









Date:- 11.04.2023

Time: 11.00 am to 1.15 pm

Department of Community Medicine & School of Public Health, PGIMER, Chandigarh









Dated:- 11.04.2023

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Background

Bidis (also widely recognized as beedis) are small hand-rolled cigarettes made of tobacco and wrapped in tendu or temburni leaf (Diospyros melanoxylon), an Asian plant. Bidis are manufactured in India and other Southeast Asian countries and exported worldwide. In India, bidi cigarettes are less expensive and more heavily consumed than traditional commercial cigarettes. It is a common misconception that because these cigarettes are less expensive, they are also less harmful. Bidis cigarettes contain three to five times the nicotine of traditional cigarettes, increasing the risk of nicotine addiction. Bidi cigarettes have elevated amounts of tar and carbon monoxide than regular cigarettes. People who smoke bidis inhale higher levels of toxins because bidis do not contain chemicals that aid in combustion. To keep a bidi cigarette from burning out, people must draw on it more frequently and with greater force. Bidis smokers are more likely to advance oral cancer, lung cancer, stomach cancer, and esophageal cancer. Bidi smokers have three times the risk of heart disease and heart attack as non-smokers. Bidi smoking is also linked to emphysema and increases the likelihood of chronic bronchitis.

India has the world's second highest number of adult smokers; bidis are the most commonly smoked tobacco product in India, with an estimated 71.8 million adults smoking them. As per the study in 2017, the total economic costs attributable to bidi smoking from all diseases and deaths in India amounted INR 805.5 billion (US\$12.4 billion), with 20.9% being direct and 79.1% being indirect. Men bear 93.7% of all costs.

In this regard, the Resource Centre for Tobacco Control under Department of Community Medicine, School of Public Health, PGIMER, Chandigarh-India in collaboration with The Union, South East Asia and Tobacco Control Section, The Union conducted an International webinar on "Beedi Smoking: Harmful consequences, policy landscape, challenges and way forward"









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Specific Objectives:-

- 1. To sensitize researchers, academicians and program implementors on trends and harmful effects of beedi and similar products across globe and in India.
- 2. To orient the enforcers and implementers about the enforcement mechanism regarding the sales and purchases of traditional tobacco products particularly beedi
- 3. To educate the stakeholders about taxation on Bidi and combating tobacco industry interference in Bidi and similar tobacco products

Expected Outcomes-:-

- 1. Increased awareness about harmful effects of traditional tobacco use.
- 2. Generate research ideas about various aspects of Bidi and other traditional tobacco products
- 3. Generate recommendations about taxation, Health warning and labelling along with combating tobacco industry interference in Bidi and similar tobacco products

Target group :-

Approximately 150-200 participants (including tobacco control professionals, policy makers, officials from various stakeholder departments from across globe)

Venue:-

Zoom Platform (Virtual)









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Time	Session	Facilitator
11.00 – 11. 05 am	Introduction & Welcome address	Dr. Sonu Goel, Professor and Director E-RCTC Department of Community Medicine & School of Public Health, PGIMER, Chandigarh
11.05 – 11.30 am	Address by Guest of Honours	Dr. Rana J Singh, Deputy Regional Director, The Union (South-East Asia), New Delhi
		Dr. Prakash C Gupta, Director, Healis - Sekhsaria Institute of Public Health, Navi Mumbai
		Dr. Suneela Garg, Chair, Programme Advisory Committee, NIHFW and Co-Chair, MDRU, DHR
		Dr. Kevin Welding, Associate Director of the Johns Hopkins Institute for Global Tobacco Control
7	Address by Chief Guest	Dr Leimapokpam Swasticharan, Additional Deputy Director General of Health Services -Directorate General of Health Services, Ministry of Health and Family Welfare, Govt of India
11.30 – 11.45 am		Dr. Amit Yadav, Senior Technical Advisor, The International Union Against Tuberculosis and Lung Disease (The Union)
11.45 – 12.00 pm	Health Warnings and labelling - Compliance on Beedi Packaging	Dr. Sejal Saraf , BDS, MPH Senior Research Program Coordinator
		Johns Hopkins Bloomberg School of Public Health
12.00 – 12.15 pm	Epidemiology and Trends of Bidi Consumption in India	Dr. Pankaj Bhardwaj, Additional Professor, Community Medicine & Family Medicine Coordinator, School of Public Health, AIIMS Jodhpur
12.15 – 12.30 pm		Dr. Rijo M. John, PhD, Associate Professor,
	Perspective	Rajagiri College of Social Sciences, Kochi Kerala
12.30-12.45 pm	Forest fires and climate change due to Tendu lifecycle	Ms. Prena Sah, Senior Research Associate International Forum for Environment, Sustainability & Technology, (i-FOREST)
12.45 – 1.15 pm	A Panel Discussion:- How to Combat	Dr. Nirmalya Mukherjee, PhD, MPH, MSW, Director-MANT
	Tobacco industry interference in Beedi lessons from different states &	Dr. Gopal Chauhan, SPO, NTCP, Govt. of Himachal Pradesh
	Recommendations	Dr. Shivam Kapoor, Technical Advisor STOP, The Union South East Asia
		Moderated by:- Dr. Sonu Goel, Professor and Director E-RCTC Department of Community Medicine & School of Public Health, PGIMER, Chandigarh
1:15 pm	Vote of Thanks	Ms. Aanchal, Admin and Finance Assistant – RCTC, PGIMER Chandigarh 5



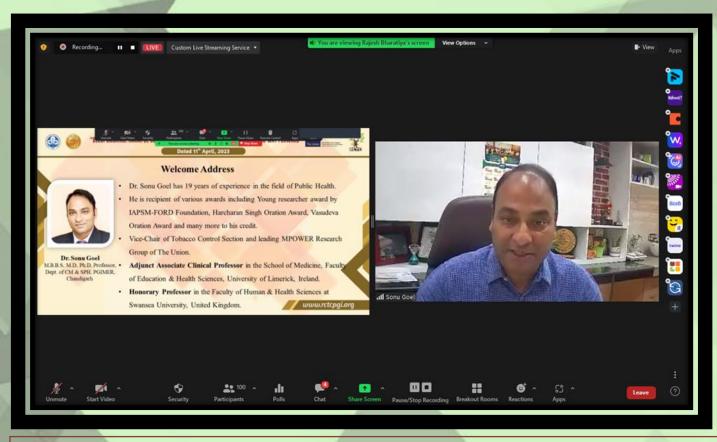






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Welcome Address



Dr. Sonu Goel, Director E-RCTC and Professor, Department of Community Medicine & School of Public Health, PGIMER, Chandigarh

Prof. Dr. Sonu Goel welcomed the distinguished dignitaries and participants from across world. With 100 participants on Zoom, the webinar was oversubscribed and livestreamed on YouTube. Dr. Goel explained the importance of the webinar, which is the sixth in the tobacco endgame series organized by the Resource Centre for Tobacco Control (RCTC). He emphasized the importance of controlling beedi menace in order to achieve tobacco abolition across the country. Dr. Goel then explained that beedi is a poor man's pleasure because it is inexpensive and easily accessible. It is uncured tobacco wrapped in tendu leaves that originated in the Indian subcontinent and has since spread throughout Asia and the Middle East. He stressed that beedi is more dangerous as compared cigarettes and it contains five times as much nicotine as cigarettes. Beedi is more popular among poor people due to its low taxation, and the taxation on beedi should be raised to reduce demand. Dr. Goel additionally mentioned that tobacco workers were the ones who discovered beedi.



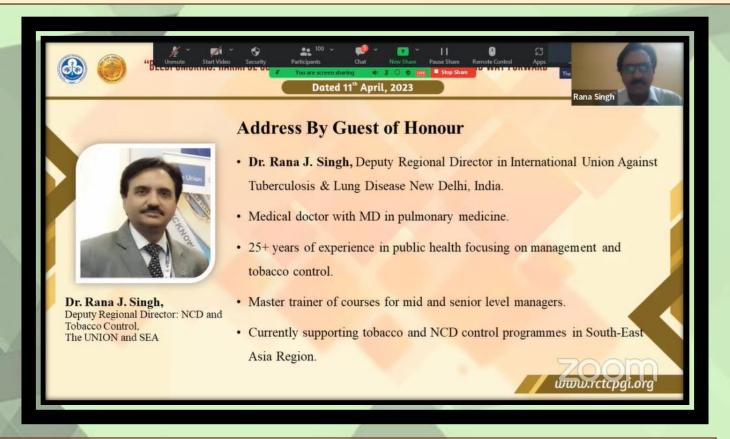






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Address by Guest of Honour



Dr. Rana J Singh, Deputy Regional Director, The Union (South-East Asia), New Delhi

On behalf of The Union, Dr. Rana welcomed the participants to this international webinar. He emphasized the challenges and stories surrounding beedi control. Despite nearly two decades of legislation (FCTC, NTCP), beedi control remains a challenge. The main goal is to denormalize the beedi sector in India. Dr. Rana focused on the public's perception of beedi as less harmful because it is Ayurvedic or natural. Even though beedi is more harmful than cigarettes, integrated communication strategies play an important role in addressing this issue. The second issue is to increase the tobacco tax burden on beedi. The third issue is related to beedi trade regulation, as there is inadequate evidence on how many beedi brands exist, what the supply chain is, whether they comply with all beedi industry and trade regulations, and what percentage of beedi manufacturers actually pay government taxes. Dr. Rana concentrated on the tobacco industry's interference in the beedi industry and the need for various schemes to provide alternative income to beedi rollers and increase taxation and regulations on the beedi industry.



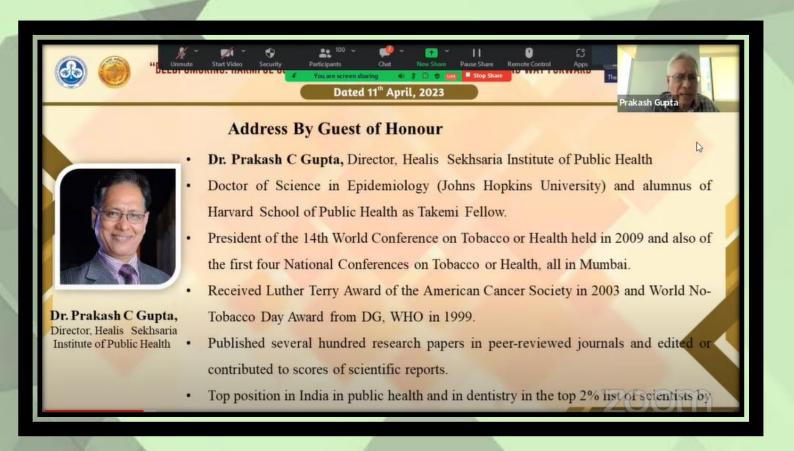






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Address by Guest of Honour



Dr. Prakash C Gupta, Director, Healis - Sekhsaria Institute of Public Health, Navi Mumbai

Dr. Gupta emphasized that for a long time, beedi control was only a concern for India, but 20 years ago, it was discovered that beedis were exported to the United Kingdom and the United States of America, and prevalence figures became sustainably high in their surveys, which sparked the CDC's interest in beedi control. A comprehensive report was created through the contributions of scientists from India and the United States of America that projected beedi smoking as a global issue. The United States and the Centers for Disease Control and Prevention handled this very carefully, but beedi smoking continues to be an extensive issue in India. Dr. Gupta pointed out that numerous regulations and the FCTC do not apply to the beedi industry, as well as that up to 40% of the beedi industry is exempt from taxes. He additionally highlighted that beedi manufacturing is a source of livelihood for many people in India, and that current control strategies are inefficient in beedi control due to the intricate nature of the problem.



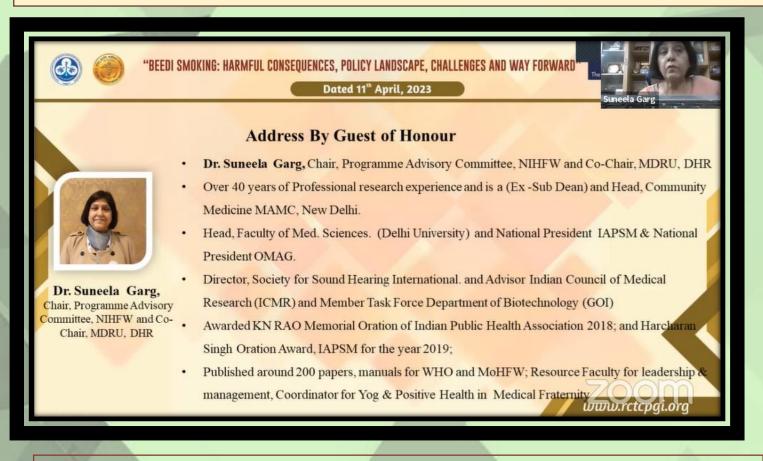






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Address by Guest of Honour



Dr. Suneela Garg, Chair, Programme Advisory Committee, NIHFW and Co-Chair, MDRU, DHR

Dr. Garg highlighted that India has been dealing with a persistently high burden of beedi for decades. She focused on the gender element involved in beedi rolling, pointing out that women and children are primarily involved in beedi rolling, putting their health and lives at risk, despite the fact that beedi rolling has so many negative consequences on their health. Dr. Garg emphasized the importance of regular health checkups for beedi rollers. Taxation on the beedi industry is another critical issue that must be addressed because it is the rolling of uncured tobacco in tendu leaves, and there is no count, so consumption among the community has increased. She emphasized that Johns Hopkins recently launched a multicenter study on beedi and congratulated Prof. Dr. Sonu Goel, PGIMER, Chandigarh, for taking the lead on tobacco endgame issues and organizing webinars on critical issues for tobacco control. She highlighted that there is a long way to go to achieve tobacco endgame in India, and it will be full of challenges.









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Address by Guest of Honour



Dr. Kevin Welding, Associate Director of the Johns Hopkins Institute for Global Tobacco Control

Dr. Welding emphasized that beedis are less expensive and consumed more than cigarettes, that there are many misconceptions about harm, that they contain far more nicotine than a cigarette, that they are clearly addictive, and that there are many illnesses associated with consumption and rolling. Dr. Welding highlighted the policy landscape, which includes 72 million adult consumers of beedis in India, which has a significant impact on both personal and public budgets. The beedi industry is given special treatment in terms of policy, as they are exempt from taxation, resulting in lower prices. He cited ongoing research at the Institute of Global Tobacco Control, Tobacco Pack Surveillance System, Standard Packaging Work Health Harm of Beedi Workers, and discovered that none of the beedi manufacturers (taxes, warning, M.R.P) met the Indian government's standards. He pointed out the major challenges in beedi control because the beedi industry is highly secretive and segmented.



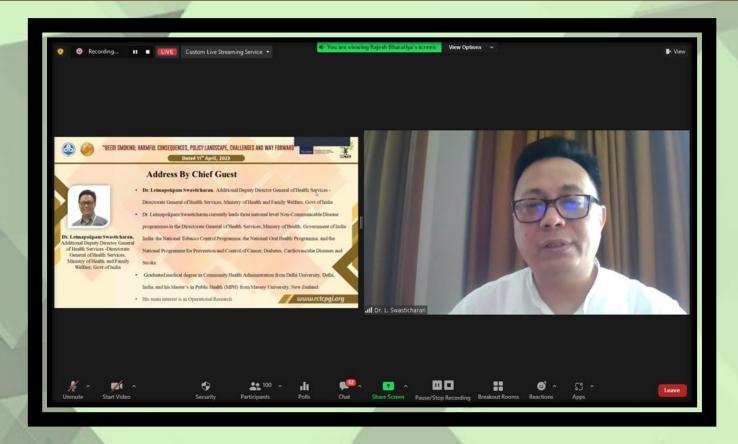






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Address by Chief Guest



Dr Leimapokpam Swasticharan, Additional Deputy Director General of Health Services –Directorate General of Health Services, Ministry of Health and Family Welfare, Govt of India

Dr. Swasticharan focused on the statistics related to tobacco consumption in India, where there are 267 million people using tobacco in one form or another, and 14% are smoking cigarettes, while 27% (72 million) are beed is smokers in the country. He emphasized the need to find an Indian solution for the beedi problem, as beedi is considered the poor man's melody, and the lower economic section of society cannot find solutions to their healthcare problems due to inaccessibility. The beedi industry enjoys a lower taxation slab as compared to other tobacco products throughout the country. Dr. Swasticharan highlighted that the tobacco industry plays with three factors: the addictiveness of tobacco products, particularly nicotine, the attractiveness of tobacco products, and the toxicity. He pointed out that during the season of tendu leaf plucking, many school students drop out to collect the tendu leaves. He focused on the need to have a basket of choices for tobacco control to tackle the tobacco industry. 11



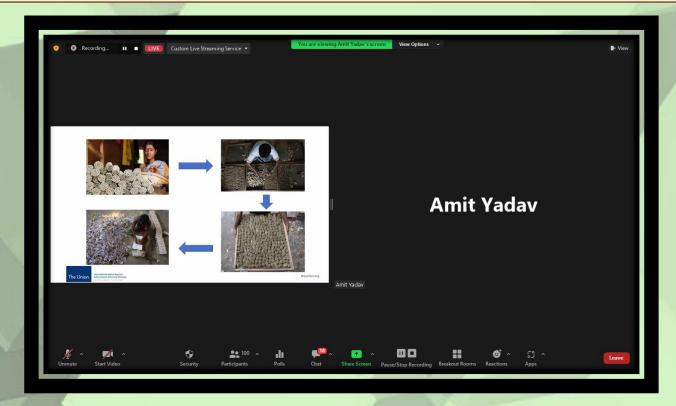






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Session 1:-Beedi Smoking:- Global Perspectives introduction to Beedi and its harmful effects



Dr. Amit Yadav, Senior Technical Advisor, The International Union Against Tuberculosis and Lung Disease (The Union)

Dr. Yadav emphasized on beedi smoking from a global perspective, citing that many manufacturers produce beedis for export purposes only, as beedi is considered a luxury product outside India, costing approximately \$35 for three pack. As the industry has evolved, beedi-flavored vapor has become available on the market. Dr. Yadav highlighted the fact that beedi smoking is more harmful than cigarette smoking, as it contains three times more carbon monoxide and five times more tar. Beedi smoking increases the risk of oral cancer, stomach cancer, and esophageal cancer, as well as the risk of heart attacks and coronary heart diseases by three-fold. Approximately 90% of beedi rollers are women aided by children, posing a significant risk to their health by causing musculoskeletal problems, respiratory diseases, cardiovascular diseases, skin problems, eye problems, UTI problems, and specifically miscarriages, which reduce fertility and increase the frequency of abortions among women. Dr. Yadav explained the entire cycle of tendu plucking and beedi making, as well as the vicious cycle of beedi smoking and manufacturing.



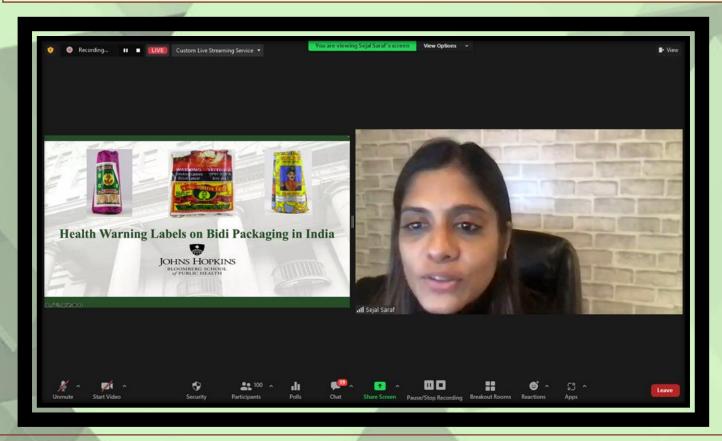






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Session 2:-Health Warnings and labelling - Compliance on Beedi Packaging



Dr. Sejal Saraf, BDS, MPH, Senior Research Program Coordinator, Johns Hopkins Bloomberg School of Public Health

Dr. Saraf focused on the health warnings and labeling on beedi packaging. According to statistics in India, 111% of tobacco users consume beedis, with a higher proportion of consumers in rural areas (9.3%). There is a diversity of materials (plastic, paper, shape, size) used in beedi packaging. Dr. Saraf highlighted the importance of packaging, citing that the tobacco industry uses packaging to showcase and highlight branding to draw the interest of new users and maintain previous consumers. She reiterated to the audience about Indian packaging and labeling laws. In 2009, India became the first country to implement HWLs on all tobacco products, including SLT, with 85% coverage as per COTPA amendment. She discussed a study conducted in 2016 in four cities -New Delhi, Chennai, Mumbai, Bengaluru - with the objective of examining the level of compliance of health warning labels on beedi packages with Indian packaging and labeling law. None of the beedi packs fully complied with all of the indicators laid out by Indian tobacco 13 packaging law. Future research should focus on standardizing the packaging of beedis.



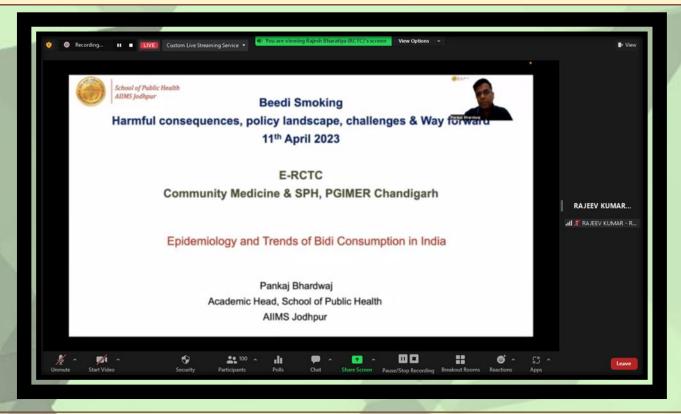






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Session 3:-Epidemiology and Trends of Bidi Consumption in India



Dr. Pankaj Bhardwaj, Additional Professor, Community Medicine & Family Medicine Coordinator, School of Public Health, AIIMS Jodhpur

Dr. Bharadwaj emphasized that beedis are one of the most commonly consumed tobacco products in India; in addition to the direct and indirect effects on health, the industry also poses a threat to workers based on their occupation. He highlighted the fact that for every cigarette sold in our country, approximately 8 beedis are sold. Unfortunately, beedi has taken the status of a poor man's cigarette. Beedi is currently the most common form used after smokeless tobacco; it is cheaper with poorly visible health warnings. Sir focused on the fact that the concentration of nicotine is significantly higher in beedi, with higher puff intensity and shorter inter-puff duration with deeper inhalations, delivering more CO and nicotine compared to cigarettes. He explained the epidemiology associated with beedi smoking; sociodemographic factors associated with beedi smoking are poor socioeconomic status, males aged 45-60 years, and northeast states have a higher prevalence of beedi smokers. The median age of initiation in young tobacco users is 10.5 years (11.6-boys, 8.6-girls). The proportion of beedi smokers has risen over the time period from 2009-10 to 2016-2017.



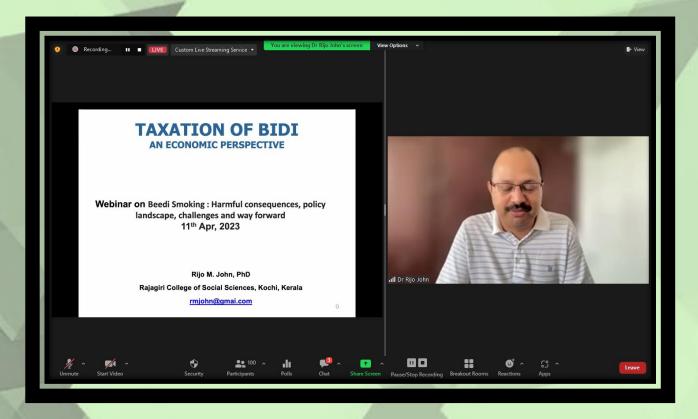






Dated:- 11.04.2023

Session 4:-Taxation for Beedi:- An Economic Perspective



Dr. Rijo M. John, PhD, Associate Professor, Rajagiri College of Social Sciences, Kochi Kerala

Dr. John emphasized the economic burden of beedi smoking in India, estimating that INR 805.5 billion (USD 12.4 billion), 0.5% of GDP, was due to beedi smoking and deaths in India in 2017, of which 21% is the direct cost and 71% is the indirect cost, with men bearing 94% of the total cost. Dr. John emphasized that, despite having more users than cigarettes, the tax collection is only 3%, as opposed to 85% for cigarettes. The current taxation regime primarily benefits beedi consumers. He pointed out the fact that beedi is the only tobacco product where compensation cess is not applied, a large part of the tax that is applied to cigarettes and smokeless tobacco is not applied to beedi. The total tax burden is only 52.7% for cigarettes, 22% for beedis, and 63.8% for smokeless tobacco products. Dr. John highlighted that as per WHO FCTC guidelines "All tobacco products should be taxed in the comparable way as appropriate, in particular where the risk of substitution exists." In India, there is a lack of evidence that beedi and cigarettes are substitute products. The focus should be to have regulations and increase the current taxation on 15 beedis.



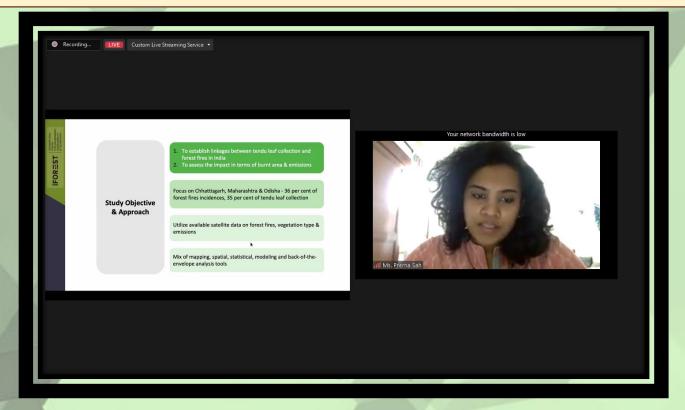






Dated:- 11.04.2023

Session 5:-Forest fires and climate change due to Tendu lifecycle



Ms. Prerna Sah, Senior Research Associate ,International Forum for Environment, Sustainability & Technology, (iFOREST)

Ms. Sah focused on the environmental aspects of tendu leaf collection in India. Over the last decade, forest fires have increased tenfold throughout the nation. More than 2.5 lakh metric tons of tendu leaves are collected to produce 350 billion bidi sticks. Fires are used to facilitate the production of better quality tendu leaves, which is widely practiced despite being banned by the government. She discussed a study focusing on Maharashtra, Chhattisgarh, and Odisha, where 36% of tendu leaf collection occurs. The study aimed to understand the linkages between tendu leaf collection and the impact on these forest fires, conducted at iFOREST. There is substantial overlap between tendu leaf collection and forest fires, and a strong positive correlation is found between the forest fires and tendu leaf collection. The majority of fires occur from the month of March to May, which is the tendu leaf season. There were 14.2 million tons of CO2 emissions dominated by tendu-related fires in the three focus states during the year 2021, which has a huge impact on climate change. Over 95% of the forest area in India is prone to forest fires.









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A Panel Discussion:-How to Combat Tobacco industry interference in Beedi lessons from different states & Recommendations



Dr. Nirmalya Mukherjee, PhD, MPH, MSW, Director-MANT



Dr. Dr. Gopal Chauhan, SPO, NTCP, Govt. of Himachal Pradesh



Dr. Shivam Kapoor, Technical Advisor STOP, The Union South East Asia



Dr. Sonu Goel, Director E-RCTC and Professor, Department of Community Medicine & School of Public Health, PGIMER, Chandigarh (Moderator)









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Panel Discussion

The topic of the panel discussion was "How to Combat Tobacco industry interference in Beedi lessons from different states & Recommendations". Following were the panel experts Dr. Nirmalya Mukherjee, Dr. Gopal Chauhan, Dr. Shivam Kapoor moderated by Prof Dr. Sonu Goel. The pane discussion was very enlightening and interactive.

Highlights from the Panel Discussion

Dr. Nirmalya Mukherjee highlighted the role of civil society in controlling beedi consumption. He suggested cluster-wise upgradation of the bargaining skills of beedi rollers, and the need for livelihood missions to provide viable alternative trade and occupation options. There should be a basket of opportunities for rollers based on their skills.

Dr. Gopal Chauhan shared an example of tackling industry interference in Himachal Pradesh. Despite 14% of the burden of beedi consumption in the state as per GATS-2, when Shimla city was declared smoke-free on 02.10.2010, the beedi industry took a single-window clearance for production of beedi in one of the districts in Shimla. The case was taken to court, and with strong advocacy and evidence, production was stopped.

Dr. Shivam Kapoor focused on the strategies adopted by the beedi industry over time and the victim card that the industry uses, claiming to be a cottage industry, and opposing any measures that may threaten the jobs and livelihood of poor people. He shared an example from Karnataka of opposition received for the stop tobacco application, and how the union is currently advocating against it.









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Recommendations

- 1. Develop detailed documentation of activities related to beedi industry interferences.
- 2. Collect evidence of the number of beedi brands.
- 3. Address myths surrounding beedi in the community.
- 4. Create a cadre of ambassadors to mitigate the beedi industry.
- 5. Address beedi industry interference at all levels: political, administrative, and public.
- 6. The union government should adopt policy measures to regulate the beedi industry and make it more organized.
- 7. Involve the ministries of agriculture, forestry, environment, and labor welfare in addressing the beedi industry.
- 8. Establish formal and informal informant chains for the beedi industry at national and subnational levels.
- 9. Integrate a climate change perspective into beedi industry taxation.
- 10. Minimize the size of tobacco content in beedis to reduce their size.
- 11. Implement proper taxation on beedi products.







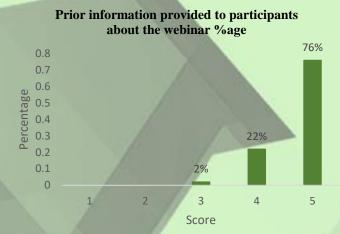


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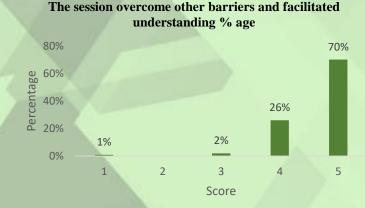
Feedback From Participants

All the answers have been recorded as per the scale from 01-05 poor to excellent











The pace and the sequencing of the session by



The session engaed the participants in active





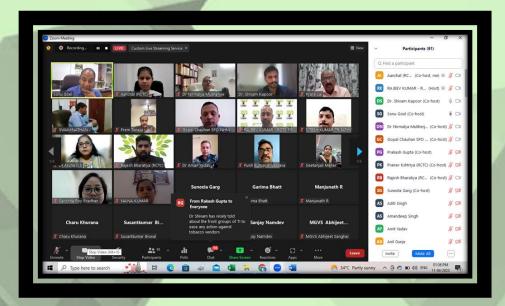


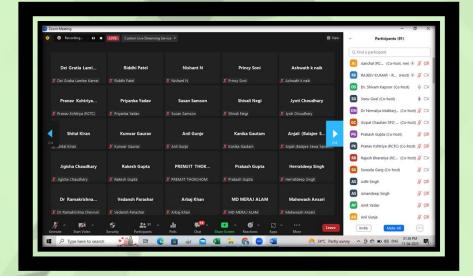


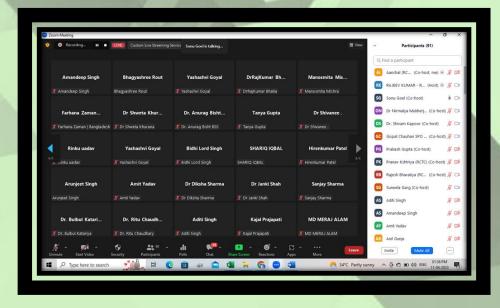


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Group Pictures















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Organizing Team



Dr. Sonu Goel, Director E-RCTC and Professor, Department of Community Medicine & School of Public Health, PGIMER, Chandigarh



Mr. Rajeev Kumar,
Project Coordinator, Department of Community Medicine
& School of Public Health,
PGIMER, Chandigarh



Mr. Rajesh Bharatiya, Technical Officer- RCTC, PGIMER Chandigarh



Ms. Diksha Walia, Program Officer- RCTC, PGIMER Chandigarh



Ms. Aanchal, Admin and Finance Assistant – RCTC, PGIMER Chandigarh









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Organizing Team



Mr. Pranav Kshtriya
JRF, SERB
PGIMER Chandigarh Department of Community
Medicine & School of Public Health,
PGIMER, Chandigarh









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Dignitaries and Resource Persons



Dr Leimapokpam Swasticharan, Additional Deputy Director General of Health Services -Directorate General of Health Services, Ministry of Health and Family Welfare, Govt of India



Dr. Rana J Singh,
Deputy Regional Director,
The Union (South-East Asia), New Delhi



Dr. Prakash C Gupta, Director, Healis - Sekhsaria Institute of Public Health, Navi Mumbai



Dr. Suneela Garg, Chair, Programme Advisory Committee, NIHFW and Co-Chair, MDRU, DHR



Dr. Kevin Welding, Associate Director, Johns Hopkins Institute for Global Tobacco Control



Dr. Rakesh Gupta,
Director and President, Strategic Institute of Public Health
and Research,
Chandigarh









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Resource Persons



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