

REPORT

RGU JOINS IN AWARENESS PROGRAMME ON OPIUM ADDICTION

IN ITS

OUTREACH PROGRAMME

Introduction:

Universities are mostly confined only in their regular academic activities within the campus having least link with their societies. Besides regular teaching and learning activities, they have also responsibilities towards their society by extending knowledge to local people in solving some of the local problems and motivate them to improve their life in the field of economy, health, better management of local resources, children educations, knowledge about their own rights and duties, and awareness about their local environment. Its need was also re-emphasized in the Conference of President of India with Vice-Chancellor of various Central Universities of the country in the Rashtrapati Bhawan on 5th February 2013 where Prof. Tamo Mibang, the Vice-Chancellor of Rajiv Gandhi University also attended meeting.



Prof. Tamo Rib, VC

Loosing no time, immediately after return from Delhi Prof. Mibang decided to start some Outreach Programs in some rural areas. Among the many, one of the programs chosen was on *Awareness Program against prevalence of opium in the society and its harmful effects on health, economy and human value*. Three districts of the state, Namsai, Lohit and Lower Dibang valley were chosen.

Objective:

: To know how children express their own views regarding opium in their society through drawing and in the form of essay writing.

Methodology:

First the team met Deputy Commissioner and the Deputy Director of School Education and informed them the objective of the program. Next, the team visited schools and discussed with Principals and headmaster and fixed the date of drawing and essay competition. University provided them the pencils, eraser, pencil, sharpeners, drawing sheets and one packets crayon to each student which they carried back to their home. The competition was at individual schools level and evaluated by respective teachers. Prizes and certificates were given to winners up to third. Teachers those who evaluated were also paid remunerations.

First Phase

(Lohit and Namsai
Districts from 7th to 20th
January 2015)

Prof. Tomo Riba, the Dean Faculty of Environmental Sciences, the Coordinator of Outreach Program of RGU conducted First Phase Program in Lohit and Namsai District from 7th to 20th of January 2015. He was accompanied by Miss Moriam Tamai,

Ph. D. Scholar from RGU, Shri Nashon Tamai and Shri Debojit Minim from Indira Gandhi Government College Tezu. His second son Shri Mojum Riba, also accompanied him from beginning to end of the program and helped him in organizing the literary program.



People covered:

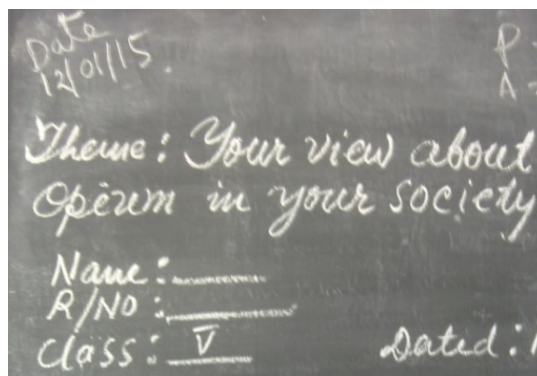
Accordingly the team covered 1100 students in 18 schools in two districts:

Lohit District (school covered)

1. Govt. Primary School Liago (hydel)
2. Govt. Upper Primary School Duraliang



3. Govt. Upper Primary School Tafragam
4. Govt. Upper Primary School Tafragam-II,
5. Lower Tafragam Upper Primary School
6. Govt. Upper Primary School Khoraliang
7. Govt. Upper Primary School Changliang
8. Govt. Primary School Panbari
9. Govt. Middle School Lohitpur
10. Govt. Secondary School Loiliang
11. Govt. Upper Primary School Pomliang
12. Govt. Upper Primary School Mekaliang
13. Secondary School Wakro.



Namsai District:

14. Govt. Middle School Kherem
15. Govt. Upper Primary School Emphong,
16. Govt. Upper Primary School Gunnanagar
17. Govt. Hr Secondary School Chongkham
18. Pali Vidyapit, Chongkam.



Second Phase At Lower Dibang Valley from 2nd February to 11th February 2017

The Second Phase of Outreach Program of RGU was conducted from 2nd to 11th of February 2017 at Lower Dibang. The Lower Dibang Valley is inhabited by two major tribal groups, Padams (Adi) in the plains bordering Assam and Idus (Mishmis) in the foot hills. Compared to other parts of the state, the Dibang Valley has high human carrying capacity due to extensive plain areas. Each farmer has large acreage of land.



The opium addiction from east has gradually making its route into the society. The both production and consumption has picked up and it would



not take much time to spread fully if the strong preventive measure are done from all the corners. Lower Dibang Valley borders with the Lohit, Anjaw and Namsai districts in the east where the history of opium cultivation and consumption is very old. But compared to these three eastern districts the prevalence of opium in Dibang Valley much less, initial stage at public level. But history of its existence is not recent phenomenon. Even in olden days people in the hills used it to cure minor health problems. But today, people used it for addictive purposes.

The use of *ghanja/bang* (marijuana) is widespread, consumed



mostly by youths. Marijuana grows naturally everywhere in wild form even along road side, empty space of settlement, river bank where there is favourable conditions. The use of marijuana is gateway to harder drugs, especially for youths.

Activities Performed:

Initially, just after reaching the district, the Coordinator, Outreach Program Prof. Tomo Riba contacted Dr. Odol Pertin, Assistant Professor, Indira Gandhi College Tezu, Mr. Monshi Tayeng, i/c Principal J.T. Govt. Degree College Roing and Dr. Rajiv Miso, Assistant Professor, JTGD College Roing and finalised the education institutions to be visited and NGO to be contacted. With the help of above faculty members the team visited the following academic institutions.

Academic Institutions covered

Sl. No.	Institutions	Principals/Headmasters
1	Jomin Tayeng Govt. Model Degree College Roing	Shri Monshi Tayeng
2	Govt. Secondary School <i>Parbuk</i>	Shri Toni Petin
3	Govt. Upper Primary School <i>Kangkong</i>	Shri M.Mandal i/c
4	Govt. Higher Secondary School <i>Bolung</i>	Shri B.R. Das
5	Govt. Secondary School <i>Jia</i>	Shri Obang Gao
6	Donyi-Polo Vidya Niketam <i>Jia</i>	Shri Dhananjay Sharma
7	Govt. Secondary School <i>Meka</i>	Mrs. Gebi Megu
8	Govt. Secondary School <i>Koronu</i>	Shri Tenning Linggi
9	Govt. Secondary School <i>Abali</i>	Shri N.C.Kalita
10	Govt. Middle School <i>Yibuk-Rayang</i>	Mr. Paksen Lego
11	Govt. Upper Primary School New Colony <i>Roing</i>	Mr. G.S Negi
12	Govt. Secondary School <i>Mayu</i>	Shri Bodong Saring
13	Jawahar Navadya Vidyalaya (JNV) <i>Roing</i>	Shri A. Athikho

NGOs:

The team had fruitful discussion with following NGOs separately on 7th and 8th of February 2017.

1. **Enjalumenda Women's Empowerment Forum (EWEF)**

Roing at residence of the Chairperson where following members attended.

- : Ms. Lomi Linggi (Chair person EWEF),
- : Ms. Sumila Linggi (Geneneral Secretary EWEF) and
- : Ms. Bulia Pulu (Legal Adviser EWEF), with



members

: Mr. Moshi Tayeng, Principal JTGM College

: Dr. Rajiv Miso, Asstt. Professor JTGM College Roing

: Prof. Tomo Riba, Coordinator and his wife Mrs. Marbi Riba

Women Wings of Adi Bane Kebang (WWABK) Roing at JTGD College Roing.

1. Mrs. Tenam Tayeng (President WWABK) and



2. Mrs. Oseng Apum (Secretary WWABK) with their other members
3. Mr. Moshi Tayeng, Principal JTGM College
4. Prof. Tomo Riba, Coordinator and his wife Mrs. Marbi Riba



Drawing and Essay competitions:

The team visited above mentioned all the institutions and informed them about the objective of visiting the institutions. Each and every one of them heartily welcomed the ideas and expressed their cooperate the them.

Attended the meeting. Through discussion it revealed that some of the root causes of drug addiction in the society are the lack of proper parenting, use of wine in every function, non-cooperation from govt and male counterpart in fighting the social evils. The use of **bhang** is highly prevalent. Recently the opium use and its cultivation has started in the district. Another



finding is, most of the children know the presence of drug in their society which is revealed from their essay and drawing. In all the schools, teachers welcomed the program and extended their full supports. Serious concern of the NGOs were on stern action against drugs peddlers, need for program on parenting, ban on cheap and quarter wine bottles which is purchased by all and kept hidden in the pockets, limit the time of opening the wine shop and ban on advertisement on wine. A financial constraint hinders the NGOs from constant activities. They conduct most of the awareness programs using own resources.

Views of Children about opium and addicts.

After evaluating the drawings and essays of about 2000 students in three districts Lohit, Namsai and Lower Dibang Valley, the following facts revealed in their writing.

A. Knowledge about the Prevalence of Opium in the society.

1. The use of opium in their society is known to all the a children
2. They know opium is cultivated in Lohit and Namsai, and has started in Lower Dibang Valley.
3. Olden days, opium was taken in small amount for medical purpose
4. But these days opium is taken mostly for pleasure and to get addicted.
5. All the students know that opium is a drug which kills addicts after robbing everything of the family.
6. Many started jokingly and got addicted
7. Once one has become habituated, it is very difficult to leave it.
8. Today, maximum people smoke including farmers, students, teachers, police, tribal and non-tribal, etc.
9. Today, many young boys and girls also take opium without any reason, due to frustration, as a fashion, to reduce body weight especially the girls,
10. Now a days, it is cultivated everywhere, even in the plain areas, especially by females.
11. It is cultivated for sale and family consumption.
12. Now days it is sold openly.
13. Both cultivators and consumers are bad.



14. Some children write, those who cultivate, they also consume opium. So what is the need of that money when one dies due to long duration of addiction?
15. According to some children their family is managed by selling opium, including their education. But they do not want their parents to consume opium.
16. Due to cultivation it benefits few families and ruins many other families.
17. Some children consider it as a medicine when consumed in small amount.

B. Health Problems related to Opium Consumptions:

1. It damages lungs, liver, heart and kidney
2. They eat very less and become thin, black and ugly.
3. According to them, opium addicts become lazy, do not work, and remain at home. They sleep whole day and remain awake whole night.
4. Opium cloud the brain.
5. Opium damage the brain and drain the purse.
6. Opium cause dehydration and drying of mouth.
7. First they suffer from constipation and diarrhea.
8. Ultimately addicts die before time.

C. Financial Problems:

1. Finally addicts become physically very much weak and don't earn for the family.
2. When addict falls sick, it becomes difficult to take them to hospital due to lack of money.
3. Drug addicts family always suffer from shortage of money, food and many other needs.
4. If there is money, first they would buy opium and then the pen and pencil for children.
5. Children find difficult to pay school fees, and good clothes. In due course of time many children discontinue schooling and start taking opium
6. Addict parents first think of their opium only rather than the necessities of the family
7. During acute stage of money, when everything has been sold, they send their children to work in other's house.
8. Finally they sell family property including land, even wife's ornament for opium.

D. Social Problems:

1. There is always quarrel and unhappiness in the family where parents are addicts.
2. Addicts become angry and quarrel with wife and children when they do not get opium
3. Addicts damage relationship with the family and in the society
4. Addiction leads to breaking of marriage.
5. Addicts display low performance in duty and lose their job.
6. There is always mounting debt with addicts
7. Addicts waste time by gossiping.
8. Addicts sell domestic property, even motor cycle, car and truck
9. There is no difference between opium addicts and beggars, both beg.
10. Addicts are neglected people in the society and they do not participate in social functions
11. During serious situation, when addict does not get opium, they even steal.
12. Some addicts even sell wife's ornaments and family property, even utensils.
13. They exchange articles from family for drugs
14. Children are not cared properly about their food, clothes and schooling.
15. Many children just follow their parents.



E. Ultimately:

1. Ultimately, after long run an addict ruins himself physically, financially, socially and finally dies after ruining the family.
2. Addicts family has to face untold suffering and end up with severe poverty.
3. All the addict wants to discontinue the addiction, but becomes difficult.

F. What children want?

1. All children don't want their parents should use any kind of drug.
2. They want the cultivators and peddlers to be punished.
3. To prevent children from use of drug, first parents should stop consumption of drug.
4. There should be more awareness programs. Students can play important role.
5. There should sufficient deaddiction centres to treat addicts those who are willing.
6. Awareness program on alternative source of income should be imparted.

7. Finally all want drug free society.

Category of students:

There are four categories of children, their knowledge about opium is concerned.

1. Students in whose family the opium is consumed but the family does not cultivate opium
2. Students in whose family the opium is cultivated and also consumed.
3. Students in whose family the opium is cultivated but they do not consume opium.
4. Students in whose family the opium is neither consumed nor cultivated but they know the bad effect of opium
5. Student who have neither seen opium cultivation nor addicts but know from others about the opium addiction.

Findings of the investigator:

1. Opium addiction is less in Lower Dibang Valley compared to Lohit and Namsai Districts.
2. Opium cultivation is more in Lohit District and its consumption is more in Namsai District.
3. The users of merijuna (*bang/ganja*) is more compared to opium.
4. The cultivation of opium has picked in the Lower Dibang Valley, especially in foot hills.
5. In Lower Dibang Valley, the consumption of opium is less among Adi compared to Idu Mishmis.
6. Opium addicts are more among the male adults and marijuana addicts are more among children.
7. Female drugs addicts are much more less than the males.
8. All children know prevalence of opium in their society.
9. About 95% of children do not support cultivation and consumption of opium.
10. Few students consider it as medicine, ritual items and source of money for the family.
11. 100% of children are against opium addiction.
12. It has never been taken seriously by the Government of Arunachal Pradesh. It is more serious and dangerous than the insurgencies.



13. Local leaders turn their deaf ear and blind eyes to prevalence of drugs in their society. They don't want to displease their voters.
14. Now a days, opium has become part of culture in the society.
15. It is cultivated openly and sold openly due to relaxation of law.
16. Many youths, including girls have started taking it just as a fashion.
17. Now days, most of the non-tribals those who live in villages have become addicted which was not noticed before 15 years when Coordinator was working as Consultant Coordinator of a UNO project.
18. De-addiction centers are limited and poorly equipped
19. Many government employees also consume opium that can be handled easily by the concerned authority.
20. While husband is alive wife becomes widow and children orphan as addict parents do not contribute in any economically gainful activities, rather become a big burden to family.
21. They are just biological parents but do not perform the role of social parents.
22. Gradually society will set back in population growth and economic growth, overall development because addicts are not interested except their opium.
23. All the addicts, opium cultivators, peddlers and common people know it as an illegal act.
24. Many addicts want to get rid of it but find it very difficult and costly.
25. No parents want their children to smoke opium. Equally, no children want their parents to smoke opium.
26. Finally it needs political will. Today, it does not require much awareness program because it is not a new thing in the society. All know it, including small children. Strict and continuous implementation of narcotic act, conduct de-addiction programs, other medical facilities to dissuade people from use of opium as medicine are to be initiated.
27. For successful implementation of the above activities, it needs a realistic data collected from the source.
28. Sudents can do lot in this regard.
29. First, one himself should be free from addictions and prevent others

Case Study:

On 19th January 2015, the Coordinator, during drawing competition, interviewed students of Govt. Upper Primary School Kherem, Namsai District, from Upper KG to Class VIII

regarding presence of opium addicts in their family. It was found, almost in all the families opium is consumed by elders in the presence of children. Following is the responses of children in whose family opium is smoked.

UKG	Class I	Class II	Class III	Class IV & Class -V	Class VI	Class VII	Class VIII
100%	75%	70%	100%	50%	70%	60%	80%

In an average in 76% of household opium is consumed.

Following is the category of family members who smoke opium.

Father alone	Father and mother	Brother	Father, mother and brother	Grand-mother alone	Father and Grand father	Grand-father
47%	18%	13%	11%	05%	01%	01%

64% of fathers of children of that school consume opium. The children of the family where both mother and father smoke opium, they experience extreme problems in the family.

Dr. B.M. Mishra, Deputy Commissioner of Lohit District greatly supported by giving local inputs and providing vehicle during the conduct of program in Lohit District. Principals, Headmasters and students of all the schools cooperated much in successful conduct of the program.

RGU will continue its efforts to reduce drug addiction, especially opium in the state of Arunachal Pradesh; for which the support of local is very much necessary.

Essay Competition:

“My view about opium in my society”

First prize winner Essay by Miss Jenilu Yun of Class VII, Govt. Middle School Khoraliang, Tezu during on spot essay competition conducted by the Outreach Cell of Rajiv Gandhi University in January 2015.

“Opium is a bitter, yellowish-brown, strongly addictive narcotic drug prepared from the dried juice of unripe pods of opium poppy and containing alkaloids. It is possibly one of the most versatile drugs. It deadens pains, produces elation, induces sleep and reduces stress. In the long run history of the opium use around the world, people take it into the body in every way. It is being smoked; it has been drunk, sniffed, rubbed or injected. Whatsoever means, the regular use of opium is to risk forging almost unbreakable deadly bond. Opium is one of the most addictive and debilitating substances of the earth. The opium addicted or person dependent to opium has been called friend, slave and ghost.

Our elders say “Opium and its derivatives have been used for over 5000 years. In the 19th century, opium was used as a patent medicine for many small illnesses like cold, pain, diabetes, tetanus and many other diseases. In the first quarters of the 20th century, opium was used to treat chronic alcoholism. Even today opium and its derivatives are used in some form or other...” Today opium is classified as a opiate which is a group of painkilling drugs that produce a relaxed dreamlike state, moderate high doses induce sleep, etc. In our society many people cultivate and consume opium in different ways. It has many bad effects as well as good effects on the person and the society.

It is good as it is used as medicine but it has many bad consequences. In our society many people consume opium. The harmful effect of the opium is not often noticed until the drug has been used for many years. The prolong use of opium can lead to lungs disorder, including cancer. Smoking of opium also causes damage to brain, liver, kidney and various other organs of the body. These damages do not necessarily repairs itself or go away when the drug is not under use. That is why, it is so important as to stop opium abuse as soon as possible to avoid further damages to the body and our society.

In our society most of the people consume opium and those who consume it are in very bad conditions, physically and mentally too. They loss their weights, energy reduced, anxiety reduced, money gets wasted, etc.

As opium use is progressing in our society, the body of the consumers are becoming tolerant to the drug and the pains reducing quality of the their drug and its derivatives are not as profound to give feelings of the pleasure and euphoria and ultimately replaced with feeling of desire to use as more as of the drug to produce similar euphoric effects of opium, leading to dependence and opium addiction.

According to me, the abusing of opium must be stopped. It is harming our society in every possible way. **STOP OPIUM. JAI HIND**

Second Essay by Shri Ajay Ratan, Class X Govt. Secondary School Kangkong, Lower Dibang Valley.

Opium is one kind of plant from where the opium is extracted. It is highly addictive narcotic drug. When unripe pod is cut, the sap seeps out dries on outer surface of the pod which scraped off the pod..... In our village, there are many opium addicts. My own brother is also opium addict and I have seen how it is prepared. First of all, the tender banana leaves are cut into small pieces and roasted in the fire on a plate and kept it in one side after item is dried. Then they boil opium in a long spoon. Along with tea is also boiled side by side. Then opium is allowed to dry After consumption of the opium, they start talking on topics that they can never do, most impossible things. After addicted, they want more and more, they consume opium again and again. When they don't have money, they start selling things like rice, wheat, maize from the house and steal from own house. They steal money from own house. I have seen my own brother who used to do same thing. Opium is a dangerous thing, never take. Thank you for giving me the chance to write.

Third Essay: Resang Pertin, Class-X Govt. Secondary School Meka Roing

WHO (World Health Organisation) had a report in survey that opium is one of the most addictive drugs used..... Let me tell you a story of mine. There was a boy named Rahul next to my house. I usually called him Brother. He was good and friendly. So, all liked him. With kind look face, he used to always greet others. His seriousness and dedication to his work and good behaviour and discipline made me jealous of him. Truly, he was a gentle man.

One early in the morning when I got up to feed chickens and pig, I saw Rahul with couple of friends. I was watching them silently. But could not keep quiet when I saw a bottle with a pipe. I asked Rahul about the bottle. "It is powder bottle. It is used for peace and also as medicine" Rahul replied. Before leaving for his own house, he asked me not to tell about the pipe to anybody. So it remain as secret between me. My curiosity remained and wanted to know it. It was opium, our people call it *kani*. I came to know that there are many people in our locality who use opium. "It is door to another world and dose of energy" some told me. That

tempted me and I wanted to try it. But the physical change in Rahul discouraged me. He was gradually becoming lazy, irritating, untidy dress and stop combing hairs. He stopped greeting people and stopped talking to friends. He stopped calling also. He changed completely and remained silent and dull. I could not resist and one day asked him the reason for such changes. “In the beginning I was in the haven but now I am in the hell” replied Rahul. I left for my village. After three days I heard the Rahul has died. Very few shed their tear. Rahul escaped from sufferings but the pain remained with family members including me.

Our people in the search of happiness grow drugs in our field in place of rice. I am dilemma, why people in search of peace lose their precious life.

Conclusion:



Let us save the new generations from curse of drug addictions

