

## **SEMESTER-I**

### **DA1- Drug Abuse: Problem, Management and Prevention**

#### **PROBLEM OF DRUG ABUSE**

**(Compulsory for all Under Graduate Classes)**

Time: 3 Hours

Max. Marks: 50

#### **Instructions for the Paper Setters:**

Section–A: (15 Marks): It will consist of five short answer type questions. Candidates will be required to attempt three questions, each question carrying 05 marks. Answer to any of the questions should not exceed two pages.

Section–B: (20 Marks) It will consist of four essay type questions. Candidates will be required to attempt two questions, each question carrying 10 marks. Answer to any of the questions should not exceed four pages.

Section–C: (15 Marks) It will consist of two questions. Candidate will be required to attempt one question only. Answer to the question should not exceed 5 pages.

#### **UNIT-I**

- **Meaning of Drug Abuse**

Meaning, Nature and Extent of Drug Abuse in India and Punjab.

#### **UNIT-II**

- **Consequences of Drug Abuse for:**

Individual : Education, Employment and Income.

Family : Violence.

Society : Crime.

Nation : Law and Order problem.

#### **UNIT-III**

- **Management of Drug Abuse**

Medical Management: Medication for treatment and to reduce withdrawal effects.

#### **UNIT-IV**

- Psychiatric Management: Counselling, Behavioral and Cognitive therapy.

- Social Management: Family, Group therapy and Environmental Intervention.

**References:**

1. Ahuja, Ram (2003), Social Problems in India, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. The Drug Crime Connection. Beverly Hills: Sage Publications. 23
4. Jasjit Kaur Randhawa & Samreet Randhawa, "Drug Abuse-Problem, Management & Prevention", KLS, ISBN No. 978-81-936570-6-5, (2018).
5. Jasjit Kaur Randhawa & Samreet Randhawa, "Drug Abuse Problem, Management & Prevention", KLS, ISBN No. 978-81-936570-8-9, (2019).
6. Jasjit Kaur Randhawa & Samreet Randhawa, "ਡਰੱਗਜ਼ ਦੁਰਵਰਤੋਂ-(ਨਸ਼ਾਖੋਰੀ) ਸਮੱਸਿਆ, ਪ੍ਰਬੰਧਨ ਅਤੇ ਰੋਕਥਾਮ", KLS, ISBN No. 978-81-936570-7-1, (2018).
7. Jasjit Kaur Randhawa, "Drug Abuse -Management & Prevention", KLS, ISBN No. 978-93-81278-80-2, (2018).
8. Kapoor. T. (1985) Drug epidemic among Indian Youth, New Delhi: Mittal Pub.
9. Modi, Ishwar and Modi, Shalini (1997) Drugs: Addiction and Prevention, Jaipur: Rawat Publication.
10. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
11. Rama Gandotra & Jasjit Kaur Randhawa, "ਡਰੱਗਜ਼ ਦੁਰਵਰਤੋਂ-(ਨਸ਼ਾਖੋਰੀ) ਪ੍ਰਬੰਧਨ ਅਤੇ ਰੋਕਥਾਮ", KLS, ISBN No. 978-93-81278-87-1, (2018).
12. Sain, Bhim 1991, Drug Addiction Alcoholism, Smoking obscenity New Delhi: Mittal Publications.
13. Sandhu, Ranvinder Singh, 2009, Drug Addiction in Punjab: A Sociological Study. Amritsar: Guru Nanak Dev University.
14. Singh, Chandra Paul 2000. Alcohol and Dependence among Industrial Workers: Delhi: Shipra.
15. Sussman, S and Ames, S.L. (2008). Drug Abuse: Concepts, Prevention and Cessation, Cambridge University Press.
16. World Drug Report 2010, United Nations office of Drug and Crime.
17. World Drug Report 2011, United Nations office of Drug and Crime.

**SEMESTER-II**  
**DA2- DRUG ABUSE: PROBLEM, MANAGEMENT AND PREVENTION**  
**DRUG ABUSE: MANAGEMENT AND PREVENTION**  
**(Compulsory for all Under Graduate Classes)**

Time: 3 Hours

Total Marks: 50

**Instructions for the Paper Setters:**

Section–A: (15 Marks): It will consist of five short answer type questions. Candidates will be required to attempt three questions, each question carrying 05 marks. Answer to any of the questions should not exceed two pages.

Section–B: (20 Marks) It will consist of four essay type questions. Candidates will be required to attempt two questions, each question carrying 10 marks. Answer to any of the questions should not exceed four pages.

Section–C: (15 Marks) It will consist of two questions. Candidate will be required to attempt one question only. Answer to the question should not exceed 5 pages.

**UNIT-I**

- **Prevention of Drug abuse**

Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active scrutiny.

**UNIT-II**

- **School:** Counseling, Teacher as role-model, Parent-Teacher-Health Professional Coordination, Random testing on students.

**UNIT-III**

- **Controlling Drug Abuse**

Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and Awareness Program

**UNIT-IV**

- **Legislation:** **NDPS** Act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

**References:**

1. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
2. Gandotra, R. and Randhawa, J.K. 2018. ਡਰੱਗਜ਼ ਦੁਰਵਰਤੋਂ (ਨਸ਼ਾਖੋਰੀ) ਪ੍ਰਬੰਧਨ ਅਤੇ ਰੋਕਥਾਮ। Kasturi Lal & Sons, Educational Publishers, Amritsar- Jalandhar.
3. Inciardi, J.A. 1981. The Drug Crime Connection. Beverly Hills: Sage Publications.
4. Modi, Ishwar and Modi, Shalini (1997) Drugs: Addiction and Prevention, Jaipur: Rawat Publication.
5. Randhawa, J.K. and Randhawa, Samreet 2018. Drug Abuse-Management and Prevention. Kasturi Lal & Sons, Educational Publishers, Amritsar- Jalandhar.
6. Sain, Bhim 1991, Drug Addiction Alcoholism, Smoking obscenity New Delhi: Mittal Publications.
7. Sandhu, Ranvinder Singh, 2009, Drug Addiction in Punjab: A Sociological Study. Amritsar: Guru Nanak Dev University.
8. Singh, Chandra Paul 2000. Alcohol and Dependence among Industrial Workers: Delhi: Shipra.
9. World Drug Report 2011, United Nations office of Drug and Crime.
10. World Drug Report 2010, United Nations office of Drug and Crime

**BACHELOR OF PHYSIOTHERAPY (PART-I)**

**Paper VII: PROBLEM OF DRUG ABUSE: MANAGEMENT AND PREVENTION  
(Compulsory)**

Time: 3 Hours

Max. Marks: 100

**Instructions for the Paper Setters:**

Section–A: (30 Marks): It will consist of ten short answer type questions. Candidates will be required to attempt six questions, each question carrying 05 marks. Answer to any of the questions should not exceed two pages.

Section–B: (45 Marks) It will consist of six essay type questions. Candidates will be required to attempt three questions, each question carrying 15 marks. Answer to any of the questions should not exceed four pages.

Section–C: (25 Marks) It will consist of two questions. Candidate will be required to attempt one question only. Answer to the question should not exceed 5 pages.

**UNIT-I**

• **Meaning of Drug Abuse**

- (i) Meaning, Nature and Extent of Drug Abuse in India and Punjab.
- (ii) Consequences of Drug Abuse for:
  - Individual : Education, Employment and Income.
  - Family : Violence.
  - Society : Crime.
  - Nation : Law and Order problem.

**UNIT-II**

• **Management of Drug Abuse**

- (i) Medical Management: Medication for treatment and to reduce withdrawal effects.
- (ii) Psychiatric Management: Counselling, Behavioral and Cognitive therapy.
- (iii) Social Management: Family, Group therapy and Environmental Intervention.

**UNIT-III**

• **Prevention of Drug abuse**

- (i) Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
- (ii) School: Counseling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

**UNIT-IV**

• **Controlling Drug Abuse**

- (i) Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program

- (ii) Legislation: NDPS act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

**References:**

1. Ahuja, Ram (2003), Social Problems in India, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Gandotra, R. and Randhawa, J.K. 2018. ਡਰੱਗਜ਼ ਦੁਰਵਰਤੋਂ (ਨਸ਼ਾਖੋਰੀ) ਪ੍ਰਬੰਧਨ ਅਤੇ ਰੋਕਥਾਮ। Kasturi Lal & Sons, Educational Publishers, Amritsar- Jalandhar.
4. Inciardi, J.A. 1981. The Drug Crime Connection. Beverly Hills: Sage Publications. 23
5. Randhawa, J.K. 2018. Drug Abuse-Management and Prevention. Kasturi Lal & Sons, Educational Publishers, Amritsar- Jalandhar.
6. Kapoor. T. (1985) Drug epidemic among Indian Youth, New Delhi: Mittal Pub.
7. Modi, Ishwar and Modi, Shalini (1997) Drugs: Addiction and Prevention, Jaipur: Rawat Publication.
8. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
9. Sain, Bhim 1991, Drug Addiction Alcoholism, Smoking obscenity New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, Drug Addiction in Punjab: A Sociological Study. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. Alcohol and Dependence among Industrial Workers: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). Drug Abuse: Concepts, Prevention and Cessation, Cambridge University Press.
13. World Drug Report 2010, United Nations office of Drug and Crime.
14. World Drug Report 2011, United Nations office of Drug and Crime.