Annexure - A

Pledge Title: Say No To Tobacco

English Version

Say No To Tobacco

As part of the Tobacco Free Youth Campaign, I pledge that

- **I shall never use**
  or consume
  any type of tobacco products
  in my life.

- **I shall motivate**
  all my family members,
  friends and acquaintances also
  to not to use any
  tobacco products.

- **I shall also contribute**
  to the protection of
  my environment from
  use of tobacco products.

- **I shall encourage**
  at least 10 other persons
  to take this pledge
  which I am taking today.

- **I shall contribute to a**
  tobacco-free society.

Hindi Version

तंबाकू को कहें ना

तंबाकू मुक्त युवा अभियान के अंतर्गत, मैं प्रतिज्ञा करता/करती हूँ कि मैं अपने जीवन में

- कभी भी किसी भी प्रकार के
  तम्बाकू उत्पाद का सेवन
  नहीं करूंगा/करूंगी।

- मैं अपने परिजनों,
  मित्रों या परिचितों को भी
  तम्बाकू उत्पादों का सेवन
  नहीं करने के लिए
  प्रेरित करूंगा/करूंगी।

- मैं अपने पर्यावरण को भी
  तम्बाकू उत्पादों के उपयोग से
  होने वाले दुष्प्रभाव से
  बचाने मे योगदान करूंगा/करूंगी।

- मैं जो आज
  शपथ ले रहा/ रही हूँ,
  उस शपथ को लेने के लिए
  मैं कम से कम
  अन्य 10 व्यक्तियों को भी
  प्रोत्साहित करूंगा/करूंगी।

- मैं समाज को तम्बाकू मुक्त बनाने
  में अपना योगदान दूंगा/दूंगी।

Annexure – B

E-CIGARETTES ONE VAPE, COUNTLESS REGRETS

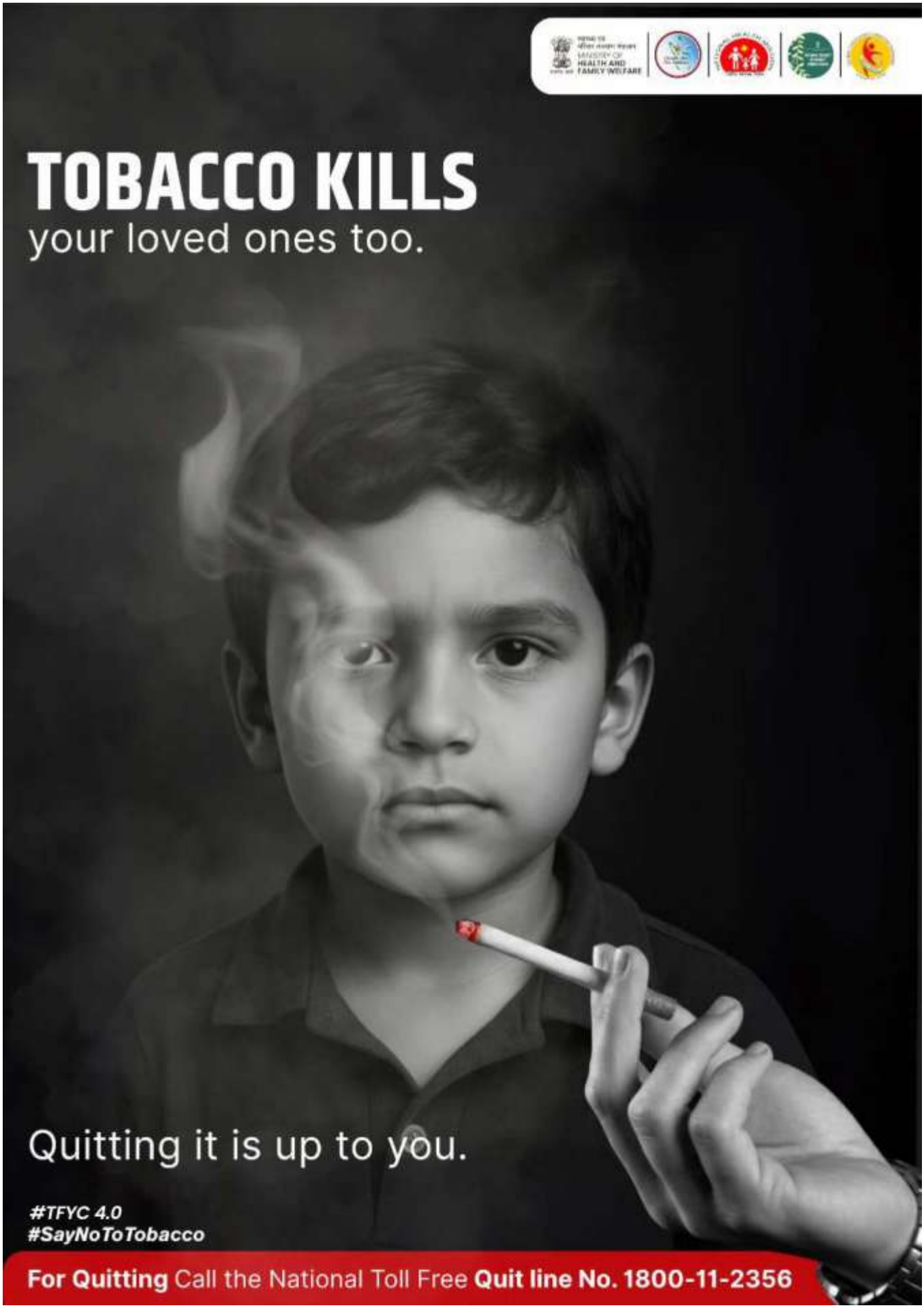
Flavors fool you, but nicotine traps your mind and empties your wallet. Every puff costs your health and your future

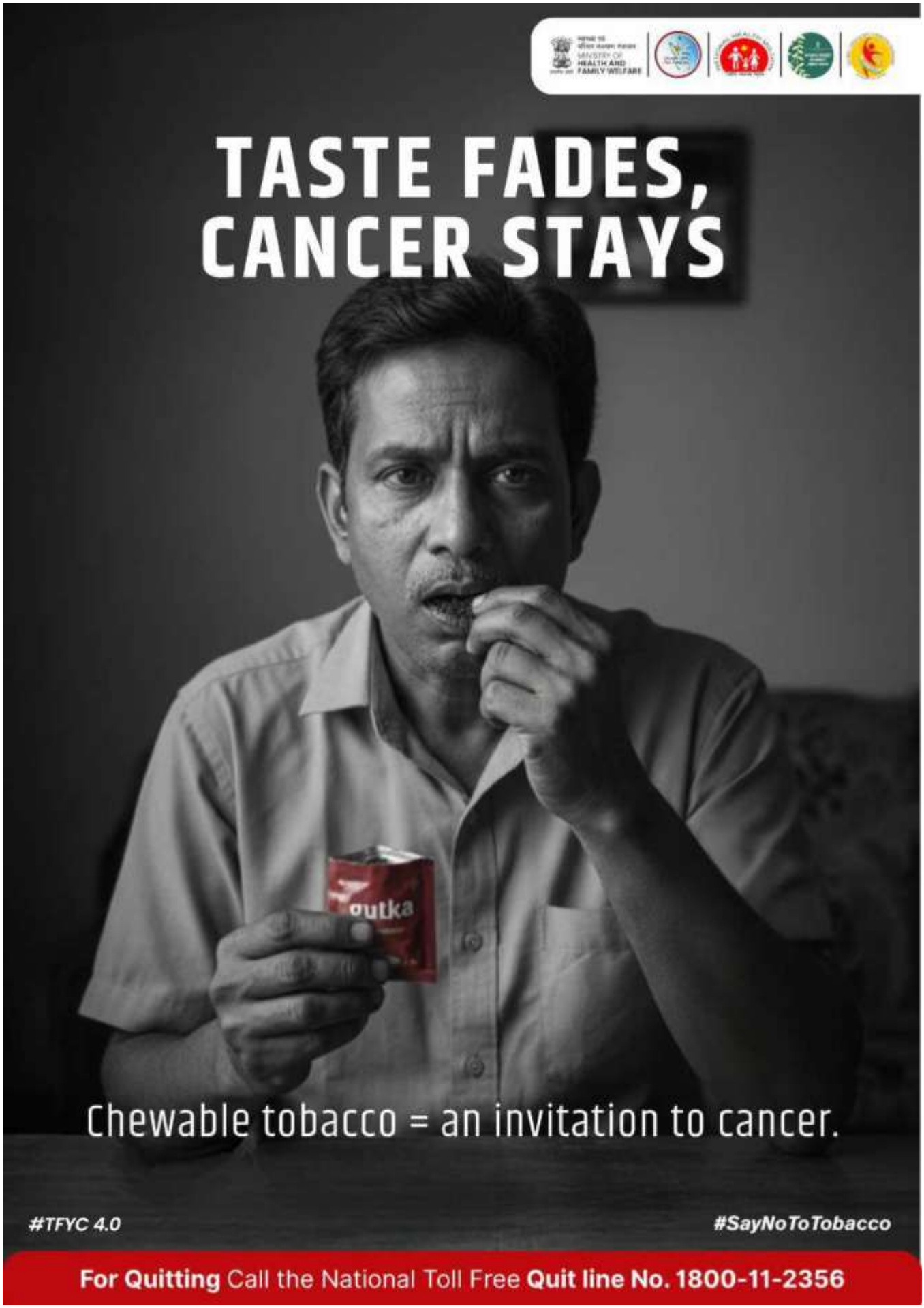


Don't trade life for flavors

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?**



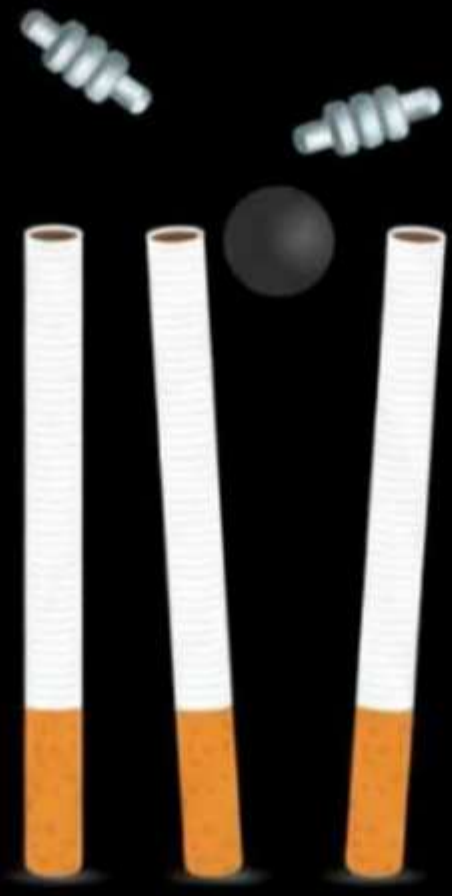
Invest in life, not death

#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

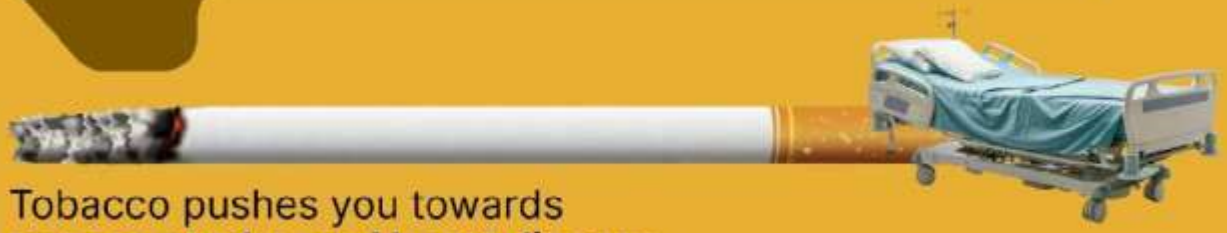
For Quitting Call the National Toll Free **Quit line No. 1800-11-2356**


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.

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

#TFYC 4.0
#SayNoToTobacco

Next Stop: *Hospital.*



Tobacco pushes you towards
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