

Short Report for the Months of September 2013

Some activities taken up during the month of September 2013 are highlighted below-

Sl.No	Name of Activity	No. of Participants
1.	Joint programme was conducted with School Health Programme (Health & Family Welfare Department) where anti-tobacco awareness campaign cum free Dental Clinic was undertaken for all Schools (Primary, Middle and High School) at Thingsul Tlangnuam village on 4 th September 2013. This has been taken up as part of the follow-up actions after its declaration as the 1 st Tobacco Free Village in the state.	96
2.	State Nodal Officer cum Project Officer, Mizoram State Tobacco Control Society attended VOTV training programme along with Dr. Lalfakzuala, Radiotherapy Oncologist and Dr. Zorengpuii, ENT Surgeon at BBCI, Guwahati on 7 th September 2013	-
3.	State Nodal Officer cum Project Officer, Mizoram State Tobacco Control Society attended “International Conference on Public Health Priorities: The Endgame for Tobacco” at Delhi from 9 th – 12 th September 2013	
4.	MSTCS Staff undertook detailed enquiry and studied the status of the existing Tuibur (Tobacco Water) Factories in Aizawl city area between 12 th to 17 th September 2013. These had been given notice earlier by the Mizoram State Pollution Control Board to relocate or close down following complaints submitted by MSTCS and ISTH(M)	-
5.	Participated in Healthy India Addiction Free India programme organized by Medical Wing Brahma Kumaris on 18 th September 2013 from 6.30 to 8.30 A.M. in CRPF headquarters at Zemabawk	77
6.	Dr. Jane R. Ralte gave presentation on role of doctors in tobacco control and enforcement of COTPA during “Training of Government Doctors” organized by RCH at Auditorium, Civil Hospital Aizawl on 19 th September 2013	24
7.	Consultative meeting was held at MSTCS office with Medical Wing Brahma Kumaris on 20 th September 2013. All MSTCS staff participated in training given by Dr. SachinParab in our office on role of relaxation and counseling in the treatment of tobacco and other drug addictions from 11.00 A.M. to 12.00 noon	14
8.	Republic Higher Secondary School conducted Tobacco Free School campaign from	400

	2.00 to 3.30 P.M. on 20 th September 2013. Dr. Jane R. Ralte gave a presentation on the health effects of tobacco. Anti Tobacco Pledge was taken by all the students who also reinforced their commitment by submitting signed pledges.	
9.	Anti Tobacco Training Programme was conducted in a programme organized by ChhingaVeng Presbyterian Church for Tlabung Presbyterian Church Leaders on 20 th September 2013 from 8.30 PM	25
10.	As requested by Under Secretary, FCRA Wing, Ministry of Home Affairs Online application for FCRA Registration (FC3) along with Rs. 2000/- bank draft was re-submitted on 20 th September 2013	-
11.	Anti Tobacco Training Programme was conducted at Youth Hostel Luangmual amongst campers in a programme conducted by Nehru Yuva Kendra on 26 th September 2013 at 10:00 AM	52
12.	Dr. Jane R. Ralte participated in the “2 nd National Workshop on enforcement of ban on Tobacco Advertising, Promotion and Sponsorship(TAPS) in India” at Bangalore from 24 th to 26 th Sept. 2013	-
Total		688

Note: Enforcement of COTPA is enclosed separately

Pictures and Newspaper Clippings:



Free Dental Clinic at Thingsul Tlangnuam



Awareness at Free Dental Clinic



Anti Tobacco Squad drive



Anti Tobacco Squad drive



Anti Tobacco Pledge and Tobacco Free School



Anti Tobacco Pledge and Tobacco Free School



Training of Doctors



Anti Tobacco Pledge by Students

Northeast people largest consumers of tobacco

Staff Reporter

Aizawl, Sept 11:

With the northeast having the highest incidence of mouth, tongue, hypopharynx, lung and oesophageal cancer, about 25 doctors from different parts of the region launched a campaign to transform the northeast into a tobacco-free region. They also resolved to sensitize policy makers for effective implementation of anti-tobacco laws.

According to Dr Jane Ralte, state nodal officer for Mizoram State Tobacco Control Society, 67.02 percent of Mizoram's population consume tobacco in various forms. The total expenditure on tobacco in Mizoram per month comes to Rs

22,97,60,000.

She said, "People of the northeastern states are the largest consumers of tobacco in the country and the region accounts for the highest burden of tobacco related ailments. It is well known that tobacco usage causes 100 per cent poor oral health, 90 per cent of mouth cancer, 80 per cent of lung cancers, 50 per cent of all human cancers, 70 per cent of lung diseases and 60 per cent of heart attacks. The region has a very high rate of lung cancer, especially among women."

According to the population based cancer registry of the country, the incidence of mouth, tongue and hypopharynx cancer among women in

Kamrup (Metro) district is the highest in the country. Similarly, oesophageal cancer is very high in Assam, Mizoram and East Khasi Hills, while stomach cancer is significantly high in Mizoram and Sikkim.

"This is entirely due to rampant active and passive smoking or consumption of smokeless tobacco products. The state governments have to play a pro-active role in combating the tobacco epidemic. Billions of rupees are being wasted on the health care of these largely preventable illnesses. It is estimated that the health care cost of tobacco is 10 times higher the revenue generated from tobacco products," she added.

Meizial zu man

Aizawl District Anti Tobacco Squad chuan nimin khan hlawm hniha inthenin, Aizawl khawpuiah vaihlo khuah-khinhna dan COTPA bawhchhia an awm leh awm loh an enfiah a, puipunna hmuna meizial zu mi pali an man. Aizawl District ATS chuan, sorkar department tin hotute chu an department-ah COTPA dan kenkawh chungchangah khauh lehzuala hma la turin an ngen a ni.

Meizial zu mi 14 man

Aizawl District Anti Tobacco Squad chuan nimin khan office hrang hrang fangin. COTPA dan bawhchhiaa phal lohna hmuna meizial zu an awm leh awm loh an vai a, phal lohna hmuna meizial zu mi 14 manin pawisa an chawitir.

Aizawl ATS chuan, office hotu ber chu a enkawl office-ah COTPA dan kengkawh turin an ngen a, COTPA-in a phut angin, office-a meizial zu an man chuan, an manna office-a hotu ber pawh pawisa chawitir zel an nih tawh tur thu an tarlang a ni.

Aizawl; Zirtawpni kalta khan Govt. Republic HSS chuan vaihlo leh a kaihnawih thil dona atan Anti Tobacco campaign hlawhtling tak 'Anti Tobacco Pledge and Tobacco Free School' programme an hmang. Dr. Jane R. Ralte, State Nodal Officer cum Project Officer, Mizoram State Tobacco Control Society chu Resource person niin, vaihlo leh a kaihnawih thil hrang hranga fihlim a pawimawhzia leh

SIKUL-AH VAIHLO THAT- LOHNA ZIRTIR

Mizote hi India ramah Vaihlo hmang nasa ber state a la nih mek thu te, zirlaite chu vaihlo laka fihlim turin a fuih a. Zir- laite pawhin Thutiam (Pledge) lain vaihlo laka an fihlim ngei tur thu thutiam

sawi rualin an lehkhah an hmang ziakin an thehlut theuh baw a, sikul dangah pawh hei hi kalpui zel tum a ni.

Cashing Officer, D.K. Zithana, Independent Journalist.

Meizial vanga sum senral a tam

Dr. Jane R. Ralte, State Nodal Officer, Mizoram State Tobacco Control Society chuan, an zirchianna- ah Mizoram a micheng 67.02% in Zuk leh hmuam an ti tih sawiin, Meizial vang ringawta thla khat chhunga Mizoramin sum a senral zat chu ₹ 22,97,60,000/- vel zet a tling tih a sawi.

Dr. Jane R. Ralte chuan Mizoram hi India rampum huap-ah pawh Vaihlo hmang nasa ber pawl kan ni tih sawiin, hemi avang hian Vaihlo in a kentel natna chi hrang hrang pawh Mizoram-ah a hluar hle niin a sawi a, India rama Cancer Registry ah pawh Mizoram in a sang ber hauhna Cancer chi riat ah kan nei a, a sangber pawl nihna Cancer chi hnih ah nei bawkin, khawvel pumhuap pawh a lan phakna pawh cancer chi 5 lai-ah kan nei niin a sawi bawk.

Hetianga Mizote zingah Zuk leh hmuam a hluar viau rual hian, zawi zawiin ziaawm lam kan pan chho mek niin alang tih Dr. Jane R. Ralte chuan sawiin, "Tun hma deuh a Dawr bang leh dawr chung vel a Cigarette fakna Hoarding lian tak tak intar thin ang chi te kha hmuh tur a awm mumal tawhlo a, hei bakah hian puipunna hmuna Meizial zuk kawng-ah pawh kan fimkhurin; tunhma ai chuan hma kan sawn tawh hle niin kan hria, henge bakah hian hmun hrang hranga Squad Drive neih nikhua te in tunhma angin COPTA dan bawh chhia an tam lutuk tawhlo," a ti.

State Nodal Officer, Dr. Jane R. Ralte chuan Meizial ringawt a Mizoramin thia khat a sum a senral hi a tam tham hle tih sawi bawkin, "₹ 22,97,60,000/- vel zet hi Meizial a senso ringawt a ni," a ti a, "Kuhva leh hmuam chi dangte nena kan senso belhkhawm nen phei chuan Zuk leh hmuama Mizoram sum leh pai luangral hi a tam tham takzet ang," a ti bawk.