

गुटखा, गुड़ाखू एवं तंबाखू रोको अभियान

Campaign to stop gutkha, gudhakhu and tambakhu / Anti-Tobacco Campaign

It is a matter of grave concern that many people consume tobacco. Consumption of tobacco causes high blood pressure (BP) disease which later causes paralysis and heart attack. Along with this, chewing tobacco can also cause many types of cancers. Now-a-days gutka, gudakhu and tobacco are being used a lot. From a very young age children are also consuming it.

It is important to understand that the bad effects of Gudakhu as well. Gudakhu is also a form of tobacco which causes disease. If a pregnant woman uses gudakhu, it affects the health of the unborn baby. Therefore, it is important to bring awareness amongst people on the bad effects of gutkha, gudakhu, khaini and etc.

To address this problem, urban mitanin programme started the Tambakhu RokAbhiyan in 2018 and the following efforts were made under this campaign.



No.	Activities	Numbers
1.	Rally	Rallies were organized in 2,683 mohalla of 19 cities by the Mitannins, Mitannin trainees, women and children of the mohalla.
2.	Attempt to stop the sale of gutkha, gudakhu and tobacco	An attempt was made by 3029 Mahila Arogya Samiti of 19 cities to stop the sale of gutkha, gudakhu and tobacco. Under this they demonstrated outside the tobacco shops and burnt tambakhu, gutkha and gudakhu in many places.
3.	Street play	A total of 1803 mohallas in 19 cities the Mitannin and Mitannin trainers performed street plays on the side effects of gutkha, gudakhu and tambakhu.
4.	Discussion with the school children on the effect of gutkha, gudakhu and tambakhu	Mitannin and Mitannin trainers discussed with the children studying in 398 schools in 19 cities about the effects of consuming gutkha, gudakhu and tambakhu.
5.	Meeting with women of the mohalla	A total of 2,944 discussion with the women of the locality were held by the Mahila Arogya Samiti of 19 cities

**Activities under the Anti Tobacco campaign to stop gutkha,
gudakhu and tambakhu is as follows-**

No.	City	Discussed in how many schools	No. of MAS tried to stop gutkha	No. of MAS meeting Discussed with women on guthka	InHow many places street plays were played	how many places was the rally organised
1.	Ambikapur	20	90	30	15	21
2.	Bhatapar	5	51	51	38	39
3.	Bhilai	46	358	355	264	456
4.	Bilaspur	20	186	240	74	31
5.	Birgaon	10	74	74	95	81
6.	Charoda	17	80	21	73	89
7.	Chirmiri	31	103	86	20	9
8.	Dhamtari	6	102	37	46	65
9.	Durg	38	235	235	98	235
10.	Jagdalpur	25	106	77	31	96
11.	Janjgir	1	24	27	5	15
12.	Kanker	2	15	24	4	4
13.	Kawardha	3	20	32	11	22
14.	Korba	63	341	342	97	297
15.	Mahasamund	8	53	53	49	52
16.	Mungeli	3	7	34	5	22
17.	Raigarh	29	146	146	146	140
18.	Raipur	61	1006	1006	711	915
19.	Rajnandgaon	10	74	74	21	14
TOTAL		398	3029	2944	1803	2683

MAJOR ACTIVITIES ORGANISED UNDER THE CAMPAIGN

Awareness through rally

In urban areas, rallies were held in 2,683 mohallos in 19 cities, by mitanins and the members of Mahila Arogya Samiti chanting slogans against the intoxication of tobacco and gudakhu by the women and children of Para.

सिगरेट पीकर खांस रहा है - मौत के आगे नाच रहा है



Bilaspur

नशा नाश का जड़ है



Durg

तंबाखू बंद करो - बंद करो, बंद करो



Korba

गुड़ाखू बंद करो - बंद करो, बंद करों



Kawardha

तंबाखू को जो गले लगायेगा - वह मौत को पास बुलायेगा



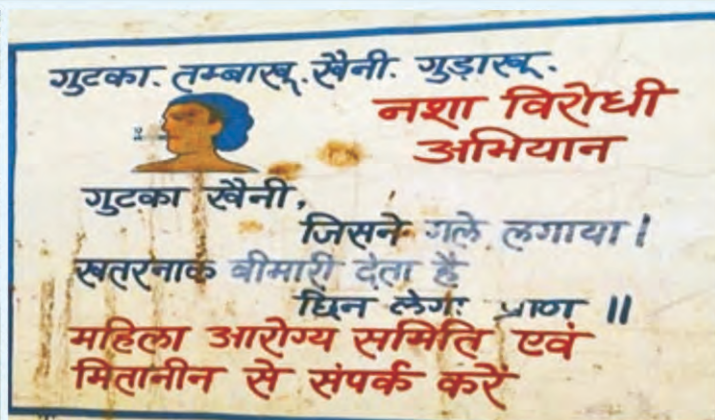
Durg



Bilaspur

Wall Writing

In order to spread awareness amongst the people about the dangers of tobacco and gudakhu, pictures and slogans were written in the mohalla by the Mitannin's regarding the side effects cause by the consumption of tobacco and gudakhu.



!! ॐ सिगरेटाय नमः !!

अमंगलम् गुटखा खाद्यम धूपपानम्। अमंगलम् सर्वव्यसनम्॥
कराग्रे वसते बीड़ी, कर्मध्ये चुरुटम। कर्मले स्थिति गुटखा प्रभाते कर दर्शनम्॥

खतरनाक विवाह - मासूम बराती

मान्यवर,

दुर्भाग्यवती - बीड़ी कुमारी उर्फ सिगरेट देवी

कुपुत्री - श्री तम्बाकूलाल जी एवं श्रीमती सुल्फी देवी
निवासी : 420/302, यमलोक हाउस, दुःख नगर

मृतात्मा - कैंसर कुमार उर्फ लाईलाज बाबू

कुपुत्र - श्री गुटखा लाल जी एवं श्रीमती भांग देवी
निवासी : गलत रास्ता, व्यसनपुर (नशा प्रदेश)

!! परिणय सूत्र आत्महत्या बन्धन !!

जिनका अशुभ विवाह तय हुआ है।
कृत: इरा भयानक प्रदर्शन पर चाचा गांडा सिंह, चाची अफ़ीम देवी, दादा हुक्काराम दादी सुल्फी देवी, मामा चरदाराम, मामी शराबदेवी, एवं खतरनाक बुजुर्गों की उपस्थिति में नव-दम्पति को अभिशाप प्रदान करने हेतु आप भी शादर आमंत्रित हैं, दर्शनाभिलाषी :- जरा बचकर अक्राधीर्वाद देना जी !

सेठ दम्मादास, श्रीमती टी.बी. बाई
श्रीमती खांसी बाई एवं समस्त नशीली गोलियाँ, इन्जेक्शन एवं समस्त पिच्च धू परिवार

बुजुर्ग आग्रह-
हमारी बढबू वाली बुआ जी की छादी में जुलूल-जुलूल आना...सुपाड़ी, कत्या, चूना

श्रीमती कब्जी देवी
w/o. बलगम कुमार

विवाह समय - अनिश्चित

नोट-बारात एम्बुलेंस से कैंसर अस्पताल होते हुए कालघड़ी में 'शमशान घाट मेरिज होम' निकट देखी शराब टेका जायेगी।

बरातियों का स्वागत धूमधाम से होगा व यमराज महाशय का आशीर्वाद फ्री मिलेगा।
नशा मुक्त अभियान के तहत बीड़ी कुमारी की शादी के कार्ड को स्वयं पढ़ें व दूसरों को पढ़ायें।

Demonstration outside the tambakhu and gutkha shop

An attempt was made to curb the sale of gutkha, tobacco and other intoxicants in Para mohalla by staging demonstration by 3029 Mahila Arogya Samiti of 19 cities outside the shops which sell these intoxicants.



Kawardha



Mahasamund



Bhilai



Bilaspur



Chirmiri



Ambikapur

Nukkad Natak

People were made aware through the dramas organised in 1803 places on the bad effects of intoxication by the mitanin and the members of Mahila Arogya Samiti of 19 cities



Korba



Urla



Charoda



Raigarh

**मितानिनों ने लोगों को किया जागरूक
नाटक के माध्यम से नशा
के दुष्परिणामों को बताया**



नक्कड़ नाटक कर लोगों को जागरूक करते मितानीन।

पत्रिका न्यून नेटवर्क
patrika.com

कोरबा. शहरी स्वास्थ्य मितानिन और प्रेरक ने तंबाकू से होने वाली विभिन्न प्रकार की बीमारियों को लेकर लोगों को जागरूक किया। नक्कड़ नाटक के माध्यम से लोगों के बीच दूर क्षेत्र में विस्तार पूर्वक बातें बतायी और तंबाकू एवं गुटके के उपयोग से होने वाली विभिन्न प्रकार के बीमारी जैसे मुख कैंसर एवं अन्य प्रकार की बीमारियों की जानकारी दी। इसी प्रकार निगम के अन्य कई वाडों में भी जागरूकता कार्यक्रमों का आयोजन किया जाना है।



Bhatapara

Giving information to the school children on the effect of addiction

Under this campaign, discussion and rallies were organised amongst the children in 396 schools of 19 cities by the members of the Mitanin and Mahila Arogya Samiti.



Durg



Dhamtari



Charoda



Khalsa School Kawardha



Kanker



Mahasamund



Durg Ward-19



Kanker Ward-8

Awareness through meeting

To prevent the side effects of drug addiction, para meetings & mitanin sankul meeting were organised by 2,944 mahila Arogya Samiti of 19 cities.



Charoda



Korba



Jagdalpur



Bhatapara

SUCCESS STORIES ON ANTI TOBACCO CAMPAIGN

1. Ward no. 39, Charoda

In Ward No. 39 of Charoda, a street drama was organised by the Mahila Arogya Samiti under the Stop Tobacco Campaign in April. Two women stayed even after the Nukkad drama ended, they came to meet the women of the committee. One of them told that she has been using Gudakhu for a long time and she used to keep the Gudakhu in the mouth for a long time. She shared that as shown in the play, I have also got blisters in my mouth which are not healing even after seeing the doctor and eating the medicine. The other woman also shared that she also uses Gudakhu and has a hole in her mouth. The committee members called them next day to go to the hospital with them and got them examined in the hospital. The later woman had to undergo an operation and is still on medication.

2. Ward no. 38, Khursipar, Bhilai

A 22-year-old youth in the ward was addicted to drugs very badly. Due to the drug habit, the young man was getting weaker day by day. One day, the Mitanin of the para Ms. Anga sahu met him and asked him are you doing any kind of drugs. That young man told Mitanin that he is doing drugs and he is losing weight very fast. Mitanin immediately took the young man to the Khursipar government Hospital. The young man was examined in the hospital. After the investigation, the weight of the young man was found to be only 22 kg and he was diagnosed with HIV and TB. As soon as the young man came to know about all these diseases, he got disappointed and told Mitanin that now he will die. Mitanin explained to him that if he wanted to live, he would have to quit drug and you have to take all the medicines on time. Along with this, Mitanin also told him that your entire treatment will be done free of cost in a government hospital. The young man obeyed all instructions given by mitanin and he underwent the necessary treatment and he is also started taking care of his food intakes, which has led to a good improvement in his health.

3. Danteshvari Nagar, Kushalpur, Raipur

Like other paras in Danteshvari nagar, the adult and children are addicted to tambakhu, gudakhu and alcohol. Under the anti tobacco campaign mitanin Bholi Sen visited the families and conducted para meetings and created awareness amongst the people about the side effects of the tabakhu and gutakha addiction. Mitanin visited the home of those Children who were addicted to gudkha and counselled their parents and due to the efforts of the Mitannin's a large number of adults and children have given up tobacco and gudakhu.

4. Ward no. 14, Fakir Mohalla, Bilaspur

A Mitanin of ward number 14 used to eat gutkha. In 2018, Anti tobacco campaign was organised under the Mitanin program and during this campaign in the meeting of Mahila Aarogy Samiti, information was provided that tobacco is the cause of many dangerous disease. Along with this, training was also given to the Mitanins to make people aware about the Anti Tobacco Campaign. During the training, Mitanin learned about the diseases caused by gutkha and she quit eating gutkha.

5. Ward no. 36, Krishna Nagar, Raigarh

The mitanin of Krishna Nagar was secretly eating tobacco in her house and when the Anti-tobacco campaign was started under the Mitanin programme, the Mitanin felt very bad to taking part in this campaign. Mitanin shared her tambakhu eating habit with her mitanin trainer. The Mitanin trainer explained to Mitanin that if you would eat tobacco yourself, how would you tell others to quit? The Mitanin felt very bad after listening to the Mitanin trainer and she stopped eating tobacco from the same day.

6. Ward no. 67 Shriram Nagar, Raipur

The Mitanin and mitanin trainer were taking a para meeting on the issue of Anti-Tobacco. To help the people develop a better understanding they had prepared a drama in which they had taken 2 children from the same para. The drama was performed during the meeting and after the drama, the meeting ended and everyone went to their house. The father of one of the two children was very addicted to tobacco and gudakhu. One day, the father asked his son to bring gutkha from the shop. The child told his father that eating gutkha causes many diseases, it is not a good thing and that he should stop eating it. In the next Para meeting, the child's father shared the episode with the Mitanin and the people from the locality and said that even though my child is so small he spoke to me for my own good and now I have stopped eating gutkha.

नशा होथे ग खराब, इन पिहु ग शराब

दारू पीना भूल है, नशा नाश का मूल है

PAMPHLET FOR ANTI TOBACCO CAMPAIGN

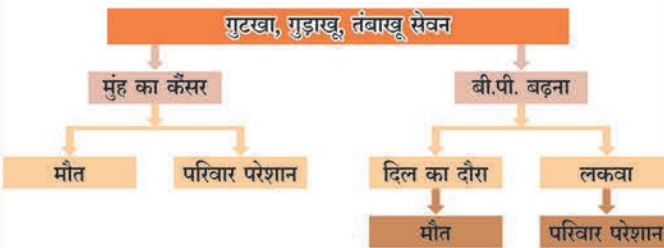
तांबाखू शोको अभियान

तांबाखू के खतरे

- तांबाखू का सेवन करने से खतरनाक बीमारियां होती है।
- तांबाखू से उच्च रक्तचाप (बी.पी.) की बीमारी होती है जो कि आगे चलकर लकवे और दिल के दौर का कारण बनती है।
- तांबाखू चबाने या सिगरेट/बीड़ी से कई किस्म के कैंसर हो सकते हैं।



गले का कैंसर मुंह का कैंसर



गुटखा, गुड़ाखू, खैनी बड़ी चिंता का विषय

बड़ी चिंता की बात है कि आज भी बहुत से लोग तांबाखू का सेवन कर रहे हैं। गुड़ाखू, गुटखा, खैनी का उपयोग बहुत ज्यादा हो रहा है। कई बच्चे भी इसे छोटी उम्र से ही खा रहे हैं। गुड़ाखू के बुरे असर को भी समझना जरूरी है। गुड़ाखू भी तांबाखू का रूप है जो कि बीमारी पैदा करता है। गर्भवती महिला गुड़ाखू करती है तो उसके पेट में पल रहे बच्चे की सेहत पर बुरा असर पड़ता है। इसलिए गुटखा, गुड़ाखू, खैनी आदि के सेवन को रोकने के लिए जागरूकता लाना जरूरी है।



इस अभियान में क्या करेंगे

- एम.टी. संकुल बैठक में मितानिनों को इस विषय पर तैयार करेंगे।
- चर्चा करने के लिए प्रश्न -
 1. क्या हमारे मोहल्ले में पुरुष, महिला या बच्चे तांबाखू का सेवन करते हैं ?
 2. किस रूप में गुटखा, गुड़ाखू आदि ?
 3. क्या तांबाखू के नुकसान के बारे में जानते हैं ?
 4. क्या हमारे क्षेत्र में यह आसानी से मिलता है ?
 5. इसको हम कैसे रोक सकते हैं ?
- एम.टी. और मितानिन, मिडिल व हाई स्कूलों में जाकर इसके बारे में विद्यार्थियों से बात करेंगे। पंच/सरपंच भी साथ जाएंगे तो और अच्छा। इसलिए ग्राम स्वास्थ्य स्वच्छता एवं पोषण समिति बैठक से सब लोग मिलकर स्कूल जा सकते हैं।
- पारा बैठक में भी मितानिन इसके खतरे को बताएं। खासतौर पर गुड़ाखू पर महिलाओं से भी बात करें।
- स्कूल के आसपास या गांव में गुटखा आदि बिक्री ना हो, इसके लिए मिलकर कोशिश करें।
- इन तरीकों से गुटखा, गुड़ाखू, खैनी के सेवन को रोकने का संदेश दें- (1) नारा लेखन, (2) नाटक दिखाकर, (3) रैली निकालकर
- मितानिन प्रशिक्षण, बैठक आदि में गुड़ाखू, गुटखा बंद कराना

गुटखा खाकर बढ़ाना चाहते मान,
बीमार हो जाओगे, चली जायेगी जान।

★ ★ ★

गुड़ाखू को मत समझो मंजन, करता है नुकसान,
खतरनाक बीमारी देता है, छीन लेगा प्राण।

★ ★ ★

गुटखा, खैनी जिसने गले लगाया, बीमारी को उसने पास बुलाया।

★ ★ ★

बच्चों की तांबाखू से बचना है, गुटखा, खैनी दूर भगाना है।

★ ★ ★

गर्भवती भी अगर गुड़ाखू घिसेगी, पेट में पल रहे बच्चे की उम्र घटेगी।

★ ★ ★

गुटके ने गुटक ली कई लोगों की जान,
अब तुम तो संभल जाओ बचाओ अपने प्राण।

★ ★ ★

गुटखा बंद करो, गुड़ाखू बंद करो।