

This annoying habit is costing us dear

On Independence Day, the Foundation for Professional Governance (FPG) launched a campaign to free the country of the hazards of spitting in public places. With 'Spit Free India', an attempt will be made to create responsible citizens, who will work to further this cause and make it a reality. Eminent Puneites Speak Up

It's a shame that we need laws and campaigns against spitting

Dr Shreeram Lagoo, veteran actor

We should be ashamed of ourselves if laws and campaigns need to be instated for something as basic as not spitting in public. This is one of the most fundamental tenets of public life. In many places, the population is large and politicians and administrators — who proclaim to be leaders and the voice of the people — have failed in educating the masses in the most basic of civic senses. This is a societal problem, but society is led by men and it is shameful that these leaders of society have failed in their task so miserably. It is the job of the teachers of society to inculcate basic values. These kinds of issues should not call for laws. They need to be understood and abided on an individual basis.

We will take the initiative to all state capitals

This no-spitting campaign we have launched is a humble beginning and I believe it is the first such national movement. This vice is serious and it exists all over the country across classes. The man walking on the road spits and even the one driving a BMW does. People do it despite being aware of the fact that it is one of the biggest causes of the spread of tuberculosis and the H1N1 virus. There are laws prohibiting such misconduct, but their execution leaves a lot to be wanted. There is a need for education and awareness on this subject. We are attempting to do so and plan to take our initiative to all state capitals in the next three years. We want to create an emotional and rational appeal, so we will target schools and colleges to teach children the adverse effects of such habits. People will also be educated with documentaries and literature. We cannot always blame the administration, so this time we endeavour to help them. The administration will also have to help, as without their help nothing can materialise.

Raja N, trustee, Foundation for Professional Governance (FPG)

Filthy roads and surroundings do not help the cause

It is true that the habit starts young as children watch elders and others doing it. It then becomes ingrained in the person's character. Moreover, the vitiated surrounding environment of filthy roads, garbage strewn localities, stinking public toilets, open sewers, pathetic bus and railway stations and lax enforcement of law does not help reverse the situation either. So, the remedies have to be tackled at multiple levels — One, massive and sustained awareness generation at the national level by the government as part of the good governance practice. It has to begin with its own offices by highlighting the ill-effects of spitting and associated harm to health and hygiene, just like the *Jaago Re* and Aids campaigns. Secondly, creation of a city's image where spitting is seen as something not done by anyone from any socio-economic-cultural segment. For example, why don't Indians who do not think twice before letting out a mouthful from swanky cars not spit in the lobby of a five star hotel, an airport lounge or on the roads of a developed nation? It is because of a certain class of created image. Thirdly, effective implementation of a law that is very much in place, as was done for seat belts in Pune or helmets in Delhi.

Moreover, the corporate sector should be involved to take up this awareness drive as a worthy CSR initiative, beginning at government schools in rural, semi-urban and urban areas using animation films, cartoons, catch jingles to drive home the point. Apart from this, there is a need for political will to strictly regulate the manufacture of *guthka* and *paan masala*, which are the biggest cause for this habit.

Girish Deshpande, co-convenor, FPG

Public spaces are treated as nobody's business

Cleanliness is important in today's world; it is the premier motto for living a holistic life. However, the problem is that we do not pay heed to cleanliness in totality in our lives. People keep their houses and surroundings clean, but have no regard for hygiene in public spaces.

We are working continuously to reduce dirt and garbage in the city, but public spaces are treated as nobody's business. Pune has acquired a reputation as an unclean city. I met a foreigner who told me that whenever he goes to Mumbai from Pune, people look at him warily, like he may be carrying some disease or a new bug. Spitting is one of the prime contributors to this image.

There must be a reason behind the rising incidence of the H1N1 virus in Pune. We look towards corporators and the government, but people need to realise that it is up to them to change and start working towards a clean city on an individual level.

Kishori Gadre, director, Janwani

Spit Free India

The Foundation for Professional Governance (FPG) has organised a countrywide campaign, 'Spit Free India', which was launched on August 15. Project convenor Raja N said it is a campaign targeting the obnoxious habit of spitting in public.

Not only is spitting banned and attracts a fine, it is one of the biggest causes of spread of infectious diseases such as tuberculosis, pneumonia, H1N1, avian flu and other ear, nose and throat infections.

Raja N said the campaign is spread over five phases over the coming three years. It will spread awareness of the dangers of spitting in public places in various socio-economic segments in urban and rural areas across the country.



Anil Awachat, Dr Kalyan Gangwal and Kishori Gadre during the symbolic march of the 'Spit Free India' campaign held on Sunday.

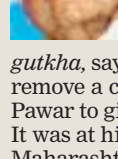
When Patil and Pawar gave up tobacco-chewing habit



Much of the spitting in India is due to chewing tobacco, which generates copious amounts of saliva. In 2005, Maharashtra's deputy chief minister RR Patil was forced to give up his harmful tobacco-chewing habit after an embarrassing controversy.



Pune's guardian minister Ajit Pawar had ridiculed Patil at a public meeting in Islampur in Sangli district for his tobacco and spitting habits and stated that he would never take the deputy chief minister abroad as he could get arrested for such ill habits, bringing disgrace to the state and the party. However, Patil said Pawar had "made the comments in a lighter vein".



Ironically, Ajit Pawar's uncle Sharad Pawar himself consumed tobacco and had later switched over to *guthka*, says *Deccan Herald* (Jan 23, 2005). He was operated upon to remove a cancerous swelling in his mouth in April 2004. It forced Pawar to give up *guthka* and turn into an anti-*guthka* campaigner. It was at his instance that the state government banned *guthka* in Maharashtra.

Spitting in public leads to defiling of spaces



People consider this a minor issue, but it is not so. We have a large number of tuberculosis patients in our country, probably the highest in the world. When a person suffering from the disease spits on the road, dried-up disease-spreading organisms keep floating in the air. Those with a good immunity system will be able to avoid catching the bug, but people who are weak will succumb to it.

The main cause of spitting is chewing of tobacco. That, in itself, is bad apart from the various hygiene concerns it throws up. Spitting in public leads to defiling of spaces, which belong to citizens.

It can be argued that there are bigger issues like farmer suicides that need to be dealt with, but not everyone can fight those battles. Issues like these need their own voices.

Anil Awachat, founder, Muktangam

With the H1N1 virus, need for hygiene is paramount



Spitting is an extremely unhygienic habit. In India, people go about spitting wherever they please. They do not consider even for a second that they may be spreading a disease they are carrying to unsuspecting passers-by. They make public places dirty and do not care about the cleanliness of the city.

With highly contagious infections like the H1N1 virus doing the rounds, it is essential for people to maintain a certain level of cleanliness. Citizens should learn to respect public spaces and must be taught the importance of maintaining hygiene.

Dr Anupam Saraph, chief information officer, Pune

Foreigners call India the land of spitters, shitters and cheaters



I have been campaigning against the habit of spitting in public for 15 years. As part of the National Organisation for Tobacco Eradication, we had started an anti-spitting campaign in Goa. Due to our campaign, the Goa government passed a legislation banning spitting in public places, which proved to be very effective.

In foreign countries, people have a wrong impression about India and refer to it as the land of spitters, shitters and cheaters. This is disheartening. I had created an anti-spitting slogan 'Stop spitting on your mother' to create awareness among people.

Spitting is one of the main reasons for the spread of various diseases like tuberculosis, pneumonia, H1N1 and avian flu, which are rampant in India. It also contributes to air-borne germs, especially in case of chewing tobacco, *guthka* and *paan*.

Indians, who go abroad, do not dare to spit in public places because of the stringent laws. When they are in India, they go back to the same habit. People here are unaware of the illnesses linked to spitting.

The Maharashtra government has stopped companies from manufacturing *guthka*, but it still enters our market from Gujarat, which is its largest manufacturer.

Dr Kalyan Gangwal, crusader of Anti-Guthka Campaign



'Spit Free India' volunteers holding a banner during the march on Sunday.

Awareness must begin from the school level



Public hygiene is an unknown phenomenon in our society. I am completely for this anti-spitting campaign, particularly at a time when swine flu, dengue and tuberculosis are rampant. The only way to create awareness is through education. The government must start an awareness programme in schools. I have always told autorickshaw drivers not to spit in public places. Before implementing a ban, people need to know the repercussions of such acts.

Generally, when the government bans something, people think it is just another way of making money. The responsibility of a clean and hygienic city cannot lie wholly on the government. Society should also actively participate in campaigns like these.

The government has started the 'Keep Pune city clean and beautiful' campaign, but what we observe is that we do not have adequate dustbins or workers to clean the overfilled bins. The city's population is increasing every day, but the garbage disposal department of the PMC is the same as it was 10 years ago. Thus, there is no way it can work like this.

Indians are used to the freedom of spitting, shitting, sleeping and eating anywhere and everywhere. This freedom should be taken away for a clean and hygienic city.

Baba Adhav, social activist

We are paying a huge price because of this habit



It is infuriating to see public places, including government buildings, splattered with *paan*, *guthka* and tobacco. Spitting is an unhygienic habit, which must not be encouraged. It is one of the main reasons for various diseases in our country. The government must levy heavy penalties on those who are caught breaking the law against spitting in public places.

The government is incapable of tackling this issue on its own, as it is short of manpower. Thus, people must realise that spitting should be stopped for the sake of our health. Nobody knows that we are paying a big price in terms of our health when we spit in public places. I don't know how the mechanism will be put in place, but if other countries can do it, why can't we?

The anti-spitting idea must be driven to our children through the education system, so that there is a change at least in the next generation.

Vinita Kamte, writer

team speak up **Rajesh Rao, Jay Tripathi & Mallika Rale**
GET IN TOUCH: Please email us your views at punespeakup@dnaindia.net, or call on 020-39888888 extn 125.

TELEVISION

<p>17:00 TO 20:00</p> <p>ANIMAL PLANET 17:00 Wild Recon 18:00 Call Of The Wild 19:00 AP Safari</p> <p>AXN 17:00 Ultimate Guinness World Records 18:00 Fear Factor 19:00 E Buzz 19:30 Total Wipeout</p> <p>BLOOMBERG UTV 17:00 Bloomberg UTV Pulse 17:30 Financial Planner 18:00 Bloomberg UTV Pulse 18:30 Smart Money</p> <p>19:00 [V] News Flush 19:30 [V] U R Fired 19:50 Bollywood Busters</p> <p>COLORS 17:30 Kitchen Champion 18:30 Uttaran 19:00 Bhagwiddhata 19:30 Theda Hai Bas Thode Ki Zaroorat Hai</p> <p>CARTOON NETWORK 17:30 Battle Force 5 17:30 Ben 10 - Alien Force 18:00 Choocha Billi Chor Police 19:30 My Giant Friend</p> <p>CHANNEL V 17:00 [V] Hapiness 17:30 Fresh [V] Deo 17:50 Music 18:00 Bollywood Nonsensex 18:30 [V] Past Forward 18:50 Music</p> <p>DISCOVERY CHANNEL 17:00 Rhodes Across India 18:00 Bull Shark - World's Deadliest Shark With Nigel Marven 19:00 Time Warp</p> <p>DISCOVERY SCIENCE 17:00 More Industrial Revelations 17:30 Weird Connections</p> <p>18:00 Mysteries Of Magic 19:00 So-Trek</p> <p>IMAGINE 17:00 Jyoti 18:00 Big Money 19:00 Do Hanto Ka Joda 19:30 Rakit Sambandhi</p> <p>MTV 19:00 Mtv Roadies</p> <p>NDTV GOOD TIMES 17:00 Gadget Guru 17:30 Scope For Improvement 18:00 Vanity No Apologies 18:30 Made In India 19:00 Lock Stock And Two Smoking Tikas 19:30 Bodyicious Yoga</p> <p>SAB 17:00 Mrs & Mr Sharma Allahabadwale 17:30 Gatur Goon 18:00 Taarak Mehta Ka Ooltah Chashmah 18:30 Papad Pol 19:00 Lappatagi 19:30 Mrs & Mr Sharma Allahabadwale</p> <p>SAHARA ONE 17:00 Movie - Tumse Achha Kaun Hai</p> <p>SONY 17:00 Godh Bhrari</p> <p>STAR ONE 17:00 Geet - Hui Sabse Parayi 17:30 Rang Badalti Odhani 18:00 Dil Mill Gaye 18:30 Miley Jab Hum Tum 19:00 Geet - Hui Sabse Parayi 19:30 Rang Badalti Odhani</p> <p>STAR PLUS 17:00 Sasuraal Genda Phool 17:30 South Nihhaans Saathiya</p> <p>20:00 Tere Liye 18:30 Sabhi Laadli Bebo 19:00 South Nihhaans Saathiya 19:30 Sasuraal Genda Phool</p> <p>20:30 Silver on WORLD MOVIES</p> <p>STAR WORLD 17:00 Criminal Minds 17:30 200 Not Out - Didier Drogba</p> <p>19:00 Glee</p> <p>TRAVEL & LIVING 17:00 Globe Trekker 13 18:00 Get Inked! 19:00 Man V. Food 19:30 World Cafe - Asia</p> <p>ZEE CAFÉ 17:00 Friends 17:30 Full On 18:00 Chopping Block 19:00 Gossip Girl</p> <p>ZEE SPORTS 17:00 CTV - The Big Match - West Brom v Chelsea 19:00 CTV - 200 Not Out - Didier Drogba</p> <p>ZEE TV 17:00 Yahaan Main Ghar Ghar Kheili 17:30 Agle Janam Moha Bitiya Hi Kijo 18:00 Sanjog Se Bani Sangini 18:30 Mera Naam Karegi Roshan 19:00 12/24 Karol Bagh 19:30 Choti Bahu</p> <p>ZING 17:30 Zing Cutting 18:30 Bollywoody 19:00 World Of Bollywood 19:30 Inside Bollywood</p> <p>ZEE TRENDZ 17:00 Trendz Music 18:00 Couture Carnival 18:00 Runway LFW SR 2010 18:30 Fashion Scoops 19:00 Trendz Music 19:30 Sales Slot</p> <p>21:00 Behind Enemy Lines on STAR MOVIES</p> <p>12:00 TO 17:00</p> <p>ANIMAL PLANET 12:00 Nick Baker's Weird Creatures 13:00 Untamed & Uncut 14:00 Up Close & Dangerous 14:21 Predators' Prey 15:31 Echo And The Elephants Of Amboseli 16:00 Animal Planet's Most Outragous</p> <p>AXN 12:00 Top Chef Masters 13:00 Criss Angel Mindfreak 14:00 Top Chef 15:00 E Buzz 15:30 Slamball 16:00 Infomercial/30 Min</p> <p>BLOOMBERG UTV 12:00 Market Pulse 12:32 Market Analytics 13:00 Market Pulse 13:32 Mad About Markets 14:00 Top Trades 14:32 The Countdown 15:00 Headlines 15:02 The Countdown 15:30 Bulls & Bears 16:00 Market Pulse 16:30 Minting Money</p> <p>CARTOON NETWORK 12:00 Tom & Jerry Show</p> <p>15:00 Tom & Jerry Tales 16:00 Pokemon DP - Battle Dimension</p> <p>12:00 Madagascar on CARTOON NETWORK</p> <p>CHANNEL V 12:00 [V] Ane Your Ex 12:30 Deadly Dus 12:50 Bollywood Busters 13:00 [V] U R Fired 13:30 Bollywood Nonsensex 13:50 Music 14:00 [V] News Flush 14:30 Fresh [V] Deo 14:50 Music 15:00 [V] Ane Your Ex 15:30 Deadly Dus 15:50 Fresh [V] Deo 16:00 Campus Top 10 16:50 Music</p> <p>COLORS 12:00 Laag Tujhe Lagan 13:00 Sarangun Sampama 14:00 Do Hanto Ka Joda 14:30 Rakt Sambandhi 15:00 Rehna Hai Teri Palkon Ki Chaaron Mein 15:30 Sarangun Sampama 16:00 Do Hanto Ka Joda 16:30 Rakt Sambandhi 14:00 Aise Karo Nasa Vidaa</p> <p>14:30 Agnipareeksha Jeevan Ki - Gangaa 15:00 Na Aana Is Des Laado 15:30 Uttaran</p> <p>DISCOVERY CHANNEL 12:00 Phanta Adventure 13:00 Dirty Jobs 14:00 Animal Face Off 15:00 Rampage 16:00 Into Alaska With Jeff Corwin</p> <p>DISCOVERY SCIENCE 12:30 Sci-Trek 13:30 Mega Machines 14:30 Heavy Metal Task Force 15:30 Extreme Engineering 16:30 The New Inventors</p> <p>IMAGINE 12:00 Rakt Sambandhi 12:30 Sarangun Sampama 13:00 Jyoti 13:30 Bandini 14:00 Do Hanto Ka Joda 14:30 Rakt Sambandhi 15:00 Rehna Hai Teri Palkon Ki Chaaron Mein 15:30 Sarangun Sampama 16:00 Do Hanto Ka Joda 16:30 Rakt Sambandhi</p> <p>16:30 T A K H on SAHARA ONE</p> <p>12:30 Stunt Mania 13:30 Style Check 14:40 GITS 15:50 One Short Plot 16:00 Beat Box</p> <p>NDTV GOOD TIMES 12:30 Chalk Le India 13:00 Routes 13:30 Vanity No Apologies 14:00 No Kidding 14:30 No Big Deal 15:00 Passion 16:30 London Underground</p> <p>SAB 12:00 Mrs & Mr Sharma Allahabadwale 12:30 Taarak Mehta Ka Ooltah Chashmah 13:00 Saajan Re Jooh Maat Rolo 13:30 Papad Pol 14:00 Taarak Mehta Ka Ooltah Chashmah 14:30 Mrs & Mr Sharma Allahabadwale 15:00 Lappatagi 15:30 Fir 16:00 Taarak Mehta Ka Ooltah Chashmah</p> <p>SAHARA ONE 12:00 Kesariya Balam Aavo Hamare Des 12:30 Mata Ki Chowki 13:00 Shorr 13:30 Kesariya Balam Aavo Hamare Des 14:00 Baat Hamari Pakki Hai 14:30 Aahat - 5 14:30 Baat Hamari Pakki Hai 15:00 CID 12:00 India's Magic Star 13:00 Rang Badalti Odhani 13:30 Geet - Hui Sabse Parayi</p>
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