

Raj Bhavan:Assam

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Governor's message on World No-Tobacco Day

Guwahati, May30: Assam Governor Prof.Jagdish Mukhi in a message on the occasion of World No-Tobacco Day has urged all to abstain oneself from tobacco consumption in any form.

The Governor said, "This year World No-Tobacco Day which is being observed on the theme commit to quit is very apt which should inspire the masses to refrain from tobacco intake".

Prof. Mukhi said, "In order to maintain good health one needs to eat healthy, think healthy, feel healthy and above all one should not have an addiction to any tobacco products that are harmful for the health. To enjoy health let us say NO to tobacco." He further said that the youth should be guided with reason not to have tobacco in any form and should be empowered to lead a healthy life.

The Governor further said, "I call upon the youth to get themselves engaged in yoga, sports, meditation and different forms of physical exercise and stay away from tobacco for tobacco only kills".

PRO

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