

RATIKANTA SINGH



**MISSION IMPOSSIBLE
MADE POSSIBLE**

My 50 Days of non-smoking experience

Mission Impossible
Made Possible

Publishing-in-support-of,

FSP Media Publications

RZ 94, Sector - 6, Dwarka, New Delhi - 110075
Shubham Vihar, Mangla, Bilaspur, Chhattisgarh - 495001

Website: *www.fspmedia.in*

© Copyright, Author

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted, in any form by any means, electronic, mechanical, magnetic, optical, chemical, manual, photocopying, recording or otherwise, without the prior written consent of its writer.

ISBN:978-81-19927-31-9

Price: ₹ 375.00

The opinions/ contents expressed in this book are solely of the author and do not represent the opinions/ standings/ thoughts of Publisher

Printed in India

MISSION IMPOSSIBLE
MADE POSSIBLE

By

Ratikanta Singh

Dedicated to

All My Smoker Friends Out There Who Are
Struggling To Quit Smoking

And All My Non-Smoker Friends Who May
Understand The Vices Of Smoking And Act As
An Agent Of Drug Free And Smoke Free
Society.

“ May both of you succeed ! ”

I am Grateful to
My mother Sohagi
My elder sister Janhabi
My wife Tarulata
And
My sons Dhiraj & Parth

**“Your love has given me the power to
succeed”**

About the Author

Presently living at Mumbai, Ratikanta Singh was born in Tickerpoda, a village close to Baripada (District Headquarter of Mayurbhanj District of Odisha) in a tribal family,



His education started from a village school and he went on to study further at Sainik School, Bhubaneshwar. Ratikanta Singh holds a masters degree in Sociology from JNU (Jawaharlal Nehru University).

He started his service career as a Direct Recruit Officer in the Life Insurance Corporation of India in 1984 and is presently in a senior position with the same organization.

Always fond of literature, he writes poems in Hindi, English and Oriya. His Oriya Poems were broadcasted through All India Radio, Sambalpur, Odisha. Two of his motivational songs have been uploaded on You Tube.

He used to write articles of interest in the newspapers and was for some time a dedicated blogger on the internet.

This is his first foray into writing a full book.

About the Book

The book is about the experiences of the author over a period of 50 days when he attempts and succeeds in giving up the addiction of smoking for good.

It speaks of the cravings for a smoke which refuses to die down, of the craving that sometimes becomes impossible to handle and the steely determination with which the author was able to overcome his urge and quit smoking forever. The book also touches upon the bad effects of smoking as also the toll it takes on a smoker and his family.

Acknowledgements

Almighty God, You have been kind enough with your guidance and blessings and helped me to accomplish the Mission Impossible!

I would like to place on record my thanks to my family, who have stood beside me and encouraged me in both -- quit smoking and write this book! They have been my source of encouragement and my greatest critics.

I would like to thank my first readers Ms. Swati Jadhav and Ms. Poornima Gaitonde, who read all that I had written during the first seven days and encouraged me to proceed and complete the book!

Special Thanks to my editor, Ms. Sudha Iyer, without whom the book would not have taken the final shape. She has read right from the handwritten entries to the final edition of this book innumerable times and continuously edited it, peppering it with some words of her own. I will always be grateful to her!

My silent helper, Mr. Jayant Shende who overwhelmed me by helping me in various ways -- Thanks Jayant for being my pillar of support!

My thanks would be incomplete without thanking Mr. Shridhar Reddy who read the final manuscript at least five times and identified the finer nuances that required correction.

Thanks to my numerous friends and colleagues who believed in me when I said that I was writing a book and kept encouraging me!

So many people have helped me with this book! The list is pretty endless! I am really thankful to each and everyone for it!

Ratikanta Singh
(Aka Raka Singh)

Prelude

It is said that no one can inspire a man more than himself. And this is what happened with me; I influenced myself to quit smoking.

The push to quit smoking was always there – from my dear wife, my lovely children, my colleagues and well wishers. They were constantly telling me about the ill effects of smoking and urging me to leave smoking for good.

Many a times, I tried to quit but failed for I was pulled by the temptation of smoking.

On 14th December, 2014, I was listening to “Mann ki Baat”, the third such address by our Prime Minister Shri Narendra Modiji on All India Radio. He was speaking of drug addiction menace. He told that consumption of drugs was neither a style statement nor cool and appealed to the youth to say “No” to drugs. He also said that he had received thousands of letters from people on the issue.

This actually set me thinking and rethinking. After all, smoking was also an addiction. I realized that I was a slave to smoking for nearly 35 years now.

And having now heard the Prime Minister of the nation speak on drug addiction, I deeply understood the negative impact of smoking which kills and shatters self and family. The grave concern expressed by the Prime Minister was not unfounded. The concerns are very much true.

Ratikanta Singh

This set the wheels of my mind in motion to take off to quit smoking. And on 8th March, 2015, I firmed up my resolve to quit smoking.

And now, here I am before you, having quit smoking for good.

Hope after reading about my experiences, you also are inspired to do something on “No Drugs” and “No Smoking” in our Society.

Ratikanta Singh



1

The Last Drama And The First Chapter



I had the last kiss of my life.

The affairs were all over...

The last meeting was for 5 minutes.

2.52 PM to 2.57 PM

Date 8th of March, 2015

Wills Navycut (cigarette), Goodbye... Bye...
Bye... forever... Yes, I declare that, I have quit smoking.

After the last kiss of Wills Navycut I went into the drawing room of my sharing accommodation quarter at Churchgate, Mumbai (Maharashtra).

My friend Balram was enjoying the World Cup cricket match between Australia and Sri Lanka. He was in a very jolly mood and enjoying himself.

I sat near him and asked, “How are you, dear Balu?”

Ratikanta Singh

He replied, "I am fine, thank you, how are you?"

I said, "I am fine" and asked him, "Who you think will win this game?"

He immediately replied, "Oh, it will be Australia."

They are the favorite team this year and everyone was rooting for them. Then he said, "Come on, let us enjoy the game". I said, "Yes, let us enjoy".

After some time, I asked Balram, "Do you know the significance of today?"

He said, "Yeah, it's International Women's day, so what? Are you testing my knowledge?"

I replied, "Sorry, my dear, I am not testing, yes, but I want to inform you that, I have taken a bold decision on this auspicious day" and said strongly, "I have decided to quit smoking."

Hearing this he just laughed and said, "Don't joke on this great day."

Later, Balram also added critically and seriously, "I know how long it will last...."

He has taken liberty as we are friends. Then he bluntly said, "You will be back to square one again in no time!"

Laughingly he said, "Don't tell me all these rubbish".

After this, pulling out a cigarette he offered it to me.

I resolutely said, "No, my dear, better you enjoy."

He was taken aback. He expressed a peculiar feeling and said, "Please don't spread this news. Take this advice from me now -- never ever tell this to your

wife. The reason is you will be hurting her again, when you go to meet her after some months or so. I will stop this discussion now. Come on, let us enjoy, this competitive cricket match.”

As I said earlier, Balram was in a jolly mood today. He was shouting, clapping and thoroughly enjoying the match.

I cannot blame Balram, my friend for his sarcastic and blunt words. He knows me very well; he knows my strength and weakness. He always encourages me when I do a good job. And Balram never hesitates to caution or warn me, whenever I take a wrong step or do a wrong thing and simply lambasts me when he feels I tell things I may not pursue till the end. Just like he did today.

Balram is a very much straight forward, intelligent and knowledgeable person with lot of warmth. I rely on him, take advice from him. He is really helpful and kind hearted man. He encourages and motivates people.

But today, he just doesn't want to believe that, I have taken such a bold step. He should have congratulated me, he should have encouraged me. It's strange that he wants me to smoke and enjoy the cricket match.

Perhaps, he is right in his behavior. Many times I have tried to stop smoking. I have declared it from roof top about this many times but again and again I have failed and remained a slave of the nicotine queen....

All this is very well known to Balram. It seems that Balram has lost his faith in me.

Yes, how can he believe me! You see – I have been smoking for nearly 35 years.

MISSION IMPOSSIBLE MADE POSSIBLE

On 14th December, 2014, I was listening to “Mann ki Baat”, the third such address by our Prime Minister Shri Narendra Modiji on All India Radio. He was speaking of drug addiction menace. He told that consumption of drugs was neither a style statement nor cool and appealed to the youth to say “No” to drugs. He also said that he had received thousands of letters from people on the issue.

This actually set me thinking and rethinking. After all, smoking was also an addiction. I realized that I was a slave to smoking for nearly 35 years now.

My wife, my family and my friends were after me, urging me to quit smoking. I was really preparing myself to say good bye to this bad habit. What a great co-incidence! The Prime Minister of the nation was also speaking on the menace of drug addiction. I deeply understood the negative impact of smoking which kills and shatters self and family.

The grave concern expressed by the Prime Minister was not unfounded. The concerns are very much true.

Inspired by our Prime Minister, I started my mission to quit smoking from 8th March, 2015.....



You may reach me at

singh.ratikanta@gmail.com



EBOOK AVAILABLE

ISBN 978-81-19927-31-9



9 788119 927319