#### FREQUENT ACCIDENTS

requent accidents, whether on roads, in workplaces, or at home, represent a significant and often tragic aspect of modern life. Descrite advantage of modern life. Despite advances in technology, safety regulations, and public awareness campaigns, accidents continue to occur with alarming frequency, resulting in loss of life, injuries, and economic repercussions. Understanding the causes, consequences, and preventive measures is crucial in mitigating their occurrence. Road accidents are among the most prevalent and deadly types of accidents worldwide. Factors contributing to road accidents include human error, such as speeding, reckless driving, and driving under the influence of alcohol or drugs. Additionally, poor road conditions, inadequate signage, and vehicle malfunctions can also contribute to accidents. The consequences of road accidents extend beyond physical injuries, affecting families, communities, and economies due to medical expenses, loss of productivity, and psychological trauma. Workplace accidents pose significant risks to employees across various industries. Factors contributing to workplace accidents include inadequate training, lack of proper safety equipment, and failure to comply with safety protocols. Industries such as construction, manufacturing, and transportation are particularly susceptible to workplace accidents due to the nature of their operations. Workplace accidents not only result in injuries and fatalities but also impact productivity, employee morale, and company reputation. Accidents in the home, while often overlooked, can have serious consequences. Common home accidents include slips and falls, burns, poisoning, and drowning. These accidents are often preventable through simple measures such as installing safety gates, securing furniture, and keeping hazardous substances out of reach. However, complacency and lack of awareness can lead to tragic outcomes, especially in households with children and elderly individuals. The consequences of frequent accidents are far-reaching and multifaceted. In addition to physical injuries and loss of life, accidents impose a significant economic burden on individuals, families. and society as a whole. Medical expenses, rehabilitation costs, and lost income due to disability or death can create financial strain and exacerbate socioeconomic disparities. Moreover, accidents can lead to long-term psychological effects such as post-traumatic stress disorder (PTSD), anxiety, and depression, impacting the overall well-being of individuals and communities. Preventive measures play a crucial role in reducing the incidence of accidents and mitigating their impact. Education and awareness campaigns aimed at promoting safe behavior and risk awareness can help instill a culture of safety in society. Strict enforcement of safety regulations and standards in workplaces, on roads, and in public spaces is essential to hold individuals and organizations accountable for their actions. Investing in infrastructure improvements, such as better road design and maintenance, can also contribute to accident prevention.

#### Protecting children from tobacco industry interference

SURJIT FLORA

n May 31st, the global community comes together to observe World No Tobacco Day. The World Health Organization (WHO) is in charge of this significant initiative, which aims to spread knowledge about the negative effects of tobacco use and support effective tobacco control measures.

This annual event brings attention to the global health challenges caused by tobacco and emphasizes the importance of united efforts to address this preventable epidemic.

Tobacco use continues to be a significant contributor to global mortality and morbidity, resulting in over 8 million deaths every vear. This remarkable figure encompasses more than 1.2 million individuals who do not smoke and are unfortunately subjected to the harmful effects of second-hand smoke. It serves as a stark reminder of the wide-ranging impact of tobacco's deadly consequences. The economic impact is also concerning, as countries face significant healthcare expenses and productivity declines caused by tobacco-related diseases.

World No Tobacco Day 2024's theme is "Protecting children from tobacco industry involvement" to safeguard future generations and reduce tobacco usage. This year, emphasis is on the tobacco industry's frightening youth marketing. According to the World Health Organization (WHO), recent data reveals that a significant number of voung individuals, between the ages of 13 and 15, are engag ing in tobacco use.

In light of the considerable strides made in curbing tobacco consumption, the rise of e-cigarettes and other novel tobacco and nicotine products poses a concerning challenge to both young individuals and efforts to regulate tobacco use in Ontario

A recent report by the World Health Organization (WHO) and STOP, titled "Hooking the Generation," reveals that there are approximately 37 million children between the ages of 13 and 15 who use tobacco worldwide. Furthermore, the use of e-cigarettes among adolescents surpasses that of adults in numerous countries. According to the 2023 Ontario Student Drug Use and Health Survey, a significant number of students in grades 7 to 12 in Ontario have experimented with vaping devices, with 19% admitting to trying it at least once. Additionally, 6.6% of students reported trying tobacco cigarettes, albeit in small quantities, within the past year.

Tobacco and nicotine products pose significant health risks, particularly for young people. Tobacco products and vaping devices contain nicotine, a highly addictive substance that can have detrimental effects on brain development. Young people are especially susceptible, as their brains are still developing until the age of 25.

Quitting smoking is difficult, but worth it. Nicotine addiction, the main cause of tobacco use, is difficult to overcome. There are several ways to help people stop. Smokers may overcome addiction using behavioral therapy, nicotine replacement therapies, prescription drugs, and support groups

Governments and public health groups help create a quittingfriendly atmosphere. Higher tobacco pricing, smoke-free regulations, simple packaging, and graphic health warnings have reduced tobacco use. Public awareness efforts on smoking's risks and quitting's advantages are essential to shifting societal norms and persuading smokers to seek treatment.

Despite these attempts, the tobacco industry remains a major hurdle. Tobacco corporations actively recruit new users, especially in low- and middle-income nations with lax restrictions, using large finances and clever marketing methods. The industry uses false advertising, event sponsorship, and scientific research to reduce

smoking's risks. In order to address these challenges, it is crucial to have international cooperation and a strong political commitment.

More than 180 nations have ratified the WHO Framework Convention on Tobacco Control (FCTC), which provides a comprehensive strategy for effectively reducing tobacco use. By following the FCTC's guidelines and exchanging best practices, nations can enhance their tobacco control measures and safeguard public

On World No Tobacco Day, it is important to acknowledge the progress made in tobacco control and also recognize the work that still needs to be done. Stories of success from countries that have implemented strict tobacco control measures provide hope and inspiration. Countries such as Australia and Uruguay have experienced notable reductions in smoking rates as a result of their strong

anti-tobacco measures. (The writer is a veteran journalist and freelance writer based in

# Say No to Tobacco

■ DR BANARSI LAL

very year 31st of May is observed as the World No Tobacco Day across the globe .The objective to observe this day is to spread the awareness about the risks of tobacco and to make the world tobacco free.

This campaign also urges people to have a healthy lifestyle. The aim of campaign is to reduce the diseases and deaths caused by the tobacco intake.

The theme of 2024 No Tobacco Day is "Protecting children from tobacco industry interference". The theme emphasizes the need to protect future generations from tobacco and ensure that tobacco consumption continues to reduce.

This campaign encourages people to quit tobacco for a healthier life. Several events are organized across the globe to create awareness on its harmful effects across the globe. Various types of seminars, workshops, awareness programmes, webinars, video conferences, media campaigns etc. can be organized to create awareness among the people on this day.

The Member States of the World Health Organisation created No Tobacco Day in 1987 as a response to the global tobacco crisis and the diseases and deaths caused by the epidemic. The World Health Assembly passed Resolution WHA40.38 in 1987, calling April 7 to be World No Smoking Day. Next, Resolution WHA 42.19 was passed in 1988, issuing May 31 as an annual observance of World No Tobacco Day.

Tobacco is the leading cause of respiratory disorders like chronic obstructive pulmonary diseases, tuberculosis and other lung diseases. It can lead to lung cancer and oral cancer.

According to the reports, tobacco accounts about 30 per cent of the cancers. In 2008, the WHO banned on the advertisement or promotion of tobacco. The theme of that year was "Tobacco free

The most populous country in the World, China is the leading cigarette industry in the world. India is the secondlargest consumer of tobacco in the world.

The best way to quit smoking is to never start it. There is need to educate the youths to avoid the smoking. About 8 million people die every vear across the globe because of tobacco-related ailments. About 80 per cent of deaths due to tobacco are from low and middle income countries. Poorest people are the most negatively affected by the tobacco. Due to addiction, they spend their hard earned money on tobacco rather spending on the health, education and food.

It decreases the overall development in the society. Second-hand smoke causes over 600,000 deaths a year. Sadly, about 28 per cent of victims are the kids. About 50 per cent children breathe smoky air in the public places, so it's good that the rate isn't higher. Public smoking should be strictly banned. Tobacco industry damages the environment. Tobacco crop requires a lot of fertilizers and pesticides and thus the crop creates the soil pollu-

Its manufacturing creates more than 2 million tones of waste and consumes 4.3 millions hectares of land. Various campaigning material can be used widely to tell people the dangers of using the tobacco. We can post on Twitter and other social media platforms, pictures or ideas of what can be done in our neighbourhoods to help people quit tobacco. The overall smoking rate worldwide has decreased but population growth rate has led to a greater number of smokers.

Lung health starts with no smoking. Over 70 per cent of about 1.3 billion tobacco users across the world lack access to the tools they need to quit suc-

It has been reported that most of the patients with TB have a history of smoking. Smokers need the support of their friends and families to relinquish this bad habit. Each smoker needs to determine what works best him.

Nicotine replacement therapies can work to eradicate this problem. E-cigarettes, strong behavioural support from a trusted doctor or an interactive app may also work. This gap is further exacerbated in the last year as the health workers have been mobilized to handle the pan-

Many tobacco growers feel that the anti-tobacco efforts by the certain organizations jeopardize their rights. They argue that the growers may suffer the consequences if these organizations succeed in their movement. They feel that there might be the attack on the industry.

Unlike the tobacco industry some pharmaceutical companies publicly support the World No Tobacco Day.

There is need to protect and prevent youths from tobacco and nicotine use. According to the reports, about 17 per cent of young people between the age groups of 15 and 24 smoke worldwide. Serious efforts are needed to safeguard the youths from this menace.

Some best practices need to be showcased to protect the youths from tobacco. Young people must take care of their health and they need to reject tobacco addition as ultimately they are the future of the nation.

The overall objective of celebration of the World No Tobacco Day on 31st of May is to create awareness among the people on the hazardous side effects of tobacco that causes cancer and many other serious ailments.

For a good health we need to eat healthy food, feel healthy and above all we should not have any addiction of those products which are harmful to our health. It has been proved that tobacco is one of the products which is very harmful to our health. It is estimated that there are about 1.3 billion tobacco users in the

world from which one out of 10 people die due to its use

About 80 per cent of the world's 1.3 billion tobacco users live in low and middleincome countries. Certain policies are needed to eradicate the use of tobacco from the society. World Health Organisation (WHO) has banned many advertisements, sponsorships, promotion of tobacco and many of its products.

Scientifically it has been proved that tobacco use causes short-term and longterm effects such as cancer, mouth ulcers. lung diseases, staining of teeths, mouth sores, cavities, senseless tongue, dizziness, heart diseases, stroke etc. Tobacco severely affects the health of the heart and other cardiovascular diseases which are the leading cause of death in the One should pledge to quit smoking or

chewing of tobacco on this day. Tobacco kills about 8 million people worldwide each year. Smoking kills over one million people in India and is the leading cause of the non-communicable diseases. Tobacco is very dangerous for our health and there is need to control it by taking various strong preventive measures. Tobacco contains nicotine which is very harmful for the health.

In present era many things have been made which can be eaten instead of nicotine. More and more awareness on tobacco needs to be created among the youths so that a safe and secure society can be developed. Some new interventions need to be introduced to make a tobacco free

More innovative, effective and compassionate solutions to accelerate an end of this global problem. Ultimately healthy lungs and healthy lives start by no smok-(The writer is Sr. Scientist & Head of

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addicted with the menace of chewing tobacco. It is

# Curbing the menace of Drugs'-Addiction-an alarming challenge

ince immorial times India has been a country of many creek of try of many great Saints, Gurus, Rishies, faqirs, Sanayasies, Lords and Avtars. The great names of great Saints, Gurus, Sanyasies and Lords are worth mentioning. They are Lord Krishna.Adi-guru Rama.Lord Shankracharya,Lord Gautama Buddha,Sant Kabir, Guru Ravi Dass, Guru Nanak Dev, Baba Farid and several others who have held the highest esteemed positions in terms of getting spirituality centuries ago in the ancient past. All these spiritual personalities have advocated the high principles leading to pure life. They through their best preachings advised the then people of the society not to be involved into any kind of intoxicating drugs. The then technology was far advanced than this modern one. The then Pushp Vimans so-called Udankhotallas were more

Undoubtedly today's youths have touched each and every sphere of modern technology be it computers, be it laptops, be it using of internet services, be it driving of more sophisticated cars, be it use of very very sophisticated weapons going to be used in ongoing wars. Despite so much advancement in technology to be used towards progressive as well as positive side.

sophisticated than the aeroplanes of these times.

But unfortunately it is a very sorry state of affairs that India has been languishing with so many social evils like those of Terrorism, Naxalism, Drugs and Narco-terrorism for the last over fifty years. Most of the bad elements are amongst from our own citizens who have got involved into this labyrinth in connaivance with the involvement of some traitors who are hell-vent disturbing the peace amongst

the innocent people and the govt with its full might has been fighting against curbing the menace of terrorism,naxalism,drugs and narco-terrorism. The growing menace of Drug Terrorism/drug abuse and other negative influences is going to be spread by the foreign terrorists across the Pakistan borders. The only solution to be bridled up this menace of Drug terrorism is to be engaged the unemployed youths with whole time jobs so that they could not be able to get any time to be involved into such lust and greed of money to be earned by illegal easy ways by way of their involvement into the spoiling of their

Through the columns of your esteemed paper I would like to share my views highlighting harmful ill-effects upon the health of all aged group of people with the use of all sorts of intoxicants such as cigarettes, chewing of tobacco, tobacco to be

chuna, injections, pills, tablets. Excessive use of lcohols, intoxicating capsules, injections etc are mostly prone to serious deadly diseases.

Despite being proved dangerous even then it has become a fashion among the youths, youngsters in this so-called modern society. This social evil is spreading like wild fire among the so-called modern society. This very social evil is also cetting extremely out of control as the involvement of more and more youths, youngsters with the addiction of drugs as being increased day by day.

With the result the youths and youngsters whose moral duty is to be away from such menace considering the use of such drugs helping them to be away from all sorts of worries, tensions because of being unemployed notwithstanding the fact that they have got degrees professional

degrees,master degrees.It is a matter of grave and serious concern for us to be thought over. Not only the youths and youngsters of this country have been over-powered but also this menace has raised its ugly head all over the world. Simultaneously along the menace of terror-

ism, menace of drugs is too increasingly being spread across the globe has become a headache of every affected country to uproot its elimination. However, where this menace is more prevalent in our JK UT, the Govt. have established anti-drug centres for elimination. Despite its drive against drug trafficking and substance abuse, more and more narco smugglers are being nabbed with contraband intoxicants of drugs from their possessions being performed naka duties routinely at certain places by police personnels. To eradicate the menace of drugs from the soci-

ety and take stringent action against Drug peddlers who indulge in illegal trade of smuggling of Poppy Straw(Bhukki) like narcotics.During frisking of the narco smugglers contraband substances like Heroin and chitta are recovered from their possessions and after being interrogated the smugglers confess that they have got links with foreign agents who are hell-bent upon to destabilize peace and law and order in general all over the country especially the JK UT where terrorism and drugs smuggling are going on parallel lines which have to be dealt with an iron hand by the Armed forces.

With the abrogation of Article 370 and 35-A the inflow of the people of other states of India into JK UT has increased be it the labour class, and other businessmen who have the habit of addiction of drugs, the people of Jammu have got

a sorry State of Affairs that before the inflow of outsiders there was not at all such menace amongst the youths, youngsters and other people. Now, even women are involved in addiction of drugs as well as smuggling of narcotic substances, drug abuse, and other intoxicating capsules. The menace of drugs is also spreading alarmingly among our local people with the connivance of outsiders as they consider Jammu as safe haven to conduct such business smoothly and they do have good links and relationships with the policemen who are to nab them. This chains of links needs to be broken with an iron hand or else it would become uncontrollable to be stopped. Despite being installed various nakas at various check-points in the form of drive against drug-trafficking and substance abuse, many smugglers who indulge in illegal smuggling throughout the country especially in JK UT are being nabbed daily and contraband substance like Heroin(Chitta), Charas, Poppy Straw, Bottles of codeine phosphate, SPM-PRX (Sapsmo Proxyvon Capsules are recovered form their possessions).

Through the message of this article all the NGOs, Civil Society, Teachers and Police Officers Parents are also hereby called upon owning their responsibilities collectively initiating drive again. elimination of drug abuse, drug addiction into which youths and youngsters have been got involved spoiling their health hazards, time, money and career.

Further, it is suggested to the worthy Administration that on the eve of 31 st May -Anti-Tobacco Day be declared as closure of all wine-shops, Tobacco-chewing outlets and nonavailability of cigarettes from the shops.

### World No Tobacco Day 2024- "Protecting children from tobacco industry interference"

■ DR RUBEENA ANJUM & DR AJAY KUMAR

Nobacco is the common name for the processed leaves of Nicotiana tabacumplants, which are L dried and cured for use primarily in smoking, chewing, and as snuff. Tobacco cultivation in India is a significant agricultural activity with considerable socioeconomic implications. In IndiaMajor Tobacco-Growing States are Andhra Pradesh, Karnataka, Gujarat, Telangana, Tamil Nadu, Bihar, Maharashtra, and West Bengal. These states also contribute to India's tobacco production, focusing on various types like bidi, chewing tobacco, and hookah tobacco. According to the Global Adult Tobacco Survey (GATS) India 2016-17. about 28.6% of adults (15 years and older) use tobacco in some form. This includes 42.4% of men and 14.2% of

Tobacco use is associated with a wide range of serious health issues, affecting both oral and overall health like Oral Cancer, Periodontal (Gum) Disease, Staining and Discoloration, Halitosis (Bad Breath), Reduced Sense of Taste and Smell, Delayed Healing, heart attack, stroke, and hypertension, chronic bronchitis and emphysema, cancers of the lung, esophagus, larynx, pancreas, bladder, kidney, cervix, and stomach.

People typically become habituated to tobacco use through a combination of social, psychological, and physiological factors. Here are some common pathways through which individuals might start using tobacco and develop a habit:

Social Influence:

Brampton).

Peer Pressure: Many people, especially adolescents, start using tobacco because of peer pressure or the desire to fit in with a group that uses tobacco.

Psychological Factors:

■ Stress and Coping: Some people start using tobacco as a way to cope with stress, anxiety, or other psychological issues. Nicotine has short-term mood-enhancing effects that can make it seem like a helpful tool for man-



aging emotions

Mental Health: Individuals with mental health disorders, such as depression or anxiety, may be more prone to start and continue using tobacco as a form of self-medication.

Access and Availability:

Ease of Access: If tobacco products are easily accessible, either through legal means or illegal means, individuals are more likely to start using them.

Cost: In some regions, the relatively low cost of tobacco products can make them more attractive and accessible to potential users.

Curiosity and Experimentation:

Curiosity: Young people, in particular, may try tobacco out of curiosity to experience its effects or because they see others doing it and want to know what it feels like.

Experimentation: Initial experimentation, especially in social settings, can lead to regular use as the indi-

vidual becomes accustomed to the effects of nicotine. Preventing teenagers and young adults from developing a tobacco habit involves a multi-faceted approach that includes education, regulation, support systems,

and community involvement. Here are some effective strategies: Education and Awareness:

School Programs: Implement comprehensive tobacco education programs in schools that inform students about the risks of tobacco use, including the health impacts and the addictive nature of nicotine.

Public Awareness Campaigns: Utilize media campaigns to raise awareness about the dangers of tobacco, targeting both teens and their parents. These campaigns can use social media, TV, and other platforms popular

with young people. Parental Guidance: Encourage parents to talk to their children about the risks of tobacco use and set a

good example by not using tobacco themselves. ■ Packaging and Labeling: Mandate plain packaging and strong health warnings on tobacco products to make

them less appealing.

Support Systems: Counseling and Support Groups: Provide access to counseling and support groups for young people who are struggling with peer pressure or stress that might lead them to use tobacco.

■ Helplines and Resources: Make resources such as quitlines and online support readily available for those

seeking help to quit or avoid starting tobacco use. To express our deep concern about the ongoing public health crisis caused by tobacco use in our country. The widespread use of tobacco products has led to severe health consequences, economic burdens, and social costs. By implementing stronger tobacco control policies and ensuring their rigorous enforcement, the government can significantly reduce tobacco use, save lives, and improve public health outcomes. We urge you to prioritize this issue and take immediate steps to protect our population from the harms of tobacco.

(The writers Dr Rubeena Anjum (Prof. and HOD) and Dr Ajay Kumar (Post graduate student), Department of Oral and Maxillofacial Pathology and Oral Microbiology, Indira Gandhi Govt Dental College, Jammu).