

10. Recommendations

1. The adolescents were exposed to pro-tobacco advertisement and many of them received free gifts. The ban on tobacco advertisement through electronic media is a positive step taken by the government of Nepal. However, there has to be a total ban on tobacco advertisement and sponsorship. To achieve this political commitment and enactment and effective enforcement of anti-tobacco legislation at national level and strong FCTC at global level is essential.
2. Three fourth of the students expressed their desire to stop smoking and also had made attempts to do so without success. So, the focus in the youth should not only be on prevention but also on youth oriented smoking cessation programs to help them to quit smoking.
3. A substantial number of students were exposed to tobacco smoke at home and public places and almost three fourth of the non-smokers demanded that the tobacco smoking in public places should be banned. So, there is a need for strong anti-tobacco legislation and strict implementation of the legislation to ban tobacco smoking in public places.
4. More than half of the current tobacco users purchased the products in the store and three fourth of them were not refused purchase in spite of their young age. So, the tobacco control law should also prohibit the sale of tobacco products to the minors.

11. Acknowledgements

We would like to thank the Centers for Disease Control and Prevention/Office of Smoking and Health (CDC/OSH), USA for training, sample selection, data entry and analysis. W.H.O. for giving importance to GYTS in the TFI program and Dr. PC Gupta for providing Hindi version of the questionnaire at the outset of the study. Dr. Charles W Warren is acknowledged for his review and comments on the initial report.

Janak Memorial Service Centre is acknowledged for their assistance in collecting and compiling the list of secondary schools and enrollment data and survey administration under the aegis of Mrigendra Samjahana Medical Trust (MSMT).