

Chapter -24
Reading with understanding



Summary

The United Nations Secretary-General declared June 26, 2005, as International Day Against Drug Abuse and Illicit Trafficking. He emphasised the need of "valuing oneself" and making good decisions. A healthy lifestyle has a favourable impact on both the mind and the body. Participating in sports and learning the importance of teamwork and discipline are essential. Addiction to drugs can be overcome. Addicts receive treatment that is tailored to their own requirements. After therapy, the patient can resume his or her usual routine. The primary goal of drug misuse therapy is to minimise drug usage and enhance the ability of the patient to function.

Important points from the text:

- This essay is about commemorating International Day against Drug Abuse and Illicit Trafficking. On this day people who choose to be healthy and have stopped using drugs are applauded. The Secretary General of United Nations marks 26th June 2005 as the day for giving positive message to everybody who used and might be tempted to use drugs.
- He conveys the importance of valuing one self and making healthy choices. He also highlights that currently nearly 200 million people are still consuming illegal drugs, and these drugs have names which may appear very alluring. He says that over-consumption of drugs can lead to death, and the choice to seek treatment is not only courageous but life saving.
- Having a healthy lifestyle impacts both mind and body positively. Participation in sports improves health, and teaches the value of teamwork and discipline. Sports also helps to build self confidence.

Drug addiction is a treatable disorder, and through proper treatment patients can live normal and have productive lives. Some therapies consist of the following:

- Behavioural therapies including counselling, psychotherapy and support groups. Treatment helps in repressing the withdrawal syndrome and drug cravings, eventually blocking the effect of drugs.
- Therapy combined with methadone in an adequate dosage level can reduce death rates and many health problems associated with heroin abuse.
- Patients who are treated longer have better results medically. Proper and rigorous treatments reduces drugs and crimes committed by drug dependent people.
- Properly treated drug users are more likely to have jobs, and are successful in achieving lasting sobriety.
- There are many types of drug abuse treatment programmes including short-term methods that last less than 6 months. These include residential therapy, medication therapy, and drug-free outpatient therapy.
- Longer term treatments include, methadone maintenance outpatient treatment for opiate addicts and residential therapeutic communication treatment.

Important words from the text:

- Illicit: illegal/unlawful
- Applaud: clap/cheer
- Enticing: to tempt or allure
- Therapeutic: relating to healing/ curing a disease
- Syndrome: disease/disorder
- Abstinence: controlling oneself from use of alcohol or sex

Evaluate yourself:

1. Choose a suitable title for the lesson.
2. To whom is the message addressed?
3. What message has been conveyed through this passage?
4. What are the differences between short term and long term treatments?
5. How can drug users be treated? Give any 2 points.

Do you know?

Cases involving celebrity drug offenders can intensely affect public perceptions. Sushant Singh Rajput's death has turned the spotlight on rampant use of illicit drugs in Mumbai's glamour street. Bollywood has many drug peddlers, who should be blamed for ruining the youngsters today

Extend your horizon.

“Genes play a part towards inclination for addiction and can run in families. A person’s environment plays an important part in addiction.”

How can you help someone if they are on drugs?

Do some research on your own and give few suggestions, which you think can help a drug addict.