



TOBACCO-FREE Times

www.rctcpgi.org

Issue XX : May-June, 2022

World No Tobacco Day 2022: Special Edition



The portal is essential reading for everyone with an interest in tobacco control, including public health professionals, researchers, policy makers and educators. The main aim of the portal is to prevent death and disease from tobacco products by generating evidence to support effective tobacco control interventions. It supports tobacco control action in various countries around the world.

The portal has acted as a partner in a number of public health initiatives since its inception in 2018, including being a collaborating center with International Union Against Tuberculosis and Lung Diseases, SEA. As a key player in the tobacco control arena, the portal has also trained professionals through capacity building programs and online courses.

WHO Regional Director's Special Recognition Award

The portal has received recognition for its work and achievements by World Health Organization as a Regional Director's Special Recognition Award in the categories of World No Tobacco Day Awards 2022.



19th Edition of Tobacco Free Times Released



The 19th Edition of Tobacco Free Times, bi-monthly publication of Resource Center for Tobacco Control highlighting the theme "Regulating Indigenous Tobacco Products" was released by Ms. Preeti Sudan, Ex-Health Secretary, Government of India (Chief Guest) in the presence of high level experts during the National Consultation of Coalition of Experts for Framework Development of Tobacco Endgame Hub in India at the National Institute of Health and Family Welfare (NIHFW), New Delhi on 24th May, 2022

EDITOR'S SPEAK



Tobacco use is emerging as one of the biggest public health threats which has led to almost billion lives in last century and has been continuing heavy social and economic costs to human mankind. Keeping this in view and with an ambitious aim to achieve a tobacco free world, E-RCTC has been galvanising public support for tobacco control policies across the globe, particularly in India. The current bi-monthly newsletter published by E-RCTC focuses upon the theme of World No Tobacco Day i.e. 'Tobacco: Threat to our environment'. This edition showcases the World No Tobacco Day activities across the country by various government and non-government organizations. With this, I urge tobacco users to quit this habit and policy makers to strengthen the cessation efforts for attaining Tobacco Endgame in India.

- Dr Sonu Goel,

Director, E-RCTC & Professor, PGIMER Chandigarh

EXPERTS' SPEAK



The hub can set up Inter-sectoral/ Inter-ministerial coordination units and develop stepwise strategies with a timeline to achieve them.

- Mrs. Preeti Sudan,

Former Health Secretary, Govt. of India



There is a strong need to take data and evidence into action to maintain balance between demand and supply reduction activities. The current hub is great platform for all this and stressed upon generating more evidence for policy advocacy.

- Dr. Jagdish Kaur,

Regional Adviser (Tobacco Free Initiative), WHO SEARO, New Delhi



There is a need to rope in advocates and more people working on the legal aspects of the tobacco industry, create more influencers and leaders from different fields and areas of India. The Resource Center for Tobacco Control is the right hub for this.

- Dr. K S Sachdeva,

Regional Director, The UNION



PROJECT UPDATES

National Consultation of Coalition of Experts for Framework Development of Tobacco Endgame Hub in India



A National Consultation of Coalition of Experts for Framework Development of Tobacco Endgame Hub in India was successfully organized by Resource Center for Tobacco Control, PGIMER Chandigarh in collaboration with the National Institute of Health and

Family Welfare (NIHFW),

New Delhi and supported by The International Union against Tuberculosis and Lung Diseases- South East Asia on 24th May, 2022 at NIHFW, New Delhi. Various high level dignitaries from the premier institutes of the country were present in the consultation. Ms. Preeti Sudan, Ex-Health Secretary, Government of India was the Chief Guest of the program. Various high level dignitaries graced the occasion by their presence viz. Dr. PC Gupta, Director, Healis Sekhsaria Institute for

Public Health, Navi Mumbai; Dr. KS Sachdeva, Regional Director, The UNION-SEA; Dr. Vikas Bhatia, Executive Director, AIIMS, Bibinagar; Maj Gen (Prof) Atul Kotwal, Executive Director, NHRDC, New Delhi; Dr. Suneela Garg, Chair, Programme Advisory Committee, NIHFW and Co-Chair, MDRU, DHR and Dr. Jagdish Kaur, Regional Advise (Tobacco Free Initiative), WHO SEARO, New Delhi and many more.



Compendium on Good, Replicable and Innovative Practices (GRIP) of Tobacco Control in India

The official publication of Resource Center for Tobacco Control- "Compendium on Good, Replicable and Innovative Practices (GRIP) of Tobacco Control in India-A Case Study Booklet" was released by Ms. Preeti Sudan, Ex-Health Secretary, Government of India (Chief Guest) in the presence of high level experts during the National Consultation of Coalition of Experts for Framework Development of Tobacco Endgame Hub in India at the National Institute of Health and Family Welfare (NIHFW), New Delhi on 24th May, 2022.



Sensitization Meeting held at State Tobacco Control Cell: Puducherry

A sensitization meeting was held with the Head constable, Anti-Narcotic Squad, Puducherry on 23rd May 2022 at State Tobacco Control Cell to discuss the importance of including compliance of sections of COTPA under the provisions of squad. It was decided to conduct awareness generation program for the college students regarding different sections of COTPA and importance of protecting students from tobacco products.



Capacity Building Orientation Webinar: Telangana

An online orientation webinar was organized for all districts over zoom upon activities of World No Tobacco Day on 31st May. This orientation agenda includes conduction of DLCC meetings in all districts; conducting raids on 29th May, 2022 exclusively in public places of all districts by the squad comprising of police, municipal & food safety officers; conduction of rallies; conduction of training to police department and guiding the program officers for budget utilization for developing IEC material.



Awareness Camp Organized: Meghalaya and Puducherry



An awareness camp was conducted by State Tobacco Control Cell among the interns of Bachelor of Dental Surgery, Indira Gandhi Dental College, Puducherry regarding tobacco cessation services and counselling on

12th May, 2022 under the supervision of State Tobacco Consultant. In addition to this, a signature campaign was held on the occasion of World No Tobacco Day in the NEIGRIHMS hospital campus for generating awareness on Tobacco and its threat to the environment in the state of Meghalaya.

IEC material prepared on varied Themes

The IEC materials on "Banning of smoking in Public Place," "Tobacco free educational institutions," "COTPA SECTIONS & Harm full effects of Tobacco" were developed and designed in (English/Local language) in collaboration with state tobacco control cell in Puducherry and Telangana respectively.



Circular/notification/order:Telangana



Two circulars were released from State Tobacco Control Cell on occasion of World No Tobacco Day, May 31st 2022 to conduct the DLCC meetings in all districts, rallies, awareness camps, IEC developments, exclusive raids in public places in all districts of the state as a part of World No Tobacco Day activities.

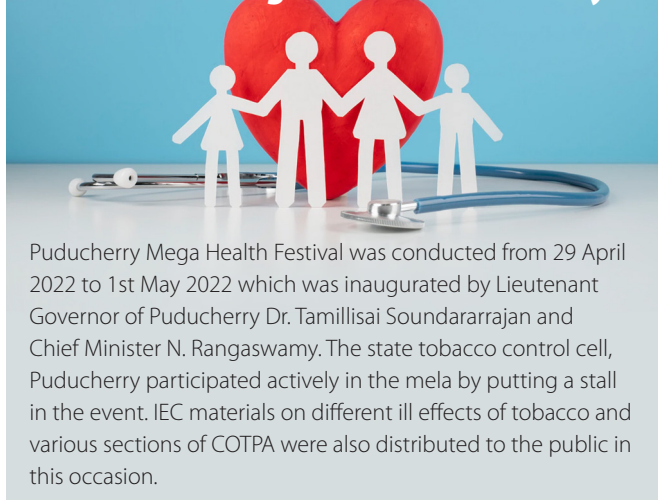
DLCC Meetings Conducted: Telangana

Two DLCC meetings were conducted in the state of Telangana. First meeting was organised in the Sanga Reddy District under the chairmanship of Additional



Collector, Sri Harsha on 16th May, 2022. The District collector advised the sub inspector to identify the public smoking places, and increase the enforcement activities and advised all the departments to place the 'NO SMOKING' signages in their respective departments. Second meeting was organised in the Adilabad District under the chairmanship of District Collector, Smitha Patnaik on 6th May., 2022 The District collector advised to increase the enforcement activities. She appreciated the District Tobacco Control Cell for the activities of NTCP. She advised to place signages and conduct rallies and Signature campaign on May 31st May, 2022.

Health Mela Organized: Puducherry



Puducherry Mega Health Festival was conducted from 29 April 2022 to 1st May 2022 which was inaugurated by Lieutenant Governor of Puducherry Dr. Tamillisai Soundararajan and Chief Minister N. Rangaswamy. The state tobacco control cell, Puducherry participated actively in the mela by putting a stall in the event. IEC materials on different ill effects of tobacco and various sections of COTPA were also distributed to the public in this occasion.

National Webinar on Plain Packaging: A Last Mile Towards Tobacco Endgame



A 'National Webinar on Plain Packaging in India: A Last Mile Towards Tobacco Endgame' was successfully organized by the Resource Center for Tobacco Control, PGIMER Chandigarh supported by The International Union against Tuberculosis and Lung Diseases- South East Asia on 27th June, 2022. Dr. Rana J Singh, Deputy Regional Director, The UNION SEA; was the Guest of Honor of the event. Dr. Rakesh Gupta, President and Director, SIPHER, Chandigarh; Dr. Amit Yadav, Senior Technical Advisor, The UNION SEA and Dr. Deepika Bahl, Senior Research Associate, Public Health Foundation of India were the key speakers of the webinar. 130+ participants attended the webinar via zoom platform.

Capacity Building Workshop for Sensitization Workshop of NTCP Officials: Puducherry

A capacity building workshop of NTCP Officials was held on 14th June, 2022 from 9.30 AM TO 2.30 PM at NHM Hall, Puducherry. The workshop was inaugurated by the Mission Director and the Honorable Health Secretary was the Chief Guest of the event. The Director, School and Higher Education; State Nodal Officer of NTCP and NOHP; State consultant NTCP; Incharges of various TCC in Puducherry and other dignitaries from different stakeholder department, researchers, and academicians participated in the workshop. The aim of the workshop was to disseminate factsheets, release the IEC materials and to discuss the status of NTCP in Puducherry.



Sensitization Workshop for key stakeholder departments: Meghalaya

A sensitization workshop was conducted in the two districts i.e. West Khasi Hills and Eastern West Khasi Hills of Meghalaya on 3rd June 2022, for the sensitization of key stakeholders and departments. It was attended by 50 participants representing- Education, Health, Civil Society, Self Help groups, Taxi association representatives, Representatives from church and other religious leaders and local headman and King. The stakeholders from education department assured all possible support in generating awareness for anti-tobacco measures in schools and colleges across the two districts. 'No smoking signage' will be placed in their respective educational institutes. All stakeholders stressed the need for better compliance to COTPA and assured their support in helping in anti-tobacco measures step by step by involving the community.



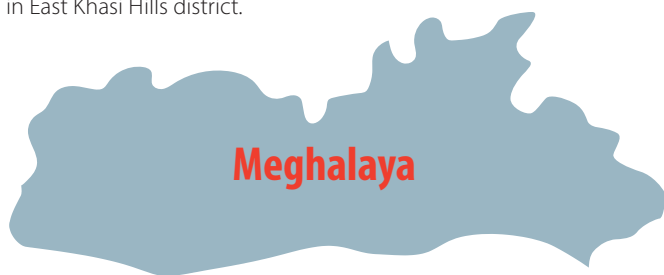
Awareness Camp Organized



An awareness programme was held at Motilal Nehru Polytechnic College, Puducherry, organized by the State Tobacco Control Cell in collaboration with Anti Narcotic task Force. The aim of the programme was to sensitize the college students regarding harmful effect of tobacco and importance of protecting ourselves from tobacco.

Enforcement drive: Meghalaya

268 Challans were issued during the enforcement drive in May 2022 in East Khasi Hills district.



IEC Prepared on Different Themes

Two IEC materials were prepared on the topics- Tobacco Free Educational Institutions Guidelines and Smoking at Public Places. Both the IEC materials were translated into local language and released during the Round Table workshop.



Circular/notification/order:Puducherry

A notification was released (AIS/SSP (L&O)-RD/2022-149) dated 26.05.2022 regarding constitution of Anti-narcotic cell in all educational institutions of Puducherry by the office of the Senior Superintendent of Police (SSP), Puducherry.



SLCC/DLCC Meetings Conducted: Puducherry and Telangana

The third SLCC meeting was conducted on 14.06.2022 at NHM hall, Puducherry under the chairmanship of Health Secretary. Almost all SLCC members attended the meeting. The State Nodal Officer, NTCP briefed the NTCP activities being conducted in Puducherry for the last one year. The Director of School Education presented the status of ToFEI guidelines in Puducherry and other members in the committee also contributed their inputs in the discussion. The committee decided to strengthen the school level tobacco control activities and also the measures need to be adopted to improve the challan system in Puducherry. Besides this, 3 DLCC meetings were conducted in Telangana viz. in the Mahabubnagar and Yadadri - Bhuvanagiri Districts under the chairmanship of District Collector on 28th May, 2022 and it was conducted in Jagtial District under the chairmanship of District Collector on 7th June, 2022.



WORLD NO TOBACCO DAY-2022

Theme: Protection of Environment from Tobacco



World No Tobacco Day (WNTD)

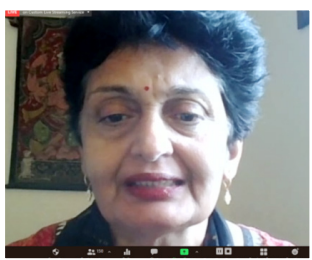
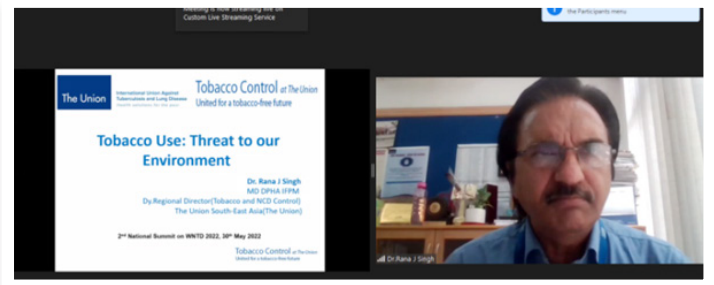
is observed around the world every year on 31st May. This yearly celebration informs the public about the harmful consequences of tobacco use; the nefarious business practices of tobacco companies along with responsibilities of citizens to protect future generations from the menace of tobacco use. The theme of WNTD-2022 is "Tobacco: Threat to our Environment". The entire life cycle of tobacco is a prodigiously polluting and damaging entire supply chain of environment. Tobacco products contain all the carcinogens, heavy metals, pesticides, and nicotine which enters the food chains of various living creatures viz. humans, aquatic animals, birds and hence causes irreversible harm to them. Across the globe around 3.5 million hectares of land are destroyed to grow tobacco each year which also contributes to deforestation of 200 000 hectares of land. The litter of 4.5 trillion cigarette butts are disposed every year generating 1.69 billion pounds of toxic waste and releasing thousands of chemicals into the air, water and soil. In India, 15,000 tonnes of plastic waste is generated daily from smokeless tobacco products of which only 9,000 tonnes is collected and processed.



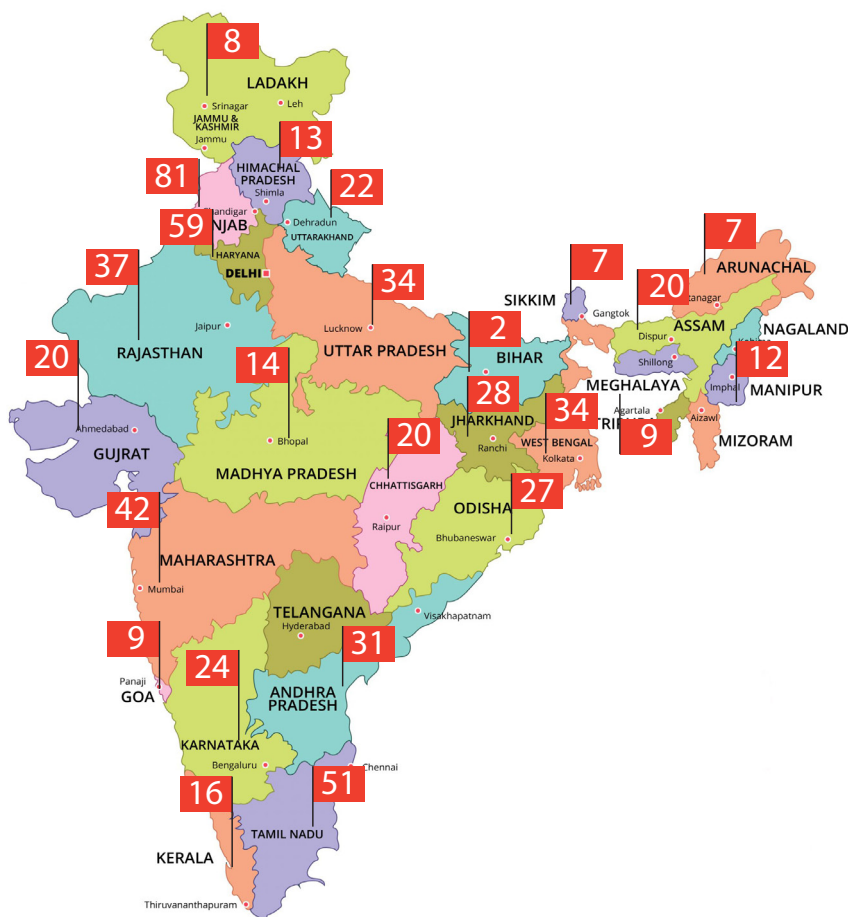
2nd National Summit on World No Tobacco Day-2022

The 2nd National Summit on World No Tobacco Day with the theme "Protection of Environment from Tobacco harm" was successfully organized by the Resource Center for Tobacco Control, PGIMER Chandigarh in collaboration with the Strategic Institute for Public Health Education and Research, Chandigarh supported by The International Union against Tuberculosis and Lung Diseases- South East Asia on 30th May, 2022 from 10:00 AM-3:00 PM virtually. Dr. Rana J Singh, Deputy Regional Director, The UNION, SEA; Dr. Pankaj Chaturvedi, Professor, Tata Memorial Cancer Institute, Mumbai; Dr. Suneela Garg, National President, OMAG, Chair Program Advisory Committee NIHFV and Chair Multi-disciplinary Unit DHR; Mr. Ranjit Singh, Legal Expert, Advocate at Supreme Court of India; Mr. Deepak Mishra, Executive Director, SEEDS; Dr. Rakesh Gupta, Rajasthan Cancer Foundation; Dr. Nirmalya Mukherjee, Director, MANT; Dr. Monika Arora, Director (Health Promotion), PHFI; Ms. Vaishakhi Malik, Director, Vital Strategies; and Dr. Upendra Bhojani, Director, IPH,

Bengaluru were amongst the key dignitaries in the summit. Dr. Dilip Acharya, Indian Medical Association; Dr. Meenal Thakare, Indian Association of Prevention and Social Medicine; Dr. PS Banerjee, Cardiological Society of India; Dr. Rajesh Rajan, Indian Association of Clinical Cardiologists; Dr. Ravinder Singh, Indian Dental Association; Dr. SK Salaria, Indian Society of Periodontology; Dr. Arpit Gupta, Indian Association of Public Health Dentistry; Dr. RP Gupta, International college of Dentist and Dr. Vivek Trivedi, Association of Professional Social Workers and Development Practitioners joined for the high level consultations of associations working in tobacco control. Dr. K.S. Sachdeva, Regional Director, The Union, SEA and Dr. Mira B Aghi, Behavioural Scientist and Communication Expert were the Guests of Honor and Ms. Preeti Sudan, Ex-Health Secretary, Government of India was the Chief Guest of the program. The summit was attended by 650+ delegates across the country.



Over 500+ Participants Across the Country Joined the Summit



Glimpses of World No Tobacco Day Activities Round the Country

Jammu and Kashmir

- Department of Health and Family Welfare in collaboration with Food Safety, DFCO Kishtwar conducted 'No Tobacco day Pledge'.
- Government Degree College, Vijaypur organized a poster making competition on the theme "Commit to Quit" and took "Anti-Tobacco Pledge". High School Chanderkote organized a rally.
- Kotwal National Institute of Teaching (KNIT), Bharat Nagar, Talab Tillo organized an oath ceremony and signature campaign.



Himachal Pradesh

- Department of Physiology, AIIMS Bilaspur organized a Continuing Medical Education (CME) on the theme "Tobacco-Threat to our environment".
- Government Sr. Sec. School, Chadhair, Kangara conducted awareness rallies.
- Government Sr. Sec. School, New Kangra conducted painting competition.
- CATCH-Department of Community Medicine DRPGMC Tanda organized a yellow line campaign.
- Geeta Kapur Director (Personnel), SJVN administered Pledge to all the employees of SJVN at Corporate Office, Shimla.



Punjab

- To spread awareness about the ill-effects of tobacco among masses, Customs Commissionerate, Ludhiana, organised a walkathon.
- The NSS unit of Innocent Hearts College of Education, Jalandhar organised pledge-taking ceremony under the Ek Bharat Shreshtha Bharat programme based on the theme.
- KMV Collegiate Senior Secondary School, Jalandhar organized various activities like poster-making, poetry recitation, singing, dancing and nukkar naatak.
- Sohana Hospital, Mohali organized a cyclothon under 'Quit Smoking Campaign'



Chandigarh

- Indian Medical Association conducted 'No-Tobacco'pledge to promote tobacco cessation.
- Gurukul Global School, Chandigarh organized online contests viz. drawing contest, pencil shading, Rangoli, Poster Designing, Slogan Writing, Meme Creation, Song, Short Film, Short Story Writing competition, with the theme of 'Its Never Too Late- Quit Smoking- Stay Away From COVID-19'.



Delhi

- The Department of Public Health Dentistry, Maulana Azad Institute of Dental Sciences, ICD- Section-VI- India, Srilanka and Nepal and The International Union organized a webinar on "Re-orienting Higher Educational Institutions towards Tobacco Control".
- HRIDAY organised short video making competition for 11-18 years old students.
- Faculty of Dentistry, Jamia Millia Islamia, New Delhi organized an awareness program under the purview of Azadi ka Amrut Mahotsav as celebrated by Government of India.



Haryana

- M.M college of Physiotherapy and Rehabilitation organized awareness programme and pledge taking ceremony.
- Cycle rally and pledge ceremony was organized in Distt Hisar.
- Pledge in Army cantonment district Ambala cantt.
- The students and faculty of Maharishi Markandeshwar University took the pledge against tobacco consumption.
- Various blocks conducted awareness programs in district Rohtak.



Bihar

- SKJ Law College Muzaffarpur conducted a sensitization workshop for students regarding COTPA Law.
- The state tobacco control cell organized a 3 day awareness campaign.



Uttarakhand

- Doon Medical College organized a pledge taking ceremony
- All India Institute of Medical Sciences, Rishikesh conducted an online CME on the theme.
- Various organizations and schools conducted Anti-Tobacco Oath.
- Balajee Sewa Sansthan successfully 31 Days WNTD celebration with the campaign of "Aaao Gaon Chalein, Uttarakhand ko Tambku mukt Banaye".



Madhya Pradesh

- Departments of Health, School Education, Higher Education and Women and Child Development drug de-addiction training and small programmes conducted while the first phase of "Nasha Mukt Madhya Pradesh" campaign.
- Various activities like wall-painting, rangoli competition, marathon, Prabhat pheri street plays etc will be organized under the campaign.
- Collectors have been directed to promote the "De-Addiction" message by installing hoarding and banners around public places.
- Madhya Pradesh Voluntary Health Association organized an awareness Rath Flag Off.



Rajasthan

- Department of Health and Family Welfare organized a 100-day campaign and 2 crore people take pledge not to smoke and chew tobacco
- S.M.S. College conducted Oath taking ceremony.
- State Tobacco Control Cell conducted panchayat, block and district level competitions.

Gujarat

- Tata Steel Meramandali organised mass awareness meetings followed by street plays inside its plant premises and residential colony.
- Government Gandhi Nagar Hospital in collaboration with different schools and colleges organized a rally.



Meghalaya

- Students organise awareness rally in Demthring from April 14 to 20 themed – 'Tobacco Vs Environment.'
- An awareness rally was organised by faculty and students of The Holy Child Hr. Sec. School in Shillong's Demthring in collaboration with the National Health Mission, Government of India for various schools,
- National Health Mission, Meghalaya in collaboration with the Education Department, Meghalaya and Samagra Shiksha organized a concluding function of World No Tobacco Day at the State Convention Centre, Shillong.
- The state of Meghalaya has observed 3 day long World No Tobacco Day in South Garo Hills.



Assam

- Modern English School, Guwahati, Assam, organised a series of activities to educate and sensitise students on the health risks of consuming tobacco.
- Nursing Training School organized a rally in Tezpur.
- Dimoria College, Khetri, under the guidance of District Tobacco Control Cell, Kamrup, and in collaboration with State Tobacco Control Cell, Assam organized a “No-Tobacco Pledge”
- Demow Model Hospital-cum-CHC organized a “No-Tobacco Pledge” and an awareness programme.



Arunachal Pradesh

- The District Tobacco Control Cell, Kra Daadi District Palin displayed posters in public places.
- The Indian Dental Association (IDA) conducted a weeklong in-clinic anti-tobacco awareness programme with the theme and online campaign ‘tobacco exposed’.



Nagaland

- State organized different activities including competition and awareness program in districts and block headquarters during the week.
- State Tobacco control cell organized state level Picture and caption competition on the theme.
- Several organizations including schools took “No-Tobacco Pledge”.



Mizoram

- National Tobacco Control Programme (NTCP), Lawngtlai District organized a short function at SP Conference Hall, Lawngtlai with a theme of “Tobacco: Threat to Our Environment” for government officials.
- Govt. T. Romana College and Central Board of Indirect Taxes & Custom Department, GOI organized a A two-kilometer Walkathon was organised.
- NTCP, NHM Mizoram organized an awareness program at taxation department.



Odisha

Sand Artist Sundarsan Pattnaik makes a thought provoking Sculpture for the awareness of public.



Karnataka

- Screening for oral cancer at NCD clinics in rural primary health centers and government hospitals was done.
- Raids against smoking in public places were conducted by the health departments.
- A rally was organized by the students of various schools of the state.
- Public Health Dentistry, Manipal College of Dental Sciences, Manipal organized Sensitization lecture and Tobacco free village declaration
- Dept of Community Medicine, KMC, Manipal organized Digital collage making competition.



Telangana

- Nearly 600 fitness enthusiasts, care givers and anti-tobacco activities turned-up at SLG Hospitals, Nizampet and took part in the '5K Running and Cycling' event.
- Awareness rallies were conducted in various districts of the state.
- DLCC meeting was conducted in Mahabub nagar



Goa

Entertainment Society of Goa (ESG), Goa organized Fighting tobacco addiction via Goa Anti-Tobacco Film Festival 2022.



Andhra Pradesh

The Department of Health and Family Welfare conducted rallies and awareness campaigns across the state.



Maharashtra

- Senior citizens participate in anti-tobacco rally in Thane.
- The district tobacco control cell in Marathwada Gramin Vikas Sanstha (MGVS) conducted piggy back workshops.
- Various educational institutions conducted street plays.
- Signature campaign conducted at Solapur district and Parbhani
- District Tobacco Control Cell Pune conducted a signing campaign.
- The Marathwada Gramin Vikas Sanstha (MGVS) in collaboration with District Tobacco Control Cell conducted college awareness campaign.
- Healis organised the press conference on the subject of Tobacco Control Policy Evaluation (TCP) project findings from Nationally Representative Survey, India.



Tamil Nadu

- State organized an awareness rally.
- Online competitions were organized viz. drawing, photography, slogan writing, reel making etc.



Implementation of Tobacco Free Educational Institutional Guidelines: Bihar

**TOBACCO
FREE
ZONE**

The Govt of Bihar directs to all District Magistrates and DEO regarding implementation of ToFEI Guidelines in their respective districts according to the Order from Additional Chief Secretary (Education).



Ban on manufacturing, sale, storage and transportation of Pan Masala extended for one year: Jharkhand



Food Safety Commissioner of Jharkhand has extended the ban on manufacturing, sale, storage and transportation of Pan Masala in the state for further one year w.e.f. 03-06-2022.

Gram panchayath in Udupi district, declared Tobacco free village: Karnataka

The gram panchayath in Udupi district, Karnataka was declared as a Tobacco free village, after inspired community efforts by DHO office and team KMC, Manipal.



FSSAI to bring pan masala under the ambit of FSS Act completely

The FSSAI has decided to bring pan masala under the ambit of FSS Act. Under this amendment, pan masala will be added as a food category for which the food businesses need to get FSSAI licence or registration for manufacturing. Also, the amendment proposed that 'No synthetic food colour permitted in pan masala and areca nut based mouth fresheners'.



Pandemic resulted in increased quit rates: India

The Impact of Covid-19 on caller characteristics and Quit Rates has increased based on the experience of Regional Tobacco Quitline. However, the awareness about the quitline services as well as other tobacco cessation services needs to be expanded to reach more tobacco users.



bans smoking at workplace

Air India completely prohibits smoking and consumption of any intoxicating substances at the workplace with a zero-tolerance for violations.



Crackdown on illegal sale of tobacco in Mohali: 100 challaned

The teams, comprising of nodal officers and other health officials, carried out surprise checks at 220 shops, kiosks and on street vendors selling tobacco products. "A total of 100 challans were issued to shopkeepers and street vendors selling tobacco products in violation of the Cigarettes and Other Tobacco Products (Prohibition) (COTPA) Act, 2003, and a fine of Rs 18,000 was collected from the violators.



Send us your feedback, comments and suggestions at rctcupdates@gmail.com,

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