



കേരളസർക്കാർ

A HANDBOOK  
FOR TEACHERS

# THE SURVIVAL



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# **THE SURVIVAL**

**(TEACHERS' HANDBOOK)**

**Driving Home the Message on  
Anti-Intoxicants to learners**

*Heartfelt gratitude to...*

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# PREFACE

The 37th State School Curriculum Steering Committee meeting entrusted SCERT to prepare adequate learning-instructional materials for spreading the anti-intoxicant message among the student community. This has been planned and designed as a project to be implemented in the forthcoming academic year itself, taking into consideration the urgency and relevance of the topic. This hand book entitled "The Survival", prepared by SCERT, will equip the teachers in this regard. The intervention of teachers is crucial and decisive, as they are the ones who can influence students positively.

This handbook, along with adequate training, will, undoubtedly, be a beacon of light for teachers in their attempt to imprint the message of anti-alcoholism/anti-intoxicants in the minds of the students.

With best wishes,

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## INTRODUCTION

Each of us prefers to claim that Kerala is in the move ahead in all realms. But, we cannot ignore the social evils which pull on our legs backward. Use of intoxicants is one of these. The evil influence of alcohol, drugs and tobacco has been making social life in Kerala very miserable. We should not delay ourselves in preventing the spread of intoxicants that has cast its evil shadow over our dreams and aspirations.

Indicators on the consumption of alcohol in our state are not promising. The per capita liquor consumption every year in Kerala has become 8.3 litres. This is more than that of any other state in the country. Keralites spend a huge amount of money on liquor. It is three times that of what is spent on rice, the staple food of the state. Serving alcohol has become a common practice during festivals and celebrations. Our people do not hesitate queuing in front of liquor outlets even in scorching heat or drenching rain.

Intoxicants do not shatter the physical health and mental health of the user alone. They create a group of anti-social elements with criminal tendencies. They destroy relationships and dump families into the ditch of misery. The society deteriorates civically and morally.

The involvement and influence of intoxicants is identified in many serious social issues. Many a times alcohol or drugs are found to

be causative factors for social perversion like suicide, debt, mafia activities, sex crime, loss of job, poverty and corruption. Intoxicants bring all aspects of public life under its grip. What if this continues? This may lead to our degradation into a barbarian society where anarchy and fear reign.

Resistance against intoxicants has to be urgently initiated at all levels of society. It is in teenage that one gets attracted to drugs. One of the declared aims of education is the comprehensive development of an individual's potentials. Well-being of the body and mind is essential for personality development. Therefore, educational institutions have the responsibility of saving posterity from evil habits that create physical and mental ailments. The fact that teachers can influence the perspective and attitude of children underlines the importance of teachers' role in anti-drug activities. The message of an intoxicant-free world should be handed over to the new generation by teachers. The aim of this handbook is to equip teachers in this direction.

## Chapter 1

# ANTI-INTOXICANT ACTIVITIES: THE ROLE OF TEACHERS



How can the teacher community be a part of the anti-Intoxicant movement?

1. Gaining objective knowledge on various intoxicants and the consequences due to their consumption.
2. Realising the scientific fact that those who start consuming alcohol or any intoxicants are likely to be addicted to them.
3. Knowing how the intense longing for intoxicants turns out to be a disease.
4. Being aware of the physical, mental and social consequences of drug abuse.
5. Getting a clear idea of the necessary treatment and follow up given to a person addicted to intoxicants.
6. Identifying that the use of intoxicants will adversely affect the development and productivity of the nation itself.



7. Being aware of the consequences in families and on parents, if a person is addicted to alcohol or drugs.
8. Persuading each student to keep away from the initial use of drugs.
9. Making students actively participate in activities for the creation of a drug-free society and engage in a collective effort for social service.
10. Observing students closely and trying to learn more about the ones who keep aloof from others.
11. Taking the initiative to make students aware of the bad effects of intoxicants and to develop an anti - drug abuse/alcohol attitude in them.

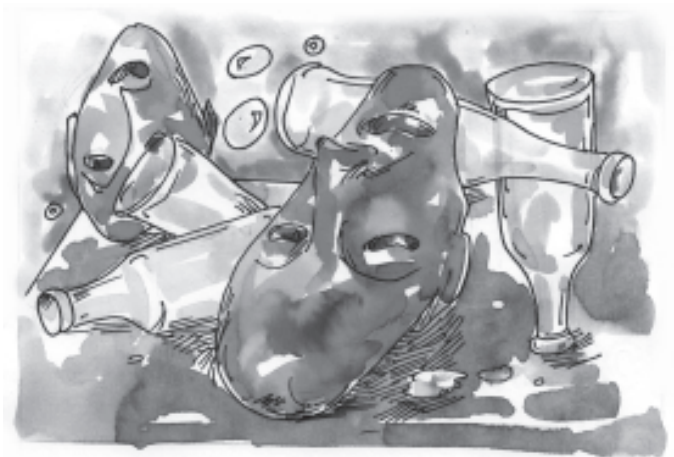


### **Programmes for Students**

1. Conducting awareness classes, film shows, exhibitions and quiz programmes, poster making, preparation of script for drama and manuscript magazines etc.
2. Training volunteers in anti-drug abuse activities.
3. Providing opportunities for students to learn more about the consequences of drug abuse/alcoholism, through Observation and Survey of a particular locality.
4. Providing leadership to learn about tragedies and deaths caused by alcoholism.

5. Persuading/helping students visit De-addiction centres which help addicts get away from the ill-effects of addiction.
6. Conducting programmes in which de-addicted persons share their experiences.
7. Enabling students assist the addicted by taking them to de-addiction centres.
8. Equipping students to de-addict their family members (if any).
9. Providing special counselling for students whose parents are addicted.

Thus teachers should create opportunities so that students know the ill-effects of intoxicants including alcohol and are ready to engage in anti-intoxicant activities. They should carry the message to students creating in them an attitude to abstain from drugs.



## Chapter 2

# INTOXICANTS : HISTORICAL AND CULTURAL PERSPECTIVE



Among us, there are some people who consider the welfare of the society the source of their happiness and some others who consider their own happiness and well-being supreme to all. The concept of drugs stemmed from the pleasure-seeking nature of the second group. Alcohol is the most popular intoxicant.

The word 'alcohol' originated from Arabia, the land of alchemy. The Arabic word 'Alcuhoor' was transformed to 'alcohol'. It has been observed that in Arabia, the land of fruits, alcohol was brewed out of dates and grapes on the 6<sup>th</sup> century AD itself. However, China is considered to be the birth place of alcohol. It is believed that even before 9000 years, the Chinese made alcohol by fermenting different grains, honey and fruits. In many ancient

civilizations, the Goddesses of wine were worshipped. In ancient Mesopotamia (B.C 3000), the Goddess of wine was Justin. In Egypt it was Oseris, in Greece it was Dionysius and in Rome it was Bacchus. These are evidences of the fatal presence of alcohol in ancient communities.

## **Alcohol in India**

Historical studies prove that alcohol was used in India from ancient times. The references made to 'sura' and 'soma' indicate that alcohol was prevalent in the Vedic period itself. There are indications of restriction and regulations related to alcohol in the 'Arthasastra' of Chanakya.

## **Anti-alcoholism: Historical references**

The majority of our ancestors considered alcoholism unworthy and dangerous. Ancient India was not willing to approve of alcohol and alcoholics. Here are a few references from the history of India:

- The Chinese traveller Fahein who visited India in B.C 399 remarked thus: 'I am very happy that Indians are free from the use of alcohol. In the Indian market, alcohol is not being sold anywhere.'
- The foreign traveller named Friar found that Indians had teetotalerian longevity more than the English, since they did not use alcohol.
- Vasco da Gama who landed in India in 1498, praised Indians for their teetotalerian attitude.

- Warren Hastings, who came to India as the Governor General in 1776 reported that Indians had given up alcohol consumption.
- Franswabernier who visited India between 1656 to 1668 wandered for wine in vain in many Indian cities and wrote: ‘The wise people here drink only pure and tasty water. At times they drink cheap and harmless lime juice’.
- In 1527 the Mogul Emperor Baber made a noteworthy proclamation: ‘None should consume anything containing alcohol. No one should engage in activities like collecting, brewing, selling or storing alcohol. Keep away from intoxicants. There is divine blessing in self control’.
- In 1787 Tippu Sulthan banned alcohol. When he was asked to reconsider his dream, he replied, ‘I am responsible for the physical and mental health of my people. I need not re-examine any decision or thing that destroys my people’s mental health’.

## **Religions against Alcohol**

Every religion aims at the sanctity and purity of individuals and the welfare and well-being of society. Therefore, all holy scriptures and eulogists condemn the consumption of alcohol severely. All religions consider alcoholism as profane and unholy.

Hindu philosophy does not approve of alcohol in social life. ‘Manusmruthi’ considers boozing as a forbidden and punishable crime. Hindu legends state that one who brews alcohol should be punished along with one’s family, using a trident. ‘The Bhagavatha’

says that alcohol played a major role in the destruction of the Yadavakula of Lord Krishna. There are many other evidences for the anti – alcohol attitude of Hindu Dharma. The story of Sukracharya, who lost his secret of Sanjeevani mantra as he was trapped by his enemies because of his addiction to alcohol is only one among them.

Lord Buddha who led the world with his compassionate mind, considered alcoholism as unholy, a thing that is to be avoided completely. The five illustrious principles of Buddhism state: "Do not steal, do not kill, do not be misled by lust, do not lie and do not drink and thereby abhor alcoholism. You need not fear lions, swords, trenches or great fire, for they are the touchstone of man's power of resistance. But you must fear alcohol for it is the beginning of all sins", says the Buddha in his preaching.

In the Old Testament of the Holy Bible, there are innumerable references to alcohol, the majority of which are warnings on the dangers of alcohol. A few self-explanatory verses are given below:

‘You shall not be intoxicated by wine, there is greed in it.’

‘Do not weaken your mind with the pleasures of and addiction to alcohol. That day will fall on you as a trap.’

‘There is voluptuousness and sin in wine.’

‘God provides wisdom, knowledge and power to those who do not consume alcohol.’

The Holy Quran too strictly opposes alcoholism. To a disciple who asked Prophet Mohammed whether alcohol could be used as medicine, he replied, 'For sure, it is not medicine but a disease itself'. On other occasions the Prophet said, 'Keep away from alcohol because it is the key to evil'.

### **Alcohol - the Mother of Vice**

The one who prohibits alcohol, prohibits its trade as well. Gandhiji who assimilated the spiritual heritage of India into his philosophy, included the ban of alcohol as one among his eighteen action plans. He had frankly stated that he would immediately prohibit alcohol in India, if he became the head of the state. He reminded us that political freedom would be incomplete without the ban of liquor in India.

Sree Narayana Guru who was the pioneer of the Renaissance in Kerala, proclaimed that alcohol was an evil. He advised Keralites that the production, use and distribution of alcohol are equally immoral and evilsome. Great leaders like Kelappaji, T K Madhavan and M P Manmathan strived for the abolition of alcohol by propagating the daring ideals of prohibition.

The world famous historian Arnold Toynbee's remarks, 'One among the reasons for the rooting out of twenty two great civilizations of the world is nothing but alcohol' is relevant here.

## Chapter 3

# DIFFERENT TYPES OF INTOXICANTS

Intoxicants are of various types. They can be generally classified into three:

1. Alcohol
2. Drugs
3. Tobacco

### 1. Alcohol

Alcohol is not a food item. It is available in different forms and names such as toddy, wine, beer, gin, rum, whisky, brandy, arrack etc. It contains ethyl alcohol which is dangerous. The density of ethyl alcohol varies in different varieties of alcohol.



Alcohol is produced mainly using two methods. The first one is fermentation by which a substance is fermented for its production. The second method is 'distillation' where the essence of a substance is distilled out.

### How alcohol works

Alcohol is easily absorbed from the stomach. It does not require digestion. It enters the bloodstream immediately and reaches the





brain. This affects reason, discretion, the thought process, muscular control and memory. Changes in the conscious level will not leave soon. The inebriated state will continue for a long time. Alcohol consumption persuades one to forget social taboos.

Consumption of alcohol affects the power of discrimination. It forfeits self control. One loses the ability to identify people and objects. The ability of speech is lost totally. An alcoholic finds it difficult to deal with situations logically. The degradation of the nervous system weakens the body in such a way that the person finds it difficult to walk or sit. Excess dosage of alcohol affects sense of time and space and may cause suffocation, which may lead to accidents, eventually leading to death.

Alcoholism is responsible for promoting one's violent nature and criminal tendencies. It is commonly seen that such people engage in domestic violence and torment their family members. The lack of interest in one's duties and the lack of punctuality may even lead to one losing one's job. Familial and social relations also break up along with one's health. In course of time the alcoholic is branded as worthless by others. Thus he/she is isolated.

Alcohol destroys not only an individual, but also his/her family completely. The family members such as the spouse, mother and children suffer incessantly. Children do not get enough love and care. Alcoholism destroys economic security, peaceful atmosphere, the established sense of morality and well-being.



## 2. Drugs

Drugs are intoxicants which create hallucinations in the mind by changing the chemical composition of the brain, making the user an addict in course of time. They are seen in different forms and names. All intoxicants create an intense craving.

### a. Ganja

Ganja, Marijuana, Hashish, Charas and Bhang belong to the Cannabis group of intoxicants. These drugs are prepared using the shoot, leaves and inflorescence of *Cannabis sativa*. These are used by way of smoking, consuming with food and injecting. At the initial stage, the person who uses ganja generally engages in loose talk, uncontrollable laughter and defective comprehension of ideas. Later, the person develops indifference, fear, doubt and lack of memory. Withdrawal symptoms such as anxiety, sleeplessness, lack of appetite, ache in joints and short-tempered behaviour are seen among drug addicts. Continuous use of ganja leads to hallucinations and isolation. Many are likely to have psychological disorders such as **ganja psychosis**.

## b. Heroin (Brown Sugar)

Brown sugar, which is known as 'killer Drug' became popular after 1980s in our country. It is an intoxicant which addicts a person fast, without letting the user escape its clutches at all. It is not easy to identify people using this. But addicts who stop using



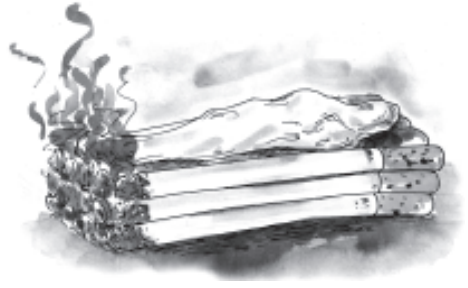
this exhibit very strong withdrawal symptoms. Change in the nature of the pupil of the eye, constipation, tetanus infection, renal disorders, nervous disorders and sexual dysfunctioning are the side-effects of the use of brown sugar. Excess anger, impatience, emotional fluctuation and violent behaviour become usual in the addicts' behaviour. Only a very small percentage of addicts who use a lesser proportion of brown sugar can be saved or de-addicted through treatment. Pathetic, untimely death and suicide await those who are addicted to brown sugar.

## c. A few other Drugs

A few other drugs include opium, cocaine produced from the leaf of the tree called *Erithroxilum coco*, morphine which is injected, L S D, Mesculine, Methaphetamines etc. Certain tablets, capsules or drugs administered as injections given for the treatment of particular diseases are also used as intoxicants. Many use these drugs excessively without the prescription or guidance of doctors, as they function as depressants affecting brain function. Though people addicted to this are a minority, the side-effects due to the abuse are severe.

### 3. Tobacco

Tobacco is a deadly intoxicant that leads to the death of around fifty lakh users, at the rate of one in ten people per annum. The dry leaves of 'Nicotiana', which belongs to the tuber family, are that converted to tobacco.



Tobacco is used in two ways:

- a. Tobacco Smoking
- b. Use of smokeless tobacco

#### a. Tobacco smoking

The death rate of tobacco smokers is 2 to 3 times greater than that of non-smokers. That is, half of the habitual tobacco smokers die of tobacco itself. 80% of around 120 crores of smokers around the world are from developing countries. It is seen that the use of tobacco keeps increasing 3.4 percent every year in developing countries when it is increasing in developed countries. Half of those who die of tobacco are middle-aged.

#### b. Use of smokeless tobacco

Use of smokeless tobacco is the method of using tobacco without smoking. It is improper to think that this is safe as there is no smoke. On the other hand, it is even more dangerous than smoking. Chewing betel pan with tobacco, use of panmasala and snuff are the main items which fall under this category.

### **i. Pan masala**

Almost all pan masalas are prepared by mixing tobacco, arecanut pieces, fennel seeds and lime. Many types of chemicals are added to them for fragrance and flavour. They are sold under different brand names. Pan masalas made instantly are also in vogue. Toxic substances like formaldehyde, lead, cadmium, nitroloamines, lactones and aricholine are there in panmasala. They are completely banned in Kerala.

### **ii. Chewing of betel with tobacco**

Chewing of tobacco is using betel leaves, arecanut and lime along with tobacco. The nicotine contained in betel leaves enters the bloodstream through the cells in the mouth. The retention of the remnants of betel pan in the mouth increases chances of cancer. Chewing of betel leads to the formation of ulcers in the mouth and large intestine and other diseases in the stomach.

### **iii. Use of snuff**

The use of snuff leads to inflammation inside the nostril, causing Rhinitis. This may affect olfactory functions, especially, the sense of smell. Regular use of snuff may also lead to sinusitis. It weakens optical nerves and gives rise to diseases related to the eye.

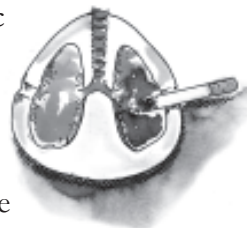
## **Chemical substances in Tobacco**

It is noted that about seven thousand chemical substances are contained in tobacco. This includes some deadly ones. The chief among them are-

- a. **Nicotine:** This is used in pesticides. While inhaling, it reaches the brain stimulates nervous system and increases blood pressure. Continuous use makes blood vessels become contracted. It makes the user get addicted, just like drug addicts.
- b. **Tar:** Tar is a sticky substance that is produced when tobacco is burnt. It contains hundreds of carcinogenic and poisonous chemicals.
- c. **Benzopyrine:** This carcinogenic substance is found in coal tar used for the construction of roads and tobacco smoke.
- d. **Carbon monoxide:** This chemical factor affects the functioning of the heart, brain and muscles. It also reduces the capacity of red blood corpuscles to supply oxygen to other tissues.
- e. **Formaldehyde:** This chemical, used to prevent tobacco from drying up, is normally used for preserving dead bodies. It affects the skin and the digestive system and is carcinogenic.
- f. **Benzene:** This is used in pesticides and poisonous substances such as gasoline. Even a very small amount of this substance can cause cancer.
- g. **Hydrogen cyanide:** This is the most toxic element in tobacco smoke which destroys micro fibers called cilia in the trachea. As a result of this, other toxic substances enter the lungs easily.



**h. Cadmium:** This element, used in electric batteries affects the liver, kidney and the brain. It does not get easily eliminated from the body.



**i. Ammonia:** Ammonia is a chemical substance for cleaning and leads to addiction to tobacco, by increasing the absorption of nicotine.

**j. Propylene glycol:** One of the antifreeze products, propylene glycol carries nicotine to the brain easily. This is used to prevent tobacco from drying up.

**Intoxicants can be classified in to four on the basis of their functions.**

Sections	Items
Stimulants	Amphetamines, Cocaine, Nicotine, (Cigarette, Beedi, Cigar) Caffeine
Depressants	Heroin, Toddy, Brandy, Beer, Rum, Scotch, Arrack
Hallucinogens	L S D, Mescaline, Pethidine
Mixed Group	Morphine, Heroin, Cannabis

The information is provided here to help students become aware of the severe consequences of drug abuse, equipping them to identify addicts and lead them to de-addiction centres and salvation.

## Chapter 4

# THE REASON FOR ALCOHOLISM AND DRUG ABUSE

It may not be for a single reason that a person gets addicted to drugs. Many factors contribute to this addiction.

Physical, mental and social factors attribute to one's addiction to drug and alcohol. The two main physiological reasons are: dysfunction of the endocrine system and the defect in metabolic activities.

The psychological reasons are: desire to upgrade the social status, hyper-anxiety, desire to conceal inferiority complex, low self esteem, the feeling of being isolated, internal conflicts and unwillingness to face people. In our state, people get addicted to intoxicating drugs or alcohol due to social reasons. They are given below:

- The environment in which a person is brought up and works.





- Influence and compulsion of friends
- Problems in the family, disintegration of family
- Availability of alcohol and intoxicants
- Mistaken notion of elevation in social status
- Debt and poverty
- Lack of effective awareness programmes

### **Chief factors of children getting initiated to the use of drugs and alcohol**

1. **The desire to explore new things:** Teenagers have a strong desire to know and explore new things. There is no other reason for their initial use of tobacco or alcohol.
2. **The longing to be recognized:** Youngsters like to be recognized by family and others. To get recognition in the friends - circle they booze, smoke or use drugs.
3. **The desire to have fun :** Children are inclined towards using alcohol and drugs as they have the wrong notion that intoxicants provide pleasure.
4. **Interest in adventure:** Teenagers are prone to adventurous deeds. They are enthusiastic about performing things that are forbidden. Children use tobacco, drugs or alcohol without thinking about the consequences.



5. **Forming gangs:** Children engage in criminal activities in groups rather than when alone. They use drugs and alcohol to do such things.

6. **Isolation :** Children who do not join groups use drugs and alcohol when alone, in order to escape from problems. The internal conflict of those who isolate themselves from others often force them to use intoxicants.



7. **Tendency to imitate:** Teenagers and children have the tendency to imitate those whom they like. They stumble upon both useful and dangerous things due to this. Advertisements and hero-worship lead them to drugs and alcohol.

8. **Tendency to experiment:** Children have the tendency to experiment many things. Teenagers are prone to this. Many try using alcohol, drugs or cigarettes just to know what the experience is. Such experiments lead them to disasters unwittingly.

9. **The influence of advertisements and movies:** Children are easily attracted by advertisements. The mannerisms of a lead character who boozes and smokes influences teenagers, who then try to imitate them in real life.

**10. Craze for luxury:** There are chances of children becoming links in the drug mafia out of their enthusiasm about owning luxurious items like motorbikes and mobile phones.

The points stated above, along with many other social conditions, take many students to the threat of drug abuse.

## Chapter 5

# THE DRUG ABUSE : CONSEQUENCES

No drug is devoid of serious consequences. The bad effects of the use of alcohol and drugs are many and varied. These result in physical, mental and social consequences. The majority of people who start using drugs/alcohol fall a prey to it. The addiction to intoxicants develops into a complex and serious disease.



Which is not easily curable. Intoxicants affect the chief internal organs. Alcohol and drugs make the liver, kidney, heart, nervous system and digestive system dysfunctional. Physical problems appear gradually in some people and quickly in some others.

### **Physical Impact**

#### **The illeffects of alcohol**

#### **Digestive System**

- Consumption of alcohol in small quantities, initially increases acidity and hence there will be an increased appetite.

- Alcohol ruptures the mucus lining of the stomach. This leads to either the formation of ulcers or aggravates existing ulceration.
- Alcoholism can cause bleeding in the stomach and alimentary canal, resulting in vomiting.
- Alcohol creates disorders in the functioning of splinters at the anterior and posterior ends of the alimentary canal and causes a burning sensation in the chest.
- Causes indigestion



## Heart

- Blood pressure increases
- Dilates the blood vessels resulting in increased blood circulation to the skin.
- Alcohol decelerates the functioning of heart (especially the left ventricle).
- Alcoholics may not realize when they have a heart attack. This is because of a lack of sensation of pain when the heart attack occurs.
- Cardio-myopathy: cardiac muscles weaken.

## Lungs

- The function of lungs decelerates.
- Nausea and vomiting can force food particles into the respiratory tract. This results in pneumonia (aspiration pneumonia)

## **Muscles**

- Alcoholic myopathy : This disease, caused by alcohol consumption, damages and weakens muscles.

## **Nervous System**

- Loss of memory
- Dementia
- Peripheral neuropathy
- Damage to cerebellum
- Waricke – korsakoff Syndrome

## **Blood**

- Anaemia
- Decrease in RBC and platelet count (This increases the possibility of infection and bleeding)

## **Liver**

Alcohol gets oxidized in the liver. Therefore consumption of alcohol increases the workload of the liver and causes many diseases. Liver expansion, cirrhosis and jaundice are the diseases caused by alcoholism. In the initial stages of consumption of alcohol, fat gets deposited in the liver resulting in the expansion of liver. If the person gives up the habit of consuming alcohol, he can regain the health of the liver at this stage. But, if he continues, hepatic cells get damaged resulting in cirrhosis. The liver cannot regain its health once it is affected with cirrhosis. After getting

affected with cirrhosis, if the person gives up the habit of boozing and seeks the advice of a modern medical practitioner, he can comparatively increase his lifespan without much difficulty. There is no scientific remedial measure that can prevent the ill effects caused by alcohol in the body (especially liver). Always remember that the kinds of propaganda encouraging liquor consumption are mere business tricks with vested interest. The only way out to avoid the disaster caused by alcoholism is to become a tee-totaler.

## **Cancer**

Alcohol causes cancer in the oral cavity, alimentary canal, large intestine and liver. Women who consume alcohol are prone to breast cancer.

Regular boozing reduces the amount of thiamine, piridoxine vitamin A, folic acid and ascorbic acid in the body. It can also lead to reducing the level of blood sugar, calcium and magnesium. Lack of these factors leads to the occurrence of various diseases and other health issues.

Alcoholism can result in osteoporosis, foetal alcohol syndrome (the disease seen in progeny of women alcoholics) and road accidents. In addition to this, it hinders relief from diseases like tuberculosis and psoriasis.

## **Illeffects of intoxicating drugs**

- Nausea, Vomiting
- Lack of appetite
- Constipation

- Suffocation
- Reduced pulse rate
- Reduced blood pressure
- Itching
- Reduced libido
- Fainting
- Epilepsy

### **Illeffects of tobacco**

1. Incessant cough
2. The disorders in blood circulation and blood pressure result in heart diseases.
3. Organs like tongue, oral cavity, throat, vocal chord, lungs, alimentary canal, stomach pancreas and liver have high chances of being affected with cancer.
4. Respiratory disorders-Bronchitis, Emphysema, chronic obstructive pulmonary disease etc. The possibility of having tuberculosis.
5. Oral diseases-Periodontitis, tooth cavities, pyorrhoea, change of colour of teeth, infection etc.
6. Reduces reproductivity and reduces male potency. Ill-health is common among new born babies of smoking women.

Alcohol and other intoxicants affect and damage our physical condition completely. One has to face health issues recurrently as alcohol affects all vital organs. Any disease becomes complex and serious in an addict. Addiction leads to untimely death.



## Psychological Impact

The mental state of an addict varies while using intoxicants. He/She shows intense anxiety, anger and fear. Such individuals usually display emotional instability and an uncontrollable, unpredictable behaviour. The change in the emotional level influences behaviour, making it abnormal.



### Major Changes at the Emotional Level

1. Anger, fear, anxiety and hatred become uncontrollable.
2. Personal and social matters leads to loss of self control.
3. Restlessness increases due to frustration, worthlessness and helplessness.
4. Self esteem is hurt because of guilty feeling. The fear of failure strengthens.
5. The inferiority feeling that one is of no use when compared to others gets rooted. Self confidence is adversely affected.
6. Gets isolated from others due to misbehaviour. This instils a feeling of loneliness. A hostile attitude to others creates problems.
7. Nightmares, ominous thoughts and the fear of death change the mindset and lead to psychic disorders.

## **Social Impact**

The use of drugs including alcohol affects social relations. It destroys personal bonds. Addiction adversely affects family, workplace, religious centres and public places. It destroys financial security as well.

### **Family**

1. Affects familial relations: Marital life is affected, leading to disintegration of the family. Divorces leave children helpless and restless.
2. Develops the attitude of doubt, hatred and hostility towards family members.
- 3.. Children experience emotional insecurity.
4. Leads to suicide in the family.
5. Leads to domestic violence affecting women and children.

### **Friendship, Neighbourhood**

1. Friendships get shattered. The addict becomes a nuisance in the neighbourhood. Opportunity for keeping away from others and conflict are created.
2. There will be lack of consistency in friendships. Many friendships end up in conflicts.
3. Becomes isolated in the neighbourhood.

### **Social Relations**

1. Drugs and alcohol adversely affect the social status of an individual. He will be blamed and ridiculed by others.

2. The behaviour of alcoholics/drug addicts during working hours creates many problems at the workplace. This may even lead to termination from service. Severe financial problems are created.
3. The use of alcohol spoils the sanctity, peace and happiness in social gatherings associated with festive occasions and other ceremonies.
4. Leads to economic crisis. Borrowing (money) and breach of promises lead to many problems.
5. People who use alcohol and drugs violate moral values. They engage in criminal activities such as looting, murder and rape. There is every possibility of their family members also using intoxicants.
6. Becomes a part of drug trafficking/selling alcohol. This can lead to legal procedures and punishment.
7. Meets with accidents on the road.
8. Alcohol and drugs play a major role in sexual assaults and atrocities.

### **Social Issues**

The problems created by alcohol and other drugs in the society are severe. It spoils the sanctity of special occasions such as Onam, Christmas, Eid, weddings, births, deaths, birthdays, housewarming, New Year eve etc.

## **Issues in the Family**

Alcoholism most often brings poverty, insecurity and tension in the family. It also leads to the breaking of family relations. Women and children are subjected to violence. It causes suicide, divorce and mass suicide. When the alcoholic becomes sick, the problem aggravates. When the son imitates his father and becomes an alcoholic, the number of psychic cases in the family increases.

## **Divorce Cases**

In 2012, 36000 divorce cases were registered in the 18 family courts across the state of Kerala. This is an all-time record. A majority of these cases are associated with alcoholism. The increase in the number of broken families point at issues related to the future of children and the anxiety of parents in their old age.

## **Crimes**

The regular use of alcohol and other drugs would affect rational thinking. 60 to 80 percentage of the crimes taking place in the country are directly or indirectly related to alcohol. Many incidents make us realise that the use of alcohol and drugs leads to atrocious activities like murder.

## **Accidents**

Drunken driving leads to the death of many innocent people. A lot of people get injured and hospitalized. Kerala has the highest rate of road accidents. 60% of these accidents are the result of drunken driving. It has been inferred that the number of road

accidents are less on dry days. Accidents and deaths of many students who go on leisure trips are associated with intoxication. Some of the accidents at work places are also associated with liquor.



### **Consumption of alcohol on special occasions**

The number and rate of people who booze on special days such as Onam, Christmas and Eid is increasing. As a result, special days become disastrous within the family and outside. Even children get a taste of alcohol when liquor is served during wedding celebrations. On special days tourist spots get thronged with drunkards.

### **Tragedies**

We have witnessed almost 18 hooch tragedies. The tragedies at Punalloor, Vaipin, Mattanchery, Kalluvathukkal, Pattazhi and Malappuram are only some of them. Hooch tragedies take away many lives at one go. The Vaipin hooch tragedy stands ahead since it cost 77 lives. Many suffer endlessly as a result of physical disabilities. The money-grubbing liquor mafia adulterates liquor, which is already poisonous and it results in death of Heads of families. This puts many families in a miserable condition. Women and children may fall into a state of uncertainty.

## **Corruption**

Alcohol can upset and reverse democratic values, social achievements and rights. Because of intoxicants, we have lost peace, tranquility and the creative atmosphere that a human society ought to possess. The liquor mafia is gaining strength. They amass wealth by evading from paying taxes, brewing hooch and adulterating toddy. Even school children are made carriers of intoxicants. It has been found that the liquor mafia gives all sorts of support and leadership to the real estate mafia and the illegal sand-mining mafia.

## **Diseases**

The alcoholic and his family succumb to many diseases because of the consumption of alcohol and other intoxicants. An alcoholic's wife and children usually become psychotic. If the head of the family is a chain-smoker, it will affect the health condition of the family. If the head of the family is diseased the family income stops. This affects the stability and security of the houses. This is how some women and children get sidelined in life, thus leading to the formation of settlements of the poor and the helpless. When they resort to drug and immoral trafficking to make out a living, it becomes a threat to society itself. This leads to the spread of dangerous state like AIDS.

There is nothing in this world that causes more harm than intoxicants. Therefore, we must take up the responsibility of wiping out intoxicants which have been shattering our health, culture economy and human relations.

## Chapter 6

# THE CRAVING FOR DRUGS/ALCOHOL: A DISEASE

The craving for drugs is a grave disease that has serious consequences at the physical, mental and social levels. The World Health Organization (WHO) declared drug addiction as a disease in 1956. There are three phases through which one succumbs to this complex disease.



### Phase 1

A person succumbs to alcohol and other drugs, stage by stage. Many start using drugs during celebrations or festive occasions. The initiation can also be done by peers in a group. At first one evades from admitting that one has used alcohol and drugs. At this stage, they believe that they can control the use of intoxicants since they do not experience any of its illeffects then. They try to justify their use of intoxicants in this phase. Gradually the frequency of use increases.

## Phase 2

Many who start using intoxicants enter the second phase. The intervals between the use of alcohol and drugs get reduced. Many jump into problems. Later they express embarrassment over what they had done after getting drunk and on not being able to recollect what had happened. At times the intense desire to use drugs aggravates and they make plans for its continuous use. The immediate family members must have come to know of his/her inclination towards intoxicants and the problems they create by then. No change can be effected through advice, threat or punishment. Even if the habit is given up for sometime it is regained. In course of time dereliction of official duties, clash with others, conflicts with family members begin. There may be attempts to stop using intoxicants many times which may fail too.



## Phase 3

By this time the person becomes a total addict. Many use intoxicants even during day-time. Uncontrollable boozing and use of intoxicants become a part of life. Many come to know of the conflict faced by the person's spouse and other family members. Lying, immoral activities, conflicts, remaining unconscious, losing employment etc. become commonplace in life. He/ She stumbles



into accidents and when intoxicants are not available, shows withdrawal symptoms.

## **De-addiction Treatment**

The redemption begins from the awareness that alcoholism/drug abuse is a disease. Through scientific treatment, one can get rid of this disease.

Four stages of de-addiction treatment:

1. Diagnosis
2. Detoxification
3. Rehabilitation
4. Follow up and aftercare

Medical treatment deals with physiological issues that developed through addiction. It includes bringing under control withdrawal symptoms, reducing the presence of ethyl alcohol in the body and finding solutions for other physical problems.

The psycho-sociological treatment consists of the service rendered by a counsellor, psychologist, psychiatrist and a social worker. The treatment becomes complete through individual counselling, group counselling, family therapy behaviour therapy and rehabilitation. Through counselling the patient is able to find solutions for the problems generated during drug abuse and gets away from addiction. Counselling helps him/ her face the psycho-social problems that may arise while staying away from intoxicants. By enabling them to face new situations coping with reality, by regaining hope eradicating the sense of loss and by cultivating a sense of

responsibility he/she is prompted into leading a life devoid of intoxicants.

The assemblage of those who wish to free themselves from alcohol and drugs enables leading an intoxicant-free life.

### **Centres for treatment**

The Department of Psychiatry in all medical colleges provide de-addiction treatment. Some hospitals have a special wing for de-addiction. It is advisable to assess the availability of doctors and facilities while approaching private centres for de-addiction.

## Chapter 7

# ANTI-INTOXICANT ACTIVISM: THE ROLE OF STUDENTS

Students are capable of forming a front in acting against social evils. As the sentinels of social health they should fight against alcohol, narcotic drugs and tobacco. It becomes useful to them in two ways:



1. They acquire the will-power not to be addicted to such intoxicants and suffer consequence in their family life.
2. They become capable of performing their duties as responsible citizens, by preserving social health. This becomes a model for others. They are able to prevent the public from getting addicted to drugs and bring those who are addicted to the path of de-addiction.

As responsible citizens of a society it is important not to use narcotic drugs ever in life. The chances of addiction are more once a person starts using drugs. In course of time, one succumbs to the drugs, making one's life miserable.

Therefore one must stay away from using drugs at the initial instance itself. A student who stays away from intoxicants ensures his own

well-being and that of his family. This is the duty of a citizen.

In order to make students a part of antidrug activities they must be made aware of intoxicants and their after-effects. They should also be able to transact a clear idea to others. Students can also conduct awareness programmes. It becomes a message to adults as well as the student community.

### **What students can do:**

Children can act against drug abuse in many ways.

1. Conduct/participate in discussions, seminars on the issue.
2. Collect data on the consumption of alcohol, tobacco and narcotic drugs in one's locality through observation, interview, survey and present study reports in the school and other social platforms.
3. Prepare posters, notices and leaflets. Include articles on the evil effects of drugs, in manuscript magazines, wall magazines and other school publications.
4. Conduct interview with those who undergo the process of de-addiction. If they are willing, create opportunities in the school for sharing their experiences.
5. Visit de-addiction centres and collect information from doctors and counsellors.
6. Co-operate and work with anti-drug abuse organisations and de-addiction centres..

7. Organize skit, drama, quiz and other programmes, highlighting the evil effects of drug abuse in the school and other social platforms.
8. Engage in creative activities. Actively participate in clubs performing drama, music, martial arts and yoga. Participate in community farming and handicraft work. (Participating in creative activities according to one's aptitude helps indirectly in staying away from drug abuse).

Such activities can help in creating situations which prevent one from engaging in drug abuse, criminal and immoral activities. This helps in persuading one intervene in social issues and transform oneself as a citizen with social awareness. It helps one stay away from evils and give one's own life as one's message.

## ANTI-DRUG CLUB - ACTIVITY CALENDAR 2013-14

	June	July	Aug.	Sep.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.
1	✓									
2	✓									
3	✓									
4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6				✓						
7	✓	✓	✓	✓	✓	✓	✓	✓		
8	✓	✓	✓	✓	✓	✓				
9								✓		
10									✓	
11										✓
12			✓	✓						
				✓	✓					
						✓		✓		



കേരള സർക്കാർ

സംഗ്രഹം

നികുതി വകുപ്പ് - എക്സൈസ് - മദ്യ-ലഹരി വിരുദ്ധ ബോധവൽക്കരണത്തിനായി രൂപീകരിച്ച 'ലഹരി വിരുദ്ധ ക്ലബ്ബ്'കളുടെ പ്രവർത്തനത്തിനുള്ള മാർഗ്ഗനിർദ്ദേശങ്ങൾ അംഗീകരിച്ച് - ഉത്തരവ് പുറപ്പെടുവിക്കുന്നു.

നികുതി (ജി) വകുപ്പ്

ജി.ഒ. (എം.എസ്) നം. 115/2011/നി.വ. തീരുവനന:പുരം, തീയതി, 29-08-2011.

പരാമർശം:-1. ജി.ഒ.(എം.എസ്) നം.94/11/നി.വ. തീയതി 25-07-2011.

2. ഡോ. കെ.എസ്. രാധാകൃഷ്ണൻ കമ്മിറ്റിയുടെ, ആഗസ്റ്റ് 2011-ലെ ഇടക്കാല റിപ്പോർട്ട്.

ഉത്തരവ്

മദ്യ-ലഹരി വിരുദ്ധ ബോധവൽക്കരണത്തിനായി രൂപീകരിച്ച 'ലഹരി വിരുദ്ധ ക്ലബ്ബ്'കളുടെ പ്രവർത്തനത്തിനുള്ള മാർഗ്ഗരേഖകൾ നിർദ്ദേശിക്കാനായി, പരാമർശം:1 പ്രകാരം രൂപീകരിച്ച കമ്മിറ്റിയുടെ ഇടക്കാല റിപ്പോർട്ടിലെ, താഴെ പറയുന്ന നിർദ്ദേശങ്ങൾ അംഗീകരിച്ചു കൊണ്ട് ഉത്തരവ് പുറപ്പെടുവിക്കുന്നു:

1. സമൂഹത്തിൽ വർദ്ധിച്ചു വരുന്ന മദ്യപാനശീലവും മറ്റ് ലഹരി പദാർത്ഥങ്ങളുടെ ഉപയോഗവും ഇല്ലായ്മ ചെയ്യുന്നതിന്, പൊതുജനങ്ങൾ കൗഴ്ചപ്പാടിൽ നിന്നു കൊണ്ട് ലഹരി വിരുദ്ധ ക്ലബ്ബുകളുടെ പ്രവർത്തനം ഏകോപിപ്പിക്കുന്നതിന്, എക്സൈസ്, വിദ്യാഭ്യാസം, തദ്ദേശ സ്വയംഭരണം, സാമൂഹ്യക്ഷേമം എന്നീ വകുപ്പ് അദ്ധ്യക്ഷന്മാർ ഉൾപ്പെട്ട ഒരു സംസ്ഥാനതല സമിതി രൂപീകരിക്കണം.

2. വിദ്യാലയങ്ങളിലെ ക്ലബ്ബിന്റെ രൂപീകരണത്തിന്റെ ചുമതല ബന്ധപ്പെട്ട എക്സൈസ് റെയ്ഞ്ച് ഇൻസ്പെക്ടർമാർക്കായിരിക്കും. റെയ്ഞ്ച് ഇൻസ്പെക്ടർമാർ, വിദ്യാലയങ്ങളിലെ പ്രധാന അദ്ധ്യാപകർ, പി.റ്റി.എ., മാർ പി.റ്റി.എ., തദ്ദേശ സ്ഥാപന പ്രതിനിധി എന്നിവരുമായി ബന്ധപ്പെട്ട് ഈ വിഷയത്തിൽ താല്പര്യമുള്ള വിദ്യാർത്ഥികളെ കണ്ടെത്തി അവരെ അംഗങ്ങളാക്കി ക്ലബ്ബുകൾ രൂപീകരിക്കണം. സ്കൂളിലെ പ്രധാന അദ്ധ്യാപകൻ, പി.റ്റി.എ.പ്രസിഡന്റ്, തദ്ദേശ സ്ഥാപന / പഞ്ചായത്തംഗം, എക്സൈസ് ഇൻസ്പെക്ടർ എന്നിവർ കക്ഷാധികാരികൾ ആയിരിക്കും. സ്കൂളിലെ പ്രധാന അദ്ധ്യാപകൻ നിർദ്ദേശിക്കുന്ന, ഈ വിഷയത്തിൽ താല്പര്യമുള്ള ഒരു അദ്ധ്യാപകൻ ആയിരിക്കും ക്ലബ്ബിന്റെ കൺവീനർ. ക്ലബ്ബിലെ അംഗങ്ങളിൽ നിന്നു തന്നെ പ്രസിഡന്റ്, സെക്രട്ടറി, ജോയിന്റ് സെക്രട്ടറി എന്നിവരെ തിരഞ്ഞെടുക്കണം. ക്ലബ്ബ് ഒരു മാസത്തിൽ ഒരിക്കലേങ്കിലും യോഗം കൂടേ

ണ്ടയും, പ്രവർത്തനങ്ങൾ വിലയിരുത്തേണ്ടതുമാണ്. ആയതിന്റെ റിപ്പോർട്ട്, എക്സൈസ് റെയിഞ്ച് ഇൻസ്പെക്ടർക്ക് നൽകണം. റെയിഞ്ച് ഇൻസ്പെക്ടർ, റെവന്യൂ മാസ്റ്ററുമായി ബന്ധപ്പെട്ട് ആദ്യമായും വിളിച്ചുകൂട്ടേണ്ടതും, രക്ഷാധികാരികളടക്കം എല്ലാവരും ആദ്യയോഗത്തിൽ ഉണ്ടായിരിക്കാൻ ശ്രദ്ധിക്കേണ്ടതുമാണ്.

ലഹരി വിരുദ്ധ ക്ലബിന്റെ ലക്ഷ്യങ്ങൾ

1. മദ്യത്തിനും, മയക്കുമരുന്നിനും, പുകയില ഉല്പന്നങ്ങൾക്കുമെതിരെയുള്ള ബോധവൽക്കരണ പ്രവർത്തനങ്ങളിൽ പങ്കാളികൾ ആകുക.
2. തദ്ദേശ സ്വയംഭരണ സ്ഥാപനങ്ങളുടെ സഹകരണത്തോടെ, ലഹരി പദാർത്ഥങ്ങൾ വിദ്യാലയങ്ങളിൽ നിന്നും അകറ്റി നിർത്തുക.
3. തദ്ദേശ സ്വയംഭരണ സ്ഥാപനങ്ങളുടെ സഹകരണത്തോടെ, സ്കൂളുകളുടെ സമീപം, മദ്യം, മയക്കുമരുന്നും പുകയില ഉല്പന്നങ്ങൾ എന്നിവയുടെ ലഭ്യത ഇല്ലാതാക്കുക.
4. ലഹരി പദാർത്ഥങ്ങൾ ഉപയോഗിക്കുന്ന വിദ്യാർത്ഥികൾ ഉണ്ടെങ്കിൽ അവരെ കണ്ടെത്തി ഈ മൂല്യബിത്തിൽ നിന്നും പിന്തിരിപ്പിക്കുക.
5. മദ്യത്തിനും, മയക്കുമരുന്നിനും അടിമകളായവരെ കണ്ടെത്തി, അവരെ ബോധവൽക്കരണത്തിലൂടെ മോചിപ്പിക്കുവാനുള്ള പ്രവർത്തനങ്ങൾ നടത്തുക. ചികിത്സ ആവശ്യമായിട്ടുള്ളവർക്ക് അതിനുള്ള മാർഗ്ഗ നിർദ്ദേശങ്ങൾ നല്കുക.

ക്ലബിന്റെ പ്രവർത്തനം നിർബന്ധമായും അദ്ധ്യയന വർഷാരംഭത്തിൽ തന്നെ ആരംഭിക്കേണ്ടതാണ്. ഓരോ വർഷവും ക്ലബ്ബുകളുടെ പ്രവർത്തനം എക്സൈസ് വകുപ്പ്, വിദ്യാഭ്യാസ വകുപ്പുമായി ചേർന്ന് വിലയിരുത്തി, ജില്ലകളിൽ മെച്ചപ്പെട്ട പ്രവർത്തനം കാഴ്ച വയ്ക്കുന്ന ക്ലബ്ബുകൾക്കും, അംഗങ്ങൾക്കും പാരിതോഷികവും, സംസ്ഥാനത്ത് ഏറ്റവും മുന്നിയ പ്രവർത്തനം കാഴ്ച വച്ച ക്ലബിനെയും അംഗത്തെയും തിരഞ്ഞെടുത്ത്, എവർ റോളിംഗ് ട്രോഫിയും നൽകുന്നതാണ്. ക്ലബിന്റെ പ്രവർത്തനത്തിനാവശ്യമായ തുക, ഫണ്ടിന്റെ ലഭ്യതയും പ്രവർത്തന മികവും അനുസരിച്ച് അനുവദിക്കേണ്ടതാണ്.

ക്ലബ്ബുകളുടെ പ്രവർത്തനോദ്ഘാടനം സംസ്ഥാന തലത്തിൽ നടത്തേണ്ടതാണ്. തീര-മലയോര പ്രദേശങ്ങളിലെ സ്കൂളുകൾക്ക് ഇതിന് മുൻഗണന നൽകണം. ജില്ലാതലത്തിലും സമാനമായ ഉദ്ഘാടന പരിപാടികൾ സംഘടിപ്പിക്കുകയും ഇതു സംബന്ധമായ യോഗങ്ങളിൽ ഗാന്ധിയന്മാരെ പങ്കെടുപ്പിച്ച് ആദരിക്കേണ്ടതുമാണ്. സന്നദ്ധ സംഘടനാ പ്രവർത്തകർ, ഗാന്ധിദർശൻ തുടങ്ങി, ലഹരി വിരുദ്ധ പ്രവർത്തനങ്ങളിൽ ഏർപ്പെട്ടുകൊണ്ടിരിക്കുന്ന ഏവരുടെയും സഹകരണത്തോടെ ആയിരിക്കണം പരിപാടികൾ സംഘടി



പ്പിക്കേണ്ടത്. ഈ പ്രവർത്തനങ്ങളെല്ലാം ഏകോപിപ്പിച്ച് വകുപ്പ് അവയുടെ സാഹചര്യം പ്രചരിപ്പിക്കുന്നതിനായി പ്രതിമാസ സൂപ്പർ ലെറ്റർ, ഇംഗ്ലീഷിലും, മലയാളത്തിലും പ്രസിദ്ധീകരിക്കേണ്ടതാണ്.

ഗവർണ്ണറുടെ ഉത്തരവിൻ പ്രകാരം,

എ. ഷാജി,  
അഡീഷണൽ സെക്രട്ടറി.

To

1. എക്സൈസ് കമ്മീഷണർ, തിരുവനന്തപുരം.
2. ഡയറക്ടർ, പൊതുവിദ്യാഭ്യാസ വകുപ്പ്, തിരുവനന്തപുരം.
3. പൊതു വിദ്യാഭ്യാസ വകുപ്പ്.
4. സ്റ്റാഫ് ഫയൽ / ഓഫീസ് കോപ്പി.

The Government of Kerala has issued an order promoting the activities of anti-intoxicant clubs and giving guidance to them in their attempts for conducting awareness programmes against alcoholism and the use of other intoxicants-vide G.O. (MS) No. 115/2011/Tax dated 29.08.2011

THE AIMS AND OBJECTIVES OF ANTI-INTOXICANT CLUBS  
AS MENTIONED IN THE G.O.

1. To be the participants in the awareness activities / programmes against tobacco products, alcohol and other intoxicants
2. To keep the intoxicating drugs off from the school campus with the cooperation of Local Self Governing institutions
3. To unmake the availability of alcohol, intoxicating drugs and tobacco products near the school with the help of Local Self Governing bodies
4. To find out the students, if any, who are prone to use alcohol and persuade them to keep away from this vulnerable habit.
5. To find out the addicts of intoxicants and alcohol and to arrange activities to redeem them through sufficient awareness programmes. To give guidance to the ones who need treatment.



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