

**Project Title: ANTI-DRUG AWARENESS AND PREVENTION****Name:** [Your Name]**Class:** 10**Roll Number:** [Your Roll Number]**School:** [Your School Name]**Date:** [Submission Date]

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## Acknowledgement

I would like to express my gratitude to my teacher for guiding me throughout the course of this project on "Anti-Drug Awareness and Prevention." I am thankful for her support and motivation which helped me complete this project successfully. I also thank my parents and peers for their encouragement.

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## Certificate

This is to certify that [Your Name], a student of Class 10 at [Your School Name], has successfully completed the Social Science project on "Anti-Drug Awareness and Prevention" under my supervision. This project is in accordance with the guidelines prescribed by the Central Board of Secondary Education (CBSE).

**Teacher's Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_

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# 1. Introduction to Drug Abuse

Drug abuse refers to the habitual taking of addictive or illegal drugs. It is a growing concern across the world and particularly among the youth. Drug addiction not only affects the physical and mental health of a person but also damages families and communities. The fight against drug abuse is essential for building a healthy and productive society.

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## 2. Causes of Drug Abuse

- **Peer Pressure:** Young people may try drugs to fit in with their friends.
  - **Stress and Anxiety:** To cope with stress, some individuals turn to drugs.
  - **Curiosity:** Adolescents often experiment with drugs out of curiosity.
  - **Family Environment:** Dysfunctional family situations can lead to substance abuse.
  - **Easy Availability:** Access to drugs increases the risk of misuse.
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## 3. Effects of Drug Abuse

- **Physical Health Issues:** Liver damage, heart diseases, and brain impairment.
  - **Mental Health Disorders:** Depression, paranoia, anxiety, and suicidal tendencies.
  - **Poor Academic/Work Performance:** Lack of focus and declining productivity.
  - **Social Isolation:** Damaged relationships and isolation from society.
  - **Crime and Violence:** Often linked to drug trafficking and criminal behavior.
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## 4. Drug Abuse Among Teenagers

Teenagers are highly vulnerable to drug abuse due to hormonal changes, peer pressure, and a tendency to experiment. Studies indicate that early exposure to drugs increases the chances of long-term addiction. Teenagers may use tobacco, alcohol, cannabis, and synthetic drugs.

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## 5. Government Laws and Policies

- **Narcotic Drugs and Psychotropic Substances Act, 1985:**
  - Prohibits the production, sale, purchase, and use of drugs.
  - Provides strict punishment for offenders.
- **National Action Plan for Drug Demand Reduction (NAPDDR):**
  - Promotes community-based programs, rehabilitation, and awareness.

- **Ministry of Social Justice and Empowerment:**
    - Runs de-addiction centers and educational programs.
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## 6. Role of Schools and Families

- Educating students about the harmful effects of drugs.
  - Promoting healthy lifestyles and coping strategies.
  - Encouraging open communication within families.
  - Schools can conduct regular counseling sessions.
  - Early intervention when signs of substance use appear.
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## 7. NGOs and Anti-Drug Campaigns

- **Narcotics Control Bureau (NCB):** Enforces drug laws and educates the public.
  - **National Institute of Social Defence (NISD):** Provides training and awareness.
  - **Anti-Drug Helplines:** Offer counseling and support.
  - **NGOs like SPYM, PRAHAR, and Foundation for a Drug-Free World:** Work at the grassroots level.
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## 8. Prevention and De-addiction Measures

- Organizing awareness campaigns in schools and colleges.
  - Setting up more rehabilitation centers.
  - Providing skill development and vocational training to recovered individuals.
  - Involving celebrities and influencers in campaigns.
  - Promoting mental health and well-being.
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## 9. Conclusion

Drug abuse is a serious threat to individuals and society. It affects health, education, relationships, and overall progress. Prevention is better than cure, and by educating the youth, enforcing laws, and supporting rehabilitation, we can combat drug abuse effectively. A united effort by the government, schools, families, and communities can build a healthier and drug-free nation.

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## **10. Bibliography**

- Ministry of Social Justice and Empowerment Reports
- Narcotic Drugs and Psychotropic Substances Act, 1985
- National Institute of Social Defence
- WHO Reports on Drug Abuse
- CBSE Social Science Textbook

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