REPORT
of workshop on
“Awareness and Prevention of Drug Addiction”

On Thursday, 4 January 2018 at Mata Sundri College for Women,
University Of Delhi
Mata Sundari Lane, New Delhi, Delhi 110002

Organised By

All India Women’s Education Fund Association
(AIWEFA)

Workshop supported By

National Institute of Social Defence (NISD)
(Ministry of Social Justice & Empowerment)
Workshop on “Awareness and Prevention of Drug Addiction”

at Mata Sundri College for women’s, University Of Delhi
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A REPORT

“Awareness and Prevention of Drug Addiction”

Workshop Supported By
National Institute of Social Defence (NISD)
(Ministry of Social Justice & Empowerment)

At : Mata Sundri College for Women
(University of Delhi) 4 January 2018
(12:30 p.m to 3:30 p.m)

Organised By
All India Women’s Education Fund Association (AIWEFA)

AIWEFA seeks partnerships for programmes on society welfare
BACKGROUND NOTE

Substance abuse is the harmful pattern of using substances—such as tobacco, alcohol, illicit drugs, and prescription drugs—leading to impairment or distress. This problematic pattern of substance use among youth can lead to problems at college, cause or aggravate physical and mental health-related issues, promote poor peer relationships, cause vehicle accidents, and place stress on the family. They can also develop into lifelong issues such as substance dependence, chronic health problems with social and financial consequences.

A UN report titled 'The power of 1.8 billion', mentions that 28 per cent of India's population is 10 to 24 year-olds. In order to maximise this dividend, we must ensure this young working-age population is equipped to seize opportunities for jobs and other income-earning possibilities and move away from the menace of drugs.

However, recent Indian media headlines report that youth today ditch smoking for drinks and drugs, and doctors say that in under a decade there has been a five-fold increase in adolescents seeking help for problems related to substance abuse (September 6, 2017 Hindustan Times). Delhi Police also report increasing hauls of narcotic substances, making it imperative to not only lead college drug addicts to drug addiction centers, but to create awareness among the larger student community to prevent them from falling into the clutches of the drug menace.

Towards creating awareness on the prevention of drug abuse, the All India Women's Education Fund Association (AIWEFA) with support from the National Institute of Social Defence, Ministry of Social Justice, is organising college workshops that focus on youth towards the promotion of their health and tools to choose the right path; to encourage platforms for social interaction among young and old; and provide long-term perspectives towards preventing drug abuse under the ambit of the Indian legal system. Particular attention will be given to include students from National Service Scheme (NSS) and National Cadet Corps (NCC)

On your well being rests the security of our nation; your present shapes India's future; so be safe, keep out of harm's way and make others secure from the danger of drugs.
ABOUT AIWEFA

All India Women’s Education Fund Association ie AIWEFA was founded in 1929 under the leadership of Mahatma Gandhi and vibrant women stalwarts of the freedom movement like Sarojini Naidu, Rajkumari Amrit Kaur, Aruna Asaf Ali, Kamaladevi Chattopadhyay, Annie Besant among others for empowering women.

Education was recognised as the catalytic agent for social change, and in 1932, AIWEFA founded the Home Science College, Lady Irwin College, New Delhi to bring a scientific temper in women’s education. For the last eight and a half decades, AIWEFA's programmes in rural and urban areas have been implemented to promote holistic and sustainable development for welfare of communities.

Activities promote education and training of women for family and child care, environmental sustainability, health and nutrition, development of rural families through introduction of drudgery reducing equipments for agricultural management, women's skill development, women's political representation, and programmes to fight violence against women.

Combining academic strength with sound implementation and training strategies, AIWEFA Campaigns and mobilises through its field projects, seminars, workshops, publications and networking, to bring about a sustainable approach to human development and advancement of the weaker sections. Partners include NGOs (India Alliance for Child Rights, Sulabh International), government (Department of Science & Technology, MNRE, Delhi State, NISD) public sector (GAIL), corporate (NIIT), and bilateral agencies (UNESCO, FAO, Ford Foundation, UN Women, UNICEF, UNIFEM etc.). In 1999, AIWEFA was granted the “NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC)”. In 2003, AIWEFA accepted the role of Regional Coordinator of the UN’s Informal Regional Network of NGOs (NGO IRENE).

AIWEFA in association with Maruti Suzuki India Ltd. (MSIL) has skilled 400 underprivileged women from Delhi/NCR in safe car driving. In association with UNESCO organised a conference on the “Transition of Women from Education to full Employment.” With Delhi Police, AIWEFA trained 150 women in self defence techniques. On the call of Hon’ble Prime Minister, AIWEFA has initiated the Swachh Campaign. For the last 15 years AIWEFA presents the “AIWEFA-Nina Sibal Memorial Award”, annually to an organisation working in the area of disabilities. AIWEFA also launched the programme for conducting 100 Cyber Security Workshops” in Delhi/NCR colleges. So far AIWEFA has organised 27 Cyber Security workshops in Delhi / NCR.

“A World We Women Want (AW4)” programme and the Global South website “A World We Women Want #AW4: Economic Empowerment” were launched in 2016 & 2017 to capture sound SDG implementation practices and
strategies from Africa, Asia, and Asia Pacific and SAARC countries to achieve the UN's Sustainable Development Goals (SDGs) at national stakeholders consultations, as well as internationally at the “60th & 61st Sessions of the Commission on Status of Women” (CSW60 & CSW61) at UN headquarters, New York. Compendiums were also released at both the events.

Currently AIWEFA is involved in completing a project of Andaman & Nicobar Island’s Government- “Promotion & Development of Handicrafts from locally available resources”

Currently AIWEFA is involved in organizing 5 workshops on “Awareness & Prevention of Drug Abuse” in the University of Delhi colleges, and this workshop is one of them. Earlier in 2017 AIWEFA organized 2 workshops on “Promoting Intergenerational Bonding”. Now again we will be conducting 10 more workshops in Delhi schools/colleges on the same topic. All these workshops are supported by National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment.
**Programme Schedule**
**Mata Sundri College for women, University of Delhi,**
**Thursday 4 January 2017**
**Time: 12:00 p.m. to 02:55 p.m.**

Workshop on **“Awareness and Prevention of Drug Addiction”**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity &amp; Details</th>
<th>Resource Person</th>
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<tbody>
<tr>
<td>12:00 p.m. to 12:05 p.m.</td>
<td>Lamp Lighting</td>
<td></td>
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<tr>
<td>12:05 p.m.to 12:10 p.m.</td>
<td>Welcome address:</td>
<td>Mata Sundri College</td>
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</tbody>
</table>
| 12:10 p.m.to 12:15 p.m. | AIWEFA Introduction:                                  | Dr. Renu Malaviya  
Jt. Secretary AIWEFA  
(Workshop Inchrge)                                                             |
| 12:15 p.m. to 12:20 p.m. | Welcome Chief Guest  
Programme Introduction                                      | National Institute of Social Defence (NISD)/ Dr. Renu Malaviya(AIWEFA)       |
| 12: 20 p.m. to 01:10 p.m. | Session I : Technical Session : Substance abuse:  
a. its signs, symptoms and misconceptions  
b. causes and consequences                        | Dr. Deepak Yadav  
(Medical Expert: Substance abuse prevention.)                                             |
| 01:10 a.m. to 2:00 p.m. | Session II : Substance abuse and laws:  
a. related laws  
b. myths and misconceptions                               | Adv.Ms. Shveta Gupta  
(Lawyer registered with Delhi Bar Association and Delhi Legal services)                                  |
| 02:00 p.m. to 02:50 p.m. | Session III : Evolving strategies  
a. reflection and brainstorming session using film screening  
b. strategies for drug abuse prevention: multidisciplinary approach  
c. question box : question answer session  
d. administration of feedback forms and follow up  
e. pledge - taking                            | Dr. Renu Malaviya:  
(Associate Professor of Education, Pedagogue & Mental health professional.) |
| 02:50 p.m. to 02:55 | Vote of thanks                                         | Mata Sundri College                                                              |
| 02:55 p.m. | Refreshments                                           |                                                                                  |

AIWEFA seeks partnerships for programmes on society welfare
A one day workshop was organised by All India Women’s Education Fund Association (AIWEFA) on “Awareness & Prevention of Drug Addiction” supported by National Institute of Social Defence (NISD) Ministry of Social Justice, at Mata Sundri college for women’s, University of Delhi, from 10:00 a.m. to 01:00 p.m. on 4 January 2018.

The workshop was very successful and well received. It was well attended by 120 students of the college and about 11 college faculty and AIWEFA executives.

The event was well advertised through posters, facebook, whatsapp, e-mails and word of mouth at the college. The NSS team, along with NCC of the college were of great help. Dr. Kawar Jit Kaur Offg. Principal, and Dr Sarabjit Kaur, Asst. Prof. of Psychology and NSS incharge of Mata Sundri College & convener for the above workshop extended whole hearted support in organizing the workshop very meticulously and smoothly.

The workshop started with lamp lighting ceremony and welcoming the Chief Guest Mr. Anand Katoch, Director NISD & Dr. Preeti Soni, Consultant (NC DAP),NISD by Mata Sundri College.

Mr Katoch, Director, NISD, highlighted on how drug/ substance abuse is causing g people to get addicted and he highlighted the various material being used by people to get addicted without realising that they are getting addicted. He highlighted how drug traffic is a very lucrative money making process and a vicious cycle which is difficult to break ones started.

Ministry is very concerned and hence has sanctions workshops for awareness creations in schools and colleges.

He highlighted as to how students can keep aware from substance abuse. He also espressed that competitions were another way in which they were trying to engage the students and create awareness.

Dr. Renu Malaviya, Joint Secretary, AIWEFA introduced her 88 year old NGO, established under the leadership of Mahatma Gandhi and founder of Lady Irwin College, New Delhi. She explained about its various services rendered to promote holistic and sustainable development for welfare of communities. She talked about it’s current involvements in National and International activities.

SESSION I (Technical Session): Substance Abuse: its signs, symptoms and misconceptions, causes and consequences was conducted by Mr. Deepak Yadav; He is a qualified social worker and lawyer( M.S.W. & L.L.B.). He works as a Medical Social Work Supervising officer at the Drug Dependence Treatment Centre of
AIIMS. Has been involved in various programmes of NISD on Drug Abuse Prevention.

He explained to the students the different categories of drugs, signs, symptoms and misconceptions of abusing drugs and talked about the causes and consequences in a very friendly and humorous manner, which was very much liked by the audience. His talk was supported by his presentation (given below)

**Drug / Psychoactive Substance**

- Any substance that when taken by a person modifies perception, mood, cognition, behaviour or motor functions.
- This definition includes legal and illegal substances, that can lead to **dependence**

**Alcoholic beverages**

**Alcohol: Psychological effects:**

- Alcohol is a brain depressant.
  - In small amounts it relieves anxiety.
  - It may also give a sense of strength and result in boisterous behaviour
  - It heightens the mood prior to intake, be it sadness or happiness.
  - Impairs judgement and performance
**Alcohol Content**

- **Beer** .................. 3-8%
- **Wine** ................... 5-18%
- **Whisky, Rum etc** ...... 38-43%
- **Desi** ................... 15-33%

**Standard Drink**

- **Beer** ...................... 1/2 bottle
- **Wine** ..................... 1 glass
- **Whisky etc** ............. 30 ml

**Effect Size**

- <80  Happy, Decreased tension, Increased self-confidence
- 80-100 Noisy, Loss of control
- 100-200 Slurring of speech, staggering gait, blurring of vision
- 200-300 Forgetfulness
- >300 Unconscious, coma

**Classification**

- Alcohol
- Opioids

**Heroin (Smack)**

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Opioids: Acute effects

- Less active when taken by mouth
- Heroin is converted into morphine by metabolism
- Physical effects
  - Digestive system: Nausea and vomiting, anorexia and constipation
  - Heart and breathing: Respiratory depression and suppression of cough reflex.
  - Skin may be warm and flushed
  - A delay in ejaculation

Opioids: Psychological effects

- The effects differ widely between new and dependent users

New users

- Who is not in pain → an unpleasant reaction.
- Who has pain or anxiety → some relief

Dependent users

- Short lived in-tense experience – “rush”.
- A state of profound euphoria.
- A dreamlike state lasting longer

Opioids: Acute effects

- Diagnosing opioid intoxication
  - Classically characterized by the triad of
    - pinpoint pupils,
    - depressed respiration
    - Coma / deep sleep
  - Slurred speech, impairment in attention / memory

Cannabis products
- **Bhang (leaves)**
- **Ganja (dried flowering stem of the plant)**
- **Charas / Hashish (extracted from the resin covering the plant)**
- **Hashish Oil (extracting THC using chemical methods)**

**Cannabis: Psychological effects**

- A dreamy state with an increased tendency to fantasize
  - State of euphoria, well being and enjoyment.
  - Generally followed by a period of drowsiness.
- Perceptual and sensory distortions.
  - Can prolong reaction time and impair coordination
  - Sounds and colours may become more intense
- Restlessness, fear and even panic may spoil the experience ("bad trip").
- There may be driven activity (subject knows that one’s activities are meaningless, yet is unable to control them).

**Valium, Avil, Cough Syrups**
Sedative – hypnotics & other pharmaceuticals

Medications for:

- Sleep (Diazepam)
- Allergy (Promethazine, pheniramine)
- Pain (Pentazocine, Propoxyphene)
- Cough (Codiene)
- Diarrhea (Diphenoxalate)
- Anesthesia (Ketamine)

Classification

- Alcohol
- Opioids
- Cannabis
- Sedative – hypnotics
- Cocaine and other stimulants
- Hallucinogens
- Tobacco

Volatile solvents (Inhalants)

Classification

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Depressants
• Alcohol
• Opioids
• Sedative – hypnotics
• Volatile solvents
• Cannabis

Stimulants
• Cocaine
• Amphetamine Type
• Tobacco
• Cannabis

Hallucinogens
• LSD
• Cannabis

Why Do People Take Drugs?
**SESSION II: Substance Abuse & Laws: related laws myths and misconceptions**
was conducted by Advocate Shveta Gupta, a lawyer registered with Delhi Bar Association and Delhi Legal services. She is an advocate at Tees Hazari Court, Delhi. She is a member of Society working for legal awareness among school and college students at national level and has conducted many workshops for them.

After understanding the signs, symptoms, myths and misconceptions of Substance abuse and its different strategies for preventing such abuse, it was now turn for the students to understand the various laws of the Country dealing with prevention of Substance abuse. Ms. Shveta Gupta, conducted this Session.

The session began with an energizer activity of ‘virtual rain’, in which students actively participated and showed their keen interest of knowing different laws. Ms. Gupta started her session by asking students if they know any such laws relating to legal and illegal drugs upon which responses like ‘prohibition of smoking in college and metro’, ‘selling of cigarette nearby colleges’ and ‘age limit of consuming alcohol’ were received.

The resource delivered a **Power Point Presentation**, on laws and discussed laws relating:

- Prohibition of smoking in public places: Understanding the meaning of public places
- Prohibition of advertisements
- Prohibition of sale of cigarettes related products within 100 meters of Institutional Area
- Prohibition of selling and serving alcohol within 500 m from national and State Highway
- Prohibition and Restrictions on cultivation, production, trade, purchase, use, consumption, import and export except for scientific and medical purposes
- Consumption of Drugs on road: ‘Drink and Drive’ and ‘Car-o-Bar’
- List of various acts which deal with above provisions.

Apart from understanding the various laws, Ms. Gupta also discussed various punishments defined under various laws for infringement of laws. A small question answer round on participant’s understanding and interpretation of law on substance abuse was also conducted in which different scenario like, “Are you liable for infringement of laws when you are caught carrying drugs for yourself and your friends for party?”, “who is liable if your friends are using drugs in your birthday party at your home?” etc. were shown, where participants were asked to respond as per their understanding and interpretation of laws.
The session concluded with a legal principle "Ignorantia juris non excusat", which means that a person who is unaware of a law may not escape liability for violating that law.

**SESSION III: Evolving Strategies for drug abuse prevention: Psycho-social Multi-approach**: It was conducted by Dr. Renu Malaviya, a Pedagogue & Mental health professional. Dr. Malaviya has authored and edited many books and developed many modules for teachers as well as for students. Has conducted many workshops on capacity building, special needs and inclusive education of adolescents and youth.

It was an interactive session, interposed with ppt and videos. Dr. Malaviya began with eliciting responses and reactions from the audience on why do they think that people turn to substance abuse and what are the possible risk they think it leads to. The information elicited from the audience was consolidated with more information and presented through a power point presentation. With the support of brainstorming and reflection the speaker got the audience to realise that we always think that substance abuse is something we think will happen to someone else and not to us. Then the discussion moved on to why it is important to develop a series of circles around you of people who you and can communicate and share and seek advice about your mundane to serious concerns and issues and aims and aspirations of life and how important it is to have aspirations but realistic aspirations. Emphasis was paid on why it is important to have communication relationships with parents and extended family, teachers and old friends so that new friends enter your life through a subconscious filtration system. An activity of SWOT analysis was conducted with the students and some of the student volunteers stated their strengths and limitations and this was followed with others brainstorming how they could work towards their aspirations with their strengths and limitations.

After moving the audience towards developing interpersonal relationships to act as a safety net against substance abuse and also to developing attitudes, knowledge, life skills and professional skills, the session ended with a short film on what substance abuse do to the self and the family.

This was followed by a question -answer session and a feedback form was given to be filled. Finally pledge – taking against substance abuse was taken by the audience.
The whole workshop was a great success. The student volunteers Ms. Vaishali & Ms Sandeep Kaur were of great help. A vote of thanks was proposed by Mata Sundri College.

Information about the workshop-background-note, About AIWEFA, Programme-Schedule and material received from NISD were distributed to all the participants before the start of the workshop. The information about the workshop (copies of the banner) and posters on Drug abuse received from NISD were displayed all over the college.

Refreshments were served to all the participants. The e-certificates of participation & appreciation were also issued later on

Expenditure statement is given separately.

**REPORT compiled & edited by :**

Ms. Asha Chandra, President AIWEFA, Ms Sarla Manchanda, Vice President AIWEFA, Dr. Renu Malaviya, Jt. Secretary AIWEFA & Mr Mithun Singh, Office Sec. AIWEFA,
ANNEXURES:

I. Questionnaire form.

II. C.V. of Resource persons.

III. Attendance sheet of AIWEFA team & MSC faculty

IV. Attendance sheet of student-participants

V. Posters from NISD

VI. Resource Material from NISD.

VII. Statement of Expenditure.

VIII. Photographs
ANNEXURE I.

(Questionnaire form)

Workshop on “Awareness and Prevention of Drug Addiction”

Q.1 What do you understand by substance abuse?

___________________________________________________________________________

Q.2 a. Have you heard about anyone who takes drugs? Yes / No
b. How do you know that they take drugs?

___________________________________________________________________________

Q.3 Why do you think they have started taking drugs?

___________________________________________________________________________

Q.4 What do you think are the reasons why young youth start taking drugs?

___________________________________________________________________________

Q.5 What do you think are the results of taking drugs (substance abuse) ?

___________________________________________________________________________

Q.6 What are the myths and misconceptions related to drug abuse (substance abuse) ?

___________________________________________________________________________

Q.7 What did you learn from this workshop about drug abuse (substance abuse) ?

___________________________________________________________________________

Q.8 What are the other topic on which you may be interested in having workshops ?

___________________________________________________________________________
ANNEXURE II.

C.V. of Resource Persons for the workshop on “Awareness & Prevention of Drug Abuse” at Mata Sundri College, on 4 January 2018

Session I : Technical Session :Mr. Deepak Yadav

Academic Qualifications:

- M.A Social Work from Jamia Millia Islamia, Delhi.
- LL.B from University of Delhi.

Work Experience:

- Worked as research investigator in Indian Council of Medical Research sponsored study entitled “Monitoring of drug abuse”.
- Worked as Medical Social Worker and Medical Social Service Officer in drug dependence treatment center, All India Institute of Medical Sciences.

Professional achievements:

- Temp Advisor to W.H.O in Alcohol ,Smoking and Substance Involvement Screening Test and Brief intervention.
- Consultant DFID (TAST) : Punjab Oral Substitution Program, being implemented by NACO, PSACS, DFID (TAST) and NDDTC, AIIMS.
- Published number of papers on his research work on substance abuse and prevention.
- Has been involved in teaching & training of counselors for substace abuse prevention and treatment.
- Has been involved in various programmes of of NISD on Drug Abuse Prevention.

Session II: Substance Abuse & Laws: Adv. Shveta Gupta

Academic Qualifications: B.A., L.L.B. & M.S.W.

Experience:

- Senior Advocate in Tis Hazari Court, Delhi
- Extensive Legal research for various civil/criminal matters,
- Drafting of Petitions for district court, Delhi High court and Supreme Court,
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- Associated with UN Volunteering programme (Adolescent Education Program)
- Conducted many workshops on Legal Awareness in schools and colleges.

Session III: Evolving Strategies: Dr. Renu Malaviya


Experience:
- Pedagogue and Mental Health professional.
- Currently Associate Professor at the Deptt. Of Education at Lady Irwin College, University of Delhi.
- Authored and edited 25 books and modules for teachers and other professionals as well as for children and parents.
- Published research and thematic articles in National and International journals.
- Conducted over 250 workshops on capacity building of women manager in higher education, life skill stress management, classroom management, special needs and inclusive education, parenting and psycho-social aspects development of children and adolescence, mental health and Intergenerational Bonding etc.
- She is the Joint Secretary of AIWEFA.
ANNEXURE III.

(Attendance sheet of AIWEFA team & BNC faculty)
Enclosed with the hard copy

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ANNEXURE IV.

(Attendance sheet of student-participants)
Enclosed with the hard copy
ANNEXURE V

There are many other ways to enjoy life...

Say No to Drugs

National Toll Free Helpline for Prevention of Alcoholism and Drug Abuse: 1800-11-0031

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ANNEXURE VI

Before you take Drug......

THINK

T = Is it TRUTHFUL?
H = Is it HELPFUL?
I = Is it ILLICIT?
N = Is it NECESSARY?
K = Is it KILLABLE?

"Say No to Drugs"

National Toll Free Helpline for Prevention of Alcoholism & Drug Abuse
1800-11-0031

NATIONAL INSTITUTE OF SOCIAL DEFENCE
Ministry of Social Justice & Empowerment, Government of India
West Block 1, Wing 7, Ground Floor, R.K. Puram, New Delhi-110066
Phone: 011-26106325 Fax: 26100056
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NATIONAL INSTITUTE OF SOCIAL DEFENCE
(Ministry of Social Justice & Empowerment)
Government of India
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<table>
<thead>
<tr>
<th>MYTHS</th>
<th>FACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>There is no harm in trying a drug just once, because one can stop</td>
<td>Almost all drug addicts start by trying just once. Once the drug is taken, the desire for further intake increases with time which becomes a part of his/her habit.</td>
</tr>
<tr>
<td>after that.</td>
<td></td>
</tr>
<tr>
<td>Drugs increase creativity and make the user more imaginative.</td>
<td>Drug addict loses clarity and may become incoherent over a period of time.</td>
</tr>
<tr>
<td>Drugs sharpen thinking and lead to greater concentration.</td>
<td>Drugs induce dullness and adversely affect normal functioning of body and mind.</td>
</tr>
<tr>
<td>Will power alone can help a drug addict stop taking drugs.</td>
<td>Besides strong will power, love and support of family and friends, medical and psychiatric treatment may be needed to come out of drug addiction.</td>
</tr>
<tr>
<td>You can get addicted to drugs only if you use it for a long time.</td>
<td>Drugs effects the brain directly. This can make a person stop breathing, have a heart attack or go into a coma. It can happen even when the drug is used for the first time.</td>
</tr>
<tr>
<td>Inhalants are harmless and the safest drug to use.</td>
<td>Using inhalants such as thinners, glue, cleaning fluids etc. can cause permanent damage to vital organs like the liver, brain and nerves.</td>
</tr>
<tr>
<td>Teenagers are too young to get addicted.</td>
<td>Addiction can happen at any age. Even unborn child can get addicted because of drug use by his/her mother.</td>
</tr>
<tr>
<td>Most of the addicts get their first drug from a peddler or a pusher.</td>
<td>Most of the addicts get their first drug from a friend or an event at home.</td>
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