

CPJCHS/2017-18/328

6<sup>th</sup> Feb. 2018

**CIRCULAR**

**Sub: "1 FOR 1" CAMPAIGN to "ADOPT ONE TOBACCO USER NOW"**

As you are aware that tobacco is the only consumer product which kills half of its users, the tobacco epidemic is one of the biggest public health that world has ever faced, killing more than 7 million people a year. Tobacco users who die prematurely deprive their families of income, raise the cost of health care and hinder economic development.

Tobacco addiction is a gateway of all kinds of drug abuse. In all forms, tobacco consumption not only causes harm to you but your loved ones too. Tobacco damages not only the whole person but also the whole planet. So, we need to be alert before it's too late.

Studies show that among smokers who are aware of the dangers of tobacco, most of them want to quit. But we still do not have adequate Tobacco Cessation assistance in India. Considering huge population of Tobacco users & constraints, Community has to play a vital role. Thus, it is a high time to help them in embracing a healthy life and curbing this Tobacco menace. A helping hand to tobacco user by the Community can save our planet.

You are requested to join this "1 For 1" CAMPAIGN to "ADOPT ONE TOBACCO USER NOW" and become part of this movement, which can contribute significantly in reducing the menace of Tobacco from this planet. In this regard you are requested to:

1. Adopt at least one tobacco user in the year 2018 in any place of India and help him/her in quitting Tobaccos. Tobacco user can be from your Family, Relatives, Friends, Colleagues, Students, Subordinates, Officers, Servants, Drivers, Gardner, Security Guards etc.
2. Register yourself in the <[change.org](http://www.change.org)> site & sign this petition to become a part of this campaign by clicking at the link below:  
<http://www.change.org/p/smokers-eliminate-tobacco-from-your-life-before-it-eliminates-you>  
or  
<http://chn.ge/2lUhrUa>
3. Observe **last day of every month as Dry day** for Tobacco in Delhi-NCR.

***QUITTING TOBACCO SAVES LIFE, WHICH IS WORTH SAVING THE WHOLE OF HUMANITY!!***

  
**Abhishek Jain**  
General Secretary

To:

- All Senior Functionaries
- All Teaching & Non-Teaching Staff
- All Notice Boards
- Incharge Social Media/Website to upload the same on our e-media..