



YOUR HABITS CAN IMPACT YOUR CHILD'S HEALTH

Supriyo was an eternal favourite with his students. Young and dynamic, the Professor's unconventional way of teaching made his classes the most attended in the university. The fact that he was also a smoker, and not adverse to sharing a cigarette or two in the lobby area with his students, increased his mystique in their eyes. Supriyo was 30 when he and his colleague Snehalata, who was also his childhood sweetheart, decided to get married. Their first child, a daughter, was born after two years. The child was just touching one when Supriyo introduced her to her first book. Reading out stories to her every evening became a habit, and the child responded by listening with rapt attention. Supriyo, however, could not do without his short smoking breaks in the verandah. When his daughter Sauravi started protesting against these breaks, Supriyo started lighting up in front of her while continuing with the story telling. In a year's time, the child had learnt to repeat words, then entire sentence and soon could tell the stories her father had read out to her entirely with little anecdotes of her own added on.

Sauravi had just celebrated her 4th birthday when she first started showing signs of breathlessness accompanied by a recurring cough. Worried her parents took her to paediatrician who advised them to get her checked by a respiratory medicine specialist. Supriyo's world fell apart when the specialist told him that his daughter was showing early signs of Asthma and the probable cause was exposure to second hand smoke. Sauravi was put on medication and asked to be kept strictly away from cigarette smoke. A repentant Supriyo quit smoking overnight. Sauravi's condition is under control, though she remains susceptible to season changes and smoke. The evening time story sessions have resumed, a plate of fruits having replaced the cigarette which remains banned from the Mukherjee household.



SMOKING IS INJURIOUS TO HEALTH

