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doi.org/10.55487/ijcih.v3i1.113**Thrill of Sticks that Choke Our Breath****Aayushi<sup>1</sup>, Jangra Mandeep Kumar<sup>2</sup>**

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**Abstract**

Attempting to solve the riddle that captures the danger underlying the prevalent smoking epidemic among college fraternities was an exceptional feat. This study aims to assess the prevalence of airway flow obstruction among collegiate smokers. The Nicotine exposure leads to obstruction and destruction of airways, diagnosed as COPD in later stages. The sample size for this study was estimated by the formula  $Z \alpha \sqrt{P(1-P)/d^2}$  (where  $Z \alpha$  is 1.96,  $P$  is 10.1%, and  $d$  is 0.05,  $N=139$ ). 150 collegiate smokers who were asymptomatic were taken participated. All participants were recruited on the basis of assessing  $FEV_1/FEV_6$ , measured by vitalograph; who diagnosed obstruction in screening test were underwent Gold Standard spirometry to diagnose airflow limitation. The mean age of participants was  $22.5 \pm 2.97$ . Out of 150, 60 (40%) have a  $FEV_1/FEV_6$  ratio less than 70%, while 29 (19.3%) have a  $FEV_1/FVC$  ratio less than 70%. It is therefore prudent to conclude that asymptomatic young college smokers experience obstruction unknowingly. These findings imply that the obstruction of the airway as a result of smoking can be attributed to the age bracket and can be discovered in its earliest stages, delaying the later onset of COPD and improving quality of life.

**Keywords:** *Obstruction, Spirometry, Smokers.*