

Annual Brief Report – 2018

Strengthening Drug Demand Reduction Services in Pakistan
2016-2018

Changing Trend - Use of Narcotics in City of Lahore



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Changing Trend - Use of Narcotics in City of Lahore

Background:

Lahore is a capital City and cultural hub of Punjab; according to new censuses 2017 about 11 million people are residing in this city. Population wise Lahore is biggest city after Karachi, where the use of drug/narcotics and drug business is at its peak level. There are 20 different areas in the city of Lahore, which have been seriously affected and here injection, drug users using and injecting drugs without any fear. Lahore has attractive history because of its culture, tradition and history, which offers a great deal more than just monuments. A variety of art galleries, museums, theatres, and shopping arcades are as much a part of the culture and activities that go on in Lahore at a breath liking pace.

Substance use disorders remained a public health, developmental and security problem, both in industrialized and developing countries worldwide. Prevention and treatment of both drugs use disorders are essential demand reduction strategies of significant public.

Drug addiction and use of narcotics is harmful not for the addicted but has negative impact on the fabric of the society. Innocents' common people become its victims just to taste or to get rid of curiosity. The efforts of such an addiction can cause dangerous changes mentally, psychology and spiritually to drug addict. The most disturbing aspect of drug addiction is that it is reaching epidemic proportions in Pakistan now. People in Pakistan are increasing becoming addicted to all kinds of drugs including street drugs and prescription drugs etc. Both Street and prescription drugs increasing day by day in Pakistan with high amount of prices.

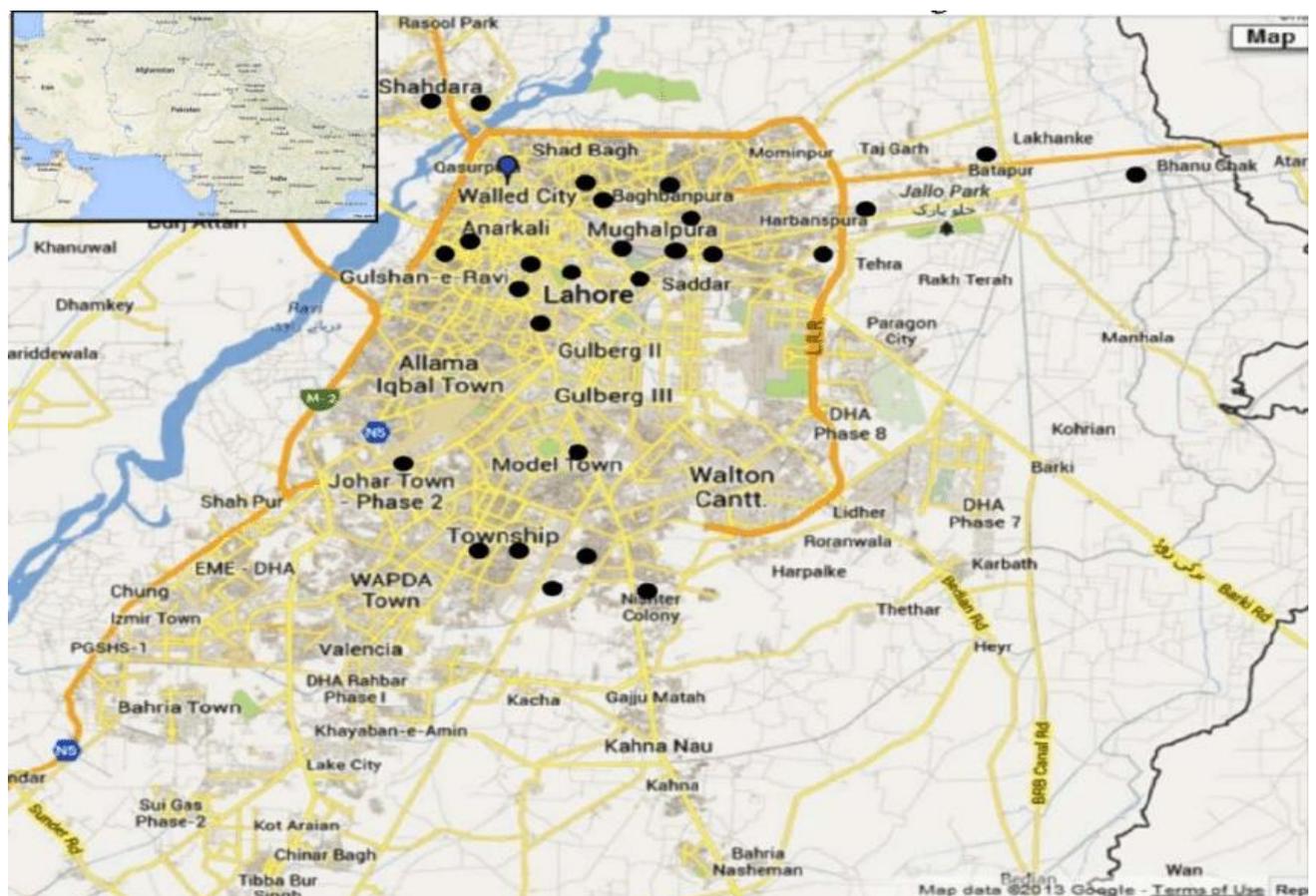
As we know that prevention is better. But unfortunately some people have different point of view because of different environmental and social factors. The long-term use of Narcotics causes permanent and harmful effects on body and mind. Any substance that we use creates some disturbance in our body and mind functions called drugs. Drugs contain chemicals that hinder with the brain's nervous system disrupting the way nerve cells send, receive, and process information. The drugs cause the disruption by either imitating the brain's chemical messengers or by over-stimulating the production of neurotransmitters by the nerve cells.

The basic purpose of Drug Advisory Training Hub (DATH) and Youth Council for Anti Narcotics (YOCFAN) is to make youth strong against this social evil of Drugs. Drug addicts are rapidly increasing in Pakistan and most of the addicts are youngsters. As a nation, this is an alarming situation for all us. This is most challenging issue in Pakistan. We should reduce its ratio for the sake of human health and their lives.

Most Affected Areas Lahore:

The most highlighted areas of Lahore where drug addiction is very common are

1. Roshani Gate
2. Msati Gate
3. Ali Park
4. Lakshami Chowk
5. Railway Station
6. Ghari Shahu
7. Davis Road Royal Park
8. Queen's Road
9. Outside Lahore Board Office
10. Regal Chowk, The Mall
11. Chuburgi Lahore
12. Yateem Khan Chowk etc...
13. Taxali Gate.
14. Data Darbar Areas
15. Royal Park.
16. Nisbat Road,
17. General Bus Stand Areas.
18. Underpass Services Hospital
19. Outside Lahore Hotel
20. Ganga Ram Chowk
21. Outside Mochi Gate Lahore
22. Lahori Gate
24. Shahdman Park
25. Shafiqa Abbad, Bund Road Areas



Types of Drugs:

There are two types of drugs available in the city of Lahore. We classified A Class Drugs/Narcotics means hard drugs who decrease the life and B Class Drugs/Narcotics means soft drugs is dangerous which lower down the quality of life:



A Class Drugs/Narcotics	B Class Drugs/Narcotics
Heroin	Alcohol
Cocaine/Crack	Opium
Hashes	Cannabis
LSD Tablet	Gutka
Ecstasy Tablet	Paan
Cristal Ice	Bangh
Injections	Cigarette – E Cigarette
	Naswar
	Sedative Tablets/Syrups
	Painkillers Tablets
	Solvents
	Different Chemical

Types of Abuse Prescription Drugs:

Prescription drugs that are taken for recreational use include the following major categories:

Depressants:

Often referred to as central nervous system (brain and spinal cord), depressants these drugs slow brain function they include sedatives (use to make a person calm and drowsy) and tranquilizers (intended to reduce the tension or anxiety)

Opioids and Morphine Derivatives:

Generally referred to as pain killer, these drugs contain opium or opium-like substances and a use to relieve pain.

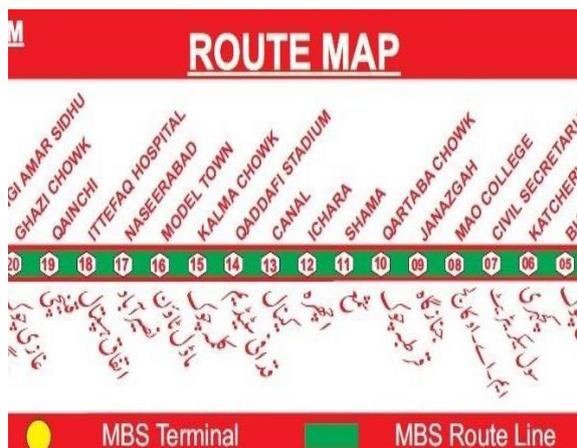
Stimulants:

A class of drugs intended to increase energy and alertness but which also increase blood pressure, heart rate and breathing.

Antidepressants: Psychiatric drugs that are supposed to handle depression.

Metro Track:

Some areas have become the important open pockets for drug addiction in the city of Lahore, like the areas below the orange track. Most of the drug addicts are using drugs/ narcotics under the metro tracks and these tracks commonly used for drug addiction for the last so many years. Substance Use Disorder (SUD) not only using but they are also living under the metro track because they homeless, neglected and destitute due to drug addiction



Orange Train Track:

Orange Train which is the gift for the people Lahore but unfortunately some areas below the bridge of Orange Train have become the new spots for drug addiction where different kind of drugs is being used openly particularly for the Injection Drug Users (IDU). It is very threatening aspect that female drug addicts are also being seeing taking different kind of drugs below this orange train track. Common spots are Lakshmi Chowk, Ghari Shau Chowk and Chubragi Chowk Lahore for women drug users. We anticipate that this complete orange train track will be misused by the drug addicts in future except covered areas from Chubrari to Lakshmi Chowk and Railway track.

Treatment Facilities:

Pakistan is a developing country and did not have facilities to cure a lot of people who are drug addicts, as there are only 1990 beds are available for this purpose according to report of National Survey on Drug Abuse 2013 published by UNODC and NCD Islamabad. Order of Honorable Chief Justice of Pakistan taken serious action and gave direction to government departments to check the fake and those hospitals, which are lacking the basic treatment facilities. Last year in 2017, 52 treatment centers were providing services in the city of Lahore in which five (05) government and 44 private sectors. Unfortunately, a specific building comprising of 100 beds for the treatment of Substance Use Disorder (SUD) have been completed in the premises of Punjab Institute of Mental Health Jail Road Lahore. But unfortunately this treatment center is not operative so far due to lack of infrastructure and resources. Honorable Chief Justice of Pakistan visited of Institute of Mental Health Jail Road Lahore in August, 2018 and gave direction to start 100 beds hospital, building already completed in the premises of IMH Lahore unfortunately, still this building has not operative so far.

On starting up this 100 beds building the treatment problem for the drug addicts will be resolved up to maximum level who are using drugs on footpaths, gardens, playground and other areas of Lahore

DATH & YOCFAN is working hard for them by improving the hygienic condition of injecting drug users in 2018. DATH/YOCFAN provide them unsoiled dresses, cut their hair and nails and provide food etc. YOCFAN also provide them clean water and bath soaps to wash their bodies specially hands and mouths.

DATH & YOCFAN developed a strong collaboration with different Govt. Departments although they already have collaboration with Govt. high officers but know DATH/YOCFAN is working with Govt. Collaboratively in different field for the sake of Prevention.

Role of Focal Person (Teacher) on Drugs in Education Institutions:

The teacher is central element in the educational activities. The world is dynamic and the boundaries of knowledge are extending in all directions. Teacher can play vital role in reforming and strengthening the education system of our society and different communities. Role of teacher is very significant and vital in the society. Because in class room there are different kinds of students including aggressive, polite, slow learner, problematic, active and students etc... Teachers play an exclusive role because of her/his affectionate skills and bring all of them under her/hid umbrella of loyalty to make them well-reputed citizens of society.

The Government of Punjab nominated near about 11000 focal persons on drugs in different educational institutions in the whole province 2017. 790 focal persons on Drug nominated by Higher Education Department to start work in different colleges and School Education Department also nominated 10000 focal person on Drugs at School level.

Punjab Higher Education Commission also gave direction to all universities in Punjab to nominate Focal Person on Drug in 52 Universities in the whole province.

Universities	Fifty Two (52)
Colleges	Seven Hundred Ninety (790)
Schools	Ten Thousand (10,000)

Role of Focal Person:

The major objectives of Focal Person (teacher) is to develop the proper altitudes towards teaching as a result of which the teacher will be able to develop a friendly environment for the students to discuss about different issues generously.

1. To educate the targeted teacher in this awareness program to reinforce positive behaviors among child by engaging them in healthy recreational activities.
2. To create the sense of ownership, attachment among teachers and also protection for students, this counteracts tendencies towards abuse of drugs and other substances.
3. To help a teacher to identify student who may be drug users or who may be at risk of abusing drug.
4. To empower the teachers by educating them to facilitate students appropriately for the enabling environment for drug prevention education program.
5. To educate the teachers about the required knowledge and existing resources focusing on drug prevention & teachers can address the issues appropriately within their institution.
6. To develop and strengthen the coordination with different law enforcing agencies and government institutions to make the awareness program more effectual and result oriented.
7. This intervention will also facilitate Drug Advisory Training Hub (DATH) a project of Youth Council for Anti Narcotics (YOCFAN) for the sustainability purpose of the existing program.

Introduction of Smoke & Drug Free Campus:

The Drug Advisory Training Hub (DATH) a project of Youth Council for Anti Narcotics (YOCFAN) introduced a new program against use of drugs in educational institutions. 3 colleges, 3 Universities and 5 Schools declared smoke and drug free with help of education department by follow the international standards.

The main theme of drug free campus program is to stop smoking and us of legal or illegal drugs, to provide the basic and evidence based information against use of drugs. We have honour that the School Education Department Govt. of the Punjab adopted our model, program and implemented in the whole province. We have MoU signed between 11 institutions regarding Smoke and Drug Free Campuses program and issued the certificate for two years according to international standards.

Universities	Three (3)
Colleges	Three (3)
Schools	Five (5)

1. University of Management of Technology (UMT) Lahore.
2. University of Central Punjab (UCP) Lahore.

3. University of Faisalabad (Both Campuses)
4. College of Tourism and Hotel Management (COTHM), Johar Town Lahore.
5. Govt. Shalimar College, Baghbanpura, Lahore.
6. Govt. Boys High School, Walton Road Lahore.
7. Govt. Dyal Singh College, Lakshmi Chowk, Lahore
8. The Lahore Learning School, Allama Iqbal Road Lahore.
9. Govt. Islamia Wattan Boys High School, Brandreth Road Lahore.
10. Govt. Tariq Boys High School, Saddar Cantt.
11. Govt. Muslim High School, Saddar Cantt.

Orientation & Training Workshop on Drug Use Prevention:

4 One Day Teachers Training Workshop on Drug Use Prevention held in various educational institutions, 4 One Day Youth/Students Training Session on Drug Use Prevention, 1 Media and also 1 Role of Law Enforcement Agencies on Drug Use Prevention held in 2018 in which 184 teachers, 131 Students/Youth, 28 journalists and 22 staff of Excise, Taxation and Narcotics Control Department, Punjab participated in the said training workshops. The trainings organized in collaboration with Directorate of Colleges Lahore Division, PHEC, Colombo Plan, DC Office, Excise Taxation and Narcotics Control Department and Media organizations etc...

Training:

1.	One Day Teacher Training Workshop on Drug Use Prevention held at DATH Office, Allama Iqbal Road Lahore.	March 21, 2018
2.	One Day Teacher Training Workshop on Drug Use Prevention held at The Punjab School, Kot Khawaja Saeed, and Lahore.	July 24, 2018
3.	One Day Teacher Training Workshop on Drug Use Prevention held at Govt. Khawaja Rafiq Shaheed College Walton Road, Lahore.	November 20, 2018
4.	One Day Teacher Training Workshop on Drug Use Prevention held at DATH Office, Allama Iqbal Road, Lahore.	December 19, 2018
5.	One Day Media Training Workshop on Drug Use Prevention held at Aiwan-e-Iqbal Egeron Road, Lahore.	September 25, 2018
6.	One Day Training Workshop - Role of Law Enforcement Agencies on Drug Use Prevention held at Aiwan-e-Iqbal Egetron Road, Lahore	September 26, 2018
7.	One Day Youth/Students Training Session on Drug Use Prevention held at DATH Office, Allama Iqbal Road Lahore.	August 1, 2018
	One Day Youth/Students Training Session on Drug Use Prevention held at Govt. Degree College for Women, China Scheme Lahore.	September 29, 2018
8.	One Day Youth/Students Training Session on Drug Use Prevention held at University of Faisalabad Campus.	October 18, 2018
9.	One Day Youth/Students Training Workshop on Drug Use Prevention held at Committee Room, Lahore College for Women University, Jail Road Lahore.	November 1, 2018
10.	Convention on Drug Use Prevention held at Lahore College for Women University (LCWU)	December 21, 2018

Achieved Target:

Targeted Population	Total Target	Achieved Target
Total attendance of educational institute (Schools, Colleges)	10,000	10,000
No. of Schools/Colleges/Uni Events		95
Attendance of Educational Institutions Events	9740	10000
Attendance of Teachers	1200	960
No. of Community Meetings Events		56
Attendance in Community Events		526

Approached/Meeting in Schools, Colleges, Universities and Government Departments	Total Number (424)
Ten (10) Clusters of Lahore	Ten Clusters of Lahore
1) Baghbanpura 2) Singhpura	
3) China Scheme 4) Shadbagh	
5) Jia Musa 6) Imamia Colony	
7) Walton Road 8) Nishtar Town	
9) Walled City 10) Ghari Shahu	
Total number of Completed Activities in Schools, Colleges & Universities etc...	95
Total number of Meeting in Community	56

Sheesha Smoking Bill:

The Punjab Prohibition Sheesha Smoking Bill 2014:

The Punjab Prohibition Sheesha Smoking Bill 2014 had been tabled in Punjab Assembly on March 11, 2014 through MPA Ch. Shahbaz Ahmed written by Consultant, Anti Drugs/Narcotics Campaign Syed Zulfiqar Hussain. The Speaker Punjab Assembly referred Sheesha Smoking Bill 2014 to Standing Committee Health Punjab Assembly and twelve (14) review meeting held on that bill for some improvement unfortunately, The Government of Punjab didn't send for final implementation in Punjab Assembly during 2018. Drug Addiction through Sheesha Cafes is still ongoing through hidden cafes etc. 144 section not a solution of this burning issue. Sheesha smoking and import of its ingredient

already ban under the order of Supreme Court of Pakistan and Ministry of Commerce had been issued a order No. S.R.O 970 (1)/2016 dated October 13, 2016. But now still all illegal Sheesha related goods/items are selling and available open in the market.

New Bill

The Punjab Prohibition Sheesha Smoking and Crystal Ice Bill 2019:

Our organization decided to prepared a new draft of bill “The Punjab Prohibition Sheesha and Crystal Ice Bill 2019” because the new trend of drug addiction among in upper & middle class youth and students has been totally changed in the society. Crystal Ice/ Metth is short for crystal methamphetamine. It is just one form of the drug methamphetamine.

Methamphetamine is a white crystalline drugs that people used snorting it (inhaling through the nose), smoking it or injecting it with needle. Some even take it orally but all develop a strong desire to continue using it because the drugs create a false sense of happiness and well-being - a rush (strong feeling) of confidence, hyper – activeness and energy. One else experiences decreased appetite. These drugs effects generally last form six to eight hours but can last up to twenty – four hours. The first experiences might involve some pleasure, but from the start, methamphetamine begins to destroy the user’s life.

We believe that the use of Crystal Ice is a strong threat to our young generation in future because it is much dangerous and sewer then Heroin. We intimate to all government departments about the dangerous aspects of Crystal Ice and Meth. Now we are going to draft a bill on The Punjab Prohibition Sheesha Smoking and Crystal Ice Bill 2019 to table in Punjab Assembly through MPA.

Taken Suo Moto by Honorable Chief Justice of Pakistan

Taken Suo Moto by Honorable Chief Justice of Pakistan on Action regarding Supply of Narcotics to Children/Students in Educational Institutes of Lahore and fixed first hearing date of Suo Moto on October 25, 2018 in Supreme Court of Pakistan Islamabad. Seeing the effective outcome by virtue of the campaign launched by Drug Advisory Training Hub (DATH) & YOCFAN, Chief Justice of Pakistan instructed through Suo Moto to the Punjab Government to take serious and quick action against use, sale of drugs in the educational institutions. Another date of hearing the CJP also gave direction to established Punjab Government independent department who regulate all the matters of drugs, like treatment, awareness programs and control of sale of drugs in the market etc.

On 25th October 2018 Syed Zulfiqar Hussain, Consultant, Anti Drugs/Narcotics Campaign and Chairman YOCFAN appeared in Supreme Court of Pakistan and explained his point of view about the ground reality of drugs and highlighted the activities done in past regarding drug demand reduction and drug use prevention in educational institutions under the banner of Strengthening Drug Demand Reduction Services in Pakistan project. In the same case CCPO Lahore also appeared before the honorable Chief Justice of Pakistan to explain the performance of Punjab Police. Chief Justice of

Pakistan appreciated the efforts and activities executed by DATH/YOCFAN in drug demand reduction program. He further said that to scale up similar activities in other areas of country in the best interest of Nation.

Standing Committee on Anti Drugs/Narcotics LCCI

The Lahore Chamber of Commerce and Industry (LCCI) established a new Standing Committee on Anti Drugs/Narcotics. The President of LCCI nominated Syed Zulfiqar Hussain as Convener LCCI committee for the year 2017 -2018 and again the new elected President of LCCI Mr. Almas Hyder nominated as Convener LCCI Committee on Anti Drugs/Narcotics for the year 2018 – 2019. No doubt, the problems of drug addiction is a major and big issue in the country and large number of our youth/students are using soft and hard drugs/narcotics in the city of Lahore. Syed Zulfiqar Hussain specially thanked the LCCI office bearer's forming the standing committee on Anti Drugs/Narcotics.

Out Come 2018:

Finally we would like to appreciate the support and coordination we got from different government and private sectors in drug demand reduction activities during 2018 and through launching an effective project against use of drugs in the society. Although a new trends of drugs have been seen during 2018 but we hope to get the similar cooperation from government and private sectors. DATH /YOCFAN struggled to minimize the use of drugs/narcotics will remain in progress in future with the help of Deputy Commissioner Office, School Education Department, Punjab Higher Education Commission (PHEC), Directorate of Colleges Lahore Division, Mayor Office, Excise, Taxation and Narcotics Control Department Punjab, Anti Narcotics Force (ANF), Punjab Food Authority and Private Sectors. We also Thanks INL and Colombo Plan.

Syed Zulfiqar Hussain

Consultant, Anti Drugs/Narcotics Campaign

Director, Drug Advisory Training Hub(DATH)

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کنسلنٹ انسداد منشیات مہم ڈوا الفقار حسین فوکل پرسنز کے روپو اجلاس میں بریفنگ دے رہے ہیں

12 فروری کو منشیات کیخلاف فوکل پرسنز کنونشن، سید ذوالفقار

اجلاس میں پروفیسر شہناز ستار ڈاکٹر سعادت حسن اشرف نقی سمیرا چوہدری ودیگر کی شرکت
لاہور (نئی بات نیوز) تعلیمی اداروں میں منشیات کے استعمال کیخلاف جاری آگاہی پروگرام اور سوک اینڈ ڈرگ فری کمیونٹی کے فوکل پرسنز کا روپو اجلاس ڈرگ ایڈوائزری ٹریننگ حب میں کنسلنٹ انسداد منشیات مہم سید ذوالفقار حسین کی زیر صدارت ہوا۔ مختلف تعلیمی اداروں کے نامور فوکل پرسنز پروفیسر شہناز ستار ڈاکٹر سعادت حسن اشرف نقی علی عامر محمود سمیرا چوہدری سید حسن کبریٰ امتیاز اور دیگر نے شرکت کی۔ اس موقع پر ذوالفقار حسین نے تعلیمی اداروں میں منشیات مہم کیخلاف اساتذہ والدین اور طلبہ کی تربیت کیساتھ ساتھ لاہور کے علاوہ قصور، شیخوپورہ، ننگرانہ اوکاڑہ، نارووال، حافظ آباد، گجرات، ودیگر شہروں میں بھی تعلیمی اداروں اور کمیونٹی میں مہم چلانے سے آگاہ کرتے بتایا کہ 12 فروری کو محکمہ ہائیر ایجوکیشن، محکمہ سکول ایجوکیشن، پنجاب ہائیر ایجوکیشن کمیشن، یاک، کولمبو پلان اور لاہور کالج فار ویمن یونیورسٹی کے اشتراک سے فوکل پرسنز کا کنونشن ہوگا جس میں ماہرین ایجنٹ کیخلاف کی جانوبالی کوششوں پر روشنی ڈالیں گے۔ آخر میں فوکل پرسنز نے اپنے تعلیمی ادارے کی کارکردگی سے آگاہ کیا۔



صحت کے شعبے میں کام کرنے والے سٹاف کو انسداد منشیات کی تربیت دی جائیگی: ڈاکٹر سید اللہ علی

پروگرام کرائے جائیں گے اس کے لئے ڈرگ ایڈوائزری ٹریننگ حب ٹیکنیکل معاونت اور مدد فراہم کرے گا کیونکہ منشیات ہمارے لئے بڑا چیلنج ہے ہم نے اپنی نئی نسل کے مستقبل کو محفوظ بنانا ہے۔ یہ بات انہوں نے ڈرگ ایڈوائزری ٹریننگ حب کے دورے اور سٹاف سے اپنے خطاب میں کہی جہاں جس کی صدارت کنسلنٹ انسداد منشیات مہم سید ذوالفقار حسین نے کی اس موقع پر سید کالوجیسٹ اکبر امتیاز نے بھی خطاب کیا۔ آخر میں سید ذوالفقار نے ڈاکٹر سید کے لئے جامع اور بین الاقوامی معیار کے مطابق تربیتی

لاہور (جنرل رپورٹر) سی ای او لاہور ڈسٹرکٹ ہیلتھ اتھارٹی ڈاکٹر سید اللہ علی نے کہا ہے کہ ڈیٹنگ اور ہیلتھ کے دیگر شعبوں میں کام کرنے والے سٹاف کو منشیات کے انسداد کے لئے جامع اور بین الاقوامی معیار کے مطابق تربیتی

انسداد منشیات کیلئے اساتذہ کی تربیت شروع، ذوالفقار حسین

تعلیمی اداروں کا ماحول بہتر کرنے کیلئے اساتذہ کیساتھ اداروں کے سربراہ بھی طلبہ کی تربیت کریں

لاہور (نئی بات نیوز) اساتذہ منشیات کیخلاف فیصلہ کرنے کی ہمت پیدا کر کے طلبہ کی مدد کر سکتے ہیں اساتذہ طلبہ کیساتھ دوستانہ ماحول کو پروان چڑھائیں اور انکی مسائل حل کرنے میں انکی مدد کریں، منشیات کیخلاف اساتذہ کو مناسب گائیڈ لائنز اور بین الاقوامی سٹینڈرز کے مطابق تربیت کا آغاز کر دیا گیا ہے۔ یہ بات کنسلنٹ انسداد منشیات مہم سید ذوالفقار حسین گورنمنٹ ڈگری کالج



گورنمنٹ ڈگری کالج فار ویمن واپڈ اٹاؤن میں ڈرگ ایڈوائزری ٹریننگ حب میں منشیات کیخلاف پروگرام میں پرنسپل فرزانہ فیض گیلانی ڈوا الفقار حسین کو شیلڈ دے رہی ہیں
فیض گیلانی نے کی۔ سید ذوالفقار نے مزید کہا اساتذہ کا نوجوانوں کی کردار سازی میں بڑا اہم رول ہے، یونیورسٹیوں اور دیگر تعلیمی اداروں کے ماحول کو بہتر کرنے میں اساتذہ کیساتھ ساتھ اداروں کے سربراہوں کی زیادہ ذمہ داری ہے کہ وہ طلبہ کی تربیت کا بھی اہتمام کریں۔ اس موقع پر کالج پرنسپل فرزانہ فیض گیلانی نے کہا اساتذہ تعلیم کیساتھ طلبہ کو منشیات کے نقصانات سے ضرور آگاہ کریں۔

