

World No Tobacco Day 2019 Conference on Tobacco and Lung Health

Jaipur, Rajasthan, May 30, 2019

Background

According to the World Health Organisation (WHO), India is home to 12 percent of the world's smokers. More than 10 lakh people die every year due to tobacco-related illnesses. To address the issue, every year World No Tobacco Day (WNTD) is celebrated on May 31 by the WHO and tobacco control organisations globally. This is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. CUTS has been conducting tobacco control interventions in Rajasthan in partnership with WHO, Ministry of Health & Family Welfare (MoHFW) and Department of Medical Health, Government of Rajasthan and several other organisations.

CUTS organised a conference at Eternal Hospital (EHCC), Jaipur on Tobacco and Lung Health on the eve of World No Tobacco Day on May 30, 2019. The objective of the conference was to raise awareness of the adverse effects of tobacco consumption. The conference was conducted in the Auditorium of Eternal Hospital, Jaipur. More than 100 participants attended the conference. The details of participants are given in *Annexure II*.



Inaugural Session

Amar Deep Singh, Senior Programme Officer, CUTS welcomed participants for their active participation. He briefed the audience about the purpose of the conference.



George Cheriyan, Director, CUTS made opening remarks in the conference. He briefed the participants about the World No Tobacco Day and the purpose of organising an event that there should be no tobacco consumption and smoking. He shared statistics of the tobacco

consumption. He said that two-third of the lung cancer is caused due to tobacco consumption and around seven million people die yearly in the world and India is the 2nd largest country in tobacco consumption. He said that there are around 120 lakh



smokers in India and around 57 percent of male and 11 percent of female in India consume tobacco respectively. He said that because of the tobacco consumption by the people in India, the right to information, right to consume safe product, right of healthy environment and right to compensation and redress are being violated. He even said that because of the minimal penalty being imposed, i.e. Rs 200, the tobacco sellers and buyers are not paying attention to it and hence the police also seem helpless.

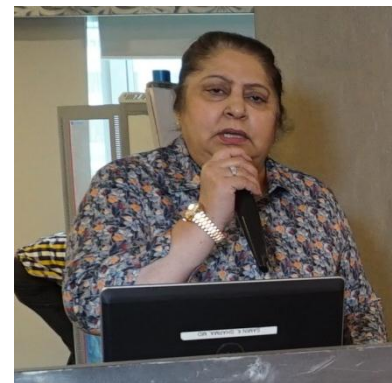
He spoke about Chronic Obstructive Pulmonary Disease (COPD) in which breathing becomes very painful due to consumption of tobacco product. He briefed the audience about the involvement of CUTS for organising such events. In 2006, WHO invited CUTS to be active towards the tobacco consumption by consumers as this is a consumer product hence results in the consumption of hazardous products by them. He said that in India 10 lakh people are dying yearly because of tobacco and smoking and Rajasthan is known for chewing tobacco. The majority of female in Rajasthan chew tobacco which is a matter of serious concern.

He informed that World Health Organisation Framework Convention for Tobacco Control and Regulation came in 2005 and India ratified this framework and presently 180 countries are part of this convention. In tune to this convention, India Tobacco Control and Regulation Act, 1975 came into being which stated a few things like smoking in public is banned, sale to children below the age of 18 years of tobacco products is illegal, selling of tobacco products within 100 yards of education institutes is illegal. He even says that though last year 23,000 *challans* were issued by Health Department but the ground realities are different. The penalty of selling tobacco near educational institutions is Rs 200, which the vendor pay before opening their stalls and

then the police seems helpless to take action within 24 hours of paying penalty. He also cited reference fo e-cigarette that some people are propagating e-cigarette as a substitute or alternative of smoking. Rajasthan is also among the five other states that joined to propagate against the use of e-cigarette which is being supported by many tobacco companies and recommended to be banned.

Dr. Pracheesh Prakash, CEO, EHCC said that when it comes to tobacco suggestion then all of us should understand how harmful it is for our health and should say no to Tobacco. He said that there is no organised resistance for Tobacco as there are certain groups of youngster who advocates their cause as freedom of choices in the western countries that are putting and showing resistance. He emphasised the people to say no to tobacco and recommended that everyone should make efforts to walk, to not to be sitting as this lifestyle which the people is adapting in today's world is the main cause of their unhealthy life. He laid emphasis on problems which occur while banning the tobacco and smoking in India like, the sellers and manufacturers of it says that it is only their source of income and if it is being banned, then they will be unemployed.

Manju Sharma, MD & Co-chairperson, EHCC encouraged the participants to develop good habits and everything starts at home and we cannot keep on blaming government, manufacturer, and consumers. She said that it is not only smoking that is hurting our generation, our sitting habits, not doing any exercise, not eating good food and then sleeping patterns are also kind of smoking as they are killing our lungs our body. She spoke about e-cigarette; a dangerous consumer product is being consumed by the youngsters most because parents are not much aware what their kids are doing. She said that every culture starts from the home and so the parents should encourage their children to lead a healthy life. Let us join our hands together to say no to smoking.



Jyoti Khandelwal, former Mayor, Jaipur Municipal Corporation, as Chief Guest of the event thanked CUTS for organising awareness programmes on important issues. She said that today the concern of the society is to be aware about their health as, if the society is not aware about their own health then that means that they are not living a healthy life. She laid emphasis on the people being affected because of the tobacco and smoke polluted environment. She requested the people to stand for themselves and should speak where the wrong is happening as it is necessary to spread each other views to bring a change in the society. It is necessary to

spread awareness about tobacco harms to bring a change in the society. She also said that she will request state government to ban e-cigarettes in Rajasthan and also, encouraged the audience to prevent at least 10 tobacco and smoking consumers from consuming it and aware them about the adverse effects of it.

Technical Session



Tobacco Control and Emerging Challenges

The second session began on Tobacco Control and Emerging Challenges wherein Dr. Alok Sharma, Senior Consultant, EHCC moderated the session. Speakers of the session were Dr. K K Sharma, Pulmonologist, EHCC; Dharamveer Katewa, President, Asthama Care Society; and Dr Rakesh Gupta, Honorary Consultant, Tobacco Cessation at Santokba Durlabji Memorial Hospital. Amar Deep Singh invited all guest speakers and introduced them to the audience.



Dr. Alok Mathur, Senior Consultant, EHCC started the session by asking the participants about consumption of tobacco and said that the change which is being observed in the people's lifestyle since last 3-4 decades is causing the non-communicable diseases at the most resulting in stress and lack of physical activity.

He even put forward the doubt that why the need of World No Tobacco Day emerged and also the effect of e-cigarettes. He made the participants know about the effects of tobacco consumption on lungs. He said that it is the duty of the government to stop the tobacco production and manufacturing but since the government is playing diplomatically against it by generating revenue one side by imposing high taxes on these products and raising

awareness amongst the public through advertisement mentioning not to consume tobacco in any form and showing its adverse effects and impacts on the other side, resulting in no measure against their ban.

Dr K K Sharma, Pulmonologist, EHCC said that the most hazardous form of tobacco is *beedi*, and these days the manufacturers are promoting e-cigarette so as to earn profit but the reality is that it is also not safe at all. He even spoke about the use of *hookah* by youngsters in assumption that it does not harm the health or body. He said that *hookah* is also very harmful for health as it contains high content of nicotine. He further stated that such habits can be reduced by counselling and medicines, such as nicotine replacement therapy etc.



Dharamveer Kateva, President, India Asthma Care Society said that the need of World No Tobacco Day emerged because when the use of something increases resulting in harm to others then the need to address that harm emerges and which results in making the days on them. He said the tobacco consumption and smoking came from Portuguese and since then only the cancer hospitals emerged in India and whenever through any kind of profession or livelihood income becomes high then, the media and general public promote and propagate it. He said that the person who knows the law does not break it but now-a-days, violation of law and breaking it has become a trend in India.

He sarcastically said that most contradictory and paradoxical thing is that doctors are actively participating in this conference to get unemployed and lose their livelihood. If people stopped consuming tobacco then, the doctor's earning will reduce and still they are actively making people aware about it and demanding the government to ban it. He says that neither the consumption nor the production of tobacco is going to stop as our country is democratic and to form and establish a government votes are required which is in the hands of public. Moreover, the small marginal farmers who produce tobacco are poor and grow it to earn their livelihood and if tobacco production is banned then their source of living will be finished.

Dr. Rakesh Gupta, Honorary Consultant, Tobacco Cessation, Santokba Durlabji Memorial Hospital made audience aware with the statistical data of tobacco and smoking. He said that at the global level around 70 lakh people out of 100 crore die due to consuming tobacco and smoking. In India, around 2 and 11.5 lakh deaths are attribute to tobacco chewing and smoking respectively. He said that people in India

chew tobacco more than smoking which is dangerous. In India, out of 100 people, 50 suffer from heart and respiratory diseases, cancer and diabetes.



He shed light on 14 types of cancer caused due to consumption of tobacco, such as mouth, small intestine, food pipe, and greatest are respiratory and heart problems. He further said that asthma, tuberculosis, infertility, and in extreme cases amputation of the legs are all consequences of consumption of Tabaco and in Rajasthan the most number of fatality are due to COPD rather than heart problem. He added that 10% of deaths happen due to second hand smoking and 80% immunity is lost due to smoking.

Vote of Thanks

Amar Deep Singh, concluded the conference extending vote of thanks on behalf of CUTS to all participants. He summarised the highlights that emerged during the conference focussing on the need to control tobacco. He also mentioned that Government of Rajasthan will definitely take some stern action against e-cigarette and hookah bars which is very much required to save the lives of youth.



World No Tobacco Day 2019
Conference on Tobacco and Lung Health

May 30, 2019, Jaipur, Rajasthan

Programme Schedule

10:30 am Registration & Welcome Tea

11:00-11:30 am Inaugural Session

Welcome Remarks: Amar Deep Singh, Sr. Programme Officer, CUTS

Opening Remarks:

- Mr. George Cheriyan, Director, CUTS International

Remarks:

- Mrs. Manju Sharma, MD & Co-chairperson, EHCC
- Dr. Pracheesh Prakash, Chief Executive Officer, EHCC

Address by Guest of Honour:

Smt. Jyoti Khandelwal, Former Mayor, Jaipur Municipal Corporation

11:30- 11:45 pm Session Break

11:45- 12:45 pm **Technical Session- Tobacco Control and Emerging Challenges**

Moderator: Dr. Alok Mathur, Senior Consultant, EHCC

Speakers:

- Sh. Dharamveer Kateva, President, India Asthma Care Society
- Dr. Rakesh Gupta, Honorary Consultant, Tobacco Cessation at Santokba Durlabji Memorial Hospital
- Dr. K. K. Sharma, Pulmonologist, EHCC

12:45-1:00 **Q & A Session**

Vote of Thanks:

Amar Deep Singh, Sr. Programme Officer, CUTS

1:00 pm Lunch & Departure

तम्बाकू सेवन व ई-सि-रेट मानव स्वास्थ्य तम्बाकू से फेफड़ों पर दुष्प्रभावों के बारे में दी जानकारी

हरियाण समाचार

जयपुर। विश्व तम्बाकू निषेध दिवस की पूर्व संघा के उपलक्ष्य में आज तम्बाकू एवं फेफड़ों का स्वास्थ्य विषय पर 'कटर्स' द्वारा ई.एच.सी.सी. अस्पताल, जयपुर में एक कॉन्फ्रेंस का आयोजन किया गया। इस कार्यक्रम में मुख्य अतिथि ज्योति खंडेलवाल, पूर्व महापौर, जयपुर नगर निगम ने सभी प्रतिभागियों को सम्बोधित करते हुए कहा कि पहला सुख निरोगी काया का विचार हमारी संस्कृति में प्रारम्भ से ही है। तम्बाकू से आस-पास के व्यक्तियों पर भी बुरा प्रभाव पड़ता है। उन्होंने कहा कि इसको रोकने के लिए आमजन को जागरूक करना आवश्यक है। यदि सार्वजनिक स्थलों पर कोई धूम्रपान करते हुए पाया जाता है तो उसे रोकने की जिम्मेदारी हम सभी की होती चाहिए। इससे पूर्व 'कटर्स' के निदेशक डॉ. चेरियन ने कहा कि धूम्रपान निषेध



डॉ. धर्मवीर कटवा ने कहा कि भारत में तम्बाकू पुर्तगाल से आया था। आज हमारे देश में इसकी खेती हो रही है और आमजन इसके सेवन के आदि हो चुके हैं। उन्होंने कहा कि विश्व तम्बाकू निषेध दिवस एक प्रतीक के रूप में मनाया जाता है, जबकि विद्यालयों के बच्चों को नियमित रूप से जा-रूक करना चाहिए। उन्होंने ईंग्लिसमें



कॉन्फ्रेंस में ई.एच.सी.सी. अस्पताल की मुख्य कार्यकारी मंजू शर्मा ने सभी अतिथियों का स्वागत करते हुए कहा कि तम्बाकू उत्पाद से बनी वस्तुओं के सेवन से बहुत तरह की जानलेवा बीमारियाँ होती हैं। इसके प्रति जागरूकता बढ़ाने के लिए हमें अपने घरों से ही करनी होगी। सभी

आज 1.65 लाख बच्चों की सेकेंड हैंड स्मोकिंग से मौत



इस बार तंबाकू और फेफड़ों के स्वास्थ्य पर है थीम
कार्यक्रम में कटर्स के डायरेक्टर डॉ. चेरियन ने बताया कि इस बार तंबाकू दिवस की थीम तंबाकू और फेफड़ों के स्वास्थ्य पर है। उन्होंने बताया कि दुनिया की आबादी का लगभग एक चौथाई लोगों टीबी रोग है और यह तेजी से बढ़ता जा रहा है। इटर्नल हॉस्पिटल की को-चेयरपर्सन मंजू शर्मा ने कहा कि हम

हर साल 1.65 लाख बच्चों का सेकेंड हैंड स्मोकिंग से मौत

इटर्नल हॉस्पिटल में विश्व तंबाकू दिवस पर आयोजित की गई कॉन्फ्रेंस

जयपुर। तंबाकू का सेवन न सिर्फ हमारे फेफड़ों के लिए हानिकारक है बल्कि इसके धूर के आस-पास रहने वाले बच्चों पर भी इसका बुरा प्रभाव पड़ता है। विश्व में हर साल पांच साल से कम उम्र के करीब 1.65 लाख बच्चों की तंबाकू से धूर के कारण मौत हो जाती है। यह जानकारी गुरुवार को विश्व तंबाकू दिवस की पूर्व संघा पर इटर्नल हॉस्पिटल में आयोजित हुए जागरूक कार्यक्रम में विशेषज्ञों ने दी। कार्यक्रम में पूर्व महापौर ज्योति खंडेलवाल, अस्पताल की को-चेयरपर्सन मंजू शर्मा, सीईओ प्राचीश



डॉ. चेरियन ने बताया कि इस बार सभी को नैतिक जिम्मेदारी है कि तंबाकू सेवन को रोकना है।

यह जानकारी गुरुवार को विश्व तंबाकू दिवस की पूर्व संघा पर इटर्नल हॉस्पिटल में आयोजित हुए जागरूक कार्यक्रम में विशेषज्ञों ने दी। कार्यक्रम में पूर्व महापौर ज्योति खंडेलवाल, अस्पताल की को-चेयरपर्सन मंजू शर्मा, सीईओ प्राचीश

हर साल 1.65 लाख बच्चों की सेकेंड हैंड स्मोकिंग से मौत

- इटर्नल हॉस्पिटल में विश्व तंबाकू दिवस पर आयोजित की गई सेमीनार
- एक्सपर्ट्स ने तंबाकू से फेफड़ों पर दुष्प्रभावों के बारे में दी जानकारी

जयपुर। तंबाकू का सेवन न सिर्फ हमारे फेफड़ों के लिए हानिकारक है बल्कि इसके धूर के आस-पास रहने वाले बच्चों पर भी इसका बुरा प्रभाव पड़ता है। विश्व में हर साल पांच साल से कम उम्र के करीब 1.65 लाख बच्चों की तंबाकू से धूर के कारण मौत हो जाती है। यह जानकारी गुरुवार को विश्व तंबाकू दिवस की पूर्व संघा पर इटर्नल हॉस्पिटल में आयोजित हुए जागरूक कार्यक्रम में विशेषज्ञों ने दी। कार्यक्रम में पूर्व महापौर ज्योति खंडेलवाल, अस्पताल की को-चेयरपर्सन मंजू शर्मा, सीईओ प्राचीश प्रकाश, कटर्स के डायरेक्टर डॉ. चेरियन शामिल हुए।



इस बार तंबाकू और फेफड़ों के स्वास्थ्य पर है थीम

हर साल 1.65 लाख बच्चों की सेकेंड हैंड स्मोकिंग से मौत

इटर्नल हॉस्पिटल में विश्व तंबाकू दिवस पर कार्यशाला



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तंबाकू सेवन कैंसर की मुख्य वजह : डॉ. मल्होत्रा



डॉ. मल्होत्रा ने बताया कि तंबाकू सेवन कैंसर की मुख्य वजह है। उन्होंने कहा कि तंबाकू सेवन से कैंसर होने का जोखिम बहुत अधिक है।



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तंबाकू का फेफड़ पर होता है दीर्घकालिक प्रभाव

विश्व तंबाकू निषेध दिवस पर डॉ. चेरियन ने बताया कि तंबाकू का सेवन कैंसर का कारण बन सकता है। उन्होंने कहा कि तंबाकू सेवन से कैंसर होने का जोखिम बहुत अधिक है।

इटर्नल हॉस्पिटल में विश्व तंबाकू दिवस पर आयोजित

एक्सपर्ट्स ने तंबाकू से फेफड़ों पर दुष्प्रभावों के बारे में दी जानकारी



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इस बार तंबाकू और फेफड़ों के

कार्यक्रम में कटर्स के डायरेक्टर डॉ. चेरियन ने बताया कि तंबाकू सेवन कैंसर की मुख्य वजह है। उन्होंने कहा कि तंबाकू सेवन से कैंसर होने का जोखिम बहुत अधिक है।

तंबाकू के दुष्प्रभावों पर हुई चर्चा

जयपुर। धूम्रपान व तंबाकू से दिल की बीमारी की संभावना 4 गुणा और ब्रेन स्ट्रोक का खतरा भी 2 गुणा बढ़ जाता है। फेफड़ों के कैंसर का खतरा 5 से 10 गुणा तक बढ़ जाता है और यह गंभीर फेफड़ा रोग का सबसे बड़ा कारक है। कैंसर रोग विशेषज्ञ डॉ. रोहित स्वामी एवं डॉ. धर्मवीर कटवा, राजस्थान कैंसर फाउंडेशन के डॉ. राकेश शर्मा, सी. आर. साहू ने गुरुवार को इटर्नल हॉस्पिटल में यह जानकारी दी। इटर्नल हॉस्पिटल में विशेषज्ञों ने बताया कि विश्व में हर साल पांच