

#HEALTH & FITNESS

# How fasting during Ramadan can help you quit smoking

During the daytime hours of Ramadan, cigarettes or smoking while fasting of any kind is prohibited. If self-restraint is already ingrained in your mentality, the following ideas might offer the extra push you need to give up smoking for good.

A person who is trying to give up smoking may find that participating in activities throughout the month of Ramadan, such as visiting relatives, helping with the preparation of iftar or sehri meals, and praying helps keep them busy and provides assistance in doing so. Moreover, people may lessen their desire to smoke by taking measures like engaging in physical activities such as walking after iftar,

consuming a large quantity of water after iftar, and avoiding the company of other individuals who smoke.

Quitting smoking during Ramadan is a great idea. Fasting has several health benefits and these advantages are most noticeable in former smokers who maintain a smoke-free lifestyle. Besides, the money saved by not buying cigarettes might be used toward other goals, such as rewarding oneself or supporting a worthy cause through donation.

By turning someone else's adversity into positivity and becoming an inspiration to them, individuals will feel

empowered to stick to their Ramadan resolution to give up smoking.

Several people have found success in kicking their smoking habit throughout the month of Ramadan by adhering to what is referred to in the scientific community as the "cold turkey" strategy, which is based on quitting smoking rapidly. Yet, some people who smoke may need the assistance of a trained expert in addition to nicotine replacement treatment to omit this habit. In that case, one must not be shy to seek help.

It is not a simple task to give up smoking. To be tobacco-free for good, one must have a solid plan, a strong drive to do so, enough

awareness, and a compelling reason to do so. Fasting is just one part of the equation. Abstinence from food causes a reduction in the amount of nicotine in the blood, which makes it much simpler for smokers to forgo the habit. But, the most significant matter is the fact that almost all individuals can refrain from smoking for more than 12 to 14 hours. This shows a shred of evidence that they possess the ability to attempt and succeed in their quest to give up the smoking habit for good.

By Samayla Mahjabin Koishy  
Photo: LS Desk

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Don't let loved ones rule your life. Do some extra work at home. Be prepared for an active but rewarding week. Your lucky day this week will be Sunday.



### TAURUS (APR. 21-MAY 21)

Don't prematurely jump into investments. Your mood will be reciprocated by your partner. Make plans with friends. Your lucky day this week will be Friday.



### GEMINI (MAY 22-JUN. 21)

Put your thoughts into action. You have an important choice to make. There will be drastic alterations in your usual routine. Your lucky day this week will be Monday.



### CANCER (JUN. 22-JUL. 22)

Don't take sides. Take advantage of your attributes. You're in the mood for love. Your lucky day this week will be Friday.



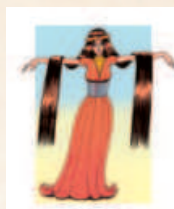
### LEO (JUL. 23-AUG. 22)

Make new friends by getting involved in outdoor activities. Do some extra work. Focus on forming business partnerships. Your lucky day this week will be Tuesday.



### VIRGO (AUG. 23-SEP. 23)

Avoid unnecessary conflict this week. Spend time with someone special. Visit loved ones you don't get to see very often. Your lucky day this week will be Tuesday.



### LIBRA (SEP. 24-OCT. 23)

Don't get involved in other people's problems. Exercise discipline when it comes to bad habits. Stop telling others about your problems. Your lucky day this week will be Friday.



### SCORPIO (OCT. 24-NOV. 21)

Don't be rude to your partner. Don't spend too much on luxuries. Don't ask for help on things you can manage. Your lucky day this week will be Monday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Trips will be enjoyable. Clear up any miscommunication with your partner. Include loved ones in your plan. Your lucky day this week will be Thursday.



### CAPRICORN (DEC. 22-JAN. 20)

Watch your weight gain. Travel will be far more exciting than you thought. Get out and socialise. Your lucky day this week will be Tuesday.



### AQUARIUS (JAN. 21-FEB. 19)

Stay calm and do your best. Expect to have minor health related problems. Make time for yourself and family. Your lucky day this week will be Tuesday.



### PISCES (FEB. 20-MAR. 20)

Do your own research. Others will seek out your advice. Don't spend recklessly. Your lucky day this week will be Saturday.

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ঠিক যেসবত রূপচর্চায় আভিজাত্য ঘাটেই

# স্যান্ডালিনা

## সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL