

GET READY FOR PLAIN PACKAGING

No logos, colours, brand images or promotional information

Pack surfaces in a standard colour

Brand and product names in a standard colour and font



31MAY:WORLDNOTOBACCO DAY

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WORLD NO TOBACCO DAY

Theme for the 'World No Tobacco Day' 2016 is 'get ready for plain packaging'. Advertisement plays an important role in promotion of tobacco products by tobacco companies. The Framework Convention on Tobacco Control (FCTC) is the first ever public health treaty on any public health issue that the World Health Organisation (WHO) initiated; and which recommended the ban of all forms of advertisement for tobacco. | [Read>>](#)

Quit smoking challenge-2016

The Quit Smoking Challenge – 2016 is a health-promotion campaign initiative aimed at people residing /working in Coimbatore, Tirupur, Erode & Nilgiri Districts in Tamil Nadu and desire to quit smoking/smokeless tobacco products. | [Read>>](#)



community health journey's that so many have participated in. This article carries the report of the southern regional event held on 15th and 16th April 2016 at Pope Paul VI Auditorium, St Johns National Academy of Health Sciences, Bengaluru with more than 150 participants. | [Southern](#) | [Northern](#) | [Poem](#) >>

"hot" experience! At Swayam Shikshan Prayog (SSP), Ahmednagar

This place is also reeling from drought, but just the day before we came there were a few drops of rainfall. It was good to see water being made available to workers in the field by the supervisor. We traveled to and fro between Pune and Ahmednagar in the local state transport bus, which was also a very "hot" experience! | [Read>>](#)



SOCHARA Silver Jubilee – Southern and Northern Region

We organised a southern and northern regional events in view of SOCHARA's silver jubilee year and like to celebrate the Collective Health for ALL journey's and



OUT OF BOX

Article written by Rifa Khan on the April 30th 'Inaugural Health in Slums' for Citizen Matters, Bengaluru's hyper-local crowd-funded media platform. | [Read>>](#)

E-SOCHARA

News and updates on Community Health

[Note from SOCHARA, Bengaluru!](#)

We are once again at World No Tobacco Day on 31st May 2016. What has been achieved? How far have we travelled? Let us take a look at the unfolding tobacco story!

Over the past six decades there is an increased understanding of the health outcomes of tobacco use. The Doll and Peto epidemiological study of the 1950s in the UK established a causal association between tobacco use and cancer. Subsequently thousands of studies across the world, including in India, established links between all forms of tobacco use and adverse health outcomes. Since the 1970s public health attention was paid to the need for tobacco control. | [Read>>](#)

OUT OF BOX

Adithya's wordpress article discuss about the issue of millets causing goiter. The arguments presented regarding millets being goitrogenic, typically rely both on population level survey studies of goitre and on lab based biochemical studies. There are two stages to the argument | [Read>>](#)



Environment and Health Education: Engaging with Azim Premji University

Adithya Pradyumna helped develop and teach a new course for the MA Development degree at Azim Premji University called "Environment and Health: Exploring inter-linkages". Co-taught with Stefi Barna, Associate Professor of Public Health and Sustainability at APU, the course included lectures on global environmental health, a field visit and a student-led conference.

[| Read >>](#)

Labourers @ discount

Campaign Against Negligence of Girl Child (CANG) is one of the vibrant networks in Tamil Nadu, which has been working consistently on the rights of girl child. Rights of the women and girls are a social issue set within the caste system and patriarchal nature of Tamil society. CANG had initiated a study on "Women at Workplace", done in 6 major industries having a large proportion of unorganised labour i.e., spinning mills, textiles industry, cashew nut processing units, silver anklet manufacturing industry, fireworks and small scale industries

spread across in 11 districts, namely, Dharmapuri, Dindugal, Erode, Karur, Krishnagiri, Namakkal, Pudukotta, Salem, Theni, Trichy and Virudhunagar. | [Read >>](#)

Health of slum dwellers most vulnerable to the ills of urbanization reveals symposium

The inaugural symposium on 'Health in Slums' was conducted in Bangalore Baptist Hospital on April 30th in collaboration by Maastricht University, Zuyd University, Bangalore Baptist Hospital, SOCHARA and other NGO partners from Bengaluru to understand the various complexities involved in the health situation of one of the most marginalized sections of society – the slum dwellers in Bengaluru city.

A slum is perhaps a generic term that refers to the settlement options available for the urban poor. The resident populations include skilled and unskilled labour; the backbone of the trade and construction sector. While we may opt to neglect these settlements, slums have a high prevalence of infectious diseases and are also more vulnerable to chronic diseases, such as cardiovascular diseases and cancers. | [Read >>](#)

OUT OF BOX

TOBACCO

India Tobacco Watch is a resource portal aimed at helping active citizens, health advocates, researchers and governments in their efforts to enhance tobacco industry accountability in India. | [Watch more](#)

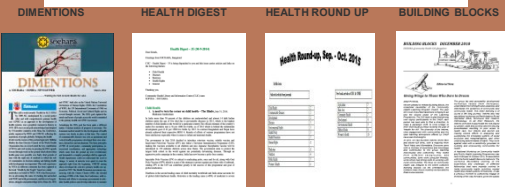


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- SOCHARA Silver Jubilee event blog articles by [Adithya](#) & [Sochara Team](#)
- [Tamilnadu Election 2016 Health Manifesto](#) by Makkal Nalavazhvu Iyakkam
- [Urban Health Symposium @ Bengaluru slums](#)
- Gallery SOCHARA Silver Jubilee events: [Southern Region](#) – [Northern Region](#)
- [University without walls](#) – Video about CHLP

Dignity on mental health-manifesto for Tamil Nadu Assembly Election – 2016

On account of Tamil Nadu state assembly election scheduled on 16th May 2016, TNPMHF released a manifesto highlighting the current situation and the demands related to mental health by March at World Vision, Chennai and also at Banyan, Chennai | [Read >>](#)



Society for Community Health Awareness Research And Action (SOCHARA)

No. 359, 1st Main, 1st Block, Koramangala, Bengaluru-560 034, Karnataka, India
Phone : +91-80-25531518 |
Email : info@sochara.org | www.sochara.org

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