

“सूर्तिजन्य पदार्थ त्यागौ : स्वास्थ्य र वातावरण जोगाऔ”
World No Tobacco Day- 31st May 2022
“Tobacco: Threat to Our Environment”

Interaction Program

Date: Monday, 30th May 2022, (16th Jestha 2079)

Time: 9:00 am to 11:30 am

Venue: Hotel Himalaya, Kupondole, Lalitpur



“सूर्तिजन्य पदार्थ त्यागौ : स्वास्थ्य र वातावरण जोगाऔ”
विश्व सूर्तिजन्य पदार्थ रहित दिवस - 2022 को
उपलक्ष्यमा आयोजित सरोकारवालाहरु
सँग
अन्तरक्रिया कार्यक्रम
WORLD NO TOBACCO DAY – 31st May 2022
"Tobacco: Threat to Our Environment"
Date: Monday, May 30, 2022 **Time:** 9:00 AM - 11:45 AM **Venue:** Hotel Himalaya
Kupondole, Lalitpur
Organized by:
नेपाल सरकार स्वास्थ्य तथा जनसंख्या मन्त्रालय
नेपाल सरकार ललितपुर महानगरपालिका
The Union
International Union Against Tuberculosis and Lung Disease
Health Journalist Forum Nepal
Action Nepal

Organizers: Government of Nepal Ministry of Health and Population, Lalitpur Metropolitan City, The Union, Health Journalists Forum Nepal, and Action Nepal.

Prepared By:
Action Nepal
www.actionnepal.net
2nd May 2022

Tobacco: Threats to Human Health and to The Environment

Smoking is not only injurious to human health but also can be a great threat to the environment and beings around smokers. Hence, the best thing you can do is never start tobacco or quit it, now. On the occasion of World No Tobacco Day, a multi-sectoral interaction program entitled “सुर्तिजन्य पदार्थ त्यागौ : स्वास्थ्य र वातावरण जोगाऔ” **with the theme Tobacco: Threat to Our Environment**” was held on 30th May 2022 from 9 to 11:45 AM Nepali time. The program was participated by over 65 participants, including guest speakers.

With the main objective of appreciating the noble efforts of Lalitpur Metropolitan City in tobacco control and empowering for making Lalitpur a smoke free city, the program was jointly organized by the Government of Nepal Ministry of Health and Population, Lalitpur Metropolitan City, The Union, Health Journalists Forum Nepal, and Action Nepal. **Mrs. Kalpana Acharya**, Chief – In-Editor, Health TV Online, moderated the 2.45-hour interaction program.

Mr. Chiribabu Maharjan, Mayor, Lalitpur Metropolitan City was the chief guest of the program, whereas **Mrs. Dev Kumari Guragain**, Secretary, Government of Nepal, Ministry of Health and Population (MoHP), **Dr. Shyam Sundar Yadav**, Chief Specialist, Government of Nepal, Ministry of Health and Population (MoHP), **Mr. Ghanshyam Upadhyaya**, Chief District Officer (CDO), District Administration Office, Lalitpur, **Mr. Yagya Binod Pokharel**, Senior Superintendent of Police (SSP), Chief of Metropolitan Police Range, Lalitpur, and **Mr. Sitaram Hachhethu**, Metropolitan Police Chief, Lalitpur Metropolitan City participated in the program as special guests and panelists.

Other panels of experts for discussion included **Mr. Sunil Raj Sharma**, Director, Government of Nepal, National Health Education, Information, and Education Center (NHEICC), **Prof. Dr. Rabi Shakya**, Director, Patan Academy of Health Science, **Mrs. Kiran Rana**, Senior Superintendent of Police (SSP), Nepal police, **Fr. Samuel Simick S.J.**, Principal, St. Xavier School, and **Dr. Ghampo Dorje**, Representative, WHO-Nepal. Similarly, **Dr. Bhakta Bahadur KC**, Senior Health Education Administrator, National Health Education, Information, and Communication Center, **Dr. Sandhya Chapagain**, Cancer Specialist, Bir Hospital, and **Mr. Ananda Bahadur Chand**, Chairperson, Action Nepal, made the presentation on the theme “**Burden of tobacco epidemic on public health, and the environment**”.

Nonsmokers are always at the risk of serious health diseases, such as heart disease, cancers, and stroke due to the exposure to second-hand smoking i.e. tobacco smoke from a burning cigarettes and exhaled smoke from smokers. According to WHO, only the creation of 100% smoke-free environments is effective to protect the public from exposure to second-hand smoke.

Tobacco burden on human health and the environment, tobacco control efforts in Nepal, and the Role of the Subnational Government.

Welcoming all the guests, health experts, panelists, and participants, **Dr. Bhakta Bahadur KC**, *Senior Health Education Administrator-NHEICC*, highlighted the existing tobacco control laws in Nepal, including a mandatory 90% PHW on the pack of tobacco products, a sales ban for minor and pregnant women, a ban on the sale of single stick cigarettes, sales ban within 100 meters of the territory of public place as specified by the laws, and comprehensive TAPS ban law. He further presented the role of subnational leadership in tobacco control and stated that political willingness, structural arrangement, collaboration, and accountability are the pillars/ strategies for advancing tobacco control at the subnational level in Nepal. He further urged the need to implement the law that requires vendors to obtain a license from the local government to sell tobacco products. Finally, he informed the guests and participants about the commitments made by mayors in controlling and regulating tobacco products in their respective areas.

Dr. Sandhya Chapagain, *Associate Professor, Clinical Oncology, Bir Hospital, NAMS*, presented the impact of tobacco use on human health and on the health of the environment. Approximately 600 chemical ingredients are found in cigarettes. When burned, cigarettes create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are toxic. Many of these chemicals are also found in toxic products, such as rat poison. Hence, tobacco use directly contributes to the deaths caused by lung cancer, she said. Likewise, **Dr. Ghampo Dorgi**, *Representative, WHO-Nepal* said that Nepal's efforts in tobacco control are praiseworthy. Nepal has formulated the world's best tobacco control laws. Nepal has been working on the comprehensive implementation of MPOWER measures. However, smoke-free laws need to be implemented immediately. Local government has a significant role to play in creating a smoke-free environment to protect public health and the environment, he suggested.

Creating smoke-free city Lalitpur as a part of the "Healthy City Initiative".

Mr. Chiribabu Maharjan, *Mayor, Lalitpur Metropolitan City*, chief guest of the program, said that he had already started initiatives to create Lalitpur a smoke-free city and had declared Patan Darbar Square, Pulchok, Jawalakhel, and Lagankhel smoke-free areas. He further made a strong commitment to creating other areas of Lalitpur Metropolitan City smoke-free in the days to come. "Implementation of laws is our duty. We do what we speak. We will visit every home and will encourage local people to support the smoke-free campaign. We need support from health experts, professional organizations, and civil society in this journey of making Lalitpur a smoke-free city. We will do every possible thing that is under our authority to make Lalitpur a healthy city", he urged. The mayor also thanked Mr. Sitaram Hachhethu, *Metropolitan Police Chief, Lalitpur* for actively engaging in tobacco control activities and taking initiative for the same.

"I lost my both parents due to tobacco-related disease as both of my parents used to smoke. Since then I have been supporting tobacco control campaigns and initiatives. I have never smoked and I encourage people

around me not to start it or quit it”, said **Mr. Sitaram Hachhethu**, *Metropolitan Police Chief, Lalitpur Metropolitan City*. He further shared that he himself along with his team will check all the public and private means of transportation and provide them with no-smoking stickers to post on their respective vehicles. For this, at the initial phase, 1 lakh no-smoking stickers have already been printed, he informed. Additionally, he said that he would closely monitor hotels, restaurants, bars, and school areas, and make appropriate plans to make these places smoke-free. “I simply don’t make plans, I live it. I implement it. I believe that every problem has a solution”, he further said and surprisingly showed “No Smoking Tatoo” printed in his hand to all the participants. This shows the level of commitment he does whatever he speaks to do. Meanwhile, Mr. Hachhethu was honored with a certificate of appreciation by Action Nepal in the presence of **Mr. Chiribabu Maharjan**, *Mayor of Lalitpur Metropolitan City*.

“I have personally learned many things from Mr. Hachhethu. I always appreciate his social work. Now whatever he has done in the field of tobacco control is truly praiseworthy. Teamwork and multi-sectoral collaboration are essential to get a greater result. Nepal Police will support and conduct awareness programs about the harmful effect of tobacco use”, said **Mrs. Kiran Rana**, *Senior Superintendent of Police (SSP), Nepal Police*.

Mr. Ghanshyam Upadhyaya, *Chief District Officer (CDO), District Administration Office, Lalitpur*, appreciated Mayor and Metropolitan police for their efforts in tobacco control activities. “My father lost his life due to tobacco use as he used to be a chain smoker. I have never smoked. We will do every possible effort and ensure the effective implementation of tobacco control laws” he made a commitment. He further urged the Ministry of Health and Population to provide the required resources and targets regarding the tobacco control initiatives.

Similarly, **Mr. Yagya Binod Pokharel**, *Senior Superintendent of Police (SSP), Chief of Metropolitan Police Range, Lalitpur*, urged the government to discourage the tobacco industry to produce such lethal products by increasing tobacco tax and other measures. “I will monitor all school areas and stop all the vendors from selling tobacco products within the 100 meters range of public as well as private schools”, he made a strong commitment.

Prof. Dr. Rabi Shakya, *Director, Patan Academy of Health Science*, said that tobacco control is very challenging as nicotine makes its user addicted to it. “People know about the harmful effect of tobacco use, but still they consume. I have some patients who refused to meet me after I suggested them quit smoking. I have found doctors and staff even smoking in Patan Hospital. We all have to take responsibility and be accountable for the poor implementation of the law. Need more collaboration with multi-sectoral stakeholders to develop consultation mechanism to counsel tobacco users to quit it”, he said.

“Children are in a controlled environment in the school. Hence, there is no way to smoke inside the school. All children have Adda (the place where tea and cigarette are consumed) outside the school where they start to

smoke or consume tobacco products. We have to monitor children outside school. However, we should run anti-tobacco activities within the school to raise their awareness”, said **Fr. Samuel Simick S.J.**, *Principal, St. Xavier School.*

Formulation of Tobacco Control Laws is not sufficient. Implementation is more important: The role of the Ministry of Health and Population in supporting and creating smoke-free cities.

Mrs. Dev Kumari Guragain, *Secretary, Government of Nepal, Ministry of Health and Population (MoHP)*, said that tobacco control laws are there in place but implementation is poor. I wonder what has stopped law enforcement agencies from implementing tobacco control laws. She further urged all the law enforcement authorities for the effective implementation of tobacco control laws immediately.

“One of every seven deaths is due to tobacco use. This is very scary data. We should make the public aware of the harmful effect of tobacco use,” said **Dr. Shyam Sundar Yadav**, Chief Specialist, Government of Nepal, Ministry of Health and Population (MoHP). “Comprehensive implementation of tobacco control laws is key to reducing tobacco consumption. The focus should be on effective implementation”, he further added.

Mr. Sunil Raj Sharma, *Director, Government of Nepal National Health Education, Information, and Education Center (NHEICC)* stated that there is a need for coordination among federal, provincial, and local level governments. “We are coordinating with three levels of government. Good symptoms and results are being observed. More efforts are needed”, he said. Lalitpur Metropolitan City is promoting tobacco control activities. Other cities should also learn from it. NHEICC will provide full support in creating Lalitpur a smoke-free city”, he added.

Mr. Ananda Bahadur Chand, *Chairperson, Action Nepal*, appreciated the tobacco control efforts of Lalitpur Metropolitan City and at the same time bring attention by presenting some evidence of public workplaces, where smoke-free laws have been completely undermined in Lalitpur Metropolitan City. “Comprehensive implementation of Tobacco Control Laws, including smoke-free laws is a must to protect the health of people and the environment”, he added.

Conclusion

Approximately 3-hour interaction program was concluded with major two messages. Firstly, the comprehensive implementation of Tobacco Control Laws, including smoke-free laws is of high priority and needs to initiate implemented immediately. Secondly, assisting and supporting the effort of the Mayor and Police Chief of Lalitpur Metropolitan City in creating Lalitpur as a smoke-free city as a part of the Healthy City Initiative.

Photos of program special guest speaker's and panelists:



Mr. Chiribabu Maharjan
Mayor, Lalitpur Metropolitan City



Mrs. Dev Kumari Guragain
*Secretary, Government of Nepal
Ministry of Health and Population*



Dr. Shyam Sundar Yadav
*Chief Specialist, Government of Nepal,
Ministry of Health and Population*



Mr. Sunil Raj Sharma
*Director, Government of Nepal
National Health Education, Information
and Communication Center*



Mr. Yagya Binod Pokharel
*Senior Superintendent of Police
Chief of Metropolitan Police Range,
Lalitpur*



Mrs. Kiran Rana
*Senior Superintendent of Police (SSP)
Nepal Police*



Mr. Sitaram Hachhethu
*Metropolitan Police Chief
Lalitpur Metropolitan City*



Ghanshyam Upadhaya
Chief District Officer, Lalitpur



Prof. Dr. Ravi Shakya
*Hospital Director
Patan Academy of Health Science*



Fr. Samuel Simick S.J
*Principal
St. Xavier School*



Dr. Gampo Dorjee
*World Health Organization (WHO)
Nepal Representative*



Dr. Sandhya Chapagain
*Cancer Specialist
Bir Hospital*



Dr. Bhakta Bahadur KC
*Sr. Health Education Administrator
Government of Nepal, National Health
Education, Information and Communication
Center*



Mr. Ananda Bahadur Chand
Chairperson, Action Nepal



Mr. Ram Prasad Neupane
*President, Health Journalist Forum
Nepal*

Media / News coverage:

1.

सूर्तिजन्य पदार्थरहित ललितपुर महानगर बनाउछौँ – प्रमुख चिरीबाबु महर्जन

गोरखापत्र ताजा, स्वास्थ्य १६ जेठ २०७९, सोमबार



See more at: <https://gorkhapatraonline.com/news/14496>

2.

“चुरोट छाड्ने १० मध्ये नौ जनालाई क्यान्सरबाट बचाउन सकिन्छ”

गोरखापत्र ताजा, स्वास्थ्य, ब्यानर



सिर्जना खत्री १७ जेठ २०७९, मङ्गलबार
उहाँ स्वास्थ्य विषयमा रिपोर्टिङ गर्नुहुन्छ।



See more at: <https://gorkhapatraonline.com/news/14557>

3.

ललितपुरलाई ‘स्मोक फ्री सिटी’ बनाउने महानगर प्रमुख चिरीबाबु महर्जनको प्रतिवद्धता

हेल्थ टिभी अनलाइन 275 Views



See more at: <https://healthtvonline.com/health-news/2022/05/40408/>

4.

सूर्तिजन्य पदार्थ नियन्त्रणमा सक्रिय सीताराम हाछेथु, जसले आफ्नो हातमा खोपाए ‘नो स्मोकिङ’ ट्याटु

हेल्थ टिभी अनलाइन १६ जेष्ठ २०७९, सोमबार 183 Views



See more at: <https://healthtvonline.com/health-news/2022/05/40418/>

5.

सूर्तिजन्य पदार्थको नियन्त्रणका लागि बजेट छुट्याइने ललितपुर महानगरपालिकाका प्रमुख चिरीबाबु महर्जनको प्रतिवद्धता १५ दिनभित्र विद्यालय आसापासमा सूर्तिजन्य पदार्थको बिक्री वितरण रोक्ने

स्वास्थ्य स्वास्थ्यखबर सोमबार, जेठ १६, २०७९, १४:३५:०० 53Shares



See more at: <https://swasthyakhabar.com/story/46410>

6.

सूर्तिजन्य पदार्थको नियन्त्रणमा योगदान गरेको भन्दै सीताराम हाछेथुलाई सम्मान

स्वास्थ्य स्वास्थ्यखबर सोमबार, जेठ १६, २०७९, १४:५५:०० 56Shares



See more at: <https://swasthyakhabar.com/story/46412>

7.

सीताराम हाछेथु : पहिले ‘नो स्मोकिङ’ले प्रेम, अहिले ‘नो स्मोकिङ’ प्रेम

NEPAL LIVE नेपाल लाइभ मंगलबार, जेठ १७, २०७९, १५:५७ 307Shares



See more at: <https://nepallive.com/story/282564>

8.

सुर्तिजन्यपदार्थ नियन्त्रणकालागि ललितपुरमा घरदैलो अभियान

नेपालमञ्च संवाददाता जेष्ठ १६ २०७९, सोमबार 60 SHARES



See more at: <https://nepalmanch.com/73859/>

9.

ललितपुरका विद्यालय वरपर सुर्तिजन्य पदार्थ बेग्न नपाइने

नेपालमञ्च संवाददाता

जेष्ठ १६ २०७९, सोमबार

72 SHARES



See more at: <https://nepalmanch.com/73874/>

10.

धूम्रपान गर्ने व्यक्तिमा फोक्सोको क्यान्सर सबैभन्दा बढी

नेपालमञ्च संवाददाता

जेष्ठ १६ २०७९, सोमबार

75 SHARES



See more at: <https://nepalmanch.com/73913/>

11.

ललितपुर महानगरले भोलि देखि नगरबासीको घर घरमा गएर सुर्तिजन्य पदार्थ नखान आग्रह गर्ने ललितपुर प्रहरी प्रमुखको घोषणा : 'विद्यालयको १०० मिटर वरपर हुने गरेको सुर्तिजन्य पदार्थ विक्री बितरण १५ दिन भित्र रोक लगाउँछौं'

नेपाली हेल्थ २०७९ जेठ १६ गते १७:३२ 0

68 Shares



महानगरका नगर प्रहरी प्रमुख हाछेथुलाई सम्मान



See more at: <https://www.nepalihealth.com/2022/05/30/69284/>

12.

ललितपुर महानगरपालिकाले नगरबासीको घर घरमा गएर सुर्तिजन्य पदार्थ नखान सचेतना गर्ने

by [Nam Raj Bhatta](#) May 30, 2022

ललितपुर, १६ जेठ २०७९



See more at: <https://healthnewsnepal.com/news/world-tobacco-day/>

13.

सुर्तिजन्य पदार्थ नियन्त्रणमा सिताराम हाछेथु सम्मानित

newsfnepal

१६ जेष्ठ २०७९, सोमबार १०:१८ 51Shares



See more at: <https://www.newsfnepal.com/2022/05/30/502266/>

14.

'सुर्तिजन्य पदार्थ सेवन नगर्न आग्रह गर्दै घरदैलो अभियान'

‘सुर्तीजन्य पदार्थ सेवन नगर्न आग्रह गर्दै घरदैलो अभियान’

अन्नपूर्ण स्वास्थ्य १७ जेठ २०७९ १५:४१



See more at: <https://annapurnapost.com/news/surtijanya-205330>

15.

ललितपुरमा घरदैलोमै पुगेर सुर्तीजन्य पदार्थ नखान जनचेतना कार्यक्रम गरिने

प्रकाशित : जेष्ठ १६, २०७९ २१:४८ कान्तिपुर संवाददाता 1.4KSHARES



See more at: <https://ekantipur.com/national/2022/05/30/165392662588957490.html>

16.

सुर्तीजन्य पदार्थ सेवनले ९० प्रतिशत फोक्सोको क्यान्सर

जेष्ठ १७, २०७९ कान्तिपुर संवाददाता

See more at: <https://ekantipur.com/health/2022/05/31/16539942016945729>

Program participants list and attendance:



“सूर्तिजन्य पदार्थ त्यागी : स्वास्थ्य र वातावरण जोगाऔं”

विश्व सूर्तिजन्य पदार्थ रहित दिवस -२०२२ को उपलक्ष्यमा आयोजित सरोकारवालाहरु संग अन्तरक्रिया कार्यक्रम

World No Tobacco Day- 31st May 2022 “Tobacco: Threat to Our Environment”

मिति : २०७९/०२/१६, सोमवार समय : बिहान ९:०० देखि ११:४५ सम्म

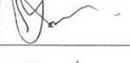
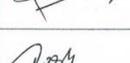
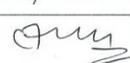
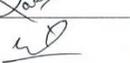
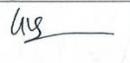
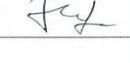
स्थान : होटल हिमालय, कुपोन्डोल, ललितपुर

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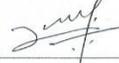
क.स.	सहभागिको नाम	आबद्ध संस्था	पद	ईमेल	मोबाईल नम्बर	हस्ताक्षर
१.	भगवती तिमिल्सिना	नेपाल समाचारपत्र	सह-सम्पादक	bhagwati@nepalnews.com	९८५१०६१३७२	
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