



NTQLS APPRECIATION E-MAIL BOOKLET (2016 - 2024)

NATIONAL TOBACCO QUITLINE SERVICES

An Initiative by:

*Ministry of Health & Family Welfare, Govt. of India
Vallabhbhai Patel Chest Institute, University of Delhi, Delhi*



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Preface

It is with great pride and enthusiasm that I present the preface to ***The NTQLS Appreciation Email Booklet***. This book is not merely a compilation of words but a heartfelt testament to the unwavering spirit, dedication, and teamwork of the National Tobacco Quitline Services (NTQLS) team at the Vallabhbhai Patel Chest Institute (VPCI), University of Delhi, Delhi.

Since its inauguration by the then Health Minister, Shri JP Nadda, on 30th May 2016, the National Tobacco Quitline Services (NTQLS) has charted a remarkable journey of resilience, innovation, and steadfast commitment to fostering a tobacco-free society. Over the years, NTQLS has transformed countless lives through its dedicated efforts in providing compassionate and effective tobacco cessation services.

This book, entitled ***NTQLS Appreciation Email Booklet***, consists of emails sent by callers sharing their feedback and gratitude, recounting their successful journeys of quitting tobacco with the help of National Tobacco Quitline Services. These emails reflect the hard work and passion of every member of the team, recognizing their invaluable contributions through heartfelt messages of appreciation.



Editor-in-Chief
Director Prof. Raj Kumar

NTQLS, a flagship initiative under the Ministry of Health and Family Welfare, Government of India, operates under my leadership as the Director of VPCI and Principal Investigator (PI) of NTQLS. Vallabhbhai Patel Chest Institute, a premier institute dedicated to chest diseases and respiratory health, has played an instrumental role in the establishment and growth of NTQLS, providing the infrastructure, research, and institutional support necessary for its success. With its longstanding commitment to public health, VPCI has served as the ideal foundation for NTQLS mission to create a tobacco-free society. NTQLS offers toll-free counseling services via the toll-free helpline 1800-11-2356, available six days a week from Tuesday to Sunday, 8 AM to 8 PM. It is committed to empowering individuals on their journey toward a tobacco-free lifestyle with the support of a dedicated team of counselors. These services provide confidential, non-judgmental telephonic counseling, tailored to meet diverse needs. NTQLS adheres to WHO-recommended protocols, ensuring that each caller receives personalized and compassionate support. In addition to individual counseling, NTQLS also engages in advocacy, awareness, and community outreach, empowering people with the knowledge to make healthier life choices.

The ***NTQLS Appreciation Email Booklet*** captures the essence of encouragement and gratitude, celebrating the exceptional efforts of the NTQLS team from 2016 to 2024. By sharing these messages, I hope to inspire and motivate all those involved in this noble mission. Each note of appreciation serves as a reminder of the dedication, resilience, and passion that have been at the core of NTQLS success. This book stands as a testament to the progress made, the lives touched, and the collective impact of these efforts. As NTQLS continues its journey under the guidance of Vallabhbhai Patel Chest Institute, it will remain focused on empowering individuals, transforming lives, and contributing to a healthier, tobacco-free society.

Warm regards,

Prof. Raj Kumar

Director, Vallabhbhai Patel Chest Institute

Principal Investigator of NTQLS, VPCI



Appreciation For Counsellor Amrita > Inbox x



Ankit Kumar Yadav <yadavankit.yadav@gmail.com>

Sun, Jun 26, 2016, 12:32PM



to me ▾

Hello Sir

Myself Ankit Kumar Yadav (24Yrs) and

First of all I would like to thanks your team for starting this campaign.

By this and with the help of your counsellor Miss/Mrs. Amrita who helps me in quitting this tobacco.

Because of her I an able to quit this. I was taking tobacco since last 6 years and its almost 16 days

I had not taken yet. A last help required by your team now I had quit this tobacco but sometimes

I feel like irritation, headache, sometimes I hot high up by mood. So please help me getting out

of this. And I would also like to join your campaign and want to help others in quitting this bad

habit of consuming tobacco.

Thanking You

CS Ankit Kumar Yadav



manoj choudhary <h.manojchoudhary@gmail.com>

Tue, Aug 9, 2016, 5:21PM



to me ▾

One Attachment • Scanned By Gmail ⓘ





Letter of Gratitude

> Inbox x



Syed Rafi <syedraphy@gmail.com>
to me ▾

Sun, Feb 19, 2017, 11:40PM ★ 😊 ↶ ⋮

Dear Manisha,

It's been a great initiative from the government for the people, in quitting tobacco, the counselling has really helped me, every tobacco user wants to quit tobacco, but counselling help them in setting a date and will really help the persons who want to quit tobacco.

I whole heartedly thank you for helping me in quitting tobacco.

Thanks and regards,
Rafi Syed

Thanks Giving for your Motivation and help. > Inbox x



Joshi mahin <mahin_joshi@yahoo.co.in>
to me ▾

Sun, Feb 19, 2017, 11:40PM ★ 😊 ↶ ⋮

Dear Manisha Madam Thank you so much for all your support in helping me become a NON SMOKER I have no words to thank you and your organisation I haven't had a cigarette from past 21 days I quite it as planned last month on jan 30th and I don't have any desire to start again. I will stay focused and I will also recommend my friends to your programme who wants to quit tobacco and smoking....

Your are giving people like me the best gift you could give, the confidence and support to quit smoking because of which I am able to spend more time with my family which priceless gift to them.

Once again a big thank you whole heartily to you and your team.....

Regards
Mahender Joshi
Hyderabad
+91-9900223344

Quittobacco

> Inbox x



Anil Kulkarni <anilkulkarni184@gmail.com>
to me ▾

Sun, Jul 16, 2017, 9:48PM ★ 😊 ↶ ⋮

R/Sir/Madam,

Thanks for motivating me to quitting tobacco. It is very helpful to me.

Thanks very much

In Quit tobacco programme, any social work except by me, I will happy to do the same kindly give chance to do social work of quitting tobacco.

Thanking You !

Re: आपको और आपके पुरे परिवार को रक्षाबंधन की हार्दिक बधाई और शुभकामनाएं। आपके लिये मेरा दिल यही दुआ करता है की.... कामयाबी आपके कदम चूमें...और आन हमेशा जिंदगी में कामयाब हों ॥ शुभ राखी ॥ > Inbox x



manoj choudhary <h.manojchoudhary@gmail.com>
to me ▾

Mon, Aug 7, 2017, 11:14AM ★ 😊 ↶ ⋮

On 9 Aug 2016 5:21 pm, "manoj choudhary" <h.manojchoudhary@gmail.com> wrote:



Thanking Statements

➤ Inbox x



Shekhar Duttagupta <shekhar.dutttagupta@yahoo.in>
to me ▼

Sun, Apr 22, 2018, 12:42PM ★ 😊 ↶ ⋮

Hello Miss Amrita, First of all I want to thank you from the bottom of my heart for motivating me to quit tobacco. You listened to my issues with a kind heart and given me positive feedbacks which is in fact not found anywhere except my Mother. It is a great social work in fact the great human beings of India who eradicated many social evils from the society has something in connection with this effort by you. It is very difficult to leave as it gets mixed with blood and the body want it in regular interval of time but only care and compassion in real can help it to overcome. Nothing more can be said as its and abstract form which can be felt with not expressed in so once again thank you to my lovely sweet and caring voice of my Sis. Take blessings. Bye.



Vikash Kumar <20by10isto2@gmail.com>
to me ▼

Thu, Apr 26, 2018, 12:44AM ★ 😊 ↶ ⋮

Thank You Sister May Aapka Sada Abhari Rahuga

Thanks a lot

Thank you for your mail.

Hi, I got it.

Feedback

➤ Inbox x



Dipankar Paul <dipankarpaul069@gmail.com>
to me ▼

Fri, Apr 27, 2018, 11:47AM ★ 😊 ↶ ⋮

Thanks for help me to quit tobacco... and amrita mam thanks to inform me how to quit this bad habit



Dipankar Paul <dipankarpaul069@gmail.com>
to me ▼

Fri, Apr 27, 2018, 11:51AM ★ 😊 ↶ ⋮

Thanks for help me to quit smoking... amrita mam thanks to guide me.. I try my best not to take it in my future.



Pankaj Chandel <vrmoop@gmail.com>
to me ▼

Mon, May 7, 2018, 4:11PM ★ 😊 ↶ ⋮

Dear Amrita!

Thank you soo much for saving my life... I was became addicted to cigarettes... your support makes me free from tobacco..

Thank You soo much govt. for creating such life saving helplines... :) (sorry for poor english)



Amrish Pal <amrishpal2017@gmail.com>
to me ▼

Wed, May 16, 2018, 4:03PM ★ 😊 ↶ ⋮

Thank You my sweet friends you help me



Prashant Suman <prashant.suman6@gmail.com>
to me ▼

May 30, 2018, 2:57AM ★ 😊 ↶ ⋮

Thanks a lot. It was tough for me leave but the way Prachi guided me throughout the process is admirable. God bless her and all of you guys who are working to make this country tobacco free. Best Wishes.

**Cheers
Prashant Suman**

Vacation Mail ➡ **Inbox x**



akattri_2007@rediffmail.com
to me ▼

Sat, Jun 23, 2018, 4:23PM ★ 😊 ↶ ⋮

**Thank You for your mail. I'm away, will be back in early.
Will reply as soon as
Regards,**

Akhil Kumar



Aaryan Patel <patelaaryan9275@gmail.com>
to me ▼

Wed, Jun 27, 2018, 5:34PM ★ 😊 ↩ ⋮

Myself ABHAY PATEL and I had quitted smoking from the beginning of this month with the Strong Motivation and Care provided by Gunjan Mam. She is the one who made me realise that quitting smoking is not too much tough than strong determination. With her extreme care, motivation and guidelines I am able to leave these habits and whenever I felt carving a blind face of her along with her words striked. Her way of talking and emphasizing is awesome and mondblowing. She seems to be too polite.

Words are not enough to express my thanks and gratitude.

At last I would thanks GUNJAN MAM for being there when I needed you and also thanks for taking the time to think of me.

PLEASE accept my sincere thanks.



Pradeep Bijarniya <pradeepbijarniya89@gmail.com>
to me ▼

Fri, Aug 3, 2018, 1:22PM ★ 😊 ↩ ⋮

Finally I quit smoking.. thanks to you.. life totally changed.. filling more positive alive 😊
great work.....



UPDESH SHARMA <updeshtsharma58@gmail.com>
to me ▼

Wed, Aug 8, 2018, 11:31PM ★ 😊 ↩ ⋮

Thanks
I shall be highly thankful to you Miss Prachi Madam.



Munish Dhiman <munishdhiman1984@gmail.com>
to manu, mankars84, nb002016, mustafaalam35m35, pramodkharat336, pvgodaniya, dinesh.budiyani5, shubhamraut0203, kapoorshakti17 to me ▼

Sat, Aug 11, 2018, 9:27PM ★ 😊 ↩ ⋮

Thank pooja madam shri krishna aapka jandgi khush say bari rah ji thanks madam ji



Sukhi Ram <sukhiram1967@gmail.com>
to me ▼

Wed, Oct 10, 2018, 12:19PM ★ 😊 ↩ ⋮

Thanks for you and your team for protect my happy life.



Feedback Gunjan Ji ➤ Inbox x



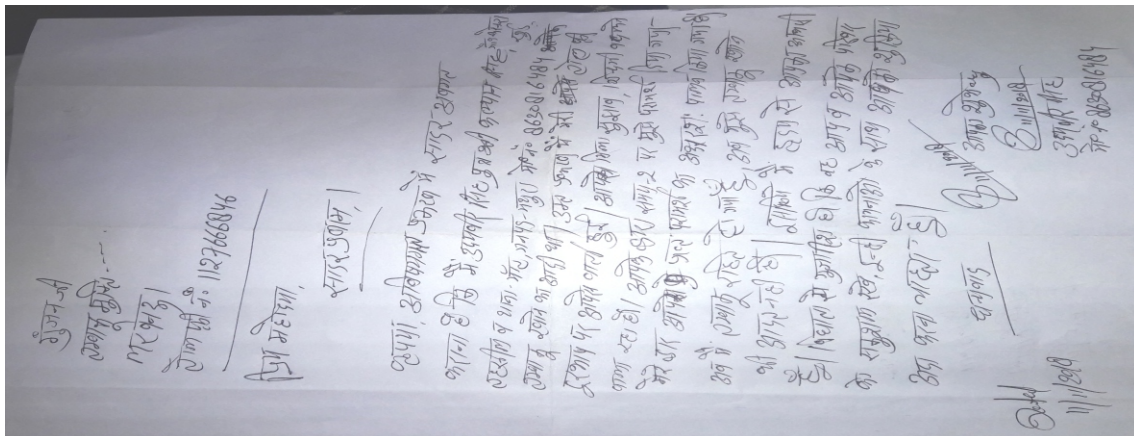
Uday Chaudhary <uditchaudhary11@gmail.com>
to me ▼

Sat, Jun 23, 2018, 4:23PM



Please find attached my feedback

One Attachment • Scanned By Gmail ⓘ



Hardik Pawar <hardikpawar062@gmail.com>
to me ▼

Tue, Nov 20, 2018, 6:40PM



Thank You Prachi mam now I am totally perfect thanks for helping me quitting tobacco



Nitin Sharma <ninni0844@gmail.com>
to me ▼

Fri, Nov 23, 2018, 1:27PM



Pooja Ji I leave it

Ganesh from Mumbai ➤ Inbox x



Ganesh Solanki <mumgs007@gmail.com>
to me ▼

Thu, Nov 29, 2018, 3:53PM



Hi Mam,

Thanks for helping I am trying to quit tobacco.



Quit tobacco team (Miss Gunjan) > Inbox x



Shivam Yadav <hhshivamankit.yadav@gmail.com>
to me ▾

Sat, Dec 29, 2018, 9:17AM



It's Great Pleasure To Inform You That I've Quit Tobacco With The Help Of Counselor Miss Gunjan, I Got Great Efforts And Devotion Towards By Miss Gunjan Towards Her Work, She Did An Excellent Job. I Really Appreciate Her Efforts And Dedication Against Tobacco.

Heartily Thanks Goes To Miss Gunjan From The Bottom Of My Heart, I'll Be Highly Obligated For The Same Till My Last Breath & Whole Lifespan.

Thanks & Regards
Shivam Kumar Yadav
Mob-9761347147
Aligarh (u.p.)

Quit tobacco team (Miss Gunjan) > Inbox x



Raaz Ahirwal <praveenahirwal360@gmail.com>
to me ▾

Tue, Dec 11, 2018, 2:47PM



**अतिआवश्यक
मैम ऐषा जी**

1. बिषय लेख है की मेरे द्वारा किए जा रहे तम्बाकू सेवन से मेरे स्वंय के स्वास्थ्य पर बढ़ती हुई समस्या और उस पर होने वाली प्रभावित कठिनाईयों पर आप ने मुझे समाझने का प्रयास कियासाथ मैं तम्बाकू सेवन से मुक्त करने का प्रयास किया

2.. सदा सच मैं Really जीवनभर आपका आभारी रहूंगा....

3. मेरे द्वारा बहुत बार गौरतलब किया जाता है तो स्वंय के प्रयासों अनुबंधो द्वारा सही तरह से तम्बाकू सेवन से मुक्त होने संपादित करके संपन्न करने छोडने मैं असफल रहता लेकिन

4. मैम आपके द्वारा मेरे लिए किए गये तम्बाकू नशा से मुक्ति के कठिन से कठिन प्रयासो परिश्रम परमैं अपना ध्यान आपकी तरफ आकर्षित करता हू साथ मैं आपका समर्थन करता हू

5. आप से मेरे द्वारा की गई शब्दा प्रश्नवाली प्रश्न आपके द्वारा दिये गये सटीक भावपूर्ण भावपक्ष सारांश उत्तर जवाब मेरे लिए अंधेरे में दीपक के प्रकाश जैसे सवित हुए

6. मेरे भविष्य में बहुत मान्य रखते है साथ मैं उज्ज्वल भविष्य की कामनाएं रखते हैं आपके बताए गए मार्ग पर नियंत्रण हम अपनी उपस्थिति अक्सर देते हैं मैं अपने मैं अपडेट करता हूं मुझे सफल बनाने के लिए बहुत बहुत thanks धन्यवाद

i miss you iam Very like



B BOSS <bboss11123@gmail.com>
to me ▾

Tue, Jan 1, 2019, 7:03PM



Ritesh kumar meri jinse baat hui thi mai unka naam bhul gaya hu. Ha lekin unki baato se mujhee bahut achha laga or maine tobacco ko chhod diya. Wo meri bahut care karti hai sayad. Lekin mai unko dil se thanks kahna chahta hu. Unki bato se mujhee tobacco ko chhodne me help hua. Mai unke call ka wait karunga. I miss you mam.
Thanks



Pankaj Baghel <pankajbaghel3804@gmail.com>
to me ▾

Fri, Jan 4, 2019, 7:24PM



Dear, Gunjan Mem mujhe batate huye khushi hai ki mene tambaakhu khanapuri tarah chhod diya hjis tarah apne meri counselling ki mujhe tambaakhu chhodne k liye 2 Dec date di uske baad apne mujhse sampark banaye rakha uske karan himujhe tambaakhu chhodne me jyada muskil nhi hui aur mujhe ye batate huye khushi hki 2 dec se aaj din tak mene koi b nasha nhi kiya h ,mujhe yakeen h apke margdarshan me aur log is abhishaap se muktipaye ngethank u gunjan mem me jitni baar thank you bolu utna hi kam hai mere pas wo sabd hi nhi h jisse me apki tanff kar saku aap bht ache secounsling karte h gunjan mema ek baar firse

Thank you gunjan mem

Thank you all team



Sonu Niboriya <sonuniboriya@gmail.com>
to me ▾

Mon, Jan 7, 2019, 4:33PM



Dear Sir/Madam

This is Sonu

Thanks-Gumzad Mam (My cousellor)

Recently I have decided to quit smoking and now I have completely quit it. This all was possible because of my self confidence and determination. I was regulary smoking since 3 years and it was a addiction to smoke mainly after meals. Tea was the best companion for me to smoke, so I have also stopped taking tea.

Most important role was of Gumzad Mam who helped me a lo to quit it. Mam regularly called me and because of their counseling now I am totally fit and healthier than before. I have also joined gym and made my busy schedule. Being free makes is to have such things like smoking, drinking etc. So try to be busy and work hardly so that your mind couldn't go to that bad habit.

So guys be confident and make a determination to quit tobacco.

Remember nothing is bigger than our own determination and mind. Good Luck Everyone.



nitn gangwar <flyingnitingangwar@gmail.com>
to me ▼

Mon, Jan 28, 2019, 9:59AM ★ 😊 ↩ ⋮

Name: Nitin

Counselor Name: Ms. Gunjan Goyer Mam

First of all I would like to thank Government for initiating project of such kind.

Secondly I would like to thank Goyer mam for helping me quit the menance one for all.

Thirdly I would like to tell you that though telephonic conversations do have a limit but in my case madam took a friendly approach and were instrumental in helping me quit.

Despite I slipped a couple of times and yes the time was emotional roller coaster but madam never lost her patience.

Thank You Goyer Madam and Thank You tobacco quitline services providers.

Good Day and Bless You.

Rohit ➤ Inbox x



Rohit Chandan <rohitchandan91@gmail.com>
to me ▼

Fri, Feb 1, 2019, 6:24PM ★ 😊 ↩ ⋮

My name is Rohit. May thanks karta hu gunjan mam ka jinhone mujhe tobacco shore dene me madad ki... meri life me unka bohot mehatav hai... may unka thnxx krta hu.



Gaurav Saha <bryantik19@gmail.com>
to me ▼

Sat, Mar 2, 2019, 6:49PM ★ 😊 ↩ ⋮

Hi, I am Gaurav Saha and I am happy to share that I have been successful at quitting my habit of smoking with the help of miss Gunjan.

I feel better with every passing day without smoking.

Health is improving and I'm even being able to save money.

Thank You.

Feedback ➤ Inbox x



Jalil Sk <jalilsk1998@gmail.com>
to me ▼

Thu, Mar 28, 2019, 6:15PM ★ 😊 ↩ ⋮

I'm jalil sk from murshidabad west bengal, staying at kolkata for study the course bachelor in prosthetic and orthotics. I was addicted to tobacco that's only in cigarettes and I was noticed the toll free no that mentioned to quit cal. I called and counclilled by Gunjan Ji, she counced very nicely and I decided to quit. But after few days I had exam that's restart smoke. Then she called me on mentioned date and give to some suggestion which will help me to quit, I really used and get better and that was very help full for that. At last after counselling for 3 month I have quitted and thankful to all of you escpecially GUNJAN Ji, all the team members who works for Tambacoo Mukti Seva. Really thank you for quit my bad habit.

Thank You > Inbox x



Saddam haque <sharrybieber7@gmail.com>
to me ▾

Wed, May 8, 2019, 6:00PM ★ 😊 ↩ ⋮

Hey

Mera nam Saddam hai.

Or meri baat gunjan ji se hua tha gunjan ji ne meri kafi help k hai smoking chorne me kafi help mila hai unse or apke Quittobacco se. Gunjan ji ne bohot zada help kiye time to time call kar k date jo wo deti thi wo date par call kar help karna suggest karna gunjan ji thank you so much for helping me to quit smoking thank you so much.

Reviews regarding the counselling by Miss Karitki > Inbox x



Rudra Bhattacharya <bhattacharya64@gmail.com>
to me ▾

Thu, May 16, 2019, 11:10PM ★ 😊 ↩ ⋮

At first giving a big thanks to Kartiki maan for helping me to quit smoking. She was really helpful and friendly, did all that was necessary in order to make me quit. She made me realize the harm I was doing to my body, and did follow up calls regarding to ask about my issues and did resolved them all.

Thanks again maam. It was big help to me.

Feedback > Inbox x



muhammad faisal <faisalmuhammadvarode@gmail.com>
to me ▾

Tue, May 28, 2019, 10:46AM ★ 😊 ↩ ⋮

My name is faisal. I am 23 years old. For a long time I have the habit of Smoking. I just started because only the curiosity about that That was in high school classes with my friends. But that continued till in My post graduation. I suffered a lot of problems. In some times I realised some worst things happen to me only because of smoking. It include physical problems and mental problems. It is really hard to know that this dirty habit is affecting my emotions And I reached in a uncontrolable stage but I am damn sure that I can stop this. I tried a lot of things but again started smoking once in a day I get the toll free number. Then I reached to the counsellor Gunjan.

She helped me a lot she assigned some dates. In the starting I didnt take that much seriously The first stage is that to reduce it is very easy to reduce because I really want to stop this Habit She gave me proper guide lines How can I stop this periodically. To stop the temptation was very important to me. In the starting time I just get out of from my friends while they are smoking. Then I just practised to sit with them without taking cigarette Gunjal make communication with each stage Apart from that we interact like friends All things are communicated with Gunjal After quitting smoking I admitted in to the Hospital Because of fever and headache. I think that was an after effect of this. I cant reveal this things to doctor because of some problems Now I am perfectly alright. I can feel the Changes Mentally and physically. I am really Thankful to Gunjal. This is a great initiative Now I am trying to stop the habit of smoking of some of my Friends. I am sure that they can stop.



subramanian Krishnaswamy <subbu567@yahoo.com>
to me ▾

Tue, May 28, 2019, 3:41PM ★ 😊 ↩ ⋮

Mesatge for Gunjan Goyer

Hi Gunjan

I have sent the final version of the video to the number you provided.

I hope it was as per your expectaion. And sorry for mispronouncing your second name.

Thank You

Subbu



Abhishek Mahawar <mahawarabhishek98@gmail.com>
to me ▾

Tue, May 28, 2019, 3:41PM ★ 😊 ↩ ⋮

अमृता मैडम आपका बहुत बहुत शुक्रिया जो आपने मेरी Tobbaco को छुड़ाया है मैं आपका एहसान कभी नहीं भुला पाऊंगा आपकी बजह से आज मैं बहुत अच्छा feel करता हूँ और मुझसे मेरे फैमली मेम्बर मेरे पापा मम्मी- भाई सब बहुत खुश हैं मेरे पापा मम्मी भाई भी आपका एहसान कभी नहीं भुला पाएंगे मेरी and मेरे पापा मम्मी भाई की आपको बहुत बहुत दुआए आप हमेशा खुश रहे आप बुलंदियों को हुगा आपकी लाइफ हमेशा खुशियों से भरी रहे आप हमेशा खुश रहे आपकी लाइफ में कभी दुख ना आए बस मैडम इतना ही क्योंकि मैं जितना आपका सुक्रिया करूंगा वो भी कम है।।।। आपका बहुत बहुत शुक्रिया अमृता मैडम जी।।।।। और आपसे गुजारिश करूंगा की आप मेरे जैसो लोगो की लंबाकू सेवन को रुकवाए जिससे कैंसर के लोग कम हो जाए इंडिया में।। धन्यवाद अमृता मैडम जी।।।

Quit Tobacco



Inbox x



Vishal Prasad <golu1082@gmail.com>
to me ▾

Fri, Jun 14, 2019, 12:42PM ★ 😊 ↩ ⋮

Dear Sir,

I have quit tobacco with the help of your organization because your employee Ms. Amrita help me to quit tobacco and suggest me to quit tobacco.

I eat tobacco 6-7 times in a day but one day I saw a toll free no. in tobacco packet then I called and talk with amrita mam and than she describe me in full detail then I realize that tobacco is injuries for health and then I decided to quit tobacco. At the time of starting it was difficult to quit but after some time I feel that I was eating only 2 times in a day and now it has fully finish. The main control for quit tobacco is delf control and your counseling.... Thanks for helping me to quit tobacco.

Name- Vishal

Thanks for everything ➡ Inbox x



vikrant dwivedi <vikrantkdwivedi@gmail.com>
to me ▼

Fri, Aug 23, 2019, 6:01PM ★ 😊 ↶ ⋮

Hi
I am Vikrant K Dwivedi
Singrouli mp mob no 7354365369

I am very happy feeling everyday and every time after tobacco quit
Manisha Ji specially thanks to you for this situation or life given to me by you only you....
Thanks for everything
Vikrant K Dwivedi
(DEEPU BHAI)



Gaurav Rai <raigaurav8989@gmail.com>
to me ▼

Wed, Aug 28, 2019, 11:13AM ★ 😊 ↶ ⋮

Hello
I'm Gaurav Rai from chandigarh. This email is just for your one employee her name is Amrita. She is doing a great job. She convinced me to quit tobacco and i appreciate her efforts. She deserves it. She is very nice to me and she call me time to time for helping me to quit tobacco I don't know who is going to read my email but if my email is reading by Amrita boss then sir you have exceptional employee Give her some appreciation so she will convince more people to quit tobacco.
Thank You

Fwd: Regarding Feedback ➡ Inbox x



sagar dhamija <sagardhamija.dhamija@gmail.com>
to me ▼

Wed, Oct 30, 2019, 6:31PM ★ 😊 ↶ ⋮

Hi, first of all thanks to the govt. for this awesome initiative. so it started like this, i was sitting alone smoking probably 8th or 9th cigarette of the day and i saw this no. on packet. i thought lets try it, and luckily it connected in very first attempt; there were actually counselors for it. first i used to thought it was just a spam i got connected to Ms KARTIKI PORWAL, my saviour. let me tell you she is damn best in her business, perfect for her job, an awesome mentor, she will make you work. she is an awesome listener, very supportive. she never forced me for anything just worked along my schedule and here i am 2 months of smoke free, and i must tell u it actually feels awesome once again THANK YOU KARTIKI, you are awesome.

REGARDS DR SAGAR

Maine apni life mein bhut barr try kia tobacco chode k liye pe nhi chuta fir maine quit tobacco me call kia meri call Mrs. Manisha ne attend ki unhone mujhe advice kia or maine bhi try kia ab mai bilkul safe hu or in sab se dur hi thanks Manisha Ji thankuuuuuuu soooooo much Manisha Jiiii ♥♥♥♥♥♥ ➡ Inbox x



Monti Dhawaria <montidhawaria@gmail.com>
to me ▼

Sun, Feb 23, 2020, 12:11PM ★ 😊 ↶ ⋮



Special Thanks Inbox x



Sourabh Dubey <dubeysourabh584@gmail.com>
to me ▼

Thu, Mar 5, 2020, 1:10PM



Respected quit tobacco team,
A special thanks to miss Sakshi Singh Mam.
For help my quit smoking habit. I try to leave this habit since 1 year but I can't.
But when I talk to miss Sakshi Singh Mam as per mam help I left this habit permanently. A heartily and special thanks to miss Sakshi Singh Mam and quit tobacco team.
Regards
Sourabh Dubey
Structure Engg.
Mob. No: 8349370090

Special Thanks Inbox x



prakash tiwari <prakash.tiwari701@gmail.com>
to me ▼

Sun, Mar 15, 2020, 5:06PM



Sir kay bohut bohut dhanyavad kyunki sar ne aaj mera ek buri adat ko chhutane ka madhyam bane hii ab may good feel kr rha hun our ab meri life achhi rahegi sir ko bohut bohut dhanyavad!!!!!!

#Thanks Or Love You... Feedback Inbox x



Sagar <sagarworld1718@gmail.com>
to me ▼

Fri, Sep 4, 2020, 8:06AM



Namaste Quittobacco, Main (sagar From Bihar West Champaran District Bettiah) Apka Bahut Bahut Dhanyawad Karta Hoon, Aapne Meri Life Barbaad Hone Se Bachaye Hai Main Ab Vimal Shikhar Khana Band Kar Diya Hon, Iske Liye Mai Kitna Bhi Likhu Kam Hai, Aur Aapke Kiye Mere Dil Mein Humesha Respect Rahega.... #Special Thanks #Ruchi Sister.... Love You Ji

For thanking of my counselor Inbox x



Raman Tej <ramantej1991@gmail.com>
to me ▼

Sun, Dec 13, 2020, 7:39PM



Thank You Kartiki for getting me out of the habit of tobacco...
Again I am really thankful of Kartiki madam...
She told me disadvantages of tobacco...



nrj nj <nk1946394@gmail.com>
to Lakshman, me ▾

Thu, Feb 11, 2021, 10:04PM ★ 😊 ↩ ⋮

I want to quit tobacco but sometimes when I try to do that few days I had quit it, but after some days when I felt stress or some negative thoughts in my mind. I restarted that I don't know how I can quit tobacco but I have tried it many times in last days.

I have read your attachment it is very helpful for me to quit tobacco, I will follow same.

Thanks & best regards!

Neeraj

8445428097



Samsed Samsed <samsed552@gmail.com>
to me ▾

Sat, Apr 3, 2021, 7:01PM ★ 😊 ↩ ⋮

Gutka chhurane ke liye thank you so much bohot accha laga aapse baat karke shukriya.

Kartikey help me to quit tobacco ➡ Inbox x



Yogendera Kumar <yog06101989@gmail.com>
to me ▾

Fri, Jul 16, 2021, 7:49PM ★ 😊 ↩ ⋮

I am Yogendra Kumar from Jaipur Rajasthan India 302017

Kartikey helped me a lot to quit tobacco and I am now feeling good bcoz only of kartikey thank you for helping me.

Rid the addiction 🚫 ➡ Inbox x



Roshan Kumar <roshan25900@gmail.com>
to me ▾

Tue, Aug 3, 2021, 1:12PM ★ 😊 ↩ ⋮

Heartiest thanks Mr. NAVIN SIR ❤️

To rid a bad addiction of tambaku 🚫 &

i wish you and your team all the very best & I never forget you, to serve me

जिन्दगी एक बार मिलती हैं

ये बात बिल्कुल गलत हैं

मौत एक बार मिलती हैं

जिन्दगी हर रोज मिलती हैं..।



Ramgopal Sharma <ramgopalsharma5050@gmail.com>

to me ▼

Thu, Apr 12, 2021, 8:01PM



Thanku so much sir, aap ke vajay se meri jindgi badi, gayi aap ka kitna bhi sukniya da karu mere liye km hai, sir agr aap ke jaise sir agr sb ko mil gaye to pure duniya nasa mukti ho jayega. Sir mai aap ko gift dena chahta hu, men jindagi badha di

Thank You ➡ Inbox x



Maheep Soni <maheepsoni@gmail.com>

to me ▼

Fri, Aug 20, 2021, 11:48PM



Thank you sir.now i have completely quitted tobacco habit.i am very much thankful and grateful to you for your cooperation & consistent efforts that helped me to quit this bad and health ruining habit.
THANKS SIR ONCE AGAIN.
REGARDS - MAHEEP SONI

Tobacco Quit Appreciation ➡ Inbox x



RAM GOPAL BHATT <ramgopalbhatt67@gmail.com>

to me ▼

Sat, Oct 9, 2021, 6:33PM



Dear Sabreen,
using from long time. You are taking feedback on Tobacco Quit Team member India, it's Great help and suggestion from your side for quit my tobacco Cigarettes which I was keep calling me on and motivating me for that, you are very polite and you have Good communication skills, and finally I did it Now I am happy with my family, my family members are also happy for that. Keep Doing that for other person also. Great work and keep it up Sabreen and also motivate your team.

Regards
Ram Gopal Bhatt
8126488584 | 9997465088

Appreciation mail to sabreen mam ➡ Inbox x



Rohit Sisodia <princeg.sisodia1234@gmail.com>

to me ▼

Sat, Dec 11, 2021, 7:10PM



Thnx alot sabreen mam.. itne years sai tabacco use kr raha tha.... ghr mai Sab ke samjhane pr bhi nahi chhod pa rha tha... Lkn aapne tabacco sabhi draw bags ko itne acche sai samjhya mujhe.. ki khud feel hone laga ki ab move on krna chahiye mujhe... 15 days ho gye h aaj abbi tk use nahi kiya h maine aur ab na hi aage krunga...

Again thank you soooooo much mam....

You are the best



I AM BIJENDRA KUMAR > Inbox x



AALIDHRA TEXPRO ENGINEERS PVT. LTD. DADRA <atpldadra@gmail.com>
to me ▾

Thu, Dec 30, 2021, 1:36PM



I have given up tobacco completely.

I had a hard time quitting it but due to will power and counseling. I was successful in quitting.

Sumrita madam helped a lot.

I am still having trouble, which is as follows:-

Chest pain, Liver pain, Inability to work properly. I know all this is happening because of quitting tobacco and now I will never do all this again in my life. I was consuming tobacco since I was 12 years old, now I am 33 years old, i.e. I kept eating for the whole 21 years.

Sorry



QUITTING TOBACCO

> Inbox x



sahil khan <sahil.daniel@gmail.com>
to me ▾

Sun, Apr 3, 2022, 11:59AM



Hi,

My name is Imran I was regular smoker one day I call on the number which was mentioned on cigarretes packet. And that day I was spoken with SHELJA. Really she is a very good execution she treat me like me family member. And she tell me a lot of suggestions how to quit tobacco and it is working. So this is an appreciation mail.

May GOD bless you and your team. Really you are doing such a great job. Thanks u so much SHELJA

Thanks and Regards

IMRAN ALI KHAN

Thank you so much for helping me

> Inbox x



Hirtesh Santhe <hksanthe@gmail.com>
to me ▾

Fri, Oct 7, 2022, 4:25PM



My name is Hirtesh and I am based from Haryana but doing job at Hyderabad. My age is 27. I was suffering a lot how to quit smoking from last 4-5 years but not getting any way. But some days back I have seen a number of quit tobacco initiative runs by Government of India. Before calling on this number i was thinking will it really helps me to quit smoking. But finally i called and one of your counselor Savitri ma'am from Vallabh Bhai Patel Chest Hospital (University of Delhi) picked up my call and build my confidence how to quit smoking. And the discussion I had with Savitri ma'am was very motivational and inspirational. The way of explaining of Savitri ma'am is very effective and logical. Because she realised me what is your purpose of life and what your parents are expecting from you and see what you are doing.

She has given many examples to inspired and motivated me. And she given me counselling that which all food items you can take whenever you feels craving like roasted Ginger, Amla candy, Basil leaves and hot water. So i followed her all instructions in last 20-30 days. In early stage it was too difficult for me to control myself but whenever I feels craving I remember the discussion had with Savitri ma'am that you are very special and you have to realise the goals of your life like what you have to do in your life and what you are doing.

She build up my confidence a lot to quit smoking that- I can do. She actually diverted my mind from negative energy to positive vibes by given motivational examples like if they can do, if they can make control on themselves so why you can't do. She is really a very good counselor and doing very fabulous job to make others life better. Literally we guys are nothing in front of you because the work which you guys are doing is very noble work and most importantly it's without any cost.

So first of all I am very thankful to Savitri ma'am because of her guidance I quit my smoking for lifetime and now I doesn't feels craving, and able to made control of myself. It's because of Savitri ma'am guidance only. And secondly I would like to thanks Government of India and Entire team of Vallabh Bhai Patel Chest Hospital (University of Delhi) for this tremendous initiative to make people life better so they can focus on their health, their family and their future goals.

Thankyou so much!!!

Regards

Hirtesh

Mob no- 9518432669



Thanks to Ms. Savitri mam for help me in quit tobacco

Inbox x



navin jonda <navinjonda1989@gmail.com>
to me ▼

Tue, May 16, 2023, 7:38PM



Dear Savitri mam,

Thanks for your mail, support, information and guidance me for quit tobacco in my life and for your helping nature. I always remember this information and try not to start tobacco again in life and thanks to u mam for your guidance and support to me.

Thanks & Regards

Naveen Jonda

Udaipur, Rajasthan

Mob No. 9660958490, 8949227050

Thanks for support TANYA MA'AM

Inbox x



shashank sharma <hemraj1994s@gmail.com>
to me ▼

Sat, Aug 12, 2023, 9:03AM



Good counselor.... and thank you tanya ma'am... to quit tobacco.



Govind Singh <gks.kund98@gmail.com>
to me ▼

Wed, Dec 20, 2023, 12:25AM



Hi Everyone

Hope you are doing well

Thank you for all that you do!

Your dedication, professionalism, and commitment to providing exceptional customer service are truly appreciated You are the backbone of our organization Thank you for all that you do!

Your dedication, professionalism, and commitment to providing exceptional customer service are truly appreciated You are the backbone of our organization.

@ Savitri

Best and regards

Govinda Singh

8969906127



quittobacco 2016 <quittobacco2016@gmail.com>

Re: To subreen mem

1 message

Sonu Sharma <bhardwajsonu7742@gmail.com>
To: quittobacco2016@gmail.com

Fri, May 10, 2024 at 9:42 PM

On Fri, May 10, 2024, 9:38 PM Sonu Sharma <bhardwajsonu7742@gmail.com> wrote:

Thank you ,

Subreen mem for your good guidance it's couldn't possible without your good suggestions I hardly quit this bad habit .if it's possible now then behind of good advice .

Again I thankful of yours.

Akash bharadwaj

मै हू रीवा <shivamshuklaji59@gmail.com>
To: Quittobacco2016@gmail.com

Thu, Sep 12, 2024 at 11:57 PM

कोशिश किए बिना कभी सुधार नहीं होते
संघर्ष और प्रयत्न कभी बेकार नहीं होते
कड़ी मेहनत से बदलती हैं किस्मत की रेखाएँ
रातों-रात कोई चमत्कार नहीं होते

Yes, my story was also similar when I started consuming gutka and tobacco with my friends in class 12th Then one day I jokingly called the number written on the tobacco and I talked to Tanya ji. I did exactly as he said and I have not consumed tobacco for almost 1 year now and I do not feel like consuming it. I thank Tanya ji from the bottom of my heart who changed my life, now I am very happy and I don't consume any intoxicants anymore

Thank you Quittobacco team 🙏

Thank you Tanya 🙏



मै हू रीवा reacted via [Gmail](#)

[Quoted text hidden]



QUIT TOBACCO



NATIONAL TOBACCO QUITLINE SERVICES

1800-11-2356