

Khalsa Aid [UK]

Drug Research in Panjaab 14th July 2005 – 2nd Sept 2005

By Paramjeet Kaur

Khalsa Aid



Introduction

This is a presentation of the drug rehabilitation research (August 2005) that, took place in parts of the Panjaab (e.g. Ludhiana, Hoshiapur). This project was funded and supported by Khalsa Aid (UK).

Background of the Researcher

- RESEARCHER: Paramjeet Kaur (Slough, England)
- Qualified and Experienced Counsellor, with full accreditation by the British Association for Counselling and Psychotherapy [BACP].
- Has 6 years experience of Drug & Alcohol Counselling experience. This was mostly gained within the Panjaabi community in Southall, as a Counsellor.
- Speaks fluent Panjaabi.

Why the researcher is interested in the issue of drug-abuse?

- 12 yrs ago she too was affected by drug abuse. Now she has been drug free for 12 yrs and continuing to keep a drug-free lifestyle.
- Her close family members and relatives are still hooked on drugs. For example, uncle, for 10yrs using Heroin. Two uncles and grandfather died of alcohol abuse.

Who is Khalsa Aid ?

Established in 1999, Khalsa Aid is an international non-profit humanitarian-aid and relief organisation founded on the Sikh principles of selfless service and universal love. Khalsa Aid is a UK Registered Charity (no. 1080374) with the UK Charities Commission. It, also, has volunteers in North America & Asia. Khalsa Aid has provided humanitarian assistance to victims of disasters, wars and other tragic events around the world. For more information on this organisation please visit www.khalsaaid.org

Why Khalsa Aid [UK] took on this project?

An emotional, psychological and social disaster is taking place in Panjaab! There is a visible social and morale breakdown amongst Panjaab's young generation. This is happening against a complex political and economic background. Many Panjaabis feel that, Panjaab has been neglected and disadvantaged in economic and social terms, by the policies and actions of the Indian central government.

Why Khalsa Aid [UK] took on this project?

In the last 4 decades, Panjaab's agricultural sector has taken a very heavy battering. This has prevented people from earning a livelihood in the traditional agricultural sector. Those who seek employment in the urban areas cannot compete with migrant workers (from outside of Panjaab) who work for low wages. This has resulted in widespread unemployment and economic despair amongst mainstream Panjaabi youth. Disaffected and hopeless, many young Panjaabis have resorted to drugs to overcome their depression and despair.

Why Khalsa Aid [UK] took on this project?

This problem has been made worse by the influences of satellite media and materially glossy lifestyles of visiting overseas non-resident Panjaabi's. These have had a seductive affect on the minds of young native Panjaabi's. Panjaabi youth have acutely felt an inability to attain to these overseas and glitzy lifestyles. Many Panjaabi youth aspire to have a similar materialistic and glossy lifestyle. Instead, a drugs has become an escape from the dead-end they find themselves in.

Khalsa Aid has recognised that Panjaab is becoming a social disaster region. Khalsa Aid has identified ways in which it can assist in improving the situation.

Chronology

Researcher's activities in Panjaab (July - August 2005)

Week 1:

- Arrived in Panjaab 15th July 2005
- Met up with Jagmohan Singh (Guru Gobind Singh Study Circle) and started to structure the 7 week programme.
- Met up with project (Guru Nanak Charitable Trust), where my main base would be for the next 6 weeks. This was just outside Ludhiana, Mulapur Dhaka: Guru Nanak Charitable Trust.

Week 2:

- Visited several Drug Rehabs, Red Cross, Guru Gobind Singh Study Circle, Hoshiarpur. Hospital in Batinda.
- Visited Guru Gian Missionary College.
- Visited Guru Gobind Singh Study Circle, Ludhiana.
- Meeting with ManMohan Sharma, from Voluntary Health Organisation of Panjaab.

Chronology

Researcher's activities in Panjaab (July - August 2005)

Week 3:

- Visit to Chandigarh – Ek Noor Healing – looking to see if a pilot programme can be set up for Bowen Treatment at Guru Nanak Charitable Trust.

Week 4:

- Visited Acupuncture clinic.
- Preparation for the 2 Day Counselling Skills Workshop in Gowindwal Sahib.

Chronology

Researcher's activities in Panjaab (July - August 2005)

Week 5:

- 2 Day workshop for Missionaries: "Counselling Skills".
- Finding out about the Election Process, and its involvement with the drug pushing.

Week 6:

- Visited Homeopathic Doctor.
- Finding out more about the 'Chemists that sell drugs'.

Week 7:

- Conference: Drug Issues in Panjaab.
- Saying 'Good-byes' to everyone I worked with and winding down my work in Panjaab [for now!!].

These are some of the projects which were involved with the research:

- Guru Nanak Charitable Trust in Mulapur Dhaka, outskirts of Ludhiana.
- Guru Gian Missionary College in Ludhiana.
- Guru Gobind Singh Study Circle in Hoshiapur.



Left: Manmohan Sharma at Voluntary Health Organisation of Panjaab.

Right: Jagmohan Singh from . Key person for this project in Panjaab. Supported me all the way through my work.

Drug Abuse in Panjaab



ਬਾਬਾ ਹੋਰੁ ਖਾਣਾ ਖੁਸੀ ਖੁਆਰੁ ॥
ਜਿਤੁ ਖਾਧੈ ਤਨੁ ਪੀੜੀਐ ਮਨ ਮਹਿ ਚਲਹਿ
ਵਿਕਾਰ ॥

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O Baba, the Pleasures of other foods are false
॥ Eating them, the body is ruined, and
wickedness and corruption enter into mind ॥

Reasons for Drug Abuse

- Unemployment, leading to frustration & despair
- Workload [farmers, labourers]
- Teenage Curiosity
- Peer Pressure in schools and colleges
- Drugs is an escape from the social, economic and moral black-hole in Panjaab.

Commonly Abused Drugs

ਪੰਜਾਬ ਵਿਚ ਪ੍ਰਚਲਿਤ ਨਸ਼ੇ

- Tobacco:cigarette, beeri, jarda etc.(ਜਰਦਾ,ਬੀੜੀ)
- Alcohol (ਸ਼ਰਾਬ)
- Opium/ Poppy Husk (ਅਫੀਮ,ਪੋਸਤ)
- Smack (ਸਮੈਕ)
- Cough Syrups, Capsules, Injections, Tablets
(ਗੋਲੀਆਂ,ਕੈਪਸੂਲ)
- Cannabis (ਭੰਗ, ਸੁੱਖਾ)



Contents of Cigarette Smoke

- Approximately 4000 chemicals in tobacco smoke
- At least 50 of these are carcinogens like tar, benzoprene, formaldehyde, benzene, arsenic, cadmium, ammonia, etc.

Effects of Smoking

- Smoking is major cause of cancers of the lung (87%), larynx (voice box) (90%), oral cavity, pharynx (throat), esophagus, and is a contributing cause in the development of cancers of the bladder, pancreas, liver, uterine cervix, kidney, stomach, colon and rectum, and some leukemias.
- Smoking is also a major cause of heart disease, aneurysms, bronchitis, emphysema, stroke and contributes to the severity of pneumonia and asthma.
- Linked to a variety of other health problems, including cataracts, hip fractures and peptic ulcers.
- Smoke from cigarettes has a harmful health effect on those around the smoke.

Effects of Chewing Tobacco (pan masala & jarda)

- Cancer of the mouth and pharynx
- Leukoplakia (white sores in the mouth that can lead to cancer)
- Gum recession or peeling back of gums
- Bone loss around the teeth
- Abrasion of teeth
- Bad breath

Results of Tobacco Chewing (pan masala, jarda)



Cancer of Mouth

