

## Drug Abuse: An Obstacle in Fit India Movement

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### Abstract

From the very inception of the human civilization the relationship of the humanity and drugs has been well prevailing. From the time immemorial mankind is using these drugs which includes the early times, medieval times as well as recent times. Alcohol was most commonly used by large masses of people for entertainment and for pleasure, long years back. Along with the liquor tobacco, poppy husk, cannabis and opium were also consumed since long back. While the changes that a person experiences during physical exercise are usually healthy, the physical side effects of drugs have the potential to be damaging and occasionally life-threatening. And when the effects of physical exercise and drug use are combined, the body can go into shock or shut down completely. If the person engages in especially demanding physical activities, such as those that require high levels of cardiac fitness, he puts himself in danger of causing permanent damage to his body. Physical activity may offer an alternative or adjunct approach to reducing rates of substance use. Through psychological, behavioural, and physiological mechanisms, physical activity may offer benefits in the prevention, reduction, and treatment of alcohol and substance use across the lifespan and make Fit India Movement a great success.

**KEYWORDS:** Drugs, Fitness, Obstacles

स्वस्तिव्याक्ति, स्वस्तिपरिवारऔरस्वास्थ्यसमाज, याहिन्येभारतकोश्रेष्ठभारतबन्नेकारास्ताहै।

(श्रीनरेंद्रमोदी)

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities. Scientific evidence has made with a clear and that unless man engages himself in organized vigorous physical activity programmer. The real benefits would not come. Setting goals and getting psyched about them is half the fun, but if you don't create a game plan to achieve a goal, it may not happen. Most of us are familiar with the most common barrier to a regular physical activity routine like the lack of time, Work, family obligations and other realities of daily life often get in the way of our best intentions to be more fit. There are many additional barriers that vary by the person and life circumstance. One of the major barriers in the Fit India Movement is Drug abuse. Drug abuse, a burning question prevailing in the India today Drug addiction has become a worldwide problem and the leading cause of death. It is a variegated mechanism with amalgamated influences of social, mental and domestic factors. It is a conduct whose manifesto based upon the mixed relationships of intoxicants-individual-society which is enrooted in the social,

economic and cultural system of the society. The global problem of addiction and drug abuse is responsible for millions of deaths and millions of new cases of various diseases every year. In recent years, India is seeing a rising trend in drug addiction. The most common use of drug in India is alcohol, followed by heroin, cannabis and opiates. Drug use, whether licit or illicit, causes serious health problems in individuals with which an individual cannot follow the pathway towards this Movement of being fit. Let's have a look on the prevailing statistics:

- Approximately 2.6 crore people in India have used or use opioids.
- More than 60 lakh people in India suffer from Opioid use disorders.
- The most common drug used is Heroin followed by Pharmaceutical opioids and Opium.
- Uttar Pradesh, Punjab, Haryana, Delhi, Maharashtra, Rajasthan, Andhra Pradesh, and Gujarat contribute to more than half of the people suffering from Opioid abuse.
- Approximately 1.18 crore people use sedatives and inhalants.
- 4.6 lakh children and 18 lakh adults need help as a result of inhalant use.
- The prevalence of use is higher in children and adolescents as compared to adults.
- Punjab, Uttar Pradesh, Madhya Pradesh, Maharashtra, Delhi, and Haryana have a very high child population in need for help as a result of an overdose.
- Over 8.5 lakh people inject drugs into themselves and are addicted.
- Uttar Pradesh (100,000), Punjab (88,000), Delhi (86,000) top the numbers.
- The most common drugs injected are Heroin (48%) and Buprenorphine (46%).
- 27% of people who inject drugs admit sharing their needles with other people, risking diseases like HIV.
- About 14.6% of the total population of India (~16 crore people) are users of alcohol.
- Country liquor (desi) and IMFL (Indian made foreign liquor) are predominantly consumed beverages.
- Nearly 6 crore people suffer or need help because of harmful/dependent alcohol use i.e. one in every three alcohol users.
- Uttar Pradesh, Chhattisgarh, Tripura, Punjab, Goa and Andhra Pradesh have the most prevalent alcohol use.

A common misconception surrounding drug addiction is that it solely affects the life of the user. However, the idea that they aren't hurting anyone except for themselves is an excuse that many individuals who abuse drugs use in order to justify their addiction. Drug addiction is not a one-person phenomenon, and it creates a domino effect on the lives of those around them. It is a social problem that normalizes drug use and affects individuals and their families. At first glance, a drug addiction may appear to only affect the person who is using. However, because addiction is a destructive issue that can have an adverse effect on the community, family, and individual and various nations related programmes and policies. It's very rare that other people aren't affected. An individual neglecting their responsibilities as a result of drugs can negatively affect their career, children's education, or family's financial security. Their impact can also extend outside of the immediate family. Friends or community members who rely on their presence or companionship can suffer from their absence. Considerable evidence has accumulated over the past decades that substance use problems often can be prevented through

interventions targeting one or more risk or protective factors. Interventions targeting child and adolescent risk factors for substance use may reduce other physical and health problems, such as aggression, and improve educational, later-life outcomes, brain development, such as the slow maturation of the prefrontal cortex, interact synergistically with social pressures arising from new social roles, peer environments, insufficient or disrupted sleep, and stressful life transitions to heighten risk. Although people tend to think of exercise as good for the body, it also benefits the brain. As it invigorates the heart and lungs, it stimulates the brain's reward pathway and heightens mood-boosting neurochemicals. Animal research indicates that exercise promotes the formation of blood vessels in the brain, forges connections between cells, enhances repair of neural tissue, and generates new neurons in memory-formation areas. Through its actions on hormones that affect the nervous system, exercise also improves an animal's tolerance of stress:-an observation that is particularly intriguing given the links between stress and drug abuse. Patterns of drug abuse among teens suggest that physical activity can strengthen resistance to addiction. Combined with what we know about other treatments, exercise shows promise.

Animal studies have shown that regular swimming reduces voluntary morphine consumption in opioid-dependent rats, and access to an exercise wheel reduces self-administration of cocaine in rats dependent on the drug. A small study in humans investigated an exercise program offered to 38 men and women who misused a variety of substances, including opioids, cannabis, amphetamines, and cocaine. Participants agreed to take part in group exercise three times a week for two to six months. Twenty people completed the intervention. When reassessed a year later (Twark, C., 2018).

Results from the NIDA (2011) funded Monitoring the Future survey, for example, indicate that high school students who exercise regularly are less likely than sedentary teens to smoke cigarettes or abuse marijuana. Apart from improving the health of the developing brain, there are many reasons to think that physical activity can be a useful means for preventing substance abuse among young people. The best way to grab the attention of children and teens is often to offer them a range of appealing challenges. Physical activities particularly in natural environments offer youth healthy opportunities to learn skills, take risks, and achieve goals. Proceeding, Institutions should adopt and implement policies and practices that motivate students and staffs to participate actively in health and wellness activities. In this regard, following activities may be incorporated:

- a) Pledging by students, faculty and staff in all universities/institutions for making all efforts to maintain the physical and mental fitness and do some sports activities regularly. Encouraging and motivating students and staffs to spend at least one hour in physical activities viz. Sports, game, running and walking etc. keep the campus of the institution clean and green, using bi-cycle in the campus of the institutions/university.
- b) Encouragement of indoor games viz. Chess, Billiards, Caroms, Badminton etc. in every hostel, to follow and support healthy eating pattern, taking measures to ban junk food in campus canteen, sensitized about the ill-effect of junk food and the consequences of obesity and overweight.

- c) Implementation of annual Yoga/mediation events. Yoga/mediation classes may be arranged for all on regular basis, Observance of fitness week for students and staffs, Implementation of annual walk/run event to engage students in physical activities.
- d) Incorporation of health and wellness activities in Institute's major festivals and events, Institution with functional wellness centers, Organization of regular medical fitness and health-checkup camps in collaboration with reputed local hospitals. Promotion of research projects related to health and fitness promotions
- e) Promotion of Substance abuse free Campus, Implementation and achievement of tobacco and substance abuse free Campus status. There must be Zero Tolerance Policy in each and every university/institution with regard to tobacco and substance abuse.
- f) Providing of counseling services (through qualified consultants) for mental health, stress management and substance abuse.

The World Health Organization defines health as 'Physical, mental, and social well-being, not merely the absence of disease and infirmity'. Health promotion is the science and art of helping people change their lifestyle to move towards a state of optimal health (O'Donnell, 1986). Physical activity may offer an alternative or adjunct approach to reducing rates of substance use. Through psychological, behavioural, and physiological mechanisms, physical activity may offer benefits in the prevention, reduction, and treatment of alcohol and substance use across the lifespan and make Fit India Movement a great success.

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