# YOUTH FOR GOOD HEALTH

NADA YOUNG INDIA NETWORK (NYIN)





### YOUTH CONCLAVE

Nada India Foundation holds regular conclaves to engage and voice the message of the young people in National and International forums

#### VOLUNTEER TRAINING

initiative of the Nada India Foundation is a premier for youth training and capacity building

### MEDIA FELLOWSHIPS

We engage with media entities and budding writers with fellowship and international study opportunities on substance abuse and its remedies



▶ Read Nada Newsletter



## NURTURING YOUNG FOR WELL BEING WWW.NADAINDIA.INFO

Founded in 1999, Nada India Foundation has been creating the spaces and nurturing diverse networks of community-based initiatives amongst the marginal and most at risk populations across India.

Through its advocacy and capacity building work Nada India has enabled the vulnerable youth, male and female and the adolescents as well to make choices for healthy ways of living. Through Youth Networks, trained and facilitated by Nada India Foundation, young people today are playing a pivotal role in policy and media advocacy on issues concerning the health of future generations.



#### WWW.YOUTHFORWELLBEING.ORG

Nada India Foundation works under the framework of the Convention of the Rights of Children, CRC, with male and female children and adolescents through the Young India Network for Good Health also called the NYIN. This network of young volunteers works for the prevention and control of NCDs and their associated risk factors.

The NYIN is a membership-based network that strives to foster a healthy community for all by and for the youth. It aims to amplify youth voices on good health issues and take big actions to resolve them.









#### YOUTH VOLUNTEERISM IN ACTION IS THE BEST BET FOR A HEALTHY FUTURE FOR THE NATION

SUNEEL VATSYAYAN, CHAIRPERSON, NADA INDIA FOUNDATION

In a nation brimming with opportunities and a society braced against time with a considerable young population dividend, what should be the biggest worry? The physical and mental health of its youth and children. Volunteering for a better tomorrow is about owning the responsibility of the future. Working with the inspired and talented youngsters in Nada India Foundation from across India is a lesson in volunteerism which each of us should learn. Asking the right question to the right people, reaching out to the masses and working for solutions in their own limited capacities is hope for us. We have a better future with our youngsters taking charge.

#### **About Suneel Vatsyayan, Chairperson**

Experienced social work practitioner and health advocate with a demonstrated history of working in the non-profit organization management industry. Skilled in Nonprofit Organizations, Public Speaking, Management, Leadership, and Project Management. Strong business development professional with a Master of Social Work - MSW focused in Criminology & Correctional Administration from Jamia Millia Islamia. Life Coach, Social Entrepreneur and Karmaveer Chakra Awardee





## **TOBACCO MENACE** An avoidable catastrophe

NDIA is reported to have lost half a million of its people to the pandemic over the past two years. This is despite that the fact that the situation had complete societal attention and everyone worked rowards minimising it. However, there is something equally serious and catastrophic that we are dealing with right now. The menace of tobacco use. It kills an esti-mated 1,35 million Indians every year. Scientific studies estimate that the consumption of tobacco results in the douth of more than 3,500 Indians every single day. According to

right intention to act resolutely against tobacco use. One of the most notable and prompt steps toward tobacco control is the Probibition of Electronic Cigarettes Ordinance, 2019 which prohibits production, manufacture, import, export, transport, sale, distribution, storage and advertisement of e-cigarettes. A few other notable steps by the government in this direction are the launch of the National Tobacco Duitline Services (NTOLS) which has the sole objective to provide telephone-based information, advice, support, and

narratives that will pre-empt any kind of tax increases on tobacco products.

The taxation scenario in India is not so encouraging in terms of tobacco control. Ever since the introduction of the Goods and Services Tax (GST) in 2017, there has been no significant tax increase on any tobacco products in India, No significant tax increase on any tobacco product for four years in a row has made all tobacco products increasingly more affordable. This has undoubtedly attracted new users to tobacco, especially the youth.

#### # Dy Shubbendra Thakur

NONE'S daily life, it is not uncommon to spot images warning one of oral cancer -- on cigarette packets, precautionary adverts about of movies, and even on television, This major global public health problem in India, however, has a high incidence and is only growing in India, overfive people die every hour doe to oral cancer. As shocking as the statistic may be, oral canremains major cause of from oral disease w

At the individu cancer can he factors, or family

e fam-∡ebelieved. ask of cancer. a shows that glob-A four out of five peoalles ple with oral cancer use to bucco, and about 70 percent are



angue. These canor predominantly as souscell cardnomas, and e highly lethal, incanacitating, and disfiguring

Historically, the death rate associated with oral cancer has been particularly high due to late-stage diagnosis and intervention. According to the World Health Organisation (WHO). however, some of the most common cancer types, such as breast cancer, orryical cancer,

pipes, cigars, and c (amokelesa) tobacco. tobacco quiclinside mo paan with betel nut/ar Buparil.

· Periodic and thea assess the risk: Regula ups and other regula tests by a doctor can bel cancer early, making th ment easier. Make appointments with vo tist. These days, early di lits such as by early s

# YOUTH AS CHANGEMAKERS WORKING ACTIVELY WITH POLICY MAKERS AND OTHER STAKEHOLDERS

#### Haryana NYIN report

The state team reached out to MPs from Bhiwani, Shri Dharamveer Singh and Mrs Sunita Duggal from Sirsa as well as to Mrs Sunita Dugaal MP. Meeting with Shri.Ratan Lal Kataria, MP from Ambala and Shri Inderjeet Rao MP from Gurgaon was very fruitful. Youngsters held a follow-up meeting in the office of the State Tax and Excise Department. There was a poster-making competition on the occasion of World Environment Day. NSS and the Red Cross Society of PG College of Panchkula led a bicycle marathon in support of COTPA Amendment

Haryana State Coordinator Ms Deepshikha
Kumari with a senior Member of
Parliament Shri Ramesh Chander Kaushik
recently. Deepshikha is a testimony of a
young leader growing in activism with
hardworking. A postgraduate in Social
Work, she joined NYIN as a young
volunteer and rose to become an asst.
engagement officer and now is leading a
complete state team at a young age

2020 in favour of a healthy future.. Pilot survey by NYIN members on Point of Sale advertisement of Tobacco products in districts of Bhiwani, Panchkula and Gurgaon was also conducted.

#### Punjab NYIN report

With the recent change in baton in the political realm, Punjab youngsters interested in policy advocacy are working steadfastly to reach out to the elected leadership to convey their concerns on the health situation. They could meet Shri Anmol Gagan Mann MLA from Khara and Shri Kuljit Singh Randhawa MLA from Dera Bassi to gather support for COTPA amendment 2020 and tobacco tax increase. They had meeting with Advisor to CM Shri RN Batta and State Tobacco Control Officer. Meeting with MP Amritsar Shri Gurpreet Singh to garner support letter was fruitful with the public representatives giving time to listen to the youth priorities. Team visited GNDU Campus to meet officials of campus for youth engagement in tobacco control and orientation programme was held at Jeevan Sandesh Foundation- drug treatment centre, Kharar Punjab and with students of Punjab University

#### **Himachal Pradesh NYIN report**

The Nada Young India Network members of Himachal Pradesh had a very challenging yet fruitful time during the Monsoon time. The last two months of policy advocacy activity included a visit the Commissioner of State Taxes and Excise department and interaction and meeting with Shri. JP Nadda, MP Nahan and president of ruling BJP as well as Shri. Sikander Kumar, MP Shimla. The youngsters also met senior parliamentarian Smt. Indu Goswami to express their concern over the urgent need to control tobacco use in the hill state. The young team procured letter of support from Shri Manohar Dhiman, Vice Chairman General Industry department for COTPA Amendment 2020. NYIN teams continued with its campus awareness in Himachal Pradesh University and video production work to support COTPA amendment 2020.



### **COMMUNICATING THE RIGHT MESSAGE TO THE** RIGHT PEOPLE, AT THE RIGHT TIME

#### AKSHAY SHARMA. MEDIA HEAD

वंग इंडिया नेटवर्क फॉर गुड

हैल्थ ने तंबाक उत्पादों पर

टैक्स बदाने का किया आहवान

1630 मात्रा तंत श्रीराथ नेतावत पति

The volunteers of Nada Young India Network for Good Health like all the organisations working for health in this country are pitched against the mighty Tobacco Industry (TI). Matching the resources and connections of the TI to influence thought processes is near impossible. So how do we work for a tobacco-free India?

The answer is in harnessing the talent of the young minds to reach out to the mainstream media and policymakers innovatively and impactfully. NYIN is proud to have hundreds of new media experts and volunteer media interns who map, analyse and interact with the editors and correspondents of national and vernacular newspapers and television channels on a regular basis. Our graphic experts and new media influencers are our strengths. They play a pivotal role in putting the message across to the masses.

#### नैश्नल युथ डे पर नाडा यंग इंडिया नेटवर्क फॉर गुड हैल्थ ने तंबाक उत्पादों पर टैक्स बढ़ाने का किया आहवान

'यथ फार टोबेको फ्री इंडिया' अभियान

## तंबाकू से होता है कैंसर, हाइपरटेंशन उ

#### सिगरेट-बीडी की लत लगती है 13-15 की आयु में

सारिया अञ्चलके विन्य

बोर्स तिमारेट का पूछा कर् में निवरेतिन के अन्तरह करेब 4000 में ज्याद सेविकत राज में क्षेत्रत है। पेरे पाने की घुट की ग्रंग के साथ प्राचीवरण को भी इससे भारी रक्षसम् सं सा है। इस्य हैं सी जे लंद नंत्रज्ञ या रोवन के नहीं unit offer year street of तारे हैं उने में उसके दुर्भारतम हराते पाते हैं। या बार बात बंश्रम प्रशिवसिंदी के सेटर पत नीशक रोध के प्रोपेक्स मरोग कुम्मा ने 'पून पता टोलेको को हरियां अभियम के तहर नहा

हिंच्या भारतेलन और चेंचू के ग्रेटर का चीलक हत्य एवं धंशत को दिवस के धौरून से आधीना प्रदेशका में बर्त । उनाने बता कि लेक्स् में तांत में जुड़ी बीमारिये के गराम फारही और मूंह का कैंकर के अल्हात हाइएलेकर और ब्रह्म रोग होते हैं। श्रीक म फल के दिन्हें पीने से शुक्त करने साने स्कृति बच्चे भ्री क्षत्र इसकी तात पह जाने हैं किभी को पछ ही वहीं जनता। उन्होंने कहा कि फिरारेट-केंग्रे का पात आमर्तर पर O-S को आपू में सूत्र होता है भी मेरत और मेर संस्थे पा ही पूरा अगर जातन है। उन्होंने करा कि चैने काले में 10 जीवते उपने आते हैं जबीब ५८ फीमर्स भीगो योग बाले पत्तर, योग्ने म व्यक्तित च क्रिए संस्थात । बेरक के रीतन जो का इस्तेयत min 21

प्राचेका में पेतृ के शेर्वजा tel altern tels forcet in til पोरंप शीद ने बता वि iffeer, wasses this wei untail is some shift व्यक्तिम से जनगण है जिस रेशे विकास प्रदासक्तम में जोते. जाते उन्होंने जोर दिया कि स्कृती कर्ष के लाखार की संस्कृत जानाक

नवा ज ता है। नवहां होता के बचार्त के अनुवार केद बचार हम तालव annee Minister to कुठने की अरुता को पूरा इनने के विशे तकतु अवार्य वा शुरूक बहुन एक प्रश्नी विश्व पानित्य उन्हों की स्थान है। नीतिता अरुत हो तकत है। इस राजना से संबंध में इस वर्त की बीतियों और स्वेदित कि पानित्याताल्य के ा रोप्त वर वस करने में बन विशेषा। एववाईअईगर वर्ष तरिकाम ईवर्ड के दिवाईन the eve of Natio offetree ste due san wel it was to own at som you are able and "Saksham Y देशको को प्रस्को पहुंच तक अनुस्त तमाय जा सके। कर्त में हुवि का अर्थ है कि तमा onig Youth)' calls के विशे कावट जारीत तथातु की वाम काम का सामन तीवन को बच्च है। उन्होंने swing ecosystem दर्शन दें कि उस तथातु की वीमते बदेवी तो चुकान और उन्हों तथातु का उनके कर हो जाएंच और निर्मार रूप से क्यारेंट कड़ा जैसे की वृद्ध गर्थकी परिवर्त और आहु nation away

है। जा हिया शहरेशन वे

चंडीगढ़, 26 जुन (ब्यूरी) नाहा संग इंडिया नेटवर्क ने चंडीगढ़ में 28 और 29 जून को आयोजित होने वाली जीएमटी कार्वसिल की बैठक से पूर्व तंत्राकृ और मंबीधन उत्पानी पर कापेनेशेयन शेय में ईजाया करने की मांग को है। इस पहल से सरकार को अतिरिक्त राजस्य प्राप्त होगा जो कि वैश्विक कोरोना महामारी से उत्पार संकट में हुए नुक्रमान की भरपई को पूरा करने के साथ देश के हिल्ब ईफ्रास्ट्रकर में गुधार कर युवाओं के लिए एक सूर्यक्षत और हिन्धी वातावरण बना सके। इंटरनेशनल- हे एगेंस्ट इन्स एव्यून एंड एलीबीट देपियोकरा कियायती हुए हैं।

चंडीगढ में जीएसटी काउंसिल

2022 पर आगोर्जिन शेयर हुन। पेक्ट्स ट्रापेव शाहका तामक वेबिनार में नते के खिलाक जुटे संगठनी ने इस आद्वान के माध्यम में सरकार में गहार लगते हुए तके दिया है कि तेवाक और इस्तो संबंधित उत्पादों पर अतिरक्ति कर लगकर महाय करने से लोगों को पहुँच दर हो सकता है। नाड इंडिप्स फाउंडेशन के चेपरमैन सुनील कात्सायन के अनुसार ट्रेंड्स इन एफोडिबिलटो ऑफ टाबेको प्रोडक्ट्स बोफोर एंड आफ्टर हि द्वीनशर द जीएसटी ईन इंदिय पर हाल ही के हो थ से पता चल है कि गत पांच सालों में सिगरेट बीडी और स्मोक्टीस टोबंको

## सशक्त युवा बगैर नए भारत की कल्पना असंभवः रवि कवि for tax increase on tobacco lucts: NYIN for good health

randigarh, Youth under the banner of Nada Your India Network for Good Health (NYIN) have urge the Prime Minister and Finance Minister to staxes on all tobacco products in the upcoming of 2022-23. The appeal came on the eve of Youth Day 2022 which is themed around m Yuva, Sashakth Yuva (Capable Youth, Strong calls for enabling a healthy and tobacco-free ecosystem for the young people of the country. A ation away from addictions is possible by making products unaffordable and out of reach from eaple in the country. According to NYIN member ng excise on all tobacco products can be a very



## Good Health as

**National Priority** #Youth4TobaccoFreeIndia



- Prohibit DSA (Designated) smoking Area)
- Ban Point of Sale (POS) Tobacco Display
- Increase the legal age for Tobacco use from 18 to 21 years
- Increase public smoking penalties
- Ban sale of Single Cigarettes



## ਤੰਬਾਕੁ ਉਤਪਾਦਾਂ 'ਤੇ ਟੈਕਸ ਵਾਧੇ ਦੀ ਮੰਗ

or of feater from ਹਿਲ ਦੀ ਅਲਵਾਈ ਅਤੇਵ ਦੇਸ਼ ਦੀਵਾ ਨੌਜਵਾਨ ਜਲੋਵੀਆਂ ਨੇ ਹਵਾਨ ਮੰਤਰੀ ਕੇ ਇੱਕ ਮੰਤਰੀ ਨੂੰ 2020-15 ਤੇ ਅਤਮਨੀ ਬਸ਼ਤ ਤੋਂ ਸਾਬੇ ਤੋਬਾਦੂ ਉਤਮਾਰਾ 'ਤੇ ਰੋਕਸ ਬਸਾਉਰ ਦੀ ਅਤੇਰ ਵੀਡੀ ਹੈ: ਇਹ ਅਤਿਰ ਸ਼ਤਰਤੀ एक रिका करता होंगे की लाते. all it annual time south the a possit wells one to section

ਪ੍ਰੇਵਕ, ਚੰਡੀਵੜ੍ਹ : ਜਿਹਾਕਿ ਤੰਗਤੂ ਦੇ ਉਤਵਾਦ ਨੂੰ ਜਿ ਪੀਡ ਇੰਡੀਅਦ ਸੰਦਿਸ਼ਕ ਮਹੀਰਾ ਕੰਦਾ ਜਾਣ ਚਾਹੀਰਾ ਹੈ ਤਾਂ ਵਧੀਆਰੀਵੇਂਦ) ਵਾਰ ਗੁਡ ਜ਼ਿਲ੍ਹ ਦੇ ਜਿਸਨ ਨੂੰ ਜਵਾ ਹੈ ਪ੍ਰੀਧ ਤੋਂ ਦੂਦ ਕੀਤਾ ਤਾਂ ਜਮੇ। ਇਸ ਸਮੇਂ ਜਾੜਾ ਸਮਸਦ ਕੋਵਾਰੂ 'ਤੇ ਨੋਜ਼ਵਾ 'ਚ ਵਾਧੇ ਦਾ ਅਸ ਪੁਸ਼ਦਾ ਨਹੀਂ ਹੈ ਲਹਿ ਕੇਵਾੜੂ ਉਕਦਾ ਦੀ ਸਮੜ भारत काडी भारती वर तरीका अरो काडी भारती वर तरीका अरोत कार काडीहर की दिए है बार्डिक दिले कि का जेक्यू बीका कीवार काडीका की काडी काडी को 10 जेक्यू भी काडी काडी

वेर कर दिए एक स्पेक है। Sorum you fox wordt ow ते, तेवा 'स अंश्वासी-नातिते से पुत्र असू अस्तीत है दिया जि firs Core of and 5 day and od Queb 413 all on जात 'र जेक्यू से शहरे कार प्रक्रित से प्रक्री के क्रिकेट में प्रक्रित से फिल्में का क्रिकेट में से प्रमान के प्रतिकार पुरस्क के प्रमान के प्रतिकार के प्रतिकार के प्रतिकार कर किया के प्रतिकार कर के प्रतिकार के प्रतिकार कर के source to, then will be all secure one of a service of a service or their specific or service from their service from their service from their service or service or



and related abuse. In the colleges, schools and in the workplaces, the young inspired souls work in small groups to envisage and execute ways and means to reach out to our policy makers and other stakeholders in the society to convince them to work for a healthier tomorrow.

The NYIN and Nada volunteers come from various backgrounds. There are medical professionals, researchers and even youngsters who have successfully defeated tobacco and alcohol habits.

The young advocates work in various capacities. We have in our extended network students who love to write to their leaders and express their concerns. The mass letter campaigns of NYIN has caught national media attention and Members of Parliament have extended support to the efforts of the young people. From organising awareness sessions to field tours, Nada India Foundation and its arms of engagement with young people have done it all successfuly. The V Lead Academy has grown to become one of the foremost places to discuss and train on issues of drug treatment and good health. If you wish to grow up as advocates for the right cause, NYIN is your place. 30 Pt Raw Sharkar Shukis Lave New Delhy 110001 RAMESH CHANDER KAUSHIK Phone: 011-23782735 Errai na screpet@gerai con INDU BALA GOSWAMI Member of Panurcers (Los Sabto Sonspat, Haryana Date-27-04-2022 December 16, 2021 I sen in receipt of letter from Nacia India Foun Respected, AMERICAN ACT, 2020, the sope of the sale leaser is Hor the Minister. Shri Manuskh Mandaviya Ji 1 1 0 0 0 1 Subject: Regarding tobacco tax escrease and COTPA Act Amendment 2020 Mr. Margal Singh - Scatte Coothinator Immacha Equipolation has required to the Government of Ind kind pennal Arrandrant Act. 2020. Nada India Foundacio contumption of tabacco & tobacco products are set As the course; grapples with everwhelming death, disease and despair or a result of the second wave of COVID-19, we ware to draw your attention to न विस्ती विके some critical facts that makes it more importure than ever before to keep have anothers out of the hands of vulnerable populations like youth and the THE REAL who of our country.

# A TOBACCO TAX INCREASE IS HELPFUL IN MANY WAYS

DR. ANANDAJIT GOSWAMI

NYIN Media volunteers talked to Dr Anandajit Goswami, Professor, MRIIRS (Manav Rachna International Institute of Research and Studies) to underline some thought-provoking views on the tobacco tax increase and to clear some popular myths surrounding it.



**Question:** Does tax increase in tobacco products and its consumption have any correlation? Why is there a myth that strict tobacco control measures will damage the country's economy?

Answer: Taxes represent transfers of money from citizens to their governments. They do not represent economic activity in the sense of actual consumption of valuable resources. In fact, reducing tobacco consumption by raising tobacco taxes will increase government revenues as it diminishes the disease burden associated with tobacco use. There is research evidence which proves that aggressive tobacco control campaigns can proceed full speed ahead without fear of damaging a country's economy.

**Question:** There are many opinions, especially the ones supported by the Tobacco Industry (TI) that tobacco is crucial to a nation's economy. What's your view on this?

**Answer:** I must deal with this question by telling you the findings of a case study. The economies of the six-state "tobacco bloc" in the southeastern United States are perceived by many Americans to be heavily economically reliant on tobacco growing and manufacturing. However, the reality is, that only 1.6% of jobs in these six states are associated with the core tobacco sectors of the economy. Almost half of the tobacco countries in the US derive less than 1% of their income from tobacco farming, and the vast majority of tobacco farmers work off their farms, most holding full-time jobs elsewhere.

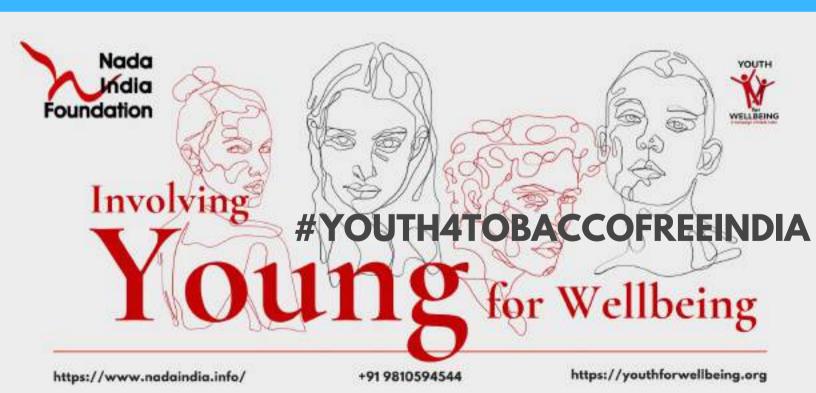
**Question:** Do you have a similar argument around the myth of an expenditure-induced economy diminishing by the drop in sales of tobacco products?

Answer: The reality is very different from this argument. If a person ceases to smoke, for example, the money that individual would have spent on cigarettes does not evaporate. Rather, the person spends it on something else. The new spending will generate employment in other industries, just as the spending on cigarettes generated employment in the tobacco industry. Studies by non-industry economists in several countries have confirmed that reallocation of spending by consumers quitting smoking would not reduce employment or otherwise significantly damage the country's economy.





Nada Young India Network believes in "Good Health as National Priority" to create a healthy and safe space for all fellow Indians and individuals around the globe. The theme echoes the concerns f youth to be the change-makers and create smoke and drug-abuse-free India. Good Health as a National priority shares a concern for the well-being of the young and hence stands to support and build Tobacco Free India.



Published by: Suneel Vatsayan, Chairperson, Nada India Foundation. Concept and design by: First Medium, Delhi, firstmedium@gmail.com

Youth For Well-Being Nada India 25, Jyoti Building, II Floor Near Govt. Dispensary Chattarpur Village -110070 Email: nadaindia@gmail.com