

CIGARETTE SMOKING: A PUFF OF DEATH



Smoking in India has been introduced in 2000 BC when Cannabis was smoked and is first mentioned in the ARTHAVEDA. Fumigation and fire of rings are prescribed in Ayurveda for medical purposes and have been practiced for at least 3000 years while smoking Dumapana, that means literally drinking smoke, has been practiced for at least 2000 years. In India Tobacco was introduced in 17th century. In India a lot of number of people smokes cigarettes or bidis and other tobacco products to get high over these products which helps them to loose their conscious which lead them to stay in peace without any tension but the smoke they inhale is very harmful to

their bodies and to the other people who are standing or sitting right by their side because passive smoking is harmful as well.

Smoking in Public places in India was prohibited nationwide from 2nd October 2008. According to World Health Organisation (WHO), India is among the nation of where approximately 120 Million of population are Smokers in India and India is considered to be the 12% of World's Smoker country. These days in India males and females both the genders smokes cigarettes being careless about their health. Number of Men smoking in India rose to 108 Million which was increased by 36% between the year 1998-2015.

As we all are aware with the fact that Smoking Cigarettes or any other tobacco product kills a person from inside makes him sick each day every day as he consume tobacco products, In India itself 900,000 of people die every year due to smoking as by the research of 2009. Indian Heart Association accounts 60% of the world's heart disease burden, despite having less than 20% of the world's population. In India the legislation made some provisions which were supposed to be followed by each and every citizen of the country. The very First Legislation regarding tobacco in India was, The CIGARETTES REGULATION OF PRODUCTION SUPPLY AND DISTRIBUTION ACT, 1975, which mandated Statutory Health Warnings on Cigarette packets. THE Cigarette and other tobacco products PROHIBITION OF ADVERTISEMENT AND REGULATION OF TRADE AND COMMERCE, PRODUCTION, SUPPLY AND DISTRIBUTION ACT, 2003, abbreviated to COTPA received assent from the President on 18 May 2003 and it came into force on 1 May 2004. The act extends to whole of the India including Jammy and Kashmir as J&K is on the states in India with more population of smokers. Then in India Chandigarh proved to be the state all over India which was declared as the SMOKE FREE STATE, which was being followed by Shimla. Kerala High Court was the star of India which declared smoking in public places is illegal and BANNED Smoking in Public places in the time of the history of whole world, and violation of ARTICLE 21 of The Constitution of India.

In 2004 legislation of India prohibited Sale of Tobacco Products in an area within 100 yards of EDUCATIONAL INSTITUTIONS was brought into force from 1 December 2004 as the age group of 15 to 18 years and 11 to 15 years smokes Cigarettes very often these days. Smoking is prohibited in public places and like: Auditorium, Cinemas, Parks, Hospitals, Public Transport and their related facilities, Amusement Centres, Offices, Libraries etcetera.

As per the new Amendment the present Anti - Smoking Law include:

- Prohibition of Sale of Loose Cigarettes.
- To raise the minimum age of buying a Cigarette or any other tobacco product to 21 years.
- To raise the amount of fine on smoking in public places to rupees 1000 from 200.
- To do away with designated smoking zones in restaurants, and hotels since it doesn't serve the purpose of protecting the non smokers, there is an exception for International Airports.

New Amendment also recommends increasing the maximum fine amount from rupees 10,000 to 1 Lac for Violation of the proposed law by the seller and by the buyer as well, because in India not only people are willing to pay the fine but they are not ready to quit smoking in public places, giving away rupees 200 or 10,000 as penalty is very easy for the addicted Cigarette Smokers. In 2012 102.1 billion of Cigarette Sticks were smoked in India which definitely leads a consumer of the Cigarette towards the deep pit of Cancer and Death rate raises up in India. Central and State government claim making headway people are still openly flouting restrictions on Smoking.

Putting the Cigarette in between the lips and giving it a lite means giving a Stick of Cigarette to make you as sick as one can ever get close to the end of his life, So we all should not be giving anything in this world this much authority to kill ourselves because there are people in our lives connected to each other who might not be left with anyone to care about themselves, so if not about yourself then do care about your loved ones and don't let the Tobacco or Sticks of the Cigarettes kill you or your family or your friends and their respected happiness silently.

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