

# “Drug Abuse and Youth of India in 21<sup>st</sup> Century”

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## ABSTRACT

Drug abuse is a growing threat that is threatening our society's very survival in the current environment. The UN General Assembly commemorated the first International Day against Drug Abuse and Illicit Trafficking on June 26, 1987. Since then, June 26 has been observed as International Day against Drug Abuse and Illicit Trafficking in an effort to educate society. India has prepared to combat the drug trafficking threat on both a national and international level. Three international conventions have so far been hosted by the UN, in 1961, 1971, and 1988. The first one aimed to stop the illegal manufacturing and non-medical usage of cocaine, marijuana, and painkillers. The 1971 summit expanded the discussion to include synthetic or psychoactive substances (e.g., amphetamines, barbiturates and LSD). The third anti-illicit trafficking convention expanded the prohibition to include precursor chemicals in an effort to limit the illegal worldwide market. The United Nations also held two special sessions in 1998 and 2016 to discuss the global drug crises throughout the previous five decades. By 2008, the UN had set a goal to lower the supply and demand of illegal drugs and synthetic drugs. The World Drug Reports, on the other hand, depicted a rise in the usage of illegal drugs. Therefore, it needs to be dealt with on a military level. This research paper will specifically concentrate on a few key areas to comprehend the idea of "Drug Abuse" in reference to youth, the true power of the country. Additionally, this paper will focus on the issue's causes and effects on Indian society. The political and historical dimensions of this threat will be understood, and efforts will be made to identify preventive measures.

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## INTRODUCTION

"Drug abuse" is the use of chemical substances that results in an elevated risk of difficulties and an inability to control the use of the substance. People use drugs, a class of psychoactive substance, to alter their emotions, behaviours, or thoughts. Drug abuse is the practise of using a substance in proportions that are neither recommended nor controlled by medical professionals. Drug dependency has been coined by the World Health Organization to replace the terms "drug addiction" and "drug habits." It has been described as a psychological or physical state in which a person feels compelled to use drugs on a regular basis, either continuously or infrequently, in order to enjoy their pleasant effects or prevent the discomfort of their absence. One of the largest issues facing the nation's millions of children and youth is drug addiction. Few states and towns have risen to the top in terms of drug use. Even though it is one of the most developed states, Punjab has had various crises. After the Green Revolution in the 1970s and the militant attacks in the 1980s, Punjab is currently dealing with the serious issue of drug addiction and trafficking. In India as a whole, the widespread consumption of illicit and prescribed drugs completes concentric circles of hell. In terms of the prevalence of substance abusers, there is a significant regional variance amongst states. Teenagers in West Bengal and Andhra Pradesh are more likely than those in Uttar Pradesh or Haryana to use gateway drugs—about 60% of them. Here, it is somewhere about 35%. Mumbai, Manipur, Goa, and other well-known states impacted by drug usage include Mizoram and Manipur. Delhi, even in the NCR, is not falling behind. According to The Ministry of Social Justice and Empowerment reports there were 46,410 incidences of street children abusing drugs in Delhi. Recent polls estimate that there are at least 70 million drug users in India.

### I. CAUSES OF DRUG ADDICTION

There are various historical, social, political, economic, psychological and geographical aspects, which are responsible for drug abuse. In the fast changing social milieu the families are getting nuclear. Parents are unable to give sufficient and quality time to their children. It leads the youth to involve in wrong peer groups. Due to sheer poverty among the poor families, parents and children are indulged in earning for livelihood. They have no money means to education. Drug abuse is linked to urbanization as well as poverty. India has seen a rise in industrialization and urbanization over the past two decades. It has caused large scale migration to its cities, which

has caused them new stresses and strains of modern way of life. Poorer class is suffering from economic hardship, on the other hand upper class, due to increased western lifestyle is being trapped into drug addiction. Moreover curiosity, social rebelliousness, sensation seeking, low self-esteem, poor stress management to escape reality, psychological distress, lack of job opportunities farming crises by an over-reliance on cash crops, tie between drug associations and politicians and easy availability of narcotics are the other major causes of increasing drug abuse.

The consumption of drugs often is observed when an individual especially youngster fail to cope up with personal problems. Drug addiction is mainly caused to feel happier, when an individual faces loss in life or fails to get something. He feels dejected, sad and unhappy. In order to overcome this condition the individual start using drugs to feel happy because drugs contain a chemical called dopamine which induces happiness in the consumer and he feel happy. Slowly and gradually he become addicted and doesn't feel happy until and unless he doesn't consume the drug. Drug addiction is very harmful, it not only destroy health but also leave many negatively influences on the psyche of the user.

Mostly drug addicts engage in reckless activities like gaming, stealing, adultery etc. Because of these activities they lose their respect and lose many relationships. Due to addiction of drugs many problems in personal and public relationships are created. Their personality is badly affected by the excessive consumption of drugs, they stop caring of their hygiene. In both conditions while injecting any drug or without injecting it, a drug addict can't communicate properly nor can Converse with anyone soundly. It is observed that as the addiction increases the user loses interest in doing all activities which he loved to do. The addiction of drugs is fatal; it is a life-threatening act because it can kill a person. All fatal and deadly diseases like kidney failure, lung diseases, heart diseases, brain damage, respiratory problems etc. are caused by addiction of drugs.

Lack of self-confidence is the root cause of addiction of drugs. Due to pressure and excessive stress man often chose drugs and tries to lessen his or her stress by using drugs. The high level stress compels an individual to use drugs. The social and personal pressure often results in smoking and drinking. It means when an individual start feeling isolated or is ignored in society he or she develops habit of using drugs. The lack of parental involvement in child's activities is also a cause of drug addiction in youngsters. Those who are emotionally weak they become drug addict. The availability and exposure of drugs is also a cause of addiction. An individual living in an area where drugs are available and people consume drugs there that individual will also develop habit of consuming drugs.

## **II. ISSUES RESULTING FROM DRUG ADDICTION**

### **Loss of physical, mental, and financial health**

Good physical health, mental calmness, and financial resources for household and other responsibilities are the three different forms of pleasures and assets we enjoy in life. These three assets are all lost if we develop a drug addiction. Additionally, not just the perpetrator but also all of his or her family members and other close friends suffer serious consequences. An average of 15 people could be negatively impacted by one drug user either directly or indirectly. His habits could have a long-term impact on his family, especially on his kids. These days, a lot of women are drug addicts, according to news outlets and newspapers. It is a really dangerous and worrying situation. If a woman uses drugs, her unborn children, or even those who are already born, may suffer grave physical and mental health consequences that will last for the rest of their lives. A child born to a smoker may have cancer-prone illnesses or other ailments. It is imperative that we stop this drug misuse epidemic as soon as possible if we hope to rescue both the current and future generations.

### **Social Cut-off**

Because he is unable of performing any activity without the aid of drugs and alcohol, a drug addict keeps on thinking about himself. In addition, after consuming narcotics and other intoxicants, he enters a new mental state that causes him to withdraw from social interaction and lead a solitary life. He doesn't need a friend or company to chat with; instead, he becomes dependent on the medications because without them, his body won't let him work. In social situations, a person should be proactive enough to address both personal and interpersonal issues, yet addicts are incapable of making decisions and are ineffective at taking action. As a result, he starts to associate mainly with others who share his personality, which finally causes him to withdraw from society and become lost inside his own dome of darkness.

### **Making bad decisions and losing confidence**

Although it is not in the very early stages, a drug addict gradually distances himself from all of his obligations as he develops into an unable person. Without his addiction to narcotics and other sedatives, he is unable to think. His ability to think is constrained to simply what he needs. He makes bad decisions and has broken confidence. A person can develop confidence when they become experts in their particular profession, but an addict has no other interests outside doing drugs and being drunk. Furthermore, no one solicits his opinion or involves him in significant choices, and as a result, he eventually drifts away from this area of life. Because everyone is aware that

an addict is no longer in that frame of mind, neither he nor others want to solicit his viewpoint. So, ultimately, drug addiction causes him to make bad decisions and lose faith in himself.

### **Wasting Valuable Time**

The adage "a stitch in time saves nine" is true; those who are punctual and time-bound in their lives are free from the hustle and bustle of daily life. It is highly significant in our lifetime. If we waste time, time will also waste us. A task may prove to be pointless if we are unable to complete it at the designated time or within the allotted amount of time. We all have one life, and if it is wasted on drugs or other vices, there will be no second opportunity. Because of this, we should not squander our time on pointless or fruitless work. The key to wisdom is using daily activities for important and productive objectives. Our efforts should benefit us, our family, and society as a whole. Though time inevitably passes, memories endure. By efficiently using our time, we can enhance our lives rather than squandering them in one way or another. A drug addict's life is a complete waste of time. We must understand that by abusing these substances and other intoxicants, we are not only squandering our own limited time on earth, but also the limited time of everyone who is close to us. By doing this, we might even put a stop to the prosperity and happiness of our next generation. However, we shouldn't give up and simply believe that every new day is a chance God has given us to make amends and do brand-new profitable duties. Everyone should approach life with optimism. We shall all grow precisely in this way, as will our nation.

### **Substance Abuse in Daily Life**

It may provide pleasures and a more active mood in the beginning, but as addiction enters normal life, its negative effects start to manifest and ruin our lives. From the time he wakes up till he goes to sleep, his efficiency drops to approximately 40% of what it actually is. It's commonly believed that too much of anything is bad, including too much of a good thing. However, if a person has too many undesirable habits, one can better predict their future. Regular smoking harms your respiratory system, liver, and lungs. Immune system will deteriorate, increasing the likelihood of chronic diseases like cancer. In addition to our professional workload, we also need to make time for our parents, kids, and other family members in our daily lives. However, if we grow dependent on such intoxicants or other substances, we won't have quality time to share with others, and over time, our existence will essentially be worthless. Finally, I can assert that a typical drug addict is useless.

### **Invitation to a Wide Range of Death-Bringing Diseases**

Everyone must understand that using drugs and getting drunk is not simply a poor habit; it also invites a number of dreadful illnesses like cancer, heart disease, liver infections, renal damage, and many more that can become chronic and even fatal. The adage "prevention is always better than cure" is true. Therefore, rather than putting ourselves on the route to diseases by abusing intoxicants, we should steer clear of them altogether. Losing one's health equates to losing life's pleasures and happiness. If we want to understand the value of good health, we only need to visit a hospital and observe the patients who are suffering from cancer, heart disease, or other illnesses. We can then ask these patients about their experiences in life and what limitations they have on what they can eat, drink, and do in general. We will undoubtedly comprehend the value of good health. The proverb "Health is wealth" is both entirely accurate and useful. A healthy body contains a healthy brain. In order to live a healthy, happy, and cheerful life, avoid using drugs and other intoxicants, and encourage your loved ones to do the same. "Live and let live" is the final message.

### **Spiritual Decline**

Our religious texts warn us about the damaging effects of drugs and alcohol on our bodies and minds. These things distance us from our religion and from God. The truth is that when we become accustomed to substances like intoxicants, etc., our thinking is altered, which draws us toward materialistic and monetary objects and causes us to drift away from our religion and divine laws. We become irrational after intoxicants and stray from the true path we were meant to follow. For a religious person, their social, professional, and spiritual lives are all in harmony; however, drugs and intoxication skew these balances. In order to get devoted to God and lead a life of salvation, we should refrain from such life-destructive intoxications in accordance with the instructions in our scriptures. In a nutshell, I can say to stay away from narcotics and intoxicants because they are forbidden for us by divine decree, and it is our responsibility to follow them for a happy life. Otherwise, our spiritual selves will become divided.

### **A single-track lifestyle**

We all have various facets to our lives, various chores to complete, numerous issues to resolve, numerous occasions to celebrate, and numerous topics to share and debate. However, if a person is drug dependent, their entire goal is to obtain and consume drugs; nothing else. Our strategy narrows to a single direction; we only consider and pursue intoxications. Other aspects of life, such as our family, friends, chores around the house, obligations, and other spiritual and social duties, seem trivial to us. As a result, we live selfish, self-centered lives that are not beneficial to either ourselves or others.

### **Poor Social Group**

In the company of other drug addicts, drug users feel at ease. They only take one type of approach; instead of considering social and personal sides of life, they are completely immersed in intoxication. They are prone to various antisocial and unlawful behaviours in addition to drug use and intoxication, which makes them burdens on society in the long run. Man is judged by the people he associates with. A drug addict always hangs out with terrible people; in fact, he may be an active participant in that group and be accountable for ruining others as well. We typically claim that our child is good but that his bad friends pamper him, and we never consider the possibility that since he is a part of that group, he might be responsible for spoiling others. Therefore, it is wise to quit making ridiculous excuses and instead try to fix the real issue, which is the disease's underlying cause.

### **Female Drug Abuse and Its Extremely Negative Effects**

Today's society is informing us in various ways about how many women are involved in drug addiction and other forms of intoxication. The fact that there are more and more of these occurrences every day is a warning sign for our society. Women are the most important part of our society. Because these are the females who have the greatest impact on the children at home, who will care for our children and future generations if females give in to this addiction? In addition, as women have the divine ability to have children, a drug-addicted woman's offspring will be sick and more susceptible to diseases like miscarriage, preterm birth, birth defects like damaged or abnormal foetal development, SIDS (Sudden Infant Death Syndrome), etc. A mother who abuses drugs puts both her own life and the life of her unborn child at danger. For our family and society, female drug addiction is more destructive and hazardous. A drug addict who is a man can ruin himself, his family, and society, but a drug addict who is a woman can ruin future generations as well. Females initially experience pleasure and enjoyment from drinking, smoking flavoured hookah, and other intoxicating substances, but soon they grow addicted to them, making it difficult for them to quit. Due to their own deviation from their true and precise way of life, they are currently unable to instil moral ideals in their children. Some people just claim that using nicotine and alcohol as medicines is beneficial, but I would advise against doing so because there is no guarantee that these intoxicated alternatives won't be hazardous. Our life is really valuable; don't let it be wasted because we won't get another chance. Please avoid using any of these drugs or getting drunk for the sake of a better tomorrow.

## **III. INDIAN THREE- PRONGED STRATEGIES TO ADDRESS THE DRUG PROBLEM**

As enshrined in its constitution (Article 47) and being one of the signatories of the United Nation's International Conventions, India had the onus act to eliminate the use of illicit drugs, to develop measures to prevent drug use and to ensure availability of treatment for people with drug use disorders. India has adopted the three-pronged strategies - supply, demand and harm reduction.

Following the 1971's UN Convention on Psychotropic Substances, the Ministry of Health and Family Welfare, Government of India, established an Expert Committee to look into the issue of drug and alcohol use in India. The Committee's report was submitted in 1977, and after approval from the Planning Commission, Drug De-addiction Programme (DDAP) was rolled out in 1985-1986. The primary aim of the DDAP was drug demand reduction. During the same time, India had enacted the Narcotic Drugs and Psychotropic Substances (NDPS) Act in 1985, which was amended thrice, latest in 2014. The primary aim of the NDPS was 'to prevent and combat drug abuse and illicit trafficking', an apparent emphasis on the supply reduction. The consultative committee (an advisory committee formed by the NDPS Act), which was constituted in 1988, formulated a national-level policy to control drug abuse. The committee created a fund, National Fund for Control of Drug Abuse and involved a couple of other major stakeholders - the Ministry of Health (and Family Welfare) and the Ministry of Welfare (currently Social Justice and Empowerment). The Ministry of Health was entrusted with the job of prevention and treatment of drug dependence, whereas the Ministry of Welfare was assigned with the responsibility of the rehabilitation and social integration of people with drug dependence. The Ministry of Health established seven treatment centres during the first phase (in 1988). The aims of these centres were treatment, drafting of educational material and training of medical and paramedical staff to generate the future workforce to deal with the problem of drug abuse. In addition to these centres, under the DDAP, one-time grant was provided to 122 De-Addiction Centres (DACs) of various psychiatry departments of government medical colleges and district hospitals. The Ministry of Welfare funded several non-governmental organizations (NGOs) across the country to establish counselling and DACs with the objectives of awareness building and treatment rehabilitation at the community level and human resource development. The Ministry subsequently identified 10 Regional Resource and Training Centres (RRTCs) to mentor, train and provide technical inputs to various other NGOs. RRTCs work under direct supervision of the National Institute of Social Defence (NISD).

Over the last three decades, there has been a substantial expansion of services in all dimensions. The Ministry of Social Justice and Empowerment published the draft policy of the drug demand reduction, the National Drug Demand Reduction Draft Policy in 2013. To scale up the existing services, the Ministry has rolled out the 'Central Sector Scheme of Assistance for Prevention of Alcoholism and Substance Abuse and Social Defence Services'<sup>9</sup>.

The Ministry of Social Justice has also published its five-year plan, 'National Action Plan for Drug Demand Reduction' in 2018. Till date, there are more than four hundred NGOs, spread across the country and are functioning as the Integrated Rehabilitation Centre for Addicts. The DDAP has also extended its scope from the previous DACs to the newly formed Drug Treatment Centres (DTC). These are parts of general hospitals, where a dedicated service with dedicated staff delivers outpatient-based care for substance use disorders, and medications are dispensed free of cost.

The harm reduction dimension was added in 2005 by the provision of low threshold, community-based opioid substitution therapy (OST). It was initially funded by the Department for International Development till 2007 when the Ministry of Health and Family Welfare took over the responsibility. The National AIDS Control Organization (NACO) continued the OST and Needle Syringe Exchange Programmes (NSEPs) under the targeted interventions. Adult HIV incidence has been brought down from 0.41 per cent in 2001 to 0.35 per cent in 2006 to 0.27 per cent in 2011. However, the pace of decline of the new HIV infection was said to have levelled off, and the infection among the people with injection drug use (IDU) was implicated for the same. Under the National AIDS Control Programme-IV, special emphasis was placed on increasing the availability and accessibility of treatment of the people with IDU. The data published in 2012 suggested that there were 150 OST centres and >15,000 people with IDU, registered in those centres. The National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences (AIIMS), New Delhi, has built-up a new model of OST service delivery - the GO-NGO model, to scale up the services. Under this model, the psychiatry departments of the government hospitals functioned as OST centres and worked in close collaboration with the NGOs. The NGOs acted as the bridge between the patients with IDU and the OST centre. The latest amendment of the NDPS Act (in 2014) has included methadone as an essential narcotic drug and permitted use of methadone for OST, by licensed users. This amendment has expanded the scope of OST in India.

The Mental Health Care Act (2017) has included alcohol and drug use disorders under its ambit. This measure is likely to increase the adherence to the human rights, to ensure non-discrimination, the respect to the right to autonomy and confidentiality, to increase the availability and access to the minimum standard of care and rehabilitation for people with substance use disorders. The NISD and the RRTCs have formulated a minimum standard of care to be followed by the NGOs, whereas the NDDTC, AIIMS drafted the same for the government DACs.

#### **IV. SOLUTIONS, PRECAUTIONS, AND PREVENTIONS**

##### **An interest in extracurricular activities such as sports, arts, and culture**

Instead of sitting around aimlessly and indulging in drugs and intoxicants, young people should acquire an interest in sports, culture, and extracurricular activities to keep themselves occupied in such healthy pursuits. We should keep our minds active by engaging in sports and other productive pursuits because it is believed that an idle mind is the devil's workshop. Rather than just passing the time, watching sports allows you to use it for your happiness and improvement. Sports inspire us to lead active, enthusiastic lives. Young people who participate in sports develop a competitive spirit as well as the desire to look good and feel good. Being active keeps us healthy and keeps us away from numerous diseases. Youngsters who are interested in sports from an early age will develop and be in much better health than kids who are not. Even if we are just watching sports and enjoying them, it is still a positive habit because at least we are not sitting around doing things that are bad for our health or participating in sports, which is far preferable.

##### **Practices of yoga, exercise, and gym**

An excellent habit is to rise early in the morning before the sun rises. Additionally, it's great if we wake up early in the morning and go for a stroll while breathing in fresh air in a cool setting, but if not, we can still do the same thing in the evening. We should set out time for our physical upkeep at least once a day. Exercise at the gym is beneficial for your health, whether you go in the morning or the evening. When it's not possible to go to the gym or take a morning or evening walk, we can practise yoga instead. Yoga and exercise are both beneficial for maintaining healthy physical and mental health. Otherwise, when we become unwell, we become aware of the situation; however, it is preferable to approach the situation with priority.

We won't be using drugs or getting drunk at all if we are practising such productive practises. Good mental health is maintained by good physical health, so we will think positively and approach life positively. For a healthy life and healthy approach, we must set aside our regular time for yoga, exercise, walks, or the gym. Once we establish such routines, we won't be drawn to drug use or other vices. However, many young people use steroids and other substances while working out, which is obviously a dangerous habit that needs to be stopped. Avoid using drugs and alcohol, and maintain a healthy physical and mental state through yoga, exercise, and a balanced diet.



### **Knowledge of Drug Abuse**

Although most of us are aware of the dangers of drug misuse and its effects, there still needs to be an awareness campaign about this problem so that everyone is aware of it, its negative effects, and its lethal nature. Awareness campaigns can be helpful when we don't consider the effects and engage in drugs and other intoxicants. It is our responsibility to teach the next generation not to use drugs, etc. Many well-educated and well-off youngsters are involved in this threat; the cause may be their parents' freedom or their own ignorance or lack of understanding. Many young people are unaware of the negative impact that drugs can have on their physical and mental health; they are also unaware that they might cause the onset of chronic diseases or even death. Being aware of the problem can assist control it, so regular and appropriate awareness raising efforts should be made, whether through camps, social media, education at the high school, college, and university levels, etc.

### **Awakening Spiritually**

We are all in some way related to spirituality since we all have spirits inside of us. Our scriptures are our literature; if we read them, we will learn that they contain commandments telling us to abstain from using alcohol, drugs, and other intoxicants. Therefore, if we have a strong connection to our religion or spirituality, we will be able to break all of these undesirable habits. Our spirituality helps us to be at peace, happy, and fulfilled in life. We ought to set aside time for the texts and spiritual awakenings that have been provided for us. We must also watch the wealth of spiritual material that is available to us in books and digital form if we want to understand how to live a prosperous and tranquil life. Many dos and don'ts are provided for us in our texts. So, if we have a spiritual connection, we will steer clear of all vices, including drug usage.

### **Participation in youth clubs**

For the betterment of the youth, youth clubs should be established where they can meet for sports, cultural activities, co-curricular activities, social issues, singing and dancing, painting, swimming, playing & watching games, etc.; this will prevent them from having time for bad thoughts, drugs, and other things. Children should have a competitive attitude for sports, academic achievement, physical fitness, and higher education, among other things. Being a part of these clubs of good people causes us to develop good habits and purge ourselves of all wrongdoing. For improved thinking and, ultimately, a better tomorrow, let's establish and join such groups and clubs. After all, what we believe today will determine our tomorrow.

### **Spending quality time with family is a habit**

We all know that children are protected by their parents and extended family until they are 10 or 12 years old, during which time they are free from negative habits like alcohol and intoxication, etc. They develop negative habits after they move in with friends and live independently. Parents and other family members have a responsibility to watch over their children and their friends as well. Our children are our future, thus we should properly care for them. We need to be aware of what their needs, preferences, and priorities are. With them, we should create an environment where they feel at ease around families. Once they make spending time with family a habit, they won't stray from it. On the family level, love always wins. There is genuine love between everyone. Therefore, spending time with family will effectively and accurately resolve all of your problems. Governments must exercise strict discipline.

While every one of us has obligations and rights, usually speaking, we consider our rights to be the greatest and our duties to be the least. When we fail to fulfil our obligations, it is the government's duty to take appropriate action to ensure that all residents fulfil their obligations. When societal constraints, awareness campaigns, and routine demands are unable to stop the problem, then the government must also take severe measures. Strict measures should be taken against drug users, as well as against anyone operating a drug ring or dealing drugs, for example. The elimination of drug cartels is crucial since they are not only engaged in the sale of drugs but also in other immoral activities including kidnapping, murder, and human trafficking. Once children become involved in such rackets, they are compelled to engage in all of these activities as well. Therefore, the government must move quickly to stop this threat, either by enforcing stringent laws against drug rings and dealers or by ensuring that rehabilitation facilities are running effectively so that drug addicts can recover.

### **Appropriate Direction and Check in Schools, Colleges, and Universities**

Our universities, colleges, and schools serve as the temple of learning. It is our responsibility to impart to the pupils the knowledge of the dos and don'ts in life that we have learned from these institutions. What to be our obligations and what ought to be avoided in life. Over 10% of class 8–10 pupils in Delhi, who attended 6000 schools, were discovered to be abusing drugs, which is alarming. Fortunately or unfortunately, technology has improved to the point where we are currently trying to walk on the moon yet are unable to do so successfully on Earth. Similar to this, we learn about technologies, computers, Mars, global warming, the ozone layer, etc. in our schools, colleges, and institutions, yet we are oblivious of what our children are doing or where they are headed. Instead of educating them, we are awarding them degrees. Let's teach our pupils the value of humanity and help them become better human beings overall. Periodic lectures on moral principles, humanity, and dos and don'ts should also be offered.

Additionally, there should be a proper check on students' behaviour on campus and in the dorm, and appropriate measures should be implemented in response; a good disciplined environment should be established. To stop the threat, it is also urgent.

### CONCLUSION

In this materialistic world, there are three different sorts of happiness: wealth-related, body-related, and mind-related. When we become dependent on drugs and other intoxicants, all of this bliss disappears. All disappear, whether it is in social, spiritual, or personal spheres. Not just the doer but also his or her family, the people around them, and finally the entire society suffer. There is just one life each of us has, and if that precious opportunity is lost, there will be no second chance. A person in his life has the opportunity to improve not only his own life but also the lives of his family and other close friends. If that time is lost on drugs or other vices, however, it will be a complete loss that will never be made up. One may first take pleasure or relish doing so, but ultimately, he or she must repent for it. It's a really significant problem that has now spread to the neck. We need to think about how to fully eradicate it from our culture before it's too late. Let's engage our young in extracurricular sports, cultural events, and other activities so they won't ever consider using drugs. Young people should have a healthy sense of competition so they can compete even with themselves and advance in sophistication with each step. Such topics ought to be brought up in our songs, albums, films, and other forms of popular culture so that every young person is aware of the dangers. As a preventive strategy, spiritual awareness is also required because our scriptures contain commands to avoid using drugs, becoming drunk, and using other intoxicants. There must be on-going awareness programmes from elementary schools through colleges and ultimately universities in order to brainwash all of the children. We adopt preventive steps with such honesty and sincerity that we won't ever need rehabilitation facilities again.

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