

Ban on 'Shisha' smoking at public places urged

ISLAMABAD: The residents of Islamabad have demanded of the National Assembly (NA) to pass a resolution to ban Shisha smoking (a delicious killer) at restaurants, cafes and public places, as it is extremely injurious for health.

A senior citizen Tahir Khan told this agency that most of five star hotels, restaurants, cafes in Islamabad and other restaurants across the big cities of the country were offering this deadly product in a variety of flavors. "Not only boys, but teenage girls also go to restaurants and smoke Shisha," he pointed out. The Narcotics Act is currently enforced in the country but there is a need to take effective steps for its implementation, he added.

Another citizen, Zahid Mahmood, opined that a large number of school and college students of both genders of under-18 age group can be seen using Shisha at most restaurants and hotels of the country. In fact, every day new Shisha cafes are opening up in the country because of its increasing demand by the younger generation.

He said, "Shisha is a modern form of the hookah that uses hazardous, aromatic tobacco to attract teenagers." Waqas Ali, a student of 'O' level said that almost 50 per cent of varsity students were becoming addicts of Shisha smoking and that the habit was becoming more popular with female students as well.

Different kinds of flavours were being used to lure the youth into it, he said.

When contacted Dr Imran, he said, "Shisha smokers inhale up to 150 times more tobacco in a single session than a cigarette." He said that Shisha causes lung diseases, cancer and the flavoured smoking was many times more harmful to health than a simple cigarette smoking. Shisha smoking had become a 'fashion symbol' in the society but smokers don't know that it is a delicious killer, which kills their body parts gradually.

"If it continues to exist in our society, it would result in the untimely death of youngsters in the years to come," Dr Imran warned.

According to the World Health Organization (WHO), consuming Shisha for an hour is equal to smoking 100 cigarettes. Sardar Mokhalz Sahi, a journalist, said that both boys and girls were getting hooked to it and the trend was rising.

He said the government must create extra awareness among the smokers against the harmful effects of Shisha besides cigarette smoking. Citizens demanded of the government to ban on import of all the ingredients being used in the making of Shisha to eradicate the menace from the society. — APP