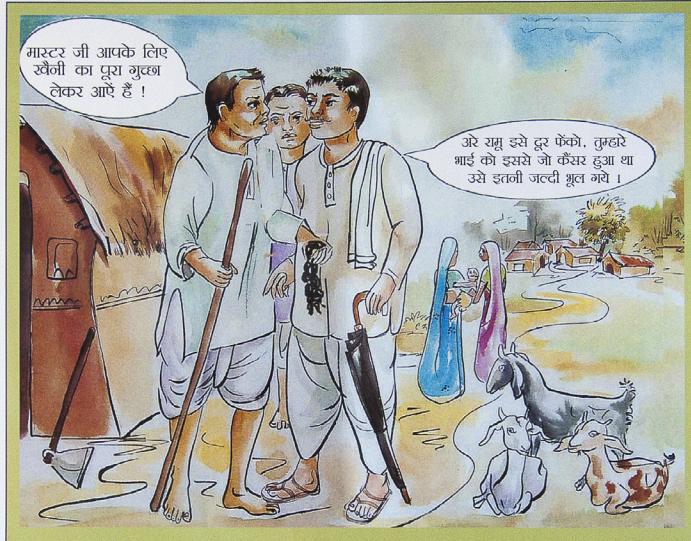
Step 2: Pick a quit date.

Picking a quit date is an important step in moving from wanting to quit to actually quitting. It will help a tobacco user put plans to quit into action. Some people like to pick a special date such as their wedding anniversary or a child's birthday. The person can pick any date he or she wants but hopefully it is not one that is too far away. The day before the quit date, the person may choose to throw away all tobacco products and try to get rid of any tobacco smell in the home. Letting family and friends know about the quit date can set the stage for building support for quitting.

Step 3: Get support.

A lot of people who have used tobacco would not have been able to quit if they did not get support from their family and friends. Friends and family can provide social support during times when staying quit is difficult. They might remind one of reasons to quit or take one's mind off tobacco. It can be easier to stick to the plan of quitting if it is not kept secret so telling others can help one reach their goal.

तम्बाकू को ना कैसे कहें ?



अपने तम्बाकू परित्याग पर गर्व करें !

आप इस परियोजना से तम्बाकू का परित्याग करना सीखें।

Step 4: Make changes in your routine.

One way to reduce temptation while quitting tobacco is to change daily routines. For instance, if one is used to chewing paan after lunch, try and chew a mixture of saunf and anise seeds instead. During the process of quitting it may also be helpful to stay away from others who use tobacco and places that sell tobacco products. Finally, learning new skills and taking up new hobbies can also help a quitter fight the urge to use tobacco.

Theme 4: Skills to Quit, *continued*

Step 5: Learn how to say no.

Saying no to those offering tobacco is one of the most powerful tools one can have to quit tobacco. Examples of how to say no include: “The doctor told me not to use tobacco because it is harmful to my health” or “I think my child’s coughing is because I smoke so I have decided to stop.” Willpower plays a significant role in quitting. A strong determination is an important step for users in quitting and staying quitting.

A lot of people who have used tobacco would not have been able to quit if they did not get support from their family and friends. Friends and family can provide social support during times when staying quit is difficult.

Providing support for those who are quitting

Acting as role models to those who are looking to quit tobacco can be very helpful to them. Here are three things one can do to provide support for someone who wants to quit:

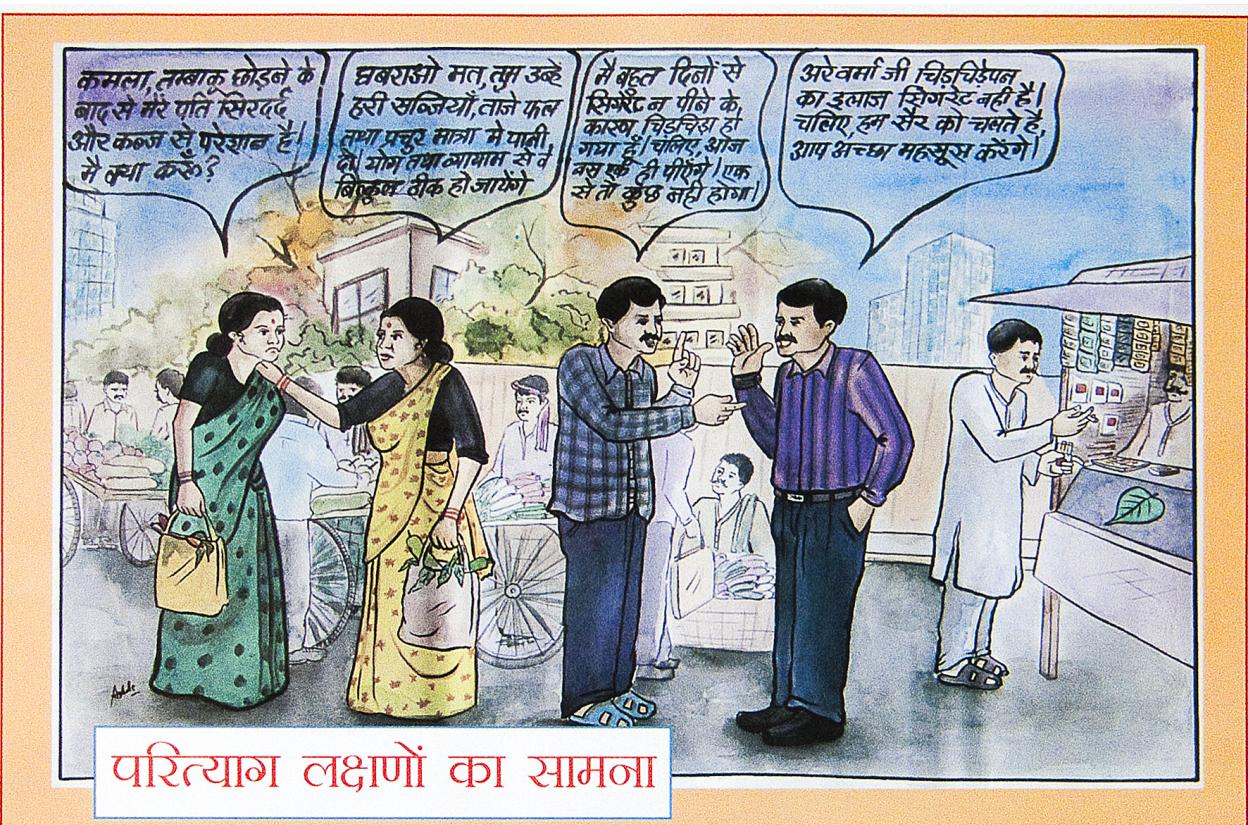
1. Be patient: remember that it takes time for users to quit tobacco. In the mean time, be as supportive as possible.
2. Be positive: let them know that you appreciate the effort they’re taking in quitting tobacco.
3. Show confidence: do not underestimate the willpower someone has to quit tobacco. Even if a friend, family or community member has tried to quit tobacco before and failed, do not discourage him or her and show confidence.

The support that is given to users trying to quit tobacco in the long-run will make an important difference for them.

Theme 5

Dealing with Withdrawal

During the process of quitting tobacco, experiencing withdrawal symptoms is very common. The important thing to realize is that these are real but transient and can be dealt with given the proper strategies.



क्या आप तम्बाकू सेवन के बारे में सोच रहे हैं



People who chew or smoke tobacco get addicted to nicotine, which is one of the most addictive substances known to humankind, and experience withdrawal symptoms after they stop using tobacco products. Withdrawal symptoms are very real and they must be taken care of. These symptoms may include anger,

anxiety, constipation, depression, hunger, headaches, and restlessness among others. These symptoms may last from a few days up to a few weeks. Again, the prospect of withdrawal should not scare or prevent anyone from quitting tobacco. Most people who quit tobacco face many of these discomforts, although not all. In

Theme 5: Dealing with Withdrawal, *continued*

the end, these symptoms will pass and after that one will feel much better than before quitting. The important point is to stay firm and not give in either because of withdrawal symptoms that are transient. Keep in mind that temptations to use will also pass.

Tips for quitters

Here are some techniques you can try to deal with withdrawal symptoms:

- If you are feeling hungry, eat regular meals; hunger can very often be mistaken for tobacco cravings.
- Eat fruits like bananas, guavas, and kishmis when you are craving sweets
- Try meditation techniques or yoga exercises to reduce headaches
- If you feel the urge to chew tobacco, keep a mixture of cardamom and cloves or saunf to chew instead

Many tobacco users like to take up new hobbies and activities to divert their minds when they quit tobacco use. These activities can include:

- Going for a walk when the urge to use tobacco occurs
- Telephoning a friend or going over to a neighbor's house for tea
- Spending more time with children
- Seeking out the company of someone who is also trying to quit or someone who does not use tobacco

As time passes people find that it is much easier to be without tobacco. They also find that their confidence to quit has increased. So the most important thing to do is to stick with it.

Tips for non-users

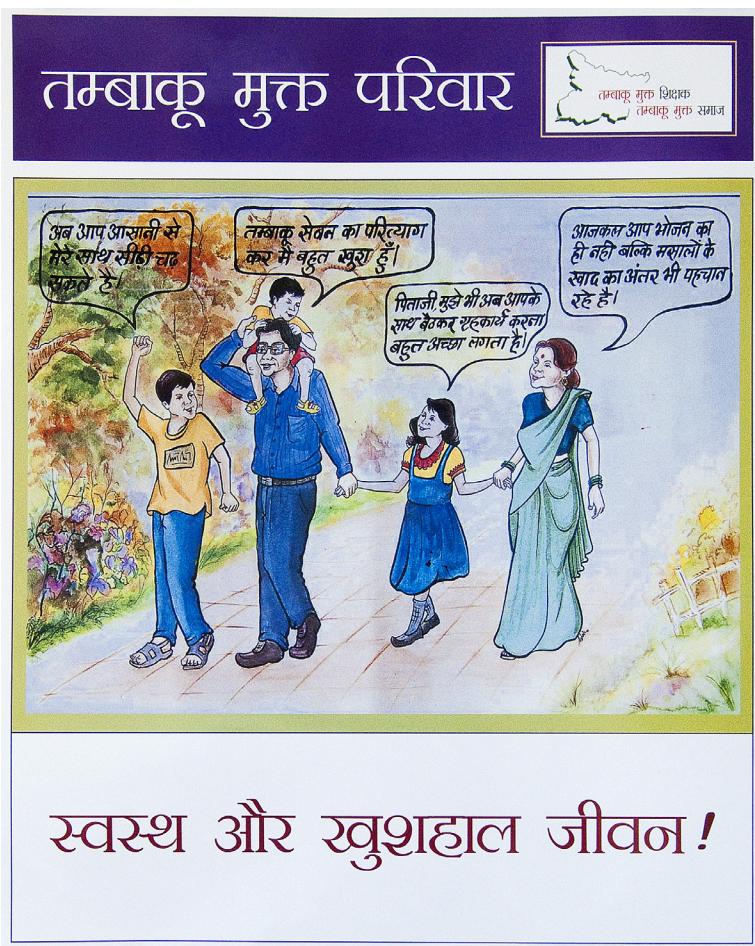
If you are a non-user you can play an important role for a friend, family or community member experiencing withdrawal symptoms. Here are some ways you can lend support:

- Refrain from mentioning anything about tobacco when you are around them
- Divert their minds from tobacco by going on a walk or playing a sport with them if they are experiencing a craving to use tobacco
- Remind them that even though it may be tough at first, they are so many benefits of quitting tobacco – some of which come sooner than later

Theme 6

Maintenance

Staying quit is difficult for a lot of tobacco users. Many people try to quit once or twice before they are able to manage to stay quit forever.



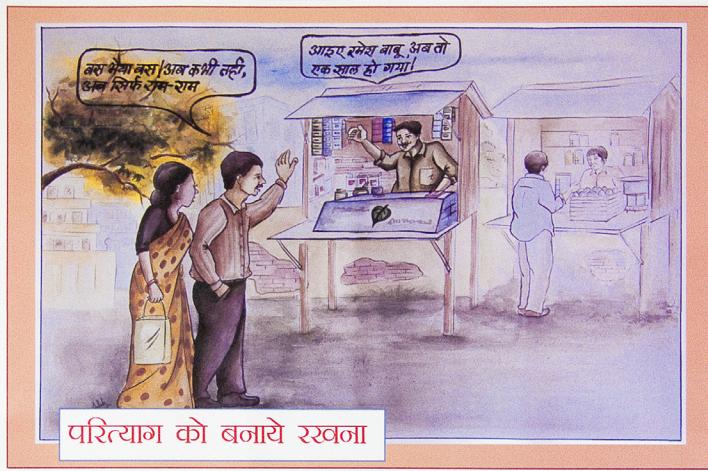
It is okay if one has tried to quit before but has been unsuccessful -- this is a normal part of the process of quitting. Stress, boredom, and withdrawal symptoms can often cause a tobacco user to relapse. The important thing is to learn from experience and to try again.

An important step in staying quit is to remember the reasons for quitting tobacco in the first place. Whether it is for one's family, for one's health, or for financial reasons, keeping the reasons in mind will sustain motivation to stay quit, and may also help in resisting the urge to use tobacco, especially if a family member or a friend offers it.

It is also important to anticipate some events that may cause relapse urges and plan for taking care of them. Here are some ways one can be successful in staying quit:

- Continue to rely on the support of family and friends to help remain quit.
- Take one day at a time. Keeping away from tobacco each day gets one

and Celebration



closer and closer to the goal of being tobacco-free

- Do things that do not involve tobacco, such as reading a book, listening to music, or practicing yoga when getting the urge to use tobacco
- Continue to stay away from people who use tobacco products until confident that there are no longer any cravings for tobacco
- Learn how to say “no” to friends, family, or colleagues who offer tobacco

For those who have quit, it is important to reward yourself for staying free of tobacco. Those who have helped others quit can help with the celebration.

Remember just as a child has to fall many times before he can start to walk, it may take a tobacco user a few quit attempts before he finally becomes successful. The path to becoming tobacco free is not easy so rewards are well-deserved.

Dealing with Withdrawal: A Success Story by Mr Rajesh Kumar Verma

It was 11.30pm and I was sleeping. The ringing telephone woke me up. It was my cousin who informed me that my uncle had cancer. I was in shock. How could a person like him have cancer? He never drank alcohol, he always ate healthy, and he exercised regularly.

When I reached the hospital and enquired about how this happened to him, I was informed that he had been using paan with tobacco and khaini for 20 years. When I saw him in the ward, I felt terrified. As a teenager, I used to smoke with my older friends. Once I was caught by my mother and I had to promise her that I would never smoke again. I failed to keep my promise and couldn't stop smoking for even a single day. But when I saw my uncle, I felt that I had to quit tobacco.

In the beginning it was difficult but whenever I had a craving to smoke I recalled the face of my uncle and restrained myself. Finally I was successful in quitting tobacco. Now I feel that I have done a great favour to myself by quitting this habit.

Making the Program

Quitting tobacco use is one of the most important things a person can do to live a healthy life. So imagine the benefits of making an entire school tobacco-free. Here are three key actions teachers and school personnel can take to make the *Tobacco Free Teachers, Tobacco Free Society* program come alive in their schools.

1. Engage in Discussions about Tobacco Use

Teachers and school personnel can continue discussions about tobacco use throughout the year. Whether it's about finding the courage to start to quit, staying motivated to quit, or providing support for others to quit, holding frequent discussions with fellow teachers can help everyone to remain tobacco-free. These discussions can be held at morning staff meetings, at teacher parties, and even informally in the hallways.

- तम्बाकू में पाये जानेवाले मुख्य हानिकारक तत्व निम्नलिखित हैं:-**
1. निकोटिन- तम्बाकू में पाया जानेवाला यह अत्यधिक द्यसनी तत्व है। (अधिक मात्रा में निकोटिन जहरीला है।)
 2. कार्बन मोनो-ऑक्साइड- यह तम्बाकू के धुएँ में पायी जानेवाली अत्यंत जहरीली गैस है, जो शरीर के मुख्य अंगों में जाकरीजन के जापर्ति को कम कर देती है।
 3. टार- यह एक चिपचिपा पदार्थ है, जो तम्बाकू के परियों के जलने से बनता है। यह फेफड़े के ऊपर परत जमाता है जो कैंसर जनक होता है।
 4. ऐरिकोलाइन- यह सुशरी में पाये जानेवाला एक रसायन है जिसके कारण मुँह तथा गला का कैंसर होता है।
 5. रेडियो सक्रिय यौगिक- यह तम्बाकू में पाये जानेवाला रसायन है जिससे कैंसर होता है।
 6. बेंजोफाइल और डायमिथाइल- नाइट्रोसामिन- तम्बाकू में पाये जानेवाले महत्वपूर्ण रसायन हैं, जो कैंसर जनक है।
 7. कैटमियम लेड और आसेनिक- हमारे शरीर के लिये जहरीला है तथा विभिन्न अंगों को नुकसान पहुँचाता है।
 8. हाइड्रोजन सायनाइट- यह अत्यंत ही विषेली गैस है, जो शरीर के विभिन्न अंगों को क्षति पहुँचाती है।

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B.C. ROAD, PATTNA-1
Ph. 9304653270

Come Alive

Once teachers feel comfortable with knowing how to deal with issues of tobacco use they can apply their experiences in the classroom. By integrating some of the knowledge they've learned about tobacco into their lesson plans, they can improve students' awareness and likelihood to stay away from tobacco use. For example, a simple sum in elementary arithmetic class about the amount of money being saved by a non-user compared to a user in a year given the cost per packet and number of packets used per day might be an eye-opener for children.

Schools may choose to appoint a Lead Teacher, as was done in the *Tobacco Free Teachers, Tobacco Free Society* program. The role of the Lead Teacher can be to organize these kinds of discussions and lesson plans in a more structured fashion. The Lead Teacher might want to create a Calendar of Activities where these discussions and other tobacco-free related events can be scheduled for everyone to see. In addition, the Lead Teacher could keep a Notice Board where news, articles, and other relevant information about tobacco could be posted throughout the year.

2. Adopt and Enforce a Tobacco Control Policy

Another key action schools teachers and school personnel can take in making their schools tobacco-free is to advocate for a school-wide policy. This action directly supports India's National Tobacco Control Policy which bans smoking in public places (including schools) and prohibits the sale of tobacco near schools. A way to do this is to form a Policy Workgroup in charge of enforcing this policy. The Policy Workgroup should consist of at least four members: the Principal, the Lead Teacher, a tobacco user, and a non-user.

Numerous studies have shown that fewer students and school personnel use tobacco in schools with tobacco control policies. There are three main steps to put a school tobacco control policy into practice:

- 1. Adopt a tobacco control policy:** The policy should prohibit everyone on school property from using tobacco, even bringing any tobacco product inside, follow the law on ban of

Making the Program Come Alive, *continued*

tobacco advertising and sponsorship strictly at school, and enforce prohibition of the sale of tobacco within 100 yards of the school as per the law of the land.

2. **Identify ways to implement the policy:** Make sure the policy is communicated to all school personnel. It can be done at staff meetings, school assemblies, and

PTA meetings. ‘No Tobacco’ signs around school should also be posted. This policy as well as other information about tobacco use can be posted on a Notice Board so that it is visible to everyone.

3. **Monitor changes in the school regarding tobacco use:** Look for signs of tobacco use in and around school. Are there fewer cigarette butts? Gutka wrappers? Compare your findings to before the policy was implemented. This will be an excellent indicator of success of implementation of tobacco free policies in the school.

3. Celebrate Success

A school can feel proud of becoming tobacco-free. Teachers and school personnel can plan activities like a parade or a party to celebrate and highlight their school’s success. Being tobacco-free is not only wonderful for everyone in their schools but they have set an encouraging example for the entire community.

विद्यालय तम्बाकू नियंत्रण नीति के तहत निम्नलिखित नियमों का पालन करना अनिवार्य है:-

1. शिक्षकों, छात्रों, विद्यालय कर्मियों, आगंतुकों तथा अभिभावकों से विद्यालय परिसर, विद्यालय वाहन एवं विद्यालय प्रायोजित कार्यक्रमों में तम्बाकू सेवन सख्त वर्जित है।
2. किसी भी स्थान में विद्यालय भवनों एवं कार्यक्रमों, विद्यालय प्रकाशनों/पुस्तकों में तम्बाकू का प्रचार वर्जित है।
3. विद्यालय के किसी भी आयोजनों को तम्बाकू कम्पनियों द्वारा प्रायोजित करना सख्त वर्जित है।
4. विद्यालय में पहले जानेवाले वस्त्रों या कोई वस्तु (जैसे चारी रिंग, पठन-पाठन सामग्रियों, स्टीकर, स्कूल बैग आदि) पर किसी प्रकार के तम्बाकू प्रचार तम्बाकू सेवन एवं इसके प्रभावों को किसी भी स्थान में नहीं दिखायें।
5. विद्यालय के 100 गज के परिसर में तम्बाकू बिक्री या रसना सख्त वर्जित है। इन नियमों का पालन नहीं करनेवाले व्यक्तियों पर राष्ट्रीय तम्बाकू नियंत्रण अधिनियम के तहत दण्डात्मक कारबाहँ की जायेगी।

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Contact Information:

School of Preventive Oncology
A/27 Anandpuri,
West Boring Canal Road,
Patna- 800001.
Phone No: 0612-2282645