



:Stop Smoking:



Did you know that day after day you are gradually dying?

Shocked?????

but it's true guys.

if you are a smoker, if you smoke cigarette and drink alcohol then please... stop it now!!

Even after knowing that smoking is harmful to health, we become addicted to cigarettes day after day.

in this video i will tell you why you stop smoking and i believe that after watching this video you will definately quit smoking.

Smoking damages your skin and makes the teeth yellow.

Smoking hurts your lungs.

Smoking causes cancer,Stroke,Asthama,Diabetes and many more deases.

Cigaretes contains nicotin which is really addictive.

Smoking weakens your immune system,, so you're more likely to get bacterial and viral infections.

Smoking reduces blood flow to the inner ear. Smokers may also lose their hearing earlier than a non-smoker.Have you ever calculated? How much you pay on cigarettes in every year.

i will tell you.....

If you smoke a pack of cigarettes a day, you could be spending more than 25000 in a year on cigarettes.

if you smoke,,it's never too late to quit.

Quitting smoking is not easy, But not Impossible.

Start your stop smoking plan with START

S = Set a quit date.

T = Tell family, friends, and co-workers that you plan to quit

A = Anticipate and plan for the challenges you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car, and work

T = Talk to your doctor about getting help to quit

Thank You

By Subrata Midya

49 Bengal BN NCC

Kalyani Group

Jis College of Engineering