

## Record Notes/Summary

In continuation of "Theme based Health talks for awareness generation", an interaction session on the topic "Tobacco Control" was held in Resource centre, Room No. 445 A wing, Nirman Bhawan, New Delhi at 04:00 PM. (Date - 12/07/2018)

The following guest faculty delivered presentations for the session:

- I. Dr. L. Swasticharan, CMO (LS) (NFSG), Dte.GHS
  - II. Dr. J. C. Suri, Professor, Department of Respiratory medicine, Safdarjung Hospital
  - III. Mr. Praveen Sinha, National Consultant, TFI, WHO-India
2. Dr. Tanu Jain, ADG, Dte.GHS and Nodal Officer for the Awareness Programme coordinated and anchored the session; she welcomed the participants and introduced the guest lecturers.
  3. After this, Dr. L. Swasticharan, Chief Medical Officer, explained the burden of Tobacco use in India, especially among youth and adolescents. He explained about various forms of tobacco that are present in India especially Smokeless Tobacco (SLT). Further, he explained tobacco control measures enforced in India to curb the menace of tobacco like implementation of COTPA Act-2003, Juvenile Justice Act, Setting up of National Tobacco Control Laboratories (NTTLs), Setting up of Global Knowledge Hub on SLT and tobacco cessation through establishment of Tobacco cessation centre with the links to different helpline like Quit line Number **1800-11-2356 (Toll Free)** and m-cessation programme (011-22901701).
  4. Subsequently, Dr. J. C. Suri, Professor, Safdarjung Hospital, gave a detailed list of the chemicals present in tobacco that leads to addiction and causes various NCDs including Cancer. He detailed the mechanism of action of Nicotine that enters the brain and which, within seconds, stimulates the nerves to give pleasure and causes addiction. He also explained the factors causing initiation and dependence to tobacco. The dose dependant response of tobacco, he explained, leads to greater effect which with time leads to tolerance that causes craving for more dose of tobacco.
  5. Later on, Mr. Praveen Sinha, National Consultant, WHO-India, explained the enforcement of WHO FCTC articles for tobacco control in India through prohibition of advertisement of tobacco and related products, introducing tobacco harm tag lines during any smoking scene in movies, introducing 100 sec. slot in films for tobacco control and prohibition of sales of tobacco within 100 yards of schools.
  6. Approximately 80 -90 officers and officials attended the event. The sessions were interactive, and during the question answer session the participants were encouraged to ask the experts for

clarification on various issues being faced by them or by their family members. Thereafter, short video clips and audio messages developed by the programme were also displayed for the benefit of the audience.

7. The awareness campaign was greatly appreciated by all participants. The participants thanked Dte.GHS for this initiative, and requested that more such informative talks.

8. IEC Material in the form a poster, depicting the harmful of tobacco was also provided to the audience. All the participants were then requested to be the ambassadors for propagating the cause of tobacco control in India. Towards the end JS (RM) addressed the participants and also informed the participants that the next session on the series will be held on Eye Care on 19<sup>th</sup> July, 2018 at the same time and venue.

9. The guest lecturers were felicitated by presenting them a Tulsi plant by Mr. Rajiv Manjhi, Joint Secretary, Dte.GHS, MoHFW. Dr. Tanu Jain then thanked all the guest lecturers and participants for their active participation.

10. The awareness session was appreciated by one and all, and was concluded successfully.

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