Unit-10

DRUG ADDICTION

منشیات کی لت

Words Meaning

(Translation)

Words	Synonyms	معانی
Anguish	Suffering	غم
Metabolic	Chemical processes in body	مینابولک
Taboo	Forbidden	ممنوع

Relapse	Go back to	ختم ہونے کے بعد
Harmful	Damaging	نقصان دہ
Tendency	Propensity	رجحان
Anguish	Suffering	غم

Permanent	Lasting	مستقل
Marijuana	Marijuana	بھانگ
Tobacco	Tobacco	تمباکو
Environmental	Ecological	ماحولیاتی
Addicted	Enthusiastic	عادی
Eliminate	Get rid of	ختم کرنا

1. Drug addiction is a common problem all over the world today. There are many forms of drug addiction, but the most dangerous of all is the absolute dependence on it. Long-term use of drugs causes permanent mental and physical sickness. The more dangerous a substance is used the continuous use causes total dependence on the drug. Some kinds of drugs that cause disturbance of mind and body are heroin, marijuana, tobacco, valium, cocaine and alcohol.

پوری دنیا میں منشیات کی لت ایک عام مسئلہ ہے۔ منشیات کی لت کی کئی اقسام ہیں، لیکن سب سے زیادہ خطرناک اس پر مکمل انحصار کرنا ہے۔ منشیات کا طویل مدتی استعمال مستقل ذہنی اور جسمانی بیماری کی وجہ بنتا ہے۔ جتنا خطرناک مواد استعمال ہوتا ہے یہاں یہ اتنا ہی خطرناک بن جاتا ہے۔ اس کا مسلسل استعمال مکمل طور پر اس کا

عادی بنا دیتا ہے۔ منشیات کی دو اقسام ذہنی اور جسمانی الجھاؤ کا سبب بنتی ہے ان میں ہیروئن، بھانگ، تمباکو، ویلیم کوکین اور شراب ہے۔

2. Drug addiction is a caused by environmental factors. A few important environmental factors that may cause drug addiction are bad peer influence and troubled domestic background. When young people remain in bad company and do experiments in the name of adventure, they might fall a prey

to addiction. The people who are dissatisfied and discontented with their lives may also resort to drug addiction in order to seek an escape from responsibilities of life.

منشیات کی لت ماحولیاتی عوامل کی وجہ سے وقوع پذیر ہوتے ہیں۔ چند ایک اہم ماحولیاتی عوامل جو کہ منشیات کی عادت کا سبب بنتے ہیں ان میں ہم عمر لوگوں اور پریشان کن گھریلو حالات ہیں۔ جب نوجوان لوگ بری صحبت میں رہیں گے اور جرات کے نام پر تجربات کریں گے تو وہ نشے کی عادت کا شکار ہوجاتے ہیں۔ جو لوگ اپنی زندگیوں سے نہ خوش اور غیر مطمئن ہوتے ہیں زندگی کی ذمہ داری سے چھٹکارا حاصل کرنے کے لیے منشیات کے عادی بن جاتے ہیں۔

3. The most important measure to be taken in this regard is the rehabilitation and recovery of the drug addict. In many countries including Pakistan, abusers, their families and friends consider it a taboo to talk about their problem with others. They feel embarrassed to talk about it for fear of being declared an

outcast. This not only makes the cure difficult but in most cases the addicts die due to lack of in time treatment and counseling.

اس سلسلے میں سب سے اہم قدم جو اٹھانے کی ضرورت ہے وہ منشیات کی عادی لوگوں کی آبادکاری اور انہیں صحت مندبنانا ہے۔ بہت سے ممالک میں، ناجائز استعمال والے لوگ، ان کے خاندان والے اور ان کے دوست ان لوگوں کے مسائل کے بارے میں دوسرے لوگوں سے بات کرنا معیوب سمجھتے ہیں۔ وہ اس خوف سے کہ انہیں اپنی ذات سے باہر نہ کردیا جائے، اس معاملے پر بات کرنا انتہائی پریشان کن صورت خیال کرتے ہیں۔ یہ بات نہ صرف علاج مشکل کردیتی ہے بلکہ بہت سے موقعوں پر بروقت علاج نہ ملنے کی وجہ سے جان گنوا بیٹھتے ہیں۔

4. Rehabilitation centers are the best places for the control and recovery process. These centers look after them. Complete medical support and guidance is provided to these people in these centers. Drug abusers, therefore, must be taken to proper and certified rehabilitation centers where proper treatment and cure is rapid identification of the problem of drug for them. However, this involves rapid addiction and total cooperation of the sufferers with the team of these centers.

بحالی کے مراکز قابو پانے اور صحت یابی کے لئے بہترین مقامات ہے۔ یہ مراکز ان کی دیکھ بھال کرتے ہیں۔ ان مراکز میں لوگوں کو مکمل طبی امداد اور رہنمائی فراہم کی جاتی ہے۔ لہذا منشیات کا ناجائز استعمال کرنے والے لوگوں کو مناسب بحالی کے مراکز پر لے جایا جاتا ہے، جہاں ان کے لئے مناسب علاج اور بہتری کے مواقع میسر ہیں۔ تاہم

اس میں منشیات کی لت کے مسئلہ کی تیزی سے شناخت اور ان کی ٹیم کے ساتھ متاثرین کی ٹیم کا مکمل تعاون شامل ہے۔

5. The other factor that contributes in rehabilitation of the drug victim is proper counseling. The sooner it is done the better it is for the victim. The counseling process must continue even after the drug abuser is rehabilitated because of the dangers of a relapse. Doctors, family and friends must continue to critically watch and counsel the victim for better motivation and adjustment.

متاثرین کی بحالی میں دوسرے مشاوراتی عناصر مناسب کردار ادا کرتے ہیں۔ جتنا جلدی یہ کام کرلیا جائے متاثرہ کے لیے اتنا ہی بہتر ہے۔ عمل کے بعد بھی مشاورت کا عمل جاری رہنا چاہیے تاکہ خطرات دوبارہ نہ پیدا ہو سکے۔ متاثرہ کی بہتر ترغیب اور صحیح اس کے ڈاکٹروں، خاندان اور دوستوں کو اس کی مسلسل سخت نگرانی مشاورت کرنی چاہیے۔

6. Drug addiction is really a very serious threat for any society, In Pakistan alone there are almost five million drug addicts. Addicts undergo numerous economic social and health problems. The governments all over the world have been trying to eliminate drug addiction from society but still more efforts are needed to completely wipe it out. This can only be made possible if the people become increasingly aware of the threats that drugs pose. They vow firmly to live a healthy and meaningful life.

منشیات کی لت واقعی کسی بھی معاشرے کے لیے ایک بہت ہی سنگین خطرہ ہے۔ صرف پاکستان میں تقریبا پانچ ملین منشیات کے عادی افراد ہیں۔ نشے کے عادی افراد کو معاشی، سماجی اور صحت کے بہت سے مسائل سے گزرنا پڑتا ہے۔ دنیا بھر کی حکومتیں معاشرے سے منشیات کی لت کو ختم کرنے کی کوشش کر رہی ہیں لیکن ابھی بھی اس کو

مکمل طور پر ختم کرنے کے لئے بہت سی کوششیں کرنا باقی ہیں۔ اس کو صرف اسی صورت میں ممکن بنایا جاسکتا ہے کہ لوگ منشیات سے لاحق خطروں سے تیزی سے واقفیت حاصل کرلیں اور ایک صحت مند اور بامعنی زندگی گزارنے کا وعدہ کرلیں۔

Unit Related Question Answers

1. Are drug addicts aware of the dangers of drugs?

Ans. Yes drug addicts are aware of the mental and physical anguish caused by drugs.

2. Which environmental factors are responsible for drug addiction?

Ans. Environmental factors:

Environmental factors such as home conditions, psychological issues of the person and the social circle in which the person lives.

3. What treatment is available at rehabilitation centers for drug victims?

Ans. Rehabilitation centers strictly supervise the victims. Complete medical support and guidance is provided to these people in these centers.

4. What do you understand by the term "counselling"?

Ans. Counseling is a professional advice about a problem. Counselling is a process in which two people meet to explore personal problems and to identify solutions.

For the Teacher

- Conduct pre-reading activity to arouse students' interest in the topic.

- Make them predict from the title and illustrations about the contents of the text.

For the Teacher

- While-reading activity may be conducted to interact with the text. More while-reading questions may be asked.

For the Teacher

- Tell students that Cognates are the words that are the same or nearly the same in pronunciation, meaning and sometimes in spelling in two different languages. e.g. bus, pen, mobile, etc.

Theme

The theme revolves round harmful effects of drug addiction. It also refers to the importance of rehabilitation centers in treating drug addicts. It highlights the vital role that counseling plays in making people live a healthy life.

Glossary

Absolute -------------- complete
Influence -------------- have effect upon
Taboo -------------- forbidden
Curative -------------- healing
Rehabilitation -------------- therapy, treatment
Relapse -------------- go back to

Oral Activity

Drug addiction is a growing problem in Pakistan. Every year many young people fall victim to this life-threatening problem.

a. Make groups and chalk out about a prevention plan against drug addiction. Prepare a class presentation on prevention plan.

b. Discuss in class how can awareness be raised among people about the rehabilitation centers and its benefits.

Ans. Rehabilitation centers are the best places for the control and recovery process. These centers strictly supervise the victims. Complete medical support and guidance is provided to these people in these centers. Drug abusers, therefore, must be taken to proper and certified rehabilitation centers where proper treatment and cure is available for them. However, this involves rapid identification of the problem of drug addiction and total cooperation of the sufferers with the team of these centers.

For the Teacher

- Explain student the harmful effects of drug addiction, how can it damage human health and life.

Make students aware of their civic responsibility to tackle and rehabilitate the addict.

Comprehension

A. Answer the following questions.

1. What are the effects of drug addiction?

Ans. Long term use of drugs causes permanent mental and physical sickness. The more dangerous a substance is used the riskier it becomes. Its continuous use causes total dependence on the drug.

2. What are the causes of drug addiction?

Ans. Drug addiction and alcoholism are caused both by genetic and environmental factors.

Genetic factors:

The genetic factors explain that there are metabolic, structural and neuro-chemical malfunctions in the brain that causes a person to become addicted to drugs.

Environmental factors:

Environmental factors such as home conditions, psychological issues of the person, and the social circle in which the person lives.

3. What important role do rehabilitation centers play to control drug addiction?

Ans. Rehabilitation centers play very important role to control drug addiction. These centers strictly supervise the victims. Complete medical support and guidance is provided to these people in these centers. Drug abusers, therefore, must be taken to proper and certified rehabilitation centers where proper treatment and cure is available for them.

4. What is the role of counseling in preventing drug addiction?

Ans. The factor that contributes in rehabilitation of the drug victim is proper counseling. The sooner it is done the better it is tor he victim. The counseling process must continue even after the drug abuser is rehabilitated because of the dangers of a relapse.

5. Why do families feel reluctant to take the drug victims to drug rehabilitation centers?

Ans. Families feel reluctant to take the drug victims to rehabilitation centers for tear of being declared an outcast.

6. What are the responsibilities of the families to ensure complete recovery of such patients?

Ans. Doctors, family and friends must continue to critically watch and counsel the victim for better motivation and adjustment.

Vocabulary:

Guess the meaning of the following words from the text. Write the meaning in the middle column. Confirm the meaning by using a dictionary.

2	**Malfunction**	go wrong	break down
3	**Peer**	stare	gaze
4	**Outcast**	outsider	exile
5	**Rapid**	quick	fast
6	**Rehabilitation**	therapy	treatment
7	**Counsel**	guidance	advice

Grammar:

Relative Pronoun

A relative pronoun joins idea. It gives additional information about the subject or object e.g. who, which, that, whom, whose

Examples

The people who are dissatisfied and discontented with their lives may also resort to drug addiction.

The people who are addicted to drugs undergo many serious problems.

Adjective Clause

An Adjective Clause is a group of words which does the work of an Adjective. It usually begins with a relative pronoun such as who, whom, that, which, whose.

A. Use 'who, whom, that, which, whose' in the following sentences.

1. These are the colour pencils which I want to buy.
2. I know the woman whose child was hurt.
3. The old lady whom we met in the shop was Amina's grandmother.
4. This is the girl who stood first in the class.
5. Shazia likes the candies that her father brought from the market.
6. Anwar whom no one listened to was right.

B. Use the following relative pronouns in sentences. who, which, that, whom, whose

Words	Sentences
Who	Who is knocking at the door?
Which	This is the computer which I want to buy
That	He tells a tale that sound untrue.
Whom	He is the man whom we all respect.
Whose	I met that person whose son helped me.

C. Underline Adjective Clauses in the following sentences. Also encircle the relative pronouns.

Adjective Clauses:

1. He tells a tale that sounds untrue.
2. People who eat too much die early.
3. I met the woman whose son helped me.
4. He is the man whom we all respect.
5. I have work which I must do.

Relative pronouns:

1. He tells a tale that sounds untrue.
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D. Supply suitable Adjective Clauses.

1. Where is the book that you bought yesterday?
2. Any student who comes late will be punished.
3. The umbrella that is lying on the table is mine.
4. That is the girl who got first position in the class.
5. Where is the man who I want to see

Pick out three passive sentences from the lesson. Change these sentences into active voice.

Passive sentences:

i. Drug addiction and alcoholism are caused both by genetic and environmental factors.
ii. These factors can be supplemented by the environmental factors.

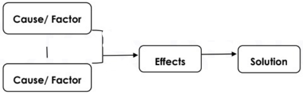
iii. Complete medical support and guidance is provided to these people in these centers.

Active voice:

i. Both genetic and environmental factors caused Drug addiction and alcoholism.
ii. Environmental factors can supplement these factors.
iii. These centers provide complete medical support and guidance to these peoples.

Writing Skills

Summarize the lesson "Drug Addiction" with the help of following mind map.



Ans. The summary revolves round harmful effects of drug addiction. It also refers to the importance of rehabilitation centers in treating drug addicts. It highlights the vital role that counseling plays in making people live a healthy life.

Drugs are considered severely harmful for human health. Drug addiction and alcoholism are caused both by genetically and environmental factors. People who are dissatisfied and discontented with their lives may also resort to drug addiction in order to seek an escape from responsibilities of life. Use of drugs resulted in permanent mental and physical sickness. Drug addicts should be taken to rehabilitation centers where proper medical support and guidance available. Proper counselling is also needed for such patients. Doctors, family and friends

must continue to critically watch and counsel the victim for better motivation and adjustment.

B. Write an essay on "Drug Abuse, a Threat to Society". (170 - 200 words)

Drug Abuse, Threat to Society

Drug abuse is the type of problem that affects more that the person who is abusing the drug. It is a far-reaching issue that has stretched out to families around the country. This is a problem that cannot be ignored.

Drug Abuse is a great threat to any society. It is a great curse. It is very harmful for human health. Countless people die every year because of drug abuse. It is an international problem. People involved in this atrocious business are so strong that they have organized a group called, "Drug. Mafia".

People in this category find themselves addicted to either illicit drugs or prescription medications. There are drugs in both categories that are highly addictive. Drug use is chronic or done on a regular basis which leads to the addiction. Side effects can cause lasting damage to the body of the abuser.

Our society suffers as many as 527,000 visits each year because of drug abuse. Families and businesses in Pakistan have been destroyed because of the abuse of drugs. This is one of the reasons that drug testing has become so critical in the hiring process. Understanding the threats of drugs is very important, in providing users with practical deterrents.

Causing physical harm to others

Alcohol is one of the most common drugs abused in the entire state of Pakistan. It is the drug of choice for most teens that are addicted. Drunk drivers are responsible for the physical harm and death of thousands every year. The threat that these drivers provide affects everyone that is on the road with them.

Damage to business reputation

Businesses that hire people who suffer from drug abuse often feel the effects. They in some case, experience damaged reputations as a result of these employees. In other cases, the damage may cause a reduction in profits for the business. Construction workers and food service workers are some of the top fields of drug abusers the workplace.

Health concerns burden society

Drug abuse is responsible for many of the health concerns that users experience. Reports that cocaine is a serious problem in the state. It is responsible for the most emergency room visits, drug-related discharges, and mortality rates per 100,000 of the population. Medication costs for drug users tend to be 2 times that of a normal person. Drug abuse continues to make The War on Drugs relevant in this state. The ages of drug users are getting younger and younger.

For the Teacher

- Help students first make a mind map to develop focus for their writing.