

Notification

Tobacco is the foremost cause of preventable death and disease in the world today. India is the second largest consumer of tobacco products in the world. National Family Health Survey – 3, 2006 indicates an increasing prevalence of tobacco consumption in India, with 57% male and 10.9% females reportedly consuming tobacco in some form. Global Youth Tobacco Survey (GYTS), 2006 also indicates that approx. 14% children in the age group of 13-15 years are consuming tobacco in some form and that the age of initiation into tobacco has come down. The World Health Organization attributes over four million deaths a year to tobacco. This figure is expected to rise to 10 million deaths a year by 2030, with 70% of these deaths occurring in developing countries.

CBSE strongly feels that students should abstain themselves from this deadly habit and has issued **circular no. 58** *‘Guidelines on Protection from Exposure to Tobacco Smoke’* dated November 20, 2009. As an extension to the above mentioned circular CBSE now issues an Anti-Tobacco pledge.

The schools are advised to let students in the age group of 12-16 pledge it in the special ‘Anti-Tobacco’ assembly.

Sd/-

Director (ART&I)



I PLEDGE

I recognize tobacco as the greatest monster of all time killing millions across the globe.

Tobacco singly causes several killer diseases such as lung cancer and cardiovascular events.

Therefore, I pledge to abstain from the use of tobacco and to battle the tobacco epidemic.

I pledge to spread awareness about the hazards of tobacco to the population.

I pledge to lead a healthy, tobacco-free lifestyle. I will say NO to tobacco and will help my friends say NO.

WHAT'S IN A CIGARETTE

There are more than 4000 chemicals found in cigarettes

Ammonia used in household cleaners	Carbon Monoxide a poisonous gas from car exhausts	Formaldehyde a chemical used to preserve the dead	Methanol used in rocket fuels	Tar material used to make roads	
Acetone found in paint strippers and nail polish remover	Arsenic & cyanide lethal poisons	Butane a gas used in lighter fluids	Cadmium used in car batteries	Nicotine & DDT used in insecticides	Tobacco the main ingredient, a green leafy plant