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## Palliative Touch, a Care and Cure Model towards Drug Addicts: A Sociological Exploration

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### Abstract

Addiction to drugs is a disastrous idiosyncrasy which is not only destroying our younger generation but also destroys the whole nation, because youths are the backbone of any country. Once get involve into it, no one can left this notorious practice easily. Sometimes they are taking drugs for curiosity, fun, relaxation and to get relief from pressure. India is one of the most promising country in which there is rising trends of having drugs. Knowing the fact that taking drug is a criminal offence, people are getting involved with anti-social activities and they need to be punished legally. Students of schools, colleges and universities belong to the age group of 14-25 years, are getting addicted to drugs. Most useable drugs in India are- alcohol, ganja, bhang, and charas, heroin, brown sugar etc. Objective of this study is to provide an effective model which can help to eradicate the problem of drug addiction and can make this society drug free. This paper tries to find out how these youths are gradually getting involved with drugs? And what kind of actual initiative needs to control over this addiction? Because, all stakeholders like-family, civil society, government, NGOs, and neighbour etc. should have to play a pioneer role to eradicate this social problem. To understand the impact of drug addiction, a sociological explorative method has been used to get illicit information regarding this bad habit. For this purpose everyone should have to extend his palliative touch to make whole society drug free. A comprehensive policy with emphasize on the better caring approach is needed to follow-up method of this group.

**Key words:** Youths, Drugs addiction, Anti-social, Stakeholders, Eradicate, Palliative touch etc.

**Introduction:**

India is a country which is suffering from this devastating social problem of drug addiction. Drug abuse is a strong desire for drugs which the addict cannot resist. It is initially taken by the teenagers mistakenly and adults for excitement or pleasure. Later on they desire for more pleasure and induce the person to consume more till the victim become addicted to drugs, such as heroin, opium, charas, smack, cocaine, brown sugar etc. Sometimes, it has taken due to the sorrows and depression from which they try to escape. Article 47 of the Indian constitution deals with Directive Principles of State Policy which direct the state to undertake some measures to prohibit and control over the consumption and addiction of drugs. Narcotics Control Bureau (NCB) of India is now functioning actively in a close cooperation with police, customs and many other law enforcing agencies of both central and the state governments in different zones of the whole country. Different zones and sub-zones of the NCB located at Kolkata, Guwahati, Mumbai, Bangaluru, Chennai, Delhi, Chandigarh, Lucknow, Hyderabad, Amritsar, Bhubaneswar, Goa and Ranchi etc. In 26<sup>th</sup> June, 2016, the United Nations Office on Drug and Crime (UNODC) is also took measures namely 'Listen first' which is a support based programme can do well-being of younger generation, their families and of society. Gradually, millions of students from school, college and university are becoming drug addicted. Methods of taking drugs are different, such as-smoking, chewing, through injection etc. Use of drug is a criminal offence and has provision to sentence to jail. Someone is rightly argued that 'drug is the knife which can cut the bond of love between husband and wife.' It may leads to physical, social and psychological harm. The drug abuse will set fire to those indications of aggression, lack of impulse, antisocial behavior, loss of control which can inspires the victim to do antisocial activities, like- murder, rape etc. The existence of both abuse of banned substances and anti-social activities requires treatment. A collective and comprehensive model of palliative touch of several actors, like- family, civil society, neighbour, educated youths, mass media, medical personalities, national and international agencies etc. is crucial to protect our future generation.

**Review of literature:**

There are lots of works done by so many scholars, academicians and authors on several grounds of drug addiction. Some of them have been reviewed here. R. Ray and U. Sharma in their anthology 'Health and Social Consequences' explores so many aspects of drug abuses and its consequences not only on individual but also socio-economic aspects of the whole society. Firstly, they highlighted on the morbidity and mortality rate in India comparing to the South Asian countries along with different causes, such as- poverty, family breakdown, family addict, acute respiratory infection, diarrhoea, malaria, pneumonia, whooping cough, mental disease, cancer etc. Secondly, So far as the degree and type of health damage due to drug consumption is concerned, it depends upon on many things like - types of drugs, short term vs long term use, amount of consumption etc. Thirdly, this study also critically analyzed the Community Outreach Programmes by offering harm education peer group workers, like – doctors, nurses, health workers, social workers, ex-drug users and counselors etc. Fourthly, Common mental health problems associated with regular use of drugs like – marijuana, heroin, cannabis etc. and psychotropic, psychosocial interventions, financial burden of drug use on family also easily discussed here. So, it is total package on use of drugs in India. Fifthly, Different states including northern and north-eastern part of India is doing different researches on this area collaboratively with Indian Council of Medical Research (ICMR), International Organizations, Non-Governmental Organizations and Community Based Organizations and taking some sort of initiatives.

In 6-12<sup>th</sup> March, 1995 Jean Paul Smith made a report, namely 'The Social Impact of Drug Abuse' of the UNDCP which analyses so many aspects of the social impact of drug addiction from a broad international perspective. This work is also portrayed on how problems of drug abuse can be prevent and control in a constructive way. This study illustrated the nature of the drug production, distribution and consumption, social impact of drug addiction and its consequences on individuals, families, education, employment, health and crime, economic and environmental development, negative consequences of drug abuse and drug trafficking, conclusive arguments with some recommendations for social development, poverty, employment and marginalization.

'Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies Workbook' is an excellent work of Dennis C. Daley and G. Alan Marlatt, which divided into three segments. This book is very much helpful for those who are working with drug addicted patients. This work deals with the practical information and skills to help them understand drug problem along with the behavioral change. They nicely pointed out some preventive strategies to overcome alcohol dependence. At the same time, author over simplified this disease of addiction.

The author of 'Drinking: A Love Story', Caroline Knapp described her own experience of drug addiction and her recovery from alcoholism. This work nicely defined problem of alcoholism, because there are so many addicted people who may not be in that situation to know this differences. This book is a sign of brutal honesty and a great gift for anyone who is careful about their nearest and dearest alcoholic.

'The Unseen Sights of Drug Addiction' is an article in which Tanya Sirohi brilliantly narrated different mode of taking drugs with so many pictures. She portrayed several images of drug user like- lighting a match to smoke, injecting himself with heroin on their beds at a drug de-addiction centre, preparing to smoke heroin on pavement. She mentioned that nearly 75% of its youth in Punjab drug addicted while the youths in Mumbai and Hyderabad are becoming addicted gradually.

Rumani Saikia Phukan in her work 'Drug Problem: The Government's Survey in Punjab and Delhi' statistically argued that Punjab along with Delhi are suffering from acute drug problems. She said that drug addiction is gradually going out of control and taking the shape of epidemic by mentioning the status of addiction of drugs in different states in India. North Eastern states like - Mizoram, Manipur and Southern states like - Goa and Mumbai are also highly drug affected states in India. At the same time she argued that it has affected not only the aged people but also the younger generation of the whole country. It has shown in a report that in Punjab more than 80% have tried to give up drugs and only about 30% of them have actually received treatment.

What kind of role can be played by a family has been nicely portrayed by Marina Barnard in her work 'Drug Addiction and Families'. How family members get into deeply involved with it not just as parents but also as well wisher was pointed out here in this work. She has highlighted on the effects of use of drugs on family at the costs of socio-emotional relationship. Author has done a great job of blending narrative with analysis of Drugs and Drug policy. Impact of use of drugs on physical and mental health of family members is also lucidly illustrated here in this study.

#### **Research gap:**

The above mentioned literatures illustrated and narrated several aspects addiction of drug. Some of these clearly stated the causes of drug addiction; some of these portrayed the impact of drug addiction. But no one work focused mainly on sociological exploration addiction of drugs. Factors like-family, civil society, neighbour, educated youths, mass media, medical personalities, national and international agencies etc. remain untouched and can play a vital role for drug free society. So, this study tries to focus on these issues.

**Research question:**

This study tries to find out answers of these following questions- 1) what kind of actual initiative needs to control over this addiction? and 2) how these family, civil societies, neighbour, educated youths, mass media, doctors, nurses, national and international are gradually getting involved with this drugs free movement? Because, all stakeholders like- family, civil society, government, NGOs, and neighbour etc. should have to play a pioneer role to eradicate this social problem.

**Objective of the study:**

Objective of this paper is to provide an effective sociological model which can help to eradicate the problem of drug addiction and can make this society drug free. Generally what we find is that most of the crimes happened only after inhaling any banned substances.

**Methodology:**

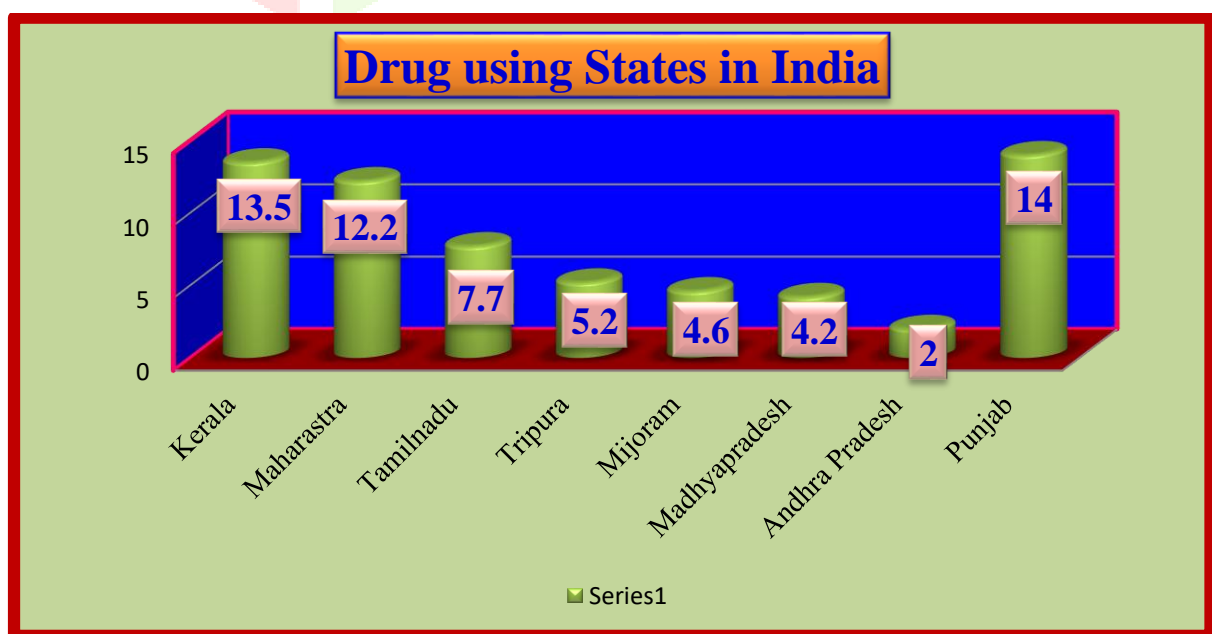
To understand the impact of drug addiction, a sociological explorative method has been used to get illicit information about this bad habit. For this purpose everyone should have to extend his palliative touch to make whole society drug free. A comprehensive policy with a better caring approach is needed to follow-up this group.

**Hypotheses:**

Drug addiction is a socio-psychological problem as mentioned by the UNODC and there are so many socio-cultural, economic and environmental factors which are playing a direct role on it. So, keep all these variables in mind it can be said that a palliative touch of family, civil society, mass media, educated youths, NGOs, and neighbour etc. will help to eradicate this social problem of drug addiction.

**Modes of getting involved with Drugs:**

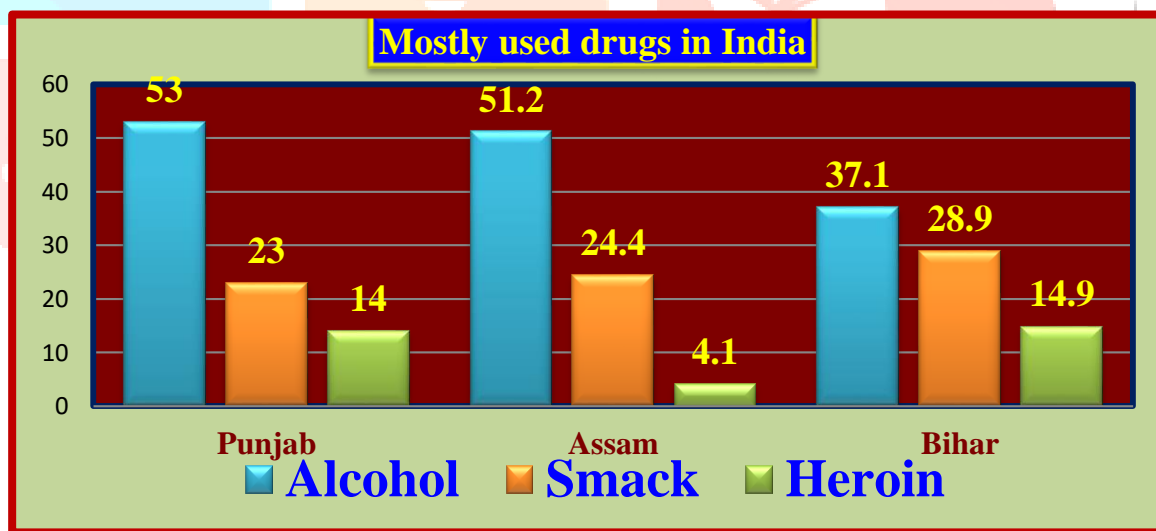
As a destructive social problem of the society, drug addiction is an obvious step towards death. Youths are the main victims of this scandalous unsocial practice and the modes of taking drugs are different. People are becoming habitual of using drugs fashionably, some other time they take it by curiosity and sometimes by motivation. In a verbal interview, two addicted persons answered that reasons behind their drug addiction are- 1) their friends who are drug addicted and 2) they have no money to invest or buy something, let's enjoy the life with drugs. One of them firmly argued that while his friends display alcohol or any drugs in front of him and offer those drugs, then it has become very difficult to refuse their requests and in this way he becomes an addicted.



(Sources: Narcotic Control Bureau of India and Ministry of social justice and Empowerment)

List of drug addicting states in which people are having drugs is too long and there is hardly any drug Free State in India. This table shows that Punjab is the state in which drugs is being used highly and Kerala is the second highest state in which drugs has been used. We all know that Kerala is state where literacy rate is highest. Then gradually comes one after another-Maharashtra, Tamilnadu, Tripura, Mijoram, Madhyapradesh and Andhrapradesh. Not only the younger generation but also the film industries in India like- BOLLYWOOD, TOLLYWOOD etc. get affected by these drugs. Recently, actors and actresses in the film industry are also caught in hand with banned substances. So, no one is out of danger from this social devil.

Any kind of drugs, like- alcohol, ganja, bhang, and charas, heroin, brown sugar etc. have intoxicating power to come closer with it and become addicted and younger generation is gradually become drug addicted. This study pointed out some of these modes here. These are- Curiosity; at the initial level some of the drug users took drugs by curiosity and excitement, Relaxation; while someone gets frustrated or feel anxieties due to some negligible causes, they inhale drugs which is illegal for their personal relaxation, Prestige; prestige among friends and colleagues are highly impacted not only on the decision making but also on every stages of life, Financial Crisis; a good financial condition which can give a person healthy and happy life, but due to their financial crisis, individual become frustrated and get involved with drugs, Abuse of Drugs; drugs can be used as life saving means but the younger generation is using these over dose drugs endlessly without any consultation of doctors, Socio-Cultural environment; if one family member become addicted then there is a huge chance to get addicted of a child, because that child from his childhood is watching this extremely prohibited habit of elders.



(Source: Ministry of Social Justice and Empowerment, National Drug Research Institute)

This column chart shows that Alcohol is the highest drug which is being used not only by the youths but also by the older in India. Punjab, Assam and Bihar are the mention worthy states in India. After alcohol, Smack is the second highest drug is inhaling by younger generation of many states in India. Bihar is the state in which Smack is being used mostly. Comparatively, Heroin is the lowest using drugs in India in general. May be due it's high cost.

#### Indications of Drug Addiction:

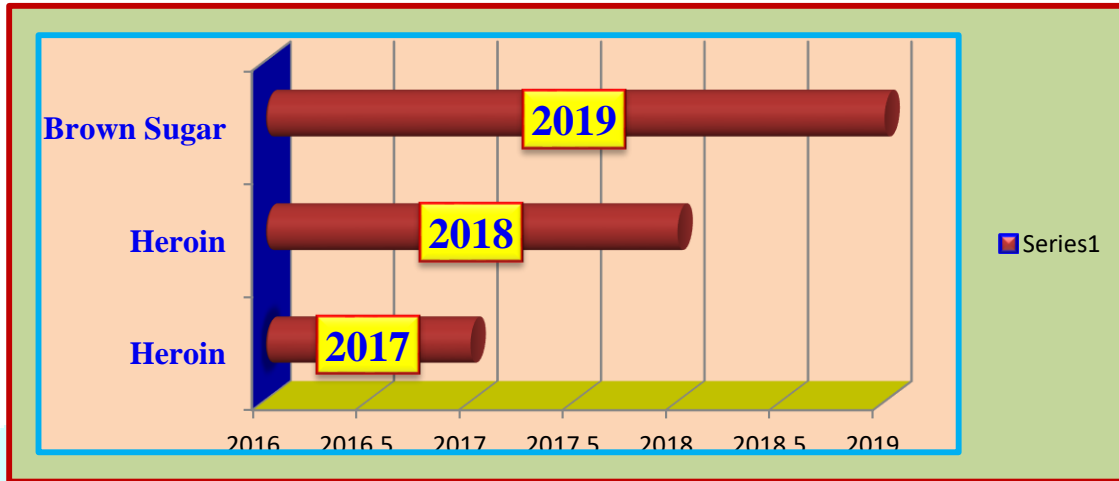
So many indications of addictions of drugs are there. Beside this drugs addiction, medical grounds are also responsible for these indications. It can't firmly say that drugs are only responsible for the above mentioned symptoms. Common indications are- lack of motivation and unusual laziness, red and watery eyes, inability to sleep, a sudden disinterest in homework, hacking cough and vomiting, chronic dishonesty and paranoia, hiding



something and changes in personal life, asking for more and more money without any valid reason and stolen of money, disrespect towards family members etc.

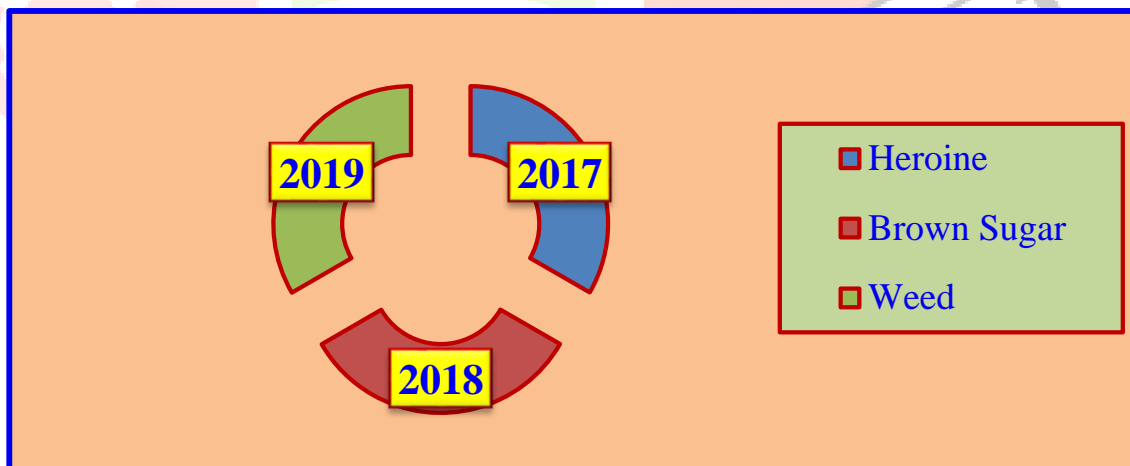
**Anti-Social Activities and Drug Abuse:**

Abuse of drugs sometimes causes behavioural entanglement which has direct link to the anti-social activities. Loss of psychological disorder and anti-social behaviour is the outcome of this drug addiction. So many examples are there, like- murder, gang-rape, ragging, smuggling, kidnapping and vandalism etc. Someone is rightly argued that ‘drug is the knife which can cut the bond of love between husband and wife.’ Therefore, there is a deep relationship between anti-social activities and drug abuse.



(Source: Ministry of Social Justice and Empowerment & National Drug Research Institute)

Ministry of Social Justice and Empowerment and National Drug Research Institute have come out with a survey report that in 2017 and 2018, heroin was the most usable drug in West Bengal. But scenery of 2019 has changed. Instead of heroin, brown sugar was the most usable drug in West Bengal. Most astonishing picture is that 75% of drug abusers started to take drug before the age of 20 years.



(Source: Narcotic Control Bureau, West Bengal)

Like many other urban area, Bardhaman Municipality is also suffering from this drug addiction. The largest no of the abusers are in the age group of 21-30 years. Heroin abuse is more in urban areas and 36% people are using heroin in west Bengal. According to NCB, West Bengal Branch, heroin was the most used drug in Bardhaman in 2017. In 2018, Brown sugar is the most used drug in Bardhaman. More people are addicted to weed in 2019. One of the drug addicts of Korapara Basti (Slum Area), Ward No-9 of Burdwan Municipality of Purba Bardhaman, West Bengal, without any hesitation replied in a verbal interview that he beat his wife because his wife opposes to give him money to purchase alcohol. Her wife is a house domestic helper who is working for four houses and the

main earning member of that family. If she gives money daily for alcohol then study of her son and maintenance of the whole family will suffer, she replied.

### An Effective Model:

There is a song of having drugs in a Bengali film, 'Trayee' starrer by late actor Uttamkumar that "Ek tane te jemon temon, Dui tane te Rugi, Tin tane te Raja Ujir, Char tane te Sukhi, Panch tane te mati chhere sunne otha jay, Choy tane te akasete vese thaka jay..." (in English- 'nothing will happened after first time inhaling, become patient during the time of second inhaling, feels like king, minister during the time of third inhaling, will be happy after fourth inhaling, feels uplifted in the air after fifth inhaling, flying in the sky after sixth inhaling...') If any initiative not taken against these drug addicts, then this can be happened again and again. Network of a Palliative Touch' is a suggestive model which mainly focuses on a balanced collaborative approach. Participation and cooperation of all its relevant stakeholders are very much essential to reach in its goals. Main objective and goal of this study is to eradicate the problem of drug abuse and make this world drug free for future generation. As a fact, drug addiction is a common phenomenon which needs a collaborative approach to solve this problem. Only the initiatives of the government or of any other institutions may not be able to eradicate this problem. So, active participation of all sections of the society, such as- both central and state government along with their agencies, international agencies, civil society, doctors and nurses, educated youths, NGOs, PVOs, social media, family, neighbour, role model etc. and a feeling of actual oneness. So, a suggestive collaborative model which will consist of at least 28-30 members from the above mentioned twelve groups who can provide an effective solution to this problem and this model can be named as 'Network of a Palliative Touch' which may act collectively to absolute eradication of drug addiction. At the same time we need to give special attention to our youths and support the addicted person mentally, so that they can make a good society for next generation. Composition is like this- 1 members from International Agency, 1 from Central Government, 1 from State Government, 3 from Family, 4 from Civil Society, 2 Doctors, 2 Nurses, 8 Educated Youths, 1 from NGOs, 1 from PVOs, 2 from Social Media, 2 from neighbouring house and 1 legendary figure who may be a role model.



**Role of the Government:**

Article 47 of the Indian constitution dealt with Directive Principles of State Policy which direct the state to undertake some measures to prohibit and control over consumption and addicted by over use of drugs which is injurious to the health. For that purpose Government of India constituted the Narcotics Control Bureau (NCB) on the 17th of March, 1986 which can supervise and control over drug abuses in the state. Through its different acts, It has now functioning in a close cooperation with the state police, customs and other law agencies of both central and the state governments as an enforcement agency through its different zones in several cities throughout the whole country. Different zones and sub-zones of the NCB located at Kolkata, Guwahati, Ahmedabad, Mumbai, Bangaluru, Chennai, Delhi, Chandigarh, Lucknow, Hyderabad, Patna, Amritsar, Bhubaneswar, Goa, Dehradun, and Ranchi. Therefore, both central and state government will have to be more and more active and keen with all sorts of assistances like- finance, policies, mechanisms etc. to eradicate this social problem.

**Role of National or International Agency:**

Role of National and International Agencies is also very much essential in the decision making, policy formulation and policy implementation for prevention and treatment. United Nations International Drug Control Programme (UNDCP) has made a practical guide known as 'Drug Abuse Treatment and Rehabilitation: a Practical Planning and Implementation Guide' which is a practical resource for the planning and implementation of drug abuse treatment and rehabilitation programmes. Different national governments, policy makers, service commissioners and treatment providers are doing their business on the basis of these guidelines. International Narcotics Control Board (INCB) has extending a health-centric inclusive approach towards global drug policy and international drug control strategy. Civil society Non-Governmental Organizations and Private Organizations are the integral part of it. The INCB has organized a meeting with Non-Governmental Organizations in May, 2019, on drugs. In this meeting representatives of civil society and the members of the Board exchanged their views on the need of the governments and civil society who will work together. At the same time, National Agency like- Narcotic Control Bureau of India is doing good job on drug issue, because this problem is not only the problem of a particular country which needs international arrangements to control over it. Another important task of these national and international agencies is to provide grants and aids to the grass root level bodies like NGOs, PVOs etc. to fight against this boundary less social problem, as these bodies does not have sufficient financial resources to work with this problem.

**Role of the NGOs and PVOs:**

Non-Governmental Organizations and Private Organizations are the key actors who are doing their job selflessly. Their involvement and dedication making these efforts success at grass root level. The active participation of non-governmental organizations and private organizations can therefore organize inclusive, efficient social, educational and health programmes to make success this drug control policy. Through these meetings community members may get training of basic treatment to battle with this drug addiction and without the assistance and dedicated support of these organizations, the aims and objectives of the whole programme of drug abuse, treatment and rehabilitation will be hard to achieve.

**Role of Civil Society:**

The role of civil society in the implementation part of drug policies is very much essential for prevention and treatment for drug abusers in the society. UN General Assembly in its special session in 2016 and 2019 argued for a balanced approach to extend drug policy all over the world, participation and cooperation between and among all relevant stakeholders, including civil society. In another meeting, representatives of civil society and members of the International Narcotics Control Board exchanged their views on the demands and needs of the governments and civil society who



will work together. Objectives are to wipe out this problem of drug abuse and prevent and treat younger addicts. Effective, knowledge based expertise member of the civil society as well as their dedication needs to provide community-level support at grass root level. Involvement of the civil society with its innovative approaches and its assistance in the treatment of drug addiction will prevent and maintain the social solidarity and social harmony.

### **Role of the Family:**

So far as social consequences of drug use and role of the family are concerned, Family is considered as the first environmental factor for bringing changes among their sons, though the pictures of developed and developing countries are different. In case of India, it has a strong plus point, as bonding of the family is too much strong here. If, a family member faces any problem, all other members of that family will fight together for him. Bonding of family members is the unique feature of India's culture. This picture is somewhere loose in many countries in the world. For example, behaviour of parents affects the child and reflects in the behaviour and activities of the child. The parents are more conscious here about their child. If one child get addict by drugs, parents will take care seriously of them. Even they are seriously conscious about their child's friend also.

### **Role of Doctors and Nurses:**

Doctors and Nurses are the key actors who can only handle this situation. Their duties may also be two types. Firstly, as a doctor or as a nurse, they can do treatment for patients, a person with an addicted disordered requires treatment first and then prevention. Treatment for addictions depend on several factors including the type of addictive disordered. As we have generally seen if a person is addicted to more than one drug, he will often need medications to reduce symptoms for each. As specialist they will do their job properly which is the main part. Secondly, they can make awareness among the educated youths for basic techniques of treatment. When doctors and nurses are not available especially in the night, immediate basic treatment could be provide by these youngsters and after that patient needs to admitted in to the nearest health centers. For this purpose, Doctors and Nurses will trained them properly and these educated youths will act according to the guidelines and methods provided by the doctors and nurses. At the same time, multi-dimensional therapy, such as- family therapy, motivational therapy, counseling and social support etc. are very much helpful to improve psychology of the addict and his family members, because it can change and make adjustments to behaviour and attitudes.

### **Role of Educated Youths:**

Role of educated youths in this particular case may two types. First one is his duties as a citizen of the society and second one is duties as a friend of the victim. Article 12 of the UN Charter ensures the right of participation by youth, regardless of their economic or social status and Amanda Poole, in her article 'Youth participation in drug prevention programmes' rightly pointed out that, 'Young people are not problems to be solved, but problem solvers themselves', because younger generation is an integral part and parcel of the whole society. They have the capability of doing things rightly because of their endless energy and enthusiasm. They feel secure while talking with people from the same age group.' If they participate in this drugs free process that will be the truly effective not only for the youth addicts, but also their adult counterparts also, because of their communicative skills by which they can communicate with other youths to feel more free when speaking of issues that are quite difficult to discuss with the adults and Competency and Determination by which they are capable enough to show their active contributions of creativity and tolerance in the society; Character building through which one youth can make his character better because they will know the techniques, grammer and vocabulary of hardcore reality which will help them and their friends and get opportunities to make decisions effective and lastly, through this process they can get the foundation of a good life. If they will not get opportunities to know these actual difficulties and keep them

uninformed then their future life will be endangered. These are the duties of one youth as a citizen of the society. Now secondly, as a friend one educated youth can extend his palliative touch to that drug addict who is his neighbour and if everyone will take care of his or her neighbour who is one of the effected, then automatically this problem of drug addiction will disappear from the society, because at night he is the only person who can stand for him. Responsibilities of this are- to provide primary treatments, arrangements for an ambulance, admitted to the nearest health center or hospital and support for the victim's family.

### **Role of the Neighbouring House:**

While a member of family become drug addicted, other members of that family automatically get worried and feel anxiety. Sometimes, they feel psychologically disturbed and unable to take proper decisions at that point of time. So, at that point of time it is the duty of the members of the next house to stand for the victim's family and suggest and guide them properly, so that victim's family get assured that someone is there for them during their bad times. If each family stands for their neighbor who is the next to door, then task of handling a drug addict become easy. So, here is also needs for a palliative touch to control such cases. At the same time this could help to create integrity in the society which is healthy for the nation as a whole.

### **Role of the Mass Media:**

New Social Mass Media can play a vital role in the development and implementation of drug policies on prevention and treatment of drug abuse. Mass Media is one of the major agents of socialization and it is a tool of this modern time for social change, as every individual has now at least one smart mobile phone for conversation or messaging. The power of mass media can help to solve this problem. They can aware people from anything by Whatsapp, Facebook, Twitter, Instagram, T.V, Newspapers etc. Anyone can book an ambulance within a second and can book a bed in any hospital by clicking on the button of his mobile. But at the same time, misuse of these mass media may also play a negative role, videos and messages of taking drugs, getting drugs easily from the drug peddlers etc. become very easy. So, a positive role of these new social mass media is always heartiest welcome and may be considered as a vehicle to aware the people by publishing bad effects of drugs.

### **Contributions of the Role Model:**

A role model is a person whose behaviour can be simulated by others, especially by younger generation and a person who people admire and maybe even seem to worship. Role model may be any one's father, mother, socially established personality, a film star, a scientist, a political leader or a most respectable and important person who has a big impact on your life in many ways. A role model whom you can see everywhere and he or she can inspire you at every point of your life, but it doesn't mean that you should expect only and not to do anything. Instead of that it can give you encouragement to keep fulfilling your own dreams. With all of their grandiose actions and achievements, role model also represents an inspiration for common people all over country or even in the world. For example- Gandhi has been an inspiration to political reformers for decades. So, this kind of people may play also a vital role by participating in the anti drug campaigns, rallies, public meetings and they can also spread messages of the bad impact of drug addiction and good impact of drug free society which we expected for. By watching these events and after listen the messages of their respective role models, drug addicts may leave their bad habits and get a chance to come back their normal life. So, their contribution is also precious in this context.

### **Conclusion:**

Younger generation, who has the credibility and potentiality to make our nation proud, is suffering from this drug addiction. Ministry of Social Justice and Empowerment and Narcotic Control Bureau of India are uninterruptedly doing their jobs to combat this situation by adopting Scheme for Prevention of Alcoholism and Substance (Drugs)

Abuse which includes many programmes, like- Awareness and Preventive Education, Drug Awareness and Counseling Centers, Integrated Rehabilitation Centers for Addicts, De-addiction Camps, publicity through flex, banners, posters, pamphlets, organizing of Seminars/Workshops/film shows on prevention against use of drugs, organizing of Padyatras/Runs/Rallies against drug abuse etc. Initiatives of the governments and their agencies are not sufficient enough to control over drug abuse, because laws can only prevent the external anti-social activities of an individual. Laws can't control over human behavior and psychology. At this moment what necessary is that a palliative touch and care of several actors is very much crucial? Therefore, a palliative touch of the family, civil society, interested educated youths, doctors, nurses, both central and state government, international agencies, NGOs, PVOs, mass media, role model and neighbours who can make this society drugs free and finally, we can proudly say that 'E Prithibike Ei Shisur Basyogyo Kore Jabo Ami' (in English- 'I will definitely make this world livable for child.')

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