

REMAKING

YOURSELF



LESSON-09

being **ADDICTION-FREE!**

9/10

adult smokers began
before the age of 18!

(Source: Center for Disease Control)

India is home to **12%**
of the world's smokers and
15% of the total global
tobacco related illnesses!
(Source: World Health Organization)



One Indian dies every
96 minutes due
to alcohol consumption!
(Source: National Crime Records Bureau)

10 Lakh

tobacco related deaths take
place in India every year!
(Source: World Health Organization)



Alcohol kills
2.6 lakh Indians
every year!
(Source: World Health Organization)

YUVĀNĪ

mā

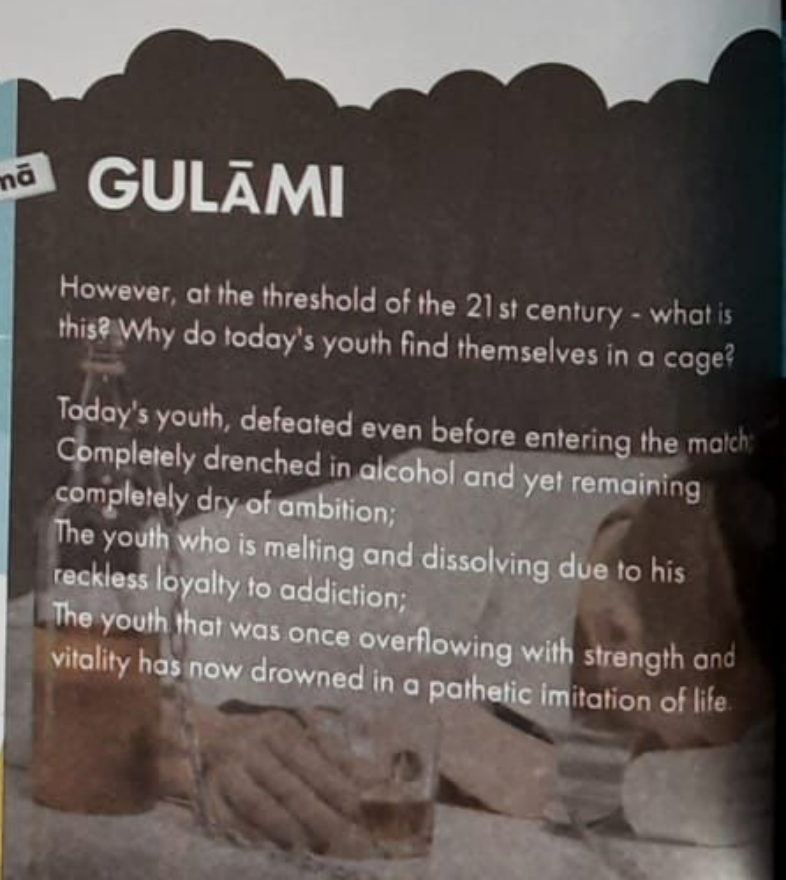
GULĀMI

What is youth?

It is a lush green field of dreams;
Here the sun rises anew daily, shining upon a sky
full of aspirations;
Every vein, every pore is filled with the horsepower of
desires and ambition, racing to get out;
What is youth?
Youth is like a high-powered laser beam –
who ever touches it or gets in its way is obliterated.

However, at the threshold of the 21st century - what is
this? Why do today's youth find themselves in a cage?

Today's youth, defeated even before entering the match;
Completely drenched in alcohol and yet remaining
completely dry of ambition;
The youth who is melting and dissolving due to his
reckless loyalty to addiction;
The youth that was once overflowing with strength and
vitality has now drowned in a pathetic imitation of life.



BLACK HOLE SWALLOWS A SHINING STAR

Devashish Ghosh is a youth from Ahmedabad. He was extremely bright! Take a look at his CV:

DEVASHISH GHOSH, Ahmedabad

- Earned his bachelors in Electronics Engineering from L.D. Engineering College where he was a gold-medalist throughout!
- M.tech. from IIT Delhi (9.9/10)
- Ph.D. in Radar Technology
- Developed radar technology that could detect a plane that was 50 meters above ground!
- When his research synopsis was presented at Harvard University, NASA offered him a job in America. He declined in order to serve his own country.
- Indian Defense Ministry took care of all of his education related costs.

WHERE WOULD A SHINING STAR LIKE DEVASHISH GHOSH BE TODAY?

Working for ISRO? Perhaps working on top secret military projects? Or maybe he is working for large multi-national aerospace companies like *Boeing* or *Lockhead Martin*?



Surprisingly, **Devashish was working for a clothing processing factory** in Ahmedabad for 1150 rupees a month! How did such an intelligent young man end up in such devastating circumstances?

Devashish made the wrong friends. He ended up addicted to alcohol, cigarettes, and drugs. When the Defense Ministry did a search, they found that he possessed drugs. The Defense Minister disqualified all of Devashish's certificates and blacklisted him from being hired by any other companies.



YOU ARE ALSO A
**SHINING
STAR
OF INDIA**

**Don't get swallowed up
by this BLACK HOLE.**

"you don't mind
if I tie you up in these
chains, right?
We're friends!"



STOP

and...

THINK,

"Will you Please
take this Poison?!
PLEASE! you trust
your friend,
Right?!"



FRIEND OR FOE?!

"Will you DO ME A
FAVOR, AS MY BEST
FRIEND? CAN YOU
JUMP IN THAT WELL?"



Did you enjoy laughing at these fools? Who would ever do this? But when you fall into peer pressure, you allow your friends to willingly tie you up, force feed you poison, and throw you into a well. Now think, who is actually the fool?

Cool FACTOR

Sometimes, we start using drugs because we feel that it is connected to our social status – our 'cool factor.' We see our heroes and heroines smoking, drinking and having a good time in movies or on TV – so why can't we? In actuality, many of these celebrities do not indulge in alcohol, tobacco, or even other drugs; they maintain a healthy lifestyle. Here are a few:



Narendra Modi
(Hon. PM of India)



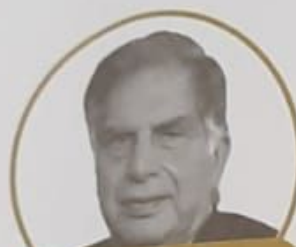
John Abraham
(Indian Actor)



Akshay Kumar
(Indian Actor)



Amitabh Bachchan
(Senior Indian Actor)



Ratan Tata
(Former chairman of the Tata Group)



Warren Buffet
(Investor, Speaker and Philanthropist)



Bhuvneshwar Kumar
(Indian Cricketer)



Shilpa Shetty
(Indian Actress)



Deepika Padukone
(Indian Actress)



Sonakshi Sinha
(Indian Actress)



Indra Nooyi
(Indian-American business executive)



Kiran Bedi
(First female IPS Officer)



Whom would you like to spend the rest of your life with?

If by using tobacco or drinking alcohol your face becomes like this, who would want to marry you?

Think! Would your parents like to see your face like this? Or your siblings?

Would your future children like to see their father or mother with this face?

Would you have the courage to look into a mirror and see this face staring back at you?



#4 IPDC CHALLENGE!

CHANGE A LIFE!

YOU DON'T HAVE AN ADDICTION?

- Your challenge – **approach 5 people** you know or don't know and try to convince them to give up their addiction. Simply going through this exercise will convince you that it's best to live an **addiction-free life**.
- You probably think that it is impossible to convince someone to give up their addictions.

THINK AGAIN!

BAPS Children and Youth participate in de-addiction campaigns. **More than 850,000 people** have pledged to give up their addictions!

So **YOU CAN DO IT TOO!**

DO YOU HAVE AN ADDICTION?

- Your challenge is to give up your addiction **TODAY! Don't delay!** Make this life-saving change and feel the benefits for years to come. The second part of your challenge – tell your family that you have decided to give up your addiction. You will need their help and support to make this a permanent change to your life.

GO &
CHANGE
A LIFE!

"IF YOU KNOW SOMEONE WHO TRIES TO DROWN THEIR SORROWS,
YOU MIGHT TELL THEM SORROWS KNOW HOW TO SWIM."

~ Ann Landers (famous writer)



WHAT'S YOUR STORY?



YES

NO

What was your (their) reason for starting?

Is there someone in your family or friend does that?

YES

NO

Peer Pressure (friends, lack of confidence, curiosity, etc.)

Popular Media and Social Status (Celebrities do it! or 'Cool Factor')

Escape or Frustration

Great! You're fortunate! Inspire others to live a de-addicted life!

Do you feel that using drugs has helped you improve your relations with your friends, increase your confidence or satisfied your curiosity?

Do you feel that by using drugs you have increased your social status or 'cool factor'?

Do you feel that by using drugs you have solved your problems or lowered your frustration?



Now think! To achieve your goal have you....

crushed your principles?

thrown away valuable time?

ruined your relationship with your family and friends?

lost your money?



Do you think it is fair for one selfish act to have many negative consequences?

Now it is time to share your story. Turn the page over and read the 'Share Your Story' section.