

Youself is a trust

# SMOKING



01

## Definition

- Inhalation of tobacco smoke
- Contains nicotine and harmful chemicals
- Causes addiction and health risks

02

## Types of Smoking

- Cigarettes
- Cigars
- E-cigarettes (Vaping)
- Shisha / Hookah

03

## Reasons for Smoking

- Peer pressure
- Stress and anxiety
- Curiosity and experimentation
- Media and social influence
- Addiction to nicotine

04

## Health Effects

- Lung diseases
- Heart problems
- Cancer risk
- Weakened immune system
- Reduced physical fitness

05

## Prevention & Solutions

- Public awareness campaigns
- Smoking bans in public places
- Education programs
- Support for quitting
- Healthy lifestyle promotion

06

## Benefits of Quitting Smoking

- Improved lung function
- Better heart health
- Increased life expectancy
- Improved quality of life
- Financial savings

Quit  
Smoking X