



# Employment News



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## DRUGS, YOUTH AND REHABILITATION

Dr. Rajesh Kumar

Prime Minister Narendra Modi, in his address to the citizens 'Mann Ki Baat' on AIR this month had emphasized on the problems of drugs among youth.

Drug dependence is considered a common multi-factorial health disorder amongst youth that often follows the course of a relapsing and remitting chronic disease. Unfortunately in many societies, drug dependence is still not recognized as a health problem and those who are suffering from it are stigmatized and have no access to treatment and rehabilitation. However, in recent years, the bio psychosocial model has recognized drug dependence as a multifaceted problem requiring the expertise of many disciplines. The findings of the 'State of the Urban Youth, India : Employment, Livelihoods, Skills,' a report published by IRIS Knowledge Foundation in collaboration with UN-HABITAT states that every third person in an Indian city today is a youth. In about seven years, the median individual in India will be 29 years, very likely a city-dweller, making it the youngest country in the world.

To begin with, there is an undeniable link between substance abuse and delinquency. Many youth engaged in alcohol and other drug use often faces arrest, adjudication, and intervention by the juvenile justice system. Though it cannot be claimed that substance abuse causes delinquent behavior or that delinquency causes alco-

hol and other drug use, the two behaviors are strongly correlated and often bring about an array of problems, including academic difficulties, health-related problems (including mental health), poor peer relationships, and involvement with the juvenile justice system. Hence, there are consequences for family members, the community, and the entire society.

According to DSM4, Substance Abuse is a maladaptive pattern of substance use which leads to clinically significant impairment or distress that is manifested by one or more of the following, occurring within a 12-month period:

1. Recurrent substance use resulting from a failure to fulfill major role obligations at work, school, or home
2. Recurrent substance use in situations in which it is physically hazardous
3. Recurrent substance-related legal problems
4. Continued substance use despite persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance problems.

Drugs can be used in many ways. After the initial use of a drug, the individual may

continue his on and off use of drug, depending on the effect of the drug perceived by the individual as well as other factors. During this on and off use, the individual may develop adverse effect of the use of drug. If the individual continue to use in spite of adverse effect, the pattern of use is termed as 'abuse'.

Finally, if the individual takes the drug regularly and becomes dependent on the drug, this is termed as dependence syndrome.

Our experience with Drug using Population indicates high prevalence of inhalants/solvents among adolescent population which has detrimental effects on body & mind. Cannabis usage is also found to be quite common followed by opioids which have long term consequences which makes it highly critical for an early identification & appropriate intervention. It is recommended that those abusing drugs in any form should seek treatment before the usage of drugs turns into addiction.

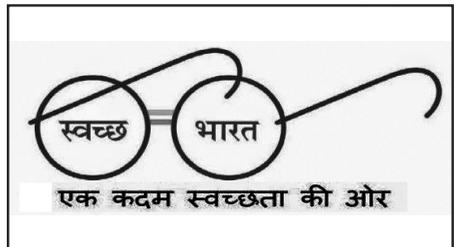
The impact of the drugs on an individual can be short term or long term. The immediate effect of a drug depends on the chemical properties of the drug and the individual's psychological makeup. All the drugs produce euphoria or a profound sense of well-being due to their actions on particular parts and receptors of the brain. Additionally, most of the drugs either produce drowsiness or excitation depending

on their chemical type marked by decrease capacity to respond to one's surroundings and a loss of judgement.

Drug use, especially injecting drug use (IDU) is closely linked to HIV and hepatitis B and C transmission through the sharing of needles. Non injecting drug use is also linked to HIV transmission by increasing high risk sexual behaviors. Many substance-abusing youth engage in behavior that places them at risk of contracting HIV/AIDS or other sexually transmitted diseases. This may include the actual use of psychoactive substances (particularly those that are injected) or behavior resulting from poor judgment and impulse control while experiencing the effects of mood-altering substances.

Mental health problems such as depression, developmental lags, apathy, withdrawal, and other psychosocial dysfunctions frequently are linked to substance abuse among adolescents. Substance-abusing youth are at higher risk than nonusers for mental health problems, including depression, conduct problems, personality disorders, suicidal thoughts, attempted suicide, and suicide.

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Employment News wishes its readers a very Happy New Year

### JOB HIGHLIGHTS

#### UPSC

Union Public Service Commission invites applications for various posts

Last Date : 15.01.2015 (pg 56-63)

Union Public Service Commission notifies National Defence Academy and Naval Academy Examination (I), 2015

Last Date : 23.01.2015 (pg 17-25)

#### CISF

Central Industrial Security Force requires 800 Constables/ Fire

Last Date : 27.01.2015 (pg 72-76)

Turn over the pages for other vacancies in Banks, Armed Forces, Railways, PSUs and other Govt. Deptts

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- India on the Threshold of the Investment Recovery Cycle.

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## FINANCING FOR DEVELOPMENT

Happy Pant

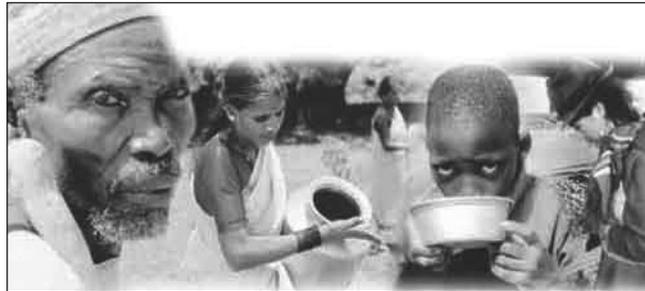
In the context of the global negotiations on sustainable development, one of the most important issues is that several low income nations face shortage of funds to promote socio economic development and meet the sustainable development goals that replaces the Millennium Development Goals (MDGs) after 2015. In order to make this possible through global cooperation, political decisions are needed to change some of the systems and policies.

In this regard, the third UN conference on Financing for Development to be held in July 2015 in Addis Ababa, Ethiopia presents a huge opportunity to take concrete decisions around adopting a financing framework for the sustainable development priorities.

#### Context

In the past decade, many middle income countries have registered better economic performance than developed countries, lifting a reasonable proportion of their citizens out of poverty. The gap between GDP per capita of developed and developing countries has narrowed during this period. Some countries showed progress in reducing inequalities; others have emerged from conflict and progressed on the road to reconstruction and development; wages have increased and social protection has been expanded in some of the countries. Though most middle income countries have embarked on reforms to bring an improvement in their human development index, some of them continue to have poor human development indicators.

This mixed progress is marred by disparities in growth rates across regions and rising inequalities and much remains to be done to realize all of the new MDGs. Many live marginally above the poverty line and are vulnerable to falling back into poverty when faced with adverse shocks. Some countries have not yet recovered from weak growth in the 1980s and 1990s, despite improvements since 2000. The global eco-



economic and financial crisis revealed the huge risks within the prevailing international financial system, as well as fragility of countries' capacity to mobilizing resources for development. Clearly, without a stable financial system, the post-2015 development agenda risks being derailed by a sudden regional or global financial crisis. Against this backdrop, financing needs for poverty eradication and sustainable development remain significant.

#### Previous Conferences on this theme

The first International Conference on Financing for Development was organized in Monterrey, Mexico in March 2002 to consider new approaches to financing more equitable global development. The confer-

ence stressed the need for coordinated action on the interrelated issues of aid, debt, investment, improvement of national financial environments and international monetary, trading and financial systems. As a follow up process, possibilities for innovative financing for development were next discussed in Doha, Qatar in November 2008. The conference concluded with the adoption of the Doha Declaration on

Financing for Development, adding a new dimension to the debate, which was the impact of the financial crisis on development.

In the run-up to the Addis Ababa conference, some important reports have been released to inform the upcoming debates: these include reports by the Intergovernmental Committee of Experts on Sustainable Development Financing, the Open Working Group on Sustainable Development Goals and the Synthesis Report by the UN on the Post 2015 Agenda. These reports have examined questions on designing new institutions for handling long-term and complex investments for key sustainable development priorities; they also provide an assessment of public and private financing needs across key SDG investment areas.

In the following, we present some of the key ideas put forward in these reports-

#### Important Factors in Mobilizing Finances for Development

Adequate financing of the post-2015 development agenda would depend on a number

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A variety of scientifically-based approaches to drug addiction treatment exist which provides a combination of therapies and other services to meet the needs of the individual patient. Non Medical Substance Abuse Treatment models are widely in practice including Twelve-step Programs & Behavioural Models for treatment for drug addiction which helps the individual for maintaining a drug-free lifestyle. Even after detox, when physical dependence is cured, psychological and social factors are often powerful stimuli which put addicts at high risk for relapse without a good program. A program after treatment consists of self-help groups, aftercare and motivational therapy to maintain abstinence. Cognitive behavioral therapy, family counseling, psychotherapy and other approaches will all ultimately promote sobriety as well as treating other mental health conditions contributing to drug abuse.

Treatment for drug use should preferably be prolonged over several months. Deterrent (medication that produces reaction with alcohol) and anti-craving agents for alcohol, substitution treatment (medication with effect similar to the drug being used) and antagonist treatment (medication that blocks the effect of the drug if the drug is taken by a person who is stabilized on the medication) of opioid dependence are accepted approaches. All these approaches for long term treatment are still in their early stages and have not been well researched in adolescents. Drug use is a learnt behavior- every time one uses drugs- he/ she is rewarded either through gaining pleasure or reduction of pain. This 'reward' remains recorded in the brain and pushes the user to seek it again and again compelling him/her to continue using. Along with drugs and their effects -the brain also records the places of use, the people used with, time of use and the situations of use etc. and associate them with the actual effects of the drug used. These act as cues and trigger off craving for drugs when exposed to them. This continues

even when the user stops drug use pressurizing him/her to return to drugs. The level of craving varies from person to person, drug to drug and also duration of use. These 'triggers' are evidenced to play a major role in relapse. Exposure to them creates high risk situations which the drug user finds difficult to handle due to lack of coping skills leading to relapse. Relapse is a process and not an event. When an individual after abstinence restarts use he/she goes through stages before reaching the pattern of earlier full blown use. The initial stage of drug intake after a period of abstinence is called as 'slip'. These may be occasional/intermittent events of drug use without the reappearance of withdrawal, tolerance or other signs and symptoms of harmful use/ dependence. This is followed by 'lapse' when the frequency and quantity of drug use is increased- may show tolerance and withdrawal but yet to reach the full blown state. 'Relapse' is to be regarded as full blown with the return to the previous pattern of drug use and the subsequent reappearance of the signs and

symptoms characteristic of the individual's drug dependence'. **The Society for promotion of youth and masses (SPYM)**, a non profit Delhi based organization has developed sound strategies for identifying and intervening with youths who are involved in illicit drug use as well as those who have encountered the juvenile justice system. SPYM runs a model centre within its own resources (the infrastructure is supported by Delhi Government), for children in drugs and crime which was established in 2010, has extended preventive, curative and rehabilitative services to more than Six hundred children who were in conflict with law and had a history of drug abuse/dependence. The experiences and lessons learned by SPYM are one of its kind and can be used by other agencies to replicate or adapt similar programs to meet the needs of the youths they serve. **( The author is the Executive Director Society for Promotion of Youth & Masses (SPYM) E-mail : spymdelhi@gmail.com**

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of factors. The foremost is a global development cooperation framework that attracts aid from diverse sources, emphasizes domestic resource mobilization, and uses strategically the potential of the private sector. This also requires appropriate policies, the capacity to implement them, and credible institutions to ensure that the resources are utilized well to deliver the desired impact in terms of development outcomes. It has been argued that the financing for development framework for the post-2015 agenda should have a focus on public funding for sustainable development. Domestic resource mobilization is vital to strengthen universal social protection floors that support the under privileged. While donor governments should meet their obligations that

Overseas Development Assistance (ODA) constitute at least 0.7% of Gross Domestic Product (GDP) every year, new innovative mechanisms for financing for development should be put in place for replacing the problematic aid and debt system with one based on equity and inclusion. While the private sector must play a role in achieving the post-2015 development agenda, caution needs to be exercised against the outsourcing of development cooperation and the implications for the lack of accountability. Private sector financing, including Public-Private Partnerships (PPPs) must be accompanied with compulsory evaluations, accountability and transparency. Strengthening regulation of financial markets has been highlighted as a top priority, including eliminating illicit financial flows, speculation with commodity

prices and tax havens. Such regulation of the financial market must ensure that the private sector does not take with one hand what it gives with the other and include binding obligations for banks, foundations and rating agencies to fully respect human rights, in particular not to violate or undermine the basic right to food, water and housing, the right to education, health and social security. However, well-designed, progressive fiscal policies are key policy levers to ensure non-regression in economic, social and cultural rights. Responses by a number of countries to the financial crisis in 2008 highlight the catastrophic and inequitable impacts of so-called 'austerity measures', including those of fiscal policy aiming to lower public expenditure, on the poorest and most

vulnerable. There is a need for progressivity in fiscal policy to ensure that governments make long term public expenditure commitments for development sector instead of taking an adhoc and short term approach for the sake of expenditure compression. Thus, achieving sustainable development will require international support and cooperation. Concerted efforts that draw on all actors and mobilize all resources in an integrated manner, and efforts towards maximizing their impact can enable financing the investments required to achieve the sustainable development agenda to be adopted after 2015. **(The author works with Centre for Budget and Governance Accountability (CBGA), New Delhi (www.cbgaindia.org); she can be contacted at happy@cbgaindia.org)**

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**NEWS DIGEST**

- India has called upon Pakistan to immediately take steps to reverse the decision of granting bail to Zakir Rehman Lakhvi, one of the main accused in the 2008 Mumbai terror attacks, in which 166 people were killed. The MEA said that this will make a mockery of Pakistan's commitment to fight terror groups without hesitation and without making distinctions. The bail order came as Pakistan was plunged in mourning for nearly 130 children killed by the Taliban in a Peshawar school, leading Pakistani Prime Minister Nawaz Sharif to vow a crack-down on terror groups.
- The Government said there is no proposal at present to reduce the retirement age of Central Government employees from 60 to 58. Minister of State for Personnel Jitendra Singh said the age was raised from 58 to 60 in 1997 on the basis of the recommendations of Fifth Pay Commission. The Minister gave this information in a written reply in the Rajya Sabha.
- The Pravasi Bharatiya Divas will be held at Mahatma Mandir in Gandhinagar on January 8. Prime Minister Narendra Modi will be inaugurating this event. The day is held to mark the contribution of the overseas Indian community to the development of the country.
- In yet another flawless operation, the Indian Space Research Organisation (ISRO) demonstrated its growing technical prowess by conducting a textbook launch of a new vehicle : the experimental Geostationary Launch Vehicle (GSLV) Mark III. ISRO is developing this heavy lifter to put 4-tonne class satellites into geostationary orbit.
- Vistara, the airline joint venture between the Tata and Singapore Airlines, has started selling tickets. The airline will start flights on January 9 on the Delhi-Mumbai route and follow it up with flights in the Delhi-Ahmedabad and Mumbai-Ahmedabad sectors.
- In a historic decision, US President Barack Obama announced a series of steps aimed at normalising relations with communist-ruled Cuba with which the US had severed diplomatic ties decades ago imposing a series of sanctions on its island neighbor. The steps being taken include instructions to re-establish the US Embassy in Cuban capital Havana, relaxing of trade and travel restrictions and review of Cuba as a state sponsor of terrorism.
- Russia is planning new measures to stabilise the trouble to try to stem its recent slump against the dollar. Its central bank said, if necessary, it would provide additional capital to Russia's banks and financial companies. Russian President Vladimir Putin also sought to ease fears over Russia's economy, saying that the dramatic fall in the trouble will stabilise.
- Nasa's Orbiting Carbon Observatory (OCO-2) has returned its first global maps of the greenhouse gas CO2. The satellite was sent up in July to help pinpoint the key locations on the Earth's surface where carbon dioxide is being emitted and absorbed. This should help scientists better understand how human activities are influencing the climate.
- Indian-American Amit Priyavandan Mehta has been confirmed by the US Senate as a Federal judge in the District of Columbia, becoming the first Asian Pacific American to occupy this vital position.
- The US senate voted to confirm Vivek Murthy as the next surgeon general, a position often called America's Doctor. He is the first Indian American to hold the position..Murthy was confirmed by a 51-43 vote. At 37, Murthy, who was born into a family from Karnataka, becomes the youngest surgeon general in US history.
- The United Nations Disaster Assessment and Co-ordination is in Dhaka to support the government's efforts to clean up the oil-slick in the Sunderbans. The UN assistance follows a formal request made by the Bangladesh government as its own Environment and Forest Ministry had neither the technology nor the capacity to effectively handle the oil-spill. Led by the UNDP, the UN assistance will be supported by UNEP, and other partner countries including the US, UK, France, and EU's Civil Protection Mechanism.
- 'Clean India, Green India' is the theme of the new Government of India calendar 2015 which focuses on Prime Minister Narendra Modi's initiative, the Swachh Bharat Mission.
- Research suggests that yoga is a good way to protect against heart disease, particularly if you cannot do more vigorous exercise. A review in the Netherlands of 37 studies involving nearly 3,000 people found yoga was linked to a lowering of heart risk factors such as high blood pressure and cholesterol.

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