



SMOKING CAN BE "ADDICTIVE"

Do not think that only hard drugs (Heroin / Cocaine / Pethidine Hashish) are addictive. Smoking can also be addictive and worse, can lead to other forms of addiction.

Myths	Facts
Relieves tension and anxiety.	Tobacco is not an anxiolytic - will only add to tension in the long run; Nicotine will depress brain cells and leads to obsession to smoke more and even more to overcome withdrawal symptoms.
I am not smoking at home, or in front of my wife and children.	Still, they become passive smokers and suffer from all ill-effects. Nicotine is present in the breath for several hours after the last smoke.
I am not inhaling smoke.	Nicotine is also absorbed through the nose and mouth.
I smoke occasionally.	One puff of cigarette contains, besides nicotine, over 1,000 other toxic chemicals (toxins). Each cigarette will reduce lifespan by five minutes.
Smoking is not an addiction.	Smoking is the worst form of addiction: <ol style="list-style-type: none">1. Very quick and easy to get addicted to.2. Widely available for easy access.3. Too many can be smoked in a very short time.4. Rapid absorption into the system; requires only 10 seconds to reach the brain and a little bit more time to reach the entire body.5. Social practice and status symbol.
The cigarette I smoke (brand) is safe; has low levels of nicotine.	No brand of cigarette is safe. Each is as dangerous as any other brand.

ATTENTION STUDENTS

**PLEASE DO NOT SMOKE
FOR YOUR OWN SAKE**



**YOUR SMOKING IS INJURIOUS
TO MY HEALTH ALSO**

சாகாவரம்

கடவுளை நோக்கி

கடுந்தவம் புரிந்தது

ஓர் உருவம்.

கடவுள் தோன்றி

‘ உன் பக்திக்கு மெச்சினேன்

வேண்டும் வரம் கேள் ’

என்றார்.

உருவம் கேட்டது :

‘நான் வாழப்போகும் நாட்டில்

எனக்குச் சாகாவரம் வேண்டும்.’

கடவுளும் வரத்தைக்

கொடுத்துவிட்டு

பிறகு கேட்டார் : யார் நீ..?

‘நான்தான் லஞ்சம்...

இந்தியாவில் வாழப் போகிறேன் ’

என்றது அந்த உருவம் !