



NTQLS - VPCI NEWSLETTER

NATIONAL TOBACCO QUITLINE SERVICES

An Initiative by : **MINISTRY OF HEALTH & FAMILY WELFARE,
GOVT. OF INDIA & VALLABHBHAI PATEL CHEST INSTITUTE, UNIVERSITY OF DELHI, DELHI**
(1st January 2020 – 31st December 2020) VOL. 8 & 9

Editor-in-Chief

Prof. Raj Kumar
Director, VPCI, Delhi

Assistant Editors

Mr. P.R. Santhanam
Mr. Shyam Mani Dubey
Ms. Jyoti Mishra
Ms. Rachna

Editorial Assistant

Mr. Sushil Kumar
Mr. Arun Raheja
Ms. Smritika Saggi

Phone : 011 27666846

E-mail : quittobacco2016@gmail.com



Editor-in-Chief
Director Prof. RajKumar

It is indeed a great pleasure to inform you that the great encouragement received from various quarters, we are able to perform with commitment and enthusiasm during the period from January 2020 to December 2020.

It was our pride moment that extension of NTQLS was inaugurated by Shri Ashwini Kumar Choubey, the Hon'ble Minister of State, health and family welfare, Government of India. On this occasion, various other dignitaries namely, Prof. Yogesh Tyagi, Vice Chancellor, Delhi University, Prof. Rakesh Bhatnagar, Vice Chancellor BHU, Prof. V.S. Chauhan, Chairman, Governing body, VPCI and Prof. Raj Kumar, Director, VPCI were also present. A batch of 17 new counsellors also joined the NTQLS and induction training was given to them, amidst the pandemic. Hon'ble Minister also made a call to the Quitter randomly to know the effect and impact of counselling and he was satisfied with the response of the Quitter and appreciated the NTQLS team.

I would like to congratulate the team of NTQLS for its commitment and wish them all for their continued effort to fulfil the objective of its mission.



About NTQLS- With the objective of making India tobacco free, the National Tobacco Quit line Services, in 2016, was set up at Vallabhbhai Patel Chest Institute, University of Delhi, Delhi. It is a sponsored scheme by the Ministry of Health and Family Welfare, Govt. of India. The rationale of this initiative is to provide confidential and nation -wide free of cost telephonic counselling service to enable persons quit tobacco use. The service is accessible through a toll-free number 1800-11-2356, from Tuesday to Sunday 8 am to 8pm.

Events and Activities- EXPANSION OF NTQLS- it was a moment of pride for the entire team of NTQLS on the occasion of expansion of their department. The expanded NTQLS, VPCI, was inaugurated on 4th March, 2020 by Shri Ashwini Kumar Choubey, the honorable Minister of State for Health and Family Welfare, Govt. of India. The other guests of honor present at the inauguration event were Prof. Yogesh Tyagi, Vice Chancellor, DU, Prof. Rakesh Bhatnagar, Vice Chancellor, BHU, Prof. V.S. Chauhan, Chairman Governing body, VPCI and Prof. Rajkumar, Director VPCI.

From the department of NTQLS, VPCI, the honorable Minister, Shri Ashwini Kumar Choubey called a random quitter to inquire if he has successfully quitted tobacco use as per the data of our quit line. He was at content with the working of the department and appreciated the efforts of the entire NTQLS team headed by the Prof. Rajkumar, Director of VPCI.



Shri Ashwini Kumar Choubey, the Honorable Minister with Prof. Rajkumar, Director VPCI.



Shri Ashwini Kumar Choubey, the Honorable Minister, attending a call at NTQLS, VPCI.



Shri Ashwini Kumar Choubey, the Honorable Minister of state with other guests of honor and the team of NTQLS.

Training of 4th Batch- In March 2020, a batch of 17 new counselors joined the department of NTQLS, VPCI. The needed training sessions started thereafter. The counselors had daily lecture sessions in which they were taught the theoretical module by the Supervisors. In addition to this, the new trainee counselors gained first- hand experience of conducting counselling over telephone, by observing the other counselors. Such observation sessions were beneficial for the new counselors as it added to their knowledge and increased expertise in the field of tobacco cessation counseling. The basics of opening and closing the call was understood through such observation sessions. The training sessions involved conducting mock calls with fellow counselors. The rationale was to acquire skills, bring fluency and efficiency in counselling sessions. These mock calls were directly evaluated by the supervisors of the department and they gave their valuable feedback to improve call presentation.



Amidst the pandemic, the software training session was organized, following all the safety guidelines of Covid-19. The new counselors were divided in two shift and were given the necessary training while maintaining the norms of social-distancing.



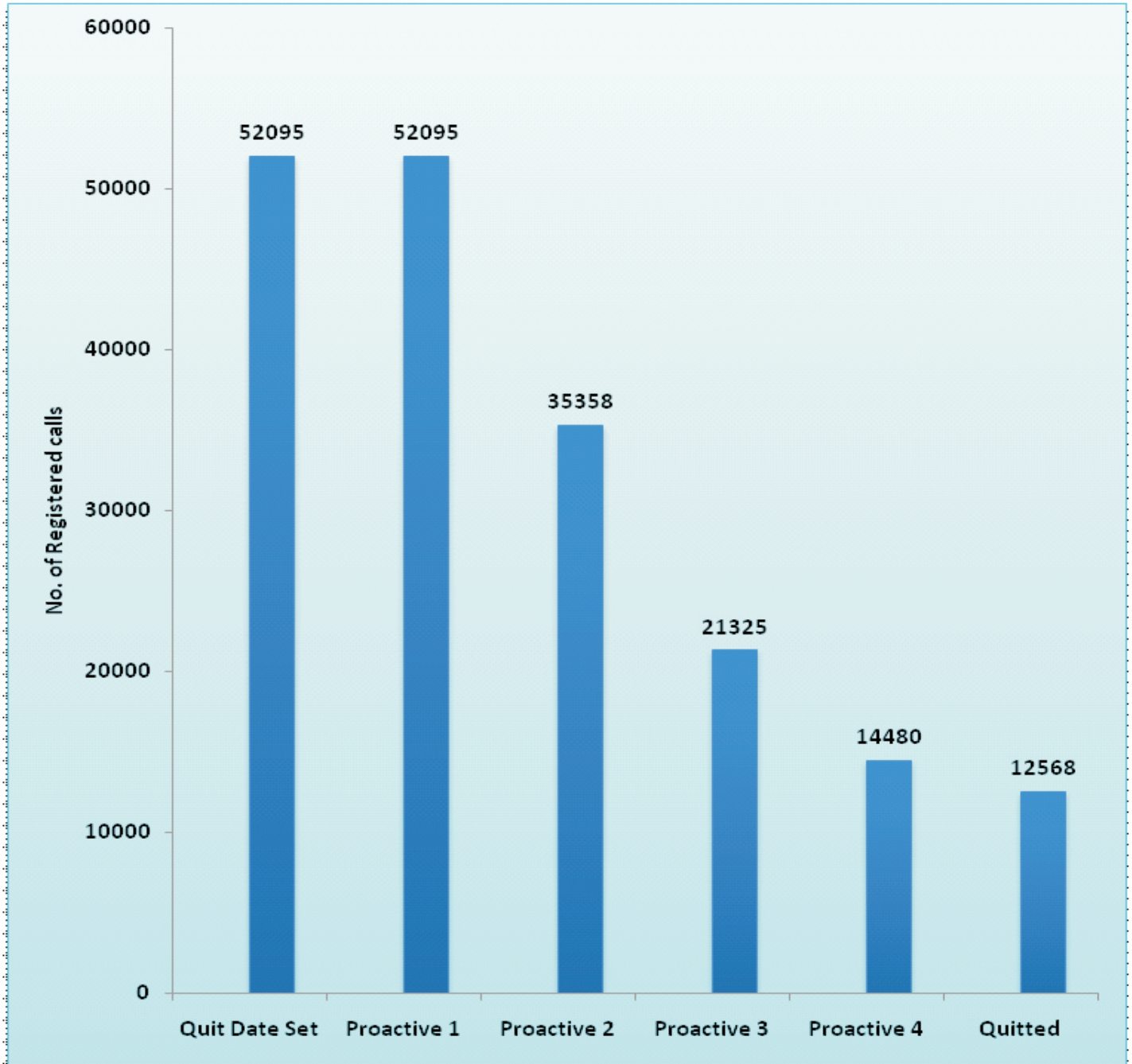
Supervisor conducting the One day training programme for the new batch



Software Training session for the 4th Batch of NTQLS, amidst the Pandemic.

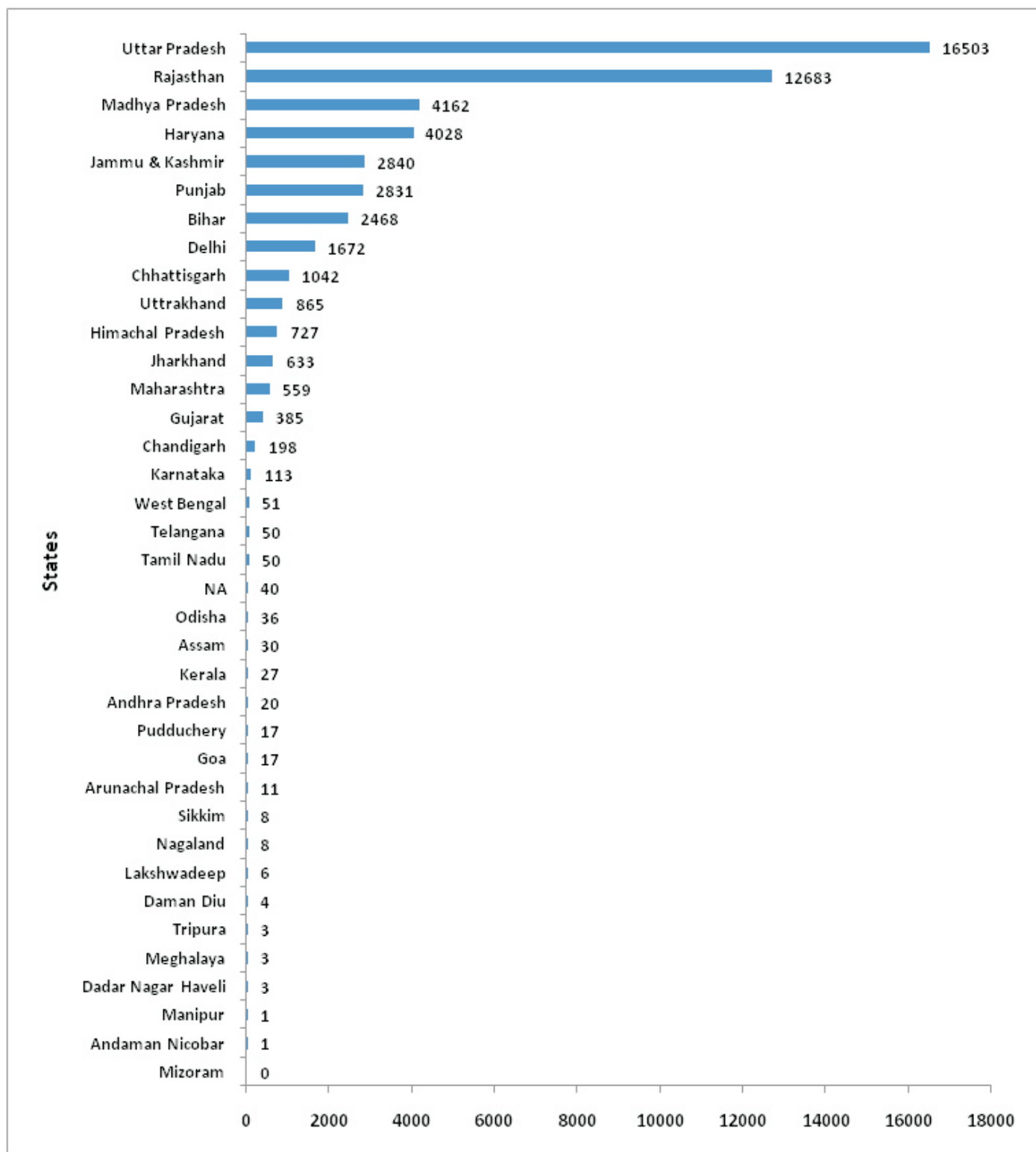
NTQLS FINDINGS AND RESULTS

Graph 1: Depicts the total registered calls, i.e. 52095 for the year 2020; from 1st January 2020 to 31st December 2020. From the total of 52095 quit dates set, 35358 callers proceeded to the p2 call. The number of callers who reached the p3 and p4 call were 21325 and 14480 respectively. A total of 12568 callers had successfully quitted till the 4th proactive call.



CALL PROGRESS FROM QUIT DATES TO QUITTERS

Graph 2: This graph depicts the state-wise distribution of calls registered in the months of January 2020 to December 2020. It is inferred that the highest number of calls were from the region of Uttar Pradesh, followed by Rajasthan, Madhya Pradesh, Haryana and J&K are among the top five states to call at the toll-free number to quit tobacco.



PERCENTAGE OF CALLERS FROM DIFFERENT STATES

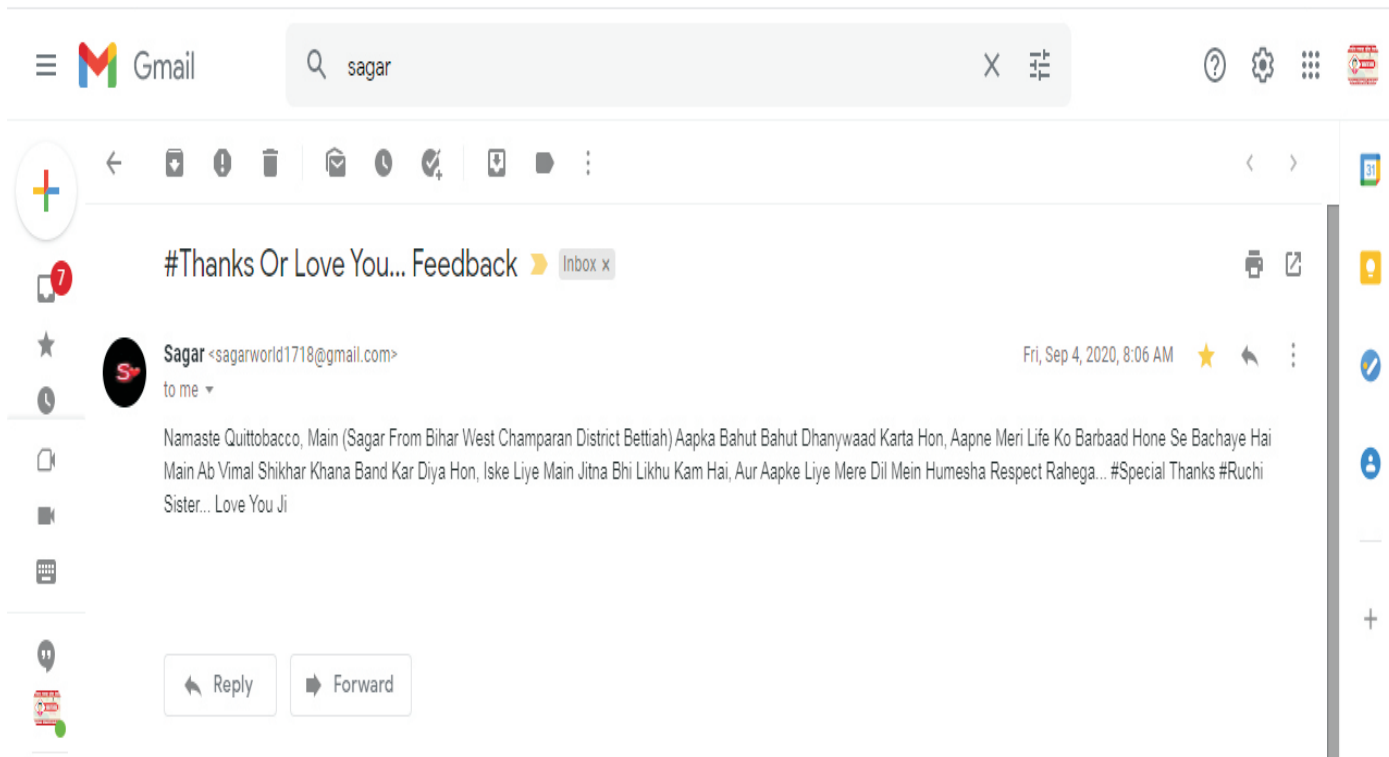


DEMOGRAPHIC DETAILS (N= 52095)

VARIABLES	VALUE	PERCENTAGE
Gender		
Male	51461	99
Female	633	1
Transgender	1	0
Age		
<14 years	288	1
15-24 years	24934	48
25-64 years	26333	51
65 years & above	540	1
Marital status		
Married	24544	47
Unmarried	27482	53
Widowed	37	0
Divorced	32	0
Education		
Illiterate	1976	4
1 st -10 th std.	21553	41
11 th -12 th std.	15248	29
Diploma after 12 th	975	2
Graduation	10356	20
Post-Graduation	1697	3
Professional Degree	290	1
Occupation		
Unemployed	3619	7
Retired	312	1
Student	9797	19
Self Employed/ Business	24929	48
Government Sector Employed	1188	2
Private Sector Employed	12250	24

Type of Tobacco use		
Smoking	10336	20
Smokeless	35685	68
Smoking & Smokeless both	6074	12
Quantity of Bidi/Cig smoke or chewable tobacco per day		0
1-10 Qty	25370	49
11-20 Qty	17088	33
20 & more	9637	18
Previous Quit attempt made		
Yes	27683	53
No	24412	47
Alcohol Use		0
Yes	11502	22
No	40593	78
Expense per month on Tobacco		
<500 INR	18408	35
500-1000 INR	14354	28
1000 – 5000 INR	17365	33
5000 INR & above	1968	4
Intervention		
Behavioral Counselling	46080	88
Behavioral Counselling & Referral to T.C.C	15	0

APPRECIATION AND FEEDBACK FROM CALLERS



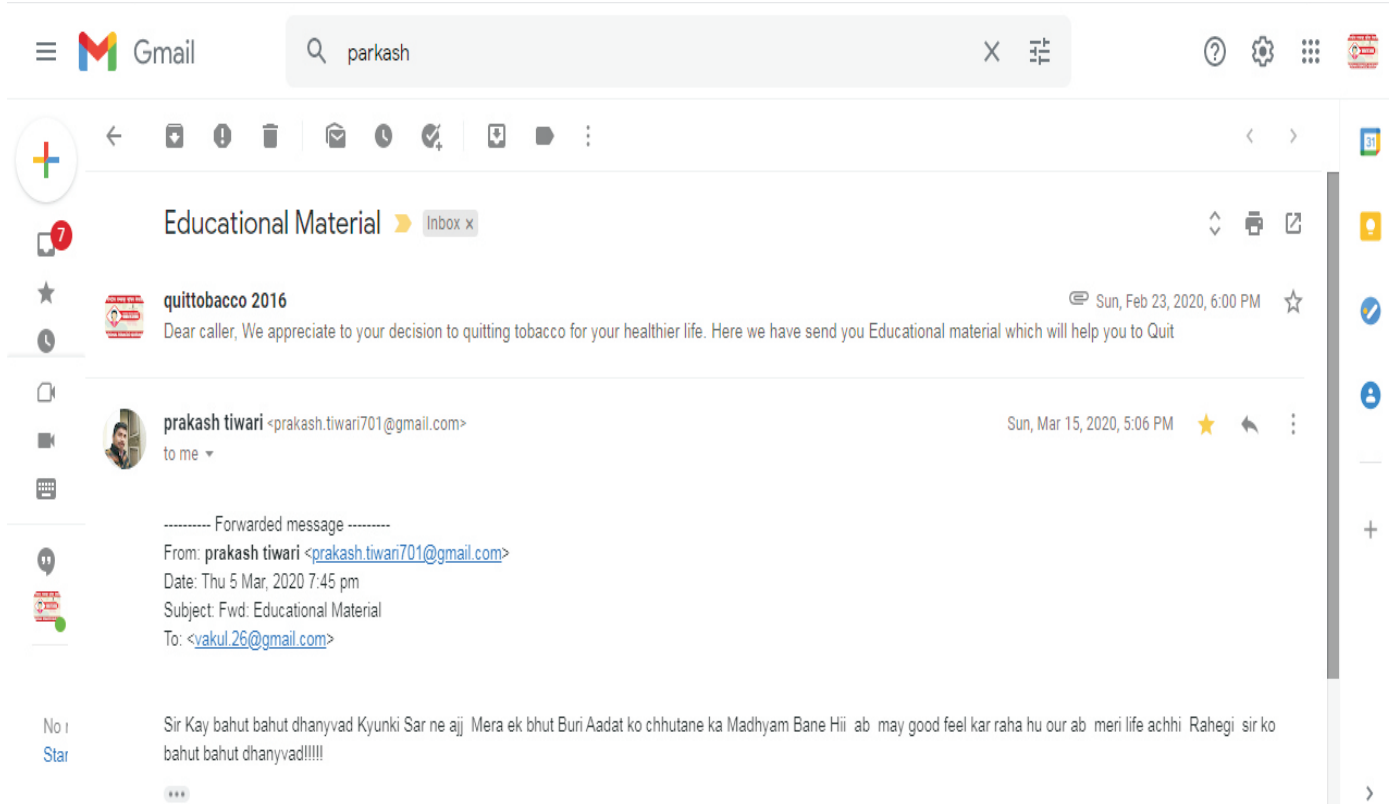
#Thanks Or Love You... Feedback Inbox x

Sagar <sagarworld1718@gmail.com> Fri, Sep 4, 2020, 8:06 AM ★

to me ▾

Namaste Quittobacco, Main (Sagar From Bihar West Champaran District Bettiah) Apka Bahut Bahut Dhanywaad Karta Hon, Aapne Meri Life Ko Barbaad Hone Se Bachaye Hai Main Ab Vimal Shikhar Khana Band Kar Diya Hon, Iske Liye Main Jitna Bhi Likhu Kam Hai, Aur Aapke Liye Mere Dil Mein Humesha Respect Rahega... #Special Thanks #Ruchi Sister... Love You Ji

Reply Forward



Educational Material Inbox x

quittobacco 2016 Sun, Feb 23, 2020, 6:00 PM ☆

Dear caller, We appreciate your decision to quitting tobacco for your healthier life. Here we have send you Educational material which will help you to Quit

prakash tiwari <prakash.tiwari701@gmail.com> Sun, Mar 15, 2020, 5:06 PM ★

to me ▾

----- Forwarded message -----
 From: **prakash tiwari** <prakash.tiwari701@gmail.com>
 Date: Thu 5 Mar, 2020 7:45 pm
 Subject: Fwd: Educational Material
 To: <vakul.26@gmail.com>

No 1 Star

Sir Kay bahut bahut dhanyvad Kyunki Sar ne aji Mera ek bhut Buri Aadat ko chhutane ka Madhyam Bane Hii ab may good feel kar raha hu our ab meri life achhi Rahegi sir ko bahut bahut dhanyvad!!!!

...

Gmail search: specia

Special thanks Inbox x

Sourabh Dubey <dubeysourabh584@gmail.com>
to me

Thu, Mar 5, 2020, 1:10 PM

Respected quit tobacco team ,

A special thanks to miss. Sakshi Singh mam.
For help my quit smoking habit. I try to leave this habbit since 1 years but i can't.
But when i talk to miss. Sakshi Singh mam as per man help i left this habbit permanently. A heartly and special thanks to miss sakshi Singh mam and quit tobacco team.

Regard
Sourabh dubey
Structure Engg.
Mob. No 8349370090

No 1 Star

Reply Forward

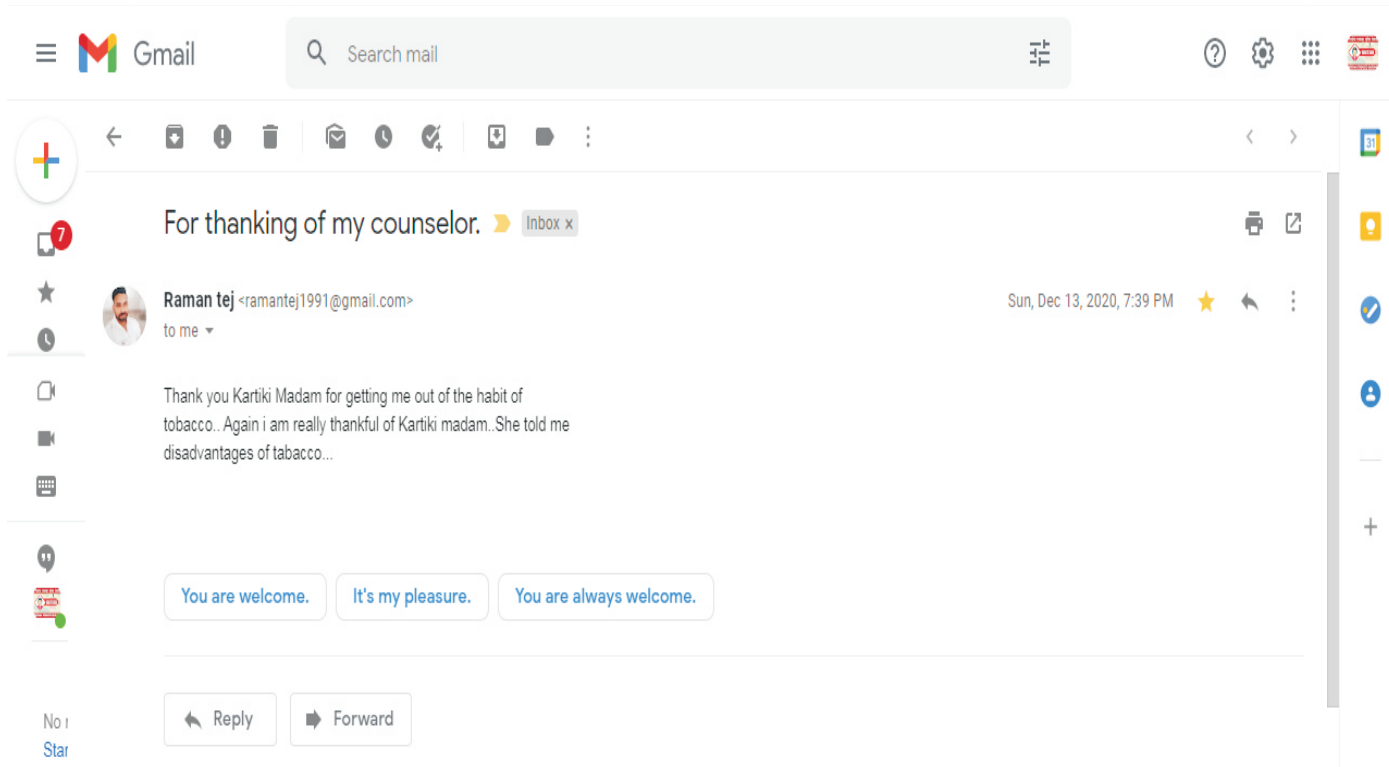
Gmail search: Search mail

Maine apni life me bhut Barr try kia tobacco chode k liye pe nhi chuta fir Maine quit tobacco me call kia meri call Mrs Manisha ne attend ki unhone mughe advice kia or Maine bhi try kia ab main bilkul safe huu or in sab se dur hi thanks Manisha ji thankuuuuu sooooo much Manisha jiiii ❤️❤️❤️

Monti Dhawaria <montidhawaria@gmail.com>
to me

Sun, Feb 23, 2020, 12:11 PM

Reply Forward



Gmail Search mail

For thanking of my counselor. Inbox x

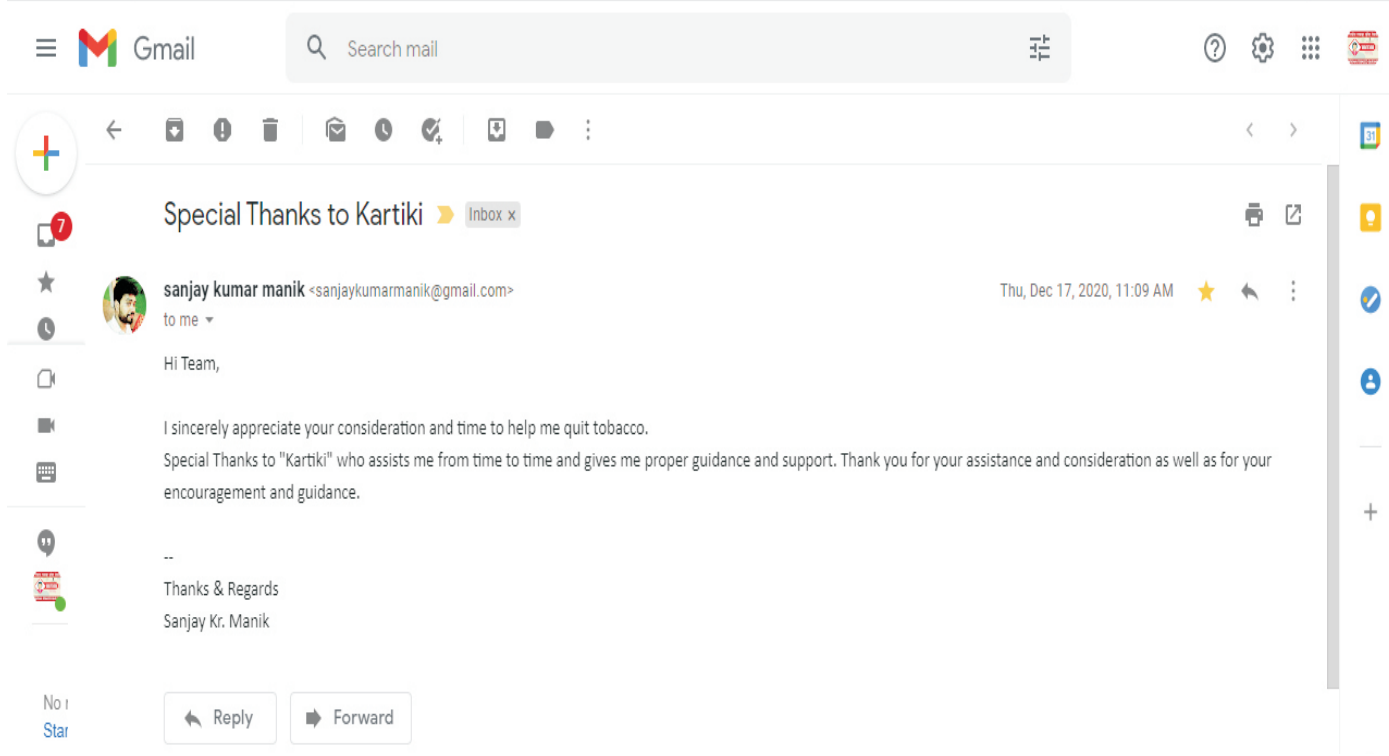
Raman tej <ramantej1991@gmail.com> Sun, Dec 13, 2020, 7:39 PM

to me

Thank you Kartiki Madam for getting me out of the habit of tobacco.. Again i am really thankful of Kartiki madam..She told me disadvantages of tabacco...

You are welcome. It's my pleasure. You are always welcome.

Reply Forward



Gmail Search mail

Special Thanks to Kartiki Inbox x

sanjay kumar manik <sanjaykumamanik@gmail.com> Thu, Dec 17, 2020, 11:09 AM

to me

Hi Team,

I sincerely appreciate your consideration and time to help me quit tobacco.
Special Thanks to "Kartiki" who assists me from time to time and gives me proper guidance and support. Thank you for your assistance and consideration as well as for your encouragement and guidance.

--
Thanks & Regards
Sanjay Kr. Manik

Reply Forward

NTQLS PHOTO GALLERY



One day Software Training program for 4th batch of NTQLS.



Inauguration ceremony of expanded NTQLS



Shri Ashwini Kumar Choubey with Prof. Rajkumar and the team of NTQLS.



ADDRESS FOR CORRESPONDENCE

Prof. Raj Kumar
Director
V.P. Chest Institute
University of Delhi, Delhi-110007
E-mail: rajkumar_27563@yahoo.co.in
Tel.: 011-27667420

To, _____

