



POST COVID 19 MANAGING STRESSES AND EMOTIONAL BALANCE IN EMPLOYEES: SUPPLY CONTROL AND DEMAND REDUCTION OF DRUGS

Hari Om Gandhi¹ & Anjali Gokhru²

¹Doctoral Research Scholar, K. S. School of Business Management, Gujarat University, Ahmedabad – 380009. Mail: hariomg@gmail.com.

²Assistant Professor, K. S. School of Business Management, Gujarat University, Ahmedabad – 380009. Mail: anjaligokhru@gmail.com.

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Abstract

COVID 19 a pandemic has changed the entire scenario of the work force, people are working from home, salary cuts, and many have lost the job which has created tremendous stress in society. People are out of depression getting into substance abuse suffering a lot though Drugs has been with mankind for many centuries. In ancient times we have seen opium and cannabis in the graveyard of dead people for many centuries the use of the drug was limited on certain occasions and rituals. In modern times this problem has become acute. Millions of the people world over is suffering from this problem. Now there are two ways to deal with this, Catch as much you can and punish them which the world over and Governments are doing. Another approach is going to root cause of drug abuse and dealing with the problem. Though that seems an ideal solution it requires lots of patience and hard work though long term approach would be rewarding it needs consistent efforts in Government and Non-Government support. There have many models to deal with demand reduction approaches. This paper would discuss the legal aspect in dealing with supply control. The role of various national and international agencies dealing with this menace. Role of narcotics control bureau, local police and border guarding agencies. And demand reduction which includes various NGOs Ministry of Social Justice and Empowerment and Health Ministry and various other approaches. After dealing with both the approaches we can reach a mid way solution beneficial to all .at the same time post COVID 19 situation also can be understood properly.

Key word: Supply Reduction, Demand Reduction, Stress Management and COVID 19.



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Drug abuse, balancing between supply control and demand reduction.

Drug have been with the mankind from many centuries .In ancient time we have seen opium and cannabis in the graveyard of dead people .for many centuries the uses of drug was limited on certain occasions and rituals .in modern time this problem have become acute. Millions of the people world over is suffering with this problem. Now there are two ways to deal with this. Catch as much you can and punish them which world over and govts are doing. Another approach is going to root cause of drug abuse and dealing with the problem. Though that seems an ideal solution but it require lots of patience and hard work though long term approach would be rewarding but it needs consistence efforts govt and non govt support .there have many models to deal with demand reduction approaches .this paper would discuss the legal aspect in dealing with supply control . the role of various national and international agencies dealing with this menace. Role of narcotics control bureau , local police and border guarding agencies. And demand reduction which includes various NGOs ministry of social justice and empowerment and health ministry and various other approaches. After dealing with both the approaches we can reach to a mid way solution beneficial to all

Key word, Supply reduction, demand reduction, NDPS act, healthy habits, cannabis, various kind of drug, Narcotics control bureau, UNODC, human health, motivation, various forces.

INTRODUCTION

Today the human civilization is witnessing the toughest time. Covid 19 has taken millions of lives and paralysed the business and economy of the world. Millions of individuals are forced to be at home, loss of job, income and cut in pay is a norm. Still drug abuse is one of the phenomena which never stop.

Drug abuse is world wide phenomena. Almost all country of world is suffering with this problem. Although human civilization from time immemorial has witnessed this problem. In fact in ancient time it was not seen as a problem. It is mentioned in various text books, scriptures and contemporary civilizations. Various mixture and connotations have been mentioned in the book. The use of those substances was primarily during some rituals, some time for celebration and most of the time for medicinal use. Slowly as the human civilization progressed we witnessed increasing misused of these substances. 19th centaury witnessed wide spread misused and many deaths due to drug. As per UNODC drug report

Drug use around the world has been on the rise, in terms of both overall numbers and the proportion of the world's population that uses drugs. In 2009, the estimated 210 million users represented 4.8 percent of global population aged 15–64, compared with the estimated 269 million users in 2018, or 5.3 per cent of the population (UNODC WORLD DRUG REPORT 2020). Page number booklet number 1

If we focus the numbers in country the recent survey done by AIIMS with collaboration MSJI (ministry of social justice and empowerment) the numbers are very high in our country also. So drug abuse everywhere on rise in spite of numerous efforts by Govt. and other national and international organizations. We would like to see the things in totality why we are not in a position to eliminate it altogether is there any thing missing in our efforts.

- Drug economy present global illicit drug market world wide is around US\$ 500 Bn. This amount to higher than GDP of 88 % of nations in the world. Profits of illegal drug money alone run into US\$ 75 Bn. The entire money is black, hardly 1% to 2% money is given to actual cultivator, rest all goes to middleman, peddler and big trafficker. No constructive work happen with this money all top 10 crime of the world are associate with it. It brings tail of destruction and grief to millions of human life.
- All over the world most of the terrorist organizations are getting their funding from drug money, terrorist need money– for procurement of weapons, equipment, training, computers, information systems, transportation, bribes, safe houses, forged passports and payroll to many people. Drug money is easiest source for them. Drugs are most handy way to get cash. Pablo Esco Bar, Al Chapo, Dawood Ebrahim and Pakistan based terrorist organization. The drug money is the biggest source for them.

Top manufacturing countries.

Afghanistan alone in the world produce 90% illegal opium of the world as per INCB the illegal business of this is around 65 billion us dollar. Peru, Colombia and Bolivia produce the 100% cocaine of the world .INCB estimate that worth more than 85 billion Us dollar. Cannabies is grown in more than 172 countries in the world .

Type of drugs

Before we see the type of drugs. A simple definition of drug in is Drugs are chemical substances with a capacity to affect the Central Nervous System by producing a state of intoxication or a similar change in mental functions.

Types of drugs

1. Narcotic Drugs
2. Psychotropic Substances
3. Medicinal Drugs
4. General Anesthetics
5. Volatile solvents
6. Doping agents
7. Alcohol & tobacco

Narcotic drugs are internationally defined as chemical substances under control of the United Nations Single Convention on Narcotic Drugs (1961). In this convention followings drugs were included Cannabis & Cannabis resin where MARIJUANA, HASHISH, HASHISH OIL are part of it and chemical component is (CANNABINOIDS-DELTA-9-TCH). In Opium categories we can have MORPHINE, CODEINE, HEROIN (DI-ACETYL MORPHINE, PETHIDINE and Natural and synthetic opiates) Coca leaves & Cocaine (COCAINE HYDROCHLORIDE).

In the convention of 1961 they could include psychotropic substances were added in this convention. Psychotropic Substances are internationally defined as substances under control of the UN Convention on Psychotropic Substances (1971). Broadly in these categories we have

1. **Amphetamine - Stimulants**
2. **Barbiturates - Hallucinogens**
3. **Benzodiazepines**
4. **Ecstasy**
5. **LSD**

Why people drugs and what motivate them to consume it.

First we can see what addiction is

1. The need for repeated doses of a drug to feel good or to avoid feeling bad is a sign of addiction in a person.
2. Normally all mind altering drugs are ADDICTIVE in nature.
3. Once a person starts after few doses, his body starts DEMANDING them.
4. Once he starts, he starts increasing the dose to get the same effects so repeated usage of a drug results in reduced effects, or TOLERANCE.
5. Once he reduce the quantity of drugs unpleasant physical symptoms that result from stopping the drug or its unavailability are known as WITHDRAWAL SYMPTOMS
6. When the person doesn't the drug for consumption he can even resort to stealing or even graver crimes, like stealing, house tress pass and even murder also

So what leads to drug abuse in young generation?

1. Peer pressure is most important factor, so that they are accepted in a group, become popular, fit in that group.
2. Individual feels that drug consumption is helpful in impressing the friend.
3. Stress management .for some individual drugs are easy way to run away from problems and loneliness. they resorts to drug to deal with the stress.
4. Youth takes it for enjoyment, excitement and fun, to feel good and to get energy from consumption.
5. There are people who are prone to risk taking and rebellion in nature .many a time it is being urged or challenged by friend.
6. Some youth consumes it out of curiosity to experiment

Harmful effects of drug abuse

1. Drugs do serious harm to one's body,
2. It costs a lot of money sometimes user may turn to crime to pay for the addiction.
3. A drug takes away self control, choices and the future.
4. It makes one more likely to say yes to (unprotected) sex, which could lead to unwanted pregnancy, STD and HIV/AIDS.
5. Consumption of drug is associated to many diseases like.

Hepatitis B and C and tuberculosis

1. Infertility
2. Psycho-somatic disorders
3. Reduced immunity levels
4. Premature death
5. Miscarriage and still birth
6. Harm full Psychological effect
7. Low self esteem in consumers
8. Feeling of loneliness, guilt, helplessness in individual
9. Fear of abandonment and chronic depression among the addicts.
 - a. Poor mental health of consumer

Which finally leads to Suicides in many cases

World over all governments are trying their best to save human life and keeping away the from addiction .Now dealing with this problem we have following way to overcome drug issue.

Supply reduction, demand reduction and harm reduction

Let's see the efforts towards supply control/ reduction. In this approach we believe that if we disrupt the entire chain of narcotics drug supply, catch the criminals, enforcement of relevant act and rules, prosecute the criminal with stringent punishment. There is a possibility that we can win the battle and can make the society drug free. In US also war on drug strategy have been used where respective US govt have spent billions of dollor to eliminate the drug issue. Still the problem is the same for some time it seems that we have won the war but again it seems that we have come back to square one.

Let's see the supply control measure in the light of legislation and concerned agencies to deal with this issue.

Most of the countries are dealing with Drug problem. In 19th centuries this problem became very serious. Two opium wars were fought between Britain and china. Opium cultivation became a high profit business in British India and it was brining lots of revenue for Britisher. 1961 and 1971 two UN conventions took place and most of the countries became signatory of these two conventions. In India we have NDPS ACT 1985 to deal with drug related crime. the act is very stringent As per NDPS act produce, manufacture, possess, sell, purchase, transport, warehouse, use, consume, import inter-State, export inter-State,

import into India, export from India or transship of any narcotic drug or psychotropic substance except for medical or scientific purposes and in the manner and to the extent provided by the provisions of NDPS Act or the rules or orders made by the government is prohibited. Violation of above can attract the penalty fro 10 year to 20 year imprisonment and fine upto 2 lakh or both. It even has the provision of death penalty for repeated offender dealing the drugs in large quantity.

The consumption of narcotics drug and psychotropic substance itself is punishable offence which carries 1 year punishment and 20,000 fine or both.

As per the NCRB report of 2020 seizure of all agencies in India has resulted recovery of huge quantity of drug and arrest of thousands of traffickers.

Table below is illustration of this

Table 20C.4
NARCOTICS CONTROL BUREAU, NEW DELHI
SEIZURES OF DRUGS - 2019

Sl. No.	Incidents	No. of Incidents	Seizures/ Recovered (Quantity in Kg./Litre/ Number)	Persons Arrested			Cases Registered in Local Police Station/NCB/ Other Agencies
				Male	Female	Total	
1	a) Narcotics Drugs						Includes seizures from All State Police, Customs, Central Excise, DRI, CBN, State Excise and Narcotics Control Bureau
	i) Opium (In Kg)	1494	4488 Kg	2018	21	2039	
	ii) Poppy Straw (In Kg)	4269	285506 Kg	5160	328	5488	
	iii) Morphine (In Kg)	192	125 Kg & 500 Litres	207	0	207	
	iv) Heroin (In Kg)	10841	3231 Kg	13914	791	14705	
	a) Indian/Other Country Heroin	10790	1935 Kg	13871	791	14662	
	b) Afghani Heroin	51	1296 Kg	43	0	43	
	v) Ganja (In Kg)	27234	342045 Kg	35026	284	35310	
	vi) Hashish/Charas (In Kg)	3316	3572 Kg	3761	49	3810	
	vii) Bhang (In Kg)	---	---	---	---	---	
	viii) Cocaine (In Kg)	134	66 Kg	199	0	199	
	b) Psychotropic Substances						
	i) Methaqualone (In Kg)	20	49 Kg	20	0	20	
	ii) L.S.D.	26	74.531 gram 16721 blots & 28 tablets	38	0	38	
	iii) Amphetamine (In Kg)	77	1774 Kg	161	1	162	
	iv) Ketamine (In Kg)	6	647 Kg	9	0	9	
	c) Medicinal Drugs						
	i) Tablets (In Number)	5437	30915045 tablets	6668	426	7094	
	ii) Syrup (No. of bottles)	548	481362 bottles	847	25	872	
	d) Drug Precursor						
	i) Acetic Anhydride (In Kg)	2	214 Kg	7	0	7	
	ii) Ephedrine/Pseudoephedrine(In Kg)	27	686 Kg	46	0	46	
	e) Others Drugs (MDMA, Mephedrone, Manufactured Drugs etc.)						
	a) In numbers	710	10,38,999	921	26	947	
	b) In Kgs.	3183	6760	3321	86	3407	
	c) In Litres	6	79.64	7	0	7	
	d) Poppy & Cannabis Plants (nos.)	343	1,16,66,619	251	2	253	
	Total	57,867		72581	2039	74620	

TABLE 20C.4 – Page 1 of 1

In India the power of NDPS ACT has been given to various agencies, some of agencies are;

- ✓ Narcotics CB
- ✓ DRI
- ✓ Customs
- ✓ State excise
- ✓ Border guarding agencies like BSF , SSF
- ✓ RPF
- ✓ CISF etc.

In spite of various agencies doing every year larger number of cases. The drug supply is something like, more you catch the more new people are coming in drug trade .it gives a serious challenges to individual ,society and government.

COVID-19 pandemic world wide reduces the moment of everything forced people to stay their home. It also impacted moment of drug supply. It leads to other problem people started consumption of spurious drugs and many NPS (New Psychoactive Substance) which mimic the effects of real drug but not banned in various act. These substances are equally harmful and many a time sold in the guise of bath salt and herbal drink categories.

Let's see the other aspect of drug control ...

Demand reduction

Thought behind demand reduction is to educate the society about the harmful effects of drug abuse by various means so that they understand the seriousness of this and consume less and drug supplier will also not be able to push the drugs.

There are various efforts by national and international agencies working in this field.

UNODC (UNITED NATION OFFICE OF DRUGS AND CRIME) by conducting various program to create the awareness in the society against the drug abuse.

UN general assembly has declared 26thJune as international day against drug abuse and illicit trafficking.

It is observed world over by various Govt. and non Govt. organization to fight against drug abuse.

Our constitution makers were aware about this problem. They included this in the Directive Principles of state policy

Part IV: Article 47

Duty of the State to raise the level of nutrition and the standard of living and to improve public health:

“The State shall regard the raising of the level of Nutrition and the standard of living of its people and the improvement of public health as among its primary duties and, in particular, the State shall Endeavour to bring about prohibition of the consumption except for medicinal purpose of intoxicating drinks and of drugs which are injurious to health

reference -constitution of India page 35

as per national policy to deal with drug abuse ministry of social justice in empowerment is nodal and main agencies for demand reduction related activities

They have made the plan

National Action Plan for Drug Demand Reduction (NAPDDR)

Based on the report of the National Survey, Ministry has formulated NAPDDR. During the current financial year, NAPDDR has been revised and the previous Scheme of Assistance for Prevention of Alcoholism and Substance (Drug) Abuse has also been merged into scheme for NAPDDR, combining efforts of the Government of India, State/UT Governments, implementing agencies like PRIs, NGOs, Trusts, ULBs, Autonomous organizations, Technical Forums, Hospitals, UGC, AICTE etc. The resultant scheme of NAPDDR is an umbrella scheme under which all the projects, components and interventions would be converged and implemented in a focused manner with flexible utilization of funds allocated and human resources engaged for the scheme.

Under the said scheme, financial assistance is provided to (i) 'State Governments/ Union Territory (UT) Administrations for Preventive Education and Awareness Generation, Capacity Building, Skill development, vocational training and livelihood support of ex-drug addicts, Programmes for Drug Demand Reduction by States/UTs etc. and (ii) 'NGOs/VOs for running and maintenance of Integrated Rehabilitation Centers for Addicts (IRCA), Community based peer Led intervention (CPLI) for early Drug Use Prevention among Adolescents and Outreach and Drop In Centers(ODIC) and Addiction treatment facilities (ATFs) in Government Hospitals'.

Reference reports of MSJE report 2020-21 page number 133,134

Role of various NGOS

MSJI support various NGOs by providing financial assistance. Apart from this many International and domestic NGOs are playing a very important role in creating awareness against the drug abuse by conducting various programs and activities. Various initiatives in this field. NCB and Gujarat Govt. created one initiative called healthy campus. The theme was very simple first find out the root cause of drug abuse than working on remedial measures. This was seven pointer programs.

1. **Healthy living:** Students are being inspired to participate in games and sports and take up Yoga classes and as a result the student community participated in International Yoga Day.
2. **Social consciousness:** To strive hard to inculcate a sense of social responsibility in students which motivated them to participate in Swachhh Bharat Mission and plant about one lakh tree saplings.
3. **Stress management:** In the age of cut-throat competition today's student can face many stresses. Some real and some brought on by themselves. To relieve them of the stress they are taught to avoid stressing themselves unduly and to cope with the real stresses through exercises such as those involving Yoga and Pranayam techniques.
4. **Building self-esteem:** The student community is imparted training to understand themselves and each other better to help improve self-esteem. There are also motivational speakers and counselors to help develop self-esteem.
5. **Developing critical thinking:** In today's complex world the problems faced by the student community are also complex. Through various types of mental exercises, they are made to think critically about the problems around them. This is very important for students to overcome negative peer pressure and make wise choices for themselves.
6. **Developing soft skills:** Activities are conducted to highlight the importance of soft skills such as communication and team work skill. Also from time to time specialists in soft skill development are invited to impart training to students in soft skills which help the students who have the hard skills but are not able to use them effectively because they lack soft skills.
7. **Living drug free:** Awareness programme against drug abuse are conducted and students get informed about the harsh realities of a life with drugs such as by showing

before and after images which have great impact. The youth participate in various drug awareness programme and also come to know the ill effects of drugs not just on the addict but also on the addict's family and the society at large. Still this program running in many institutes of Gujarat. The philosophy is very simple, prevention is the solution.

CONCLUSION

With the discussion now we have realized that two approaches supply control and demand reduction have very important role to play in curbing the drug abuse from the society. An equal weight a required. If we feel that merely catching more and more peddler and drug trafficker and confiscating larger and larger quantity of drug will solve the problem is partially correct. During COVID we have witnessed that drug users shifted to other harmful items. The other aspect of demand reduction very critical to deal with the situation which is becoming more and more problematic for the society. It is imperative that at school level it harm full impact and devastating effects of drug is shown and brief to kids. Social media can play very important role in spreading the awareness. Today we need to engage the youth in various social works so that their social health can be taken care and fulfillment while serving the society is achieved.7 pointer program of healthy campus can be very useful.