ROSARY SENIOR SECONDARY SCHOOL

Tobacco-Free Youth Campaign 4.0

SAY NO TO TOBACCO

SAY YES TO A HEALTHY LIFE!

The school is observing the **Tobacco-Free Youth Campaign 4.0** as per CBSE guidelines. The campaign encourages students to understand the harmful effects of tobacco and make informed, healthy choices. Every student can play an important role in creating a healthier and tobacco-free community.

Why should we stay tobacco-free?

Protect your health

Tobacco use can harm the lungs, heart and other parts of the body. It can lead to serious diseases and affect overall well-being.

Avoid nicotine addiction

Many tobacco products and e-cigarettes contain nicotine, which is addictive. Nicotine can affect the developing brains of young people.

Choose clean air

Second-hand smoke can also harm people nearby. A tobacco-free environment helps protect families, friends and the community.

Make healthy choices. Be a positive influence.

- ✓ **Say no** to cigarettes, bidis, chewing tobacco, gutka and other tobacco products.
- ✓ **Stay away** from e-cigarettes and vaping products.
- ✓ **Spread awareness** by sharing the message with your family members and friends.
- ✓ **Support others** in making healthy choices without judging or pressuring them.
- ✓ **Lead by example** through healthy habits and responsible decisions.

MY CHOICE. MY HEALTH. MY FUTURE.
I PLEDGE TO LIVE TOBACCO-FREE.

Let us work together to build a safe, healthy and tobacco-free school and society. Your voice matters—encourage others to make the healthy choice.

SAY NO TO TOBACCO! • SAY YES TO A HEALTHY LIFE!

Tobacco-free today. Healthier tomorrow.

Annexure – B

E-CIGARETTES ONE VAPE, COUNTLESS REGRETS

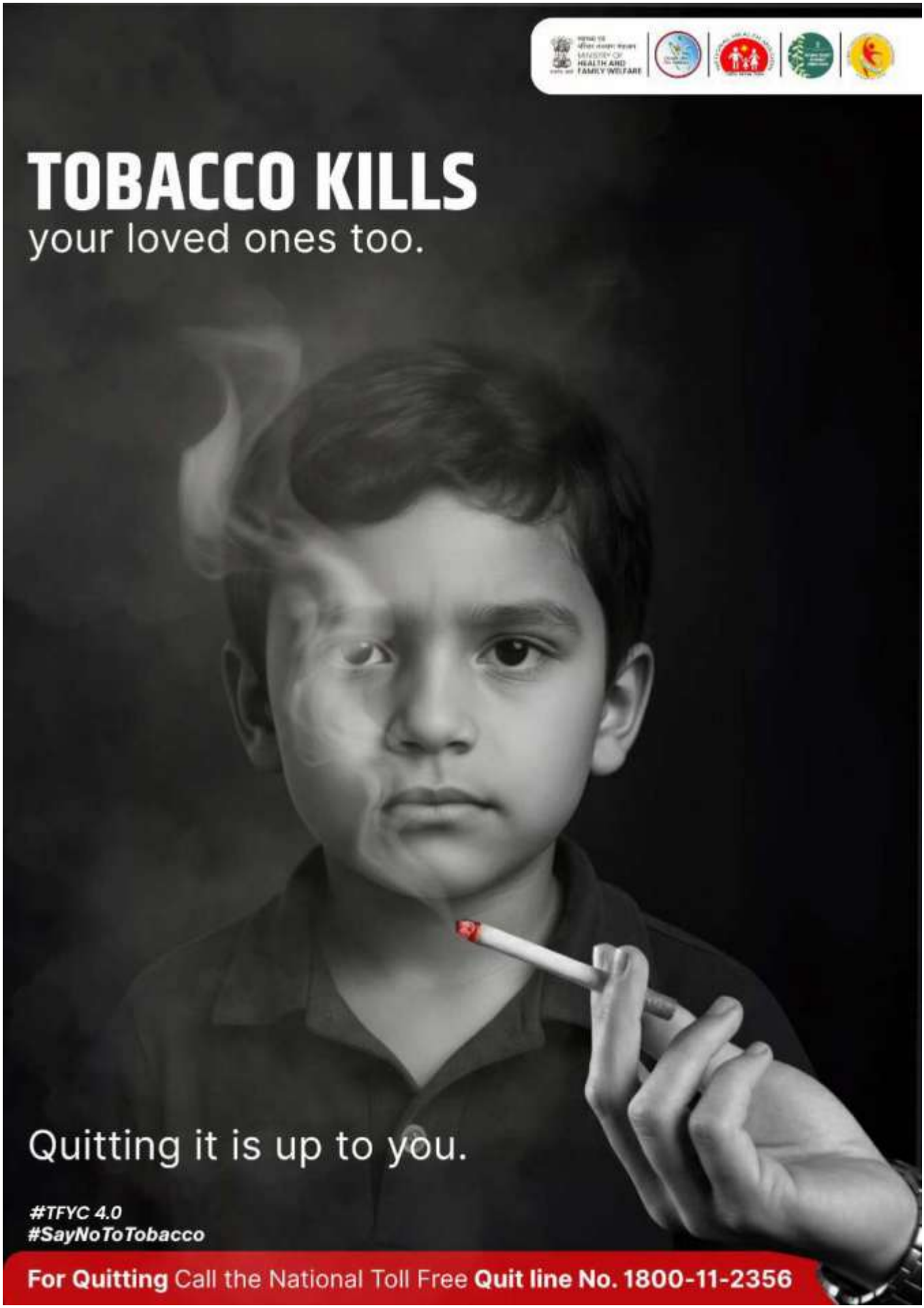
Flavors fool you, but nicotine traps your mind and empties your wallet. Every puff costs your health and your future

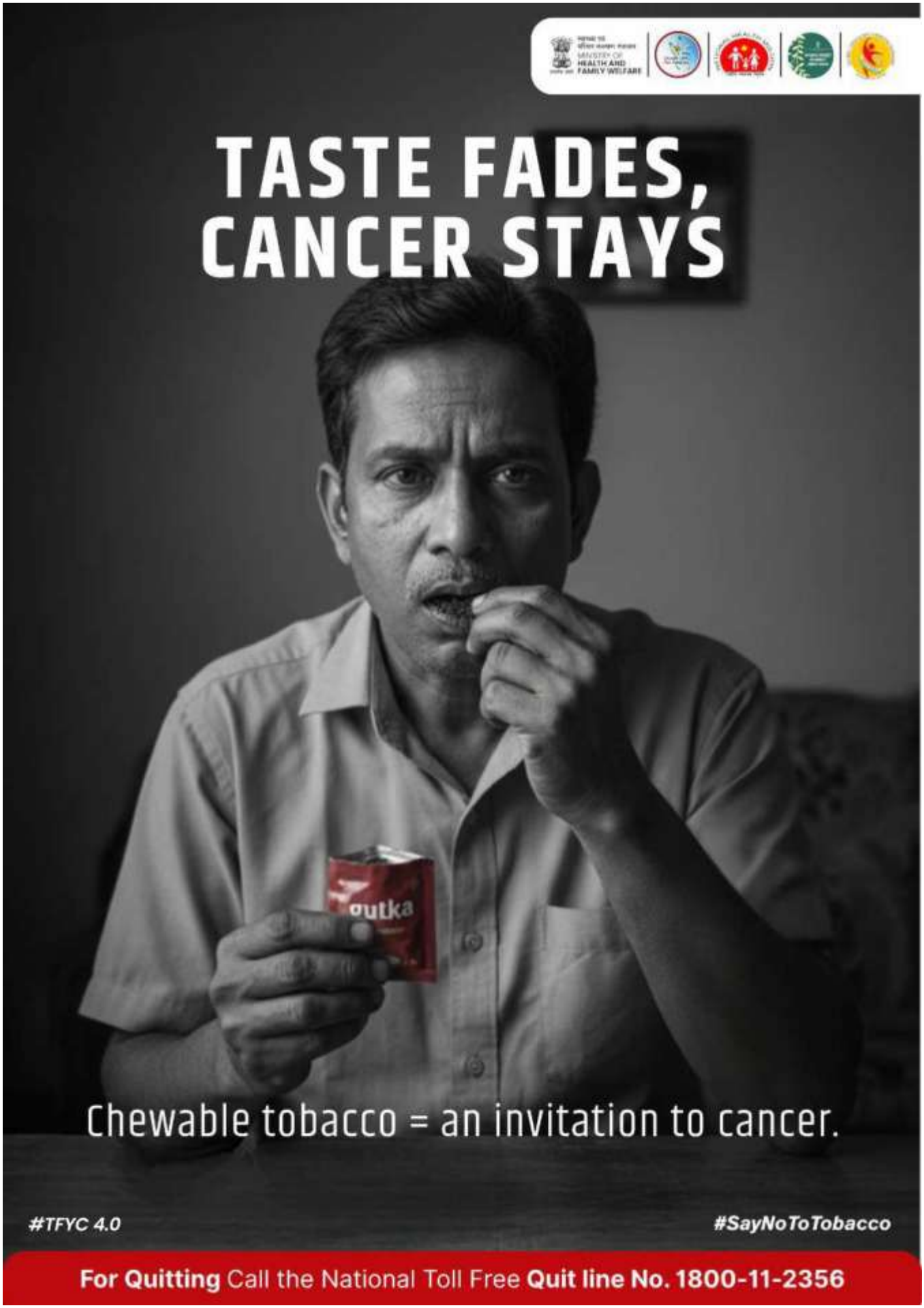


Don't trade life for flavors

For Quitting Call the National Toll Free
Quit line No. 1800-11-2356

#TFYC 4.0
#SayNoToTobacco


MINISTRY OF HEALTH AND FAMILY WELFARE
TOBACCO KILLS
your loved ones too.
Quitting it is up to you.
#TFYC 4.0
#SayNoToTobacco
For Quitting Call the National Toll Free Quit line No. 1800-11-2356


MINISTRY OF
HEALTH AND
FAMILY WELFARE
TASTE FADES,
CANCER STAYS
Chewable tobacco = an invitation to cancer.
#TFYC 4.0
#SayNoToTobacco
For Quitting Call the National Toll Free Quit line No. 1800-11-2356

TOBACCO
A BAD INVESTMENT

Every Puff **Drains Your Health,**
Every Packet **Empties Your Wallet.**
Why Invest in Poison When You Can **Save for Life?**



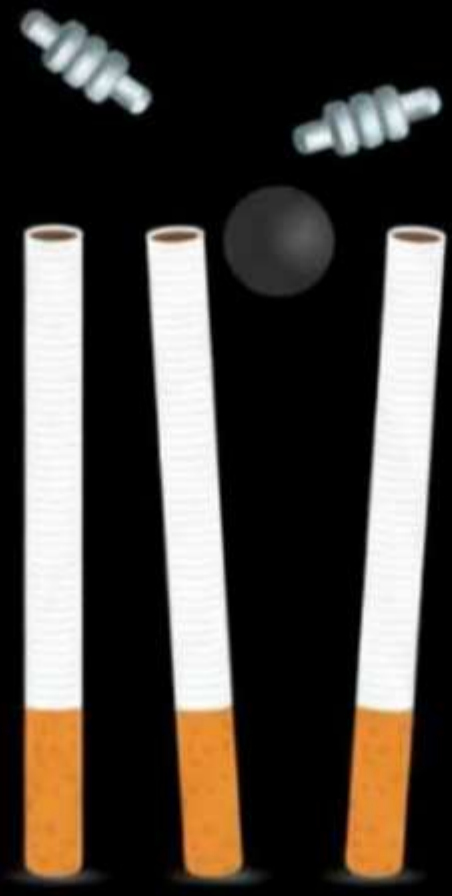
Invest in life, not death

#TFYC 4.0 ***#SayNoToTobacco***

For Quitting Call the National Toll Free **Quit line No. 1800-11-2356**


MINISTRY OF HEALTH AND FAMILY WELFARE
TOBACCO SLOWS YOU DOWN
Say No To Tobacco
Heavy Lungs.
Low Stamina.
No Progress.
#TFYC 4.0
#SayNoToTobacco
For Quitting Call the National Toll Free Quit line No. 1800-11-2356

SAY NO TO TOBACCO



BECAUSE

LIFE HAS NO REVIEW SYSTEM

#TFYC 4.0
#SayNoToTobacco

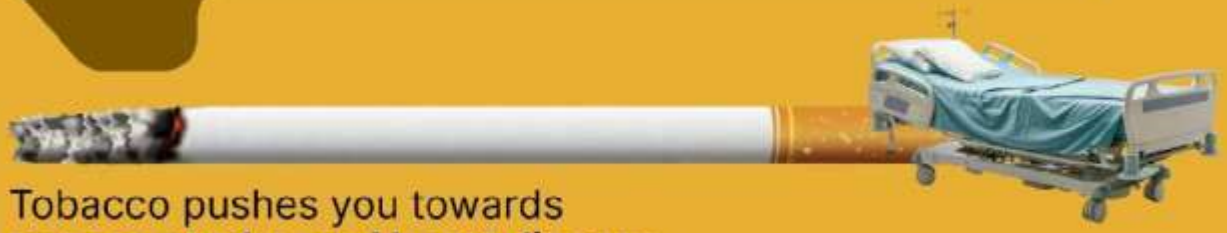
For Quitting Call the National Toll Free **Quit line No. 1800-11-2356**


Mirror won't lie.
Tobacco affects your appearance.
Faster Ageing • Bad Breath • Stained smile
Drop the smoke. Keep your smile.
For Quitting Call the National Toll Free Quit line No. 1800-11-2356
#TFYC 4.0
#SayNoToTobacco


Tobacco: a pack that destroys health and appearance before it steals your life.
For Quitting Call the National Toll Free Quit line No. 1800-11-2356
#TFYC 4.0
#SayNoToTobacco


You Smoke.
They Suffer.
In India, nearly 1 in 3 adults are exposed to second-hand smoke in public places
For Quitting Call the National Toll Free Quit line No. 1800-11-2356
#TFYC 4.0
#SayNoToTobacco

Next Stop: *Hospital.*



Tobacco pushes you towards
cancer, stroke, and heart disease.

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