

Ethics and Values
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Lecture – 52
Plagiarism

Hello friends. Welcome back to the lecture. We spoke of academic malpractice in the previous lecture and now, we are going to discuss another form of stealing which is prevalent in the academic sphere. Not just academics, it can also be found in other spheres like movies, music, songs, photographs and even ideas. And it is called as plagiarism.

Yes, it is a form of academic dishonesty or a serious act of academic misconduct. It is the act of stealing someone else's work and attempting to "pass it off" as your own.

As students we all might have done this in one form or other like while submitting a paper or a dissertation thesis which is to be graded or reviewed that you have not written on your own. Copying answers or text from another classmate and submitting it as your own. Quoting or paraphrasing from another paper without crediting the original author. Also citing data without giving credits to the original source from where it is taken. Proposing and claiming another author's or researcher's ideas as if it's your own. Fabricating references or using incorrect references. Submitting someone else's presentations, programs, spreadsheets, or other files with only minor alterations. Even buying or selling term papers /assignments/ Dissertations / Thesis, also shows plagiarism.

Now, as students you must be aware of some of the common types of plagiarism. The first one is direct plagiarism or word-for-word transcription of a section of someone else's work, without attribution and without quotation marks. Then we have self-plagiarism, where an individual submits his or her own previous work, or mixes parts of previous works, without permission and submits them. Another form of plagiarism is mosaic plagiarism, which occurs when an individual borrows phrases from a source without using quotation marks or finds synonyms for the author's language while retaining the structure and the meaning of the original work. The last one is accidental plagiarism and it is the most commonly found amongst students as they ignore and neglect to cite their sources, or misquote their sources, or unintentionally paraphrase a source by using similar words, groups of words, and sentence structure without attributing credits to the original author. This happens due to their ignorance and unawareness regarding the seriousness of the issue and the relevance of developing the habit of referencing.

Now, why do students plagiarize? There can be many reasons like academic pressure to perform well, disorganization and poor study habits. Yes, of course, the prevalent cut and paste culture as the information is now at the tip of your fingers. Another reason identified is the use of English as a language of conveying instructions whereby some students find it very difficult to understand and reproduce academic tasks. As I already said, even lack of understating the seriousness of plagiarism and strict institutional norms of plagiarism is also a

contributing factor. Then, we have other factors like careless attitude and lack of referencing skills.

Before moving further, let's try to answer this question which is now on your screen.

Identify the type of plagiarism. Suppose, you want to take a sentence from an author's work. You know that copying the entire sentence could cause plagiarism. So, now, instead of quoting the author, you find a synonym of a word and reproduce the same sentence just by replacing the original word used by the author with the synonym. What form of plagiarism is this?

- a) Accidental plagiarism
- b) Mosaic plagiarism
- c) Self-plagiarism
- d) Direct plagiarism

Well, I hope you have identified the correct answer. If you have any doubt, listen to my lecture again. The above case is a clear depiction of mosaic plagiarism which occurs when an individual borrows phrases from a source without using quotation marks or finds synonyms for the author's language while retaining the structure and the meaning of the original work and hence, the right answer is option b.

So, we spoke about the causes and the types of plagiarism. Now, we will look into the strategies to avoid plagiarism.

First of all, understand that you must provide a reference when you include information from let it be any source like the books, journal articles, newspaper articles, essays, reports, projects, reviews, interviews, videos, emails and so on.

Also, while you are at university, you are expected to develop your own ideas and opinions about different issues, which you can then document and reinforce and support with the findings, analysis and research of other scholars.

There are certain ways incorporate others work in our assignments like: paraphrasing their information and providing a reference by which you can restate the entire context presented by the author in your own words. Next, we have summarizing or synthesizing the information provided by others and the citing their reference. By summarizing, you can include certain essential points from the work done by others. Then we have another method, whereby we quote directly their words and provide a reference, and another important measure is to provide the source of any tables, graphs, diagrams which you use in your work or presentations.

Another important thing is that you can't simply give references. You need to follow a format or a reference style. There are various styles of referencing in use. It's very important to learn

their rules, especially as different courses may require different referencing styles, like APA (American Psychological Association), Harvard, Endnote, MLA (Modern Language Association) etc.

So, before I end this lecture, I would like to state that learn to develop your own ideas.

Initially, it will not be easy. You might take a lot of time to construct a proper sentence or a proper idea but eventually you would and when you do it at least ones, then my dear students you will realize that sometimes your words, your ideas are much better than what's already done.

All the best, and thank you.

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Lecture – 51
Examination Malpractice

Hello friends. Welcome back to the lectures. We were discussing about the issue of stealing in the previous lecture and now, we are going to discuss another interesting problem which is examination malpractice. Somewhere, while writing examination we might have experienced the temptation to copy or to do any form of malpractice. Some of you might have already experienced the temptation and indulged into such malpractices but I am sure there would be people who surpassed this temptation and refrained from doing any form of examination malpractice.

Examination malpractice is defined as any deliberate act of wrong doing, contrary to the rules of examinations designed to give a candidate an undue advantage. Examination malpractice also known as cheating is the illegal action that students take during their examinations to try to get good grades by cutting corners. Examination malpractice can also be defined as an act or irregular manner of testing candidates which disobeys the rules and conventions guiding the conduct of examinations. Examination malpractice has done a lot of harm to students since many of them have neglected their books and instead of using their productive time in studies, they would sometimes indulge in the preparations for the successful conduct of the malpractice, with the hope of performing the magic they are used to in every examination.

It is any illegal act committed by a student single handedly or in collaboration with others like fellow students, parents, teachers, supervisors, invigilators, or anybody before, during or after examination in order to obtain undeserved marks or grades.

Some of the forms of examination malpractice include:

Leakage: This means that the content of examination or part of it is disclosed prior to taking the examination. Usually it involves one or more people like the staff members of the examination authorities, proof readers, and messengers.

Impersonation: An individual who is not registered as a candidate for a particular examination takes the place of one that is registered. Usually this involves collusion between the chief examiner and the examination supervisor.

Smuggling of Foreign Materials: This is perhaps the most common form of malpractice. It relates to the introduction of unauthorized materials like parts or whole note books, text books into the examination hall. These materials are frequently smuggled in pants, shoes, hems or deposited or fixed in the hall prior to the examination or even smuggled in by the candidates or their aids during the examination.

Copying: Copying from another candidate's work with or without permission.

Collusion: Unauthorized passing of information between candidates usually by exchanging notes or scripts. This is usually facilitated by inadequate spacing between desks and laxed supervision.

Makers Malpractice: this involves a deliberate alteration of marks designed to inflate or deflate a candidate's original mark. This can be initiated by examination officials or candidates.

Then we have other severe forms of examination malpractice like the allotment of examination centre, appointment of invigilating staff, bribing/influencing/terrorizing examination staff, invigilators and paper setters or examiners, possessing cheating material which can be written, printed or an electronic device or copying from such material. Even giving or receiving assistance to copy in an examination centre is also malpractice. I must also mention that disclosing one's identity in answer books, if they are not told to, can also be considered as a malpractice.

Now what causes malpractice in examinations? Well, the reasons can be many.

It can start with a wrong value system which gives priority to certification instead of knowledge and skills. Laziness, lack of preparation or in-adequate preparation for examination, lack of self-confidence, poor school facilities like unavailability of an adequate examination hall and poor sitting arrangement, socio-economic factors, privatization and commercialization of education, poor invigilation, weak parental function and peer pressure are some of the reasons which motivate someone to indulge in such unethical activities.

Laziness or lack of preparation can be induced due to the disinterest towards the subject or may be due to improper study habits or a disciplined life style, which is usually expected from students. We have socio-economic factors like societal expectations, parental pressure, increasing competition due to privatization and commercialization; poor financial conditions and need to get employed for aiding financial circumstances can also act as contributing factors.

Now, let's look at the consequences of examination malpractice.

The consequences of examination malpractice both to education and the society will be catastrophic in the long run for candidates and students who instead of working hard to pass examination would depend on such malpractices. This will affect the quality of candidate obtained after conducting an examination as they might qualify the examination without genuinely testing their knowledge and expertise.

Examination malpractice increases lack of confidence among students. Students who would have ordinarily passed an examination feel disappointed and lose confidence when less intelligent ones perform better than them through cheating, thus leading to loss of confidence in themselves and in the examination and the system at large. This will in turn discourage good candidates from studying hard and also deny opportunities of admission for deserving candidates. It can even delay the process of examination, if any such cases of malpractice are

reported. So, just imagine how it would feel if after studying for a long time and after writing examination with all effort, you come to know that the results have been cancelled due to malpractice and then, you have reappear for the test. You know, it delays the entire process and causes waste of time and energy. This can cause dissatisfaction in a deserving candidate and also, affect job efficiency if non-deserving candidates get the job.

Just imagine, what if the doctor that you visit has got the job only through malpractice?

What would be condition of the patients? Suppose a candidate became an engineer by bribing the examination board, and by spending a lot of money. So, after getting a job their first intention would be only to attain all that money spent through corruptive activities.

What would be quality of the buildings they construct? So, please realize that anyone who engages in examinations malpractice is building on a false foundation which can lead to serious professional errors.

Now, let's have a reflection spot. From the following options, identify the impact of examination malpractice.

- a) Poor sitting arrangement
- b) Privatization
- c) Loss of self confidence
- d) Peer pressure

If you have any doubt, listen to my lecture again. I hope you have got the right answer which is option c, loss of self-confidence. Yes, low self-confidence also provokes students to indulge in examination malpractice but the question was to identify from the options given and the rest of the options clearly depict the causes of examination malpractice.

So, my dear friends! if you can't face a test all by yourself, then, the test is not yours to take. I hope you have clearly understood the meaning of my words.

Thank you and bye.

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Lecture – 50
Stealing

Hello friends. Welcome back to the lectures on ethics and values. We have already discussed the meaning of honesty and integrity in the previous lecture. In this lecture, we will be dealing with an ethical issue i.e. stealing. Now, how do we define stealing? It is important to clearly explain what constitutes stealing? You might think, it's fairly a simple task, what is there to define in stealing? Ok, let's say that stealing is just taking someone's property without their consent. Sometimes, stealing a small thing that we like seems quite harmless, especially when the other person is not going to find out. In children, what we call stealing does not begin the way it appears later. Lets look at an example,

Suppose Ram's mother has made a lot of sweets at home. Ram is 2 1/2 years old and likes eating sweets. His mother leaves them in the kitchen to cool down and tells him not to eat the sweets as they are hot, until she is back. While she goes away to bath, Ram cannot wait for the sweets to cool. He goes to the kitchen, picks up a warm sweet and starts eating it.

Strictly speaking we can say that Ram stole the sweet since he did not take his mother's permission to eat it. But do you think his mother would call it stealing? When she comes out of her bath, and finds Ram finishing the last crumb of the sweet, his face all smeared with crumbs. She might burst into a peal of laughter and say; "I should have known better and given you a hot sweet before going for a bath. She does not scold him nor does she call him a thief. After all, Ram did not mean to steal; he just wanted to enjoy it as he could not control his craving.

Now, is it possible to steal something, if the owner has given you the permission to do so?

This might look like a counterexample but consider someone who is drugged and gives you the consent to take a valuable item from their home. You see, you have their explicit permission but again acting on their instruction to steal a valuable item might seem to be an act of theft as the owner is not in their senses while giving the instructions. Now lets look at another scenario. Suppose you have been asked to play a game for real money, you know that you are good at the game but you hide this fact from others. You play the game and win the money. Now, can we say that you have stolen their money even though they invited you to play the game? Again, I am giving you another example, suppose you are paid by the hour and you are given a job, instead of finishing the job fast, you spend time on social media, talk to your friends over phone to simply delay the work and spend more time to get more money. Now, how do we look at it? Can we say that you have stolen money from the employer or the time? Similarly I could give number of examples for you to think about the situations where we cannot define what is right or wrong. Again, as individuals we cannot universalize our individual understanding on what can be considered as right and wrong.

For better understanding the ethical problem with stealing, I would like to mention certain key ideas from Kantian philosophy. Immanuel Kant born in 1724, was a central enlightenment thinker, famous for revolutionizing the way we think about every aspect of the world like science, art, ethics, religion etc. Kant's main works in ethics are his *Metaphysics of Morals* (1797) and the *Groundwork of the Metaphysics of Morals* (1785). Kant sought to establish the supreme principle of morality as he argued that we should not give practical solutions or advices to others about particular situations rather the answers should be obtained through rational reflections. He believed in the notion of duty and argued that people adhere to their duties despite conflicting interests due to good will. The good will unlike anything else is good unconditionally and what makes a good will good is the willing alone.

Kant believed that the acts of lying, cheating and stealing have something in common, they all involve treating someone as a mere means to an end. Now, this is a central notion in Kantian ethics on stealing. So, he argues that whenever we want to steal or cheat or wish to do something that is forbidden, we should ask ourselves whether it would involve someone as a mere means to an end. For example, you could ask your friend directly to help you with your assignment and now if your friend agrees and helps you then according to Kantian philosophy, it's the proper thing to do. Suppose you trick your friend and in the name of helping you make your friend do the work and submit it for you, then I believe your friend only has an instrumental value.

Now, this is one dimension of looking at stealing. We have another perspective known as Aristotelian virtue ethics which does not focus on the moral status of individual actions rather it is interested in the character traits and the dispositions of the person performing the action. So, virtue ethicists believe that those who engage in the act of stealing on the basis of righteousness, courage and for the goodwill of others can be considered as moral whereas those who indulge in such activities motivated by rashness, irascibility and shamefulness cannot be considered moral. So, if we analyse from this perspective, we can say that the fictional character Robin Hood is a virtuous person as he stole only from the riches to help the poor.

Again, I would like to mention that even these virtues might clash as an act of help by stealing can be both brave and rash. Then is it virtuous? So my advice for you people from my experience would be to look for answers within and yes, I do believe that its not kind to consider someone, let it be your friend, family or a stranger as only a means to an end.

Now, lets have a reflection spot. Well, stealing can also be caused as an impulsive disorder that leads to an irresistible urge to steal. What is the name of that disorder?

- a) Kleptomania
- b) Xenomania
- c) Pharmacomania

d) Zoomania

Well, what do you think is the right answer? Well, xenomania defines an inordinate attachment towards anything that's foreign like customs, traditions, manners etc. Pharmacomania is the unconditional desire to take or administer drugs. Zoomania is an excessive devotion to animals. Therefore, the right answer for the question is option Kleptomania. The cause of kleptomania remains unknown but risk factors include a family history of kleptomania or other impulse control disorders. Kleptomania is a serious disorder that causes an irresistible urge to steal items that aren't required and are usually of little value. Consequences can include job loss, financial penalties and trouble with the police. No cure exists, but treatment with talk therapy and medication such as antidepressants may help end the cycle of compulsive stealing.

Ok friends, with this we come to the end of this lecture. Well, in the next lecture, we will look into the problem of malpractices in examination. Now, isn't it a very interesting topic?

See you in the next lecture. Until then, bye and thank you.

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Lecture – 49
Honesty and Integrity

Welcome back my dear friends. In the previous lecture we defined personal and professional ethics and we also understood the meaning of ethical dilemma and conflict of interest. In this lecture we will discuss the importance of two essential values – honesty and integrity. Now you might be thinking, what are we supposed to learn on honesty and integrity? Is that even a topic to learn? Do you think anybody can teach you how to be honest and how to have integrity? You know it's a very difficult question. To be honest or not to be honest, to have integrity or not to have integrity is our moral choice.

But there remains a question. Is it wrong to be dishonest? Is it wrong to not have integrity? Well, I leave these questions for you to answer with one condition, please be honest and have integrity while answering. Now, let's begin our discussion. First of all honesty and integrity they look similar. If they are similar then why are they two different words? So, definitely there might be some difference in some specific contexts.

Let's look at a case. Imagine a cricket match between two teams. It's not a match between two nations or two clubs. Let's take it as a match being played at a local level. This match is very important for them because whoever wins the match will get an opportunity to play at an international game. So, there is a very strong competition between the two teams. The batting team requires only two points to win the match. It's the final ball of the game. The bowler delivered the ball and the batsman played it into the gap and started running. The bowler out of excitement, looking at the ball, unknowingly moved into the running path of the batsman. Even though the batsman tried to change his path but eventually they collided heavily. The batsman got injured. Still, out of compassion and knowing the gravity of the situation, he somehow finished the first run and started limping back to finish the second run. In the meantime, the bowler reached the other end of the pitch and collected the ball from the outfield. With the ball in his hands, he saw the injured batsman putting in all the efforts to reach the crease. The batsman a couple of meters away was limping towards the crease. What are the possible outcomes of the situation? What is going through the mind of the bowler who saw the batsman putting all his efforts and struggling to reach the crease? The bowler knows that the batsman got injured because of him. Now, here, either the bowler can look at this as a game where the ultimate objective of each team is to win the game and keeping other thoughts apart he can run the batsman out and avoid his team from losing the game or he can think over other perspective where it was his carelessness that might deny a much deserved victory for the opponent team and thus he should refrain from running the batsman out. The collision that happened in the middle of the pitch can be seen as a grave error from the side of the bowler. Now what is the difference in both these perspectives? Can you spot the difference? The first perspective demonstrates honesty and the other is the perfect example of integrity.

For better understanding, I will give you one more case. A classic example of understanding the concept of integrity is an event associated with the legendary wicket keeper and batsman Adam Gilchrist of Australian cricket team. The scenario was the 2003 world cup semifinal. It was the match between Australia and Srilanka. While the score was at 34 for 0, Aravinda Di Silva bowled a spinning delivery to Adam Gilchrist which appeared to miss his swinging bat and went on to hit his pad and went high up in the air. After catching the ball, Srilankan players appealed for his wicket. The umpire Rudy Koertzen was very sure that the ball had missed the bat of Gilchrist and out rightly denied the appeal. However, Adam Gilchrist knew that his bat has taken a slight edge on the ball and he is in fact, out. While the Srilankan players were upset at the denied appeal, well, on the other side, to the amazement of everyone on the ground, Gilchrist silently started walked back towards the dressing room without making any comments to anyone. Now, what virtue was displayed at this occasion, knowing the gravity of the match and the importance of the player who was the then attacking opening batsman of his team? - This, my dear students is integrity and it requires a lot of courage to take a stand at such crucial situations.

So honesty or imandaari is nothing but the virtue which resonates truthfulness or straight forwardness of the conduct. Honesty is moral choice and it definitely creates credibility and builds trust. It enhances leadership quality and it is expected that a leader should be honest, sincere and committed to the task assigned to them. It improves work culture and such virtues percolate down to other members as well. Integrity is also a value. Integrity can be called as satyanishtha and it is this nishtha or commitment or adherence which brings out the difference between integrity and honesty.

The root word of integrity is integration and it is the combination of two factors which are values and conduct. Basic idea behind integrity is doing the right thing when no one is watching you.

Every value has two reference points which are institutional/organizational reference and individual reference. If we say that an individual should have integrity and honesty, we can also say that an institution, let it be a government body, office, an NGO or an educational institution, should also have these values. So, the term probity or the virtue probity is generally used within the contexts of organizations and institutions. It has basic relevance in organizational context. For example when we say that a system follows honesty and integrity, then we can say that they are the systems of probity. It is also associated with the work culture values like transparency, well defined by laws and an understanding that non corrupt practices are taking place. It is also used in the individual context but it is mostly confined to the organizational perspective. While understanding the term probity in an individual context or while making an individual reference to the term, it would suggest that the person has proved the quality of probity. In case of individuals, probity has to be proved. The root word of probity is to prove. For example, when we say that he/she is a person with probity, it means that it has been proved by the person. We can also say that the person has probity but lacks overall integrity when the person demonstrates professional integrity but lacks personal adherence to integrity. For example, suppose an individual working as an engineer in the

public sector has an opportunity to be bribed but the engineer denies any corruptive activity and makes sure that his colleagues are also not involved in it. Now, what if the same engineer is eagerly waiting to obtain dowry on his son's marriage? See, as you can see, the engineer can make lakhs of rupees through corruptive activities but he has denied making a single rupee out of corruption. Now, in his personal life, he seeks to make maximum profit from his own reputation and status by demanding dowry for his son. So, we can say that he has professional integrity but in personal, he is not adhering to that same philosophy.

So, I think with these examples you people might have understood the meaning of honesty and integrity along with another virtue probity. In the next lecture, we will seek to understand another interesting ethical issue which is stealing.

Until then, bye and thank you

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Lecture – 48
Defining Professional and Personal Ethics

Welcome back my dear friends. Today we are going to begin module 6, Personal and professional ethics. In this module we have some engaging topics to discuss like honesty, stealing and malpractices in examination and plagiarism.

First of all, we need to understand the meaning of professional and personal ethics. Professional ethics can be defined as ethics that a person must adhere to in respect of their interactions and business dealings as part of their professional life whereas personal ethics denotes ethics that an individual identifies in respect to the situations they deal with in everyday life.

Professional ethics are basically the guidelines and the rules imposed on an employee in a company or on a professional as a member of that profession. Example: there are certain codes of ethics to be followed by doctors, engineers, lawyers etc. They are learned through our participation in a professional setting or when we are trained or educated to become a part of an organization or a profession. Examples of professional ethics include: time management, punctuality, transparency, confidentiality etc. You know these set of ethics can provide guidelines and also satisfy our needs. We might even face consequences for not following these professional ethics like, it can lead to termination of job or cause harm to our professional reputation.

Personal ethics, on the other hand, basically consists of individual values and moral qualities. They are incorporated through primary socialization or through our interactions and experiences within our family, friends and immediate surroundings since our childhood. We have examples like honesty, care, sincerity and integrity etc. By adhering to these set of values we can satisfy our personal needs and if we don't follow them then it can hurt us as well as others.

Here, I would also like to explain the meaning of ethical dilemma and conflict of interest. First, let's look into the meaning of ethical dilemma. Ethical dilemma or ethical paradox or moral dilemma is a complicated decision making situation between two possible options, neither of which can be accepted completely from an ethical perspective. As individuals we do face difficult situations in our lives but such dilemmas are complicated challenges that cannot be solved easily and it does not offer a prompt solution that would comply with ethical standards. We have examples like taking credit for others work, producing defective products for customers for our own profit etc. To solve such problems we need to carefully analyze them and try to identify and choose an alternative which reflects greater good or something which is lesser evil. Even in some cases, the problems can have alternative options also.

Now, I spoke about another term i.e. conflict of interest. We can say that a conflict of interest occurs when an entity or an individual becomes unreliable because of a clash between personal interests and professional duties or responsibilities. Such a conflict occurs when a company or a person does something for a vested interest such as money, status, knowledge, relationships, or reputation which puts their into question whether their actions, judgment, and/or decision-making can be unbiased. When such a situation arises, the party is usually asked to remove themselves, and it is often a legal mandate. Conflict of interest often has legal consequences. We have examples like nepotism and self-dealing, where someone acts in their own benefits rather than the interest of their organization. It can be observed in public as well as in private sector. Conflict of interest can take place both personally and professionally. As certain forms of conflict of interest are illegal, hence, government norms have been put in place to limit such issues.

Now, before we end this lecture, let's have a reflection spot. Read the case and identify the ethical issue. An MP asked in the parliament whether the government had any plans to reduce the excise duty imposed upon RO purifiers. She was the brand ambassador of a water purifier at that time.

Now, what is the ethical problem highlighted through this case. Is it conflict of interest or is it ethical dilemma? What do you think is the answer? Well, as you can see, this is a clear depiction of conflict of interest as the person is showcasing a biased opinion towards a particular product due to their association with a brand.

Ok friends, we come to the end of this lecture. In the next lecture, we understand the meaning of honesty and integrity.

Thank you.

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Lecture – 47
Prevention of Drug Abuse

Hello everyone. In the previous lecture we understood some of the effects of drug abuse. In the present lecture, we will look into some of the measures to be undertaken to prevent drug abuse.

As you might have already understood, multidimensional interventions are required to address problems like drug abuse. As we all know, any intervention measure would require support from the drug abuser and in cases of such people, early intervention with personal counseling is essential. We can also prevent such issues by adopting primary preventive measures like protecting the host, early identification, ensuring proper psychological well-being of children, proper communication between parents and children, channelizing one's energy into constructive work, dissemination of information on the harmful effects of drug abuse, inclusion of drug dependence education in school curriculum and proper nutrition etc.

Unfortunately, if one is found abusing drugs then we need to adopt secondary level of intervention which includes appropriate counselling and motivation, family and community support, availability of well-equipped and staffed treatment centers, follow-up and rehabilitation, mental and moral support for seeking alternative job or continuing education. Certain specific strategies like organizing self-help groups, mobilizing community support for yoga and other physical activities etc.

In India, we have the Narcotic Drugs and Psychotropic Substances Act 1985 (NDPS Act) which sets out the statutory framework for drug law enforcement. This Act consolidates certain principal Acts, like the Opium Act 1857, the Opium Act 1878 and the Dangerous Drugs Act, 1930. This act also incorporates provisions that are meant to implement India's obligations under various International Conventions.

I would also like to mention some of the key findings from the report prepared by the Ministry of Social Justice and Empowerment, Government of India in the year 2019. It laid down certain eye opening findings based on a National survey commissioned to understand the extent and pattern of substance use in India. The report establishes that substantial amount of people in India use psychoactive substances like alcohol, cannabis and opioids. Alcohol is the most commonly used psychoactive substance, that is, about 14.6% of the population of people between 10 and 75 years of age use alcohol. Use of alcohol is extensive among men (27.3%) as compared to women (1.6%). For every one woman who consumes alcohol, there are 17 alcohol using men. Among alcohol users, country liquor or 'desi sharab' (about 30%) and spirits or Indian Made Foreign Liquor (about 30%) are the predominantly consumed beverages. States with the highest prevalence of alcohol use are

Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa. After alcohol comes cannabis usage and the report clearly states that about 2.8% of the population i.e. 3.1 crore individuals have used cannabis product within the previous year. States with the highest prevalence of cannabis use were Uttar Pradesh, Punjab, Sikkim, Chhattisgarh and Delhi. Bhang is the legal form of cannabis and charas as well as ganja are the illegal forms of cannabis.

It was also found in the report that about 2.1% of the country's population i.e. 2.26 crore individuals use opioids which includes Opium or its variants, Heroin or its impure form which is smack or brown sugar and a variety of pharmaceutical opioids. The most commonly used opioid product is Heroin. Sikkim, Arunachal Pradesh, Nagaland, Manipur and Mizoram have the highest prevalence of opioid use.

This survey also indicated that a sizeable number of individuals use Sedatives and Inhalants also. About 1.08% of 10-75 year old Indians that is, approximately 1.18 crore people are using sedatives for non-medical and non-prescription purposes. States with the highest prevalence of current sedative use are Sikkim, Nagaland, Manipur and Mizoram. However, Uttar Pradesh, Maharashtra, Punjab, Andhra Pradesh and Gujarat are the top states which have the largest populations of people using sedatives. When it comes to inhalants, it was found that its use was highly prevalent among children and adolescents than adults.

Before, we end this lecture lets have a reflection spot.

Among the following substances, which is the most commonly used psychoactive substance in India?

- a) Charas
- b) Opioid
- c) Heroin
- d) Alcohol

I hope you got the right answer. Well, alcohol is the most commonly used psychoactive substance followed by cannabis and opioids. So, the right answer is option d, alcohol.

Friends, with this we come to the end of Module 5. In the next module we will discuss some of the topics which are essential to ensure professional and personal ethics like honesty, plagiarism, malpractices in examination and stealing.

Till then, bye and thank you.

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Lecture – 46
Impact of Drug Abuse

Hello friends! Welcome back to the lectures on ethics and values. In the previous lecture we had a detailed discussion on the causes of drug abuse and in this lecture we will discuss the impact of drug abuse.

Actually, continued abuse of drugs can have many implications. They can have short term and long term effects. Short term effects produce changes in appetite, insomnia, increased heart rate, impaired cognitive skills, and loss of coordination. These changes can also affect an individual's personal life by slowly making them an addict. As a result, the individual will find it difficult to cease the use of the substance, there can be relationship problems, poor academic or work performance, indulging in risky behavior, avoiding social activities and preferring isolation and company of those who use drugs.

Now, if drug abuse is continued for a long period, then they can cause serious health issues. They have the risk of developing cardiovascular diseases, respiratory problems, kidney damage, cancer various psychological disorders like anxiety, depression, panic attacks, paranoia and hallucinations. And as already said, drug overdose can sometimes cause death. After reaching such a stage of depressions, it becomes difficult to return to a sober life style. In some cases, the abuser might become irresponsible and impulsive causing serious physical and mental injury to self and to others. Such vulnerable people create social problems and at extreme situations involve in criminal activities, like drug dealing, robbery, male and female prostitution. As already said, they become frequently involved in familial, financial, occupational and legal problems. Again, I don't have to tell you, how much our one mistake can harm our family and people who love us. The interpersonal relationships in the community deteriorate and family status decreases. Now, if a community consists of people with such deviances then it will certainly affect the social relationships of that community and also people's perception towards that community. Such cases can cause increased rates of social problems like homicides, theft, unemployment, violence and increased incidences of anti-social activities.

Now, let's have a reflection spot. The question is on your screen.

Which among the following can be considered as a short effect of drug abuse?

- a) Panic attacks
- b) Depression
- c) Changes in appetite

d) Unemployment

Well, the question is very easy. If you have any doubt, just listen to my lecture again. I hope you got the right answer which is option c, changes in appetite. The rest of the options show long term effect caused by continuous use of drugs for a long period.

My dear friends! If you have any such habits, now is your chance, it's better to cure it early than reaching a stage where there won't be any possibility of turning back, even if you wish to. So, think wisely before you take any decision because we live our lives only once and sometimes a simple yes or no might decide the rest of your future. And one more thing, the movies we watch might glorify the use of such substances but again these movies have a predetermined script, a target group, an objective and a commercial motive. They will show using such substances as a symbol of heroism but remember there are no retakes in our lives. So, live happily, live wisely.

In the coming lecture we will understand some of the measures to prevent drug abuse. Thank you.

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Lecture – 45
Causes of Drug Abuse

Hello everyone. In the previous lecture we discussed some of the commonly abused drugs. Now, in this lecture, we will understand the causes of drug abuse. Why do people abuse drugs?

People might have many reasons for using drugs. People may start using it for one reason and may continue its use for some other reasons which can include psychological or physical dependence towards the drug. Well, it is difficult to identify the exact reasons for initiating drug abuse but we will look into some of the commonly known causes of drug abuse.

An individual, especially a teenager would be interested in experiencing something that is considered forbidden or something that is discussed a lot. Well, it's a basic human instinct called as curiosity. Young people get tempted to use and experiment with drugs. This curiosity might be triggered through exposure may be from media or from friends. Here, the first taste or the effect of the drug on the user definitely decides its continuation.

Along with curiosity comes another factor which is ignorance. Suppose we are both curious to know the effect of the drug and ignorant about its harmful impacts, then the chances of continuing the habit of using drugs are more. Not just that, even ignorance can expose someone towards drugs. Usually, individuals start using drugs as an experiment without comprehending its harmful effects and if the drug provides the effect sought by the individual, then their lack of knowledge about its consequences can cause continued use. By the time the implications of using drugs are realized, it might have become too late to stop it.

As already discussed, another prominent cause of drug abuse is peer pressure. All of us, let it be young or old are concerned about what our friends think about us? And these thoughts can influence our decisions and our actions. Adolescents find it difficult to manage situations of peer pressure and hence, they can easily be pushed towards a risky behavior and also towards an encouraging behavior.

Alienation is another factor which can also cause drug abuse. You know, the feeling of being alienated occurs when someone feels drifted away from their family, community or society due to various reasons. As human beings we need a feeling of belongingness and when such people are welcomed by groups who already abuse drugs, then, there are chances that the person will accept the invitation. Such situations can become disastrous not just for the individual but also for the society as a whole.

As you all know, our society is changing rapidly. Some people may find it very difficult to comprehend the changes and also to adapt to these transformations. A sudden shift from a comfortable environment can cause confusion and stress among individuals leading to

situations where they either accept the new practices or they refuse it. For example, young people coming from rural villages to cities might initially find it difficult to understand the changes and accept as well as adapt to the changing circumstances. This is one of the reasons why many young people from villages become addicts as such sudden shifts cause enigma which seems difficult to be resolved making them to take refuge in drugs. With no friends or family to support and guide them, they feel lonely and isolated. There are also chances that they might fall into anti-social groups and involve in deviant activities. Hence, rapid urbanization and unemployment can be also named as the causes of drug abuse, especially among the impoverished and marginalized sections of our society.

Other cause which I would like to highlight over here is the availability and previous drug use experience which promotes and motivates a vulnerable person to fall into the trap of drug abuse.

Before I leave, there is a question for you people. Among the following, identify the signs which are not relevant to drug abuse.

- a) Impaired speech and motor coordination
- b) Changes in appetite or sleep patterns
- c) Sudden weight loss or weight gain
- d) Discoloration of nails
- e) Bloodshot eyes or pupils that are larger or smaller than usual

What do you think might be the answer? Well, options a, b, c and e are clear depictions of drug abuse whereas option d which is discoloration of nails can be caused by other factors like stained nails identify a smoker, blue nails show oxygen deprivation and sometimes discoloration of nails also connote vitamin deficiency. So, the right answer for the questions is option d, discoloration of nails.

In the next lecture, we will understand the impact of drug abuse.

Until then, bye and take care.

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Lecture – 44
Abuse of different Types of Drugs

Hello everyone! In the previous lecture we understood the difference between drug abuse and drug addiction. Now, in this lecture we will discuss some of the commonly abused drugs. Drugs can be classified based on their effect and based on their origin. Now, based on their effect on the central nervous system, drugs can be divided into four categories which are:

1. Narcotic analgesics
2. Stimulants
3. Depressants
4. Hallucinogens

Narcotic analgesics are basically prescribed as pain killers but they have highly addictive nature which might lead to craving, causing intense physical and mental dependence, producing a euphoric sense of well-being. They are primarily opium derivatives or synthetic substitutes that produce the same effect of opium consumption.

Stimulants also produce a feeling of well-being and euphoria but along with it, they are used to increase alertness, awareness and excitement. Hence, they are commonly called as “uppers”. Drugs belonging to the groups of amphetamines like methedrine, Benzedrine etc., cocaine, tobacco and caffeine also fall into this category of drugs. They primarily lead to psychic dependence.

Now, depressants, on the other hand, slow down the activity of the brain or we can say, they depress the function of the nervous system. They induce calmness or sleep. And they are commonly used for treating mental illness. Ethanol which includes toddy, beer, whisky, brandy, rum etc. is the best example of depressants. We have other examples like sedatives which include barbiturates, nebutal and mandrax. Low doses of barbiturates might produce a feeling of drowsiness and well-being where as high doses can be lethal.

We have another category, which are hallucinogens. If consumed, these drugs cause dramatic effect on our perception, emotions and mental processes. The effect from these drugs is frequently referred to as “tripping”. As the name suggests, they induce a sense of illusion and distortion in the hearing and visual perception of an individual. These drugs are often called “psychedelic drugs”. They cause one to see and hear things in a highly detailed but different way. Intense emotions can be experienced, sensations can be intensified, and lack of awareness of time, place and identity can occur. In extreme cases, it causes hypersensitivity,

violence, and schizophrenic situations. We have many examples of these drugs like cannabis, marijuana, ganja, hashish, charas, bhang, and LSD etc.

Now, we have another category of drugs that are known as inhalants. These are substances which are inhaled to produce a feeling of euphoria, calmness and well-being. Certain substances like paint thinner, nail polish, gasoline, glue and lighter fluids are used for such applications. Their fumes are inhaled. As I said, the effects are similar to those of alcohol intoxication.

Before we move further, I have a question for you. LSD belongs to which category of drugs?

- a) Stimulants
- b) Depressants
- c) Hallucinogens
- d) Inhalants

Well, the answer is very easy to identify. LSD or Lysergic acid diethylamide has many street names like Mellow Yellow, Purple dragon etc. LSD is an illegal drug and is an extremely potent hallucinogen. It is so potent that its doses tend to be in the microgram range. So, the right answer for the question is option c, hallucinogens.

As I said before, we can also classify drugs based on their origin as natural, semi-synthetic, synthetic and designer drugs. Natural drugs are found naturally and no chemical processes are required for their creation, like cannabis, opium etc. Semi synthetic drugs are produced in laboratories by combining them with other chemicals. Examples are; heroin, alcohol etc. We have synthetic drugs which are produced in laboratories using non-organic materials. Methadone, barbiturates etc. fall into this category. As the name suggests, designer drugs are synthetic drugs which are produced illegally. They are basically produced to transform the chemical composition of an illegal drug to create another drug with similar effects and which is not listed in the category of forbidden substances. Examples include LSD, Ecstasy etc.

With this, we come to the end of this lecture. In the next lecture, we will discuss some of the causes of drug abuse.

Thank you.

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Lecture – 42
Drug Abuse

Hello everyone! In the previous lecture we spoke about sexually transmitted diseases and also about teenage pregnancy. Today we are going to discuss yet another important topic which is drug abuse. In very simple terms, we can say that drug abuse or substance abuse is done by using certain chemicals to create a pleasurable effect on the brain. This has been identified as a widespread problem among the adolescents, the young adults and others. Now, before we get into the topic I have a question for you people.

Which among the following defines drug addiction? Now, you might be able to identify addiction, since we have already discussed this in detail. There are four options on the screen.

- a) Spending money on the drug even when you can't afford it.
- b) Using prescription drugs like Valium, without medical consultation, to feel relaxed
- c) Intense urges for the drug that predominates any other thought
- d) Both option a and c

Now, what do you think is the answer? Try to remember the points we discussed in the lecture on addiction. Do you remember the characteristics of addiction? The first element is compulsive use, the second element is loss of control and the third element is continued use despite physical and mental adversities. Now, which among these options reflect the elements of addiction? Yes, I am sure you might have got the answer which is option d. Option b is a clear depiction of drug abuse. Now what is this drug abuse? We need to define it.

Drug abuse can be defined as self-administration of a drug for non-medical reasons, in quantities and frequencies, which may impair an individual's ability to function effectively, in turn, causing social, physical and emotional harm. So, as you can see, it is the use of drugs with or without medical prescription over a period of time. Such behavior might cause psychological and physiological dependence of the person towards a drug. Physical dependence is a condition where the drug abuser's body becomes so much accustomed to the chemical that they will be able to function normally only after taking drugs. Psychological dependence is where the abuser feels intense craving and abnormal obsession for the drug and its effects.

Now, why do people abuse drugs? There might be many reasons for individuals to abuse drugs and other substances. Well, whatever may be the reason, we all must understand that drug abuse is harmful not only for the individual but also for the family, community and

society. We will be discussing in detail the causes of drug abuse in the coming lecture. Until then, bye and take care.

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Lecture – 43
Drug Abuse and Drug Addiction

Welcome back my dear friends. In the previous lecture, we have already discussed and understood the meaning of drug abuse. We also spoke briefly about drug addiction. So, in this lecture we are going to differentiate between drug abuse and drug addiction. As already discussed, drug abuse is the wrong way of using any drug, like using increased amount of drug than what was prescribed by the doctor. It might also include using illegal drugs and using prescribed medicines in a wrong way. Sometimes, people might mix these prescription drugs with other substances to enhance their effect. They also use it recreationally to experience a pleasurable feeling. Then, it forms substance abuse. As we all know, drug abuse can harm our physical and mental well-being. It also increases the risk of drug overdose, a critical condition where your body cannot process the quantity of the drug intake. It is dangerous and sometimes, fatal.

Now, drug abuse may not always lead to addiction as people might continue using a drug wrongly for a prolonged period without getting addicted to it. But with highly addictive drug, drug abuse can lead to addiction quickly. So, drug addiction is the use of drugs for a sufficient period and sufficient dosage such that the individual's body develops physiological and psychological dependence upon the chemical.

Or we can say the body develops tolerance and dependence upon the chemical.

Now, these two terms tolerance and dependence have been already discussed before. So here comes a reflection spot. Identify the correct statement. You can see the question on the screen.

Statement 1 - Tolerance is a condition where the body requires drug to function.

Statement 2 – Tolerance is a serious condition where the body requires drugs in ever increasing amount.

Options

- a) Both Statement 1 & 2 is false
- b) Both Statement 1 & 2 is true
- c) Only Statement 1 is true
- d) Only Statement 2 is true

Well, did you identify the correct answer? Let's hope you have, as we have already discussed this. Tolerance is a pathological condition where the body is in need of a drug in ever increasing amount to achieve the same psychological effect. So, option d is the right answer.

Moving on, dependence is the requirement for a drug by the body to function. When the use of such a drug is discontinued or stopped, then the person faces withdrawal symptoms like shivering, anger, pain and insomnia etc. When an individual reaches a state of mind where they experience intense craving and obsession towards a drug to the extent that they find it difficult to engage in normal activities without using it, we can say that it is psychological dependence. In this condition, the drug becomes so much central to an individual's thoughts and emotions that they can't stop thinking about it.

I hope now, the meaning of drug abuse and drug addiction has become clear to you people. In the next lecture, we discuss the details of commonly abused drugs.

Until then, bye and take care.