Smoking in Campus

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**Introduction**

Smoking as we all are familiar with is an addiction which is spreading in our young generation. It is a disgusting habit which has repercussions which are catastrophic. Smoking is a gateway to another kind of drugs, so we can evaluate how much the effects of smoking are spreading. Any kind of drug which is used has different effects on different persons. It depends on how much the use of tobacco is being regulated.

**Smoking in Campus**

Now if we talk about the problem that smoking is causing in our campus, nearly every student in our university is being affected. Not only those who smoke are being affected, but also those who stay or hang around them are being affected. Passive smoking is defined as the effect which is incurred upon you when you stay around those who are chain smokers because you are also inhaling that smoke produced by them.

A study was made within our campus, and it was found that around 60% to 70% of the students are regular smokers; these include both the male and female students. But also the consumption of the amount of tobacco varies from person to person. This stat proves how much this generation is neglecting the fact that smoking is injurious to one's health.

This is a trend that is being set because when a freshman year student sees senior smoking constantly, he or she will also ponder that smoking is cool. This trend that is being set that if someone is smoking, then they will look cool in the society is the base which advertises smoking among the youngsters.

Now if we look at the effects that smoking is having on the environment of our campus, the first effect is that the air is being polluted.

This pollution is making the air of our university contagious which is making the basic breathing process difficult. Other than the pollution factor, other effects include the disobedience of the basic rules; like not smoking in public buildings or the public places, because the university administration enforces that smoking should be limited, but due to the increase in the number of smokers in the campus, it is difficult for the administration to keep those rules in check as they are.

**Why Should The Campus Be Smoke-Free?**

It has always been argued that every university should be kept smoke free. The basic purpose of this action is that the students, as well as the faculty of the institutes, should refrain from the smoking habit. When the people of the institute stop smoking then the results would be good. The smoke-free environment will be beneficial health wise for all the people on the campus.

When the campus is made smoke free, then this will influence the students to quit smoking on a permanent base. Because this young generation of ours has little awareness of what's good for them and what is bad for them, hence the institution apart from imposing restrictions should also spread awareness and start an awareness program which will share wisdom with the students to quit smoking.

**Solution Of This Problem**

After gathering all the information and analyzing this very problem, we come to a conclusion that this problem of smoking in our campus needs to be put to a stop, so we look at some precautions which are necessary to put an end to this issue.

The first thing that should be done is to ban the sale of cigarettes and drugs on and around the campus. If the students have less access to them, then they will have less craving for them. If the ban of the selling and buying of these cigarettes is imposed, then this will be the first step towards reducing the smoking issue.

The next precaution or the next step that should be taken is to start campaigns against smoking and to spread awareness against it. When students come to know how dangerous this smoking habit is and how much it is affecting their, health, then they will start to take this problem more seriously and will think about the rights and wrongs of it.

We can put up banners in different places of the university on which we can write different slogans like "your health comes first, quit smoking now." When the students frequently view these banners, they will at least come to think about what they are doing wrong. The next thing is that different seminars should be held in which proper medical professionals should come and tell the students and faculty of the campus about the negative effects of smoking on the people and the surrounding environment.

Awareness is the first, and the best step towards putting a stop to a bad habit, so spreading awareness through these techniques will prove to be very beneficial. If these steps are not working, then strict rules should be made, proper penalties and fines should be imposed upon those who are disobeying these rules and regulations made. Sometimes strictness is the solution to a problem. With the fear of fines or penalties, at least the students will not smoke around the campus, and the regularity of their smoking will decrease.

**Conclusion**

Smoking is creating a real problem not in just one’s institution but also in all the places around the world. Hence these necessary steps should be taken to make every place a smoke free zone. Because of all the health hazards, smoking is causing issues in our youth who are smokers. We should all do whatever we can to put an end to this dangerous problem.