

Stages of Alcoholism

1. **Pre-alcoholic Stage:** In this phase, taking advantage of social sanctions, an individual starts drinking to reduce tension and ignore one's personal problems. Linking drinking with relief, one keeps on searching for those opportunities in which one may drink. The frequency of drinking increases as one starts losing one's capacity to face conflicts in life.
2. **Relief Drinking Stage:** In this phase, along with the increase in the frequency of drinking, there is an increase in the quantity of the drink too. However, the drinker develops a feeling of guilt and knows that gradually s/he is becoming an abnormal person.
3. **Acute Stage:** In this phase, one's drinking becomes conspicuous. One develops rationalisations to face social pressures and to assure oneself that one has not lost control over oneself. However, one does not lose one's self-respect. But gradually, one starts alienating oneself from others as one's physical and social deterioration becomes obvious to them.
4. **Chronic Stage:** In this phase, one starts drinking at all times of the day. One faces prolonged intoxication, impaired thinking, indefinable fears, tremors, and loss of certain skills. One always thinks of drinking and feels restless without alcohol.

Factors responsible for an Adolescent's decision to use alcohol

- The social systems in which teens live.
- Imitating adults.
- The increase in risk-taking that usually accompanies adolescence.
- Decreased parental supervision and greater independence.
- Peer pressure.
- Increased stress.

India's Current Scenario:

Alcohol dependence is a major health problem in India. An estimated 32-42% of adult Indian population have reported high usage of alcohol in their lifetime, 5-7% are abusers of alcohol and 10-20 million persons have been estimated to be in need of treatment for alcohol dependence. The reports also indicate that there is a steady rise in per capita alcohol consumption every year. To counter this, various states such as Andaman and Nicobar Islands, Andhra Pradesh, Delhi, Jammu and Kashmir, Kerala, Karnataka, Maharashtra, Rajasthan, Tamil Nadu and West Bengal have declared one or more days as Dry days each month.

Causes of Alcoholism

1. **Misery:** People drink, because they are miserable believing that life holds no joy for them and they do not have any other prospect other than a dreary and unending round of toil. In such a situation drinking seems like a blessed palliative medicine.
2. **Occupational Factor:** Many drink because their occupation completely exhausts them. They look forward to the respite which intoxication affords after the heat of the blast furnace or the stench of the stockyards.
3. **Bad Housing and Lack of Recreational Facilities:** People also drink because their houses are so cold, dark and sordid, that they cannot stay there for a long time. The failure of community to satisfy the emotions in a sane and healthy manner also leads to the craving for alcohol.
4. **Ignorance:** People who do heavy manual work have long been deluded by the belief that alcohol furnishes added strength and vigour with which they can pursue their labour. This illusory feeling of physical vitality after the consumption of alcohol can also become the cause of drunkenness.
5. **Genetic Factor:** There are born drunkards whose neurological heritage is such that they are unable to face reality. In their desperate effort to flee the world these unhappy persons become hopeless alcoholics.
6. **God's Curse or Gift:** Some persons avoid drinking because they consider it the original sin. Others maintain with equal conviction that the Lord intended that they should have occasional moments of pleasant oblivion from this vale of tears – and placed the grapes on earth for that particular purpose.
7. **Social Factor:** Many people drink for companionship and for fun. Excess drinking is a pathetic attempt of an individual to enter into rapport with one's fellows.
8. **For Business Reasons:** Men drink for business reasons in the capacity of either potential customers or sellers. The great game of "entertaining the visiting buyer" falls into this category. Many cases of drinking arise after apparent success in business or professional life.

9. Urbanisation: The urbanisation and mechanisation of life along with material mindedness which modern civilisation has brought, has also been responsible for the increase in drinking.

10. Social Inadequacy: There are certain persons who are unable to face the hard realities of life and start drinking to overcome their social inadequacy temporarily. Their attempt to avoid this problem later on takes the form of habitual drinking.

Effects of Alcoholism

The use of liquor and other intoxicants is harmful for the individual and the society. It is harmful to the extent that it intellectually impoverishes, morally diminishes and spiritually damns the person addicted to it.

- 1. The wastage of national wealth:** It has been estimated that a successful enforcement of prohibition policy would increase the purchasing capacity of people by Rs.140 crores; of this Rs.44 crores will be invested for productive purpose. It is obvious therefore, that alcoholism results in a huge wastage of national wealth.
- 2. Low standards of health:** The consumption of liquor leads to deterioration of health. This may happen because liquor is a narcotic and leads to nervous degeneration, liver cirrhosis, high blood pressure and a host of other diseases. Moreover, money spent on liquor reduces one's resources and may not leave one with sufficient funds to buy nutritious food.
- 3. Low efficiency:** With deterioration of bodily health and mental agility, the fall in efficiency is but natural. The alcoholic is whimsical and incapable of sustained attention, concentration and putting in long hours of work.
- 4. Mental imbalance:** A person under the influence of liquor has no control over his will and is fickle minded. He is unable to think and work constructively. His own vision and thinking get blurred if intoxication is strong.
- 5. Increase in Crime:** Under the influence of liquor people indulge in antisocial acts like murder, rape and other crimes etc. Moreover, in order to meet the expenses of drink a person may take to gambling or even theft.

6. **Increase in poverty:** In India some people like the labour class drink in spite of their poverty. This obviously increases their poverty though it may provide them a temporary feeling of well-being and euphoria.
7. **Individual disorganisation:** The consumption of liquor makes a person wayward in habits and whimsical in moods. One also loses all control over one's will and one's desire to grow and progress becomes feeble. A person grows careless and apathetic and feels little difference between morality and immorality. All this produces personality disintegration.
8. **Family disorganisation:** More homes are broken due to drinking than any other single cause. This is easy to understand. As the moral sense of a person is destroyed and the inhibitions removed due to alcoholism, prostitution and adultery are the normal consequences. An alcoholic shows little respect towards one's family members. This leads to constant family tension.

Underage drinking can lead to:

1. **Alcohol-related fatalities:** Alcohol-related accidents are a leading cause of teen deaths. Teen drowning, suicides and murders also have been linked with alcohol abuse.
2. **School problems:** Teens who drink tend to have more academic and conduct related problems than teens who don't drink.
3. **Alcoholism:** People who begin drinking as young teens are more likely to develop alcohol dependence than people who wait until they are adults to drink.
4. **Violent crime:** Teens who drink are more likely to be involved in a violent crime, such as rape, assault or robbery.

The ways in which Schools and Teachers can protect youth from drinking

- Encourage student involvement in school, a factor in reducing alcohol use.
- Create an environment that helps students explore their talents and follow their passions, whether academic, musical, sports, or social or community causes.
- Provide students with opportunities for validation and belonging. Increase positive outcomes from adolescents by being a mentor, a valued teacher, or other caring adult.
- Provide information to parents on the consequences of underage alcohol use, school policies and practices on alcohol use, and local sources for more information.
- Consider making a special effort to connect students with an adult who can serve as a mentor and guide with whom one can share one's problems and feel confident.
- Recognise that children who mature earlier or later than the majority of their peers may be at increased risk.

Measures

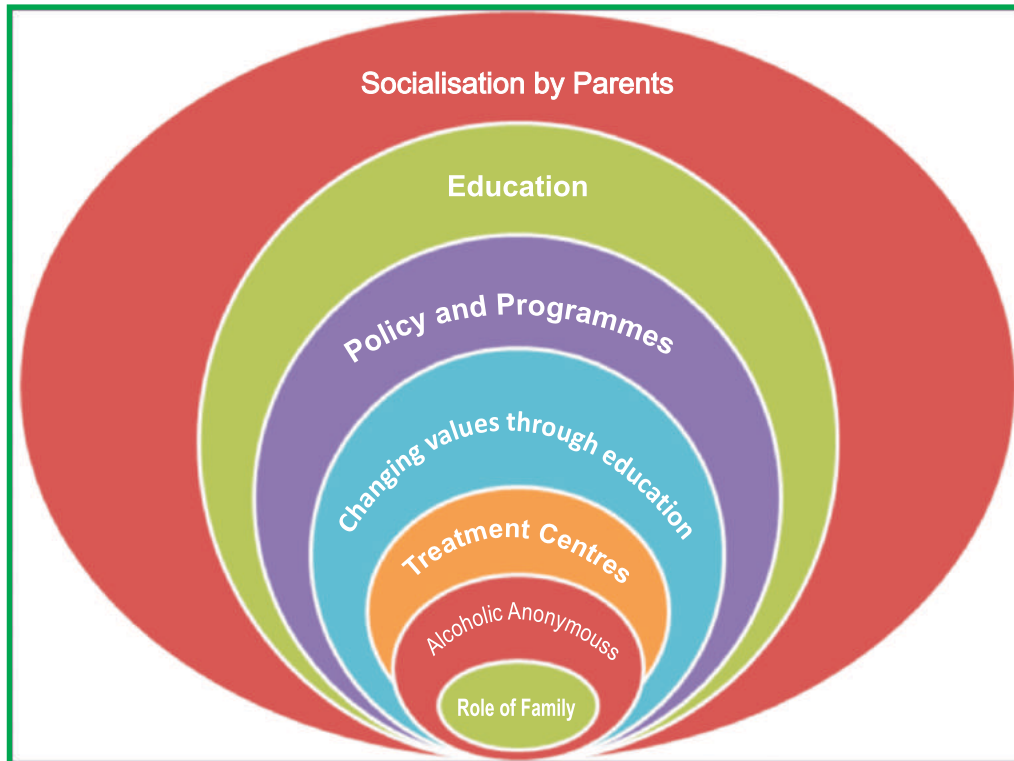
Alcoholism can be treated easier than drug-addiction. There have been many successful treatment programmes for this problem. Since there is a continuum between use and abuse, there are various kinds of programmes for different degrees of drinking. Psychotherapy, environment therapy, behaviour therapy and medical therapy are suggested and used for different types of drinkers.

The following measures can be taken to treat the drinkers and alcoholics:

1. **Role of family:** Involving an alcoholic's family in the treatment and rehabilitation enhances the chances of success by 75% to 80%. The educated family members do not preach; nor do they blame or condemn the alcoholic. They minimise problems, offer sincere and unselfish help and guidance, and never abandon him.

2. **Alcoholic Anonymous:** One of the most effective social therapies which uses group interaction is Alcoholic Anonymous. It is an organisation of ex-alcoholics which started in United States in early 1940. The only requirement for membership is a desire to stop drinking. Alcoholic Anonymous are found mainly in the metropolitan cities. The gatherings are therapeutics in that the drinkers can unburden their problems to persons who work with them and who help them fight their weakness and build self-esteem and a sense of belonging.
3. **Treatment Centres:** These centres have been developed in some cities as alternatives to hospital treatment. Each centre has about 10-20 residents. Here, not only counselling takes place in a supportive environment but residents are also made to follow certain anti-drinking rules.
4. **Changing Values through Education:** Some voluntary organisations undertake educational and informational programmes to alert the alcoholics to the danger of excessive drinking.
5. **Policy and Programs:** There is need to formulate policies and programmes to produce more jobs, permit fair competition and reduce corruption and nepotism in appointments and promotions. If the lives of people are made meaningful, rewarding and satisfying, the need for alcohol would not exist or it will be minimised.
6. **Socialization by Parents :** Parents can impart education on the dangers of becoming an alcoholic as well as punish the deviants and create the necessary fear. Socialisation should be concerned with shaping the attitudes and behaviour conducive to non-drinking. In addition, schools and colleges can also educate young students about the psychological and sociological effects of alcohol and alcoholism.

Measures to Prevent Alcoholism



Drug Addiction

Drug addiction is a problem that has been increasing immensely among our society today. The young people are more vulnerable to drug abuse because of poor self esteem, low achievement at school, family history and peer pressure. On the other hand, sometimes they feel that they are too bright, too powerful and are too much in control to become addictive and hence get into the habit of taking drugs. Thus, addiction can trap anyone. It can lead to harming ones health, causing problems in family structure, and contribute to the delinquency in society. The persons who get addicted often lose interest in other activities of their life. As a result, they are not able to take care of their responsibilities and may become a liability for their families as well as their society.

Let us define the most commonly and frequently used terms while addressing the problem of drugs.

Drugs: Any chemical that alters the physical or mental functioning of our body is a 'drug'. Drugs, as natural or synthetic substance, are used in the diagnosis, mitigation, treatment, or prevention of a disease or relief of discomfort.

Drug Addiction: Drug addiction is a strong physiological and psychological dependence on some habit forming stimulant or narcotic substance (such as alcohol,

cannabis, nicotine, or a derivative of cocoa or poppy) which produces a state of arousal, contentment, or euphoria.

Drug/Substance Abuse: Continued or excessive use of such substances which causes addiction or dependence is called drug abuse or substance abuse. Thereafter any attempt to discontinue their use results in specific reactions called **withdrawal symptoms** (such as sweating, vomiting, and tremors) which cease when the use is resumed. Commonly abused substances among adolescents are tobacco and alcohol which are a gateway to use of other drugs.

Definition

Drug Addiction is defined as a chronic, relapsing brain disease that is characterised by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviours
- National Institute of Drug Abuse (NIDA)

Types of Drugs

Commonly abused drugs are alcohol, sedatives, stimulants, narcotics, hallucinogens and nicotine. The impact of use of these drugs on an individual is not the same, but different.

1. **Alcohol:** Alcohol is a drug and may be classified as a sedative or tranquilizer, depending upon the quantity that is consumed. It induces intoxication. The excessive use of alcohol affects the nervous system of the abuser. It also leads to develop physical dependence slowly.
2. **Sedatives or Depressants:** Barbiturates, bromides and tranquilizers belong to this category. These drugs are also called “downers”. They act to relax the central nervous system and induce sleep and provide a soothing effect. Medically, these are used in high blood pressure, insomnia, epilepsy and to relax patients before and during surgery.
3. **Stimulants:** The most widely known stimulants are amphetamines. When administered by a medical practitioner, moderate dose of amphetamine can check fatigue and produce feelings of alertness and self-confidence. But the heavy dose of the same may cause extreme nervousness, irritability, head ache, sweating, diarrhoea and unclear speech. It is not advisable to take a heavy dose of it for a long time. In such cases, it may cause varying degrees of intellectual, emotional, economic and social deterioration.

4. **Narcotics:** Narcotic drugs include opium, marijuana, heroin, morphine, cocaine, codeine, methadone, pithindine and cannabis such as charas, ganja, bhang etc. Continued taking of these is regarded as the worst type of addiction because it produces craving and psychic dependence.
5. **Nicotine or Tobacco:** This includes cigarettes, cigars, snuffs and *beedi* (which contains tobacco). This leads to relaxation, stimulates central nervous system, increases wakefulness and removes boredom. About 3 million premature deaths a year (6% of the world total) are already attributed to tobacco smoking. Tobacco is responsible for about 30% of all cancer deaths in developed countries.

Causes of Drug Addiction

- i. **Psychological factors** such as getting ‘kicks’ and ‘thrills’, relieving tension, removing inhibitions, avoiding boredom, easing depression, satisfying curiosity, feeling high and confident and intensifying perception, etc. may motivate people to become drug addicts.
- ii. **Physiological factors** like removing pain, getting sleep, heightening sexual experiences, staying awake, getting more physical strength etc. also induce people to become drug addicts.
- iii. **Social causes** that favour drug abuse are efforts to become acceptable to friends, the desire to join “high society”, facilitating social experiences, challenging social values, to set new social trends, etc.
- iv. **Peer group influence** too is very powerful in initiating a new person to drug-taking habit. To get recognition in the company, to satisfy other members of the peer group, to avoid ridicule at the hands of fellow-members are factors due to which young people become victims of drug abuse.
- v. **Feeling of alienation and lack of motivation** are conditions of modern society which may push some mentally weak or delicate persons towards loneliness and subsequently drug abuse. Such persons live in the midst of people. Yet they tend to feel that they are alone in the world for they do not have any companions.
- vi. **Escape from the pressure and conflicts of life** are yet other causes of drug abuse. Our living conditions also impose various pressures, conflicts, tensions and dangers in our life. One requires courage and a realistic approach to face such challenges of life. All are not mentally equipped to face such realities of life successfully.

Do you know why an individual becomes a drug addict?

- Lack of basic knowledge about the effects and dangers of consuming drugs/addictive substances
- Urge to try something new, coupled with peer influence and pressure, make young people vulnerable to drug abuse
- Influenced by peers and mimicking their behaviours. In many instances, young people are influenced by their peers to experiment with cigarettes, alcohol and other harmful substances
- Myths that drugs can help overcome boredom, depression, stress and fatigue.
- Media images that glamorise substance abuse.
- Peer pressure in academic and non academic areas

Effects of Drug Addiction

Drug abuse leads to a number of effects on person's life. They are short-term and long-term in nature.

Short-term Effects: Drugs have short term effects that can be seen only a few minutes after the intake of drugs. The drug abuser feels a false sense of well-being and a pleasant drowsiness. Some of the short term effects are distorted vision, impaired judgment, bad breath and hangovers.

Long-term Effects: Drugs have a long-term effect on the physical and mental health of the individual that leads to serious damage due to constant and excessive use. These effects are discussed as under:

1. Substance abuse impairs both physical and mental functioning leading to compromised quality of life.
2. Several long-term physical ailments, including loss of appetite, stomach ailment, skin problems, liver, heart and central nervous system damage, memory loss etc may occur.
3. In general drug use weakens the immune system and makes the individual more vulnerable to acquire infections.
4. Drug abuse in itself is not a cause of HIV/AIDS or other STDs but under the influence of drugs, people may engage in risk behaviours that make them more susceptible to these infections.

5. Drug abusers may even die suddenly from a so-called overdose when one takes too much for the body to bear. Death may also occur from long-term damage.
6. Although substance/drug abuse is harmful at any stage of life, these substances are especially harmful if consumed during pregnancy as these are absorbed through blood and as the growing foetus (unborn child) gets nutrition from blood, these substances can reach the foetus and cause harm.
7. Drug abuse influences not only the individual but their families and communities. The person who gets addicted often loses interest in other activities be it school, job or any other responsibility. As a result, they are not able to take care of their responsibilities and may become a liability for their families. Furthermore, it is expensive to buy substances/drugs on a regular basis. Hence, in desperation, addicted individuals may be forced to engage in petty crimes.

Measure to curb Drug Addiction

Drug addiction may be biologically inherited or begin out of curiosity. It brings a fatal end to the individual and proves immensely harmful for one's surroundings. It is a menace which needs to be curbed. There are various measures to control drug addiction. Not only the abuser but one's peers, family and society collectively need to contribute in order to eradicate the problem of drug abuse or addiction. Some of the measures are discussed as under:

1. **Special attention towards adolescents** As the attitudes related to smoking, drinking and abuse of other substances are formed during preadolescence and early adolescence, it is an important age to invest in prevention efforts.
Paying attention to the following may prevent young people from abusing drugs:
 - Peer pressure can be managed by being aware of the implications of drug abuse and developing skills to manage peer pressure. One can not only save oneself from adopting risky behaviour under peer pressure but also persuade the peers not to engage in unhealthy behaviours such as substance abuse.
 - Young people should also be educated to recognise that a friend is someone who cares, protects and looks after the welfare of their friends rather than coerce/initiate them into unhealthy habits.
 - Empowered with adequate information and skills, young people should be able to decide that it is their body, their life and hence, they should be taking well-informed and responsible decisions.
2. **Educational Approach:** Imparting education about drugs and the evil effects of their consumption is of great importance. All misleading knowledge must be

removed. The message should be clear and unambiguous to the intended audience and come from credible source of information.

3. **Legal Approach:** The legal control on the distribution of drugs, when effectively applied has been and remains an important approach in the prevention of drug abuse.

Box 1

The Narcotic Drugs and Psychotropic Substances Act, 1985

The central government introduced this act in the year 1985 to combat trafficking in drugs. It was amended in 1987 to make the legislation still more stringent. The act provides for a minimum punishment of 10 year rigorous imprisonment for its violation, and it could be extended to 20 years with a fine of 1 to 2 lakh rupees. The court is also empowered to impose still heavier amount of fines.

4. **Role of Enforcement Agencies (like the Police):** No law or legislation is effective itself. It gets strength only if it is effectively enforced.
5. **Changing the Attitudes of Doctors:** The practicing doctors will have to change their approach in prescribing too many costly drugs. They also have to be careful about the side effects of the drugs which they are prescribing.
6. **Follow-up study of Drug Addicts under Treatment:** It is necessary to make follow-up study of drug addicts treated under detoxification programmes.
7. **Role of Teachers:** Teachers can play a vital role in the prevention of drug abuse. They can talk openly and freely with the students and organise activities to keep them busy with constructive work and encourage them to develop healthy hobbies.
8. **Role of Parents:** Parents' role is no less significant. Drug abuse, at times, may have its roots in parental neglect, over-hostility, rejection, marital disharmony, etc. It is thus necessary that parents have to take more care in keeping the family environment congenial and harmonious. They could talk to their children openly and affectionately, listen to their problems patiently and suggest to them ways of handling the problems effectively.
9. **Providing Alternative Activities:** A popular approach to the prevention of drug abuse is providing for alternative activities which may help to prevent drug abuse.
10. **Timely Intervention:** The sooner people seek help for drug addiction problems, the more chances they have of gaining control of their life once again. However, abstinence is the safest way to live a longer and healthier life.

Risk Factors	Protective Factors
<ul style="list-style-type: none"> - Aggressive behaviour in childhood - Lack of parental supervision - Poor social skills - Drug experimentation - Availability of drugs at school - Community poverty 	<ul style="list-style-type: none"> Good Self-control Parental monitoring and support Positive relationships Academic competency School anti-drug policies Neighbourhood pride

Conclusion

Thus, social problem is an unwanted and undesirable situation which has no convenient solution. Alcoholism and drug addition are two such social problems. Both are determined by economic and social-cultural factors and both have disastrous consequences for the individual, the family and the society. In both cases the state, the educational institutions and the family can play a crucial role in combating these blights on the society.

Glossary

- **Absolute Poverty:** Extreme poverty is when people lack the basic necessities for survival. For instance they may be starving, lack clean water, proper housing, sufficient clothing or medicines and be struggling to stay alive.
- **Alcohol:** Alcohol is a depressant. It slows down brain and this affects the way one thinks, feels and behaves. Alcohol is a drug and can be toxic. Beer, wine, spirits or hard liquor, liquors, ports, sherries and homebrew all contain different amounts of alcohol.
- **Alienation:** Emotional isolation
- **Delinquency:** Minor crime, especially that committed by young people.
- **Detoxification:** The medical and bio-psychosocial procedure that assists a drug addict to withdraw from dependence on all substances of abuse.
- **Nepotism:** Practice among those with power or influence of favouring relatives or friends, especially by giving them jobs.
- **Peer group:** A peer group is a social group and a primary group of people who have similar interests, age, background, or social status.
- **Red Tapism:** Red tape is an idiom that refers to excessive regulation or rigid conformity to formal rules that is considered redundant or bureaucratic and hinders or prevents action or decision-making. It is usually applied to governments, corporations, and other large organisations.
- **Sedative:** An agent or drug having a calming or soothing effect or inducing sleep
- **Toxicity:** Poisonous nature; poisonous quality.
- **Tranquilizer:** A sedative that is used to reduce anxiety or tension



I. Objective type questions

A. Multiple choice questions

- Rapid industrialisation has led to increase in environmental pollution such as ?
(a) Degradation and desertification of the land (b) Nepotism
(c) Over Population (d) Caste system
- Which of the following is not a stage of alcoholism?
(a) Prodigal phase (b) Crucial phase
(c) Chronic phase (d) Frequent phase
- Which one of the following is not classification of drinkers?
(a) Rare users (b) Light drinkers
(c) Hyper users (d) None
- Alcoholism is associated with what kind of problems?
(a) Social problem (b) Economic problem
(c) Health problem (d) All of the above
- The most widely known stimulants are
(a) Tablets (b) Amphetamines
(c) LSD (d) Heroine
- Tobacco is responsible for about 30% of all ;
(a) Cancer deaths (b) AIDS
(c) Dengue (d) Diabeties
- What occurs when acceptable social standards of its use are violated, resulting in adverse physiological, psychological and social consequences
(a) Drug abuse (b) Obesity
(c) Food adulterants (d) Conflict in values

B. Fill in the blanks

- and are problems associated with increasing political corruption among leaders.
- The problem of untouchability in India is due to the system.
- When a person starts drinking even in the morning, he is said to be entered in the phase.
- is a narcotic and leads to nervous degeneration, liver cirrhosis, high blood pressure and a host of other diseases.
- drinkers are those who drink three or four times in a month.

6. group influence is very powerful in initiating a new person to drug-taking habit.
7. The Narcotic Drugs and Psychotropic substances Act was amended in to make the legislation still more stringent.
8. Abuse leads to a number of short-term and long-term effects that are detrimental to health.
9. Drug use weakens the system and makes the individual more vulnerable to acquire infections.

C. True/False

1. Alcoholism is more treatable than drug-addiction.
2. Social Problems are interrelated to each other.
3. Male child preference and Patriarchal system are social problems related to ecological factor.
4. Alcoholism does not influence the families and communities
5. Men drink because their occupation has completely exhausted them.
6. Heavy drinkers are the drinkers who drink every day or several drinks during the day.
7. Teachers cannot play any vital role in the prevention of alcoholism.
8. Parents are helpless in curbing the problem of drug addiction.
9. Drug abuse does not influence the families and communities.

D. Match the columns

Column A

Poverty
Undesirable condition
Male child preference
Global warming
Stage of Alcoholism
Light drinkers
Underage drinking
Cause of Alcoholism

Column B

Ecological or environmental problem
Socio-Cultural problem
Economic Problem
Factor of female foeticide
Who drink once or twice a month
Chronic phase
Increased stress
Violent crime

II. Very short answer type questions

1. List the factors which are responsible for social problems.
2. What do you mean by Alcoholism?
3. Who are called the light drinkers?
4. List the stages of Alcoholism.
5. What do you mean by drug?
6. What is Drug Addiction?

II. Short answer type questions

1. What do you understand by Social Problem?
2. Write any two factors related to social problems.
3. Write down three effects of alcohol consumption.
4. What do you mean by chronic phase of alcoholism?
5. What is "Alcohol dependency"?
6. What do you mean by Alcoholism?
7. What do you mean by the Pre-alcoholic symptomatic phase?
8. Give the social causes for persons turning to drugs.
9. List the short term effects of drugs on an individual.
10. What is the role of teachers in the prevention of drug abuse?
11. What do you mean by the term drug addiction?

III. Long answer type questions

1. Discuss various factors of Social problems in India.
2. Write a short note on drugs.
3. Discuss in brief the stages of Alcoholism.
4. Discuss the categories of Alcoholism in brief.
5. Write the harmful effects of Alcoholism.
6. Why are young children more prone to alcoholism and drug addiction?
7. Discuss long term effects of drugs on individuals.
8. Write in brief the psychological and physiological effects of drug addiction?
9. What type of special attention should be given to the adolescents to prevent drug addiction?
10. Write the causes of drug addiction.

IV. Very long answer type questions

1. What do you mean by Alcoholism? Discuss the factors responsible for it in detail.
2. Write a detailed note on harmful effects of Alcoholism.
3. Write a detailed note on the stages of Alcoholism.

4. How can school and teachers help in preventing alcoholism?
5. Write a note on drug abuse in 250 words.
6. How can the problem of drug abuse can be controlled in your view?
7. Write a detailed note on factors responsible for drug addiction.

PROJECT

Make a collage of media images that glamorise substance abuse and write the effect of alcoholism and drug addiction on health.