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V-Discover

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THEME : DRUG ALERT



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DRUG ALERT

INTRODUCTION



Drugs are substances that can change the way our body and mind work. While some medicines are lifesaving when used correctly, drug misuse and abuse have become a serious global problem.

Every year, millions of people - especially youth-fall victim to drug addiction, which damages health, destroys families, and affects society.

A "Drug Alert" is a call to create awareness, prevent misuse, and protect communities from the harmful effects of drugs. Drug abuse has become one of the most alarming issues in today's world, affecting individuals, families, and society as a whole. While certain drugs are prescribed for medical purposes, their misuse can lead to severe health problems, addiction, and even death.



Young people are especially vulnerable due to peer pressure, curiosity, and lack of awareness. A Drug Alert serves as a reminder of the dangers of drug use, spreading awareness about its harmful effects, and encouraging people to make healthy choices. By understanding the risks and promoting prevention, we can work together to build a safer and drug-free community.

TYPES OF DRUGS

Drugs can be broadly classified into legal, illegal, and prescription medicines. Legal substances such as alcohol and tobacco are often socially accepted but still harmful when abused. Illegal drugs like cocaine, heroin, and methamphetamines pose serious threats to both health and society. Prescription drugs, though beneficial for treatment, can become dangerous if misused without medical guidance.

9 TYPES OF DRUGS

- 1 **Alcohol:** A depressant affecting brain function and coordination.
- 2 **Opioids:** Powerful pain relievers with high addiction potential. Examples: Heroin, fentanyl, oxycodone.
- 3 **Benzodiazepines:** Sedative drugs prescribed for anxiety and insomnia. Examples: Xanax, Valium, Klonopin.
- 4 **Barbiturates:** Depressants once used for sleep disorders but highly addictive.
- 5 **Marijuana (Cannabinoids):** Affects mood, cognition, and perception. Examples: THC, CBD compounds.
- 6 **Inhalants:** Produce psychoactive effects when inhaled. Examples: Paint thinners, aerosol sprays, nitrous oxide.
- 7 **Stimulants:** Increase alertness and energy. Examples: Cocaine, methamphetamine, Adderall.
- 8 **Hallucinogens:** Alter perception and mood. Examples: LSD, psilocybin, MDMA.
- 9 **Prescription Drugs:** Medications misused for non-medical purposes. Examples: OxyContin, Ritalin, Xanax.



EFFECTS OF DRUG ABUSE

Drug abuse does not just harm the body; it deeply affects the mind and overall life style. Physically, drugs can cause organ damage, weakened immunity, and long-term illnesses. Mentally, they may lead to depression, anxiety, hallucinations, and loss of self-control. Socially, drug addiction breaks relationships, reduces productivity, and often leads to crime. The destructive impact of drugs proves that even temporary pleasure can come at a very high cost.



PREVENTION AND AWARENESS

DRUG AWARENESS



ISB Middle School

The best way to fight drug abuse is through awareness and prevention. Schools, families, and communities must educate people - especially the youth - about the dangers of drugs. Healthy alternatives such as sports, creative hobbies, and counseling can guide individuals away from risky behaviors. Campaigns, workshops, and peer-support groups also play a vital role in spreading awareness. By empowering individuals with knowledge and positive choices, we can prevent the harmful spread of drug abuse.

Drugs are generally classified into three main categories: legal drugs, illegal drugs, and prescription / medicinal drugs

Legal Drugs These are substances that are permitted by law, such as alcohol, caffeine, and tobacco. Although legal, they can be very harmful if consumed excessively, leading to addiction and serious health problems.

Illegal Drugs These include substances like heroin, cocaine, methamphetamines, LSD, and ecstasy. They are banned because of their highly addictive nature and dangerous effects on the brain and body. Using or selling these drugs is a criminal offense in most countries.

Prescription / Medicinal Drugs These are medicines prescribed by doctors to treat illnesses, such as painkillers, sedatives, or antibiotics. When used properly, they are safe, but misuse like taking without a prescription, overdosing, or mixing with alcohol can cause addiction and harmful side effects.

TYPES OF DRUGS



Effects of Addiction on Social Standing and Personal Finance

EFFECTS OF ADDICTION ON SOCIAL STANDING AND PERSONAL FINANCE



SOCIAL EFFECTS

- Strained Relationships
- Isolation
- Legal Consequences
- Financial Struggles
- Impact on Parenting

ECONOMIC EFFECTS

- Loss of Employment
- Educational Setbacks
- Healthcare Costs
- Crime and Criminal Justice Costs
- The burden on Social Services

COMMONLY ABUSED DRUGS

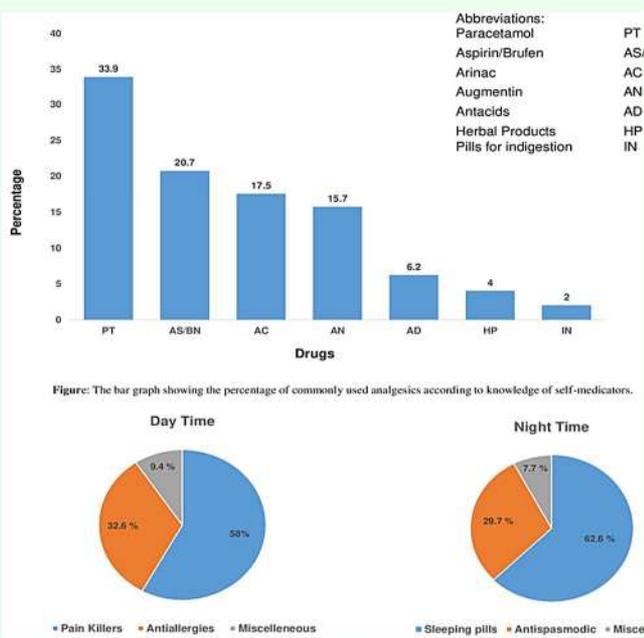
WHAT ARE THE MOST COMMONLY ABUSED DRUGS?

- ◆ **Alcohol:** Most widely used, leads to addiction and liver disease.
- ◆ **Nicotine:** Found in tobacco, highly addictive.
- ◆ **Cannabis (Marijuana):** Legal in some places but leads to dependence.
- ◆ **Heroin:** Highly addictive opioid with severe withdrawal symptoms.
- ◆ **Cocaine:** Stimulant that increases energy but causes severe health issues.
- ◆ **Methamphetamine:** Highly addictive stimulant with long-term brain damage.
- ◆ **MDMA (Ecstasy):** Enhances mood but causes serotonin depletion.
- ◆ **Hallucinogens:** Alters perception and mood.
- ◆ **Fentanyl:** Synthetic opioid, highly potent and deadly.



Drug abuse is a growing concern worldwide, and certain substances are more commonly misused than others. Alcohol is one of the most widely abused legal drugs, often leading to liver damage, accidents, and addiction. Tobacco and nicotine products, though socially accepted, cause lung cancer, heart disease, and respiratory problems. Cannabis (marijuana) is another commonly misused drug that can affect memory, coordination, and mental health when taken excessively.

Among illegal drugs, cocaine and heroin are highly addictive and dangerous, causing both short-term euphoria and long-term physical damage. Methamphetamines (meth) and ecstasy (MDMA) are popular in party culture but can severely damage the brain and heart. Even prescription drugs such as painkillers (opioids), sleeping pills, and anti-anxiety medications are commonly abused when taken without medical supervision. The misuse of these drugs not only harms the individual's health but also affects families, communities, and society at large. Recognizing which substances are most commonly abused is the first step toward prevention and spreading awareness.



Mentally, drugs alter brain chemistry and disrupt normal thinking. They can cause mood swings, depression, anxiety, hallucinations, and poor concentration. Prolonged abuse may lead to memory loss, paranoia, or severe mental health disorders. Addiction itself is a brain disease that makes individuals lose control over their choices.

Socially, drug abuse damages relationships, affects studies or careers, and can push individuals into isolation or criminal activities. Instead of providing relief, drugs trap people in a cycle of dependency that destroys health and happiness.

1. Physical Health Effects

Drug abuse affects almost every organ in the body. Stimulants like cocaine and methamphetamines strain the heart, increasing the risk of heart attacks and strokes. Depressants like alcohol and opioids slow down breathing, which can be fatal in high doses. Smoking tobacco damages the lungs, leading to chronic bronchitis, emphysema, and cancer. Long-term drug use weakens the immune system, slows healing, and makes the body more vulnerable to infections such as HIV and hepatitis due to unsafe practices like needle sharing

EFFECTS OF DRUG ABUSE ON HEALTH

Drug abuse takes a heavy toll on both the body and the mind. Physically, it can damage vital organs such as the liver, lungs, kidneys, and heart. Long-term use weakens the immune system, making the body more vulnerable to infections and chronic diseases. Some drugs also affect growth, fertility, and sleep patterns. In extreme cases, overdose can even lead to coma or death.

2. Mental Health Effects

Drug abuse affects almost every organ in the body. Stimulants like cocaine and methamphetamines strain the heart, increasing the risk of heart attacks and strokes. Depressants like alcohol and opioids slow down breathing, which can be fatal in high doses. Smoking tobacco damages the lungs, leading to chronic bronchitis, emphysema, and cancer. Long-term drug use weakens the immune system, slows healing, and makes the body more vulnerable to infections such as HIV and hepatitis due to unsafe practices like needle sharing.

3. Social and Emotional Effects

Beyond the body and mind, drug abuse harms a person's social life. It often causes conflicts within families, breaks friendships, and destroys trust. Many students who fall into drug abuse lose focus in studies, while adults may struggle at work, leading to job loss and financial instability. In severe cases, drug dependence can push individuals toward crime, homelessness, or complete isolation from society.

ROLE OF COMMUNITY AND YOUTH

The fight against drug abuse is not the responsibility of individuals alone - it requires the active participation of the community and youth.

1. Role of the Community

Communities play a key role in creating a safe and drug-free environment. Local leaders, schools, NGOs, and health organizations can organize awareness programs, rallies, and workshops to spread knowledge about the harmful effects of drugs.

Community-based counseling centers and support groups provide a space where people can seek help without fear of judgment. By uniting, communities can reduce the availability of drugs and encourage healthier lifestyles.

2. Role of the Youth

Young people are the most vulnerable to drug abuse, but they are also the most powerful agents of change. Youth can become role models by saying no to drugs and influencing their peers to do the same.

They can actively participate in school clubs, street plays, cultural events, and social media campaigns that raise awareness about drug abuse. By promoting sports, arts, and education, the youth can channel their energy into positive directions and inspire others to follow the same path.

Message:

When the community provides support and the youth take responsibility, society becomes stronger. Together, they form a shield that protects present and future generations from the dangers of drugs.



PREVENTION AND AWARENESS

The most powerful way to fight drug abuse is through prevention and education. By spreading correct information and raising awareness, we can stop many people especially youth from falling into addiction.

1. **Education in Schools & Colleges** – Awareness programs, seminars, and campaigns can teach students about the dangers of drugs and the importance of making health choices.
2. **Family & Community Support** – Parents and families play a big role in guiding young people. Open communication, trust, and emotional support can protect individuals from peer pressure.
3. **Healthy Alternatives** – Encouraging sports, cultural activities, and hobbies provides positive outlets for energy and stress, reducing the temptation to use drugs.
4. **Counseling & Rehabilitation** – For those already affected, professional counseling and rehab centers offer guidance, treatment, and hope for recovery.
5. **Media & Social Campaigns** – Posters, street plays, rallies, and social media awareness drives remind people that drug abuse is dangerous and must be avoided.

Drug prevention and awareness efforts aim to stop people, particularly young adults, from starting to use substances or to prevent problems associated with drug use by providing education, promoting healthy lifestyles, and implementing community-based strategies to reduce drug availability and demand. Awareness campaigns educate individuals and the community about the dangers of drug use, while prevention strategies can be individual-focused, addressing personal needs, or environmental, changing policies and community conditions to create a less permissive atmosphere for drug use.

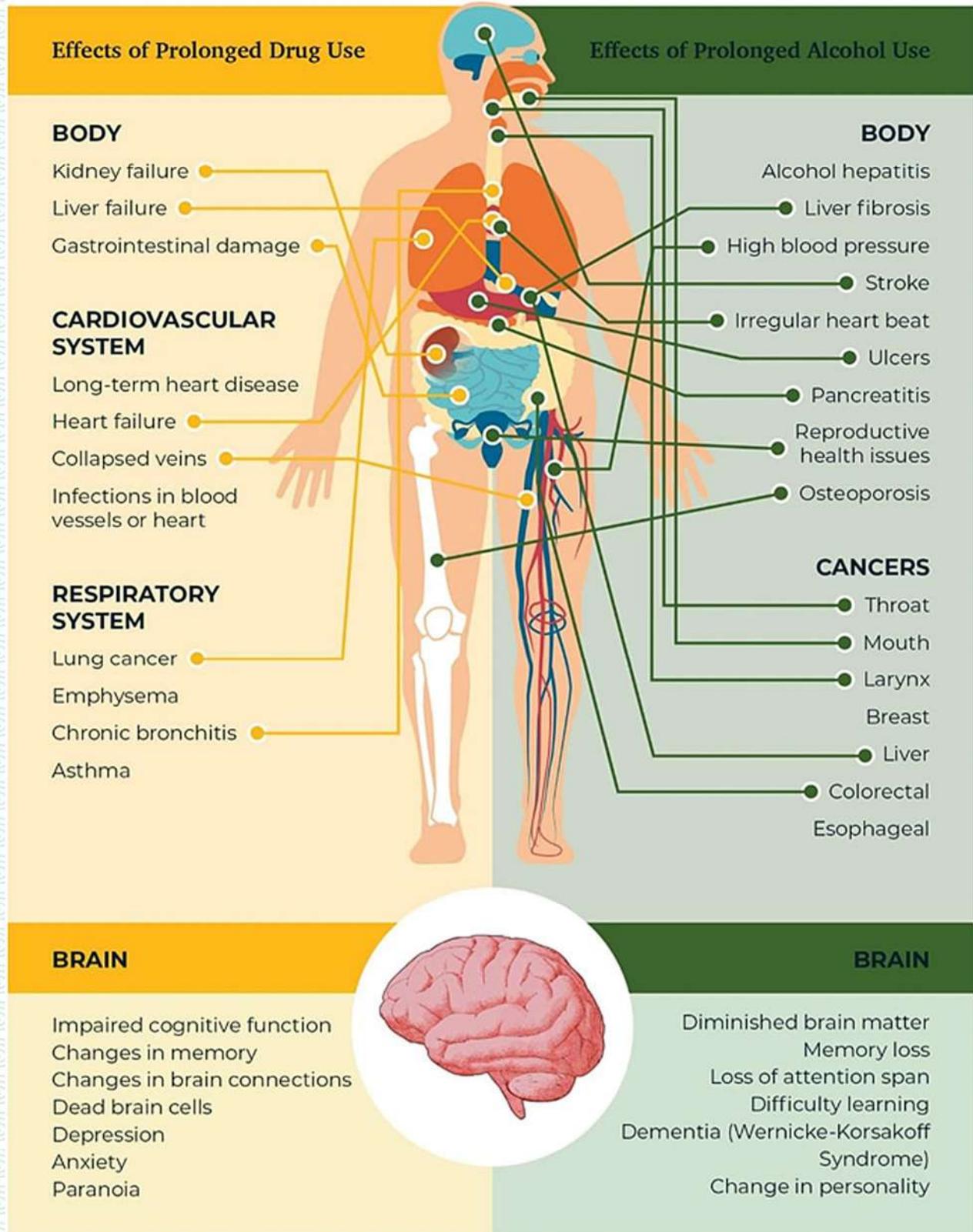
CONCLUSION

Drug abuse is not just a personal problem - it is a social, emotional, and global issue that threatens the health and future of millions. It destroys bodies, weakens minds, and breaks families apart. Even though drugs may seem to give temporary pleasure, the long-term damage they cause is far greater, leaving people trapped in a cycle of addiction, pain, and hopelessness.

But there is also hope. With the right awareness, education, and support, drug abuse can be prevented and even reversed. Families, schools, and communities must stand together to guide young people toward positive choices. Governments and health organizations are also working to spread awareness and provide rehabilitation, but true change begins with individual responsibility.



Long-term Health Effects of Prolonged Drug & Alcohol Use



VIVEKANANDHA EDUCATIONAL INSTITUTIONS

TIRUCHENGODE CAMPUS

- ★ SWAMY VIVEKANANDHA MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
- ★ VIVEKANANDHA DENTAL COLLEGE FOR WOMEN
- ★ SWAMY VIVEKANANDHA COLLEGE OF PHARMACY
- ★ VIVEKANANDHA COLLEGE OF NURSING
- ★ VIVEKANANDHA SCHOOL OF ANM
- ★ SWAMY VIVEKANANDHA PHYSIOTHERAPY COLLEGE
- ★ VIVEKANANDHA ALLIED HEALTH SCIENCE COLLEGE (Co-Ed)
- ★ KRISHNA INSTITUTE OF OPTOMETRY AND RESEARCH
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE & RESEARCH (Boys)
- ★ KRISHNA INSTITUTE OF HEALTH SCIENCE (Boys)
- ★ VIVEKANANDHA COLLEGE OF ENGINEERING FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE OF TECHNOLOGY FOR WOMEN
- ★ VIVEKANANDHA INSTITUTE OF INFORMATION AND MANAGEMENT STUDIES
- ★ VIVEKANANDHA COLLEGE OF ARTS AND SCIENCES FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE FOR WOMEN
- ★ VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNASHREE COLLEGE OF EDUCATION FOR WOMEN
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- ★ VIVEKANANDHA MEDICAL CARE HOSPITAL (VMCH)
- ★ THIRU BALAJI SCAN CENTER
- ★ ALLWIN GROUP OF COMPANIES
- ★ M.K.G. FOODS AND FEEDS
- ★ M.K.G. ENTERPRISES

SANKAGIRI CAMPUS

- ★ SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE (Co-Ed)
- ★ VIVEKANANDHA PHARMACY COLLEGE FOR WOMEN
- ★ VIVEKANANDHA NURSING COLLEGE FOR WOMEN
- ★ VIVEKANANDHA ANM SCHOOL
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE (Boys)
- ★ VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN
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★★★

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