

**Assessment on the effect of addiction on adolescent and Youth.
Community-Pardi and Gond
Slum area- Gandhi nagar and Rajeev nagar**

CHLP-Fellowship Final Report 2022-23



Submitted By-

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2022-23**

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PART-A

1. Introduction

Myself Tanveer naz I am married. I have done my Graduation- B.Com and PG with M.Com and M.A Sociology from Dr Hari Singh Gour a deemed University Sagar Madhya Pradesh. I am Working in Muskaan Organization since 2019 my designation is Zonal Coordinator in Bhopal. I have led project Safe city Bhopal and TDH in Bhopal District in Madhya Pradesh. There are working with marginalized community, vulnerable, with youth, mahila sangthan, children

Also linkages with government departments like bmc, police, education department, mahila bal vikas. In this program my responsibilities to raise awareness among youth, children, sangthans about their rights, strengthen these groups, Work with community closely.To raise awareness of the community about different government schemes.

2. Why did I join the fellowship program?

I joined the fellowship program to learn about a lot of knowledge on community health, woman health, child health, adolescent girl Marginalized community, Minorities and overall health system. There is a lot of health expert so I want learnt from the various field of knowledge and experience through the online platform. My focus has always been to provide sustainable relief and holistic development for communities with an aim to empower them, so they can break the vicious cycle of health and poverty and become contributing members of the society and nation at large.

Along with my ongoing responsibilities as a social worker, my intent for joining the fellowship program was to broaden the spectrum of my knowledge and exposure to our current state of community health and its grey areas.

3. What are my learning objectives and were they meet?

As a public health worker my objective in community-focused care was also to enhance healthcare services and patient outcomes in targeted populations. By applying public health theory on a local, personalized level, community I would like to cater services to a specific demographic and bring a sense of wellness to communities that would otherwise lack proper access to care apart from being a social worker my objective also to engage in community health been met and I shall continue to serve & identify how variables related to socioeconomic status — such as income levels, nutrition, crime, health, and other resources impact people and also determine how the community's medical and educational resources contribute to people lifestyles and what improvements are called for.

Areas of interest:

- Environment health
- Skilling of the vulnerable and marginalized community
- Food & Nutrition
- Mental health
- Child health
- Women health
- Community health post pandemic

Personal learning objectives:-

- My future aim is to be part of all types of community outreach in providing better community health to the most needy and deserving.
- As a public health worker my goal in community- focused care will be to enhance health care services and patient outcomes in targeted populations. By applying public health theory on a local, personalized level, community, I would like to cater services to a specific

demographic and bring a sense of wellness to communities that would otherwise lack proper access to care.

- I also would like to engage in community health and identify how variables related to socioeconomic status- such as income levels, nutrition, crimes and other resources- impact people and also determine how the community's medical and educational resources contribute to people lifestyles and what improvements are called for.

4. Learning from modules and how I applied the learning in my work. Reflections on use of the LMS, videos and participation in live online sessions.

It's been an experience by itself and a wonderful one. I learnt so many things I never knew and that too in detail and I feel there is so much more to learn and explore. Each module by itself was so interesting and engaging that it made me see at things in a diverse way. I attempted and actualized many modules in my work as well.

The modules that interested me the most were:-

- Mental health
- Child health,
- Food and Nutrition,
- Health systems in India,
- Understanding Community Health,
- Women health
- Non Communicable disease
- Communicable disease

Mental health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood

A few causes for mental health problems?

- childhood abuse,
- Neglect.
- social isolation
- Loneliness.
- experiencing discrimination and stigma
- Including racism.
- Social disadvantage,

- Poverty or debt.
- Bereavement (losing someone close to you)
- Severe or long-term stress.
- Having a long-term physical health condition. Causes mental health problems?
- Addiction

Importance of mental health

- Poor mental health makes us more vulnerable to certain physical health problems, such as heart disease, stroke and type two diabetes. Nurturing our mental health can also help prevent the development of mental illnesses. Good mental health helps us have a more positive outlook and enjoy our lives more.

My implementation

- Post completion of my training program facilitated by Late Dr. Thekur on Mental Health, I have been able to work on my emotions better when it comes to my family & my work. I got a better understanding about empathy, to be patient listener while maintaining a non-judgmental mindset. Over a time of practicing these skills I have been able connect well with all types of individuals especially during my work(got correctional homes for women) and understand what they have been or are going through
- **Intervention:-** As I had some basic skills which I learnt during my module I implemented it and I listened to what she had to say , I felt she had no confidence in herself and felt guilty of what she had done. Made her feel important that her family her children need her specially her children need her. Made her look at the positive side of life and helped her overcome her guilt and built her confidence in herself so as to she can make a change and difference in her life.
- I realized that all she wanted was to confide in someone who would listen to her patiently, mainly being non judgmental and biased.

Child health:-

Child health too much important for each and every person This module has enhanced my knowledge and skills on health and education, which is of high priority to me and was very helpful for me as I worked closely with a special needs child and a addicted child with drugs in the Community. I know how important child Physical health is to be necessary.

This course was a theoretical and practical-based experience which enhanced my understanding. My understanding increased. Taking one the assignments in class, where I

reviewed literature in order to identify the scientific evidence from literature of our topic ‘sexual violence and addiction on drug’

The Maternal and Child Health Bureau Strategic Plan

The Maternal and Child Health Bureau strategic plan during the years of 2003-2007 developed training for the preparation of national leadership for Maternal and Child Health field and develop ways to improve the overall health of the maternal and child health population. How the bureau planned to achieve that was by strengthen the Maternal and Child Health knowledge and support scholarship within the field by proving graduate education to develop interdisciplinary public health leaders nationwide.

Maternal and Child Deaths during Pregnancy

Growth and development of the infant. Most maternal and child deaths occur during late pregnancy and the first year of the child’s life respectively.⁴ Estimation by World Health Organization (WHO) in 2011, worldwide, approximately 3.5 million women die every year during pregnancy and delivery; almost 1000 a day. Almost 99 % of maternal, newborn, and child deaths occur in low and middle income countries.⁵ about 20% of global maternal death and 25% of child deaths occur only in India.

Health Promotion Strategies Used By Nurses as Guidance for Assessment and Alleviation of Risk Factor for Diseases

Health promotions are strategies used by nurses as guidance for assessment and alleviation of risk factor for diseases (Potter et al., 2009). A maternal health nurse provides specific screening, teaching, counseling and risk preventing tools to achieve optimal health of mother and child during the postpartum period. Postpartum is a period of both physiological and psychological changes. The mother’s adaptation such as, changes in parental role, family, body image, physiological changes after childbirth

The Developmental Stage and Health Needs of the Baby

Health needs of the baby were assessed, both her weight and head circumference measurement were at the 25th centile indication no weight loss which gave mother reassurance. This information is vital for babies born with low birth weight such as baby a are more likely to die from Sudden Infant Death Syndrome (Carpenter et al, 2004). Baby was also developing, thriving and feeding well with no concerns. The health visitor also remained mother about immunization as recommended in Healthy Child (2009).

FOOD AND NUTRITION

Importance of nutrition

- Good nutrition is very essential for health, growth and development.

- There is a close relationship of nutrition with infection, immunity, fertility, maternal and child health.
- Malnutrition in children is an important problem affecting about 50% of children under the age of 5 years.
- Obesity an increase problem in children and young adults
- Relation of nutrition with non-communicable diseases-dualities, heart disease, hypertension and cancer.
- There is a close relation of nutrition with immunity and infection.

Nutrition is an important key to learn and understand in your life while you get older. Many people do not know the proper diet and exercise to keep their body healthy and strong. Throughout this module, I have learned information on different kinds of vitamins, carbohydrates, amino acids and other helpful diets. After reading and logging my dietary log for a week it has helped me re-organize my diet and health. I have learned about how to personally manage my exercise and diet and I am seeing some good results because of what I learned from this class. I started to see what I was missing in my diet and started to know what quantity and quality was for your diet. I also took a leap into my family health history to see what I need to change.

Health system in India/ Determinants of Health

- A healthy community benefits every person in it. And community health is one means of achieving a healthy community. The field of public health aims to protect and improve health by addressing the structures and systems that define a place—and by supporting the people who live and work there in making healthy choices.
- Inadequate access to basic healthcare services such as shortage of medical professionals, a lack of quality assurance, insufficient health spending, and, most significantly, insufficient research funding.
- One of the major concerns is the administrations' insufficient financial allocation.

Types of Case Studies

1. Collective case studies: These involve studying a group of individuals. ...
2. Descriptive case studies: These involve starting with a descriptive theory. ...
3. Explanatory case studies: These are often used to do causal investigations.

Determinants of health are a range of factors that influence the health status of individuals or populations. At every stage of life, health is determined by complex interactions between social and economic factors, the physical environment and individual behavior. They do not exist in isolation from each other.

The Public Health Agency of Canada has identified 12 determinants of health as follows:

- Income and social status
- Social support networks
- Education and literacy
- Employment/working conditions
- Social environments
- Physical environments
- Personal health practices and coping skills
- Healthy child development
- Biology and genetics endowment
- Health services
- Gender
- Culture

Community's Health:

This is important because it invites thinking about action by the community itself. It reflects a sense of community ownership. The community members see particular harms to children as the community's problem and responsibility.

A healthy community benefits every person in it. And community health is one means of achieving a healthy community. The field of public health aims to protect and improve health by addressing the structures and systems that define a place—and by supporting the people who live and work there in making healthy choices.

According to what I have understood Community health is a medical specialty that focuses on the physical and mental well-being of the people in a specific geographic region.

A community's health is a reflection of the health experiences of its members. Family health has a critical role in improving the health of the community by empowering families to lead a healthful life, as well as facilitating a family's access to needed resources. The purpose of this is to discuss the various roles of family health in my community, as well as the assets their position provides.

Women health:-

- Women have a unique set of health care challenges and are at higher risk of developing certain conditions and diseases than men. The leading causes of death for women include heart disease, cancer, and diabetes, all of which could potentially be treated or prevented if identified early enough
- One of the most important aspects of women's health is reproductive health. Each month, your body goes through a complete hormone cycle, so when something is off or is unbalanced, it affects your entire life, whether you realize it or not.
- To improve women's health, we need to address issues related to reproductive health, maternal deaths, malnutrition and non-communicable diseases; through quality and affordable health services under universal health coverage.

- Increases environmental awareness in the communities where women live, work, play, and worship to significantly affect their overall health. WHA provides environmental awareness as it relates to health outcomes for women.
- If we talk about Today's scenario, many women are still facing the issues like gender discrimination, sexual abuse and harassment, education, child marriage, and what not? Women are elevated to the position of goddesses in India.
- Here are some of the most prevalent health concerns impacting women, and what you can do to manage your risk:
 - ❖ Heart disease.
 - ❖ Breast cancer etc.
 - ❖ Cervical Cancer
 - ❖ Oral Cancer
 - ❖ Overy cancer
- Sexual health
- Diabetes. ...
- Maternal health issues

How was a balance between work, life and the CHLP maintained?

As we started our fellowship program things were cool and calm and exciting as we were just out of the covid -19 pandemic fears. So work was more from home. But as days, weeks and months went by things started getting tough and hectic.

Earlier I would work 6 days a week so it was so difficult make to balanced my all task was on field level so it's very difficult, I felt I would not be able to manage the CHLP course but with the help of SOCHARA team and my mentor I got the confidence and started attending the classes which were of great interest. Yea sometimes I did miss a few of the live sessions due to work and family.

Mentorship process and reflections

My mentors name is, Mrs Nidhi shukla She is a post graduate in Master in Mass Communication. She was working in Sochara Madhya Pradesh as a training and research assistant from 2015 till date. Mrs Nidhi shukla been a great source of support for me as initially I hardly connected with her to be frank it was just formality sake I had thought but from the moment I spoke to her there was ease and comfort , and she explained well with path finder. Hence courage me all the time and kept motivating me to say I'm the best and am doing my best.

She explained to me in details about things I didn't understand and motivated and guided me a lot during my fellowship and encouraged me to complete my work and not to hesitate to ask for help.

We are meet to all in Gandhi Nagar Field on the Study of Report development and during field visit she support me every time, in the online session she encourage me to join and after session she pint out important points during sessions. I thank to Mr Azam Khan and Mr Dheerendra Arya who also support me while Mrs Nidhi Shukla is not available/busy in other task also thanks to all my colleagues Mr Ganesh shahni, Mr Rahul who also Support.

I never expected to write reflections or make a project report and had given up as I felt I couldn't write but she pushed me and said I can do it and here I am writing my report all thanks to my mentor Nidhi.

Karthik who has been a great support throughout this fellowship. He is always telling us about all video lecture viewing and note down all things during the video lecture he is not spoke proper Hindi but also communicate with MP fellows.

Janelle Fernandes sessions were interesting and I liked the way she would get out the SEPCE/SDH in most of her explanations. She made learning easy and interesting. Janelle has an amazing way of explaining things in a very easy manner to understand and with examples.

I would like to start off by saying I Miss Radhika, she was such a great person who took care of us so well during the confluence. She was extremely helpful and easily accessible to make sure we were comfortable and our requirements were taken care of. She understood us and was like one among us and never made us feel like an outsider.

In short from teaching to being a friend philosopher and guide, facilitate learning, mutual growth and understanding.

6. Project learning experience.

- The support of the CHLP core team and fellows helped me to overcome the hurdles and challenges throughout the fellowship programs.
- Enabling communities and community health providers for health action.
- The project contributes to building awareness and to improve on medical and social care of the community.
- I was initially confused as to what topic do I do my project on. I had more than 1 topic on mind and didn't know which one to choose. I was highly confused and didn't know if I was picking the right one.
- Nidhi ji my mentor guide me in finalizing the topic of my project and I am glad I choose to do a topic that's really close to me and something I was working on for a very long time, finally I got to implement it.

I named my project "Assessment on the effect of addiction on adolescent and Youth.

- There were many health issues, mental health, physical health, their right for which awareness and knowledge was given and explained how to overcome it and stay healthy.

7. Take away from CHLP and Looking Ahead- Where do I go from here?

- I started my career as a teacher Supervisor in NFHS-3 Project under IIMR way back in 2006. After completing this task I engaged in short term projects, In 2009 to 2011 I taught business studies in higher classes. In 2011 I was married and came to Bhopal with new journey in 2013 I again join in social field with my husband in SES Society in Bhopal after Ses I joined Nav Pahal Society in Bhopal. In 2017 to 2019 I was engaged with PSI on Family Planning Project Now I am working in Muskaan organization as a zonal coordinator Bhopal
- CHLP has given me a different approach to look at things, the way this program was designed and executed was amazing. Each module was an exception by itself, we had qualified experienced facilitators who were extremely compatible and made learning so interesting and easy that our sessions always went over time.
- We had a great team of co-learners and fellows who bonded really well and helped each other in whatever way they could. Each person I interacted with was outstanding and an example by them, each one out here is so talented and experienced; it was amazing to know about them and the work done by them. Sometimes listening
- CHLP- SOCHARA has taught me to learn values, knowledge, attitudes and skills that are required for community based public health actions requires an alternative teaching learning methodology {PEDAGOGY}. It calls for great experimental and group/ community based learning self-directed learning and learning through study-reflection-action cycles.
 - My focus has always been to provide sustainable relief and holistic development for communities with an aim to empower them, so they can break the vicious cycle of poverty and become contributing members of the society and nation at large
 - As a public health worker my goal in community-focused care will be to enhance healthcare services and patient outcomes in targeted populations.
 - Will definitely stay in touch with SOCHARA and look for guidance from them at every step, last but not the least would like to thank each and every one out here a few I have mentioned:- Dr. Ravi Narayan, Dr. Thelma, Dr. Prithvish, Dr. Denis Xavier, Guru, Prasanna, Janelle Fernandes, Radhika, Karthik, Uma Chaitanya, Ranjeetha, Dharendra Azam Khan. And all over entire team was so good and supportive to completion of this learning program.

PART-B

Assessment on the effect of addiction on adolescent and Youth. Community-Pardi and Gond Slum area- Gandhi nagar, Rajeev nagar and Ehsaan nagar

Background: Many factors contribute to the onset of addiction. We can see that most of the children learn to do drugs from home or family environment and this is one of the main reasons for children to get involved in drug addiction. The maximum consumption of tobacco and ghutka has been found in the settlements of Bhopal city of Madhya Pradesh state. Through this study, we are finding out how young children fall into drug addiction and what types of drugs children know about and this problem has come out through the children's groups of the slums.

Introduction: Young children in India are constantly falling into drug addiction, which negatively affects their education and health. In this study, which drugs are consumed by the children, in some settlements and which types of drugs and under what circumstances they are used. Survey has been done on this. How this type of intoxication affects the mental health of the children. In this survey, 75 children were involved in drug abuse, whose age was 7-18 years and along with this, the issue of drugs has also been discussed with the community.

Objectives of the study:

- Making children aware of drug addiction.
- Keeping children away from the drug environment.
- Identifying and rehabilitating drug-addicted children.

Methodology: In this research, in 3 communities (Gandhi Nagar, Rajeev Nagar, Ehsan Nagar) children from the Drug addiction survey has been included.

In this research, we have collected quantitative data and have included various tools to design this research, such as focus group discussion with small to adult women of the community. We have taken the primary data through the survey of drug addict children, the questionnaire was included for this research. For secondary data, we interacted with people from some communities about drug abuse.

The main objective of the research is how children get addicted to drugs and what are the negative effects or effects on the health of children.

Tools and techniques

- questionnaire
- Community focus group discussion

Question paper - The survey of this research has been done by the survey team on the basis of questionnaire, the questionnaire has been prepared by the children.

This questionnaire gives the details of the current situation of children taking drugs.

What types of drugs do children know about and what types of drugs do children consume?

From where the children have got the habit of consuming or intoxicating or under what circumstances they become addicted to drugs.

In what way do children get affected after getting intoxicated?

Know why we get intoxicated and from where we learn -

Drug addiction is a matter of great concern in which small children are constantly falling prey to it. Children mostly start drug addiction through friends, family members, work place. Many times, due to the economic condition or mental condition of the children, intoxication starts. Sometimes, looking at the surrounding environment, the child gets curious as to what will happen if he gets intoxicated, and in this way the children get trapped in the clutches of drugs.

In Bhopal some localities like Ehsan Nagar, Rajeev Nagar, and Gandhi Nagar, the children reported drug abuse in their respective localities during the survey. About one-third of the boys and one-fourth of the girls were found to be drug addicts. During this, some startling truths came to the fore such as some children indulge in intoxication by seeing elders or by elders, by friends, in the environment of the locality, in a state of mental stress/isolation or when they go to work, there is a possibility of intoxication. Got used to it. Through the survey of the children, it has been found that most of the drug addiction is started by the family or friends of the children.

Age	No of Children	Most of the drugs consumed or consumed by children
7-12 age	15	50% children consume Gutkha and 50% use other types of drugs.

13-15 age	27	28.9% children consume gutkha, 7.6% gutkha and tobacco, 7.3% cigarettes and 56.2% other types of drugs.
16-18 age	33	21.5% children consume Gutkha, 15.2% Gutkha and cigarette, 12.1% Gutkha and Ganja and 51.5% other types of drugs.

Type of Addiction:-

1-Oral and Chewable drugs like-Local liquor, Mahua, Bhang, Opium, Gutkha, Direct tobacco, Chillum.

2-Inhalation of smoke like bidi, cigarette, ganja, charas.

3-Snorting drugs such as silochan, thinner, whitener, petrol, powder, heroin, cocaine.

4-Injectable drugs like cocaine, heroin, injection.

Case Study:-

- ❖ My Name is X I do not like to get intoxicated but it has become my habit that just as we cannot live without food and water, I too cannot live without intoxicant. I drink whitener to kill my appetite and whenever I am upset. I have learned this from my friends and when I see them, they are so addicted to drugs that if they do not get drugs, their whole body aches and trembles. Seeing all this, I feel scared too, that's why I have reduced my intoxication a bit.

We are troubled even by your drunkenness

- ❖ I find it very difficult to study when elders in the house are intoxicated, because they shout a lot, so I have to go to silence them and we cannot do any work.
- ❖ My father got oral cancer because he used to smoke ganja. We are very upset when they are in a lot of trouble and I feel very bad.
- ❖ My mother collected the money and brought medicine worth Rs.2400 to get rid of father's alcoholism, but even then my father could not give up alcohol and even now he fights and fights every day after drinking alcohol.
- ❖ My father used to drink a lot, but even then my mother used to send me to school, but when he was no more, after that I used to go for picking with my mother, then my studies were missed for 3-4 years.
- ❖ I am 8 years old. I study in first class. My father drinks a lot and whenever he comes home drunk, he fights and even hits my mother. I feel very bad. I cry a lot when I am alone thinking about it. Sometimes I get angry, that I should beat my father. I am getting scared of my father. At home, I don't feel like studying at all, I feel like going to live with my maternal grandparents, but what will happen to my mother?

What are the disadvantages of intoxication?

All kinds of drugs are dangerous. Some start destroying our body very quickly, some slowly, but all kinds of intoxicants are a danger to our body.

Whitener, Thinner, Sulochan - Smelling this has a direct effect on the nerves of the children's brain.

Memory goes away for a while, and something is not understood

Sometimes children can also go into coma due to this. At a young age, drinking these has a profound effect on the organs of the body like esophagus, stomach, liver etc.

Tobacco - is consumed in many ways, such as tobacco, ganja, opium, gutkha, cigarette, hookah, beedi are also types of tobacco. By using all these, there is a risk of serious diseases like throat and lung cancer, heart attack, diabetes.

Consuming intoxicants like liquor, raw liquor, mahua, country liquor etc. can also cause liver damage or fatty liver and vomiting of blood. Also, many parts of the body can be affected simultaneously. Consuming it can cause more than 200 physical diseases.

After getting intoxicated, the mental condition of children and adults deteriorates (depression) and along with this, their physical and economic condition also gets affected.

When intoxicated, a person takes more risks, due to which sometimes a bone breaks and a person also commits suicide. Do you know that every year 100,000 people die due to drunk driving in our country.

How to quit intoxicated

- If you see any child taking drugs, then take that child home or inform immediately on the helpline - 1098.
- Talk to the child for the drug de-addiction center, so that he is ready to give up drugs.
- For 14 – 21 days, if we give up or stay away from drugs in any way, it becomes a habit and by doing it continuously, addiction can be avoided~
- Children in all schools should be made aware by talking to them on drugs and narcotics.

If you try to quit, something like this will happen –

- To get rid of intoxication, instead of intoxication, we can eat or drink something else like fennel, cardamom, toffee, tea, milk and coffee etc.

If you try to quit, something like this will happen –

- ❖ Some days potty is not quick,
- ❖ don't feel hungry
- ❖ head hurts
- ❖ feels like vomiting

If you have been taking too much intoxication for many years, then this also happens –

- ❖ shivers
- ❖ may have diarrhea

❖ Some people see strange things, they start thinking what is not happening. But it can be cured by everything. With courage, with love and sometimes with the help of medicine.

what does the law say about drugs.

- 1- Children under the age of 18 should not be allowed to consume intoxicants. Example - Drugs, alcohol, Sulochan, thinner, cigarette, tobacco like Rajshree Gutkha etc.
- 2- According to the law Cigarettes and other Tobacco Products Act (COTPA-2003) Section 6 (a), the sale or use of tobacco and intoxicants by fourth children is prohibited.
- 3- According to the law Cigarettes and Other Tobacco Products Act (COTPA-2003) Section 6 (b), the production or sale of any intoxicant products is prohibited within 100 yards (300 feet) of the Vidyalaya.
- 4- According to the Labor Act 2006, employing any child below the age of fourteen years in places where intoxicant production or hazardous employment takes place, the employer may be punished or fined.
- 5- Under Section 77 of the Juvenile Justice (Care and Protection of Children) Act, 2015, giving or selling tobacco products or intoxicating liquor to minors or children is punishable with imprisonment of up to 7 years or a fine of up to Rs 1 lakh |
- 6- According to Section 4 of the Law Cigarettes and Other Tobacco Products Act (COTPA-2003), smoking is prohibited in public places. Example: Intoxication is prohibited in market, community, garden, tourist places, near and around school and in cinema halls.
- 7- Children younger than 18 years of age can be punished according to the law for giving or getting them intoxicated by family, friends or people of the society.
- 8- It is a legal offense to get children to do illegal activities (against the will of the children or for any kind of greed like they will get money or position), production and trafficking of drugs.

Photo Gallery