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## **MESSAGE**

### **“World No Tobacco Day”**

Under the initiative of World Health Organization (WHO), *World No Tobacco Day (WNTD)* is observed every year on 31<sup>st</sup> May so as to spread awareness on the tobacco epidemic and the preventable death and disease it causes.

Tobacco is highly addictive and its use is a major risk factor for various health conditions. Every year, more than 8 million people die from tobacco use. Most tobacco-related deaths occur in low - and middle - income countries, which are often targets of intensive tobacco industry interference and marketing.

Tobacco is equally harmful for non-smokers too as second - hand smoke exposure also implicates various adverse health outcomes.

I, therefore, urge upon all citizens of Meghalaya to be cautious in consuming tobacco for a healthy and better living and appeal to strive for tobacco free State.

Sd/-  
**(Rakkam A. Sangma)**  
**Minister**