

A
PROJECT REPORT
ON
AWARENESS OF TOBACCO CONSUMPTION
FOR
CANCER PATIENT SAID ASSOCIATION

PROJECT GUIDE: -
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CONTENTS

1. INTRODUCTION
2. MAJOR ACTIVITIES OF C.P.A.A
3. PROJECT UNDERTAKEN
4. SURVEY DETAILS
5. FINDINGS

ACKNOWLEDGEMENT

We express our sincerest gratitude to Mrs. Sarla Kohli, Regional Director of the Cancer Patients Aid Association (CPAA) who assigned us a project on the smokers of the lower class and students in the age group 18-25years. This project was done primarily to aid the association in finding out the approximate number of people in the lower class who are having a high risk of suffering from cancer later on in their lives due to smoking. We also thank our project guide, Dr. Savitha to give us the proper guidance as and when required. This project was indeed a great learning experience for us.

INTRODUCTION:

Cancer Patients Aid Association (CPAA) is an All-India non-governmental organization(NGO) which is involved in the management and care of cancer patients. This association is a registered Public Trust and has been in existence since 29 years. It is entirely dependent on the assistance from donors, corporate bodies and on it's own internal resources. Very recently, it conducted a fund raising programming last December, to tap the corporate sector for donations. It also takes the help of W.H.O. for meeting it's expenses upto the extent of 50%(i.e. upto the extent of approximately Rs.3,00,000.

At CPAA it is believed that the prime channels to alleviate and assist cancer patients and give them free aid and disburse medicines. Also, CPAA believes that a disease like cancer hurts not only the body but the mind and soul of not only the patient, but the entire family as well. So, they have been working to organize activities that will bring some moments of cheer to the patients and his/her family.

MAJOR ACTIVITIES:

It's major activities include the following:

1. Disbursement of free medicines through it's Aid Disbursement Centre at Mumbai, which provides anti-cancer drugs, blood, artificial limbs, etc
2. Conduct of various programs at educational institutions, factories, offices and other group locations.
3. Free diagnostics through special camps in slums and rural interior around Mumbai, Pune, Delhi.
4. Rehabilitation centres offering employment facilities to cancer patients and their families besides free transport, medical reimbursements, food, accommadastion, etc.
5. Setting up of an association which takes over the total care of a patient on behalf of a donor through the philosophy "Adopt a Cancer Patient"
6. Programs such as "Save one life from cancer" and "Friends of cancer."
7. Organizing of "World No Tobacco Day" every year on 31st May to increase awareness of cancer.

It now intends to increases it's scope of it's activities by:

1. Undertaking wider and more effective programs
2. Leveraging the momentum to conduct an ongoing program regarding the health hazards surrounding tobacco usage.

PROJECT UNDERTAKEN:

We had been asked to conduct a survey of people who smoke and were aged 18-25 years. This project had been proposed by the CPAA in its outline report on the proposed campaign for 1999.

The reasons for this type of survey are:

- It has been estimated that over 70% of the Indian youth population are smokers or consume tobacco in some form or the other. Despite this fact, they are the recent converts to this habit and if proper awareness occurs by our campaign, then it shall be easier to withdraw from this habit.
- Though children below the age group of 18 years and are mostly non-smokers, yet they are very prone to fall into this deadly habit. If by our survey, there is awareness amongst this population, then there shall be an overall reduction in the overall percentage of smokers in the long-run.
- It shall not be very fruitful to create this kind of survey in the older age group as people in this category who are non-smokers, are unlikely to start now and those who do are less likely to give up.
- It is essential to survey in such a manner that we focus on the lower class as it is they who become a liability to the population due to their procuring cancer due to smoking.

AREAS COVERED FOR THE SURVEY:

In our survey of smokers, we covered the following people aged 18-25 years in the following areas as mentioned below:

TYPE OF WORKERS

1. Handicraft workers
2. Garage workers and carpenters
3. Workers in the Civil Deptt.
4. General public in the lower class
5. Students

AREAS COVERED



Indiranagar
HAL IInd Stage
Jaynagar 4th Block
Indiranagar
Banshankari IInd Stage

SAMPLE SIZE:

Our sample size for the required survey was 50.

Thus, $N=50$

SURVEY DETAILS:

1. Survey of handicraft workers:

We interviewed around 10 handicraft workers in the Indiranagar area of Bangalore. These people earn approximately Rs.4500 Per month depending on the number of pieces on which they do the work of handicrafts. These people are therefore in the lower middle class of the population. They work under a lady Boss by the name of Mrs. Yashmeen Muzabit. These workers are daily wagers.

However, these workers have been troubling their lady Boss lately due to their one very bad habit, and that is the habit of consuming tobacco in some form or the other. These workers are so much addicted to tobacco that they cannot even think of leaving this habit of theirs. Some of these workers consume tobacco in the form of cigarettes thereby consuming nicotine as well. Nicotine as we all know is another very deadly habit which eats the human body as a parasite eats its prey. These people smoke cigarettes and Beedis at an unimaginable rate of 10-20 per day! Some of the workers are also chain smokers and almost blow up their entire earnings in smoke. These people don't even think of their families as to their responsibility of feeding and clothing them. They only know that, all that they have to do in their lives is to satisfy their desire to smoke or consume tobacco in some form like Gutka, Pan Masala, etc.

These handicraft workers however realise that they are harming none other than themselves when we asked them as to whether they were aware of the harmful effects of consuming tobacco with respect to even falling a prey to the deadly disease of cancer which might ultimately cause their death as well. These workers are also full aware of the fact that they are addicts to consuming tobacco and indeed have no plans of leaving this habit of theirs. They can be said to be so selfish that they don't even care that passive smokers, be it their family members or friends are at a higher risk of procuring cancer. They have only this thing to say that if they don't consume tobacco in some form or the other in any particular day, then they feel very irritated or frustrated or experience pain in their bodies or are not in their normal self. These workers can never even think of quitting smoking or consuming tobacco in some form or the other. When asked to

express their views on the annual observance of 'World No Tobacco Day' on May 31 every year, the general opinion of these workers was that it was nice to observe this day to create awareness of cancer amongst the general public(specially the youth), the workers requested us that the people who do not smoke should not fall into this habit of consuming tobacco as it is really very difficult to quit this habit. They were really very happy that at least the youth of today is at least thinking of spreading the message of creating awareness of cancer to the masses. They even asked our addresses and contact phone numbers so that they seek help from us as and when required.

While we were interviewing these poor handicraft workers, we were filled with awe and anxiety at the same moment. We were worried over the fact that these handicraft workers were not thinking of their future but on the other hand were gradually killing themselves by this poison of consuming tobacco and falling into the prey of becoming cancer patients in the near future. We felt pity for these workers at the same time because although they know that they are addicts, they can't think of quitting this habit as they used to experience physical pain. The selfishness of these workers was one thing to which we found very difficult to react. On the one hand we felt angry for their habit of not consuming tobacco amongst the others who do not consume tobacco. Whereas, on the other hand we felt pity for their inability to leave this habit and not bothering of the risks to the passive smokers when they are busy gratifying themselves of their satisfaction in pursuing their habit. One important thing that really influenced our general perception of the people who consume tobacco, was their advice given to the non-smokers on the occasion of the observance of the 'World No Tobacco Day' on the 31st of May every year. These people said that the non-smokers should never fall into the habit of consuming tobacco as it is really very difficult to quit this habit if one falls into this habit. We were really impressed over this realization of these handicraft workers who were not very educated that the entire population of India should not consume tobacco in any form. Their asking us our contact phone numbers gave us an indication that these workers were really concerned of their health for if any problem occurred due to their habit of consuming tobacco, they could seek the help of CPAA. It was indeed a great experience for us to interview these workers.

2. Survey of Garage workers and carpenters:

We also interviewed approximately 10 workers who were either carpenters or garage workers. These people managed to earn an amount of Rs.2500-6000 per month depending on the availability of vehicles given for repair during a particular month (for garage workers) or the number of furniture pieces produced in a particular month (for carpenters). Thus, these people are also of the lower income class of the population. These people however spend around Rs.30-40 per day to satisfy their habit of consuming tobacco in some form or the other.

We posed them to the questionnaire that we were supposed to ask to the people who consume tobacco in some form or the other. We found that most of the garage workers and carpenters in the HALIInd Stage used to consume tobacco in some form or the other. Our study revealed that the maximum population of carpenters and garage workers in this particular area used to take either cigarettes or khaini or Gutka and their frequency of consuming these were ranging normally between 1-5 and between 5-10 in some extreme cases. Almost 90% of them had fallen into this habit of consuming tobacco in some form or the other at a very young age (mostly in teens) and had been influenced by their friends to fall into this deadly trap from which the only and the last escape was Death and nothing else. Also, most of them know that they were addicts and gave various responses as to what they felt when they wouldn't smoke for around half a day. Some said that they felt restlessness, some said that they felt tensed or had a terrible headache. Some of the acute cases of tobacco addicts also felt that they would go mad if they were ever asked to quit smoking. According to them, Tobacco was their soul and blood and they could never imagine to quit the consumption of tobacco. They did not care for the harm that cigarette smoking causes to the people who don't smoke but may be in the vicinity of the smokers while they are smoking. This was because they never let their parents or their spouses know that they were addicted to smoking. They practiced this habit of theirs very prudently hiding it from the eyes of the people who care for them and who have a right to cudgel them. These people are fully aware of the fact of the perils that consuming tobacco in any form can cause but are unable to quit this habit of theirs. Some of them have even tried to quit smoking in their past but couldn't succeed in this effort of theirs as

they experience a lot of physical pain in doing so. So, they have restarted this habit of theirs and intend to continue this in future as well. When asked to express their views regarding the observance of the WORLD NO TOBACCO DAY every year on the 31st of May every year, Most of them responded saying that one should not fall into the habit of consuming tobacco but some of them even said that the choice of smoking should be left on an individual as every has his/her lifestyle and should stay as one wishes.

While we were interviewing this class of workers, we were amazed to know that a majority of these workers were into this habit of consuming tobacco in some form or the other. We were also surprised to know that these lower class people who do not have enough to fill their stomach every day were able to smoke of up to 1-5 or even 5-10 cigarettes shelling out approximately Rs.30-40 per day. We felt remorseful at the plight of the dependents in a family where the main earning member was an addict of tobacco consumption in any form. When we came to know that these people were addicts, we felt a deep pain in our heart. We felt pathetic over their condition at the moment that even if they wanted they could not leave this habit of smoking as they experienced acute physical pain. We both felt very bad for the people who were dependent on the ones addicted to smoking as they practiced this habit of theirs without the former's knowledge. The dependents might be feeling that they shall be having god food and a roof over their heads throughout their lives; but it's pathetic to even think of the day when the earning member of the family shall be forced to breathe his last, thanks to tobacco! Although these people were not educated to the primary level also, yet most of them at least advise the non-smokers not smoke ever in their lives. We really heaved a sigh of relief at this as we felt happy for the fact that even the not-so educated youth of India is against the habit of consuming tobacco, so what if it is in their thoughts only and not in practice. Someday, we feel that these people shall also practice their thoughts in this regard. The future is definitely bleak but not impossible to reach.

3. Survey of workers in the Civil Deptt.:

We interviewed some people of the CIVIL Department. These people were also daily waged workers who worked under a contractor. These people have been consuming tobacco in the form of cigarettes or Bidis. These people earn around Rs.3000-4000 per month and therefore fall in the lower income group.

They generally consume these in the frequency of 5-10 or even more than 10 in some very acute cases. They prefer the economical ITC Small or the Ganesh Bidis generally and spend around Rs.2-20 per day to pursue this of theirs. Most of them have fallen into this habit in the company of friends handsome have fallen into this deadly trap at a very young age of around 12 years. Around 99% of them know that they are addicts but care the least of the consequences in the future with respect to the diseases that this would cause and that this would one day cause them their dear life as well. Even after we highlighted them with the problems that tobacco consumption in any form may cause in the future, they still held on to the fact that they would like to continue in this habit in future as well. They say that they have never tried to quit smoking in future and in fact can never even think of doing so, as they feel that then their life would be meaningless. When interviewed of the dangers to the risks involved to the passive smokers these workers said that they don't have anything to say in this regard as their economical condition doesn't permit them to think beyond their ownself. When asked to express their views on the observance of WORLD NO TOBACCO Day the 31st of May every year, these people said that every person in this world have their own individuality. So, according to them people should be left on their own as to the decision of smoking. Thus, in their opinion the people who feel like smoking should be allowed to smoke and those who do not feel so should not be forced to fall into this habit.

When we were interviewing these lower income people, we were angry over the fact nothing as yet has been done to spread the awareness of the dangers of consumption of tobacco specially by smoking cigarettes, bidis, etc. We were wondering as to why the Indian Government has not taken proper steps in this regard and why nothing substantial has been done to curb the habit of not smoking in the youth population of this class. We were aghast to know that these people have fallen into this habit at a very young age of around 12 years when usually children at this tender age enjoy their life in their own way. Thus, the golden age of theirs was lost in the company of those who have fallen into the trap of smoking and slowly killing themselves. We also felt from their indifferent attitude to the perils of smoking that there were very few awareness programs directed specially to this segment of the population. Due to this, most of the workers in this class of the Indian population never bother of the harm that tobacco consumption in any

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form (be it cigarettes or Biddies or any other form) is causing to themselves as well as to the entire world. We wondered their being able to spend Rs20 per day for smoking which meant that about 1/4 or even 1/3 of their earnings per month are blown up in smoke. On top of this, these people feel that they can't think of quitting this habit of theirs. They do not realize the fact had they been able to save this entire amount that they blow up in smoke; they would be able to utilize this amount for their rainy days. They are not realizing this fact also that so long as their pair of hands are able to work, they are able to pursue this habit of theirs. Once they develop some or the other disability, who will feed them and who will give them money to smoke? That is the big question for which efforts have to be made to spread the awareness of the Pandora box of dangers which come along with this habit of smoking or consuming tobacco in any other form.

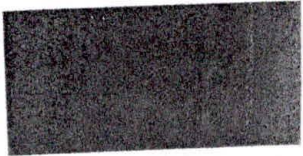
4. Survey of the general public in the lower class:

We then interviewed the general lower class people in the Indiranagar area of Bangalore. These people comprised the building workers, bar-tenders, cooks, workers in the paper bottling plants and in the mattress making industries. These workers are of the daily waged type and earn around Rs.2500-4000 per month. They are thus in the lower income level of the Indian population.

The workers in this category consume tobacco in the form of cigarettes mostly but a significant number of them also take Bidis, Gutka, Khaini, Pan Masala (Zarda), etc. The frequency of consumption of tobacco in the aforementioned manners ranges between 1-5 and 5-10 in most of the cases but in extreme cases also excess 10 per day. The most popular brand in this category is ITC Small but the other brands like Berkeley, Charmin, Scissors (Small) and Gannet Biddies are also preferred. These people have fallen into this habit since the age of around 8-12 years and once again their source of motivation to fall into this trap were friends. They are fully aware of the fact that they are addicts and they can't think of quitting this habit in the future as they feel tired easily or have indigestion or feel dizzy or experience acute pain in their bodies if they do not smoke even a single day. When asked to react to their risks to the dangers to the passive smokers due to this habit of their smoking, these people mostly said that they do not smoke in front of their family members of those people who don't smoke or in front of


those who have problems in smoking. Some of the people whom we interviewed in this category did not even know the harmful effects that this habit of their smoking or consuming tobacco in any other form would cause. However the others who were well aware of the dangers of consuming tobacco in any form were equally keen to pursue this habit of theirs in future as well. However there was an optimistic tone in this segment of the population with respect to the quitting of this habit in future. While some of them can't think of quitting yet they held the belief that if they try they can succeed in future in this respect. The advice that these people have given to the non-smokers on the occasion of the observance of WORLD NO TOBACCO DAY is that it is better not to smoke or even try this anytime in one's lifetime. They are aware of the fact this is a bad habit and it is better not to even try it. Yet, as always there were some exceptions in this case also who said that one should smoke as it gives a feeling of relaxation and tension-free mind.

The experience that we had with these kind of workers was quite heart rending. Once again we found to our pitiful state that these people fell into this habit at a very young age when usually the children enjoy. Thus, their golden period was lost in smoke amongst the fumes of cigarettes or biddies, etc. We wondered why there were no persons who would have told them of the dangers that this would cause in their future lives and their future generations well. It is really pathetic to listen to the worries of their spouses and their dear ones who really wish that these people would not have fallen into this trap which was gradually eating them up like a parasite destroys its prey. We were however very happy to know that there were a few in this particular segment of the population who were having a positive note in quitting this habit in future. So for the first time in the survey of the lower class people did we meet some people who were willing to quit this bad habit in future. Hence this positive thinking amongst this class of people really gave us some encouragement in doing our work. While there was a chunk of the population who could not think of quitting yet there was this segment (though small in size) which was thinking of trying to quit smoking in the future. Their advice to non-smokers of not smoking ever in their lives was a real pleasure in the truest sense. We were thus encouraged to continue our survey.



5. Survey of students:

Our final class of the population which was to be surveyed was the student population. These people were pursuing some or the other professional course like MBBS or MBA, etc. They ~~ahoud~~ had an annual family income of approximately Rs.1-1.5 lakhs. Thus, they constitute the middle class of the Indian population.

When we interviewed these people we found that they usually take tobacco in the form of cigarettes in the frequency of around 5 or more than 10 in some very acute cases. The preferred brand was ITC king and WILLS but other brands like Gold Flake, etc. was also common. The general age since these people have fallen into this habit was 16-18 years when maturity had not dawned into them and their friends helped them to smoke. With regard to the addiction into this habit, the student population realize that they are addicts and can't even think of leaving this habit in the near or for that matter in the distant future as well. The student population who smoke feel that if they don't smoke they can't lead their normal lives. Infact, some of them have even tried to not smoke for 1-2 days and they have felt dizziness, restlessness, tension, etc. As pointed by one of the students, he says that "something keeps pulling me to smoke." As regards to the dangers to the passive smokers, the student en mass feel that one should not smoke in front of those who don't smoke or have any problems to smoke. However there are some who also say that the whoever feel like smoking should smoke and there should no be any restrictions to smoking or consumption of tobacco n any form. This segment of the population spends on an average Rs.10-25 per day but some also spend around Rs.50-70 per day. For smoking .this segment of the population are fully aware of the harmful effects that cigarettes smoking or for that matter the consumption of tobacco in any form can cause to their lives Burt have no planned to qui this habit in future. Some of them have tried to quit smoking but they have not succeeded in this endeavor of theirs. When asked to express their opinion as to the observance of the WORLD NO TOABCCO DAY on an annual basis, some of them wondered why there were such celebrations when there were so many other crucial matters that the  government should tackle like unemployment, etc. however, most of them appreciated this effort of the NGOs to spreads awareness in the masses in this regard.

While we were interviewing the student masses, we felt the great difference in the manner in which • were entertained in asking the questions from the awareness of tobacco consumption. Unlike the lower class population where we were treated with a lot of respect, the student population in general seemed disinterested in replying to our questions. This was mainly due to the fact as we later learnt that they had become tired that every now and then they would be questioned by various groups of surveying people on some or the other matter. Thus, they now abhorred the sight of survey people also. However, one thing that was really troubling us was the fact that most of the people whom we interviewed in this class of the population were addicts and could not quit it. Also, they were spending a lot of their parent's money in smoking or consumption of tobacco in some form or the other. In most of the cases the parents did not know that their children was blowing up their money in smoke. What a state of shock these parents shall feel when they see their children dying due to cancer which is one the aftermath of the addiction to smoking! We really felt pity for the parents whose hard-earned money was being blown up in smoke. However, there was good news from the NEgos whose efforts were generally appreciated by the students. Thus, we observed that these was general awareness as regard the harmful effects of the consumption of tobacco in forms like cigarettes, biddies, Pan Masala, etc. This awareness is not sufficient if we have to spread this message but the youth of today should be given proper counseling to quit smoking. Thus, we completed our survey on a positive note.

CONCLUSION:

From the survey that we conducted and the findings that we have put in tabular and graphical format, we feel that there is a need to create an awareness to the perils of the consumption of tobacco. The youth of today shall fall into the dark pit of cancer if effort s to curb the spread of the consumption of tobacco doesn't occur. We feel that it is the duty of the students to stop the consumption of tobacco in various forms specially through cigarettes as this is very high. This is because, the students are educated and fully aware of the harmful effects of smoking. It is these people on whom India's future depends. Thus, we feel that the student population should go the illiterates who are gradually

killing themselves by consuming tobacco in some form or the other. The NGOs like CPAA are doing a good job but nothing can be achieved without the help of the people. So, it is our duty to stop this suction of people into the deadly trap of cancer due to tobacco consumption. So, we should take the help of NGOs to achieve this aim to make the world a better place to live in not only for us but also for the future generations as well. It was thus a very good learning experience for us working with this NGO.

FINDINGS :

LOWER CLASS:
RESPONSES TO VARIOUS QUESTIONS OF THE SURVEY

F1 F2 F3 F4 F5 F6 F7 F8 F9 F10 S1 S2 S0
(= S1 + S2)

1. Consumption of tobacco in various forms

[illegible]

2.No.of times of tobacco consumption per day

[illegible]

3.Preference to any specific Brand

WILLS	1		1	1	1	1	5	9	14
ITC SMALL	1		1		1		3		3
ITC KING								0	0
BERKELY		1					1		1
SCISSOR						1	1		1
GANESH BIDI	1	1			1		3		3
MANGLUR BIDI		1							
KHAJA BIDI			1					1	1

4. Since what age consuming Tobacco:

10-13 YEARS	1	1	1	1	4	8	12
14-18 YEARS	1			1	1	3	5
19-21 YEARS			1		1	2	4
22-25 YEARS				1		1	1
							27

4.1.How did you fall into this Habit :

[illegible]

5.Awareness that consumption of Tobaccos is an addiction

[illegible]

S1 S2 S0

[illegible]

YES

Nº		1	1	1	1		1	1				6	11	17
						1			1	1	1	4	8	12

YES

NO

1 1 1 1 1 5 10 15

TENSE

COMPULSORY FOR ME

NO PROBLEM

FEEL FRUSTRATED	1	1	2	4	6
-----------------	---	---	---	---	---

RESTLESS	1	1	1	3	6	9
----------	---	---	---	---	---	---

UNFIT	1	1	2	2
-------	---	---	---	---

1 1 1 3 5 8

NEVER TRIED	1	1	1
-------------	---	---	---

INDIGESTION

1 1 2 3

DON'T CARE

SMOKE LONELY

NEVER IN FRONT OF FAMILY&FRIENDS	1	1	1	3	5	8
----------------------------------	---	---	---	---	---	---

NO COMMENTS	1	1	2	3
-------------	---	---	---	---

Tobacco contains 4000 diff^a. Chemical (43 proven carcinogen)-

Heavy smokers have a death rate 140% more than non-smokers.

Tobacco is the prime cause for cancer, arthritis, heart problems-

YES

NO

1 1 2 4 6

18

YES

NO	1 1 1 1 1 1 1 7 6 13
----	------------------------------------

21

100

STUDENTS :

RESPONSES TO VARIOUS QUESTIONS OF THE SURVEY

1. Consumption of tobacco in various forms

CIGARETTES
BIDDIES
GUTKA
KHAINI
PANMASALA(ZARDA)
OTHERS

1	2	3	4	5	6	7	8	9	10	S1	S2	S3	S4
1	1	1		1	1	1	1	1	1	9	17	33	5
		1	1	1				1		4	8		1
1		1								2	3	6	1
			1							1		2	
1	1	1								3		4	
			1							1			

2.No. of times of tobacco consumption per day

(1-5)

(5-10)

(>10)

1	1			1						3	4	5	1
		1	1		1	1	1	1	1	7	6	5	1

3.Preference to any specific Brand

WILLS
ITC SMALL
ITC KING
BERKELY
SCISSOR
GANESH BIDI
MANGLUR BIDI
KHAJA BIDI

1				1			1			3	6	11	2
											0	0	
		1								1		2	
									1	1	2		
1	1							1		3	6		
		1									1		
			1								1		

4.Since what age consuming Tobacco:

10-13 YEARS

14-18 YEARS

19-21 YEARS

22-25 YEARS

	1	1		1		1				4	8	15	2
1							1		1	3	5	10	1
			1					1		2	4	8	1
					1					1		2	

4.1.How did you fall into this Habit :

Influenced by Friends

Personal reasons

Only for fun

No reason

To free from tension

1		1	1		1	1	1	1	1	8	15	30	5
												0	
		1								1			
					1					1			

5.Awareness that consumption of Tobaccols an addiction

YES

NO

1						1	1			3	5	10	1
		1	1	1	1	1		1	1	7		13	2

6.Per day expenses for consuming Tobacco :

Rs.5-10

Rs.10-20

Rs.20-40

Rs.40-80

			1	1			1	1		4	8		1
		1	1			1		1		4	8	15	2
										0	0		
1						1				2	3	6	1

7. After knowing the -Ve aspects of smoking, will you smoke:

	S1	S2	S3	S4
YES	1	1	1	1
NO			1	1

8. Have you ever made an attempt to quit smoking :

	S1	S2	S3	S4
YES	1	1	1	1
NO	1	1	1	1

9. How do you feel, if don't consume for a couple of days :

	S1	S2	S3	S4
TENSE				
COMPULSORY FOR ME				
NO PROBLEM				
FEEL FRUSTRATED	1		1	2
RESTLESS		1	1	3
UNFIT	1		1	2
NEVER TRIED	1	1	1	3
INDIGESTION	1			1

10. Any responsibility to passive smokers w.r.t family & friends

	S1	S2	S3	S4
DON'T CARE				
SMOKE LONELY	1	1		1
NEVER IN FRONT OF FAMILY & FRIENDS			1	1
NO COMMENTS	1	1	1	4

11. Do you know that (YES/NO):

Tobacco causes 10 lakhs death per day-

Tobacco contains 4000 diff. Chemical (43 proven carcinogen)-

Heavy smokers have a death rate 140% more than non-smokers-

Tobacco is the prime cause for cancer, arthritis, heart problems-

	S1	S2	S3	S4
YES	1	1	1	1
NO	1	1	1	1

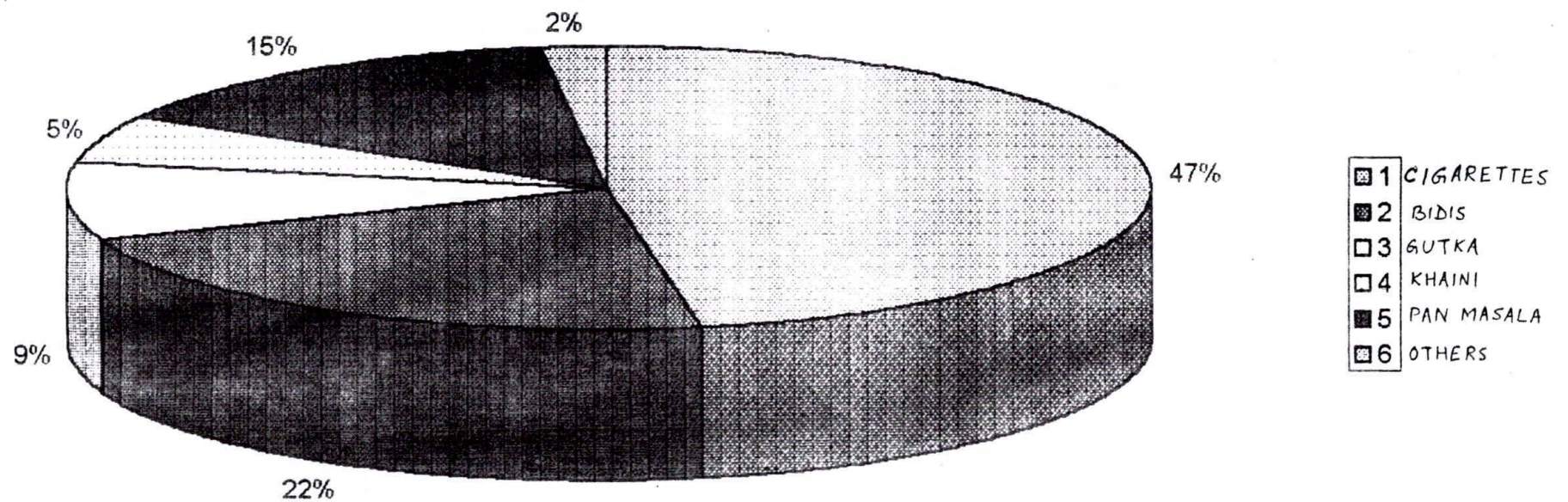
12.Awareness of "WORLD NO TOBACCO DAY"(31st may):

YES

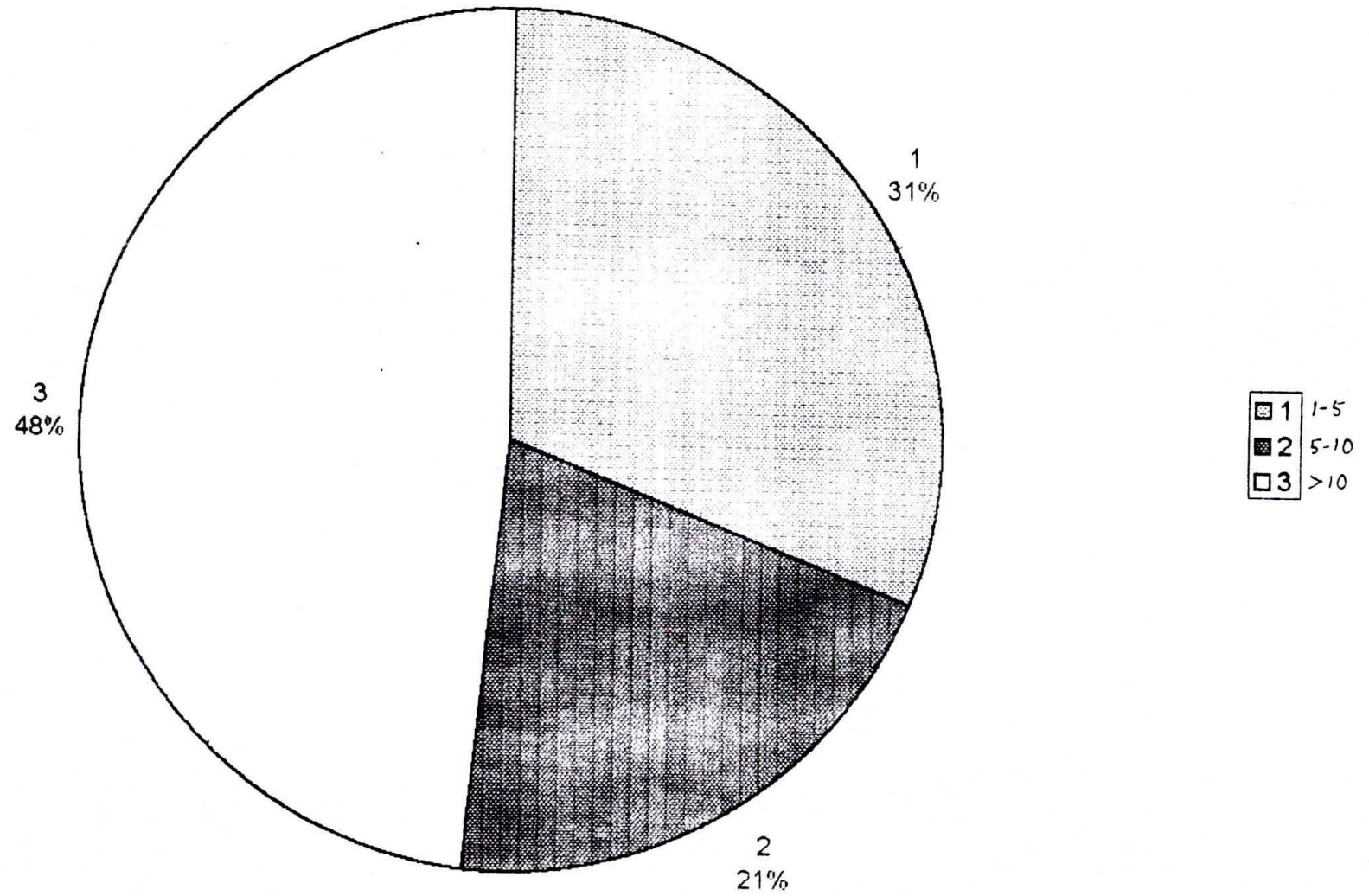
NO

[illegible]

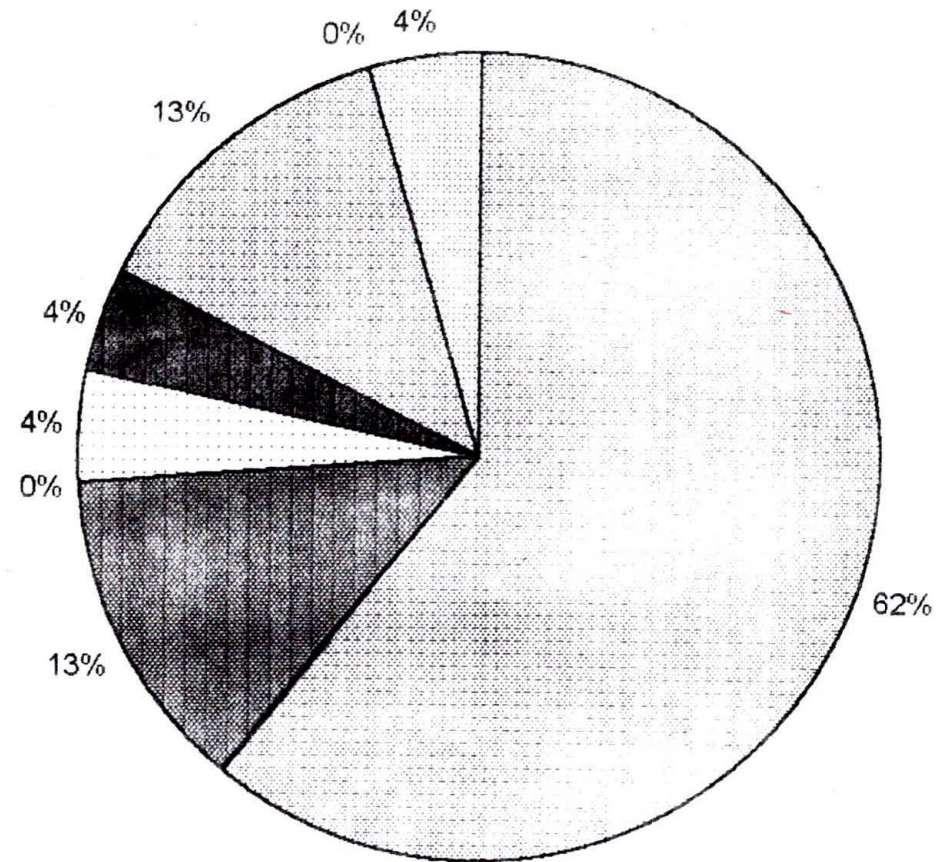
FORMS OF TOBACCO CONSUMPTION



CONSUMPTION PER DAY

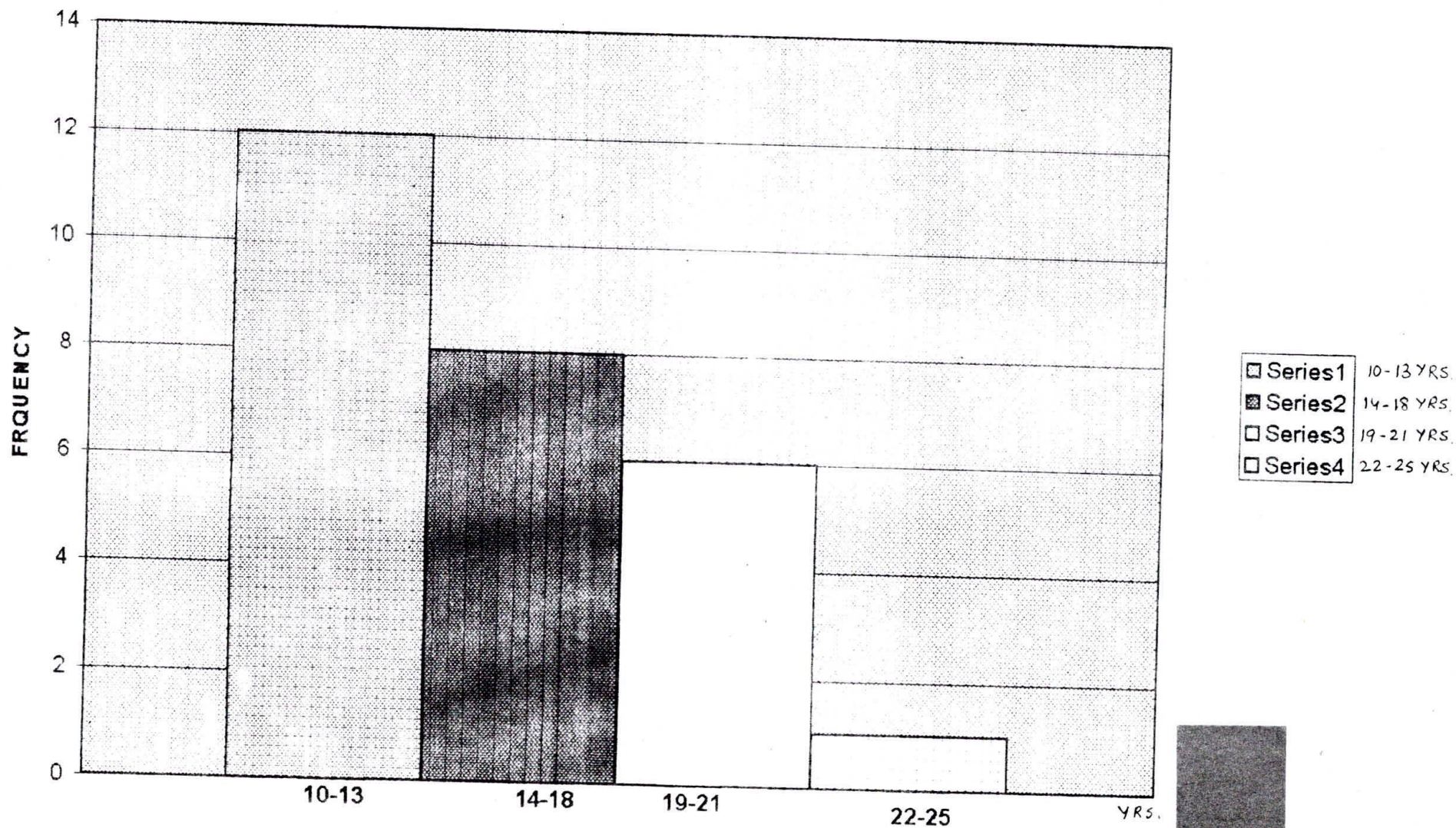


BRAND PREFERENCE



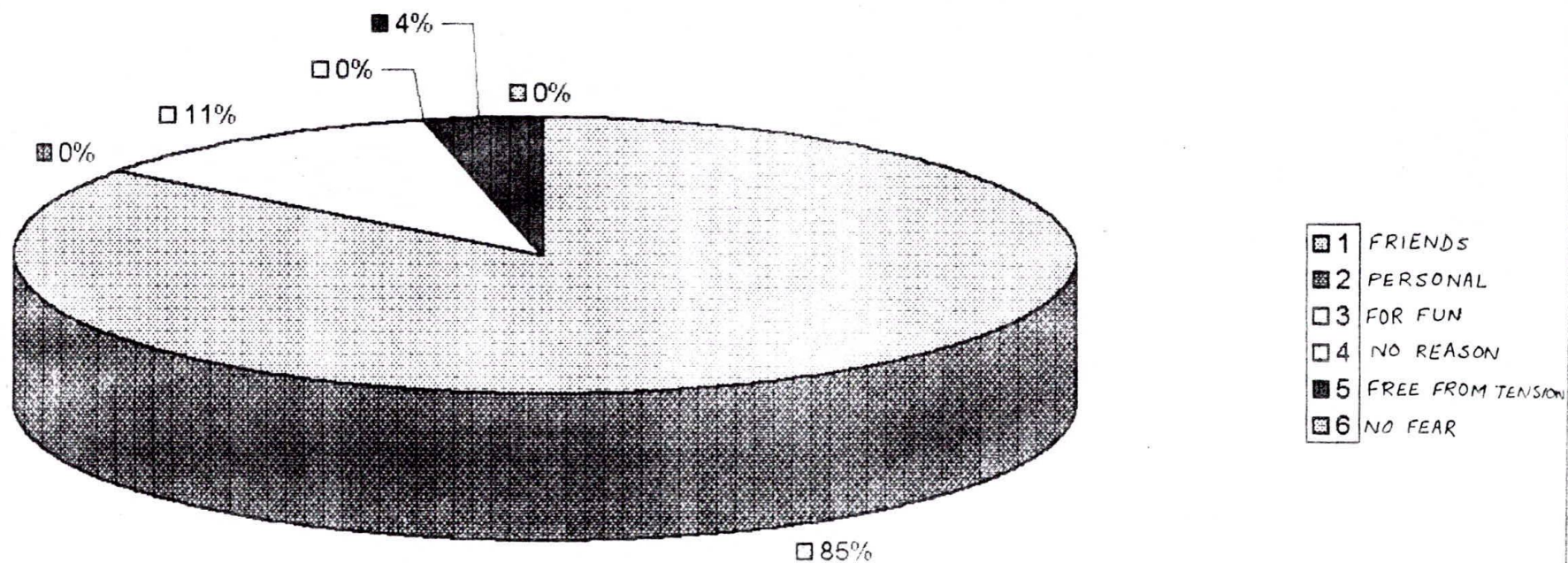
- 1 WILLS
- 2 ITC SMALL
- 3 ITC KING
- 4 BERKLEY
- 5 SCISSOR
- 6 GANESH BIDI
- 7 MANGLUR BIDI
- 8 KHAJA BIDI

AGE OF FALLING INTO THIS HABIT

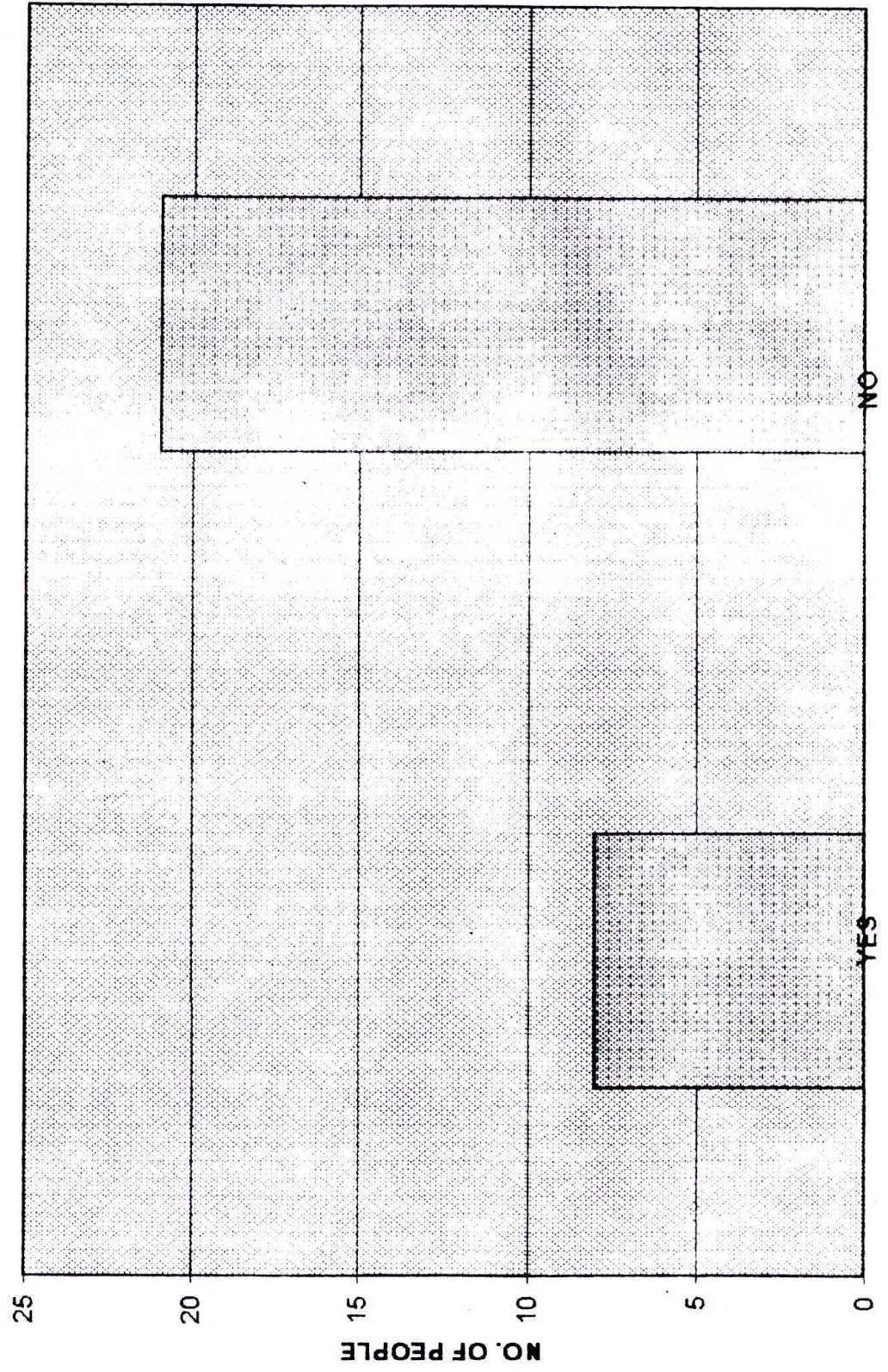


DIS-325
07529

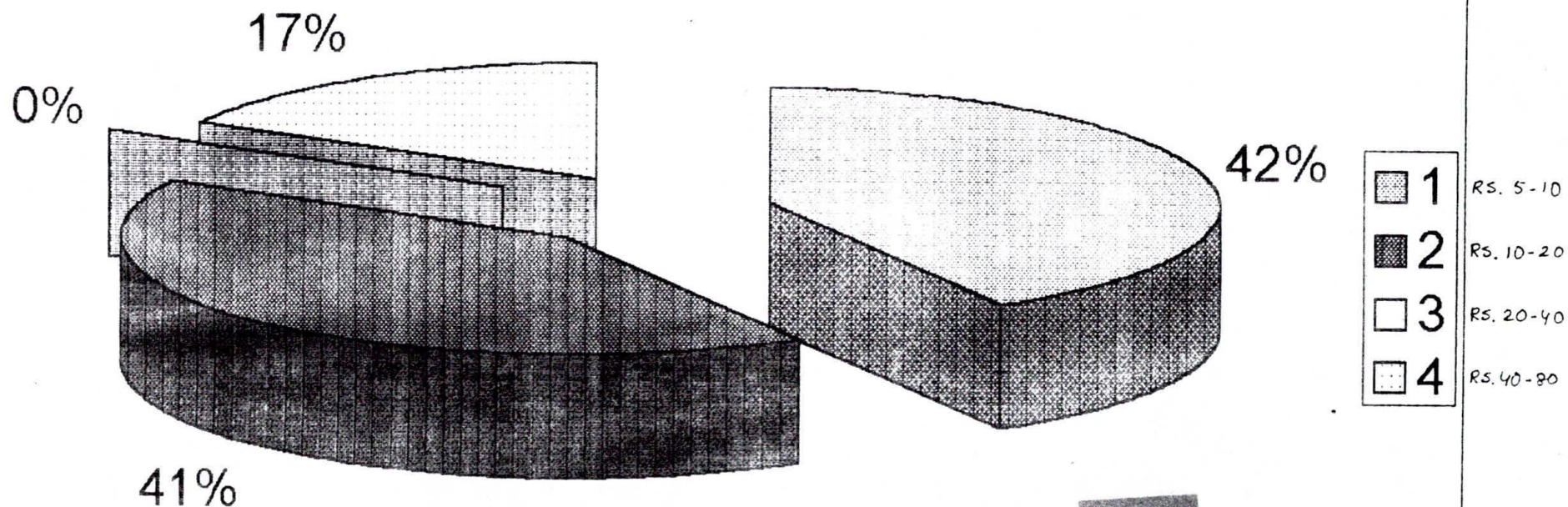
REASONS FOR FALLING INTO THIS HABIT



AWARENESS THAT CONSUMPTION OF TOBACCO IS AN ADDICTION

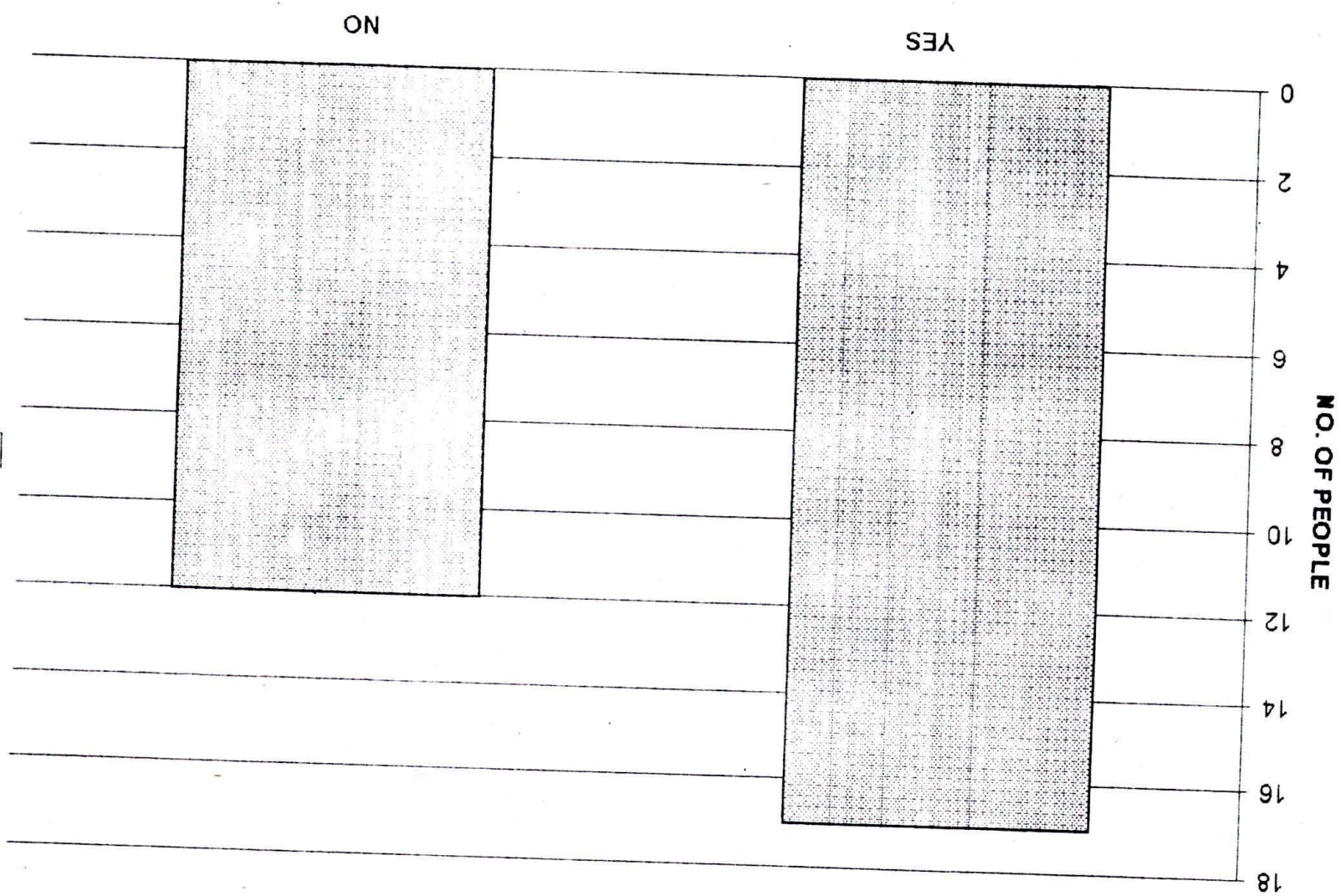


DAILY EXPENSES FOR CONSUMING TOBACCO

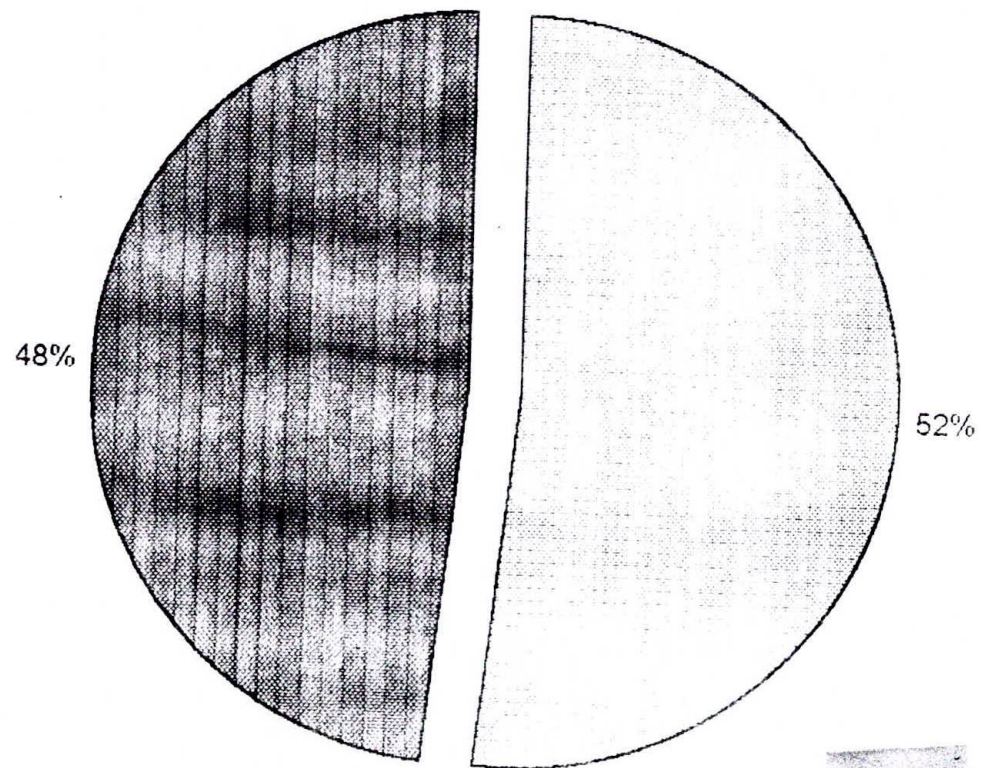


SAY THAT THEY WILL CONTINUE THIS HABIT EVEN AFTER KNOWING THAT TOBACCO CONSUMPTION HAS ILL EFFECTS

Series1

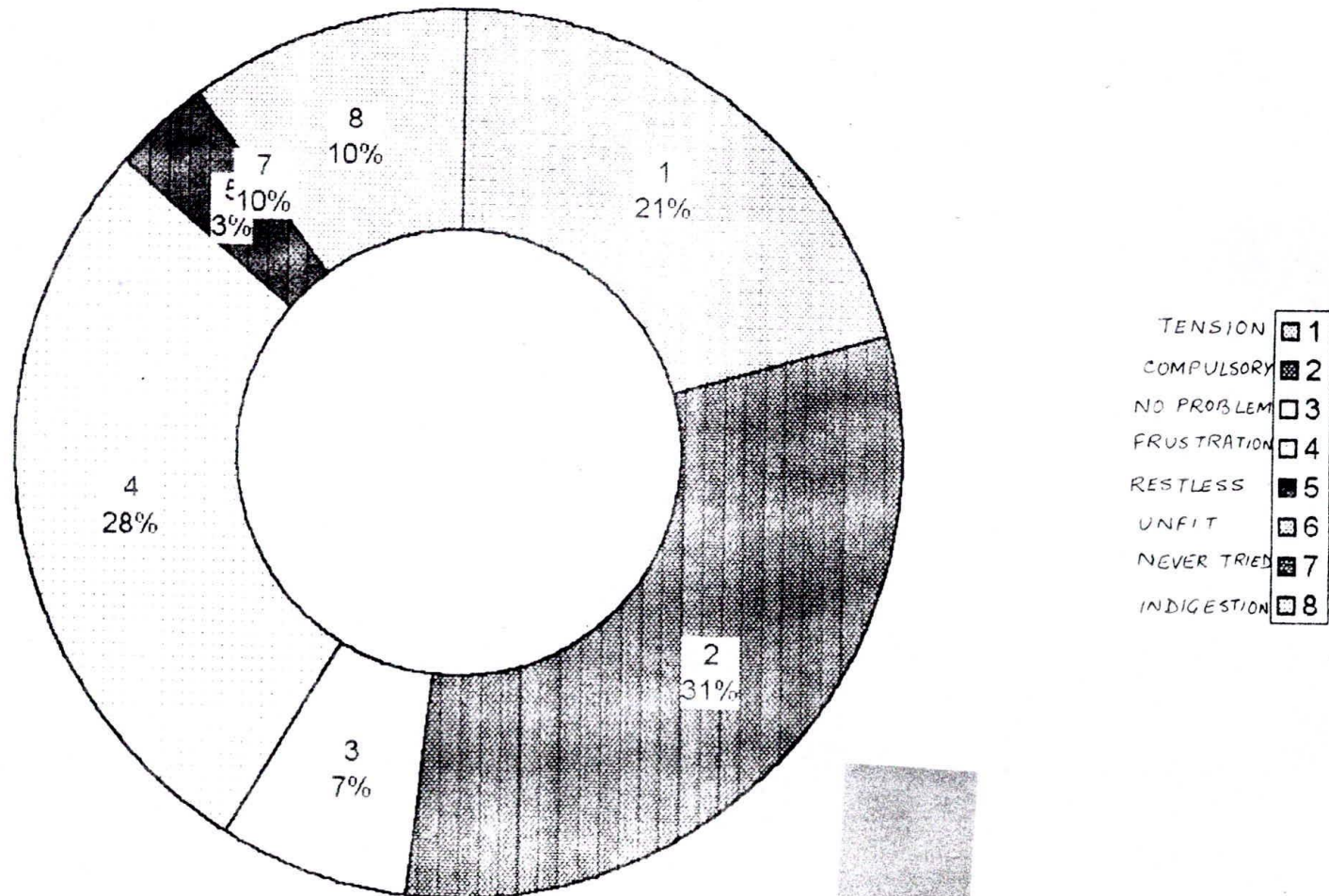


MADE ATTEMPTS TO QUIT SMOKING IN THE PAST

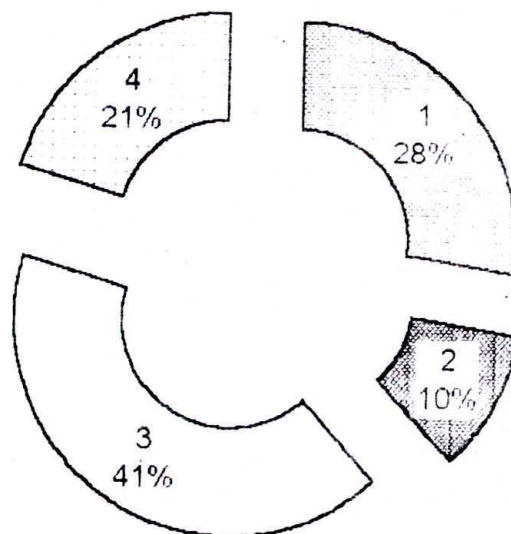


1	YES
2	NO

FEELINGS IF DON'T CONSUME TOBACCO FOR A FEW DAYS

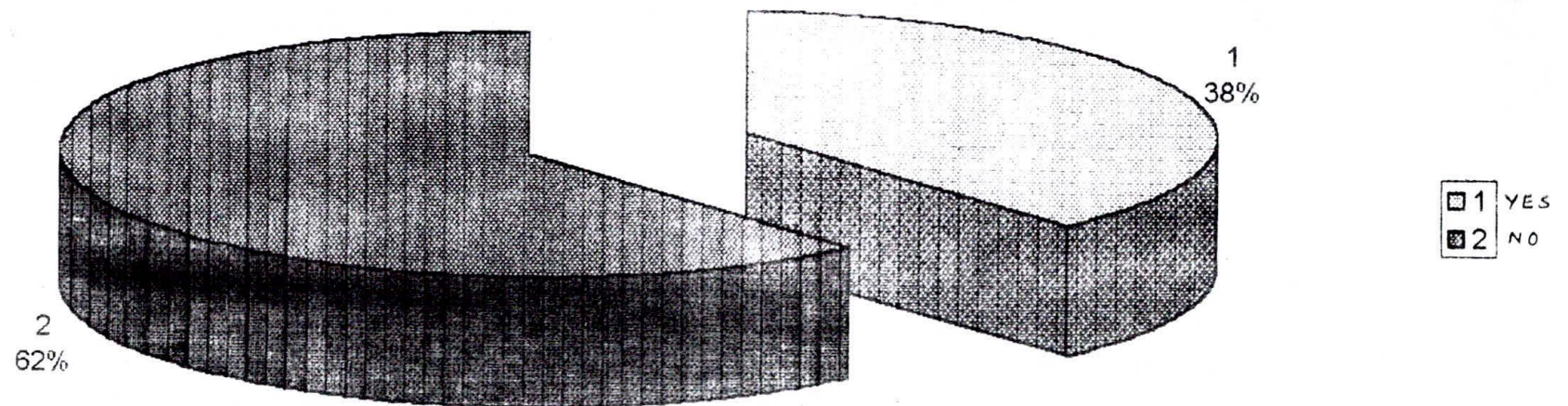


RESPONSIBILITY TO FAMILY AND FRIENDS

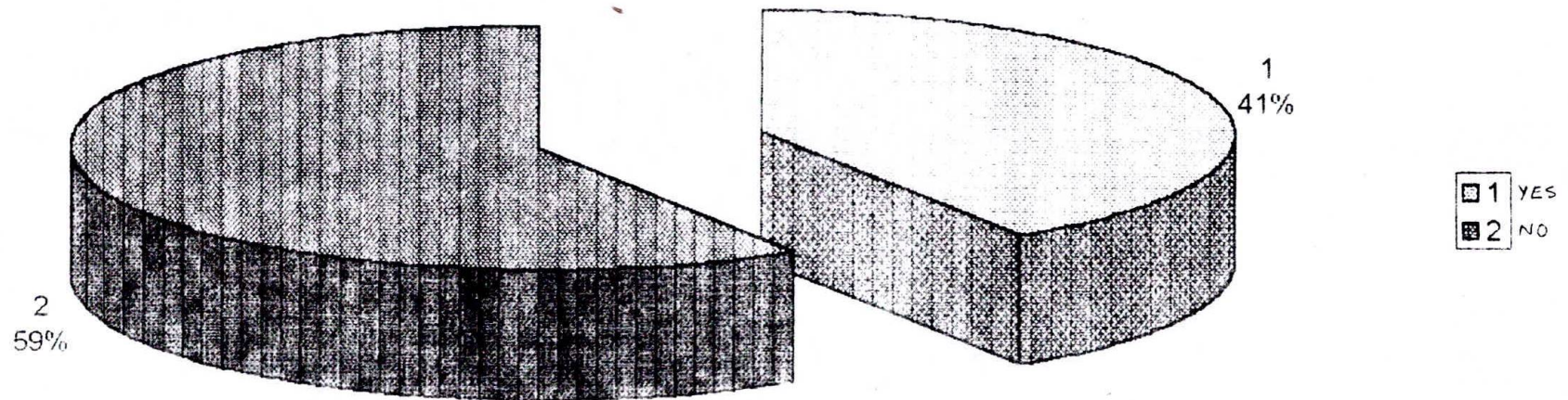


DON'T CARE	<input type="checkbox"/> 1
SMOKE LONELY	<input checked="" type="checkbox"/> 2
NEVER IN FRONT OF THEM	<input type="checkbox"/> 3
NO COMMENTS	<input type="checkbox"/> 4

KNOWLEDGE OF HARMFUL EFFECTS OF TOBACCO CONSUMPTION



AWARE OF 'WORLD NO TOBACCO DAY'



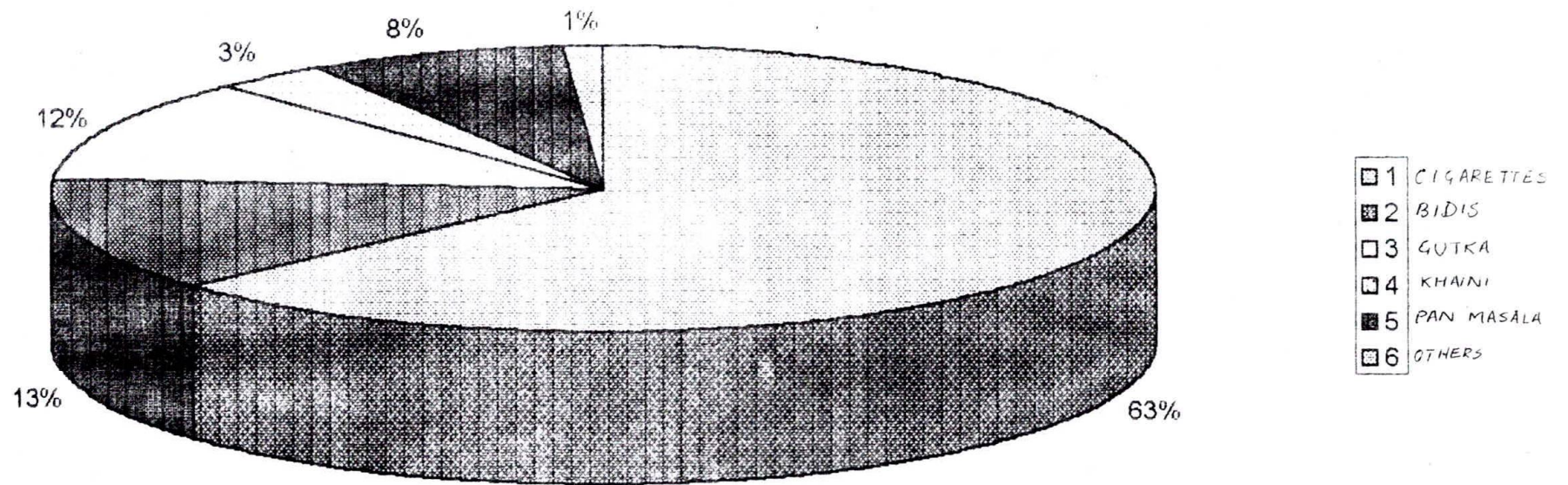
A SURVEY
(FOR STUDENTS)
ON
SMOKERS FOR
C.P.A.A
(AS N.G.O PROJECT)

SUBMITTED BY:

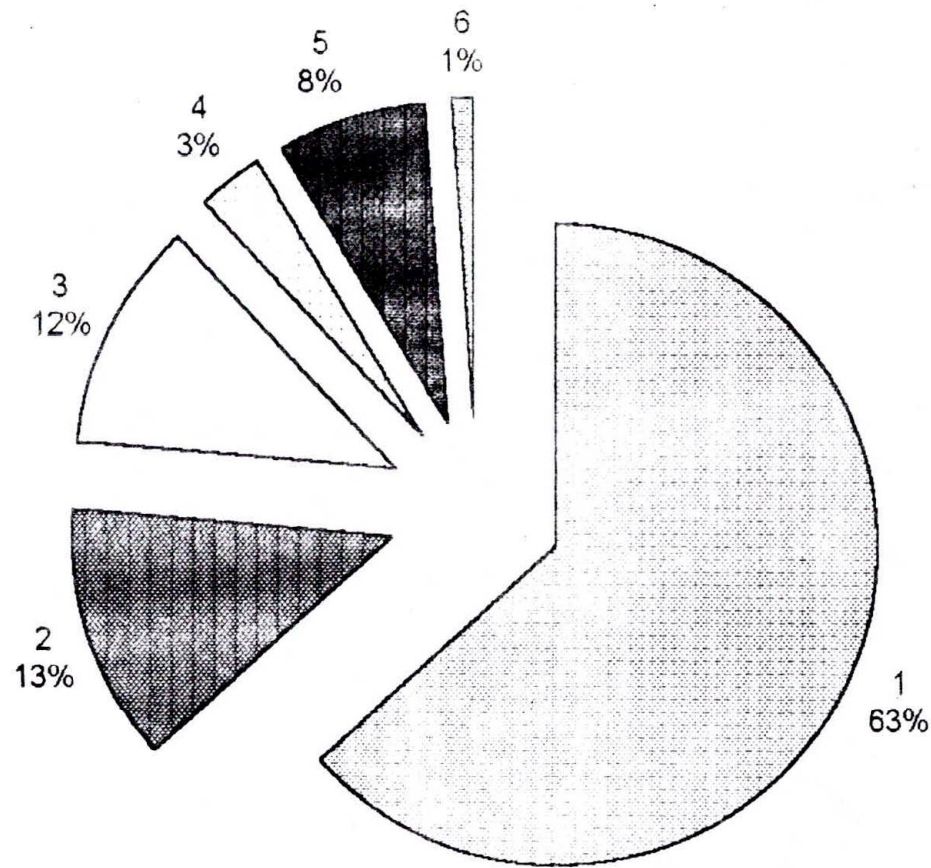
Pinkey Sahay(28)

Prabir Swain(29)

FORMS OF TOBACCO CONSUMPTION

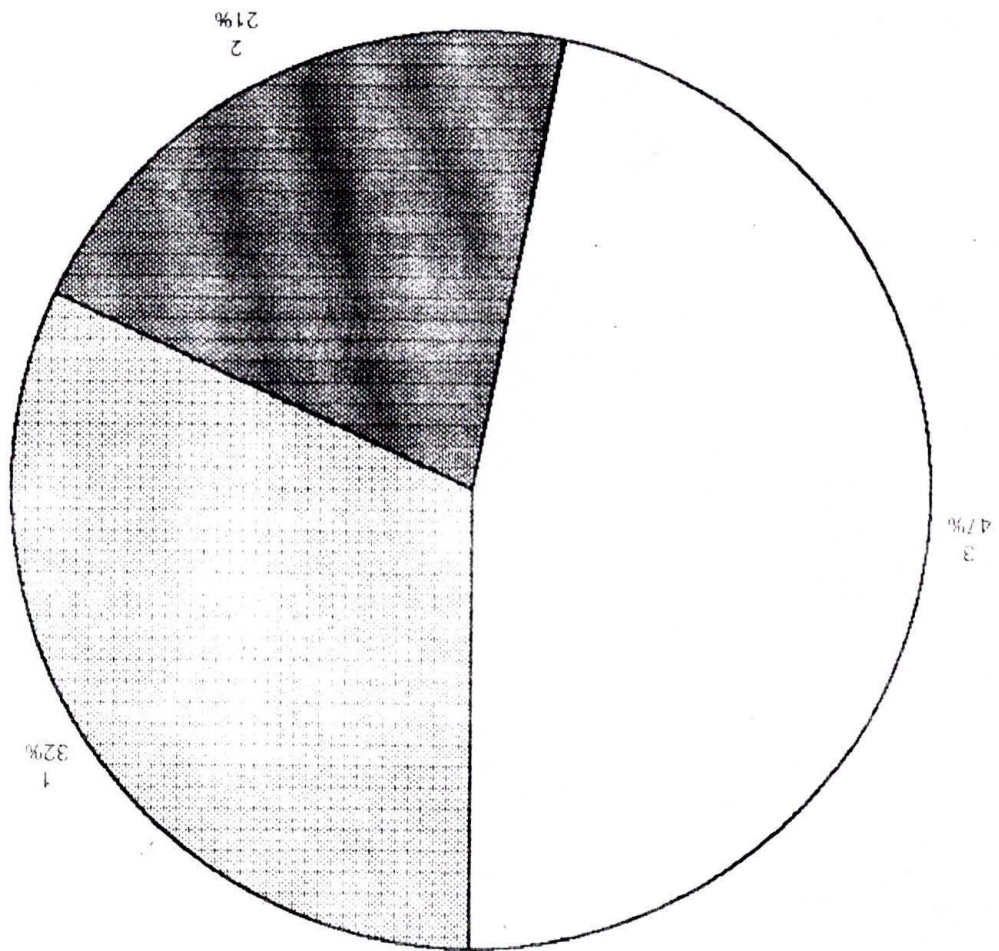


FORMS OF TOBACCO CONSUMPTION



- 1 CIGARETTES
- 2 BIDIS
- 3 GUTKA
- 4 KHAINI
- 5 PAN MASALA
- 6 OTHERS

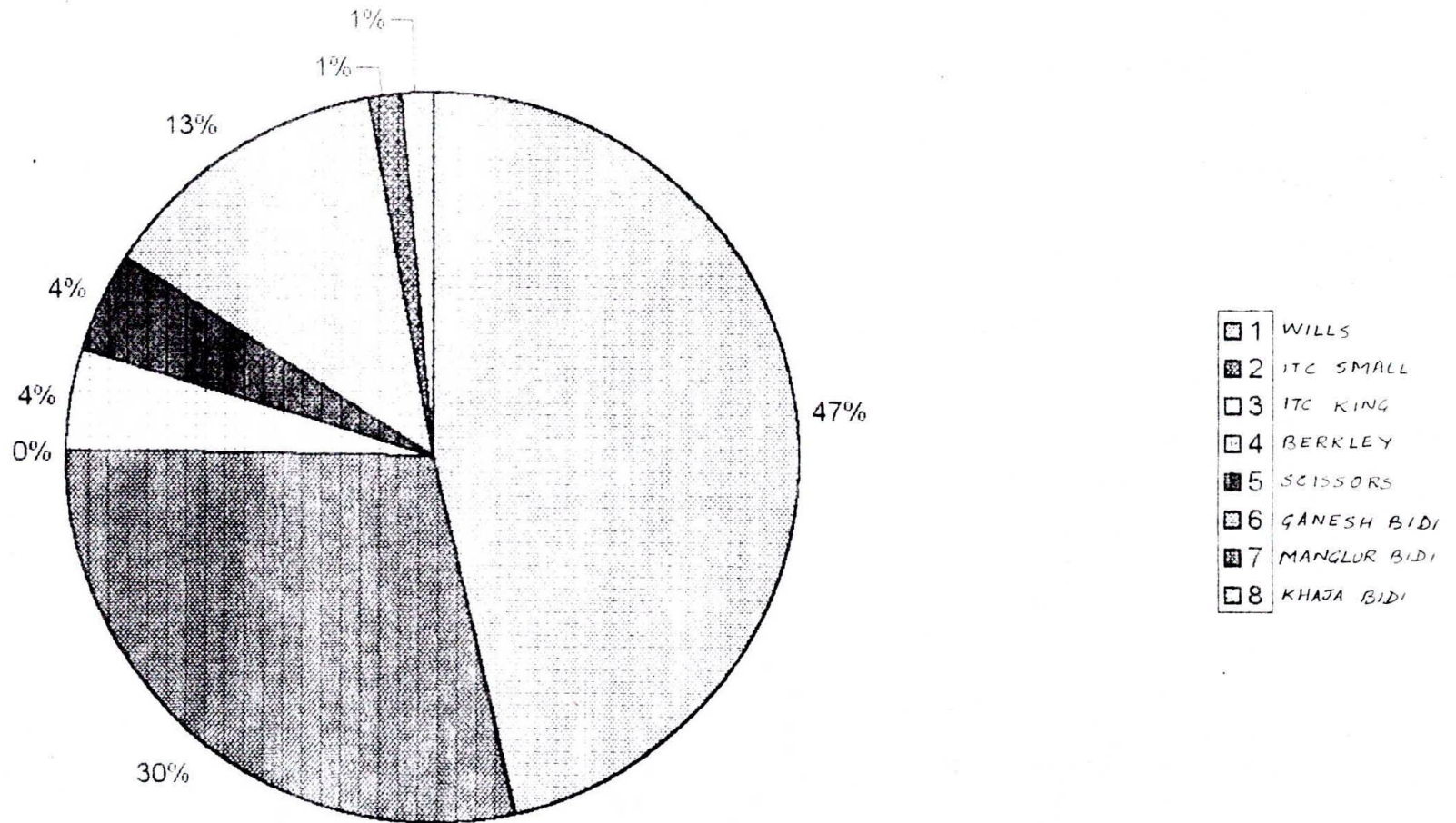
CONSUMPTION PER DAY



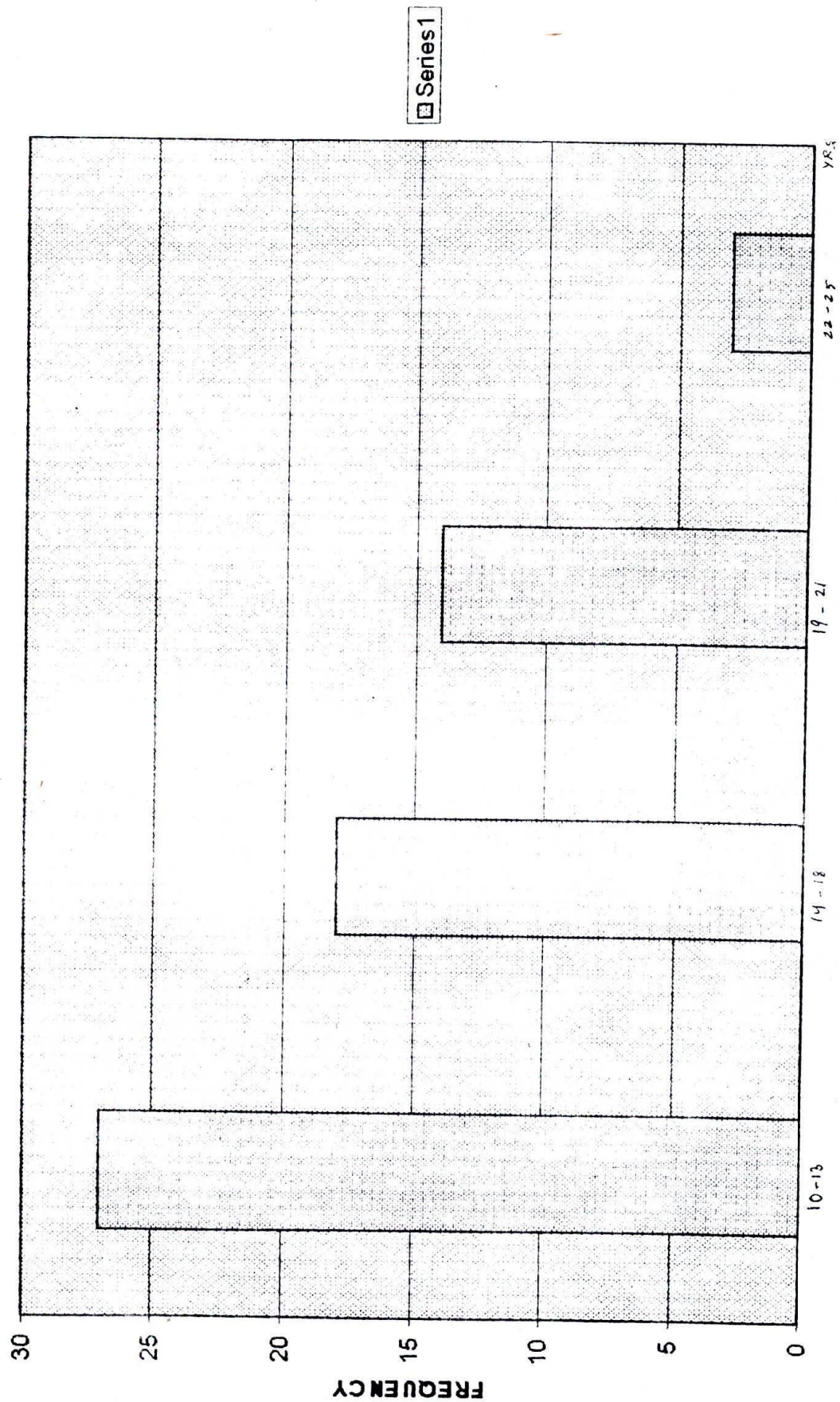
□ 1
■ 2
□ 3

1-5
5-10
>10

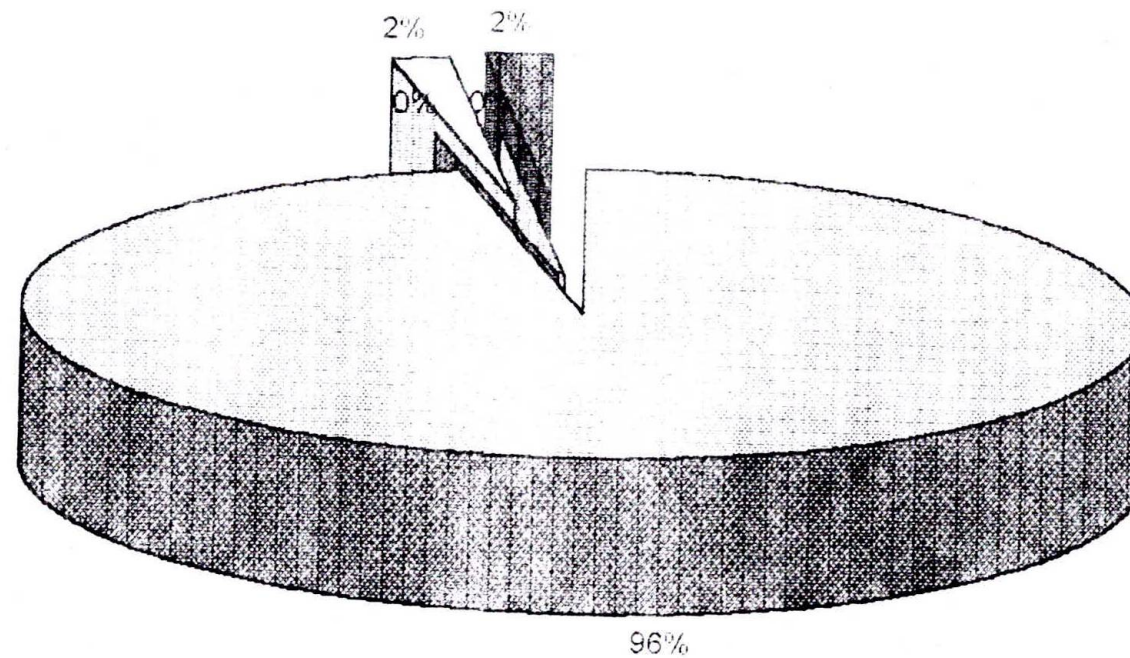
BRAND PREFERENCE



AGE OF FALLING INTO THIS HABIT

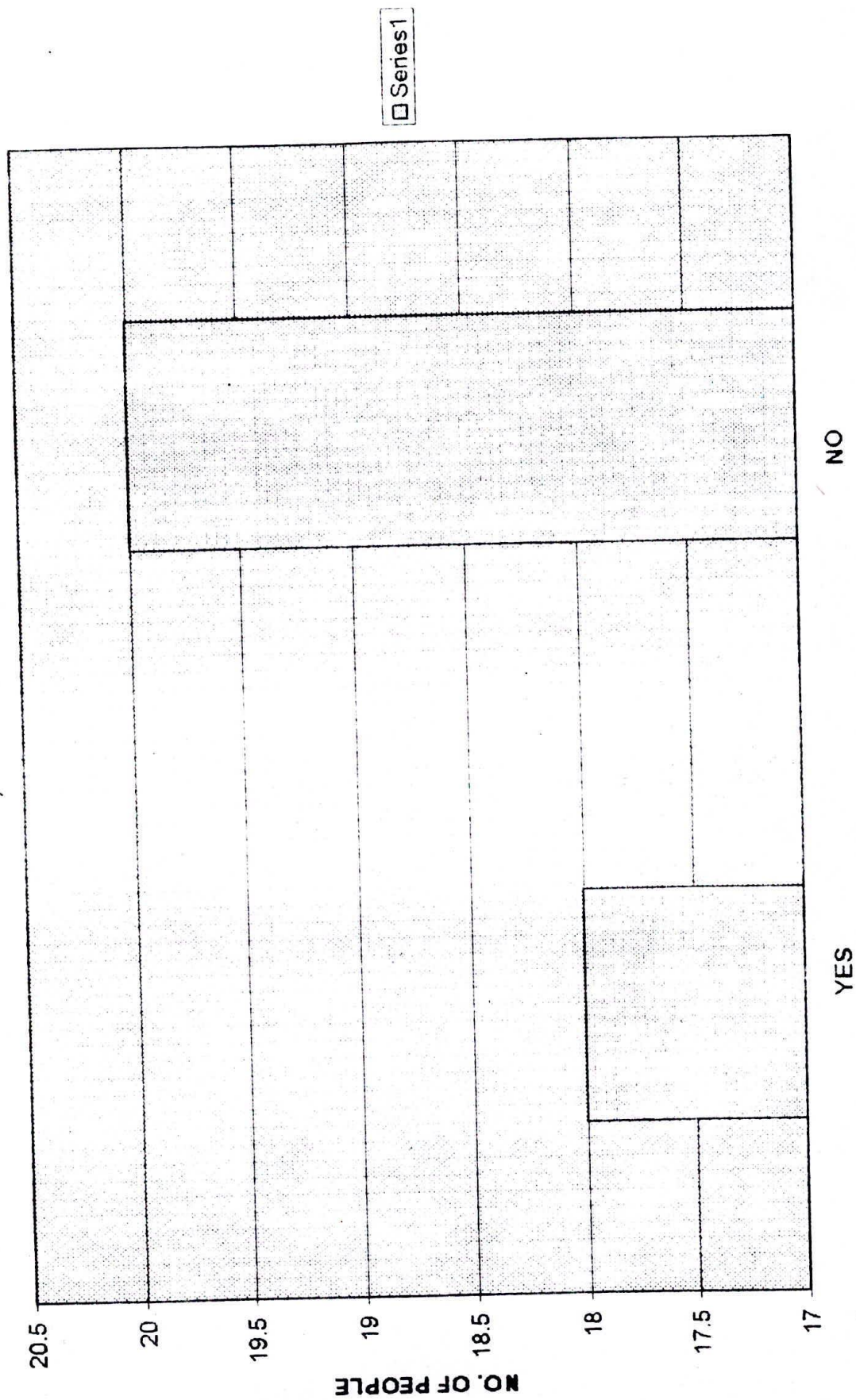


REASONS FOR FALLING INTO THIS HABIT

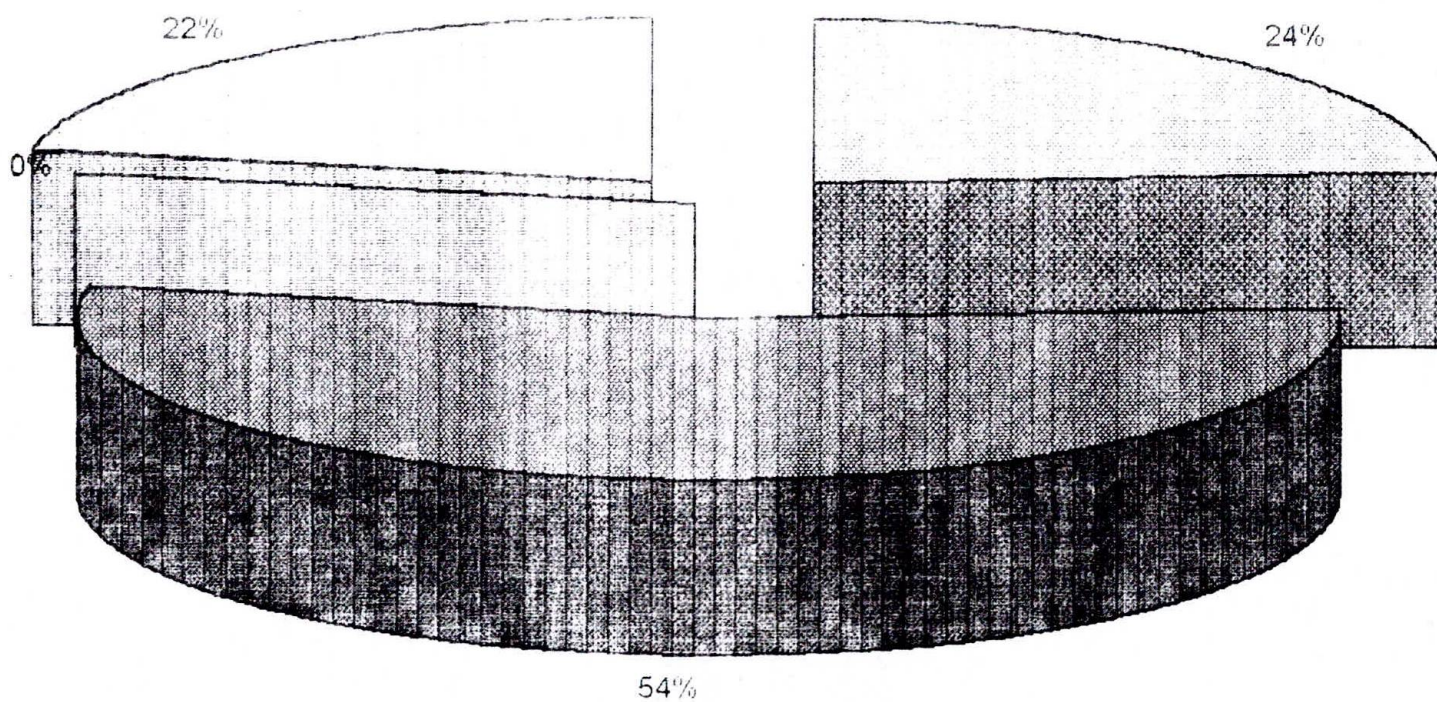


- ☐ 1 FRIENDS
- ☒ 2 PERSONAL REASONS
- ☐ 3 FOR FUN
- ☐ 4 NO REASONS
- ☒ 5 FREE FROM TENSION

AWARENESS THAT CONSUMPTION OF TOBACCO IS AN ADDICTION

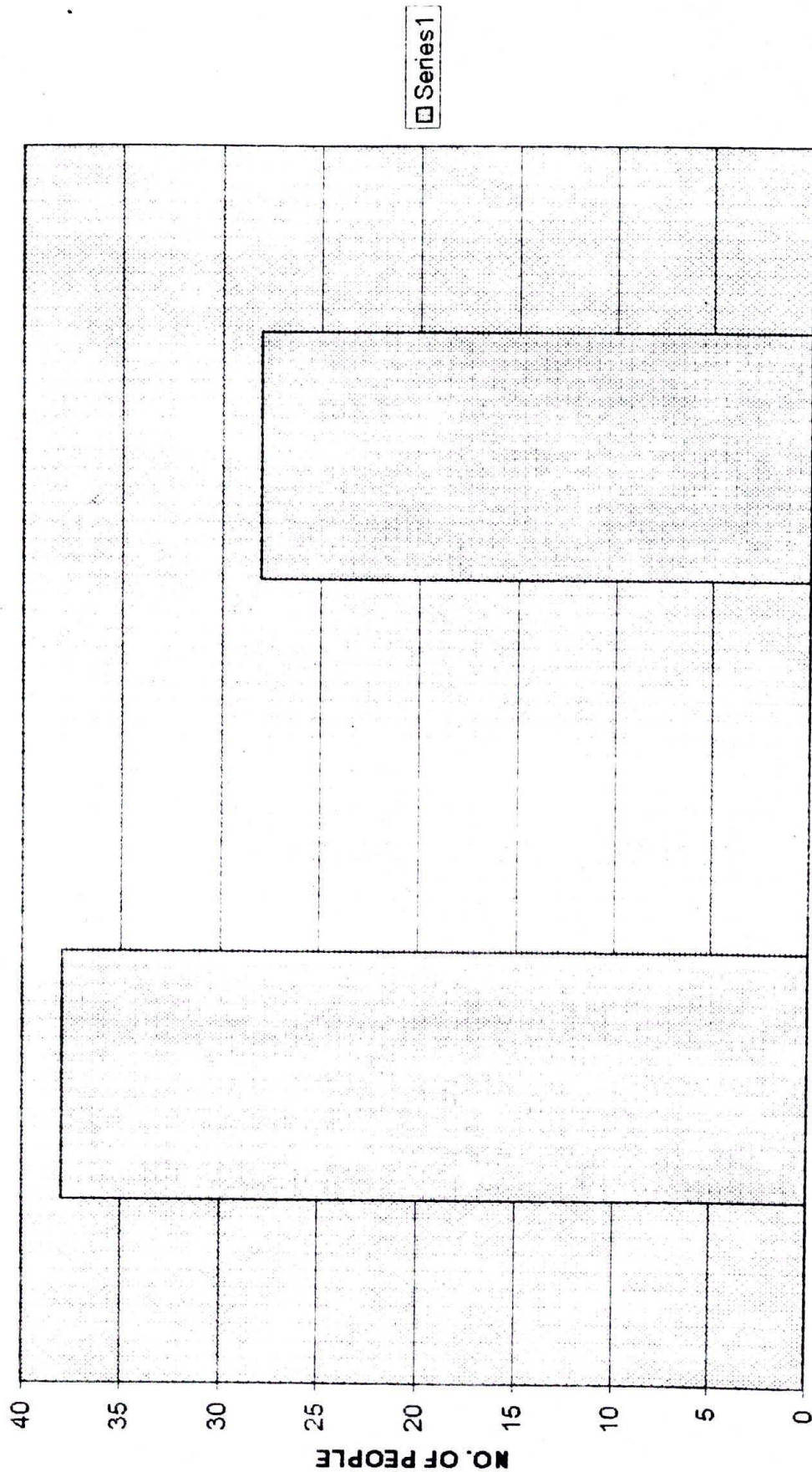


DAILY EXPENSES FOR CONSUMING TOBACCO

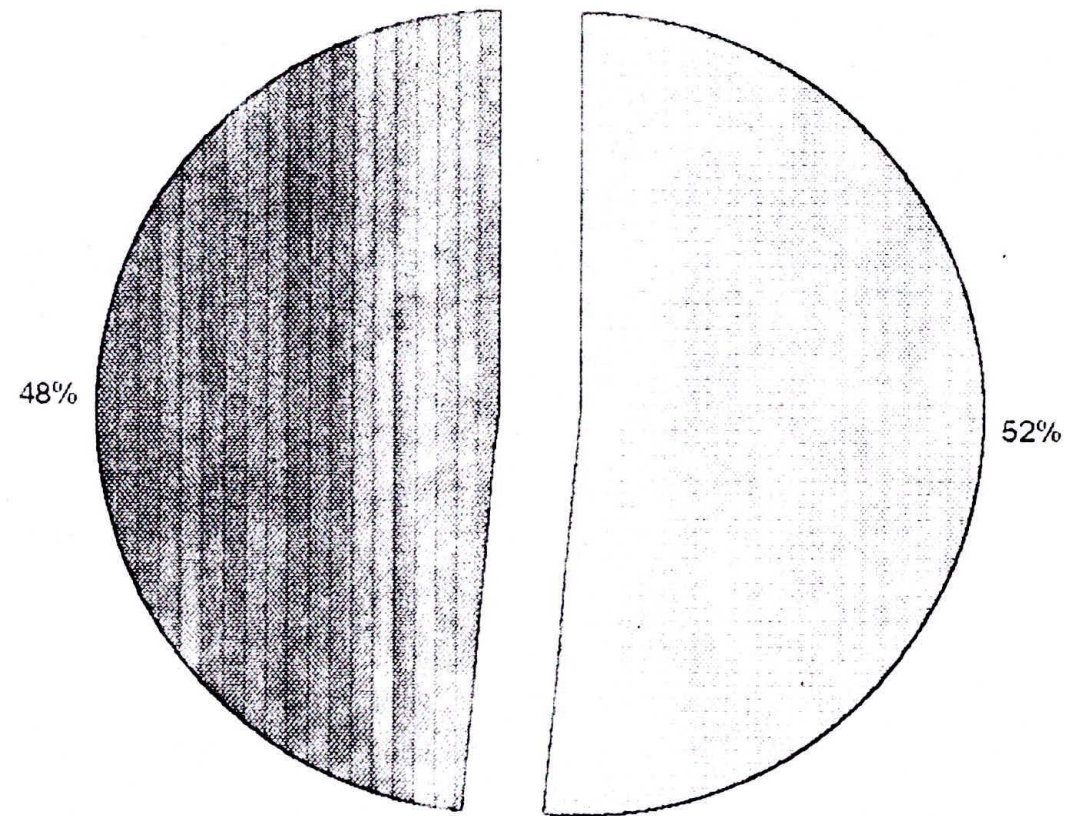


- ☐ 1 RS. 1-5
- ☒ 2 RS. 5-10
- ☐ 3 RS. 10-20
- ☐ 4 RS. 20 ONWARDS

SAY THAT THEY WILL CONTINUE THIS HABIT EVEN AFTER KNOWING THAT TOBACCO
CONSUMPTION HAS ILL EFFECTS

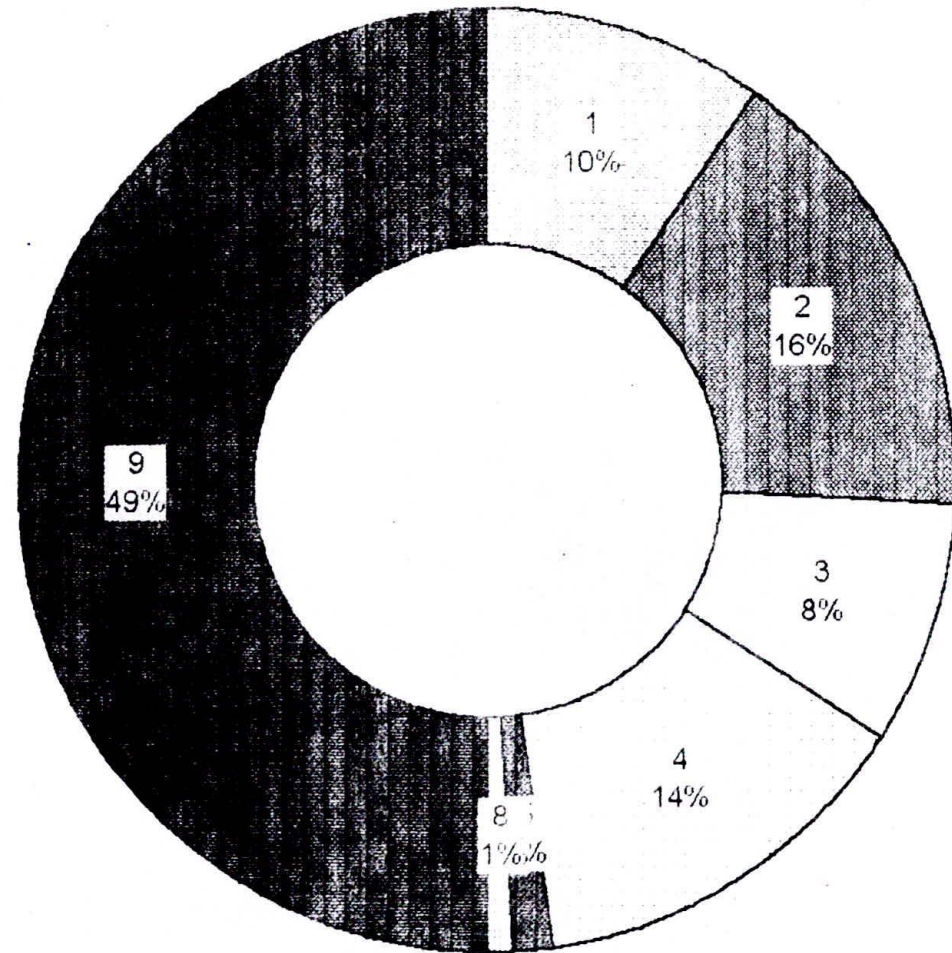


MADE ATTEMPTS TO QUIT SMOKING IN THE PAST



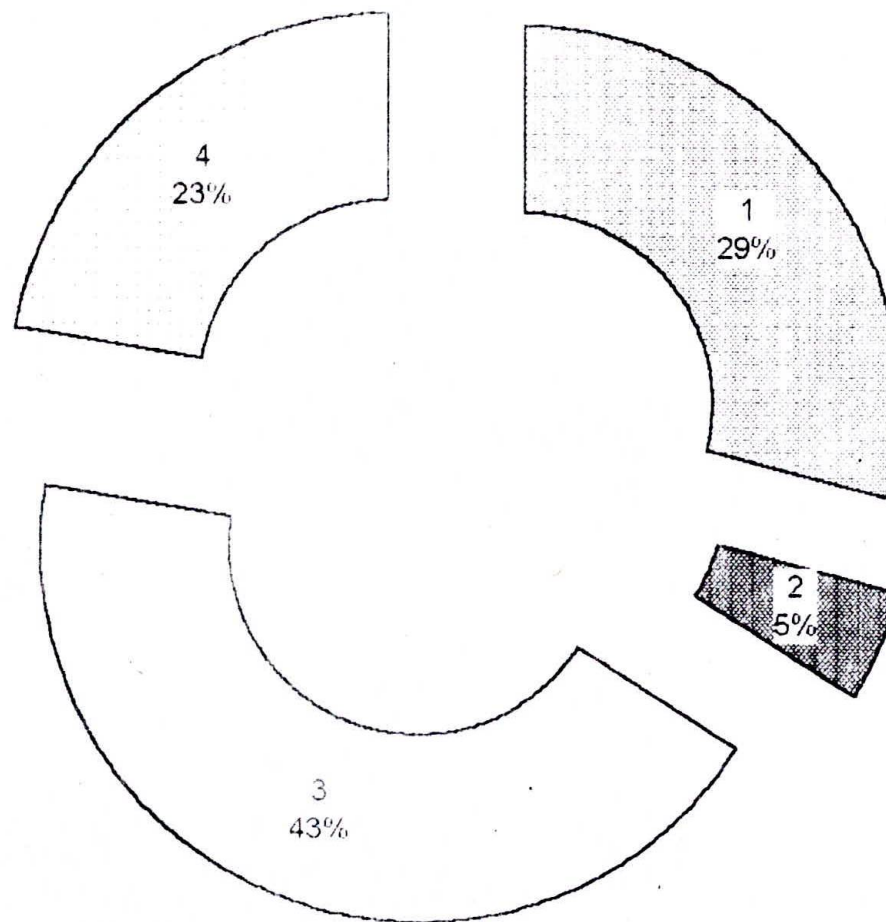
☐ 1 YES
☒ 2 NO

FEELINGS IF DON'T CONSUME TOBACCO FOR A FEW DAYS



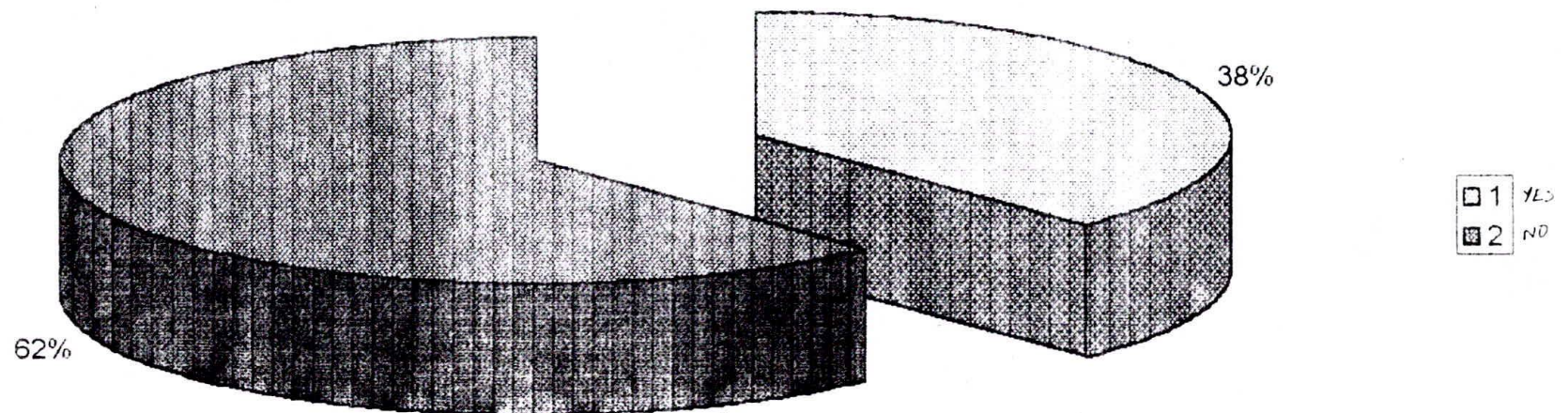
- ☐ 1 TENSE
- ☒ 2 COMPULSORY
- ☐ 3 NO PROBLEM
- ☐ 4 FRUSTRATION
- ☒ 5 RESTLESS
- ☐ 6 UNFIT
- ☒ 7 NEVER TRIED
- ☐ 8 INDIGESTION
- ☒ 9 ANXIETY

RESPONSIBILITY TO FAMILY AND FRIENDS

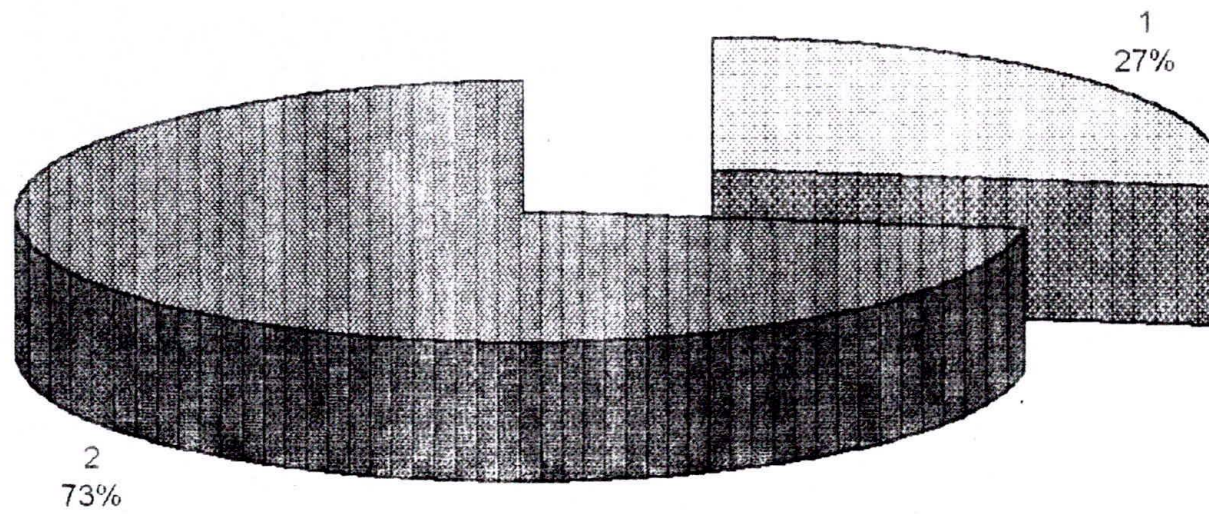


- ☐ 1 DON'T CARE
- ☒ 2 SMOKE LONELY
- ☐ 3 NEVER IN FRONT OF
TALK
- ☐ 4 NO COMMENTS

KNOWLEDGE OF HARMFUL EFFECTS OF TOBACCO CONSUMPTION



AWARE OF 'WORLD NO TOBACCO DAY'



1	YES
2	NO