

Brahma Kumaris Drug De-Addiction Campaign

Drug Addiction(also called substance use disorder) is a brain disease. The addict becomes dependent on the drugs. The addict uses it, despite having full knowledge of its harmful effects on health. It is considered a brain disease because it changes the structure and functioning of the brain. All these drugs have their evil effects on the mind and body cells of the addicts. The young generations, particularly teenagers, are the worst victims of evils of Drug Addiction. Hospitals have a special department "Mind Body Medicine" which deals with the control of drug de-addiction and rehabilitation.

The foundation of our mental health is our values and ethics, our heritage and culture. We, the Brahma Kumaris understand it very well and Global Hospital at Brahma Kumaris Headquarters, Mount Abu runs various such programs which empowers the patients to get rid of their physical diseases using pure dietary habits, exercise and meditation. The emphasis is on the purity in life style and positive thinking. Under one such program, more than 11000 patients have been treated of their 'Coronary Artery Disease' without surgery. These were the words of Dr Partap Midha, Director, Global Hospital, Mt. Abu and Dr. Banarsi Lal Sah.

They were speaking on the inauguration of **Brahma Kumaris Drug De-Addiction Campaign** here in Chandigarh. The 7 day campaign will run through Punjab, Haryana and Chandigarh in which more than 150 trained volunteers will offer services. Schools and Colleges will remain the main target. They said Tobacco has become the gateway to drugs in youth. They start with smoking and then gradually shift to even more harmful drugs out of various socio economic and family reasons.

Dr Sachin from Bombay also highlighted about the ongoing campaigns of Brahma Kumaris wherein large number of volunteers are offering their selfless services across the country to help innocent youth fallen in the evil trap of drugs. He emphasised on the importance of Meditation that with meditative practice and good dietary habits, drug de-addiction process automatically sets in. The patient doesn't have to leave it forcefully and most importantly there are minimal or no withdrawal symptoms. During meditation, certain hormones are secreted in the body which are responsible for cheerfulness, happiness and increase in tolerance power. And these services from Brahma Kumaris are available without any cost, totally free of charge.

Dr Rakesh Gupta, Punjab State Nodal Officer for Tobacco control said Punjab is the first state to ban unapproved e-cigarettes which contain very large quantity of nicotine in liquid form and is extremely harmful. Apart from 31st May, in Punjab, 'No Tobacco Day' is also celebrated on 1st Nov, which happens to be 'Punjab Day'.

Chief Guest, Mr Anurag Agarwal, Home Secy UT Chandigarh addressed the audience and elucidated on the importance of services offered by Brahma Kumaris in this field. He said without the help of such organisations even Govt projects cannot be successful. Here is his message to the public:

My India Addiction Free India

I am delighted that a programme like this is going on successfully. Nothing succeeds without internal change and this combined campaign will not only rid people from substance addiction but provide them with positive "GODLY" addiction also.

