

Project 5

- **Aas Kiran, Hoshiarpur:** This project is running on a voluntary basis, by Rashpal Singh, who also works at Guru Gobind Study Circle, Hoshiarpur. There has been such a high demand in the area, that they have hired out a 'House' and are offering detox treatment plan to 15 more young men in the area.
- They are currently looking at buying land in the area, and building a purpose built, building or a drug-rehab.



Aas Kiran, Hoshiarpur



Project – looking at possibly building a purpose built drug-rehab to cater for the high demand in the area.

Election's in Panjaab

- The Election Process has a direct impact on the people of Panjaab. Most Election Parties give out free drugs to the villiagers, in turn asking for their vote. Around 25% of x-drug users relapse due to this process. Most vulnerable are targeted making life very difficult for Drug Rehab's to do their job well – with a high turnover of people being drug-free, as 25% of them are likely to get back into drug use because of the dirty politics currently happening in Panjaab.

Campaigning to have a Drug's Free Village in Ropar

- A large number of youngsters were dying in a villiage, called Ropar. The mother's were losing their son's and could not bare this any more. Two Youth Worker in that villiage, including the mothers got together to Campaign Against "Medical Stores", who were supplying drug capsules to young children. By day 3 of the campaign, the Police turned up and started beating up the old men, and ladies, and tried to stop them from Campaigning. A day later a 'mafia' group came to attack the sarpanch of the Ropar villiage. No enquiry has been done of the injustices committed.
- The Youth Workers are very dedicated to creating a 'drug-free' villiage. They have set up 2 Youth Centres in that villiage to counter-act what is happening to their youth. They want to help the Youth achieve a better way of life.

Unaware he was injected with illegal drugs



This young man was injected by an unqualified doctor, commonly known as 'QUAKS'. He was unaware he was injected with drugs. Until someone saw his arms, and urlated him that he could be victim of 'drug abuse'.

D-Addiction Conference

- Voluntary Health Association of Panjaab played a important part in the Conference held on 30th August - inviting all D-Addiction centres in Panjaab to come together and share their experiences with one another. Man Mohan Sharma - was the person who organised all this conference.



Summary

- Drug abuse is increasing at alarming rate in the youth of Panjaab. The most vulnerable age group is 25 years of age. Unemployed youth is more addicted to drugs. The drug addiction has been started even at middle or primary school level. Tobacco, which is considered as gateway drug, is mainly responsible for it. The use of prescription drugs is increasing in comparison to traditional drugs. The presence of reliable treatment services encourage addicts to come forward to shake drugs out of their lives. Ex-addicts play an important role in motivating addicts for treatment.



Summary

- To control drug abuse, both supply reduction and demand reduction should go hand in hand. To reduce supply, medical stores and unregistered medical practitioners should be strictly checked. Sales of illegal drugs and advertisement of tobacco products and alcohol should be banned.
- To make alternative work available to people of Panjaab, as earning a living from Agriculture is becoming impossible.
- Making sure that the 'Election Parties' do not hand out drugs in trade of getting votes for their party.
- Working at Government level to make more substantial changes to the rules and regulations on drug related issues, making sure they are also enforced, and not just down on paper.

Recommendations

- **Set up Counselling Training:** for about 10 people, apply a Foundation Skills Counselling Course, from a University in the UK and transfer the skills over to Panjaab. 5 Week Intense Training course during the Summer 2006.
- **Set up a Mobile Unit:** on wheels that looks at Drug Awareness Workshops, for Schools, Colleges, and Universities, and villages. This work could be carried out by Guru Gobind Singh Study Circle, Hoshiarpur.

Recommendations

- **Panjabi Video Resource:** needs to be developed for part of the Drug Awareness Programme. The lead for this project could be carried out by Guru Nanak Charitable Trust, Mulpur Dakha.
- **Drug Free Villiage:** Pilot one village, possibly the one in Ropar, and create it as the 1st Drug Free village in Panjaab. Also set up Sports Facilities in this village.
- **Yearly Visit to Panjaab:** Counsellor/Support Worker: To touch base with the projects to help and support them develop further.
- **Khalsa Aid [Panjaab Branch]:** Establish a number of people who can carry on the work of the Drugs Project on a on-going basis and report back on a quarterly basis to the Co-ordinator of this project back in the UK.

ਜਿਤੁ ਪੀਤੈ ਖਸਮੁ ਵਿਸਰੈ ਦਰਗਹ ਮਿਲੈ
ਸਜਾਇ ॥
ਝੁਠਾ ਮਦੁ ਮੂਲਿ ਨ ਪੀਚਈ ਜੇ ਕਾ ਪਾਰ
ਵਸਾਇ ॥

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**Drinking wine, he forgets his Lord and Master,
and he is punished in the Court of the Lord ॥**

**Do not drink the false wine at all, if it is in your
power ॥**

Contacts

- Paramjeet Kaur, Khalsa Aid, Slough, Berkshire, England. Tel: 07960 134124
- Jagmohan Singh, Guru Gobind Singh Study Circle
- Dr. Deepinder Singh, Homoeo Healers, 421-L, Model Town, Ludhiana-2. 11, Sunder Singh Market, Gill Road, Ludhiana. Mobile no: 98149-03720 Email: homoeohealers@yahoo.com
- Dr Harjinder Singh Gill, Adesh Hospital & Research Centre, Kotkapura Road, Muktsar-152026, Panjaab. Mobile: 98140-02012.
- Onkar Singh, Ek Noor Healing, H.I.G, Phase-XI, S.A.S. Nagar, Mohali. Mobile: 0987 2457576.
- Man Mohan Singh, Voluntary Health Association of Punjaab, SCF 18/1, Sector 10-D, Chandigarah-160 011. Mobile: 3266776. Email: vhap@sify.com, vhapunjaab@rediffmail.com.
- Rashpal Singh, Guru Gobind Singh Study Circle [Hoshipur Project].

Any Questions?

