

# YOUTH FOR GOOD HEALTH

NADA YOUNG INDIA NETWORK (NYIN)

AUGUST 2022 ISSUE 01



YOUNG PEOPLE ARE THE HOPE FOR A HEALTHIER TOMORROW

### 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

The V Lead Academy 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](http://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](http://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.



***Raising  
Awareness***



***Enhancing  
Abilities***



***Facilitating  
Change***

# 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

By Suneel Vatsyayan

INDIA is reported to have lost half a million of its people to the pandemic over the past two years. This is despite the fact that the situation had complete societal attention and everyone worked towards 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 estimated 1.35 million Indians every year. Scientific studies estimate that the consumption of tobacco results in the death of more than 3,500 Indians every single day. According to the Global Youth Tobacco

right intention to act resolutely against tobacco use. One of the most notable and prompt steps toward tobacco control is the Prohibition 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 Quitline Services (NTQLS) 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.

By Shubhendra Thakur

IN ONE'S daily life, it is not uncommon to spot images warning one of oral cancer -- on cigarette packets, precautionary adverts ahead 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, over five people die every hour due to oral cancer. As shocking as the statistic may be, oral cancer remains major cause of death from oral disease worldwide. At the individual level, oral cancer can have devastating effects on a person's quality of life. The disease is highly lethal, incapacitating, 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, cervical cancer, oral cancer, and colorectal cancer, can be prevented. There are a



# The Hitavada

... anterior two-thirds of the tongue. These can be detected by a dentist or a predominantly as squamous cell carcinomas, and are highly lethal, incapacitating, 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, cervical cancer, oral cancer, and colorectal cancer, can be prevented. There are a

... including cigarettes, pipes, cigars, and (smokeless) tobacco. Tobacco quid inside a betel pan with betel nut (areca nut).  
 • Periodic oral check-ups to assess the risk: Regular check-ups and other regular tests by a doctor can help detect oral cancer early, making treatment easier. Make appointments with your dentist. These days, early diagnosis of oral cancer is possible. Such as by early self-examination of the mouth.

## 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 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.

**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**

### 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.





# ADVOCATES FOR A TOBACCO FREE INDIA

## MANGAL SINGH, STATE COORDINATOR

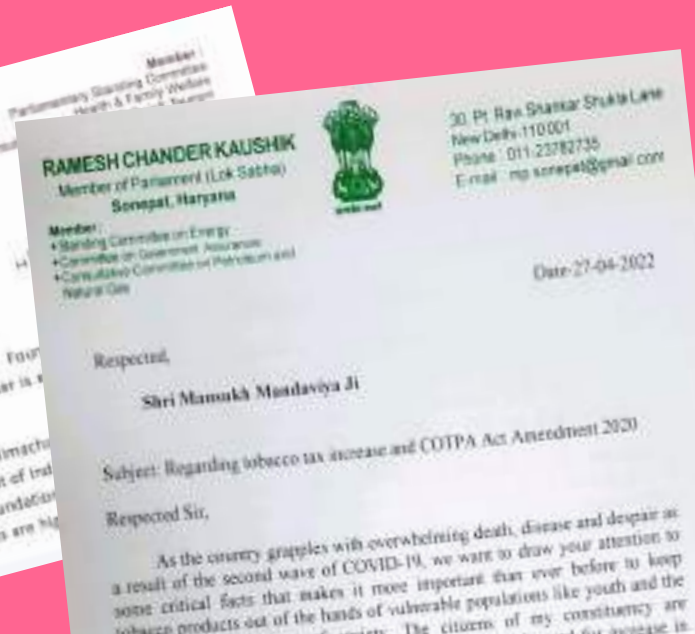


From the snow filled hills of the Himalayas in Himachal Pradesh to the deserts of Rajasthan and the beach hugging Tamil Nadu, the young volunteers of Nada India Foundation and its various networks for Good Health work tirelessly to champion a tomorrow free from tobacco and related abuse. In the colleges, 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 successfully. 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.



# 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.





## GOOD HEALTH AS NATIONAL PRIORITY JOIN NYIN TO PARTAKE IN THIS NATIONAL CAMPAIGN

YOUR TEAM FOR A BETTER TOMORROW IS JUST A CALL AWAY - DIAL 9810594544

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 of 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.



Involving

**#YOUTH4TOBACCOFREEINDIA**  
**Young** for Wellbeing

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