

Essay on Smoking

10 Lines, 100, 200, 300 & 500 Words

For Class 1 to 12, Matric, FSc & Board Exams

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10 Lines on Smoking

For Class 1 to 3

Smoking is the act of inhaling and exhaling smoke from burning tobacco in cigarettes, cigars, or pipes.

It is one of the most harmful habits that causes serious health problems and premature death.

Cigarette smoke contains over 7,000 chemicals, including nicotine, tar, and carbon monoxide, many of which are poisonous.

Smoking causes lung cancer, heart disease, respiratory problems, and many other fatal illnesses.

Passive smoking, or inhaling secondhand smoke, is also dangerous for non smokers, especially children and pregnant women.

Nicotine is highly addictive, making it extremely difficult for smokers to quit despite knowing the risks.

Smoking not only harms health but also wastes money and pollutes the environment.

In Pakistan, smoking related diseases cause thousands of deaths every year and burden the healthcare system.

Islam prohibits harmful activities, and many scholars consider smoking haram due to its destructive effects.

Quitting smoking improves health immediately and reduces the risk of serious diseases significantly.

Essay on Smoking in 100 Words

For Class 3 to 5

Smoking is a dangerous habit that involves inhaling toxic smoke from burning tobacco. It is one of the leading causes of preventable death worldwide. Cigarettes contain thousands of harmful chemicals, including nicotine, which is highly addictive. Smoking causes lung cancer, heart disease, stroke, respiratory problems, and numerous other serious illnesses. It also harms those around smokers through secondhand smoke. In Pakistan, millions of people smoke despite knowing the health risks and financial costs. Islam discourages harmful practices, making smoking religiously and morally wrong. Quitting smoking is challenging but essential for protecting health, saving money, and living a longer, healthier life.

Essay on Smoking in 200 Words

For Class 5 to 8

Smoking is the inhalation of smoke from burning tobacco products such as cigarettes, cigars, or pipes. It is one of the most harmful and addictive habits that poses serious threats to human health. Despite widespread awareness of its dangers, millions of people worldwide, including many Pakistanis, continue to smoke. Cigarette smoke contains more than 7,000 chemicals, including at least 70 known to cause cancer. Nicotine, the addictive substance in tobacco, makes quitting extremely difficult. Smoking is the leading cause of lung cancer and also contributes to heart disease, stroke, chronic bronchitis, emphysema, and numerous other health problems. It reduces life expectancy and quality of life significantly. Passive smoking exposes non smokers, particularly children and pregnant women, to the same harmful chemicals, causing respiratory infections and other health issues. Besides health consequences, smoking wastes money that could be used for better purposes. It pollutes the environment and creates fire hazards. Islam emphasizes protecting health and avoiding harmful behaviors, making smoking incompatible with Islamic values. Governments must implement stricter tobacco control measures, and individuals should make the decision to quit smoking for their own well being and that of their loved ones.

Essay on Smoking in 300 Words

For Class 8 to 10

Smoking is the act of inhaling and exhaling smoke produced by burning tobacco in cigarettes, cigars, or other forms. It is one of the most widespread and deadly habits in the world, responsible for millions of deaths annually. Despite clear scientific evidence of its harmful effects, smoking remains a major public health challenge in Pakistan and globally. The health consequences of smoking are severe and well documented. Cigarette smoke contains over 7,000 chemicals, including nicotine, tar, carbon monoxide, formaldehyde, and arsenic. Many of these substances are toxic and carcinogenic. Smoking is the primary cause of lung cancer, which has one of the lowest survival rates among cancers. It also significantly increases the risk of heart disease, stroke, high blood pressure, and blood clots. Respiratory diseases such as chronic obstructive pulmonary disease, bronchitis, and emphysema are directly linked to smoking. Smokers also suffer from reduced immunity, dental problems, premature aging, and decreased fertility. Passive smoking, or exposure to secondhand smoke, is equally dangerous. Non smokers who regularly inhale secondhand smoke face increased risks of lung cancer, heart disease, and respiratory infections. Children exposed to smoke are more likely to develop asthma, ear infections, and sudden infant death syndrome. Pregnant women who smoke or are exposed to smoke risk harming their unborn babies, leading to premature birth, low birth weight, and developmental problems. Beyond health impacts, smoking has economic and social costs. Smokers spend significant amounts of money on cigarettes that could be used for education, nutrition, or savings. Smoking related illnesses burden healthcare systems and reduce productivity. From an Islamic perspective, harming one's body is prohibited, and many scholars declare smoking haram. Quitting smoking is difficult due to nicotine addiction, but it is possible with determination, support, and medical assistance. Governments must enforce tobacco control laws, increase taxes on cigarettes, ban advertising, and provide cessation programs to help people quit this deadly habit.

Essay on Smoking in 500 Words

For Class 9 to 12 & FSc

Introduction

Smoking is the practice of inhaling and exhaling smoke from burning tobacco, commonly consumed through cigarettes, cigars, pipes, or hookahs. It is one of the most prevalent and dangerous addictions globally, causing millions of preventable deaths each year. Despite widespread knowledge of its harmful effects, smoking continues to be a major public health crisis. In Pakistan, smoking is alarmingly common among both adults and youth, contributing to a heavy disease burden and economic losses. Understanding the dangers of smoking and taking action to prevent and reduce tobacco use is essential for improving public health and individual well being.

Health Hazards of Smoking

The health consequences of smoking are devastating and affect nearly every organ in the human body. Cigarette smoke contains more than 7,000 chemicals, with at least 70 identified as carcinogens. Nicotine, the primary addictive substance, creates dependency that makes quitting extremely difficult. Smoking is the leading cause of lung cancer, responsible for approximately 85% of all cases. It also increases the risk of cancers of the mouth, throat, esophagus, pancreas, bladder, kidney, and cervix. Cardiovascular diseases are another major consequence of smoking. Smokers have a significantly higher risk of heart attacks, strokes, peripheral artery disease, and aneurysms. Smoking damages blood vessels, increases blood pressure, reduces oxygen supply to the heart, and promotes the formation of blood clots. Respiratory diseases such as chronic obstructive pulmonary disease, chronic bronchitis, and emphysema are directly caused by smoking. Smokers frequently suffer from persistent coughs, shortness of breath, wheezing, and frequent respiratory infections. The damage to lung tissue is often irreversible, leading to progressive disability and reduced quality of life.

Impact of Passive Smoking

Passive smoking, also known as secondhand smoke exposure, poses serious health risks to non smokers. People who live or work with smokers inhale the same toxic chemicals, albeit in smaller quantities. Children are particularly vulnerable, suffering from increased rates of asthma, bronchitis, pneumonia, and ear infections. Babies exposed to smoke during pregnancy or after birth have higher risks of sudden infant death syndrome. Pregnant women who smoke endanger their unborn children, increasing risks of miscarriage, premature birth, low birth weight, and developmental abnormalities. Secondhand smoke also increases the risk of heart disease and lung cancer in non smoking adults.

Economic and Social Costs

Smoking imposes substantial economic burdens on individuals, families, and society. Smokers spend considerable amounts of money purchasing cigarettes, money that could be better used for food, education, or savings. Healthcare costs related to treating smoking related diseases are enormous, straining public and

private health systems. Productivity losses due to illness, disability, and premature death further damage economies. In Pakistan, where resources are already limited, the economic impact of smoking is particularly severe.

Religious and Moral Perspective

From an Islamic viewpoint, protecting one's health and avoiding harmful activities is a religious duty. The Quran commands believers not to throw themselves into destruction. Many Islamic scholars have issued fatwas declaring smoking haram because it harms the body, wastes money, and creates addiction. Smoking contradicts the Islamic principles of cleanliness, self discipline, and responsibility toward one's body, which is considered a trust from Allah.

Prevention and Quitting

Preventing young people from starting to smoke is crucial. Education programs, strict enforcement of age restrictions, and bans on tobacco advertising can help reduce initiation rates. For current smokers, quitting is the best decision for health. Although nicotine addiction makes quitting challenging, it is achievable with determination, support from family and friends, and professional help such as counseling or nicotine replacement therapy. Governments must implement comprehensive tobacco control policies, including higher taxes, smoke free public spaces, and accessible cessation services.

Conclusion

Smoking is a deadly habit with catastrophic consequences for health, economy, and society. It causes cancer, heart disease, respiratory illnesses, and countless other health problems. It harms not only smokers but also innocent people exposed to secondhand smoke. From both medical and Islamic perspectives, smoking is harmful and should be avoided. Quitting smoking is one of the most important decisions a person can make to protect their health and improve their quality of life. Society must work together through education, policy, and support to create a smoke free future for Pakistan and the world.

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