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# Assignment

## ABOUT



*Prajwal Shetty*



# **POSSITIVE AND NAGATIVE EFFECTS OF SOCIAL MEDIA**

social media plays a big role in our lives today. We have the access to any kind of information at just a button push away. Anything that is so vastly expanded has both positives and negatives related to it. The power of social media is very high and has its effects on each individual. It is difficult to imagine

## ಮಾದಕ ದ್ರವ್ಯ ವ್ಯಸನದ ಆರಂಭ ಹೇಗೆ?

ಮೊದಮೊದಲು ಮದ್ಯವನ್ನು ಕುತೂಹಲಕ್ಕಾಗಿ ಸೇವಿಸಲು ಆರಂಭಿಸುವಂತೆ, ಜನರು ತಮ್ಮೊಳಗಿನ ಒತ್ತಡವನ್ನು ಶಮನಗೊಳಿಸಲೆಂದೋ, ಸ್ನೇಹಿತರ ಒತ್ತಾಯಕ್ಕೋ, ಶೈಕ್ಷಣಿಕ ಅಥವಾ ಕ್ರೀಡೆಯಲ್ಲಿ ಹೆಚ್ಚಿನ ಸಾಧನೆ ಮಾಡಬೇಕೆಂಬ ಒಲವಿನಿಂದಲೋ ಅಥವಾ ಅವರಲ್ಲಿನ ಒತ್ತಡ ಹಾಗೂ ಸಮಸ್ಯೆಗಳನ್ನು ಮರೆಯಲೆಂದೋ ಮಾದಕದ್ರವ್ಯಗಳನ್ನು ಉಪಯೋಗಿಸಲು ಪ್ರಾರಂಭಿಸುತ್ತಾರೆ.

ಕ್ರಮೇಣ ಡ್ರಗ್ಸ್ ಬಳಕೆಯಿಂದ, ಮಿದುಳಿನಲ್ಲಿ ಬದಲಾವಣೆ ಉಂಟಾಗಿ ವ್ಯಕ್ತಿಗಳು ಮಾದಕ ವಸ್ತುಗಳನ್ನು ಹೆಚ್ಚುಹೆಚ್ಚು ಬಯಸುವಂತೆ ಮಾಡುತ್ತದೆ. ಅಂತವರು ಅದರ ಸೇವನೆಯನ್ನು ನಿಯಂತ್ರಣ ಮಾಡಲಾಗದೆ ಹೋಗುತ್ತಾರೆ. ವ್ಯಕ್ತಿಗಳು ಅವರ ಮನೋಸಾಮರ್ಥ್ಯ ಕಳೆದುಕೊಳ್ಳುತ್ತಾರೆ. ಆ ಹವ್ಯಾಸದಿಂದ ಹೊರಬರಬೇಕೆಂದು ನಿಜವಾಗಿ ಬಯಸಿದರೂ ಸಾಧ್ಯವಾಗದೇ, ಮತ್ತೆ ಮತ್ತೆ ಅದರಡೆಗೆ ಆಕರ್ಷಿತರಾಗುತ್ತಾರೆ.

ದುರ್ಬಲ ವ್ಯಕ್ತಿತ್ವ ಹಾಗೂ ಮನೋಸಾಮರ್ಥ್ಯ ಕಡಿಮೆ ಇದ್ದವರು ಮಾದಕದ್ರವ್ಯ ವ್ಯಸನಿಗಳಾಗುತ್ತಾರೆ; ವ್ಯಸನಿಗಳು ಸೋಮಾರಿಗಳಾಗಿರುವುದರಿಂದ ಅವರ ವರ್ತನೆಯಲ್ಲಿ ಬದಲಾವಣೆ ಸಾಧ್ಯವಿಲ್ಲ; 'ಇನ್ನು ಮುಂದೆ ಡ್ರಗ್ ಸೇವನೆ ಮಾಡುವುದಿಲ್ಲ' ಎಂದು ದೃಢನಿಶ್ಚಯ ಮಾಡಿದರೆ ಈ ಚಟದಿಂದ ಹೊರಬರಬಹುದು ಎಂಬ ಸಾಮಾನ್ಯವಾದ ಕಲ್ಪನೆಗಳು ಸಮಾಜದಲ್ಲಿದೆ.

ವಾಸ್ತವವೆಂದರೆ ವ್ಯಸನಿಗಳಾಗಲು ವಂಶವಾಹಿ ಮತ್ತು ಸುತ್ತಮುತ್ತಲಿನ ವಾತಾವರಣ ಹೆಚ್ಚಿನ ಕಾರಣವಾಗಿರಬಹುದು. ಜೊತೆಗೆ ಇದು ವ್ಯಕ್ತಿಗತ ಆಯ್ಕೆಯೂ ಆಗಿರಬಹುದು. 'ಸೇವನೆ ಮಾಡುವುದಿಲ್ಲ' ಎಂದು ನಿರ್ಧಾರ ಮಾಡುವುದು ಡ್ರಗ್ ತ್ಯಜಿಸುವ ಒಂದು ಸಣ್ಣ ಭಾಗ - ಆದರೆ, ಅವರು ಸಂಪೂರ್ಣವಾಗಿ ಅದರಿಂದ ಹೊರಬರಲು ಚಿಕಿತ್ಸೆ ಮತ್ತು ಹೆಚ್ಚಿನ ಸಹಕಾರ ಅಗತ್ಯ.

ಧೂಮಪಾನ, ಗಾಂಜಾ ಮುಂತಾದವುಗಳನ್ನು ಸೇರುವುದು, ಇಂಜೆಕ್ಷನ್ ಚುಚ್ಚಿಕೊಳ್ಳುವುದು, ಜಗಿಯುವುದು ಮತ್ತು ಕುಡಿಯುವುದು ಮುಂತಾಗಿ ಅನೇಕ ವಿಧದಲ್ಲಿ ಮಾದಕ ದ್ರವ್ಯಗಳನ್ನು ಬಳಸಲಾಗುತ್ತದೆ. ಭಾರತದಲ್ಲಿ ಮಾರಿಜುವಾನಾ, ಗಾಂಜಾ, ತಂಬಾಕು, ಮತ್ತು ವೈದ್ಯಕೀಕರಣ ಸಲಹೆ ಪಡೆಯದೇ ಔಷಧಿಗಳನ್ನು ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿ ಉಪಯೋಗಿಸುವುದು ಮುಂತಾದವು ವ್ಯಸನಿಗಳು ಹೆಚ್ಚಾಗಿ ಬಳಸುವ ಮಾದಕ ದ್ರವ್ಯಗಳು.

## ಮಾದಕ ದ್ರವ್ಯಗಳು ಮನುಷ್ಯನ ಮಿದುಳಿನ ಮೇಲೆ ಹೇಗೆ ಪರಿಣಾಮ ಬೀರುತ್ತವೆ?

ಡ್ರಗ್ ಸೇವನೆಯಿಂದ ಮನುಷ್ಯನ ಮಿದುಳಿನ ನರಗಳಲ್ಲಿ ಡೋಪಮೈನ್ ಎನ್ನುವ ಸಂವಾಹಕ ಬಿಡುಗಡೆಯಾಗುತ್ತದೆ. ಯಾವಾಗ ನೀವು ಮಾದಕ ವಸ್ತುಗಳನ್ನು ಬಳಸುತ್ತೀರೋ ಇದು ಮಿದುಳಿನ ಸಂದೇಶದ ವ್ಯವಸ್ಥೆಯನ್ನು ಪುನರಾವರ್ತಿಸುತ್ತದೆ. ಹೀಗೆ ಡೋಪಮೈನ್ ಬಿಡುಗಡೆಯಾಗಿ, ಮಿದುಳಿನಲ್ಲಿ ಸಂತೋಷ ಉಂಟಾಗುತ್ತದೆ. ಮಿದುಳು ಮತ್ತೆಮತ್ತೆ ಸಂತೋಷ ಪಡಲು ಬಯಸಿ, ಮಾದಕದ್ರವ್ಯವನ್ನು ಹೆಚ್ಚು ಹೆಚ್ಚಾಗಿ ಬಳಸುವಂತೆ ಉತ್ತೇಜಿಸುತ್ತದೆ. ನೀವು ನಿರಂತರವಾಗಿ ಮಾದಕ ವಸ್ತುಗಳನ್ನು ಸೇವಿಸಿದರೆ, ಕ್ರಮೇಣವಾಗಿ ಮಿದುಳಿನ ಸೂಕ್ಷ್ಮತೆ ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಮೊದಮೊದಲು ಯಾವ ಪ್ರಮಾಣದ ಮಾದಕದ್ರವ್ಯವನ್ನು ನೀವು ಸೇವಿಸುತ್ತಿದ್ದೀರೋ ಅದಕ್ಕಿಂತ ಹೆಚ್ಚಿನ ಪ್ರಮಾಣವನ್ನು ಸೇವಿಸುವುದರಿಂದ ಮಾತ್ರ ನಿಮಗೆ ಈ ಮೊದಲು ಉಂಟಾಗುತ್ತಿದ್ದ ಸಂತೋಷದ ಅನುಭವ ಸಿಗುತ್ತದೆ ಎಂಬ ಭ್ರಮೆಗೆ ಸಿಲುಕುತ್ತೀರಿ. ಮಾದಕದ್ರವ್ಯ ವ್ಯಸನದಿಂದ ಮಿದುಳಿನ ಆಲೋಚನಾ ಕ್ರಮದಲ್ಲಿ ಗೊಂದಲಗಳು ಉಂಟಾಗುತ್ತವೆ. ಇದು ವ್ಯಕ್ತಿಗಳಿಗೆ ಯಾವ ಪ್ರಯೋಜನವನ್ನೂ ನೀಡುವುದಿಲ್ಲ.

ದೀರ್ಘಕಾಲದ ಡ್ರಗ್ ಸೇವನೆಯು ಮಿದುಳಿನ ಅರಿವಿನ ಕಾರ್ಯಕ್ಷಮತೆಯನ್ನು ಹಾನಿಗೊಳಿಸಬಹುದು.  
ಅಧ್ಯಯನಗಳು ತಿಳಿಸುವಂತೆ, ದೀರ್ಘಕಾಲದ ಡ್ರಗ್ ಸೇವನೆಯಿಂದ ಮಿದುಳಿನ ಕ್ರಿಯೆಗಳಾದ ಕಲಿಕೆ, ತೀರ್ಪು,  
ನಿರ್ಧಾರ, ವರ್ತನೆ ನಿಯಂತ್ರಣ ಮುಂತಾದವುಗಳ ನಿರ್ವಹಣೆಯ ಮೇಲೆ ಕೆಟ್ಟ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ. ಇದರೊಂದಿಗೆ,  
ವ್ಯಕ್ತಿಗಳು ಕಾಲಕ್ರಮೇಣ ದುರ್ಬಲರಾಗಿ ಖಿನ್ನತೆ ಮತ್ತು ಬೇರೆ ರೀತಿಯ ಮಾನಸಿಕ ಅಸ್ವಸ್ಥತೆಗೆ ಒಳಗಾಗಬಹುದು.

It has long been established that genetic factors alone with environment (e.g., psychosocial) factors are significant to addiction vulnerability. Epidemiological studies estimate that genetic factors account for 40-60% of the risk factors for alcoholism. Similar rates of heritability for other types of drug addiction have been indicated by other studies. Kessler hypothesized in 1964 that gene or group of genes might contribute to predisposition to addiction in several ways. For example, altered levels of a normal protein due to environment factors could then change the structure or functioning of specific brain neurons during development. These altered brain neurons could change the susceptibility of an individual to an initial drug use experience. In support of this hypothesis, animal studies have shown that environment factors such as stress can affect an animal's genotype.

Overall, the data implicating specific genes in the development of drug addiction is mixed for most genes. One reason for this may be that the case is due to a focus of current research on common variants. Many addiction studies focus on common variants with an allele frequency of greater than 5% in the general population; however, when associated with disease, these only confer a small amount of additional risk with an odds ratio of 1.1-1.3 percent. On the other hand, the rare variant

hypothesis states that genes with low frequencies in the population (< 1%) confer much greater additional risk in the development of the disease.

Genome-wide association studies are used to examine genetic associations with dependence, addiction, and drug use. These studies employ an unbiased approach to finding genetic associations with specific phenotypes and give equal weight to all regions of DNA, including those with no ostensible relationship to drug metabolism or response. These studies rarely identify genes from protein previously described via animal knockout models and candidate gene analysis. Instead, large percentages of genes involved in processes such as cell adhesion are commonly identified. This is not to say that previous findings, or the GWAS findings, are erroneous. The important effects of endophenotypes are typically not capable of being captured by these methods. Furthermore, genes identified in GWAS for drug addiction may be involved either in adjusting brain behavior prior to drug experiences, subsequent to them, or both.

A study that highlights the significant role genetics play in addiction is the twin studies. Twins have similar and sometimes identical genetics. Analyzing these genes in relation to genetics has helped geneticists understand how much of a role

genes play in addiction. Studies performed on twins found that rarely did only one twin have an addiction. In most cases where at least one twin suffered from an addiction, both did, and often to the same substance. Cross addiction is when already has a predisposed addiction and then starts to become addicted to something different. If one family member has a history of addiction, the chances of a relative or close family developing those same habits are much higher than who has not been introduced to addiction at a young age. In a recent study done by the National Institute on Drug Abuse, from 2002 to 2017, overdose deaths have almost tripled amongst male and females. In 2017, 72,306 overdose deaths happened in the U.S. that were reported.



സമൂഹത്തിനെ നാശത്തിലേക്കു നയിക്കുന്ന ലഹരി മരുന്നുകളു് ജീവിതത്തിൽ നിന്നും തുടച്ചു നീക്കുക എന്ന ലക്ഷ്യവുമായി ലോകരാജ്യങ്ങൾ ഇന്ന് ലഹരി വിരുദ്ധ ദിനം ആചരിക്കുകയാണ്. യുവതലമുറയാണ് ഇന്ന് ഏറ്റവും കൂടുതൽ ലഹരി പദാർത്ഥങ്ങൾക്കും മയക്കുമരുന്നുകൾക്കും അടിമകളാകുന്നത്. യുവതലമുറ ലഹരി വസ്തുക്കളിലേക്ക് ആകർഷിക്കപ്പെടുന്നത് തടയണമെന്ന് ഐക്യരാഷ്ട്ര സമിതി നിർദ്ദേശിക്കുന്നുണ്ട്. ഐക്യരാഷ്ട്ര സംഘടനയാണ് ജൂൺ 26 അന്താരാഷ്ട്ര ലഹരി വിരുദ്ധ ദിനമായി പ്രഖ്യാപിച്ചത്. ലിസൺ ഫസ്റ്റ് എന്നതാണ് ഇക്കുറിയിലെ മുദ്രാവാക്യം.

# DRUGS

Environmental risk factors for addiction are the experiences of an individual during their lifetime that interact with the individual's genetic composition to increase or decrease his or her vulnerability to addiction. A number of different environmental factors have been implicated as risk factors for addiction, including various psychosocial stressors; however, an individual's exposure to an addictive drug is by far the most significant environmental risk factor for addiction. The national institute on drug abuse cites lack of parental supervision, the prevalence of peer substance use, drug availability, and poverty as risk factors for substance use among children and adolescents.

Adverse childhood experiences are various forms of maltreatment and household dysfunction experienced in childhood. The adverse childhood experiences study by the centers for disease control and prevention has shown a strong dose-response relationship between ACEs and numerous health, social, and behavioral problems throughout a person's lifespan, including those associated with substance abuse. Children's neurological development can be permanently disrupted when they are chronically exposed to stressful events such as physical, emotional, or sexual abuse, physical or emotional neglect, witnessing violence in the household, or a parent being incarcerated or suffering from a mental illness. As a result, the child's cognitive functioning or ability to cope with negative or disruptive emotions may be impaired. Over time, the child may adopt substance use as a coping mechanism particularly during adolescence. A study of 900 court cases involving children who experienced abuse found that a vast amount of them went on to suffer from some form of addiction in their adolescence or adult life. This pathway towards addiction that is opened through stressful experiences during childhood can be avoided by a change in environmental factors throughout an individual's life and opportunities of professional help. If one has friends or peers who engage in drug use favorably, the chances of them developing an addiction increase. Family conflict and home management is also a cause for one to become engaged in alcohol or other drug use.



In many countries drug abuse has raised a lot and thousands of dollars are being spent every day to control it. If you have to write a substance abuse essay on any topic such as drug abuse and its disadvantages on human life then you have to go through any custom term paper or a custom essay written by researchers. In academic writing sessions of science subject, students have to put efforts to write a good abuse substance essay that should be interesting and informative at the same time.

You can begin the abuse substance essay by discussing multiple problems of drugs that are affecting various countries. You should discuss the psychological and the medical effects in the abuse substance essay at the same time. People who are addicted to drugs do not function normally like healthy human beings. The worst thing they do is that they ignore their family life. Some of these addicts get in to the smuggling of drugs by various means, which put them in to further problems.

Mention in the abuse substance essay that the major tool to fight with drugs abuse is Education. If children are given education about drugs then they will never get in to it, once they grow up. You basically have to mention the means of controlling drugs abuse in the abuse substance essay, such as by increasing the police man power. Also write in abuse substance essay that they should be careful in observing all the drug addicted people and should .

# Drug Use and Abuse



**Society has decayed,from drugs and abuse,  
The crime and the tragedies,that stem from thier use.  
Transforming good people,to addictive behavior,Turning  
to crimes and away from our saviour.**

**Deaths snd violence,and the torment of souls,  
A road of destruction,without any controls.  
Disintegrating families,as personalties mutate,  
Changing high achievers,to achieving a high state.**

**The darkenss of drugs,and the evil that lurks,  
The lure of big money,for those drug dealer jerks.  
The organised crimes,with there tentacle reach,  
Currupting all types,as they suck like a leach.**

**The cost to society,is right off the scale,  
The billions in law,to put crimes in jail.  
But the degeneration,of our moral rod,  
Will burn our soul,as we turn against god**

**!! ಮಾಡಬೇಡಾ ಮಧ್ಯಪಾನ**  
ಮಾಡು ನೀನು ಧರ್ಮಧಾನ  
ಆಗ ನೊಡು ನಿನ್ನಸ್ಥಾನಮಾನ  
ಬದಲಾಯಿತಾಗ ನಿನ್ನ ಜೀವನ!!

# **A DRUG Infested Mind**

A lonely baby cries  
as her single mother  
tries to open her eyes

A drug infested mind  
not allowing her to hear  
her baby cry

She keeps telling everyone  
everything is fine  
so she can keep  
living the lie  
and living the life

Until she opens her eyes  
a lonely baby still cries

# What is drug ?

Never forget  
Drug sniffing police dogs  
Unwitting cogs  
In the state's oppressive machinery.  
The purest drops of dew  
Can be poisoned by man.  
Poor souls,  
They would bite  
The hand that fed them,  
If they knew.



## *1 Domicilium*

*It faces west, and round the back  
and sides*

*High beeches, bending, hang a  
veil of boughs,*

*And sweep against the roof. Wild  
honeysucks*

*Climb on the walls, and seem to  
sprout a wish*

*(If we may fancy wish of trees  
and plants)*

*To overtop the apple-trees hard by.*



Red roses, lilacs, variegated box  
Are there in plenty, and such  
hardy flowers  
As flourish best untrained.  
Adjoining these  
Are herbs and esculents; and  
farther still  
A field; then cottages with trees,  
and last  
The distant hills and sky.

Behind, the scene is wilder.  
Heath and furze

*Are everything that seems to grow  
and thrive  
Upon the uneven ground. A  
stunted thorn  
Stands here and there, indeed;  
and from a pit  
An oak uprises, springing from a  
seed  
Dropped by some bird a hundred  
years ago.*

*In days bygone -*

Long gone - my father's mother,  
who is now

Blest with the blest, would take  
me out to walk.

At such a time I once inquired  
of her

How looked the spot when first she  
settled here.

The answer I remember. 'Fifty  
years

Have passed since then, my child,  
and change has marked

*The face of all things. Yonder  
garden-plots*

*And orchards were uncultivated  
slopes*

*O'ergrown with bramble bushes,  
furze and thorn:*

*That road a narrow path shut in  
by ferns,*

*Which, almost trees, obscured the  
passer-by.*

*Our house stood quite alone, and  
those tall firs*

*And beeches were not planted.  
Snakes and efts  
Swarmed in the summer days,  
and nightly bats  
Would fly about our bedrooms.  
Heathcroppers  
Lived on the hills, and were our  
only friends;  
So wild it was when first we  
settled here. '*



Social media = Drugs

# **RELATIONSHIP BETWEEN DRUGS AND HEALTH WORKERS**

## **Background of drug abuse and addiction -**

*Drug abuse and addiction is considered as a very serious social problem by all society. People who take are characterized as weak while having a very strong criminal tendency. It is the general belief that drug abusers and addicts will only be able to stop taking drugs only if they are willing to change their behavior. This myth caused the drug users and even their families and colleagues to be stigmatized. Drug addiction and drug abuse really represents a major health problem that affects a lot of people and a problem that has a very wide range of consequences.*

*Addiction begins with drug abuse when one makes a very conscious effort or choice to use drugs, however please remember that addiction is not just a lot of drug use. Scientific studies and research show that drugs, not only affect and interfere with normal brain function it also creates a powerful feeling of pleasure and will also have a long term effect on brain metabolism and activity and at some point during the drug abuse, changes will occur in the brain that has a possibility that will turn drug abuse into addiction as well as a chronic relapsing illness. Drug addicts suffer from a very compulsive drug craving and usage that they can no longer quit by themselves, thus treatment is already necessary to end this compulsive behavior.*

# **Say no-to- drugs**

**Our multi-faceted life, never hesitates to  
provide,  
Both reality and illusions  
With errors of perception of hallucination!**

**Yet in our erroneous persuasion, of seeking  
instant bliss,  
At the fall of a hat, we take to drugs and  
narcotics  
And in trying to make those deceptive and  
illusive moments last,  
We soon become slaves to poisonous drugs**

# ಬದಲಾಗು ನೀ ಮನುಜ.....

ಮಾದಕ ವಸ್ತುಗಳ ನಿಷೇಧ  
ಬಳಸಿದರೆ ಅದು ಅಪರಾಧ

ಸೇವಿಸಿದರೆ ಅದು ಹಾನಿಕರ  
ಬರುವ ರೋಗವದು ಭಯಂಕರ

ಇದನ್ನು ಸೇವಿಸಿದರೆ ಅಪಾಯ  
ಇದರಿಂದ ಹೊರಬರಲು ಇಲ್ಲ ಉಪಾಯ

ಮರುಳಾಗದಿರಿ ಮಾದಕತೆಗೆ  
ನಲುಗಿದೆ ಕುಟುಂಬ ಇದರ ವ್ಯಥೆಗೆ

ಆಗುವೆ ನೀ ಸಾವಿಗೆ ಹತ್ತಿರ  
ಪ್ರಯೋಜನವೇನು ಎಲ್ಲ ಮುಗಿದ ನಂತರ



ಧೂಮಪಾನ  
ಶ್ವಾಸಕೋಶದ ಮೇಲೆ,  
ಮಧ್ಯಪಾನ ಲಿವರ್  
ಮೇಲೆ ಒತ್ತಡ ತರುತ್ತದೆ.  
ಅದರೆ ಅಧ್ಯಯನವು  
ನೀರ ಮೆದುಳಿನ  
ಮೇಲೆಯೇ ಒತ್ತಡ  
ತರುತ್ತದೆ

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**Thank You!**