

Volume 19 Aug 2012



SADA

A Voice against Drug Addiction

A Publication of Drug Free Nation

www.sada.drugfreenation.org

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إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمُ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ
وَالْمَيْسِرِ وَيُصَدِّكُمْ عَنْ ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ فَهَلْ أَنْتُمْ مُنْتَهُونَ ﴿٩١﴾

Satan only wants to cause between you animosity and hatred through intoxicants and gambling and to avert you from the remembrance of Allah and from prayer. So will you not desist?

Surah Al Maidha Ayat No 91

Hadith

Ibn 'Umar reported the Apostel of Allah (may peace be upon him) as saying: Every intoxicant is forbidden. He who drinks wine in this world, and dies when he is addiction to it, will not drink it in the next Kitab

Al-Ashribah from Sunan Abi Dawud

It was narrated that Ibn 'Abbas said: "Khamr was forbidden in and of itself in small or large amounts, as was every kind of intoxicating drink." (Sahih) .

Book of Drinks from Sunan an-Nasa'i



5- "Do" for Youth to Combat with Drug Abuse

By Riffat Sadiq

5- "Do" for Youth to Combat With Drug Abuse

By Riffat Sadiq

1- Do believe in yourself -----You and only you can change your life circumstances. Your self belief, patience and determination are the weapons with you can fight with your hidden problems that may put you in the line of drug abusers.

2- Do identify your capabilities----- Only passion never works out. You must have capabilities for what you aspire to achieve. Try to identify that for what you are actually capable. Nature has blessed you many intellectual resources which need to be utilized appropriately. Inappropriate use of talent brings no result and makes you hopeless. You will develop feeling of incompetency and worthless which are some of the significant factors of drug initiation among youth.

3- Do show consistency----- Once you decide to achieve a target then you must keep doing work with consistency. Think many times before taking decision but after deciding one thing, you will have to put continuous effort to get fruit. Jumping from one field to another devalues your talent and position. In the end, your frustration level and guilt over past mistakes will be enough to convince you to take drugs

4- Do accept the reality-----You also need to accept the current social and economical problems of your society.

Sometimes, one has to work below his level (with low salary package, more duty hours, etc). Initially, you will need to sacrifice for better future. You can not achieve your desired position in few months; it can take you years to make your dream come true. Do accept this reality wholeheartedly and keep striving for good. Otherwise, you will be overwhelmed by frustration and anger toward others. Many youth take drugs in order to escape from the reality of life.

5- Do face the people around you with confidence----- People around you discourage for what you decide for yourself. If you believe that you are on the right path that goes to your destination, then you should be ready to listen what others say about you. Many times, you will hear people passing negative comments regarding your career decision, earning scale etc. But keep in mind that your profession and field can not give money and fame overnight. At initial stage, you will have to invest more and get less. Sometimes, financial crises and lose come in your way but your continuous effort can only make a history. Judging your success from other point of view makes you psychologically disturbed that may incline you to test drugs.



Role of Police in Drug Abuse Prevention

Police is there to maintain discipline, and control over the society. Besides, police is responsible to ensure security and proper handling of public matters. It is a fact that only awareness and training program pertaining to drug abuse among masses is not enough. Drug abuse prevention involves both awareness/training of masses and operations against drug trafficking/smuggling.

Police department can play its role in drug abuse prevention by having strict control over the drug peddlers who are selling drugs in streets, public places without any fear. Like Anti Narcotic Force, a department of Pakistan Army, there should be a special cell in police department in order to combat drug abuse problems.

Police should be trained to fight with drug peddlers and as well as fully aware of the dealing with drug abusers. Drug addicts are arrested due to drug related crime. Drug addicts need proper treatment and rehabilitation services. Police should keep in touch with treatment centre and professionals to provide treatment services to drug addicts. After treatment, they should be punished according to the law.

Police can also take action against shopkeepers who are selling gutka, paan, chalia and cigarette. People using these substances sitting at public places must be taken into account. Community policing can help in promoting coordination between community members and police. By developing healthy and trustworthy relationship between police and civil society, it will be easier to combat with the problem of drug addiction. Joint effort is always needed to make the whole nation drug free.

Betel Nut Is A Poison

By Dr. Muhammad Adnan

Betel Nut Is A Poison

Betel nut, commonly known as chalia/supari in South Asian Countries, is taken from hard and branchless trees. It is mostly used in lower and middle class. Betel nut is now used in different forms such as; paan, sweets with other ingredients. It is also included in shahi mewa, tulusi etc. Use of sweet supari (betel nut) makes mouth muscles hard. It is also a causing factor of chest cancer among women and lungs cancer among men. Among youngsters, the use of betel nut is a risk factor of submucous fibrosis.

For men, continuous use of betel nuts for three years is enough for developing mouth cancer, whereas children suffer from mouth cancer after two years. Sometimes, betel nut passes to lungs through respiratory veins. As a result, lungs get infected which children suffer from frequent fever, pain and cough.

Betel nut is dangerous for people of all age. Despite all adverse effects, it is being sold every where. People use it not only as a habit but its use has become a fashion among youngsters. Parents, teachers and people of a locality should accept the consequences of betel nuts so that we could prevent our nation from further destruction.



When Dream Shattered

A True Story

I hailed from a respectable family. Being a single child, I had been centre of attention of my family. At the age of 5, I started going to a renowned school of the city. I was in good book of my teachers. When I was in grade ten, two new students got admission in my class. Both of them became my friends. We used to spend most of our time together. We all decided to study together at home. Having permission from my parents, I went to my friend's home. I also stayed there overnight.

Once, both of my friends starting smoking while studying. I forbade them but they did not stop. They used to smoke daily. One day, they offered me a cigarette. I could not stop myself and started smoking. That was the beginning of my destruction. Initially, I tried cannabis and gradually became heroin addict. I lost my interest in studies, as a result, I could not get through my exams. My indulgence in addiction was a great shock for my parents and they wanted me to get rid of this disease as soon as possible. I got treatment for many times but could not be recovered.

My parents tried their best to bring me back to life but in vain. My father has passed away having dream of my bright future. My mother is working in a factory to meet household expenses, whereas, I am leading an aimless life



When Dream Shattered

A True Story

I was employed in government sector and was satisfied with my job. Due to work hard, I was promoted. One day I reached my office, I saw my senior drinking alcohol, he offered me. I took two packs and I felt energetic. I started drinking daily. One day, I drank too much, due to which I fell down on garbage while coming back home. I got conscious after four hours and was upset. That was the turning point of life. I thought that I am a government officer and have a respect in society. Then, I decided to stop drinking. Now, five years has been passed. My sobriety brought a positive change in my life. I have quit other bad habits and am living an honest life.



When Dream Shattered

A True Story

I was living happily with my husband and three children. They were getting quality of education and I was dreaming of their success. My husband was doing business. Suddenly, I came to know that my husband has indulged in addiction. One day, my husband came late. When I inquired about that he started beating me. He was using alcohol and was out of control.

For this reason, he could not concentrate on his business. He destroyed his business, money and then started selling household things. My children had to quit education and spent most of their time playing outside the home. One day, my husband died of overdose.

After his death, I started working in a factory to fulfill the need of my children but no ray of hope is there for me. Second phase of my miserable life has started with the indulgence of my eldest son in drug addiction.



Black Poison

A Fate So Sadly "Crystallized"

Piercing memories of faded lives

Erodes your mind through Sleepless Nights

Black poison flows through clouds of smoke

To Sate and bleed your soul

What sense is left for you to make

How can you from this hell, escape

All foolish thoughts dance scantily

Of life someday from this drug freed

A fairytale you just can't write

The Poison wraps your Hands too tight

All that remains of your spent life

Are pleasures false, diluted lies

A fate so sadly crystallized

Reference: Retrieved from <http://savanahl.hubpages.com/hub/Drug-Abuse-A-Poem>

Helpline

Q: My elder sister wanted to marry to our cousin whom she liked very much. He was 3 years younger than my sister and doing MBA. She shared her feelings with him with the hope of being loved by him but he refused to accept her. She felt to be rejected and worthless because he rejected her because of her age and less education. His parents tried to convince him to marry my but he did not agree. Since then, my sister could not well. She is so lethargic and does not take interest in daily activities. She talks less and spends most of the time sitting alone. She frequently has headache, body pain and poor appetite. Doctors prescribed medicine for the complaints she reported to them. I scare that by taking medicine frequently, she would be addicted. Kindly suggest me how I could help my sister.

Maria- Sialkot

A: Dear Maria, You should consult psychologist for your sister. Psychotherapy will help her to feel good and accept the reality. Only medicine will never work out and general physician, in fact, is not an appropriate healer for the problem you sister is suffering from. Frequent use of medicine for body complaints will make her habituated of that. Beside this, you and other family members must be there to support her. With the help of psychologist, she will realize herself what she should do. **DFN**

Names and places of senders have been changed to ensure the confidentiality. Keep sending queries without hesitation to Drug Free Nation (DFN) at dfn.pak@gmail.com