

ORAL CANCER AWARENESS

Know Your Mouth. Protect Your Future.

One combined booklet for **Standards 8, 9 and 10**.
Learn the science. Make safer choices. Help your family.
Build a tobacco-free school.



EASY TO GRASP

QUIZ READY

LIFE SKILL FIRST

Your competitions

1. Cancer Awareness Quiz
2. Interactive Oral Cancer Awareness Challenge

Your school round 7-9 September 2026

Your teacher will confirm the exact date.

Grand Finale 12 September 2026, Kumta

The most important rule: You are not being trained to diagnose cancer. You are learning to **avoid major risks, notice a persistent change, tell a trusted adult and encourage professional help.**

1. LEARN

What cancer is, what oral cancer means, and what raises risk.

2. PROTECT

Choose zero tobacco and zero areca nut/supari.

3. ACT

Persistent mouth change?
Notice - tell - check - follow.

4. INSPIRE

Share facts without fear, shame or arguments.

How to study

Read for understanding first. Then close the booklet and explain the idea in your own words. Short recall is stronger than passive rereading.

How to use it after the quiz

Take it home. Share the Quitline. Help keep your home smoke-free. Encourage professional care for persistent mouth changes.



Team S.O.S. India
Foundation



In coordination with
District Health Office, Uttara
Kannada

Before you turn the page - predict the answers

1.

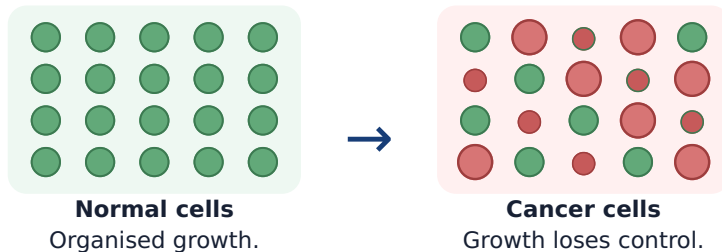
2.

3.

1. WHAT IS CANCER? - AND WHERE CAN ORAL CANCER START?

Your body is made of tiny building blocks called **cells**. Normal cells grow, do their job and are replaced in an organised way. Cancer begins when some cells grow in an **uncontrolled** way and can damage nearby tissue.

Know your mouth



Not contagious

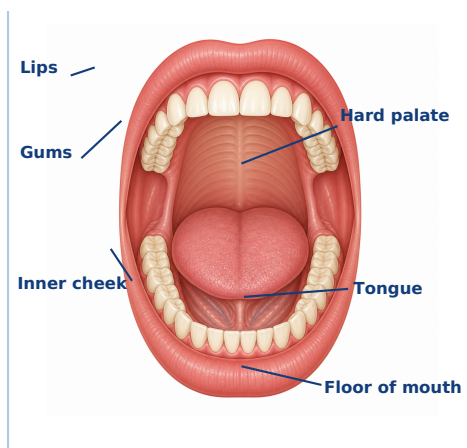
You cannot catch cancer by touching, eating together or caring for someone.

Not a punishment

Illness is not someone's fault. People with cancer deserve respect.

Earlier is better

Cancer found before it spreads is generally easier to treat. Exact outcomes vary.



ORAL-CAVITY SITES

Lips - gums - inner cheeks
Tongue - floor of mouth
Hard palate

Persistent change? Tell an adult and seek professional assessment.

Easy example: Think of a school timetable. Normal cells follow it. Cancer cells act as if some cells stop obeying the "stop" instruction and keep multiplying.

Three words worth knowing

Word	Easy meaning
Tumour	An abnormal mass or growth. Not every tumour is cancer.
Biopsy	A small tissue sample examined when a doctor needs to confirm what an area is.
Metastasis	Cancer spreading from where it started to another part of the body.

Memory line: Lips - cheeks - gums - tongue - floor - roof. Knowing normal anatomy helps you describe a change; only a trained professional diagnoses it.

30-second teach-back

Explain:

What is cancer in one sentence?

Point & name:

Name any five mouth parts.

Correct a myth:

Why is cancer not contagious?

QUIZ KEY: Cancer = uncontrolled abnormal cell growth. Oral cavity = the mouth. Cancer is **not contagious**, and students do **not** diagnose it.

60-second teach-back - close the booklet

Cancer

Explain uncontrolled cell growth in one sentence.

Mouth

Name 5 oral-cavity parts from memory.

Action

What is a student's job if a change persists?

2. WHAT INCREASES ORAL CANCER RISK?

The clearest prevention message for students is: **do not start tobacco and do not chew areca nut (supari)**. Alcohol is also an established oral-cancer risk factor, especially together with tobacco. [4]

T

Tobacco

Smoking and smokeless forms.

MAJOR AVOIDABLE RISK

A

Areca nut / supari

IARC classifies areca nut as carcinogenic to humans even without tobacco. [5]

+

Alcohol

An established oral-cancer risk factor; tobacco + alcohol raises risk further. [4]

Products students should recognise

Product	What to remember
Gutka	Usually tobacco + areca nut. High-risk mixture.
Khaini / zarda / gul / snuff	Smokeless tobacco is not harmless.
Supari	Areca nut itself is carcinogenic.
Pan masala	If it contains areca nut, "tobacco-free" does not mean safe.
Bidis / cigarettes / hookah	Burned tobacco exposes the mouth and lungs to toxic chemicals.

1 in 3

IARC researchers estimated that about one-third of oral-cancer cases worldwide in 2022 were attributable to smokeless tobacco and areca nut use. [4]

OSMF & OPMDs - RISK, NOT DESTINY

OPMD = Oral Potentially Malignant Disorder: a mouth condition associated with higher cancer risk than normal tissue. It is **not cancer**.

OSMF = Oral Submucous Fibrosis: long-lasting stiffening/fibrosis of the mouth lining, strongly linked to areca nut. People may notice burning, reduced mouth opening, stiff inner cheeks or fibrous bands.

EXPOSURE

Tobacco / areca nut



REPEATED INJURY

Mouth lining may change.



SOME PEOPLE DEVELOP OPMDs

OSMF or persistent white/red lesions.



BEST ACTION

Stop exposure + professional assessment + follow advice.

Important: OSMF is **not a cancer stage**. Progression is not inevitable.

Spot the claim

"It's natural, so it's safe."

What fact corrects this?

"Smokeless means harmless."

What is wrong with this?

"OSMF means cancer is next."

Correct the statement.

Risk sorting game

AVOID

Tobacco - areca nut/supari - alcohol

NOTICE

Persistent patch - reduced opening - non-healing ulcer

REMEMBER

OSMF increases risk; it is not cancer and not an inevitable stage.

Think: Why is "risk is not destiny" better than saying "OSMF becomes cancer"?

3. SIGNS TO NOTICE - PERSISTENCE MATTERS

~2-3 weeks

If a mouth ulcer or patch persists for roughly 2-3 weeks, is worsening, or is concerning, tell a trusted adult and seek professional assessment sooner.

Do not wait for pain. Some important mouth changes can be painless. Painless does not automatically mean harmless.

Not a diagnosis: Mouth ulcers and other changes are common and often have non-cancer causes. Persistence tells you when professional advice is sensible.

P Patch - persistent white/red area.

E Eating - ongoing difficulty chewing/swallowing.

R Reduced opening - mouth opens less.

S Sore - ulcer that does not heal.

I Inside lump - thickening/swelling.

S Sensation change - persistent numbness.

T Tell a trusted adult.

Act sooner for urgent problems

Severe bleeding, breathing difficulty, inability to swallow, major swelling or significant injury needs prompt medical help.

4. NOTICE - TELL - CHECK - FOLLOW

1

NOTICE

See/feel an unusual mouth change.



2

TELL

Tell a parent, guardian, teacher or trusted adult.



3

CHECK

If persistent/worsening, arrange professional assessment.



4

FOLLOW

Follow professional advice. Do not self-diagnose.

What happens at a check-up?

Look Professional examines the mouth with good light.

Feel / history They may gently examine an area and ask how long it has been there.

Next step Often no special test is needed; referral or biopsy is used only if clinically required.

Your job

Learn, avoid risks, notice persistence, tell an adult, share support.

Professional job

Examine, diagnose, decide tests, treat and follow up.

What would you do?

A painless ulcer is still there after two weeks.

A classmate asks you to inspect a mouth patch.

Someone has severe bleeding today.

QUIZ KEY: Persistence matters. Student sequence = **NOTICE - TELL - CHECK - FOLLOW**. Professionals diagnose.

Decision challenge - safest next step

A. Painless ulcer for 16 days.
Next: _____

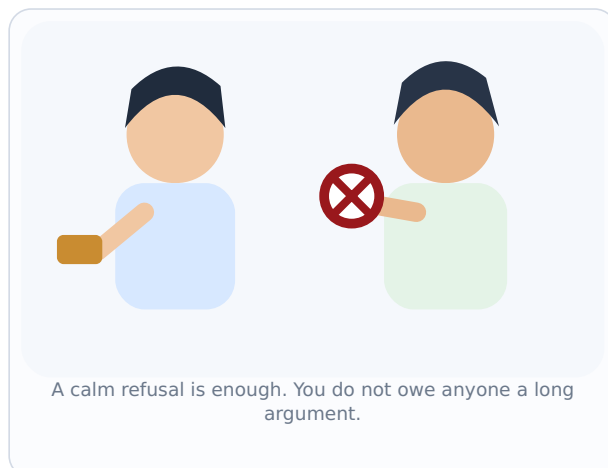
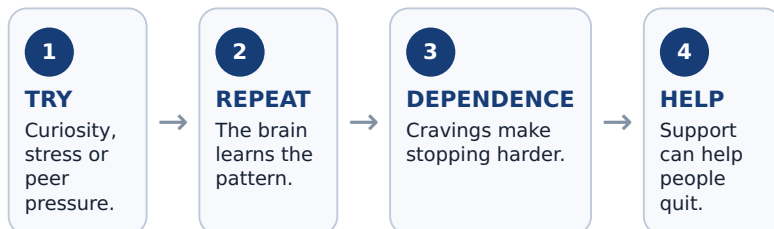
B. Sore started yesterday after biting cheek.
Next: _____

C. Friend says "don't tell anyone."
Reply: _____

Key: Students notice and tell; professionals diagnose.

5. WHY "JUST ONCE" CAN BECOME HARD TO STOP

Many tobacco products contain **nicotine**, a drug that can produce dependence. Repeated use trains the brain to expect nicotine; without it, a person may feel restless, irritable or unable to concentrate.



Peer pressure - short replies

Pressure line	Strong reply	What is happening
"Just once."	"No thanks. Not for me."	A dare is being used to make refusal look weak.
"Everyone does it."	"I don't. Let's go."	Social pressure makes the habit look normal.
"It helps with stress."	"I'll use sleep, water and practice - not tobacco."	Dependence can create a stress-withdrawal cycle.
"It's only supari."	"Areca nut itself is carcinogenic. I'm skipping it."	"Natural" is being confused with safe.

HELPING SOMEONE AT HOME - WITHOUT SHAME

A simple script

"We learned that tobacco and supari can seriously harm the mouth. There is a free Government Quitline - **1800-11-2356**. If you ever want help stopping, I can help you find it."

Quitline

1800-11-2356

NTCP toll-free support.
mCessation: 011-22901701.
[1]

Second-hand smoke

Smoke affects nearby people too. A smoke-free home protects others.

Support rule

Do not shame.

Dependence is real.

Do not secretly throw packets away.

Offer help and let the decision be theirs.

If you already tried it:

Stopping now is better than continuing; ask a trusted adult for support.

Write your own refusal line

One respectful line I can say at home

QUIZ KEY: Nicotine can cause dependence. Short refusal lines work. Helping works better than shaming.

Peer-pressure rehearsal - say it once, calmly

Friend: "Just once. Don't be scared."
You: _____

Friend: "It's only supari."
You: _____

SHORT
No lecture

CALM
No fight

CLEAR
No ambiguity

MOVE ON
Change topic

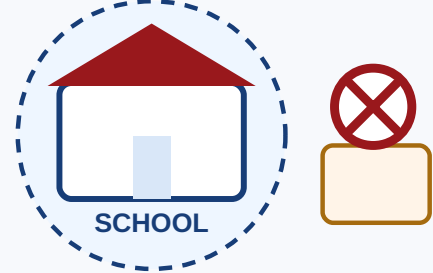
6. THE LAW PROTECTS STUDENTS

National COTPA 2003 - baseline

- Smoking in public places is prohibited.
- Sale of tobacco products to or by persons **below 18 years** is prohibited.
- Sale within **100 yards** of an educational institution is prohibited.
- Tobacco advertising/promotion/sponsorship is restricted or prohibited.
- Tobacco packs must carry specified health warnings.

MoHFW/NTCP and ToFEI annexure. [1][2]

100-yard national no-sale zone



E-cigarettes / vapes

India's 2019 law prohibits production, manufacture, import, export, transport, sale, distribution, storage and advertisement of electronic cigarettes. [6]

Student safety: Notice a possible violation? Do not confront a shopkeeper. Tell the head teacher or another responsible adult.

Karnataka: Act No. 41 of 2025 contains stricter provisions including age 21, a 100-metre radius, loose/single-stick restrictions and a hookah-bar ban. Because it has a separate commencement clause, use the latest Government/district notification for state-specific quiz/enforcement wording. [7]

ToFEI - TOBACCO FREE EDUCATIONAL INSTITUTION

1. Visible tobacco-free signage.
2. No tobacco use on campus.
3. Attention to the restricted sale area around the institution.
4. Designated Tobacco Monitor(s).
5. Awareness activities: quizzes, posters, assemblies or debates.
6. No-tobacco rule in the code of conduct.

Students are part of the system

Revised ToFEI guidance recognises student participation. A student representative from Class IX onwards can be designated as a Tobacco Monitor. Class VIII students still contribute through awareness, refusal skills and reporting concerns to adults. [2]

School check - think, don't police

Can students see tobacco-free signage?

Do students know the Quitline?

If there is a concern near school, which adult should be told?

Quick ToFEI check

Yes / Not yet

Safe next step

Tobacco-free signage visible?

Ask management to use ToFEI guidance.

School protection mini-audit - with a teacher

1. Can students identify tobacco-free signage?

2. Do students know the responsible adult / monitor?

3. Do students know to report concerns rather than confront sellers?

Action: Turn one observation into one constructive school suggestion.

7. MYTH BUSTERS - FACTS BEAT FEAR

Myth	Fact
"Cancer is contagious."	False. Cancer does not spread by normal contact, touch or sharing food.
"Chewing tobacco is safer than smoking."	False. Smokeless tobacco is an important cause of oral cancer.
"Supari is natural, so it is safe."	False. Areca nut is carcinogenic to humans. [5]
"Pan masala without tobacco is always harmless."	False. Areca nut still carries risk.
"If it doesn't hurt, there is no reason to check."	False. Persistent changes can be painless.
"Rinsing removes the risk."	False. Rinsing cannot undo harmful exposure.
"Vapes are a harmless option."	False. They are not a safe loophole and are covered by a national prohibition law. [6]
"A home remedy can diagnose or cure cancer."	False. Diagnosis and cancer treatment are professional medical care.

8. TREATMENT: HOPE + PROFESSIONAL CARE

Treatment depends on the exact site, stage, general health and other factors. Earlier diagnosis often gives more treatment options.



Surgery

Removes tumour tissue when appropriate.



Radiotherapy

High-energy radiation treats cancer cells.



Medicines

Chemotherapy or other systemic medicines may be used.



Follow-up

Dental care, nutrition, rehabilitation and review can matter.

9. HEALTHY HABITS - WHAT REALLY HELPS

Priority order

1. **Zero tobacco.**
2. **Zero areca nut/supari.**
3. Avoid alcohol use.
4. Maintain oral hygiene and regular dental care.
5. Eat a varied diet and stay physically active.

No superfood cancels risk. Turmeric, amla, juices or supplements should not be presented as preventing or curing oral cancer. Healthy food supports general health; it does not erase tobacco/supari exposure.

Better message than "cancer = death": Cancer is serious, but treatment exists. Awareness should encourage timely care, not hopelessness.

Priority challenge

Which is more important for oral-cancer prevention: a "superfood" or zero tobacco/supari?

Why can "no pain" still need attention?

Name any three treatment/support approaches above.

Oral-care habit

Keep teeth and gums clean and get dental problems treated instead of

Health habit

Choose varied food, activity and sleep for general health.

Priority habit

Zero tobacco + zero supari remains the main prevention message.

Spot the misleading health claim

"This herb guarantees prevention."

Red flag: _____

"No pain means no problem."

Correct it: _____

"Treatment depends on the case."

Why is this safer? _____

10. TURN KNOWLEDGE INTO SAFE ACTION

The best awareness activity makes students retrieve information, explain it simply and practise a safe action. It should **not** turn students into health inspectors.

1. Myth-to-fact

Correct a myth in one accurate sentence.

2. Refusal role-play

Answer peer pressure calmly, then leave the situation.

3. School protection map

With teacher supervision, identify signage and the protected area.

4. Family awareness card

Take home three facts + Quitline. Never expose a family member's tobacco use.

5. 60-second assembly

Explain one message clearly: persistence or supari risk.

6. Diagram challenge

Arrange: exposure → possible changes → professional check → follow-up.

7-DAY STUDY PLAN - SMALL DAILY RETRIEVAL

Day	Read	Close the booklet and do this
1	Page 2	Explain cancer + name six mouth parts.
2	Page 3	Name the 3 risks + explain OPMD and OSMF.
3	Page 4	Say PERSIST + NOTICE-TELL-CHECK-FOLLOW.
4	Page 5	Give two refusal lines + explain nicotine dependence.
5	Page 6	Recall under 18 + 100 yards + ToFEI.
6	Page 7	Correct five myths + name three treatment types.
7	Pages 9-10	Use the memory map, then do the quiz without notes.

Teacher/principal safeguard: No forced disclosure of a student's/family's tobacco use. No peer mouth examinations. No shop confrontation. No frightening lesion photos are required for the competition.

Psychology: Retrieval, examples, role-play and explaining a fact to another person create stronger memory than passive rereading.

Choose one awareness action this week

Teach one myth-to-fact at home.

Practise one refusal sentence.

Make sure someone at home knows the Quitline.

60-second recap

Without looking: say the three main risks, the 2-3-week rule, the four action steps and the Quitline.

Teach-back

Explain one topic to a friend in language a Class 8 student would understand.

Awareness mission board - choose any 2 this week

☐ Teach one family member the roughly 2-3-week oral guide.

☐ Practise one refusal line until natural.

☐ Explain why supari alone is not harmless.

☐ Recall the Quitline without looking.

☐ Explain OSMF simply to a friend.

☐ Share one myth + fact with teacher approval.

11. THE WHOLE BOOKLET IN FOUR BOXES

CAUSES / EXPOSURES

TOBACCO

ARECA NUT / SUPARI

ALCOHOL

Best prevention action: **do not start tobacco or supari.**

CHANGES

OPMD = higher-risk mouth condition, not cancer.

OSMF = stiff/fibrous lining strongly linked to areca nut. Persistent ulcers, patches, lumps or reduced opening deserve attention.

ACTION

NOTICE → TELL → CHECK → FOLLOW

A mouth change that persists for roughly 2-3 weeks, or is worsening/concerning, deserves professional assessment. Urgent problems are assessed sooner.

SUPPORT

Do not shame users. Nicotine can cause dependence. Quitline: **1800-11-2356**. Students share facts; professionals diagnose and treat.

10 CORE TAKEAWAYS

1. Cancer = uncontrolled abnormal cell growth.
2. Cancer is not contagious or a punishment.
3. Oral cavity = mouth.
4. Tobacco and areca nut are major avoidable risks.
5. Areca nut/supari is carcinogenic without tobacco.
1. OSMF/OPMD are risk conditions, not guaranteed cancer stages.
2. Persistent change roughly 2-3 weeks = tell an adult and get checked.
3. Student action = NOTICE - TELL - CHECK - FOLLOW.
4. Nicotine can cause dependence; support helps.
5. Quitline = **1800-11-2356**.

A 2-MINUTE FAMILY CONVERSATION

Student can say

"We learned something useful at school: tobacco and supari can damage the mouth, and some changes do not hurt at first. If a mouth sore or patch does not heal, it is better to have it checked. There is also a free Quitline if anyone wants help stopping tobacco."

Then stop there

You have shared accurate information respectfully. Do not lecture, force a promise or ask anyone to show you their mouth.

Family rule worth choosing: Keep the home smoke-free and do not offer tobacco/supari to children or visitors.

Say it from memory

The one prevention rule I will remember is...

The one warning-sign rule I will remember is...

The one support number I will remember is...

ONE-LINE MEMORY MAP: ZERO tobacco/supari + NOTICE persistence + TELL an adult + GET professional help.

The 3-2-1 memory challenge

3 things I will avoid:

2 warning ideas I remember:

1 action I will take/share:

12. TEST YOURSELF - WITHOUT LOOKING BACK

Answer first, then check Page 12. The quiz should mix recall, understanding and scenarios.

A. Multiple choice

- Cancer is best described as:
A. infection B. uncontrolled abnormal cell growth C. curse D. vitamin deficiency
- Which is correct about areca nut/supari?
A. safe without tobacco B. carcinogenic to humans C. cures ulcers D. only harms teeth
- OSMF mainly refers to:
A. lung infection B. stiff/fibrous mouth lining C. tooth decay D. throat allergy
- OPMD means:
A. cancer already present B. Oral Potentially Malignant Disorder C. pain medicine D. tobacco law
- A mouth sore is not healing after roughly 2-3 weeks Best next step:
A. ignore B. self-diagnose online C. tell an adult and arrange a check D. only use a home remedy
- Correct student action sequence:
A. Diagnose-Treat-Hide B. Notice-Tell-Check-Follow C. Wait-Argue-Post D. Inspect-Everyone
- Nicotine matters because it can:
A. cure stress B. cause dependence C. prevent cancer D. permanently improve memory
- National COTPA prohibits tobacco sale near an educational institution within:
A. 10 m B. 50 m C. 100 yards D. 1 km
- National Tobacco Quitline:
A. 104 B. 1800-11-2356 C. 112 D. 108
- ToFEI stands for:
A. Tobacco Free Educational Institution B. Treatment for Early Infection C. Tobacco Food Education Index D. None

B. True or false

- Cancer can spread by sharing food.
- A painless mouth change can still deserve professional attention if it persists.
- OSMF is an inevitable stage immediately before oral cancer.
- Pan masala without tobacco is always harmless.
- Students should confront a tobacco seller near the school gate.

C. Scenario questions

- A friend offers supari and says, "It's natural." Give a one-sentence reply.
- An uncle has a white patch that has stayed for more than two weeks. What should you say - without diagnosing?
- A classmate says, "If it doesn't hurt, it cannot be serious." Correct the statement.
- Name any **five** parts of the oral cavity.
- Name the three avoidable risk exposures emphasised in this booklet.

D. Rapid recall

- Expand OSMF.
- Expand COTPA.
- Expand ToFEI.
- What does a biopsy do?
- State the one-line memory map.

My score before checking

Questions I will revise

One idea I can explain clearly

LEARNING TIP: Retrieval practice - trying to remember before looking - strengthens memory better than repeated passive rereading.

Confidence check - do not look back yet

GREEN

I can explain it

YELLOW

I partly remember

RED

I need revision

BEST METHOD

Recall, then check

My weakest topics

.....

My strongest topics

.....

Fix one mistake: Pick one answer you were unsure about. Explain why the correct answer is right - in your own words.

One myth I can correct: _____

One action sequence: _____

One term I can teach: _____

13. PRACTISE THE AWARENESS CHALLENGE

This page is designed for safe practice. It tests whether you can **explain** and **apply** the material, not whether you can inspect someone's mouth.

1. Myth-to-fact - 30 seconds

Myth: "Supari is natural, so it cannot cause cancer."

2. Refusal line - one sentence

A friend says: "Just once. Everyone tries it."

3. Correct the pathway

Write four safe steps. Do **not** write "OSMF → cancer" as an inevitable sequence.

→
→
→

4. Family message - 60 seconds

Explain the Quitline and the roughly 2-3-week oral persistence guide without frightening or diagnosing anyone.

5. School safety scenario

You notice a shop near the school that may be violating tobacco-sale rules. What should a student do, and what should the student **not** do?

6. Teach-back challenge

Explain these six terms in simple language: **cancer, oral cavity, OPMD, OSMF, nicotine, ToFEI**.

Competition safety: No peer mouth exams, no forced disclosure of family tobacco use, no confrontation with sellers, no diagnosis. Use knowledge, communication and safe problem-solving.

WINNING SKILL: The strongest answer is not the most frightening answer. It is the one that is **accurate, simple, respectful and actionable**.

Build a 30-second awareness message

HOOK → ONE FACT → ONE ACTION → HOPE. Keep it accurate, respectful and non-frightening.

Hook + fact

Action + hope

Self-score: Accurate ☐ Simple ☐ Respectful ☐ Actionable ☐ Memorable ☐

Audience: Classmate / family / assembly

One line to avoid: Fear, shame or diagnosis

One line to include: A clear next step

Pair challenge: Read your message to a partner. If they can repeat the main idea 30 seconds later, your message is memorable.

QUIZ ANSWERS

1. B 2. B 3. B 4. B 5. C 6. B 7. B 8. C 9. B 10. A

11. False 12. True 13. False 14. False 15. False.

16. Example: "Areca nut itself is carcinogenic, so I'm not using it."

17. "A persistent patch can have many causes, but it should be checked by a dentist/doctor."

18. Some important changes can be painless; persistence matters.

19. Any five: lips, gums, inner cheeks, tongue, floor of mouth, hard palate, soft palate.

20. Tobacco, areca nut/supari and alcohol.

21. Oral Submucous Fibrosis. 22. Cigarettes and Other Tobacco Products Act. 23. Tobacco Free Educational Institution. 24. Examines a small tissue sample to confirm a diagnosis. 25. Zero tobacco/supari + notice persistence + tell an adult + get professional help.

MINI GLOSSARY

Term	Meaning
Carcinogen	Something known to cause cancer.
Oral cavity	The mouth: lips, cheeks, gums, tongue, floor and roof.
OPMD	Oral Potentially Malignant Disorder.
OSMF	Oral Submucous Fibrosis - stiff/fibrous mouth lining.
Nicotine	An addictive drug in tobacco and many nicotine products.
Biopsy	A small tissue sample examined to confirm a diagnosis.
Metastasis	Cancer spread to another part of the body.

PRIMARY SOURCES USED

- [1] Ministry of Health & Family Welfare, National Tobacco Control Programme (NTCP) - Quitline 1800-11-2356, mCessation and tobacco-control resources.
- [2] MoHFW, Revised Guidelines for Tobacco Free Educational Institutions (ToFEI) - 100-yard national baseline, signage, monitors and student participation.
- [3] NHSRC/MoHFW, Training Module for Medical Officers - Prevention, Control and Population-Based Screening of Hypertension, Diabetes and Common Cancers - oral-cancer risk factors, warning signs and adult screening framework.
- [4] International Agency for Research on Cancer (IARC), 2024 - global burden of oral cancer attributable to smokeless tobacco and areca nut; one-third estimate.
- [5] IARC Monographs - areca nut classified as carcinogenic to humans (Group 1).
- [6] Government of India / India Code - Prohibition of Electronic Cigarettes Act, 2019.
- [7] Karnataka Act No. 41 of 2025 - Karnataka amendment containing stricter tobacco provisions; check commencement/latest notification before state-specific enforcement statements.

HOW TO JUDGE A HEALTH CLAIM

- Who is saying it?** Government health authority, WHO/IARC, qualified professional, or an unknown social-media account?
- Does it promise certainty?** "100% cure" and "guaranteed prevention" are warning signs.
- Does it replace professional care?** Be suspicious if it tells people to avoid doctors.
- Can the source be checked?** Good health education shows where major facts come from.

Educational material only: This booklet does not diagnose disease or replace a qualified dentist/doctor. Laws and local service details should be checked against current notifications.

THE ONE-LINE MEMORY MAP

ZERO tobacco/supari + NOTICE persistent changes + TELL an adult + GET professional help.

Student pledge

I choose zero tobacco and supari. I will share facts without fear or shame. If I notice a persistent mouth change, I will tell a trusted adult.

Keep this number

1800-11-2356

National Tobacco Quitline - Government tobacco cessation support. [1]

Before you close the booklet

I will remember:

I will share:

I will do:

COMPETITION BOOSTER - THE PRECISE ANSWERS THAT WIN MARKS**1. LATEST INDIA BURDEN - GLOBOCAN 2024**

15.63 lakh new cases
9.02 lakh deaths
33.24 lakh five-year prevalence

Top five by new cases, both sexes: breast; lip/oral cavity; lung; colorectum; cervix uteri. These are modelled estimates - always quote 2024.

2. SCREENING - USE BOTH AGE STATEMENTS

NP-NCD enrolment begins at age 30+.
The government's cancer-specific screening table lists ages 30-65 for OVE, CBE and VIA, generally every five years.

Screening is for eligible people without symptoms. A symptom triggers assessment - not a wait for the next screening date.

3. ORAL PERSISTENCE - SAFE WORDING

A mouth ulcer/patch that persists for roughly 2-3 weeks, or is worsening/concerning, deserves professional assessment sooner. It is a rule of thumb, not a diagnosis or a reason to delay urgent care.

4. INDIA'S 2026 HPV PROGRAMME

Launched 28 February 2026. Free single-dose Gardasil-4 for eligible girls aged 14 at government facilities. Eligibility, consent and current session availability should be confirmed locally.

UTTARA KANNADA KEY TERMS - SAY THE RISK AND THE ACTION CLEARLY

ಅಡ್ಡಿಕೆ

ತೆಂಬಾಕು

ಬಾಯಿ

ತಪಾಸಣೆ

areca nut / supari

tobacco

mouth

screening / check-up

Local action: start at the nearest AAM/PHC follow referral advice. Clinic days and services can change - confirm locally.**60-SECOND RAPID FIRE - ANSWER WITHOUT LOOKING BACK**

1. Screening vs diagnosis - one sentence?
2. OVE, CBE and VIA stand for?
3. Why is 30+ not the whole cancer-age answer?
4. Top three India cancers by 2024 cases?
5. Why is areca nut risky without tobacco?

6. HPV programme: age, dose and cost?
7. What should an abnormal screen trigger?
8. Safest response to a painless new lump?
9. National Tobacco Quitline number?
10. Best student action sequence?

ANSWER CHECK: 1 screening looks before symptoms; diagnosis confirms. 2 Oral Visual Examination, Clinical Breast Examination, Visual Inspection with Acetic Acid. 3 enrolment is 30+, cancer table is 30-65. 4 breast, lip/oral cavity, lung. 5 carcinogenic itself. 6 age 14, one dose, free. 7 further evaluation. 8 professional assessment. 9 1800-11-2356. 10 notice - tell - check - follow.

PRIMARY LINKS - click a card in the PDF**IARC 2024 India factsheet****MoHFW screening table****PIB HPV programme****Tobacco Quitline****Uttara Kannada health office****Educational competition material - not diagnosis or treatment advice. Confirm local services and current campaign sessions.**