

MISSION ANGEL DUST

Monthly Newsletter

An initiative by Yenepoya Narcotics Educational Foundation of India

VOL. 1 | MARCH 2017

BHARAT RATNA C N R RAO

Launch of Yenepoya
Narcotics Educational
Foundation of India

THE CONCLAVE

Principals of
Educational Institutions

ATTESTED

Dr. Gangadhara Somayaji K.S.
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"Get addicted to
Yoga not Narcotics"

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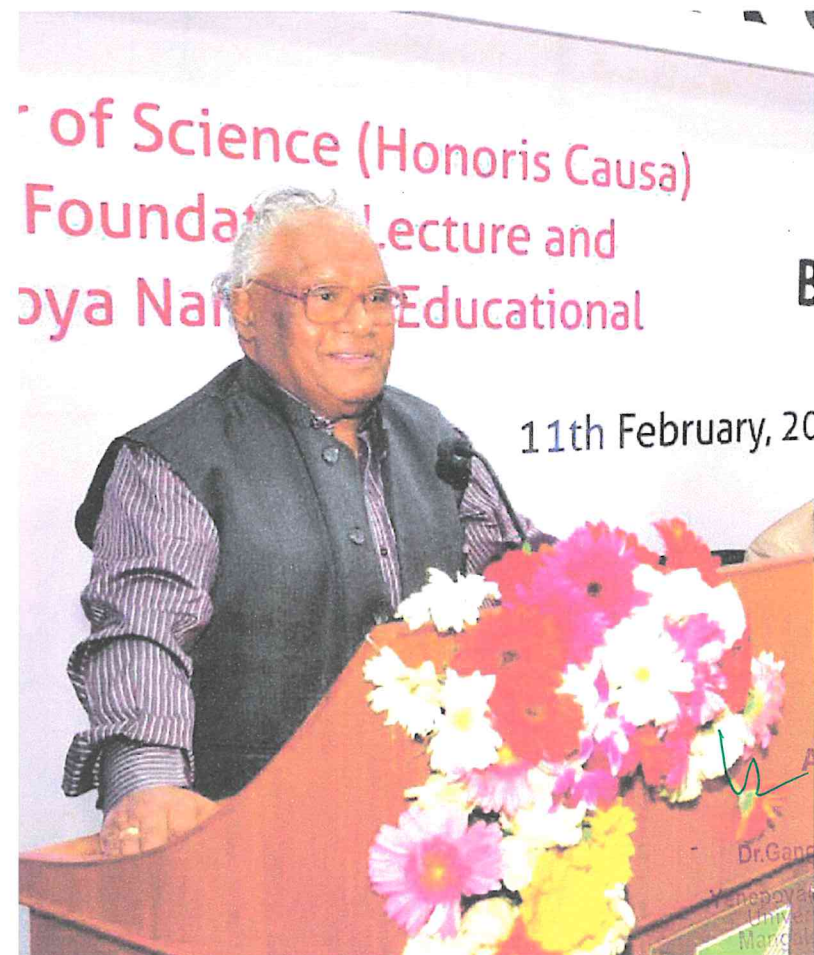
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EDITOR'S NOTE



Greetings and a very warm welcome to the first issue of our monthly newsletter.

I am indeed very happy that the YNEFI with its Mission Angel Dust was launched on March 2017 with the aim of protecting our youth from one of the biggest menace in society – drug abuse. Besides trying to prevent one from falling into this quagmire, we also plan in future to pull out those who have fallen into this abyss of drug abuse and integrate back them to society with a lot of tender loving care.

In this inaugural issue the readers gets a glimpse of what we at YNEFI are working for, some of the events that have been organised in relation to it as well as an update on upcoming events. Don't miss the most interesting news on getting addicted to yoga!

In our future newsletters we will be covering information on most commonly abused drugs and how they adversely affect its abusers. We also plan on including true accounts of how people have successfully come out of the drug habit when they saw how much it wrecked their lives as well as the lives of their loved ones. We hope it will be a deterrent to one who wants a taste of it as well as an inspiration to one who wishes to get out of it

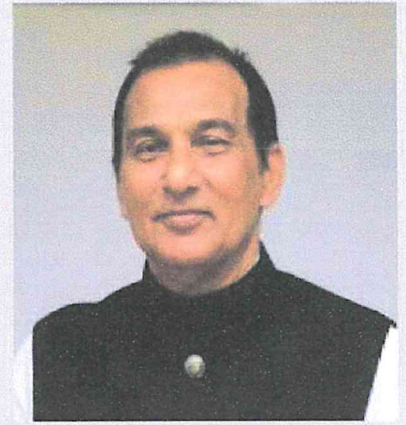
I hope you enjoy this issue. Please feel free to send your valuable feedback, do let us know if there are any topics you'd like to see covered in the future. Let's work together in making a truly drug free India.

Dr. Shemjaz Arakkal M
Editor-in-Chief
Deputy CEO, YNEFI

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CHANCELLOR'S MESSAGE



I am extremely happy that Mission Angel Dust is proposing to bring out a monthly newsletter to enlighten readers about illicit drugs and its increasing usage by vulnerable youngsters. This maiden issue is a product of deep concern for the health, safety and wellbeing of our youth, who encounter exposure to illicit drugs as a formidable challenge. As leaders of educational institutions it is our bounden duty to shield our youth and extend a helping hand to those in need of it. We cannot and should not allow drug traffickers to put the lives of our youth in jeopardy. It is with this express purpose that the Yenepoya Narcotics Educational Foundation of India (YNEFI) has been set up, as a not for profit NGO, and its multi pronged program called Mission Angel Dust, instituted. We hope to supplement the efforts of our enforcement agencies in controlling the illicit drug menace. In the words of Late President of India, Shri.A.P.J. Abdul Kalam "We should not give up and we should not allow the problem to defeat us."

I wish this monthly newsletter a successful and fruitful journey in its endeavour of public service.

Mr. Yenepoya Abdullah Kunhi
Chancellor
Yenepoya University
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FROM THE CEO'S DESK



Dear Reader

It gives me great pleasure to pen these few lines for the inaugural issue of Mission Angel Dust Newsletter. Yenepoya Narcotics Educational Foundation of India, under the banner of Mission Angel Dust has embarked on an ambitious mission to network with every school, college and university in India, to combat the menace of illicit drugs, which are wanting to invade our campuses. As a first step, a Conclave of Principals of Dakshina Kannada, Udupi, Kodagu and Kasargod Districts, was convened on February 23rd, 2017, at Yenepoya University, under the Chairmanship of Yenepoya University Hon'ble Chancellor Mr.Y.Abdullah Kunhi.

Supporting our noble endeavor was Jet Airways, Malabar Gold, Rotary Club Hillside No.3181, and Corporation Bank. About 70 Principals attended the Conclave and resolved to whole heartedly go ahead with the idea of establishing a network of schools, colleges and universities, committed to combating the drug menace. To carry forward this ambitious mission, I seek your kind cooperation and resolute support. We are committed in our resolve to make Mission Angel Dust a national movement.

With best wishes

Dr. G Shreekumar Menon
IRS (Rtd), Ph.D. (Narcotics)
CEO, YNEFI &
Registrar, Yenepoya University,
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FROM THE DEPUTY CEO'S DESK



The Narcotics Menace: Prevention is the key

Drug abuse is a complex phenomenon, which has various social, cultural, biological, geographical, historical and economic aspects. The processes of industrialization, urbanization and migration with the stresses and strains of modern life have made an individual vulnerable to drug abuse. Apart from affecting the individual it brings in misery to every member of the family and the society at large.

Traditional methods of law enforcement and punishment have had only a minimal impact on the escalating drug menace in India. A nationally co-ordinated approach with the emphasis on prevention, treatment & rehabilitation of the affected, most importantly education - particularly among young children is the need of the hour. As the saying goes Prevention is better than Cure, we need to go on a war footing in preventing the spread of narcotics.

Let us join hands to make our world a better place !

Dr Anil Kakunje,
DPM, MD
Deputy CEO, YNEFI &
Associate Professor of Psychiatry
Yenepoya University, Mangalore

ATTESTED

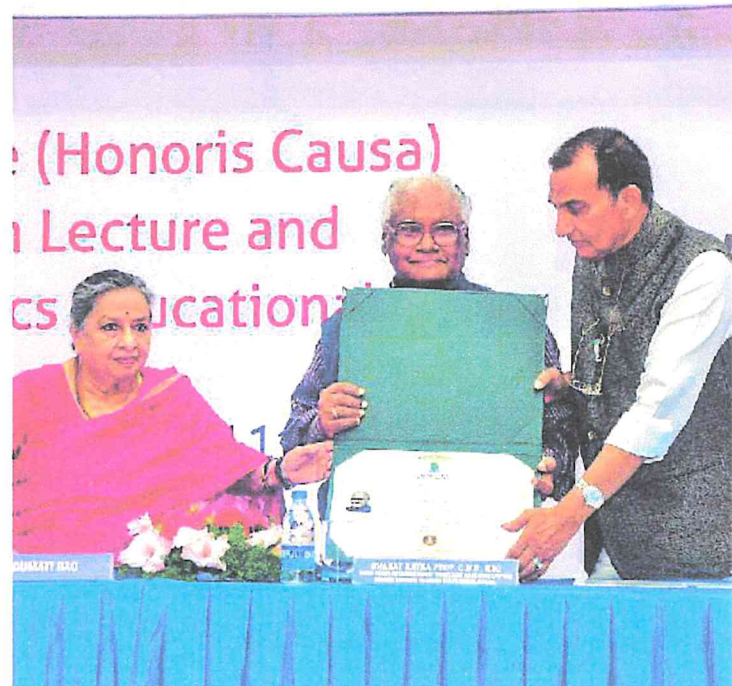
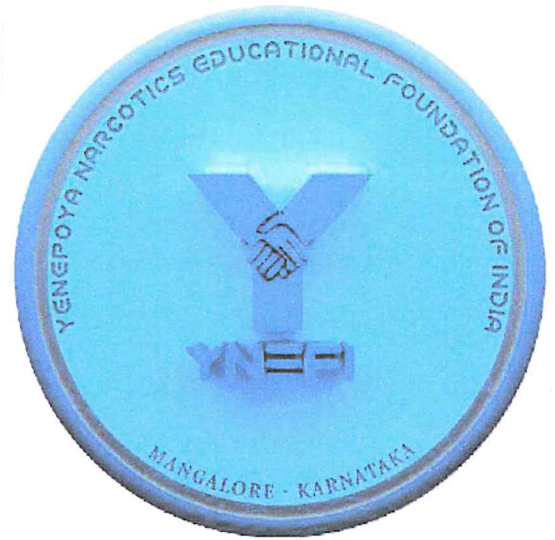

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LAUNCH OF YNEFI

Eminent scientist and National Research Professor Bharat Ratna C N R Rao on Saturday 2nd February 2017 visited Yenepoya University. Prof. Rao, who is also the honorary president and Linus Pauling research professor, Bengaluru, who prefers to elaborate on the wide vistas of science wherever he goes, said in his inaugural speech, "Science has no limits at all. It is a limitless ladder of excellence, where the more you climb, the more remains to be climbed."

In a bid to rekindle enthusiasm in the interested lot, Prof. Rao said, however, those who will to succeed will definitely succeed like all those great people in the realm who had the same quality in them. As long as one is ready to submit him or herself with undercurrent and thoughtfulness, success is guaranteed, he added.

He complimented the university for setting up Yenepoya Narcotics Educational Foundation of India (YNEFI) to create awareness about drug abuse, which he dedicated early in the day by launching the website of the foundation. Prof. Rao's wife Dr. Indumati Rao, Yenepoya University Chancellor Y Abdulla Kunhi, Mr. Mohammed Kunhi, VC Dr. Vijayakumar and Registrar Dr. G Shreekumar Menon were present



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THE CONCLAVE OF PRINCIPALS OF EDUCATIONAL INSTITUTIONS

Principals of schools and colleges in Dakshina Kannada, Udupi, Kodagu and Kasargod converged on 23rd February at Yenepoya University to rally under Mission Angel Dust to deliberate on the escalating drug abuse problem. Recently Karnataka Home Minister Shri. G. Parameshwarappa quoted official statistics to reveal that Mangalore had become a major hub for illicit drugs. In 2016, Mangalore registered 239 cases whereas Bangalore had 128 cases.

Drug dealers lure youth by giving tantalizing names to drugs like Candy, Flake, Rock, Liquid Ecstasy, Poppers, Kit Kat, African Salad, Microdot, Mary Jane and Zombie Weed. These drugs when consumed trigger hallucinations, inability to track time and an altered sense of reality, because they manipulate the Synapses in between nerves in the Central Nervous System. Brain Chemistry gets modified in profound and mysterious ways. Drugs also come with a long list of documented side effects like violent behavior, hallucinations, panic attacks, and suicidal thoughts. Unfortunately, dangers of drug abuse are not a part of school or college curriculum.



Efforts to fight drug abuse must start from schools. To rectify these lacunae, under Mission Angel Dust the conclave of Principals discussed about the extent of drug abuse among youth, why drug abuse occurs, the effects of drug abuse, how schools and colleges can combat the problem, what teachers and principals can do, and assess the future requirements of drug abuse prevention programs.

The event was partnered by Rotary Club of Mangalore Hillside No.3181, Malabar Gold, Jet Airways and Corporation Bank. Dakshina Kannada District

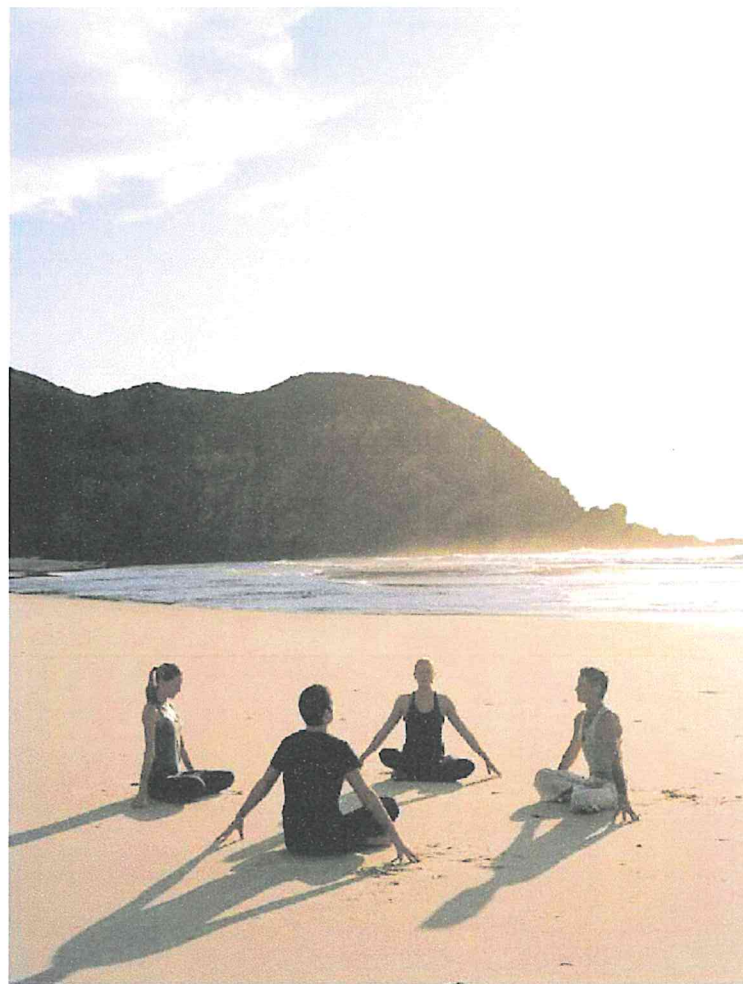
Superintendent of Police Mr. Bhushan Gulabrao Borase IPS inaugurated the conclave. A total of 70 members participated in this program, including 35 representatives from different educational institutions of four districts

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ENERGISING YOGA

Drug abuse apart from causing emotional and financial setbacks for the individual and their families, is an expensive public health problem. Governments around the world spend precious public resources for rehabilitation measures. Yoga is now universally recognized as an inexpensive and effective method in the recovery of drug addicts.

Anxiety disorders, depression, acute stress, mental and physical affliction, are a variety of problems that drug users normally confront. Regular practice of Yoga is a simple and inexpensive remedy to normalize and energize a broken body and mind.

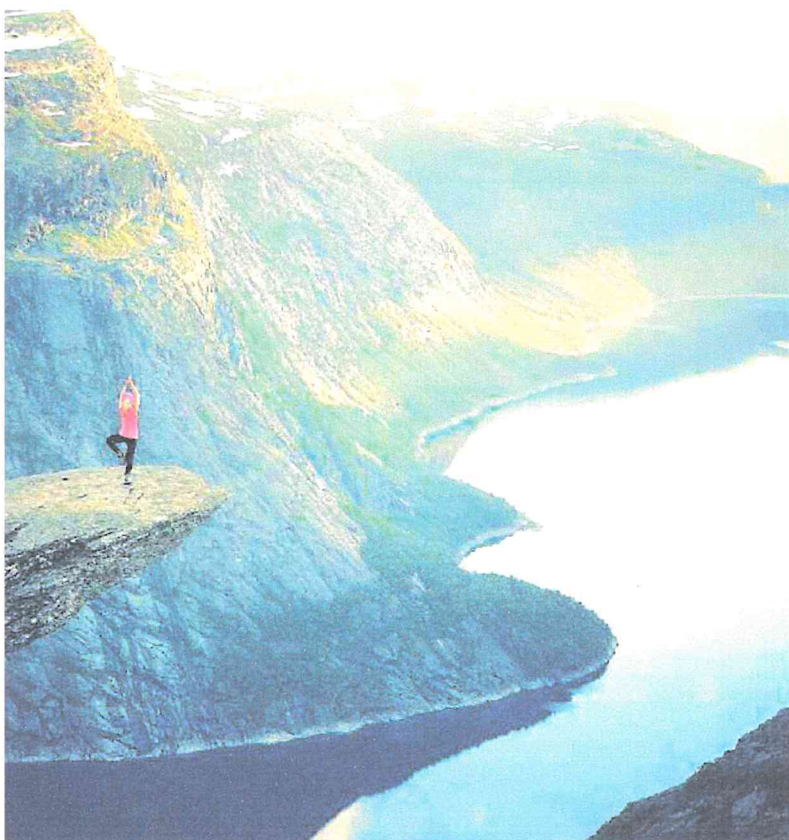


This is achieved in four ways – controlled deep breathing, constant flow of uninterrupted energy, gradual restoration and a perpetual state of meditative tranquility. This is a way to overrule negative impulses and attain a positive outlook at all times.

The practice of Energizing Yoga was demonstrated by Yoga Guru Shri.Satyanarayana, at Yenepoya University on February 28th 2017 to a curious and inquisitive audience.

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The Narcoanalysis and Brain mapping workshop was held at Yenepoya University from 18th to 20th January, 2017. Attended by eminent experts in field psychiatry, crime and law, public health experts, forensic scientists, medical doctors and allied health workers, students of varied background, civil society representatives and human rights activists.

The workshop was organized by Yenepoya University and S.D.M Law College Mangaluru in association with Yenepoya Narcotics Educational Foundation of India (YNEFI), Mangaluru. Shri. M Chandrashekar, IPS, Police Commissioner, Mangaluru city, inaugurated the program.

Prof. James T Antony, Former Principal, Thrissur and Calicut Medical College, Mr. S. Rajkumar IRS, Chief Commissioner, Customs and Central Excise, Karnataka, Mr. K.R Suresh DIG of Coast Guard and Mrs. Susamma Thomas, Vice Principal of S.D.M Law College also spoke on occasion.

The chief guest of the valedictory function was Mr. Harishekar, IPS, Inspector General- Western Range who highlighted the different responsibilities the police have in the entire process of the law and how citizens with different cultures perceived the same. Dr. Ravindranath Shanbhag, President, Human rights protection foundation, Udupi was the guest of honor. Various Medical and Legal aspects of Narco-Analysis were covered in the three days (14 Sessions)



UP COMING EVENTS

18 - 19 March 2017

United Toyota & Mission Angel Dust Table - Tennis Trophy

Degree and Professional College Level
@ Yenepoya University Campus


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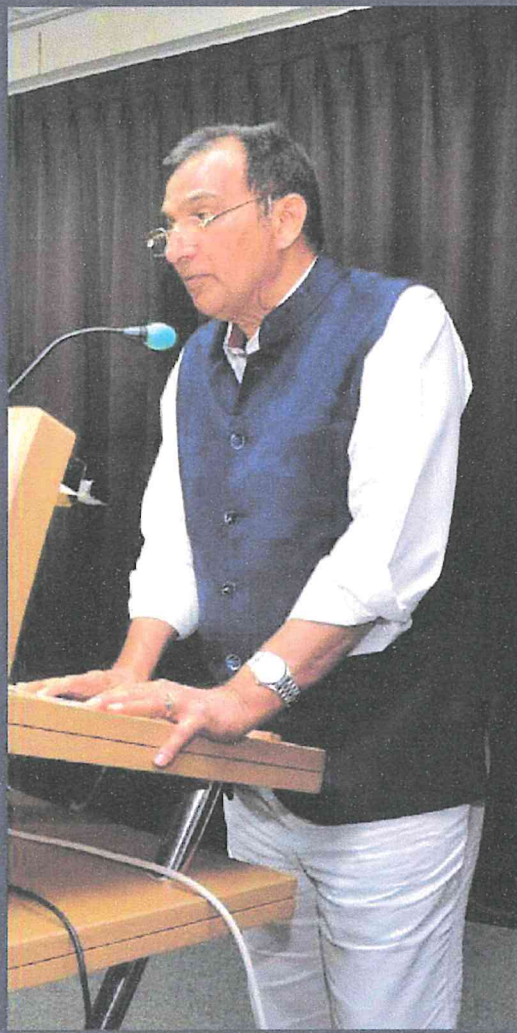
Workshop on Medical Marijuana

@ Yenepoya University Campus

Date to be announced

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Doctor of Science (Honoris Causa)
 Yenepoya Foundation Lecture and
 Yenepoya Narcotics Educational
 India.

BHARAT RATNA PROF. C.N.R. RAO

11th February, 2017



Welcome you all to the
**Workshop on Medico Legal Aspects
 of Narco Analysis & Brain Mapping**

18th - 20th January 2017
 Inauguration at Auditorium, EMD Building, 1st Floor, YMCH
 Sessions & Valedictory Programme at Auditorium, Yenepoya Dental

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C.N.R. Rao to launch Yenepoya foundation

Special Correspondent

GALURU: Scientist C.N.R. Rao will launch the Yenepoya Narcotics Educational Foundation of India at Yenepoya University, Deralakatte, Mangaluru, on Saturday. He will deliver the inaugural lecture on the occasion at the university which will confer an Honorary Doctorate on him on the same day.

The Yenepoya Narcotics Educational Foundation of India aims to prevent drug abuse among students and faculty.

Menon, former Director General of National Academy of Customs and Excise and Narcotics and a counter-narcotics specialist, is according to a release by the university, the chief guest at the inauguration.

Times of India 11.02.17

Aboronha flags off, 4pm.

Yenepoya University: Inaugural of Yenepoya Foundation Lecture, launching of Yenepoya Narcotics Educational Foundation of India, conferring of Doctor of Science (Honoris Causa) to scientist C N R Rao, national research professor and honorary president and Linus Pauling Research Professor, Jawaharlal Nehru Centre for Advanced Scientific Research, Bengaluru, Yenepoya University chancellor Y Abdulla Kunhi presides, Indoor Auditorium, Academic Block,

Science is a limitless ladder of excellence: C N R Rao

Some quality in them. As long as one is ready to swim, one will succeed with perseverance and through these, success is guaranteed, he added.

However, Prof Rao said that though India is a country with huge population, there are a large number of people who do not receive adequate education and opportunities. He said that the government should be encouraged to invest more in education, but hindered by lack of opportunities. As the nation of India is facing with the challenge, there is a need to do something, for each person to improve their industries, he observed.

Prof Rao was of the opinion that, whenever there is a challenge, the individual or team in consideration should be encouraged, to it leads to exciting experience by taking to them.

He also advised the students at Yenepoya University to concentrate more on research.

He also complimented the university for sending up the young scientists to attend the National Academy of Sciences in Bangalore.



Chancellor of Yenepoya University Y Abdulla Kunhi confers honors causae on eminent scientist Prof C N R Rao in Mangaluru on Saturday. Dr Indumati Rao, Y Mohamed Haniff, VCM Vijayakumar and Registrar G Shreekanth Menon look on.

Prof Rao said that he spent 15% of his income for activities in rural areas to spark the imagination of young minds. On Friday, he and his wife, Indumati Rao, had an interaction with children in a school in Sullia.

Mr. Rao said that the field of science was competitive and in scientific research, the country was far behind China, the U.K. and the U.S. Earlier Chancellor of Yenepoya University Yenepoya Abdulla Kunhi conferred Mr. Rao with the Doctor of Science (Honoris Causa). Mr. Rao also inaugurated the Yenepoya Narcotics Educational Foundation of India on Saturday.

Deccan Herald 11.02.17

Yenepoya Narcotics Foundation

Eminent scientist Bharat Ratna Prof C.N.R. Rao will inaugurate Yenepoya Narcotics Educational Foundation in Mangaluru. Prof Rao will also dedicate the organs...

Rural youngsters need opportunities to realise innate talent, says C.N.R. Rao

STAFF REPORTER

MANGALURU: Youngsters in villages need the best education and opportunities to realise their innate intellectual talent, said scientist and Bharat Ratna Awardee C.N.R. Rao here on Saturday.

Delivering the Yenepoya Foundation lecture at Yenepoya University, Mr. Rao said that there were many people living outside cities, like Bengaluru and Mangaluru, who lacked the opportunities to progress in life.

"There are 50 million people like this in the country. There will be at least 50 persons among them who have the talent to shine. Your (national institution) (and such here was ducation, science and innovat rural areas, he said.

Mr. Rao said that Prime Minister to advise us. These youngsters are so powerful they can change India and take care of it."

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Chancellor of Yenepoya University Yenepoya Abdulla Kunhi conferring scientist C.N.R. Rao with the Doctor of Science in Mangaluru on Saturday.

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CNR RAO STRESSES ON RESEARCH

EXPRESS NEWS SERVICE

"AMBITION should not be aimed at earning money but at winning respect of many with innovations helping the mankind," Bharat Ratna awardee and eminent scientist C.N.R. Rao stressed on Saturday.

He was delivering Yenepoya Foundation lecture at Yenepoya University auditorium in Deralakatte.

Rao said, "There should be a dream in everyone's life and consistent of it. Money has been made to achieve the goal. Making money should not be the sole aim of people to even the fish can earn a huge amount of money. But ambition should be given to serving your society."

He also stressed the need of good research in science. Rao said science has no religion and anyone can do wonders through research. He had got inspiration from other countries including Japan, China, South Korea, USA among others. Though India is poor, our research work should not be. Every University should concentrate on new innovations and support those who show a zeal for it," Rao added.

He also revealed that he was inspired by the scientist C.V. Raman. "We should love to learn and create something new. Success comes only when there is dedication and hard work," he said.



Yenepoya University Chancellor Y Abdulla Kunhi conferring 'Doctor of Science' award to scientist Prof C.N.R. Rao at Yenepoya University auditorium in Deralakatte on Saturday.

Chancellor Y Abdulla Kunhi conferred 'Doctor of Science' award to C.N.R. Rao. Rao also launched Yenepoya Narcotics Educational Foundation of India on Saturday. Rao also honored the dual Role of CNR Rao on the same occasion.

Yenepoya University Registrar G Shreekanth Menon, EMK Foundation Chairman Y...

Rural India has excellent young talent pool: C N R Rao

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Angel Dust Mission: Conclave on drugs menace

EXPRESS NEWS SERVICE Mangaluru

SHOCKED by the dubious tag that Mangaluru city recently acquired - of being the largest of hubs of illicit drugs overtaking its metropolitan cousin, Bengaluru - several prominent educational institutions in Dakshina Kannada will brainstorm at a one-day conclave on Thursday to get rid of narcotics menace.

Principals from schools and colleges in Dakshina Kannada, Udipi, Kodagu and Kasargod will meet and discuss ways and means to tackle the menace of drugs in the region.

that Mangaluru had become a major hub for illicit drugs. In 2016, Mangaluru registered 239 cases whereas Bengaluru had 128 cases.

These elders expressed concern that drug dealers lure youth by giving them tantalizing names to drugs like Ganbu, Chakras, Special Liquid Ecstasy Poppers, Kit Kat, African Salad, Microdot, Mary Jane and Zombie Weed.

These drugs, when consumed, trigger hallucinations, inability to track time and an altered sense of reality, because they mess with the signals in the central thought. Unfortunately, dangers of drug abuse are not part of any school or college curriculum.

Efforts to fight drug abuse must start from schools. To rectify these lacunae, Yenepoya University Chancellor Y Abdulla Kunhi has set up the Yenepoya Narcotics Educational Foundation of India (YNEFI), with G Shreekanth Menon as its CEO.

Under Mission Angel Dust, the conclave of principals will discuss the extent of drug abuse among youth, why drug abuse occurs, the effects of drug abuse, how schools and colleges can

ಮಾದಕ ದ್ರವ್ಯ ಮಾರಾಟಗಾರರ ಸಂಖ್ಯೆ ವೃದ್ಧಿ ಮಕ್ಕಳ ಮೇಲೆ ಕಣ್ಡೆ: ಎಸ್ ಪಿ ಮನವಿ



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Mission Angel Dust

"FROM DOPE TO HOPE"

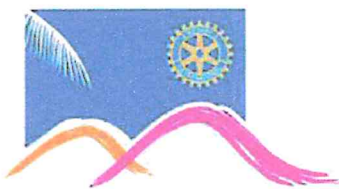
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YENEPOYA
UNIVERSITY



MALABAR
GOLD & DIAMONDS



ATTESTED



JET AIRWAYS

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Meow Meow

MISSION ANGEL DUST

MONTHLY NEWSLETTER

VOL. 1 | FEBRUARY 2017

AN INITIATIVE BY
YENEPOYA NARCOTICS EDUCATIONAL FOUNDATION OF INDIA

EDITOR'S / NOTE

Greetings and a very warm welcome to our monthly newsletter.

As promised in the first issue we have included articles covering information related to some commonly abused drugs. There is an article (a case report) which gives us a glance at how drugs affect a persons life which shows how important it is to prevent this menace from taking over life especially that of our youngsters. We have included a special article regarding drug abuse in women as it is not only men but even women do fall prey to this trap

Highlight of this month issue is the Cat's 'Meow-Meow', TITLES CAN SOMETIMES BE MISLEADING!!!!.... I don't want to break the suspense...

I hope you enjoy this issue. Please feel free to send your valuable feedback, including any topics you'd like to see covered in the future. Again Let's work together in making a truly drug free India.



Dr. Shemjaz Arakkal M
Editor-in-Chief
Deputy CEO, YNEFI

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 ATTESTED

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Dear All

We are entering into the second issue of Angel Dust Newsletter, after an overwhelming response from readers. In this edition we have added articles of interest and concern, as well as new columns on current topics relating to seizure of narcotics in different parts of India. Student editors have joined our team to brighten and enliven our pages.

The highlight of this month will be a one day seminar on Medical Marijuana, slated to be held on April 26th at Yenepoya University. Global market for Medical Marijuana is expected to touch \$50 billion by 2025. Israel, a leader in Marijuana research is trying to position itself as a cutting-edge exporter in the rapidly growing market for medical grade marijuana. U.S. firms have invested about \$100 million to license Israeli Marijuana patents, agro-tech startups and firms. Canada exports Medical Marijuana to Australia, Croatia, and Chile. China is pushing Marijuana oil for cancer treatment. In India, All India Institute of Medical Science, New Delhi and TATA Memorial Hospital and Research Center have sought Central Government's permission to test Marijuana oil for use in therapeutic situations and palliative chemotherapy. I invite all of you to participate in this enlightening seminar which will open up new vistas of treatment as well as ideas for starting your own startups.

Best wishes,

Dr. G Shreekumar Menon
IRS (Rtd), Ph.D. (Narcotics)
CEO, YNEFI &
Registrar, Yenepoya University, Mangalore

*Former Director General- National Academy of Customs Excise and Narcotics, & Multi-Disciplinary School Of Economic Intelligence, India
Fellow, James Martin Center For Non Proliferation Studies, USA.
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Case Vignette

In psychiatric practice we see innumerable cases related to various substances of abuse and the trend is rising alarmingly in the younger population. The age of first use is slipping down fast, urbanization, westernization, competition, stressors of modern day, declining family and social relationships could be few reasons for this trend.

Recently a 25 years old rickshaw driver was brought by his elder brother with the complaint that he is addicted to Ganja (Cannabis) since the last 10 years. He was also smoking and using alcohol regularly. He had started using cannabis when he was in his tenth class along with his friends, failed in his final exams, and couldn't clear in subsequent attempts. His company with similar youngsters of the locality made him dependent on the substance. He started stealing items from home and outside, getting into political and gang fights to make money for the substance. He landed in jail several times and also had a murder case against him. He used to physically abuse family members when objected to his habit. The family failed to find him a regular job and hence got him an autorickshaw on loan to make a living. His substance abuse increased in company of several such drivers who had a similar habit. The auto met with many accidents and various attempts to help him by faith healing and magico-religious treatments failed. The family brought him seeking help ten years after the onset though they lived within ten KMs radius of the hospital!

Prevention is better than cure; a stitch in time saves nine!



ATTESTED

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DRUG ABUSE AMONG WOMEN



DR. REKHA P. SHENOY

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Drugs associated with substance abuse are available as liquids, tablets, powders and crystals, and can be sniffed, snorted, swallowed or injected. Drug abuse among women, in contrast to men, is layered over with stigma and denial. Therefore, although rampant use has been detected among women in Punjab and the North Eastern states of India, they often do not admit use.

The common risk factors for drug abuse among women are familial (divorce, abandonment, coming from single-parent families, substance abuse among parents, etc.), socio-economic (illiteracy or low literacy rates, unemployment), lack of leisure activities or hobbies, health issues (chronic illness), depression, history of tobacco or alcohol use in the family, a lack of knowledge of the ill-effects of abuse, a permissible culture which condones use, easy availability of substances (in regions abounding the Golden Triangle and Golden Crescent) and peer influence.

A user is more often identified by behavioural changes than physical symptoms such as a sudden change in personality, loss of interest in daily activities, changes in eating and sleeping habits, deterioration of personal grooming habits, difficulty in paying attention, forgetfulness, mood swings, and increased secretiveness. Most women users have no permanent residence or employment, and may get involved in prostitution and criminal activities to fund the habit.

Some of the effects of substance abuse on the human body are extreme agitation, hallucinations, delusions, paranoia, high blood pressure, severe insomnia, depression, impaired short-term memory and suicidal tendencies. In addition, it can cause abscesses, infections (such as HIV/AIDS and, Hepatitis B and C), and among pregnant women, adversely affect the foetus. An overdose resulting in death is one of the most common side effects.

It is often difficult for female users to overcome the stigma associated with drug use due to a lack of support from the family and community. To conclude, it would be better to choose a healthy life rather than an early death. Therefore, choose wisely.

SAY NO TO DRUGS

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MEOW MEOW

TITLES CAN SOMETIMES BE MISLEADING!!!!

This is very true about this Article. But the author is helpless; it was not his choice, to name a Narcotic drug, after the innocent sound made by cats. Originally, in the English language, Cat's meow meant someone or something excellent, first rate or remarkable. Introduced in the early 1900's this was among the most popular fad expressions of the Roaring 20's. It is rarely used now. The Chinese have chosen this sound as the name of a synthetic drug, manufactured by them.

IN THE MARKETS MEOW MEOW IS ALSO KNOWN AS DRONE OR M-CAT.

Meow-Meow is a synthetic stimulant and the slang name for Mephedrone, also known as 4-methylmethcathinone (4-MMC) or 4-methylephedrone, a synthetic stimulant and entactogen drug of the amphetamine and cathinone classes. Mephedrone was first synthesized in 1929 but did not become widely known until it was re-discovered in 2003. By 2007 Mephedrone was reported to be available for sale on the internet, by 2008 law enforcement agencies had become aware of the compound, and by 2010 it was widely known in most of Europe, becoming particularly prevalent in the United Kingdom. Mephedrone was first made illegal in Israel in 2008, followed by Sweden later that year. In 2010 it was made illegal in many European countries and in December 2010, the EU ruled it illegal across Europe. In Australia, New Zealand, and the USA it is considered an analog of other illegal drugs and can be controlled by laws similar to the Federal Analog Act. In the USA, this only applies if the drug is sold for human consumption, allowing it to be sold legally if labelled as 'Plant Food' or 'Bath Salts'. Hence, it is marketed as a plant fertilizer, in U.S.A.

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'IVORY WAVE'

A drug known as 'Ivory Wave' seems to be replacing Mephedrone or Meow-Meow. The new drug also known as 'Purple Wave', 'Ivory Coast' or 'Vanilla Sky', is growing in popularity and has already been implicated in deaths and illness across the UK. It is usually sold online as 'Bath Salts' in packets between 200 and 500 mg. It can be snorted or swallowed. 'Ivory Wave' contains stimulant Methylenedioxy-pyrovalerone (MDPV) and the anaesthetic lignocaine.



THE MANUFACTURE

of Meow-Meow by the Chinese should be a cause of grave concern. Most of the drugs smuggled from Middle Asia pass through Xinjiang on their way to the underground markets in Guangzhou, Shenzhen and Beijing. Xinjiang's border stretches for a few thousand kilometres, covering 8 countries, and guarded by only 17 Land Customs points.

People who have used Mephedrone report experiences similar to taking Amphetamines, Ecstasy, and Cocaine, producing a sense of euphoria, alertness, talkativeness and increased sex drive. But the side effects include loss of memory, insomnia, vertigo and changes in body temperature. Doctors have reported that patients, who have taken the drug, develop high blood pressure and an unnatural fast heart rate. It has also been said to cause nose bleeds, vomiting, hallucinations.

MISSION ANGEL DUST AND UNITED TOYOTA TABLE TENNIS TOURNAMENT

INTER COLLEGIATE TABLE TENNIS TOURNAMENT FOR
DEGREE & PROFESSIONAL COLLEGES 2017

AVOID FALLING INTO THE TRAP OF NARCOTIC DRUGS..... MR. ANURAG BANGERA



Noted Tulu Film Star Mr. Anurag Bangera inaugurated the Mission Angel Dust and United Toyota Mangalore Inter Collegiate Table Tennis Tournament at Yenepoya University on 18th March 2017. In his inaugural address, he advised the youth to avoid falling into the trap of Narcotic Drugs. He complimented Yenepoya University for launching Mission Angel Dust. Ms. Shreema Priyadharshini, International Athlete, declared open the Table Tennis Tournament.

PHYSICAL ACTIVITY MAY PREVENT SUBSTANCE ABUSE

Although people tend to think of exercise as good for the body, it also benefits the brain. It stimulates the brain's reward pathway. Researches of drug abuse among teens suggest that physical activity can strengthen resistance to addiction.

The best way to grab the attention of children and teens is often to offer them a range of appealing challenges. Physical activities—particularly in natural environments—offer youth healthy opportunities to learn skills, take risks, and achieve goals.



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WHAT'S HOT



Prepared by : *Zuha Ashraf*
M.B.B.S
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Mob vigilantes in Noida thrash four Nigerians

EXPRESS NEWS SERVICE

Four Nigerian students were thrashed by a mob vigilante group in Noida, India, on Tuesday. The students were taken to a hospital and treated for injuries. The vigilantes, who are members of a group called 'Noida Vigilantes', claim to be protecting the city from crime. They have been known to attack and loot people and property in the area.

Army among 7 held for trading ganja

EXPRESS NEWS SERVICE & BANGALORE

IN yet another case of interstate ganja smuggling, the Young Task Force on Tuesday arrested seven members of a gang from the Mysore region. The police seized 300 pounds of ganja worth an estimated 30 million rupees. The gang members were taken to the police station and interrogated. The police also seized a large quantity of ganja from the gang members. The gang members were taken to the police station and interrogated. The police also seized a large quantity of ganja from the gang members.

SECOND CASE IN TWO MONTHS

In the past two months, this is the second time that ganja has been found in the city. In the first case, a gangster was arrested with 100 pounds of ganja. The police also seized a large quantity of ganja from the gangster. The gangster was taken to the police station and interrogated. The police also seized a large quantity of ganja from the gangster.

DRUGS KILL THE PAIN
AND THE JOY
AND THE HOPE
AND THE BODY
AND THE MIND
AND FINALLY THE SOUL

Guess what was hidden in this dog crate?

NEW YORK: Two men were arrested on drug charges after heroin was found hidden in the false bottom of a dog crate containing a Labrador retriever that had been shipped from Puerto Rico to New York. Animal rights activists condemned the use of a "helpless canine as a drug mule"

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Mission Angel Dust ropes in celebrities

MANGALURU: Mission Angel Dust and United Toyota, Mangaluru, jointly organised an inter-collegiate table tennis tournament on March 18, 2017, at Yenepoya University. The tournament was inaugurated by noted Tulu film artiste Anurag Bangera, who in his address advised the youth to stay away from illicit drugs. He complimented Mission Angel Dust for spreading the message about ill effects of drugs. Noted international athlete Shreema Priyadarshini declared the tournament open. Over 45 teams from Karnataka and Kerala are participating in the two-day event. Valedictory ceremony is on March 19 and Arjun Kapikad will be the chief guest.

APPEARED IN "VIJAYAVANI" DTD 29.03.2017



ಜರ್ಮನಿಯ ಜೋಪಾನ್ಸ್ ಗುಟೆನ್‌ಬರ್ಗ್ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವೈದ್ಯಕೀಯ ವಿದ್ಯಾರ್ಥಿಗರು ದೇರಳಕಟ್ಟೆಯ ಯೇನಪೋಯ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು ಆಸ್ಪತ್ರೆಗೆ ಭೇಟಿ ನೀಡಿದ್ದಾರೆ. ಈ ವಿಶ್ವವಿದ್ಯಾಲಯದೊಂದಿಗೆ ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯ ಶೈಕ್ಷಣಿಕ ಮತ್ತು ಕ್ರೀಡಾ ತರಬೇತಿ ಕುರಿತ ಒಪ್ಪಂದ ಮಾಡಿಕೊಂಡಿದೆ. ಈ ವರ್ಷ ಗುಟೆನ್‌ಬರ್ಗ್ ವಿಶ್ವವಿದ್ಯಾಲಯದ 8 ವಿದ್ಯಾರ್ಥಿಗಳು ತರಬೇತಿಯಲ್ಲಿ ಪಾಲ್ಗೊಂಡಿದ್ದಾರೆ.

APPEARED IN "VIJAYA KARNATAKA" DTD 29.03.2017



ಮಾಂಗಲೂರು ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಒಪ್ಪಂದವನ್ನು ಮುಕ್ತ ಚಿಹ್ನೆಗಾಗಿ ದೃಢೀಕರಿಸುವ ವೈದ್ಯಕೀಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಭೇಟಿ ನೀಡಿದರು. ಅನುರಾಗ್ ಬಾಂಗರಾ ಅವರೂ ಕೂಡ ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯ ಮತ್ತು ಗುಟೆನ್‌ಬರ್ಗ್ ವಿಶ್ವವಿದ್ಯಾಲಯ ಒಪ್ಪಂದ ಮಾಡಿಕೊಂಡಿದೆ. ಪ್ರಸ್ತುತ ವರ್ಷ 8 ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ವೈದ್ಯಕೀಯ ತರಬೇತಿಯಲ್ಲಿ ಪಾಲ್ಗೊಂಡಿದ್ದಾರೆ. ಮುಂದಿನ ವರ್ಷದ ವಿದೇಶಿ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ತುಂಬಿಸುವುದು.

APPEARED IN "UDAYAVANI" DTD 29.03.2017

ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ: ಮಾದಕದ್ರವ್ಯ ವಿರುದ್ಧ ಜಾಗೃತಿಗೆ ಜರ್ಮನ್ ವಿದ್ಯಾರ್ಥಿಗಳ ಬೆಂಬಲ



ಮಾಂಗಲೂರು ವಿರುದ್ಧ ಜಾಗೃತಿಗೆ ಜರ್ಮನ್ ವಿದ್ಯಾರ್ಥಿಗಳ ಬೆಂಬಲ. ಮಂಗಳೂರು, ಮೆ. 28: ಮಂಗಳೂರಿನ ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲೆ ದ್ರವ್ಯ ವಿರುದ್ಧ ಜಾಗೃತಿ ಕೊಡುವ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ. ಗುಟೆನ್‌ಬರ್ಗ್ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವಿದ್ಯಾರ್ಥಿಗಳು ಮಾದಕ ದ್ರವ್ಯ ವಿರುದ್ಧ ಜಾಗೃತಿ ಕೊಡುವ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ. ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲೆ ದ್ರವ್ಯ ವಿರುದ್ಧ ಜಾಗೃತಿ ಕೊಡುವ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ. ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲೆ ದ್ರವ್ಯ ವಿರುದ್ಧ ಜಾಗೃತಿ ಕೊಡುವ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ.

ಎಲ್ಲಾ ಮೇಲಿನಲ್ಲಿ ನಾನು ಯಾವುದೇ ದ್ರವ್ಯ ವಿರುದ್ಧ ಅಭಿಯಾನ ಕಾಲ ಕಾಲಕ್ಕೂ ತುಂಬಾ ದೃಢವಾಗಿ ನಿಲ್ಲುತ್ತೇನೆ. ಯೇನಪೋಯ ವಿ.ವಿ. ತುಂಬಾ ಜೋಪಾನ್ಸ್ ಗುಟೆನ್‌ಬರ್ಗ್ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ನಡುವೆ ತಿಕ್ಕಾ ಹಾಕಲು ವೈದ್ಯಕೀಯ ಚಿಕಿತ್ಸೆ ತರಬೇತಿ ಕುರಿತಂತೆ ಒಪ್ಪಂದ ಈ ಆಸ್ಪತ್ರೆ ಇದರಂತೆ ಈ ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲಿಂದ 8 ವಿದ್ಯಾರ್ಥಿಗಳು ಯೇನಪೋಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿಗೆ ಆಗಮಿಸಿ ತರಬೇತಿ ಪಡೆಯುತ್ತಾರೆ.

Dr.Gangadhara Somayaji K.S.
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Mission Angel Dust

I am a proud supporter of Mission Angel Dust, the flagship anti drugs program of Yenepoya Narcotics Educational Foundation of India (YNEFI). Drug awareness programs like Mission Angel Dust are the best prevention strategy against illicit drugs and taking unknown substances.



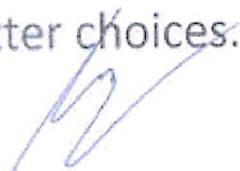
Dr. Douglas H Ubelaker
Curator, Dept. of Anthropology
National Museum of National History
Smithsonian Institution, Washington, DC

ARTISTED

Dr. Sandeep Kumar S.S.
Yenepoya University
Mangalore, Karnataka

Mission Angel Dust

Motivation to use and abuse illegal drugs and substances needs to be curbed by sustained anti drug educational campaigns like Mission Angel Dust. Youths need to be advised to make better choices.



Dr. Luis Fondebrider
President, Equipo Argentino De Antropologia Forense



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MISSION ANGEL DUST

Best wishes to Mission Angel Dust to keep growing stronger and stronger. Many millions are quietly getting inspired to resist drugs and overcome this evil habit.



-Arjun Kapikad





MISSION ANGEL DUST

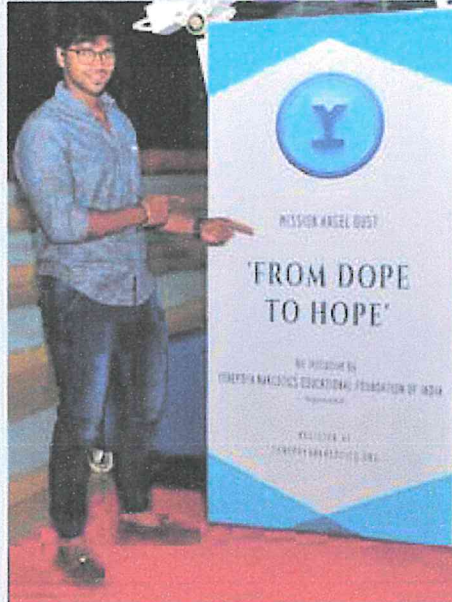
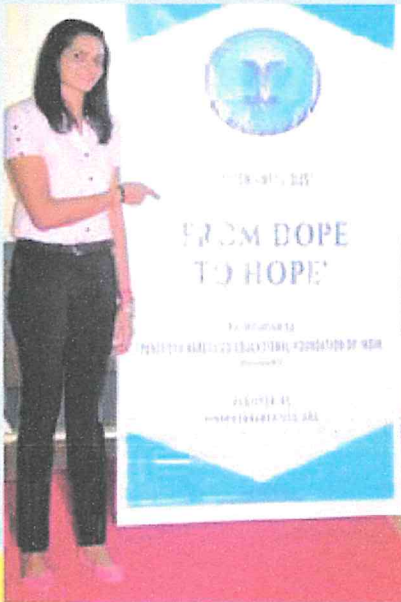
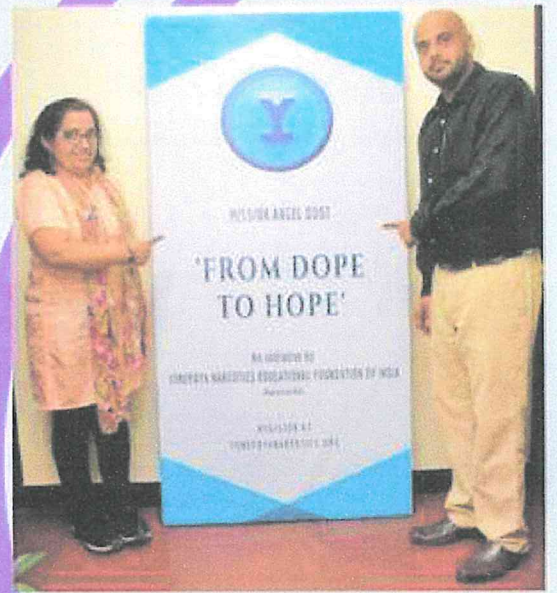
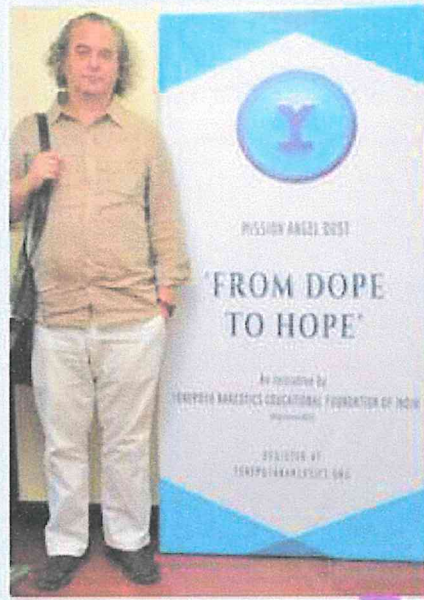
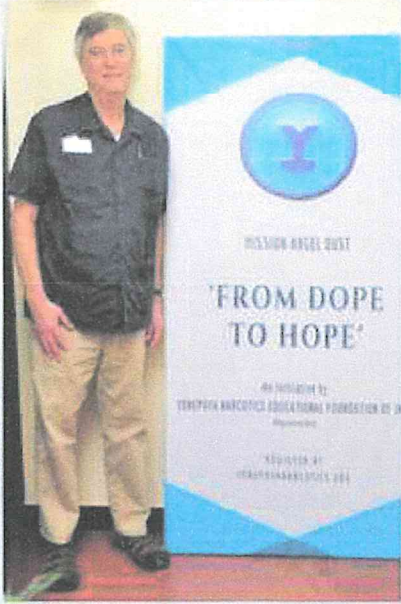
Hi everybody! Drugs are undesirable. Self discipline is important to overcome the trap of drugs. Mission Angel Dust has taken on the mantle of leadership in the fight against drugs to protect our youth. Join me in supporting Mission Angel Dust.


- Anurag Bangera



 ATTESTED

Dr. Anurag Bangera



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Yenepoya Narcotics Educational Foundation of India

MISSION ANGEL DUST



National One Day Seminar On

MEDICAL MARIJUANA

The highlight of this month will be a one day seminar on Medical Marijuana, slated to be held on April 26th at Yenepoya University. Global market for Medical Marijuana is expected to touch \$50 billion by 2025. Israel, a leader in Marijuana research is trying to position itself as a cutting-edge exporter in the rapidly growing market for medical grade marijuana. U.S. firms have invested about \$100 million to license Israeli Marijuana patents, agro-tech start-ups and firms. Canada exports Medical Marijuana to Australia, Croatia, and Chile. China is pushing Marijuana oil for cancer treatment. In India, All India Institute of Medical Science, New Delhi and TATA Memorial Hospital and Research Center have sought Central Government permission to test Marijuana oil for use in therapeutic situations and palliative chemotherapy.

ON 26th APRIL 2017

**VENUE: Auditorium, 5th Floor, Yenepoya Dental College, Yenepoya University
Derlakatte, Mangalore**

ATTESTED



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COURSE DIRECTOR

Dr. Shemajaz Arakkal M, Deputy CEO, YNEFI

PROGRAM DESIGN TEAM

Dr. Anil Kakunje, Deputy CEO, YNEFI

Mr. Hashim, Member, YNEFI

SENIOR CONSULTANT

Dr. Mohan Chandran V.V., Technical Chair, YNEFI

Dr. Rohan D. M, Technical Chair, YNEFI

TOPICS COVERED

- History of cannabis plant as medicine
- Pharmacological aspects of medical marijuana
- Legal aspects of medical marijuana cultivation & production
- Medical marijuana: standardization & product development
- Use of medical marijuana in allopathy
- Marijuana & cannabinoids - a neuroscience perspective
- Marijuana in ayurvedic medicine
- Panel discussion

Registration Fee: Rs. 200/-

Last Date for Registration: 15th April 2017

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Upcoming Event

ATTESTED

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MISSION ANGEL DUST

Presents a One Day National Seminar on May 2017



MARITIME DRUG TRAFFICKING AND INTERDICTION

 ATTESTED

YENEPOYA NARCOTICS EDUCATIONAL FOUNDATION OF INDIA

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MISSION ANGEL DUST

MONTHLY NEWSLETTER

VOLUME 1 • MAY 2017



An Initiative by
Yenepoya Narcotics Educational Foundation of India

Editor's Note

Greetings and a very warm welcome to our monthly newsletter.

Looking at the cover page you can make out that mushroom is the highlight of this issue.... The Magic Mushroom.....

An extended discussion is made with regard to the medical use of Marijuana. A seminar was conducted in order to unite different school of thoughts in doing research on this topic. Please go through the different view points put forward by the professionals from faculty of Modern Medicine, Homeopathy, and Ayurveda.

We have included a special article regarding role of parents in addressing substance abuse among children.

I hope you enjoy this issue. Please feel free to send your valuable feedback, including any topics you'd like to see covered in the future. Again Let's work together in making a truly drug free India.



ATTESTED


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h ATTESTED

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MEDICAL MARIJUANA- ANCIENT REMEDIES FOR A MODERN WORLD



Dr. G Shreekumar Meno
Registrar, Yenepoya University & CEO
Mission Angel Dus

It is an ancient belief dating back to time immemorial across different world cultures that the Cannabis plant possesses miraculous healing properties. Hence its flowers, buds, seeds have been made use of to treat a wide range of ailments. It is one of humanity's oldest cultivated crops. India has a strong history of cannabis use in religious, medical, cultural and recreational purpose. Bhang is a popular drink in North India, comprising of cannabis paste made out of the buds and leaves, milk, ghee and spices. The Atharvaveda describes the cannabis plant as belonging to one of the five kingdoms of herbs that "releases us from anxiety". Legend goes that Lord Shiva while relaxing under the shade of a tall Cannabis plant felt deeply relaxed. Curious, he ate some leaves and felt refreshed. He adopted this as his favorite food, hence his title "Lord of Bhang". During the British rule, the Indian Hemp Drugs Commission noted the history and culture of cannabis use in India, by observing "To the Hindu the Hemp plant is holy. A guardian lives in the bhang leaf..... To see in a dream the leaves, plant or water of bhang is lucky." Lord Buddha survived on a daily ration of one cannabis seed during his six years of asceticism.

In 1550 BC ancient Egypt's Eber's Papyrus prescribed cannabis for treatment of inflammation.

The Neolithic culture in China, called the Yangshao flourished along the Yellow river valley, and their economy survived on cannabis cultivation. In ancient China the Shennong Bencaojing refers to Cannabis as dama, da meaning great and ma meaning cannabis. It attests the use of the cannabis plant's flowers, leaves and seeds in treating various ailments. In 2737 BC, the Chinese Emperor Shen Neng officially ordained the use of Marijuana tea for treatment of gout, rheumatism, malaria and poor memory.



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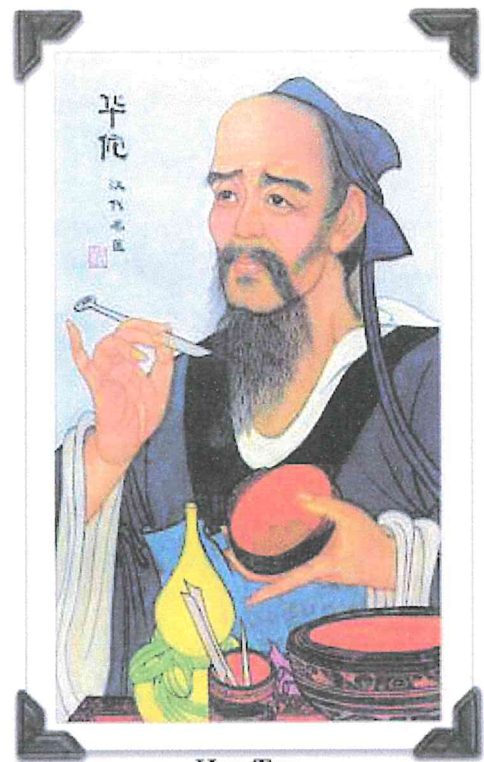
Medical Marijuana cnt.....

In 200 AD Chinese surgeon Hua Tuo became the first recorded medical man to have used cannabis as an anesthetic during surgery. He ground the plant into powder and mixed it with wine for a patient to drink before surgery. The word for anesthesia in Chinese is "mazui" meaning cannabis intoxication. Later, Chinese physicians extended the use of cannabis to treat blood clots, tapeworms, constipation and hair loss.

Hashish is the Arabic word for marijuana and was used in traditional Arabic medicine.

During the middle ages in Europe, cannabis was adopted in folk medicine for treating a variety of ailments.

The Spaniards introduced cannabis to South America in the 1500s, and it was carried into America by Mexican immigrants who called it "marijuana". By 1700s it was used in America for treating various health issues. However, in 1906 the US government created the Food and Drug Administration which controlled opium and morphine, but marijuana was not included in it, but in 1914 under the Harrison's Act it was declared as a crime. Gradually many states in the U.S. outlawed it. Following this many countries banned Marijuana, and its illegal status impeded rigorous study of its effectiveness. The Marijuana plant contains more than 100 Cannabinoids, but there are only two of them that are of interest to the scientific community, namely tetrahydrocannabinol (THC) and Cannabidiol (CBD). While THC can increase appetite and reduce nausea, CBD can reduce pain and inflammation.



Hua Tuo

Israel is in the forefront of nations that are investigating the medical value of Marijuana. A host of Israeli startups and companies are engaged in conducting research into the medical uses of Marijuana. The medical Marijuana market is expected to touch around \$11 billion by 2020 from the present \$ 5.8 billion today. Sensing the mood of the world, many organizations in India have started seeking permission to extract Cannabis oil for Cancer treatment. Many countries have relaxed norms in order to facilitate medical use of Marijuana. It is hoped that India will also ease restrictions so that medical Marijuana will be available to terminally sick patients.



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ROLE OF PARENTS IN ADDRESSING SUBSTANCE ABUSE AMONG CHILDREN

Dr. Poonam R Naik

Professor,
Department of Community Medicine,
Yenepoya Medical College
Deputy Director, Rural Health care and
Development Centre
Yenepoya University,



TODAYS YOUTH FACE MANY RISKS SUCH AS
DRUG ABUSE, VIOLENCE, HIV/AIDS ETC.

They have serious consequences in homes,
schools and communities. Parents often have
difficulties discussing drug issues with their
children, yet they are the most trusted and
preferred source of information on health
issues for young people.

Prevention Programs should focus on:

- Enhancing protective factors and reducing
risk factors
- i. Types of drug abuse problem in community
- ii. Tailor made programs addressing risks in
specific population

Risk and Protective factors:

Factors associated with greater potential for
drug abuse are called "risk" factors. Those
associated with reduced potential for abuse
are called "protective" factors. The need of the
hour is to change the balance between risk
and protective factors.

Determining factors:

Withdrawn and aggressive boys often exhibit
problem behaviors in interactions with their
families, peers and others. Academic failure,
early peer rejection, and later affiliation with
deviant peers pose a higher risk for drug
abuse. Studies have shown that children with
poor academic performance and
inappropriate social behavior at ages 7 to 9
are more likely to be involved with substance
abuse by age 14 or 15.

Role of family:

- Family bonding is the bedrock of the
relationship between parents and children.
- Factors like mutual attachment and bonding
between parents and children, supportive
parenting that meets financial, emotional,
cognitive and social needs are likely to protect
the children from heading towards substance
abuse.

The family can prevent drug use by ensuring:

- > Adequate parent-child communication
- > The maintenance of affectionate relations
among family members
- > Nurture their strengths and help in working
on their weaknesses
- > Good relationships between siblings
- > That social or illegal drugs are not used by
family members

Family's role outside the family:

- > Establishing curfews, ensuring adult
supervision of activities outside the home,
knowing the child's friends and enforcing
household rules
- > Ensuring success in academics and
involvement in extracurricular activities
- > Acceptance of conventional norms against
drug abuse

- Partnerships of parents with schools and
community, parent school collaboration
programs will go a long way in addressing the
issue of drug abuse among the younger
generation and formulate solutions.

Dr. Ganganadhara Somayaji R.N.S.
(Deputed to Yenepoya
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MAGIC MUSHROOMS



Magic Mushrooms are not a 'Controlled Substance' though having hallucinogenic effects. These Mushrooms contain Psychedelic compounds like Psilocybin, Psilocin and Baeocystin. They impart a feeling of euphoria, altered thinking processes, closed and open eye visuals, synesthesia, altered sense of time and strange spiritual experiences. They are also called as Philosopher's Stone, Liberty Caps, Magic and Hallucinogenic mushrooms. Many cultures have used these substances in esoteric religious ceremonies. Their effect is similar to that of LSD, and they belong to the category of Psychotropic drugs, that act on the Central Nervous System. Their unique property is that they don't cause hallucinations but they distort the perception of actual objects. There can even be a changed perception of one's place in the Universe and a feeling of communicating with a higher power. This feeling is often described as a 'trip' and the feelings and emotions generated in a trip will vary from person to person. These trips result in dizziness, nausea, stomach problems, loss of appetite, muscle weakness and numbness. Magic Mushrooms are not addictive but tolerance builds up rapidly.

Kerala youth are having a pronounced weakness for Magic Mushrooms. To cater to the great demand it is grown in Ooty and Kodaikanal in Tamilnadu and Munnar in Kerala. They are available fresh or dried, cooked or frozen and even in powder or capsule form. There are over 50 forms of these mushrooms; some are inedible and even poisonous.

Hallucinogenic effects start within 30 minutes of ingestion and effects can last from 4 to 6 hours. Many foreigners flock to Kodaikanal, and from there to a village called Vattakanal, also called as "Little Israel" to enjoy the Magic Mushrooms available there.

The Japanese grow a wide range of Mushrooms that reportedly boosts sex life. Shiitake Mushrooms, Maitake Mushrooms, Reishi Mushrooms, Enoki Mushrooms, Coriolus Versicolor Mushrooms, Cordyceps Mushrooms, all possess aphrodisiac properties and is consumed as a male enhancement supplement.

Many countries have banned Magic Mushrooms but there is a great level of uncertainty as rules vary from country to country.



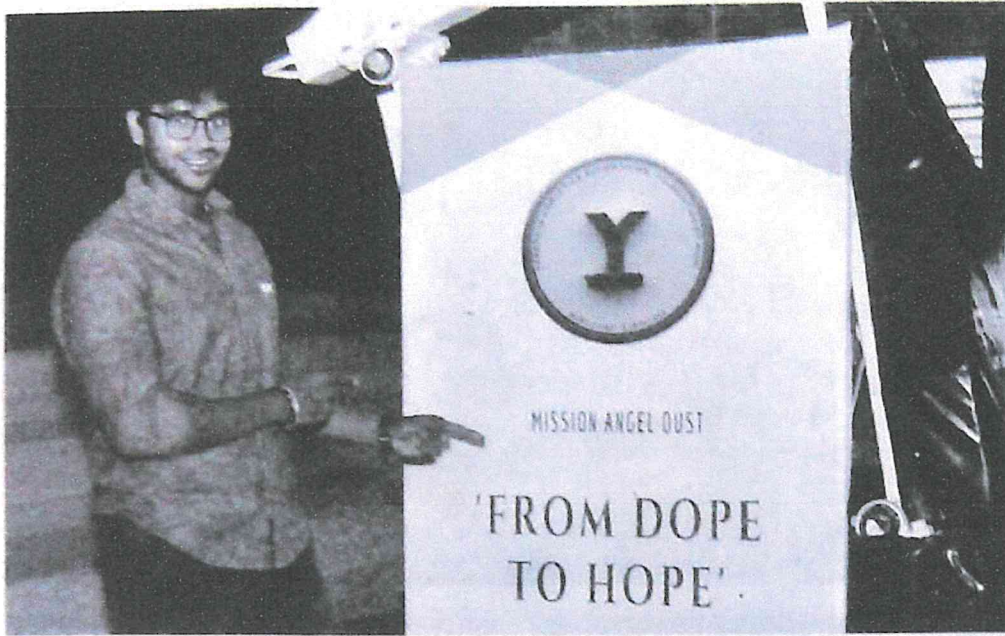
Dr. G Shree Kumar Menon
IRS (Rtd), Ph.D. (Narcotics)
CEO, YNEFI &

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IN THE NEWS



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Mission Angel Dust

Rescuing youth from the tentacles of drugs

Dr.G.SHREEKUMAR MENON

MISSION ANGEL DUST is suddenly on everybody's lips and interest in the good work runs high, the zippy name too evokes a lot of curiosity among Mangaloreans. To control the spiralling drug menace among the youth, Mission Angel Dust is a flagship project of an NGO named Yenepoya Narcotics Educational Foundation of India(YNEFI), a no profit outfit to spread the message about the dangers of drug abuse. Adolescents are quite frail and delicate from adults, in as much as their brains are only developing and bodies still to grow fully.

Youth under 15 years of age can suffer irreparable damage from use of drugs. The Hippocampus region of the brain that is responsible for learning and memory gets directly affected and shrinks in comparison to that of a healthy teen, perhaps leading to suicidal tendencies and poor psychological

health. Drugs also affect the prefrontal cortex region of the brain. Marijuana and Heroin disrupt the communication system of the brain, whereas Amphetamine and Cocaine prevent the normal recycling of brain chemicals. Most forms of drug abuse target the brain's reward system by flooding the circuit with Dopamine, a chemical that regulates emotion, motivation and feelings of pleasure. When activated normally it rewards natural behaviour, but stimulating the system with drugs produces euphoric effects compelling the user to repeat it creating addictions. Mission Angel Dust endeavours to divert youth from the lure of drugs and channelize their energies into academic, sports and cultural activities.

A conclave of Principals of educational institutions was recently held, seminars on Narco-analysis and Brain-mapping, and upcoming event in April on Medical Marijuana is slated. The rising popularity of this mission can be gauged from the participation by corporate entities like Jet

Airways, Malabar Gold, Corporate Bank, United Toyota, and social clubs like Rotary Club Hillside Mangaluru. Your film stars Anuraag Bangera and Arju Kapikad have expressed their support for the anti drugs campaign.

International support has also come prominently from Douglas H. Ubelake Curator of the renowned Smithsonian Institution, Washington says "I am a pro supporter of Mission Angel Dust, the flagship anti drugs program of YNEFI. Drug awareness programs like Mission Angel Dust are the best prevention strategy against illicit drugs and taking unknown substances. It is a proud matter to endorse Mission Angel Dust, a testimony of the devoted efforts of the key people involved. Dr.G.Shreekumar Menon and Dr.Shemji Arakkal".

Readers would recall that a famous model who won the Miss Queen Karnataka in 2014 was arrested by Narcotics Control Bureau officials for supplying drugs to college students in Bengaluru and Mangaluru in 2016. The drugs seized from her flat included Cocaine, Hashish, MDMA and LSD Blot. Neighbouring Kasargod District is dubbed as a virtual Narcopolis with tonnes of drugs changing hands. Most of the drugs come from Andhra Pradesh and are bound for Middle East. Youth fall a prey to the drug mafia and get involved in crime after going high on drugs. Large quantities of Marijuana and Cannabis from Kasargod to Mangaluru have been seized regularly by Police and Customs officials. Kasargod is not just a transit point; it is a big time consumption district too, and a major user hub natural points to Mangaluru. ■

Dr.G.Shreekumar Menon, a retired IRS officer and former Director General of the prestigious National Academy of Customs, Excise & Narcotics, based at Faridabad. He is a Ph.D in Narcotics & Psychotropic Substances, from Mangalore University and an internationally renowned counter narcotics expert. To know more about him see here our "People" page.



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Puttur's Pride



She can aptly be described as the Pride of Puttur. **Dr. Annapoorna S Kini**, an illustrious cardiologist who has her roots in this town, has been chosen for the Ellis Island Medals of Honour, the highest honour in the United States, a tremendous achievement and a befitting recognition for her service. 51 year old Dr. Annapoorna is presently serving as Professor of Cardiology at Mount Sinai School of Medicine in New York. Her outstanding contributions in her field has brought to her this coveted honour which will be presented on May 13.

She also serves as a Director of Cardiac Catheterization Laboratory, Director of Interventional Structural Heart Disease Program, and Director of Interventional Cardiology Fellowship at The Mount Sinai Medical Center.

A highly regarded interventional cardiologist of New York, Dr Annapoorna has also to her credit over a thousand intervention coronary surgeries in a span of a year.

Daughter of Namdev Prabhu and Pushpalatha couple from Bolwar in Puttur, she is an alumnus of St Victor's Girls' School and pursued her PUC at Vivekananda College. She completed her MBBS from KMC Mangaluru with a gold medal and later did her MRCP in London.

Happily married to Dr U Subhash Kini, the couple has two children.

Drug abuse is the bane of the present generation. At a time when everyone is cracking their heads on how to eradicate this evil, comes the man of the moment: **Dr G Shreekumar Menon**. A distinguished IRS officer of 1978 batch, he retired recently as Director General at the National Academy of Customs, Excise & Narcotics (NACEN), Faridabad. Dr.



MAN ON A MISSION

Menon is an ace Counter Narcotics Specialist who has trained hundreds of officers of the Indian Customs, Narcotics Control Bureau and Central Bureau of Narcotics. Presently, he is the Registrar of Yenepoya University, Mangaluru.

Dr Menon who hails from Ernakulam in Kerala, holds an M.A. & L.L.B. Degree apart from a Doctorate in Narcotics and Psychotropic Substances from Mangalore University. As an IRS officer, he has served the customs in various capacities in

Mangaluru, Bengaluru Goa, Chennai, Kolkata and other places. He has also held the prestigious post of Director General Multi Disciplinary School of Economic Intelligence Mumbai. A much sought after guest faculty of Narcotics, Narcotics Terrorism and Money Laundering, military and defence subjects national and

international fora, Dr Menon is also prolific writer.

He is now harnessing his extensive experience in this field by spearheading Mission Angel Dust, a massive awareness drive against drug abuse aimed at educating students, parents and teachers. He has been organizing various activities throughout the year under this banner, which is supported by Yenepoya University under Yenepoya Narcotics Educational Foundation of India. We wish him success in this endeavour.

"SAMARTH" CHESS PLAYER

This cheerful looking boy is all set to be a Chess Master. What makes him stand apart from the rest is that he is a differently abled boy. Suffering from Cerebral Palsy, his disability however has never come in the way of his playing chess with normal players. What's more, he has even won many prizes.



Hailing from Basrur near Kundapur, **Samarth** presently stays with his parents in Honavar, his father Jagadish Rao being a Bank employee there. Samarth started playing chess just in 2013, thanks to his mother Vinutha who was quick to realise that Samarth felt down and low whenever his classmates used to go out to play. She turned out to be his first chess coach and that proved a turning point in Samarth's

life. He has participated in numerous tournaments and won many prizes, prominent ones being the bronze in the world chess tourney for differently abled at Slova in 2015, State Rapid Chess tourney at Chitradurga the same year and bronze in the international chess for disabled held at Serbia

2016. Till date he has over 50 medals to his credit, Noteworthy is that excluding tournaments he had competed with normal players in the rest. His father accompanied him to tournaments abroad, but the only regret is the non-availability of enough grants as a foreign tour entails a lot of expenses.

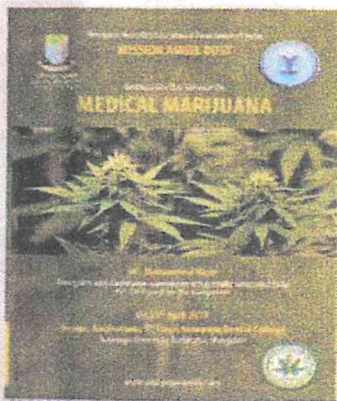
True to his name he is a Samarth (capable) chess player.

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Meet on cannabis sheds light on medicinal qualities of Marijuana

Cannabis have been under legal use only in a few countries and efforts are on in India for Cannabis oil to be made available for specialised treatment procedures



Brochure of the seminar

M RAGHURAM @Mangaluru

AFTER making almost heroic efforts academically on creating awareness on drug abuse, the Mangaluru based 'Mission Angel Dust', a working group on anti-drugs campaigns at the Yenepoya University, is all set to educate the academic community on the medicinal values of Marijuana or Cannabis plant.

Mission Angel Dust will raise the first voice from south for making medical marijuana or the Cannabis oil available for clinical purposes especially in facilities such as hospices and

palliative care centre for terminally ill people, in order to help them get relief in the last leg of their lives.

Speaking to *Express*, former director general of National Academy of Excise, Customs and Narcotics and registrar of Yenepoya University Shreekumar Menon said: "Marijuana or Cannabis as we know has two uses- recreational and medicinal. Since it is mostly used for recreation, it has been curtailed rightly all over the world, but its medicinal uses have been under legal use only in few countries and efforts are on in India also for the Cannabis oil to be made available for specialised treatment procedures."

Some states of United States, Canada and United Kingdom have legalised the use of Cannabis oil for medicinal purpose. "The availability of Cannabis oil, however, was restricted to specially commissioned stores and the sales are highly regulated. In India, only Uttarakhand has recently put the ball rolling in making Cannabis oil available for specialised medical treatment and large hospitals like The Tata Memorial Cancer Hospital and the All In-

FACTFILE

*The whole unprocessed Marijuana plant and its basic extracts are used to treat a variety of ailments.

*The Marijuana plant contains hundreds of chemicals, especially Tetra Hydro Cannabinol (THC) and Cannabidiol (CBD) that are extremely powerful and hence of medical interest. THC can increase appetite and reduce nausea, decrease pain, inflammation and muscle control problems. CBD is reportedly effective in controlling epileptic seizures, possibly even treating mental illness.

*Recent studies show that Marijuana extracts may help kill certain cancer cells and reduce the size of others. Legalisation of Marijuana for medical treatment is still controversial.

*Currently, India has around 3 million cancer patients and this figure is expected to reach 11 million by 2025. Medical Marijuana could be poor man's answer to expensive cancer drugs. China is advocating Marijuana oil for cancer treatment. Several organisations in India have sought permission to test Marijuana oil for use in therapeutic situations and palliative chemotherapy.

dia Institute of Medical Sciences have applied to the Health Ministry of India for facilitating its use for medical purposes," Menon told *Express*. However, there have been efforts to bring in greater awareness among medical practitioners by series of high-level academic and medical

dialogues, seminars, conferences in various parts of the country and the fourth one of them will be held in Mangaluru under the aegis of the Yenepoya University on April 26. This seminar will shed light on the need for use of Cannabis or Marijuana oil for medical purposes.

Seminar on medicinal value of Marijuana

MANGALURU: Mission Angel Dust, the anti-narcotic arm of Yenepoya University, will organise a unique seminar on the medicinal value of the Marijuana or Cannabis plant at 10 am on April 26.

A press release from Dr Shreekumar Menon, registrar and CEO of Mission Angel Dust, said Cannabis plant has a hoary history of medicinal use in different cultures. The whole unprocessed Marijuana plant

and its basic extracts are used to treat a variety of ailments. The Marijuana plant contains hundreds of chemicals, especially Tetra Hydro Cannabinol (THC) and Cannabidiol (CBD) that are extremely powerful and hence of medical interest. THC can increase appetite and reduce nausea, decrease pain, inflammation and muscle control problems. CBD is reportedly effective in controlling epileptic seizures, possibly even

treating mental illness. Recent studies show that Marijuana extracts may help kill certain cancer cells and reduce the size of others.

Legalisation of Marijuana for medical treatment is still a controversial subject, Menon said.

Canada is one of the first countries to approve a Marijuana plant extract for treating pain from multiple sclerosis and cancer. Currently, India has around three million cancer pa-

tients and this figure is expected to reach 11 million by 2025. Medical Marijuana can be a poor man's answer to expensive cancer drugs. China is advocating Marijuana oil for cancer treatment.

Several organisations in India have sought permission to test Marijuana oil for use in therapeutic situations and palliative chemotherapy, he added.



POINT OF VIEW

Meditation-new alternative to punishment?



Sharlaine Sequeira

Should we use physical force to punish children? It's time to change our

tion for a child's misbehaviour in the class. If a child is gifted, the teachers can keep the child occupied with constructive activities like reading or referring to books in the library. They could be given Work-

teacher has to be very patient, kind and loving to the child. You can win their hearts with love. Let us create an abode of love and make them realise that it is a home away from home - a place where

'Legalise medical marijuana'

TIMES NEWS NETWORK

Mangaluru: A national seminar organized by the Mission Angel Dust, an anti-narcotic arm of Yenepoya University on marijuana here on Wednesday, stressed the need for research about chemical properties of marijuana plant.

Mohammad Nazeer, commissioner, Mangaluru City Corporation, inaugurated the seminar. The seminar threw insight into an ancient belief dating back to time immemorial across different world cultures that cannabis plant possesses miraculous healing properties.

Hence its flowers, buds, seeds have been made use of to treat a wide range of ailments. It is one of the oldest cultivated crops.

India has a strong history of using cannabis for religious, medical, cultural and recreational purpose. Bhang is a popular drink in North India, comprising cannabis paste made of buds and leaves, milk, ghee and spices.

The Atharva Veda describes cannabis plant as belonging to one of the five kingdoms of herbs that lowers anxiety. Legend has it that Lord Shiva while relaxing under the shade of a tall cannabis plant felt deeply re-

laxed. Curious, he ate some leaves and felt refreshed. He adopted this as his favourite food, hence he is called as 'Lord of Bhang'. There are countries and researches too have stressed about medicinal use of marijuana.

Organizers said sensing the mood of the world, many organizations in India have started seeking permission to extract cannabis oil for cancer treatment. Many countries have relaxed norms in order to facilitate medicinal use of marijuana. It is hoped that India will also ease restrictions so that people benefit from its medicinal values.

Dr. Gang... Registrar... Yenepoya... Mangaluru... nataka

State of the substance state

A drug racket flourishes along the border districts of Punjab, with smugglers bringing in contraband from Rajasthan, Jammu and Kashmir, Uttar Pradesh and Madhya Pradesh. Since the new Congress government Amarinder Singh took over last month, a Special Task Force has been created to deal with the menace. Over 1,400 people have been arrested and more than 1,200 cases were registered in the past four weeks

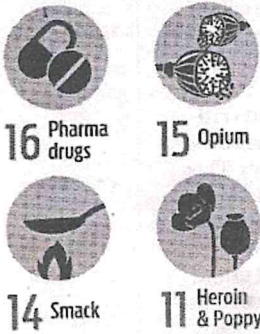
Districts as Dens



We have choked trans-border and interstate drugs supply lines. A special police station having jurisdiction across the state will be notified soon. It will be under the STF's control, and will register only drug smuggling-related cases

Harpreet Singh Sidhu, STF chief

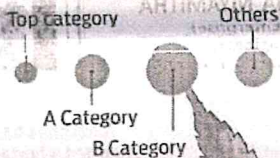
Category of drugs used in all 22 districts



The favourites

- Amritsar, Tarantam, Gurdaspur:** Heroin, Opium, Smack and Pharma
- Pathankot:** Charas, Heroin, Smack and Pharma
- Ferozepur:** Poppy husk, Heroin, Opium and Pharma
- Fazilka:** Poppy husk, Heroin, Opium, Pharma, Smack
- Muktsar and Bathinda:** Poppy husk, Smack, Opium and Pharma
- Faridkot:** Poppy husk, Opium
- Barnala:** Heroin, Smack, Charas and Pharma
- Jalandhar and Ludhiana:** Poppy husk, Opium, Smack, Charas, Heroin, Pharma

Drug smugglers: Over 1,000



From 2006 to 2016, property of smugglers worth ₹227.6 cr was confiscated

Drug peddler caught in Udupi

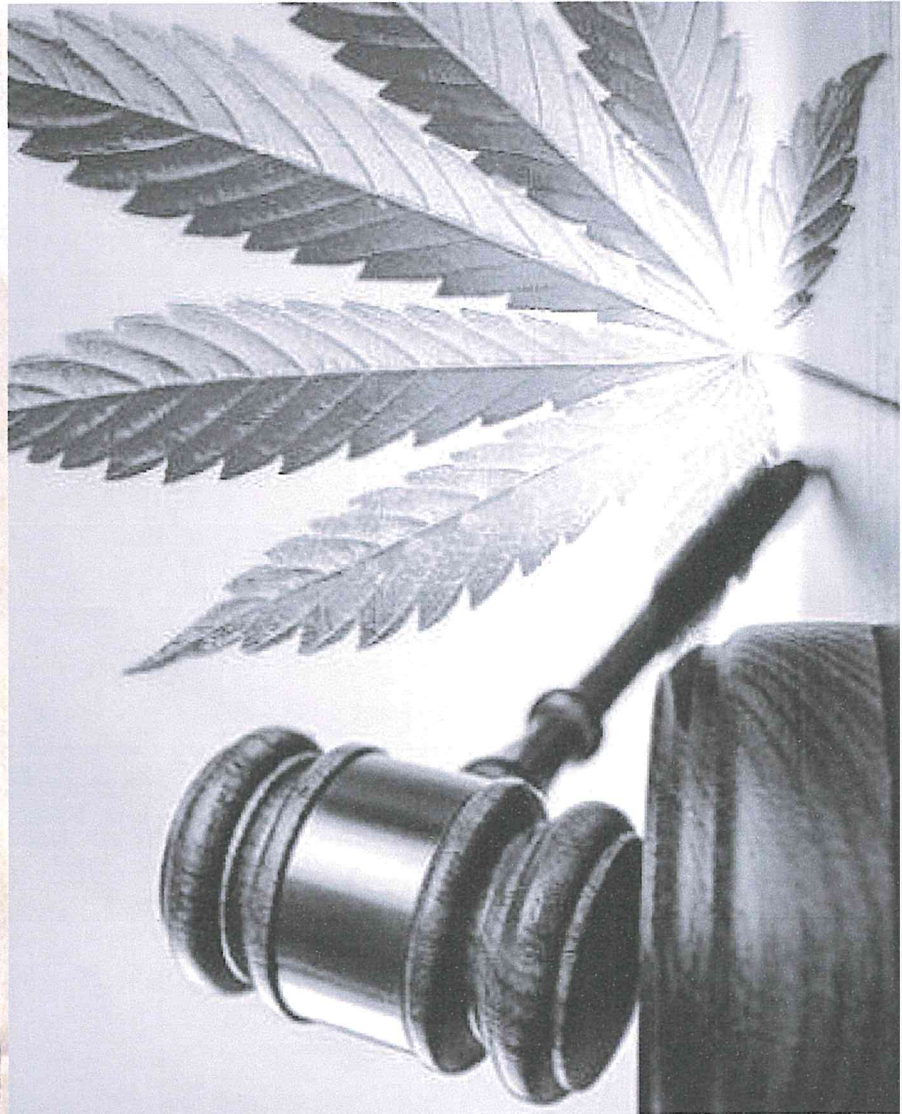
EXPRESS NEWS SERVICE
@Mangaluru

MANGALORE Customs officials arrested a drug peddler from a hotel in Udupi on Thursday.

The accused was identified as B Ansar (50) who hails from Udupi. He was booked for illegal trafficking of cocaine in 1994.

The cocaine seized then had the value of Rs 35 lakh in international market. He was absconding and had dodged investigation officers since 1994.

The officials following a tip-off arrested him from Udupi and later produced him before a court. The court remanded him in judicial custody.



Banned drug worth ₹2.37 cr seized at airport

Hyderabad: Customs officials seized 5.9 kg of the banned ketamine drug worth about ₹2.37 crore from a passenger who was about to board a flight from the Rajiv Gandhi International Airport here to Malaysia on Saturday. Based on intelligence inputs, the Customs officials seized the drug from the passenger who had concealed it in small tin cans in the guise of turmeric powder and 'kumkum' in the checked-in luggage. Ketamine is classified as a psychotropic substance under the NDPS Act, PTI

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Yenepoya Narcotics Educational Foundation of India

MISSION ANGEL DUST



National One Day Seminar On

MEDICAL MARIJUANA



Mr. Mohammed Nazir

Mangalore city corporation commissioner has kindly consented to be the chief guest for the inauguration

ON 26th APRIL 2017

**VENUE: Auditorium, 5th Floor, Yenepoya Dental College, Yenepoya University
Derlakatte, Mangalore**

ATTESTED



www.yenepoyanarcotics.org

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Inauguration and the start

The Medical Marijuana seminar was held at Yenepoya University on 26th April, 2017. It was organized by Yenepoya Narcotics Educational Foundation of India (YNEFI), Mangaluru, was inaugurated by Mr. Mohammed Nazir, Mangaluru city corporation commissioner at auditorium of Yenepoya Dental College.

Dr. Anil Kakunje Associate professor of Psychiatry and Deputy CEO of YNEFI welcomed, Dr. M Vijayakumar, Vice- Chancellor of Yenepoya University presided over the function, and Dr. Shemjaz Arakkal Deputy CEO of YNEFI proposed a vote of thanks.



Technical Sessions

Medicinal use of cannabis across different cultures by Dr. G Shreekumar Menon

Presently, cannabis is banned almost throughout the world. Being known as the 'Poor man's Heaven', every part of this plant is in use.

It is also known as the Indian Hemp, which points out to its Indian origin. According to the Hindu mythology, cannabis is Lord Shiva's favourite food and thus He is known as the 'Lord of Bhang'. Atharvaveda mentions the cannabis plant among the 5 kingdom of herbs that free people from anxiety. It is also referred to in the Old Testament as 'Honey wood' by Samuel. Cannabis is cultivated mainly for three purposes, for human consumption, for synthesising fibres for ropes and as a commercial substitute for linseed oil.

Speaking of the Historical aspect of cannabis, it is considered as one of the seven sacred plants in India. There are also groups like the Aghoris and Yogis who practice the religious use of cannabis. In the Chinese medicine, it is one of the 50 fundamental herbs. The Chinese history also reveals that it was Hua Tuo who first used cannabis as an anaesthetic. Interestingly, it is said that Gautam Buddha, in his penance of 6 years ate one cannabis seed per day. There is difference of opinion on the cannabis plant in the different denominations of Christianity. Some Sufi Masters like Sheikh Haydar advocated the use of cannabis. However, religions like Islam, Buddhism and Bahai completely prohibit the use of cannabis. Some Sufi Masters like Sheikh Haydar advocated the use of cannabis.

In the period between 1850-1937, cannabis was considered the prime medicine for than a 100 separate diseases. But in 1912, the Harrison's Act called for a complete ban on all intoxicating substances. This caused many countries to declare a ban on the cannabis. Hence, no much research was done.

Well, now, the interest seems to have revived and some US states have begun to legalise it for medicinal purposes.

Medical marijuana could be of therapeutic use in conditions like Alzheimer's, Hepatitis C, ALS, Multiple sclerosis and epilepsy. It could also be used to reduce seizures, chemotherapy induced nausea, reduce pressure in glaucoma and relieve pain, tremors and spasms. But, it comes with adverse effects like structural changes in the brain, risk of heart attacks, impairment of memory and balance and potential addiction. Marijuana also seems to have a lot of commercial potential in the textile industry, for paper, building materials etc.

Presently, Israel is the world leader in the cultivation and exportation of cannabis with an income of about 1 billion US dollars a year. This has lead them to conduct numerous researches on it. About 76% of doctors approve the use of medical marijuana. This proves the need of the authorities to legalise the medicinal use of marijuana to further the researches and ultimately bring benefit to the suffering patients.



Marijuana in homeopathy by Dr. Madona Joseph, Prof. & -toD, Dept. of Forensic Medicine, Father Muller -homeopathy Medical College, Mangaluru

In homeopathy, it is said 'like cure like'. The cannabinoids are also called 'the drug of happiness' or a 'social drug' because its intake removed feelings of loneliness and boredom. The plant cannabis belongs to the vegetable kingdom. It is believed that the cannabinoids could be used in conditions like phobias, hallucinations and other neurological disorders like epilepsy, manias and delirium.

On the contrary, Cannabinoid users are also expected to be dealing with absent mindedness, nightmares, feeling exaggerated emotions and feel like time passes too slowly. They also inhibit higher mental functions and stimulate imagination to a remarkable degree. As to conclude, it is possible that this drug could be a potential medicine to some of the disease if a dose is prepared keeping the holistic approach in mind. After all, it is said, 'One man's food is another man's poison.'



Pharmacological aspects of Medical Marijuana by Dr. Preethi G. Pai, Associate Professor, Dept. of Pharmacology, KMC Mangalore.



Medical Marijuana: Standardization & Product development by Mr. Gowtham M, Associate Professor, Dept. of Pharmaceutics, Rajiv Gandhi Institute of Pharmacy, Kasragode

Cannabinoids are used in medicine to treat a variety of symptoms, but their efficacy for specific indications is not yet clear. It is believed that it could be used to treat conditions like epilepsy, multiple sclerosis, Alzheimer's, Huntington's disease, Osteoporosis, Incontinence, nausea and vomiting due to chemotherapy, glaucoma etc. A total of 7 relevant studies have been done on HIV infections. Dronabinol was administered for their appetite stimulation. It proved of some help for the treatment of AIDS associated anorexia, but the evidence for its safety and efficacy are still lacking. About 18 RCTs with 20-419 sample sizes were conducted in painful conditions and some relief was noticed in conditions like peripheral neuropathy and multiple sclerosis. Cannabinoids have also proven to reduce insomnia, incidence of nightmares and increase sleep quality. They have shown to reduce pain and thus could be used in palliative care. But, several adverse effects like dizziness, nausea, fatigue, somnolence, euphoria, hallucinations etc have been reported from about 79 clinical trials.

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Rimanaband, a cannabinoid receptor blocker was found useful to treat dyslipidemia but it was removed in 2010 as it showed suicidal tendencies and depression. Cannabinoids are also believed to be of use in osteoporosis, breast cancer, prostatic cancer, skin cancer, lung cancer, oral cancer and pancreatic cancer. Even if they could not provide complete cure, it could be combined with chemotherapy as an adjuvant to reduce toxicity. The conclusion drawn is that cannabinoids may not be an answer for pain relief or palliative care, but maybe of use in advanced cancerous conditions, so the best thing to do is to stimulate endogenous cannabinoids through yoga, exercise, meditation and other enjoyable activities.



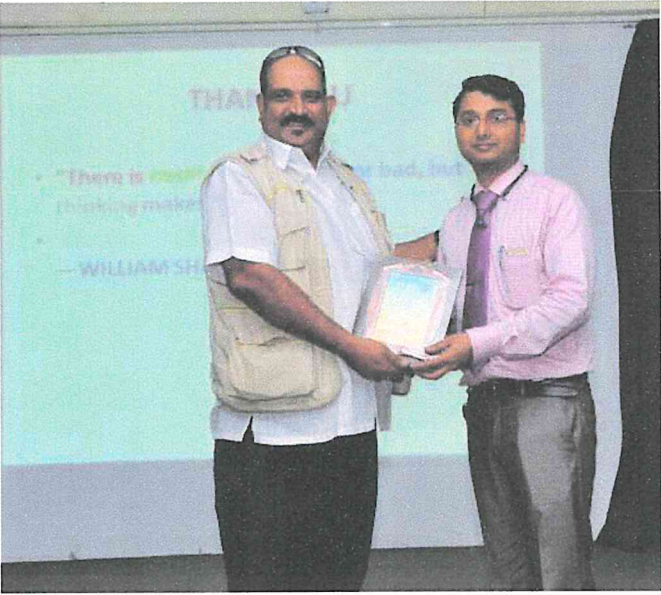
Marijuana in Ayurvedic Medicine by Dr. Krishnamurthy, Alvas Ayurveda Medical College, Mangalore. The plant 'Bhang' had been regarded as a semi poisonous drug since olden days. Unlike the common man's belief, not every plant that grows in nature is necessarily safe or without side effects. In the Ayurvedic literature, the Bhang has been used to treat a variety of diseases like skin diseases, diarrhoea, psychological disorders, etc. It is described as an appetiser, absorbent, digestive, carminative, confusing, hallucinatory, causing sluggish speech and sedative drug. But like any other thing, it is the proper amount, time and duration of use that decides whether it is a nectar or a poison. The dosage of Bhang in Ayurveda is 65-125mg of purified Bhang leaf powder. The adverse reactions noticed are vertigo, fatigue, confusion and tremors. The antidote to its overdose is Cow's ghee and milk. The dose should only be consumed after the classical method of purification is done and the formulations rightly prepared. Its uses are numerous. It is an analgesic, anticonvulsant, appetiser and sexual stimulant to name a few. The scientific evaluation of the therapeutic actions of Bhang and its utility is lagging due to a number of reasons like insufficient data, hindrance in motivation, its effect on other classical products and because it is a non-profit business to Pharmaceutical companies. To answer the question whether Bhang is a boon or bane, the answer is to prepare classical formulations with suitable vehicle in specific doses. The studies in this matter are to be encouraged in the light of research so that the needy patients are benefitted out of it.

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Neuroscience perspective on the Cannabinoids by Dr. Raghavendra B.S, First Neuro Brain & Spine Super Speciality Hospital, Mangalore

Speaking of the 'weed of madness', there was a time in 1763 in the US when anybody could be jailed for not growing the cannabis plant because it was a war crop at that time. The cannabinoid receptors in the body are the CB1 in the nervous system and CB2 receptors in the immune system. CB1 receptors are located in the presynaptic nerve terminal. The stress responsive Anandamide acts on CB1 and decreases the GABA mediated transmission. This is responsible for actions such as hyperactivity, analgesic action and so on.

The addiction potential of cannabinoids when compared to nicotine, heroine, alcohol and the like are comparatively very less(of about 9%). Medical marijuana could be made use of in fertility regulation, appetite regulation, reduction of inflammation, euphoria and to increase the blood supply to the brain. The question posed is 'Is cannabis safe?' and the answer is that no drug is totally safe. And without a doubt, it is relatively much safer than other drugs that are used to treat epilepsy. Cannabinoids could be helpful in headaches, cancer, multiple sclerosis, neuropathic pain, and movement disorders, anorexia associated with AIDS and cancer and in reducing spasticity. To end with a quote, as the Father of Neurology said, "There is nothing either good or bad, but the thinking makes it so."



Panel Discussion

The discussion emphasised that the cannabinoids could be a potential answer to diseases like epilepsy, ALS, multiple sclerosis, Gonorrhoea, palliative treatment of non-curable cancer, autism and others. The ethical side of it much is still unknown. The addiction factor that causes the psychological dependence makes the imitation of the drug usage. The answer to this may lie in all branches of medicine working together to bring out a formulation that can benefit the patient. The procedure to conduct a research on the drug was also discussed by the medical ethics representative. The discussion concluded with the decision that a collaborative effort from all fields of medicine may reveal the wonders of Medical Marijuana.

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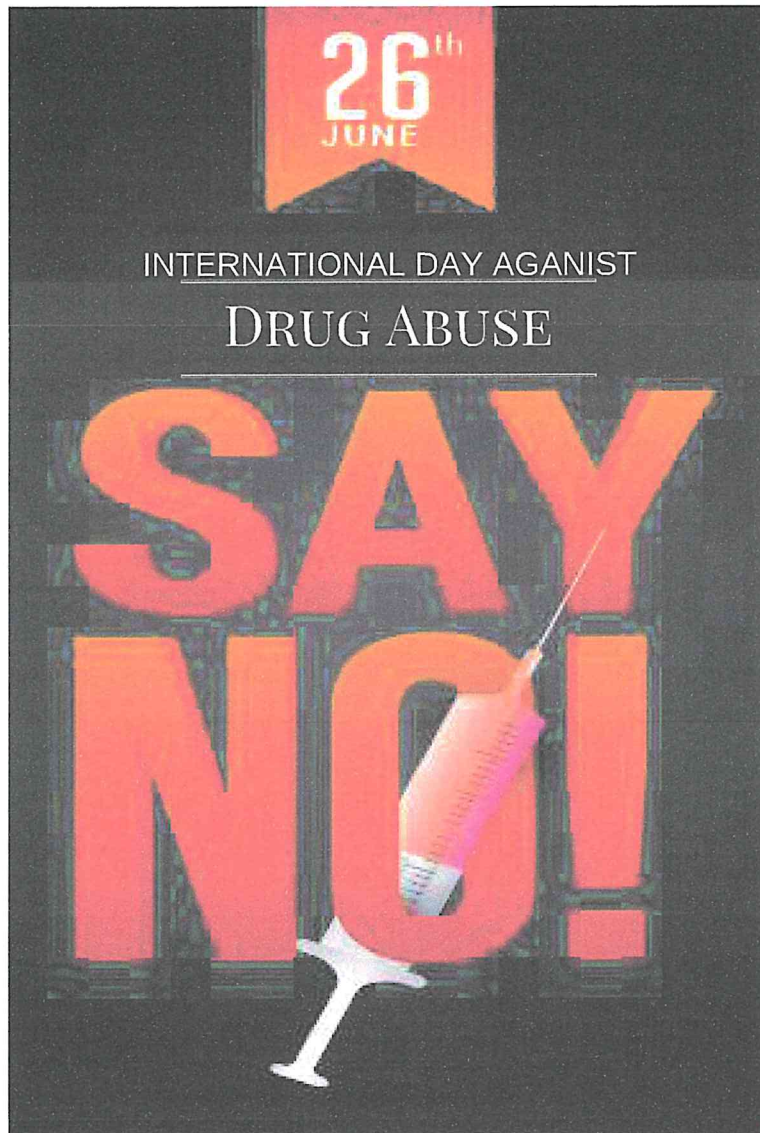


Mission Angel Dust


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Mission Angel Dust

MONTHLY NEWSLETTER



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Greetings and a very warm welcome to our monthly newsletter.

The highlight of this month's issue is 'Lady K' - as the name indicates, it has mostly to do with women: how it is used as a date rape drug. There is an extensive article included which deals with Marijuana and Dental care.

June is the month in which there is an exclusive day to create awareness against drug abuse - June 26th is the International Day against Drug Abuse-the day was chosen by the United Nations in commemoration of the dismantling of the opium trade in china in the mid 19th century. An initiative posted last year in this context is 'LISTEN FIRST', aimed at the well-being of children and youth, their families and communities; and has a tag line-"listening to children and youth is the first step to help them grow healthy and safe." We shall cover this aspect of prevention of drug abuse in the coming issues.

As always your suggestions and feedback is always welcome. I hope you enjoy reading this issue.



Dr. Shemjaz Arakkal M

Editor-in-Chief

Deputy CEO, Yenepoya Narcotics Educational Foundation of India (YNEFI)

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Dear All

It gives me great pleasure and pride to share this June 2017 issue with all of you. May 2017 witnessed a momentous occasion when two Mission Angel Dust members had the rare honor of being felicitated by the Hon'ble Chief Minister of Karnataka Shri. Siddharamiah on the 16th of May 2017, at the Banquet Hall, Vidhan Soudha, Bangalore. Our hyper active Anti Narcotics Force member, Dr.Ashwini Shetty was honored for her devotion and contribution to the National Service Scheme. She bagged the acclaimed Best Program Officer, instituted by the Government of Karnataka. I also had the accidental privilege of receiving the Best NSS unit among Universities in Karnataka. It was a unique honor to receive the award from the hands of the respected Chief Minister.

Our esteemed Head of Department of Psychiatry and friend, philosopher and guide of Mission Angel Dust, Dr. Mohan Chandran, has retired after a distinguished innings, that saw him serving in many places in India and abroad. But the silver lining is that he will continue to guide the activities of Mission Angel Dust. We wish Dr. Mohan Chandran a fresh innings of distinction and service to humanity.

This month we expose the recreational drug Ketamine or Lady K, and its ill effects to the readers.

Thanking you.



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CEO, YNEFI &
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Technical Chairperson
YNEFI

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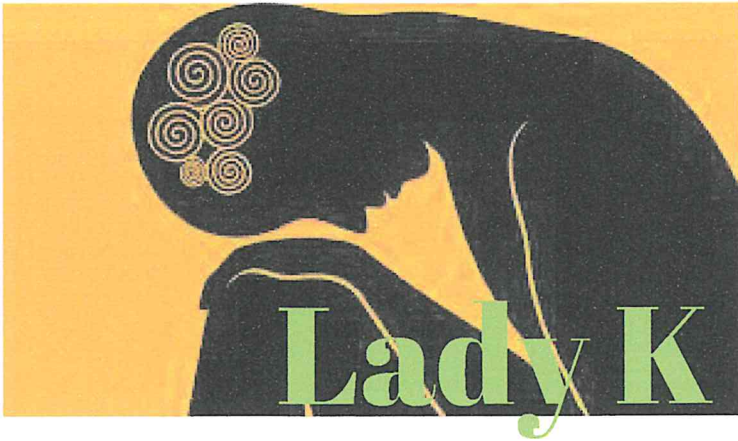
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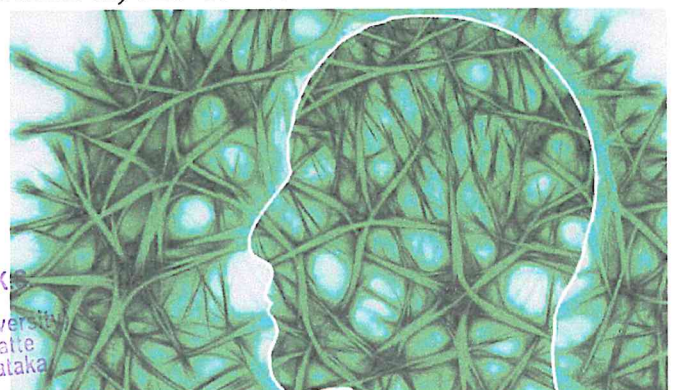


The 1960s were the heyday of psychedelia, cocaine flourished in the 1970s and 1980s, the 1990s saw a lot of Ecstasy pills being popped, and today Ketamine is reshaping nightlife and figuring in the world of culture.

The drug, called K or Special K, is referred to as “a horse anesthetic.” It was synthesized in 1962 by American scientist Calvin Stevens. Common street names for Ketamine are K, Special K, K2, Vitamin K, Super K, Super C, Lady K, Kit Kat, Super Acid, Cat Tranquilizers, and Cat Valium. Young people are starting to discover a tailor-made party drug for the current generation: it is relatively inexpensive, has a strong effect and enters and leaves the body rapidly. This odorless and tasteless preparation had gained international notoriety as the “date rape drug” because it is often used by sex offenders to drug their victims, mostly unsuspecting women party-goers. But they are ignoring the risks the substance poses, both physical and psychological.

Ketamine is a dissociative general anesthetic for human and veterinary uses. It has been used for pain control in burn therapy, battlefield injuries, and in children who cannot use other anesthetics due to side effects or allergies. Pharmacologically, ketamine is a noncompetitive N-methyl-D-aspartate (NMDA) receptor antagonist, but at higher doses may also bind to the opioid mu and sigma receptors. It is related to phencyclidine (PCP), but has less than 10 percent of the potency of pure PCP.

Ketamine has become a choice drug of abuse and recreational drug. It is available as a clear liquid or off-white powder form, and can be injected intravenously or intramuscularly, consumed orally, or added to marijuana and smoked. Abuse of ketamine can lead to powerful visual hallucinations. When higher doses of ketamine are abused, it is reported to produce an “out-of-body”, “K-hole” or “near-death” hallucinogenic experience, often reported as terrifying. Other reported side effects include lethargy, delirium, chest pain, hallucinations, respiratory depression and elevated heart rate, loss of coordination, muscle rigidity, violent behavior, amnesia, seizures, and coma.



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Withdrawal may occur after chronic, extended use of ketamine. Withdrawal symptoms may include chills, sweats, excitation, hallucinations, teary eyes, and drug cravings.

There is no antidote for ketamine. Overdose situations with ketamine are treated with symptomatic and supportive care in a hospital setting. Benzodiazepines may be used if needed for seizures or excitation. Respiratory support is rarely needed, but assisted ventilation or supplemental oxygen may be required.

Widespread ketamine abuse began in the late 1970s as subcultures (e.g., mind explorers, new agers, spiritualists) experimented with the drug and reported strange experiences like dreaminess, floating sensation, numbness, out of body feelings, hallucinations, and perceived insight into the world, universe, and life.

Ketamine is very dangerous when combined with other drugs and alcohol. Anything that is a respiratory depressant or raises the heart rate is dangerous when taken with Ketamine.

The potential for combined effects is very high. This is how many people overdose on this drug. The combination of Special K and other drugs proves too much for the body.



Ketamine is notorious for its use as a date rape drug; it is included in the stringent schedule X of the Drug and Cosmetics Act to curb its easy availability. Now, its buyers and sellers have to maintain extensive documentation and governmental checks. Ketamine was included in the list of psychotropic substances under the National Drugs and Psychotropic Substances Act, 1985, in 2011. It is converted to powder form in backyard laboratories in south India and smuggled through airports in bulk quantities to holiday destinations in Malaysia and Thailand where it is widely abused as a recreational drug.



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UNODC
United Nations Office on Drugs and Crime

The International Day against Drug Abuse and Illicit Trafficking is a United Nations International Day against drug abuse and the illegal drug trade. It is observed annually on 26 June, since 1988, a date chosen to commemorate Lin Zexu's dismantling of the opium trade in Humen, Guangdong, just before the First Opium War in China. The observance was instituted by General Assembly Resolution 42/112 of 7 December 1987.

On this occasion, on 26th June, 2017, Yenepoya Narcotics Education Foundation of India proposes to release a book compiling messages from all the Vice Chancellors' of Universities in India, Principals' of Schools and colleges in India, on the theme of problems that illicit drugs pose to the youth, of this country.

'Listen First' was the theme announced by the UNODC in the year 2016 which was an initiative to increase support for prevention of drug use that is based on science and is thus an effective investment in the well-being of children and youth, their families and their communities.

Past Observances Themes

- 2015 - Lets Develop — Our Lives — Our Communities — Our Identities — Without Drugs
- 2014 - A message of hope: Drug use disorders are preventable and treatable
- 2013 - Make health your 'new high' in life, not drugs
- 2012 - "Global Action for Healthy Communities without Drugs"
- 2011 - "Say No!"
- 2010 - "Think health - not drugs"
- 2009 - "Do drugs control your life? Your life. Your community. No place for drugs."
- 2008 - "Do drugs control your life? Your life. Your community. No place for drugs."
- 2007 - "Do drugs control your life? Your life. Your community. No place for drugs."
- 2006 - "Value yourself...make healthy choices"
- 2005 - "Drugs is not child's play"
- 2004 - "Drugs: treatment works"
- 2003 - "Let's talk about drugs"
- 2002 - "Substance abuse and HIV/AIDS"
- 2001 - "Sports against drugs"
- 2000 - "Facing reality: denial, corruption and violence"

"On this International Day Against Drug Abuse and Illicit Trafficking, I call on countries and communities to continue to improve the lives of everyone blighted by drug abuse by integrating security and public safety with a heightened focus on health, human rights, and sustainable development." — UN Secretary-General, Ban Ki-moon

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Dr. V. V. Mohan Chandran (DPM, MD) was the professor and head of department of psychiatry in Yenepoya Medical College, Mangaluru. He is the technical chairperson of Mission Angel Dust.

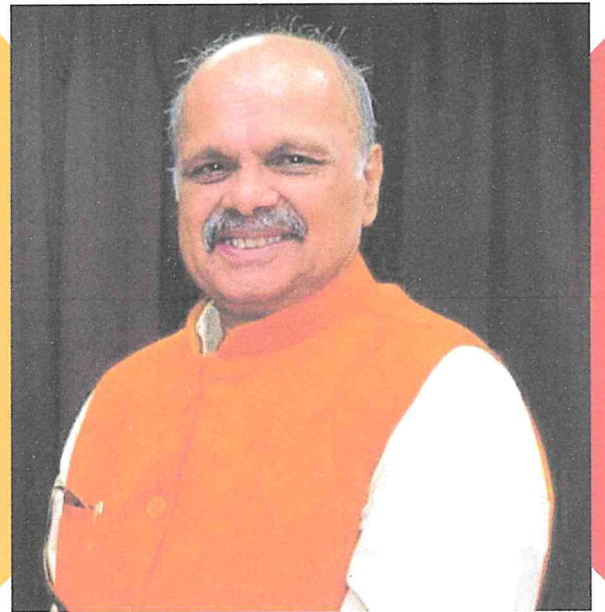
Dr. V. V. Mohan Chandran, a native of Kannur district, Kerala. He graduated (MBBS) from Kasturba Medical College, Mangalore, did diploma and masters in Psychiatry from National Institute of Mental Health and Neuro Sciences (NIMHANS) Bangaluru. He joined as lecturer in the Dept of Psychiatry at Calicut Medical College and retired as Professor and Head, Dept of Psychiatry, Thiruvananthapuram Medical College. Later he occupied the posts of Vice - Principal, Principal, and Director of Pariyaram Medical College, Kannur, Kerala. He served Yenepoya University as Professor and head of department of psychiatry and retired on May 2017.

He is an active person who contributed in various committees and professional bodies.

- Past member of editorial board, journal committee of IJPM
- Past Secretary, national council member and President of South Zone, Indian Psychiatric Society
- Past Treasurer and President of Indian Psychiatric Society Kerala State branch
- Founder member of Indian Psychiatric Society Kerala State branch
- Founder Convener of Calicut Psychiatry Guild

He served as Consultant Psychiatrist and Lead clinician for ECT in National Health Service, UK for 6 years. He was honored with Life time Achievement Award held at SIPSCON 2016 - 32nd Annual Conference of the Indian Psychiatric Society, Kerala Branch at Calicut. He also is experienced in performing Narco-analysis.

Though sir has retired from Yenepoya University, he will still be continuing with us in the Mission Angel Dust as our Technical Chairperson to guide this mission forward. We deliver our best wishes to Dr. V. V. Mohan Chandran's in his new chapter of life.



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MARIJUANA CONSUMPTION AND DENTAL CARIES



Cannabis is a plant-derived drug that has been used extensively worldwide since 500 AD and is one of the most commonly abused drugs across the globe. It has been reported that approximately 147 million people (2.5%) worldwide use cannabis. It is classified as a class B drug. As of 2000, per the UNODC the "prevalence of abuse" of cannabis in India was 3.2%.

Cannabis is referred to by many different names but is commonly known as marijuana, hashish and hash oil. Its historic and current use extends from medicinal, recreational and religious purposes. It is derived from a plant called Cannabis sativa, which is grown in varying climates but usually indoors. The drug itself is extracted through drying and pressing of the plant.

There are many different preparation methods for cannabis, the most common being in the form of dried leaves and flower, which is referred to as marijuana. Marijuana is usually smoked in hand constructed cigarettes, known as 'joints'. The concentration of THC, within a given preparation of cannabis varies considerably. Table 1 shows concentration of THC in various cannabis consumption forms.

Table 1. The average concentration of THC on three different preparations of cannabis

Cannabis form	Concentration (%)
Marijuana	9.6
Hashish	14.8
Hashish oil	66.4

Cannabis use affects multiple bodily systems, some more profoundly such as the respiratory, cardiovascular and the central nervous system. Its effects vary considerably between individuals, and also depend on the preparation and the mode of intoxication.

IMPACT OF CANNABIS USE ON ORAL HEALTH

DRY MOUTH AND CARIES:

Generally, cannabis abusers have poorer oral health than non-users, with higher decayed, missing and filled (DMF) teeth scores, higher plaque scores and less healthy gingiva. Saliva is commonly known to protect the underlying mucosa from frictional damage. It is also an excellent buffering system involved in protecting the oral cavity, especially the teeth, from dental diseases such as caries. Schulz-Katterback et al study established that cannabis users generally experienced dry mouth for approximately 1-6 hours after the use of cannabis.

A study conducted by Darling et al., which aimed to determine the oral effects of cannabis found that dry mouth was experienced by 69.6% of its participants after smoking cannabis, compared to 18.6% of the cigarette smoking control group.

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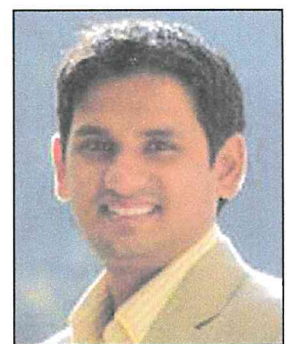
Moreover, the effects of dry mouth commenced immediately after the use of cannabis and the duration of the effects were variable between participants.

Di Cugno et al. found that a person who uses cannabis has a reduced saliva buffering capacity than someone who does not use cannabis. Through the effect of cannabis on leptin, an important hormone in regulating appetite, a cannabis user is frequently hungry immediately after cannabis consumption. The combination of reduced saliva production, decrease in saliva pH and increased appetite can leave teeth vulnerable to attack from potentially cariogenic foods and drinks.

A study carried out by Silverstein supports Schulz-Katterbach findings. The DMFT score of 77 subjects who had used recreational drugs was investigated. It is not surprising that 84% of the participants used cannabis. The DMFT score for cannabis users was 11.99, of which decayed teeth equated to 22% of the DMFT score. Similarly, Di Cugno et al.,²⁰ found the number of decayed teeth amongst cannabis users to be 2.5 times higher than that of controls, which made the overall DMFT index in their study statistically significant. Even though these studies have been conducted over 30 years ago, their findings highlight the oral health status of cannabis users. Further studies are required to look specifically at the DMFT value of cannabis users today, whilst limiting the number of confounding factors.

All the studies conducted in various places around the world highlight poor dental attendance by cannabis users, poor oral hygiene maintained by the cannabis users and these along with the effects of cannabis which leads to xerostomia and excessive consumption of food all these factors contribute to the causation of dental caries. Hence dental surgeons should be aware of these facts and not only do curative treatment but emphasize on preventive aspects as well. This article has focused on cannabis use and dental caries alone the results are similar to other substance abuse.

The debate over the personal use of marijuana in around the world is extremely contentious with supporters for decriminalization and legalization, and others who assert the importance of strict prohibition. Public should have the best information at their disposal about the harms and risks associated with using cannabis in any form.



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Dr. G Shreekumar Menon
 Registrar, Yenepoya University and Deputy CEO of Mission Angel Dust was honored by Chief Minister of Karnataka Mr. Siddaramaiah on 16th May 2017


Dr. Ashwini S Shetty
 Assistant Professor of Yenepoya University and Member of Mission Angel Dust was selected by govt. of Karnataka as BEST NSS Program Officer for the year 2016-17 and was honored by Chief Minister of Karnataka Mr. Siddaramaiah on 16th May 2017




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Ganja peddler arrested

MANGALURU: Konaje police arrested a 28-year-old man in connection with peddling ganja at Deralakatte and seized ganja and an autorickshaw from his possession, on Wednesday. The arrested has been identified as A Ansar, a resident of Belma village. Sources in Konaje police station said the accused Ansar was plying from Kanakere to Deralakatte in an autorickshaw on Wednesday. Police grew suspicious and tried to intercept him. However, Ansar tried to evade the arrest. However, police chased Ansar's vehicle and nabbed him. They also seized 350 gms of ganja and an autorickshaw.



Ansar

NCB unearths drug racket

The Narcotics Control Bureau (NCB) has arrested six people, four of them foreigners, as it unearthed multiple drug smuggling rackets in New Delhi, reports PTL.

Officials said the arrested foreigners include a Bolivian woman and man, a Nigerian and a South African national.

The two Indians, both women, are from Manipur. In the first case, the NCB sleuths arrested the Bolivian

woman, Fernando R Grade-ga, on Monday from the New Delhi airport and seized cocaine weighing 3.2 kg.

On Grade-ga's tip off, the Nigerian, Odonga C Stephen, and the two Manipuri women, Lhing-pichang alias Shilpa and S Khan alias Joyce Karoung, were arrested.

In the second incident, the sleuths arrested the Bolivian man, S J Fernando, who had swallowed 50 drug-filled pills before arriving in India.

3 arrested for peddling ganja

EXPRESS NEWS SERVICE @Mangaluru

DHARMASTALA police arrested three people, including a woman, in connection with peddling ganja and seized 20 kilos of the banned substance, estimated worth Rs 4 lakh from their possession on Tuesday.

The arrested have been identified as Tamil Selvi alias Lakshmi, Shantha Kumar and Chandra Kumar alias Kumar. According to police sources, they were tipped off about three people wandering near a bus stop in a suspicious manner. Immediately, a team of police headed by DySP Raveesh CR and DCIB Inspector Amanullah rushed to the spot and arrested the accused. Police



Police team which nabbed three people in connection with ganja peddling at Dharmasthala

also seized three mobile phones and Rs 1,100 cash.

A case has been registered at Dharmasthala police station in this regard.

TWO GANJA PEDDLERS HELD

EXPRESS NEWS SERVICE @Mangaluru

BARKE police arrested two people for allegedly peddling ganja near Mangala stadium and seized five kg of ganja, an autorickshaw, a weighing machine, two mobile phones and cash worth Rs 4,37,500 from them on Wednesday.

The accused have been identified as Shantanu Kumar Sahu(20), son of Lingaraju, a resident of Odisha and Vikram alias Vikky alias Jayaram, who is an autorickshaw driver. Sources in Barke police station said they were informed about two people waiting for customers near Mangala Stadium in Lalbagh.

A team of cops headed by Rajesh A K, under the guidance



Barke police along with ganja peddlers and the seized substance

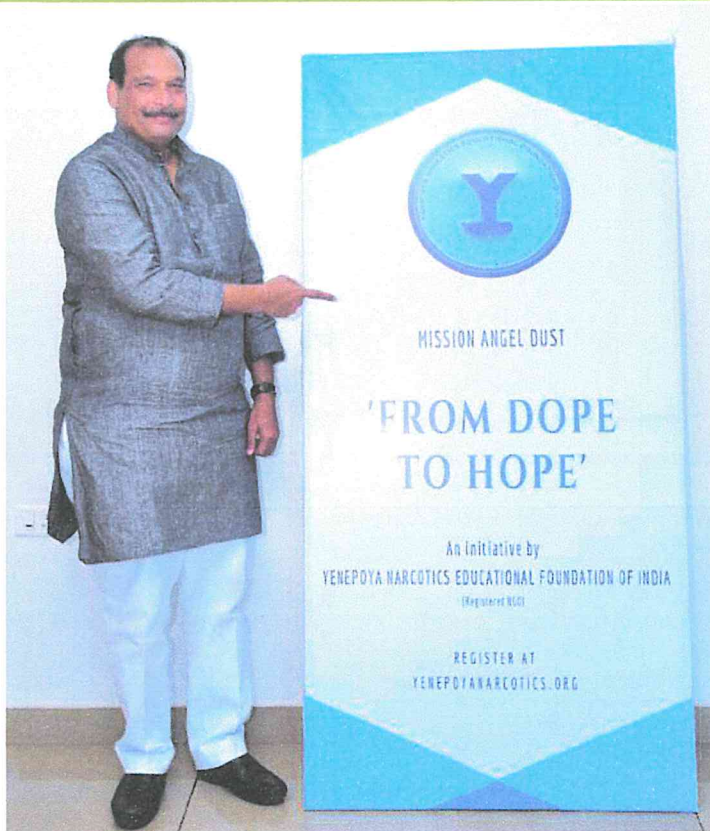
of ACP (Mangaluru Central Subdivision) Uday Nayak rushed to the spot and arrested the accused.

The arrested confessed to the

crime during interrogation by the police.

The accused will be produced before court, police sources said.

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Mr. Ivan D'Souza, chief whip in Karnataka Legislative Council shows his support to Mission Angel Dust



NSS Volunteers from different part of India during NSS integration camp showing their support to Mission Angel Dust in helping to bring a 'Drug Free India'

ATTESTED

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MISSION ANGEL DUST

'FROM DOPE TO HOPE'

An initiative by
YENEPOYA NARCOTICS EDUCATIONAL FOUNDATION OF INDIA
(Registered NGO)

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INTERNATIONAL DAY
AGAINST

**Drug Abuse
& Illicit
Trafficking**

June 26, 2017



MISSION ANGEL DUST
'FROM DOPE TO HOPE'

FIGHTING FOR A DRUG FREE INDIA

Keep Away from:

NARCOTIC DRUGS
PSYCHOTROPIC SUBSTANCES
RAVE PARTIES

Dr. Shreekumar Menon
Registrar, Yenepoya University
CEO, YNEFI

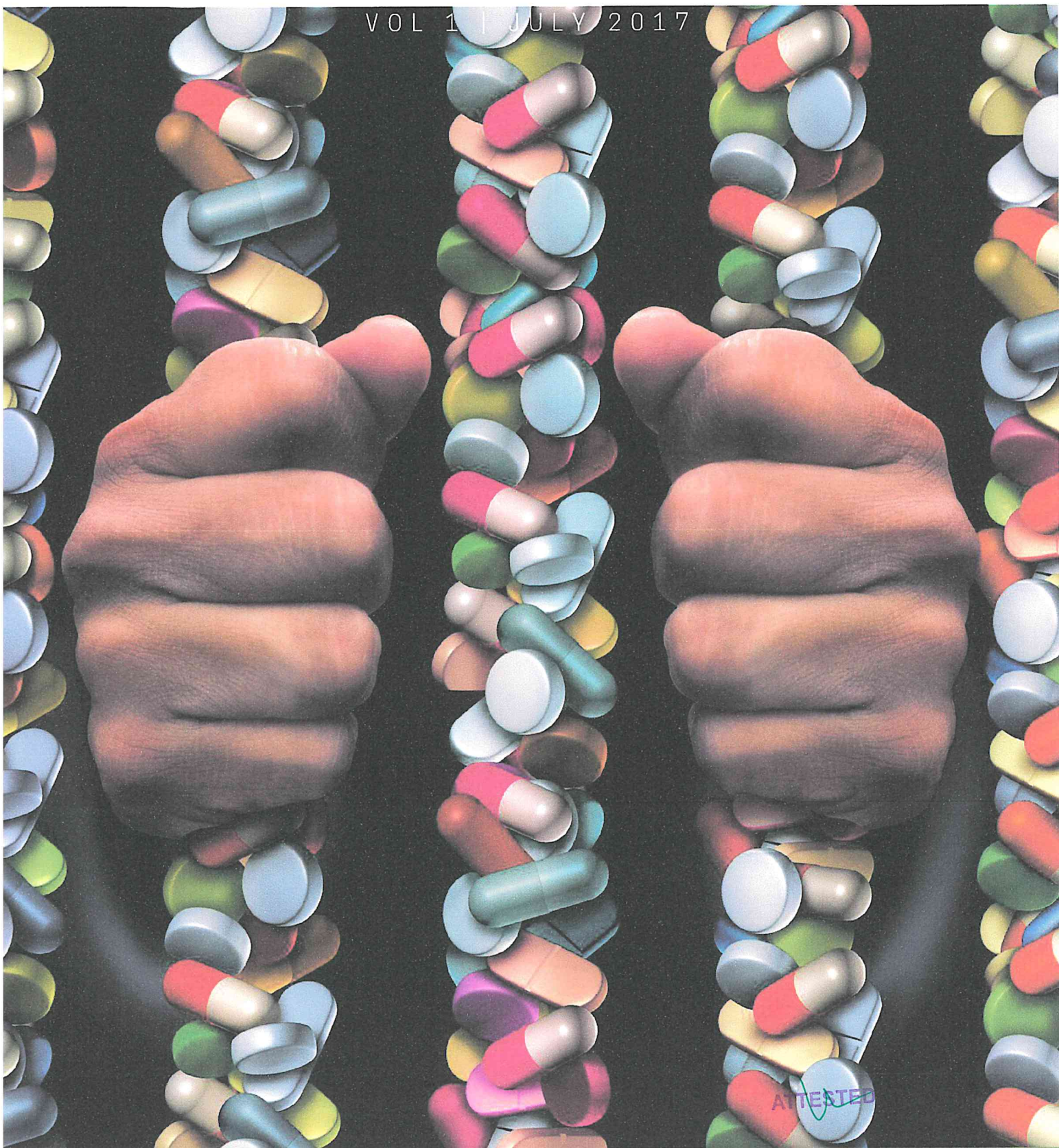
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Asst. Professor, Yenepoya University
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Mission Angel Dust

MONTHLY NEWSLETTER

VOL 1 | JULY 2017



ATTESTED

AN INITIATIVE BY YENEPLOYA NARCOTICS EDUCATIONAL FOUNDATION OF INDIA

Dr. Gangadhara Somayaji K.S.
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Greetings and a very warm welcome to our monthly newsletter.

The highlight of this month's issue is 'Buprenorphine' – a drug that is used as an analgesic but misused mainly by youngsters because it is one among the cheapest drug available. There is a wonderful article which was published in an online forum by our deputy CEO with a catchy title - Drug Traffickers Will Not Meet You in Jail Nor Attend Your Funeral.

As mentioned in our earlier edition, June 26th is an exclusive day to create awareness against drug abuse - The International Day against Drug Abuse. We are delighted and humbled to have a report from one of our member institute of Mission Angel Dust- Father Muller College of Nursing, Mangalore about the activities done as part of them observing The International Day against Drug Abuse.

Thanking you



Dr. Shemjaz Arakkal M

Editor-in-Chief

Deputy CEO, Yenepoya Narcotics Educational Foundation of India (YNEFI)

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Dear all

“Listen first” is the theme for the year 2017 International Day against Drug Abuse and Illicit Trafficking. The campaign advocates “listening to children and young people” to help them grow healthy and safe, decreasing any risk behaviours and drug use. Drug use, drug use disorders, and related health problems are major public health concerns. Everyone has the right to seek treatment for drug abuse, not as a drug addict nor as a drug user but as an ordinary human being. Public health strategies and the health care system play a prominent role in alleviating drug related harm at all levels. South Africa has a National Drug Master Plan, which is a single document covering all national concerns regarding drug control, summarizing national policies, defining priorities and allocating responsibility for drug control efforts. The Master Plan serves as the country’s blueprint for preventing and reducing alcohol abuse and substance abuse. India also needs to work on a similar Master Plan.

India’s soaring drug problem is not being handled effectively. Punjab continues to be in the throes of a severe drug epidemic, a recent government report states that more than 860,000 young men between the ages of 15 – 35 consume some form of drugs. 53 Indian cities are identified as having a severe drug problem. Coming down heavily on the Punjab and Haryana governments, the Punjab & Haryana High Court termed Punjab as the motherland of the drug problem, adding that its neighbour state (Haryana) was as bad. About 80% kids in Delhi’s Seemapuri turn addicts, some as young as 7 years! Kochi stands second in number of drug abuse cases in the country. Cruise vessels of the Kochi coast are reportedly hosting rave parties.

City wise data puts Mumbai on top of the drug abuse map. One in five students is on drugs in Pune. Maharashtra also ranks high in number of people committing suicide from drug abuse. Mizoram is battling a severe drug abuse problem. Tamilnadu is a major transit and shipment point for drug smuggling cartels. Hyderabad has also seen dramatic surge in consumption of cocaine.

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Karnataka is on top of the charts in drug abuse amongst kids, followed by Andhra Pradesh. Rajasthan is the second largest transit point of drug trafficking in India. Malda district in West Bengal has become notorious as India's own Afghanistan.

The drug trade is very active and volatile here. According to estimates there are over 66,000 injecting drug users (IDU's) in the North East. Misuse of different drugs like Alprazolam, Cataspa, Diazepam, Notrosun, Peptica, and Corazempam are frequently reported. Various insurgent groups operating in the North East are involved in the drug trade. The lowest number of cases is reported from Sikkim, Andaman & Nicobar Islands, Puducherry and Lakshwadeeep.

According to a National Survey Report by the UN Office of Drugs & Crime and the Ministry of Social Justice and Empowerment, about 10.7 million Indians, more than the population of Sweden, are drug users; 8.7 million consume Cannabis and 2 million use Opiates.

Are all these not sufficient reasons for India also to have a Master Plan of its own to tackle the drug menace?

Thanking you



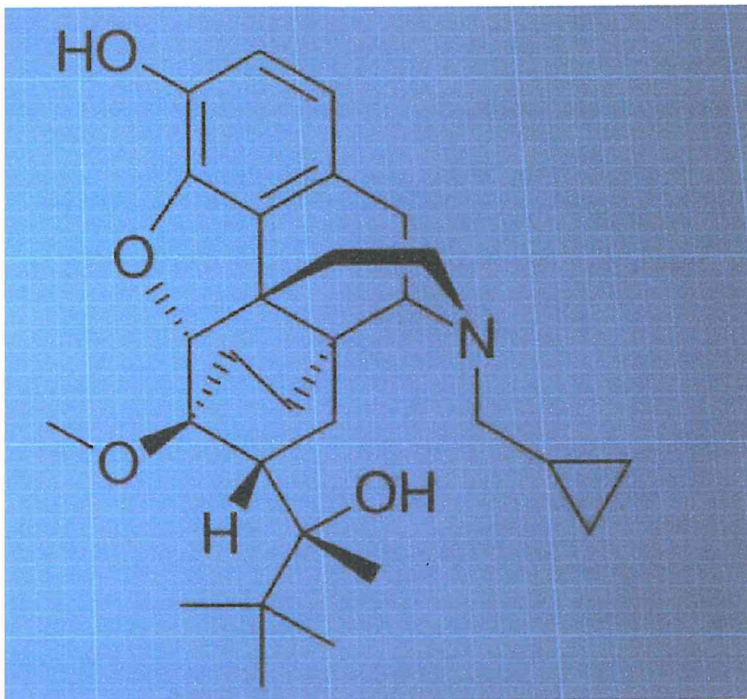
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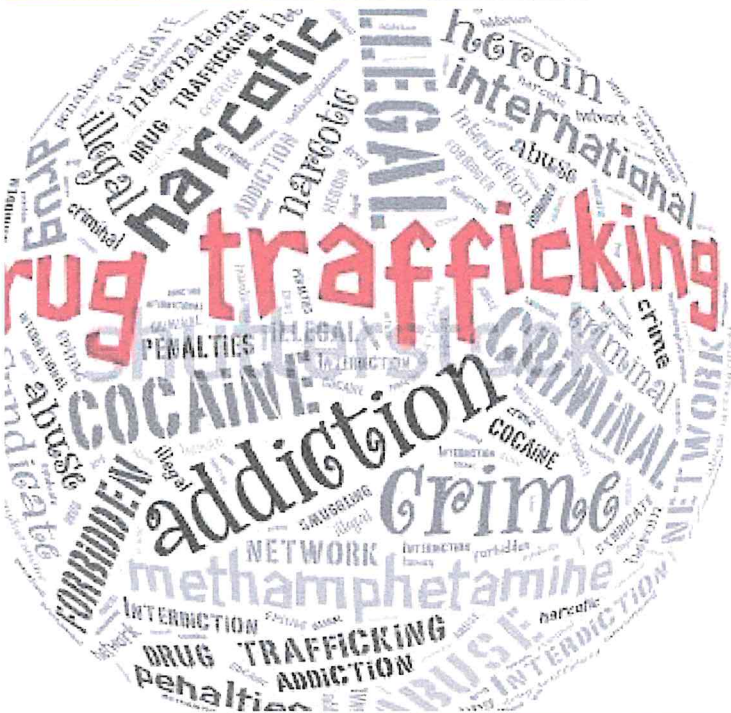
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NEWSLETTER

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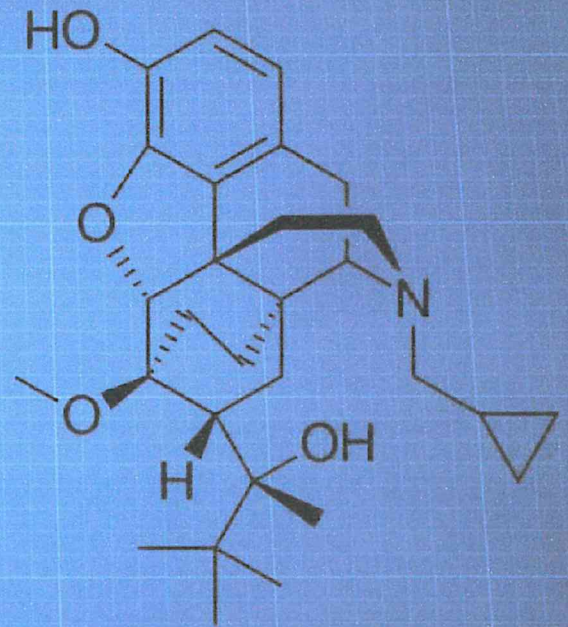


08 Drug Traffickers Will Not Meet You in Jail Nor Attend Your Funeral - by Dr. G Shreekuma Menon



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Buprenorphine, is a semisynthetic derivative of thebaine, a mixed partial agonist opioid receptor modulator, used in the treatment of moderate acute pain and moderate chronic pain. The combination of buprenorphine with naloxone is also used for opioid addiction.

In 1978, buprenorphine was first launched in the UK as an injection to treat severe pain, with a sublingual formulation released in 1982. Currently it is available in sublingual/oral and parenteral form. Buprenorphine was approved for medical use in the United States in 1981.

Both buprenorphine and methadone are medications used for detoxification, short- and long-term opioid replacement therapy. Buprenorphine has a slow onset, mild effect, and is very long acting with a half-life of 24 to 60 hours.



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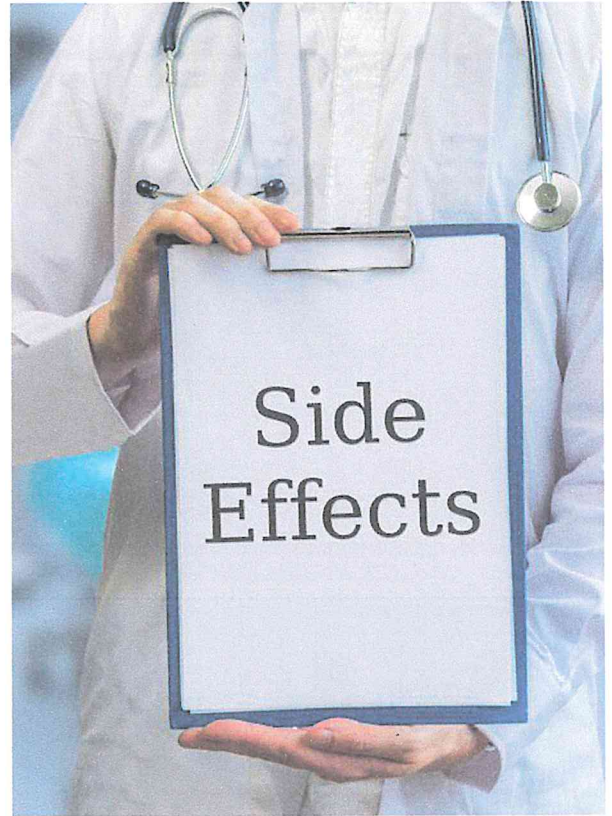
Side effects : nausea and vomiting, drowsiness, dizziness, headache, memory loss, cognitive slowing, perspiration, itchiness, dry mouth, shrinking of the pupils of the eyes (miosis), orthostatic hypotension, male ejaculatory difficulty, decreased libido, and urinary retention.

Buprenorphine treatment carries the risk of causing psychological and or physical dependence.

The withdrawal effects are similar to that of opioids like running nose, lacrimation, yawning, and abdominal cramps.

Buprenorphine was introduced in India in 1986. It was introduced as a schedule H drug and is included in the NDPS act. The typical profile of the abuser in India is an urban male, young to middle aged and school to college level educated. Compared to many other substances of abuse this is relatively cheaper. The initiation generally starts from fellow addicts who introduce this during times of non-availability of opioids. At times it is from medical professionals who start this as part of the detoxification programme. In the absence of methadone in India Buprenorphine combined with naloxone is preferred for opioid deaddiction.

People get dependent to Buprenorphine like opioids. There need to be more caution and the use judicious when prescribed for medical reasons.



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Drug Traffickers Will Not Meet You in Jail Nor Attend Your Funeral

Today, June 26, is United Nations International Day against Drug Abuse and Illicit Trafficking. Drug trafficking is a global illicit trade comprising of cultivation, production, distribution and sale of banned illicit narcotic drugs and psychotropic substances. Every continent and country on planet earth is covered in the drug trafficking network. The people who control and run this dubious trade are known by different titles depending on the size and volume of the trade controlled by them. Thus there are drug lords, drug barons, drug czars, kingpins, peddlers, and so on. A Drug Cartel comprises of a group of Drug Lords.

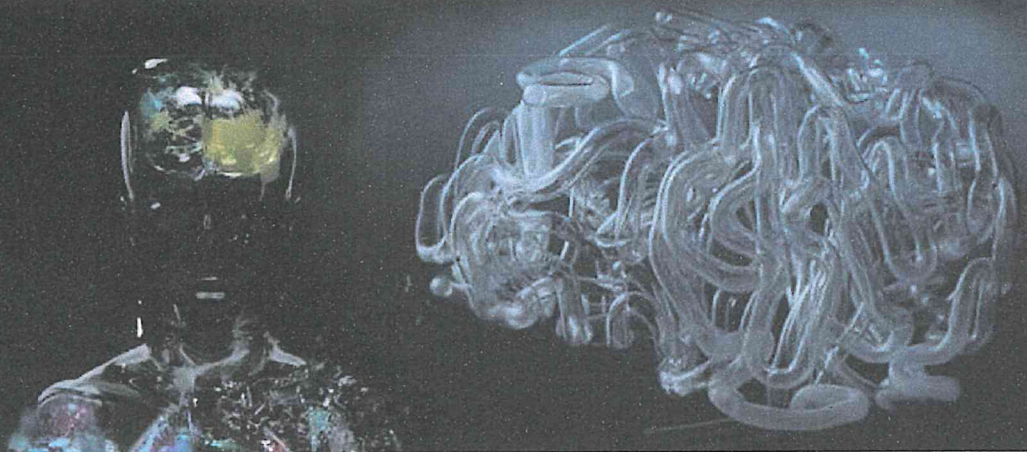
From drug lord to drug peddler, they all live, function and accomplish their professional duties in a shadowy world, targeted by governments, hunted by enforcement agencies, hounded by the media, and despised by the common man. It is paradoxical and enigmatic that drugs, which are more valued than even precious stones, have only a criminalized status. In spite of it being criminalized by society, yet, surprisingly, it enjoys a prized commodity status in political, financial, commercial and terrorist circles. In every country there is an active narco-bourgeoisie that maintains the political structure, by liberally bribing the political class. It is this nexus that keeps the drug trafficking industry in top gear at all times.

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A special class of student drug peddlers is continuously groomed by professional drug peddlers to ensure a steady supply of fresh entrants into the narcotics web. Professional drug dealers prefer to avoid face to face meeting with new customers, fearing that they could be police decoys. Students also prefer to avoid buying drugs and banned substances from strangers. They feel that it will be a secret if all transactions are among themselves. Students are therefore best suited for selling drugs. Students are a particularly vulnerable group in society. A lot of students are under heavy stress to excel in academic performance. Many of them, especially inmates of hostels are always in need of money, as they are away from their family. The drug dealers lure such vulnerable students into the racket very easily, as students due to ignorance of the law, are unaware of the legal consequences. Many of them do not even know that it is a crime to deal in drugs.

Prevent teen drug abuse



The demand for illicit drugs like cannabis, heroin, hashish, and psychotropic drugs peaks during weekends, exam season and festival times. The lure of quick and easy money tempts students to deal in drugs. The profit margins are higher with hard drugs; hence many are willing to do this risky job. This also means that they will sell drugs to even minors, innocent freshers, and girls and be on the constant lookout for getting fresh prey. The opportunity to make extra cash is the main reason for students to take to selling drugs. Female students who use drugs are more vulnerable and more stigmatized and will be forced to have sex in exchange for drugs.

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Students can easily identify those who desire to have drugs in their class or college. Many foreign nationals who enroll in colleges for higher education are known to be associated with the drug mafia. Foreign students find it difficult to procure part time jobs in India, but, selling drugs ensures a steady and easy income.

Students, whether Indian or foreign should know that offences under the stringent Narcotics and Psychotropic Substances Act, attract sentences ranging from 10 to 20 years. Many young students die tragic deaths ruined and wrecked by drugs.

According to one estimate, there are around 11 million drug users in India. We need a regular National Student Drug Survey to ascertain about the number of addicts, male and female addicts, drug consumption levels and patterns, and impact that drugs are having on their lives. Current drug policy emphasizes abstention as the key driver in preventing drug taking. Policy makers need to know why a student is taking drugs. Also, for the success of any anti drugs campaign, the network of student's unions need to be mobilized.

With so many hidden dangers and fatal pitfalls facing the student drug user, the consequences of ignorance for the unsuspecting, ill-informed student trafficker, could be fatal. Student traffickers should remember that "Drug Traffickers Will Not Meet You in Jail or Attend Your Funeral".

Appeared in daijiworld.com on Jun 26th 2017

by



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June 26th is an exclusive day to create awareness against drug abuse - The International Day against Drug Abuse. We are delighted and humbled to have a report from one of our member institute of Mission Angel Dust-Father Muller College of Nursing, Mangalore about the activities done as part of them observing The International Day against Drug Abuse as well as World No Tobacco Day

1. Observance of International Day against Drug Abuse and Illicit Trafficking 2017

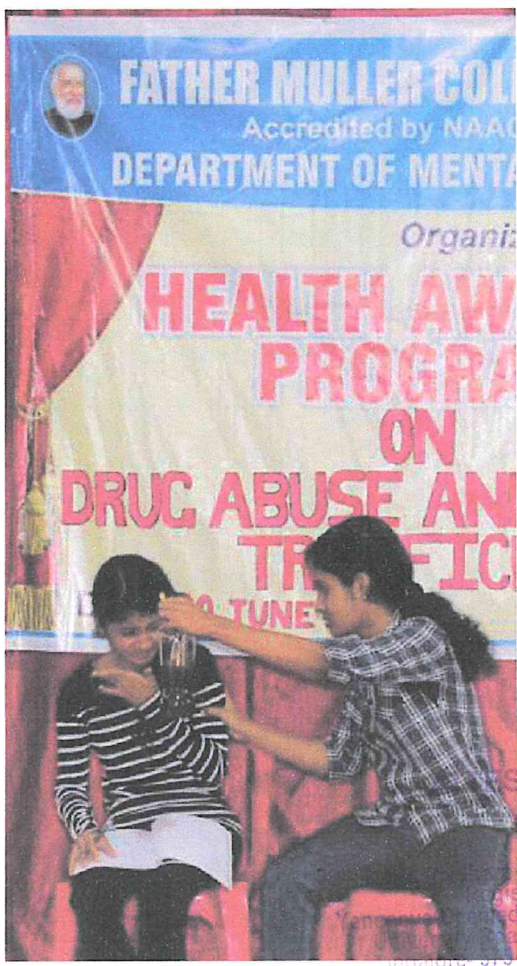
The Department of Mental Health Nursing, Father Muller College of Nursing(FMCON) observed the International Day against Drug Abuse and Illicit Trafficking. On 20th June 2017, a health talk in Kannada was organised for the High School Children of Padua High School on the theme— “Listen First” and Mr. S K Shripathi Bhat, Counsellor, De-addiction ward, was the resource person.

As a part of the day, 3rd year BSc Nursing students organised a Role play on the theme — “Listen first”.

Around 125 students got benefitted from the programme.

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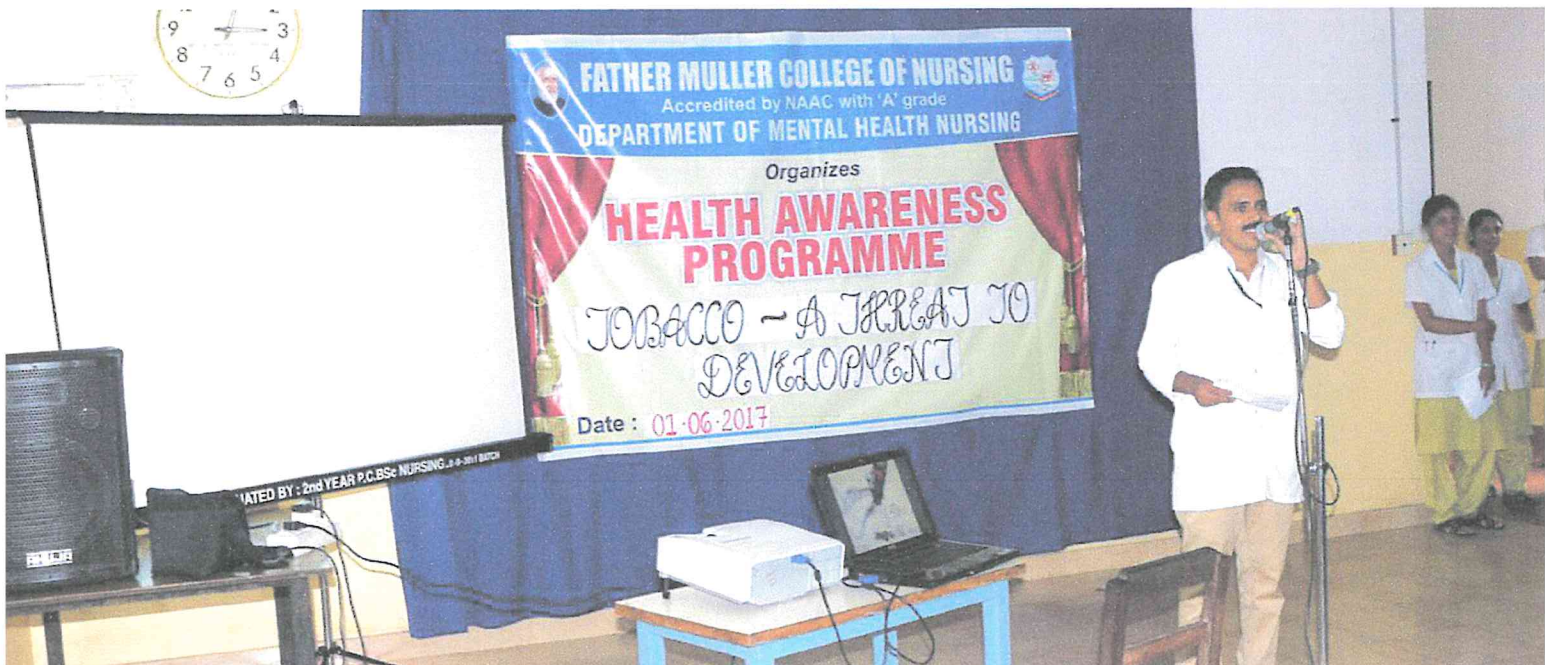


2. Observance of World No Tobacco Day

Department of Mental Health Nursing, FMCON observed the World No Tobacco Day on 31st May 2017 and 1st June 2017. A quiz competition for the staff nurses of Father Muller Mental Health Centre and students of Father Muller College of Nursing was conducted and winners were awarded.

As a part of the Day, 3rd year BSc Nursing students displayed posters in the OPD on the theme 'Tobacco: A threat to development'.

A health talk was organised for the patients and family members of Father Muller Mental Health Centre on the theme in Kannada and Malayalam by Mr. S K Shripathi Bhat, Counsellor, De-addiction ward, and Mr. Rajeeve Mathew, Lecturer, Department of Mental health Nursing.



Mission Angel Dust

"FROM DOPE TO HOPE"

Yenepoya Narcotics Educational Foundation of India

A Registered NGO

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MISSION ANGEL DUST

MONTHLY NEWSLETTER

AN INITIATIVE BY YENEPLOYA NARCOTICS EDUCATIONAL FOUNDATION OF INDIA

芬太尼
Fentanyl - The China Girl

ATTES

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Message from the editor

A new year brings new opportunities for change and growth. For many people - addicts included - this takes the form of New Year's resolutions. However, we all know that many resolutions are never actually achieved. This year, make your resolutions for recovery attainable and geared towards making your life as a recovering addict easier.

When it comes to setting goals for the new year, many people think too far ahead, or use very broad resolutions.

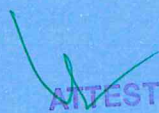
Depending on where you are in your life and in recovery at the moment, different goals will speak to different people. Keep in mind that many people fail at sticking to their resolutions for recovery because they do not truly see the benefit, or they feel that the activity or action is too difficult.

Making one or two small changes consistently can yield greater benefits than a change carried out half-heartedly, which results in giving up too soon. That is why it is important to choose resolutions for recovery that really mean something to you, and resolutions for recovery which have achievable goals on a daily or weekly basis.

This year, aid your recovery with attainable, short-term goals that you can take one day at a time.

Dr. Shemjaz Arakkal M
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Message from CEO

September - December is the start of the festival season. October is a very exuberant time in India. The monsoon rain is yet to ease but the festival season is in full swing! There are religious extravaganzas filled with lights, music, and dance. In this issue, we talk about the powerful synthetic opiate fentanyl which is making headlines for all the wrong reasons.

The drug goes by several street names, including Apache, China girl, China white, dance fever, friend, goodfella, jackpot, murder 8, TNT, and Tango and Cash. When mixed with street-sold heroin and cocaine, fentanyl markedly amplifies not only their potency but also potential dangers. The rise of fentanyl can be traced back to doctors' offices, for decades of liberally prescribing highly potent opioids to patients who shouldn't have been exposed to them in the first place thereby creating a huge market for the organized crime groups, who are now exploiting a population of opioid misusers. North Americans consume about 80 percent of the world's prescription opioids and Canada is one of the highest per capita consumers, behind only the United States, according to the International Narcotics Control Board. China is the most significant manufacturer of illicit designer synthetic drugs. It's amazing what is coming out of China, hundreds of versions, including synthetic fentanyl and fentanyl-based compounds.

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On 17th March 2017 at the end of a successful 60th session of the Commission on Narcotic Drugs (CND), the President of the International Narcotics Control Board (INCB), Werner Sipp, said that the decision by the Commission to place under international control two precursors of fentanyl, ANPP and NPP, was a prime example of how the international drug control system can swiftly react to address emerging drug control challenges and threats to public health, and take concrete action to save lives.

The INCB had conducted an independent assessment of ANPP and NPP and recommended to the CND to include these two chemicals in Table I of the Convention against Illicit Traffic in Narcotic Drugs and Psychotropic Substances of 1988. The CND followed this recommendation and decided unanimously to place these substances under international control. These decisions will not only save lives in the current fentanyl crisis, witnessed specifically in countries in North America, but it will also make it harder for criminals to illicitly produce a number of even more deadly fentanyl analogues.

Wishing readers a Happy Newyear



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Fentanyl- the China Girl



“

*Fentanyl is
50 to 100 times
more powerful
than morphine*

”

Fentanyl is a synthetic opiate pain reliever. It's typically prescribed to patients for severe pain or injury, or after a patient has undergone surgery. It works quickly to eliminate any pain in the body. However, it can also be very addictive. Fentanyl is much more potent than heroin and 100x more potent than morphine.

Fentanyl was originally synthesized by Paul Janssen of Janssen Pharmaceuticals in 1960. It works to relieve pain quickly, and its effects don't last long. Users of Fentanyl may experience a state of euphoria and relaxation and may abuse it in attempt to seek these feelings on a regular basis.

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Fentanyl comes in a number of different forms and strengths including:

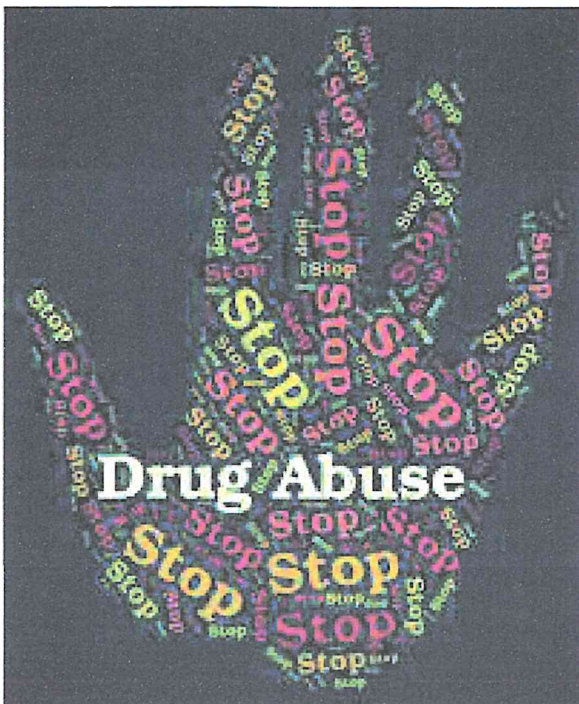
- *Tran dermal patches*
- *Lozenges/lollipops*
- *Intravenous injection*

Fentanyl is often sought out for illicit purposes due to its powerful pain-relieving and relaxing effects. Fentanyl is sometimes mixed with heroin or cocaine to heighten their effects. Combining these drugs is extremely dangerous, as while the effects are heightened, so are the dangers.

Sold today as "China Girl" or "China White" people can swallow, snort, or inject Fentanyl, or they can put blotter paper in their mouths so that it is absorbed through the mucous membrane. Like heroin, morphine, and other opioid drugs, Fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions. When opioid drugs bind to these receptors, they can drive

up dopamine levels in the brain's reward areas, producing a state of euphoria and relaxation. Fentanyl's effects resemble those of heroin and include euphoria, drowsiness, nausea, confusion, constipation, sedation, addiction, unconsciousness, coma, and death. Only 20 micrograms of it will kill a human. For most individuals, a lethal Fentanyl dose is about 2 milligrams.

China and India have been identified as primary sources of the Fentanyl and carfentanil being trafficked to the United States.



China is a global source of Fentanyl and other illicit substances because the country's vast chemical and pharmaceutical industries. There are now a total of 19 Fentanyl-related products under control in China. It will be illegal to manufacture or sell Carfentanil, Furanyl Fentanyl, Acryl Fentanyl and Valeryl Fentanyl in China.

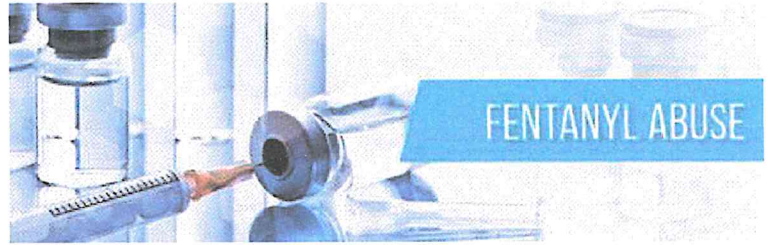
In September 2017 Agents made a record Fentanyl bust in New York enough to kill 32 million people. Officers seized nearly 270 pounds of Fentanyl, heroin, and cocaine worth \$30 million during separate busts, law enforcement officials said Monday. They also arrested four people.

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Substance use changes the brain, which can make drug use compulsive

A few grams of fentanyl can earn smugglers the same money as kilograms of heroin. Drugs have become stronger and synthetic because they are easier to smuggle and easier to produce. Imperfect dilutions of ultra-concentrated synthetic opioid lead to stronger potency drugs flooding the market. It is sometimes referred to as the "iron law of prohibition" - more interdiction, stronger drugs.



Fentanyl was associated with 368 overdose deaths in Canada, between January and April 2017. Montgomery County, Ohio, USA, is referred to as the overdose capital of America. 365 people died of drug overdoses from January through and May of 2017, 371 people died of such causes in all of 2016.

Fentanyl is all set to create an escalating public health crisis.

FENTANYL SIDE EFFECTS

DEPRESSION	CRYING SPELLS	SUICIDAL THOUGHTS	BEHAVIORAL CHANGES	ANXIETY & IRRITABILITY	HALLUCINATIONS



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Celebrity Drug Addiction

Recovery Success Stories

Drew Barrymore

Drew Barrymore is one of the most notorious child actors in Hollywood. She started smoking marijuana and snorting cocaine at the tender age of twelve. She went through drug rehabilitation treatments twice when she was 13 years old. Barrymore has turned her life around now and is an inspiration for others to do the same. After overcoming her drug addiction she said, "Life is very interesting... in the end, some of your greatest pains, become your greatest strengths."

Sanjay Dutt

Sanjay Dutt is an actor from the Indian film industry a.k.a. Bollywood. He developed a drug addiction following the death of his mother when he was a teenager. He was later imprisoned for five months on charges of illegal possession of drugs. After his stint in prison, his family sent him to a rehabilitation center in the United States. The good news is that he was able to overcome his addiction.

Samuel Jackson

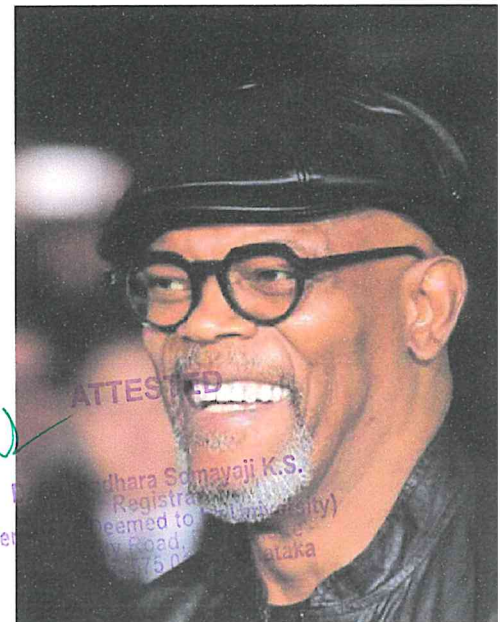
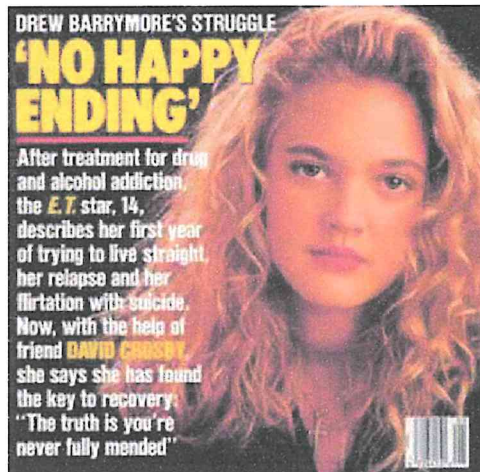
Samuel Jackson had a serious drug addiction problem. He was sent to a rehab center in New York after he overdosed on heroin. Jackson was forced to attend drug rehab programs more than once, as he always found a way to escape from the centers. He attributes his success in quitting drugs to his role in 'Jungle Fever'. He played a cocaine addict in the movie. According to him, his role made him realize just how dangerous the addiction could be!

Oprah Winfrey

Oprah Winfrey has gone through a lot of tragic situations in her life; the loss of a child, abuse, and poverty. She admitted that she was addicted to cocaine in the 1980s. Later, she went through a drug rehab program. After successfully overcoming the drug abuse, Winfrey started focusing on helping people and maintaining a healthy lifestyle. At present, she is an inspiration to people because of her positive attitude, success, and her indomitable spirit.

Angelina Jolie

Angelina Jolie was addicted to heroin and cocaine at the same time, and has always been open about her addiction. She was diagnosed with depression due to her drug abuse. She decided to quit drugs when she became the Goodwill Ambassador for the UNHCR (United Nations High Commission for Refugees). In one of her interviews, she said, "I went through heavy, darker times and I survived them. I didn't die young, so I'm very lucky. There are other artists and people who didn't survive certain things."



Nicole Richie

Nicole Richie, mainly known for her role in 'The Simple Life', was addicted to pills, heroin, and marijuana. She was arrested in 2003 for illegal possession (heroin). However, this did not stop her from abusing drugs. She was arrested again, in 2007, on charges of being under the influence of marijuana and Vicodin. Richie then went through a drug rehab program and is now reportedly clean. Currently, she is married and has two children.

Robert Downey Jr.

'Iron Man' Robert Downey Jr. was once considered a liability in the film business due to his drug addiction. In other words, he was not offered any roles because of his addiction to cocaine and heroin. He battled his drug problem at the California Substance Abuse Treatment Facility. When he was interviewed about his time in this facility, he said, "Job one is to get out of that cave. A lot of people do get out but don't change. So the thing is to get out and recognize the significance of that aggressive denial of your fate, come through the crucible forged into a stronger metal. Or whatever. But I don't even know if that was my experience. It's funny: five years ago, I would've made it sound like I'm conscious of my own participation in seizing the similarities. But so many things have become less certain. I swear to God. I am not my story."

Slash

The former Guns n' Roses guitarist Slash a.k.a. Saul Hudson was perhaps one of the most prolific drug abusers in the music industry in his time. In 2001, he was diagnosed with congestive heart failure. Owing to this diagnosis, he decided to stop the drug abuse, entered a drug rehab program, and is currently clean and sober.

Kelly Osbourne

Kelly Osbourne, a British singer and a former Dancing with the Stars contestant, started abusing Vicodin pills at the age of 17. She has confessed to taking as many as 50 pills a day! After going through the drug rehab program four times, she finally started feeling optimistic about her recovery chances. She is presently enjoying her drug-free life.

*The sky above
our head and the
sand beneath
our feet.
Remember that
life is good!*

Demi Lovato

Demi Lovato, a popular singer, was addicted to cocaine. Apparently the addiction was so bad that she used to smuggle cocaine on airplanes because she couldn't go even half an hour without the drug. She went into drug rehab in 2010 for a period of three months. Currently, she lives with her family and leads a healthy life.



[To her younger sister on using drugs:] If you do that stuff, you're dancing with the devil, because you never know when you're going to cross the line and not be able to get back.

— Demi Lovato —

AZ QUOTES

ROBERT DOWNEY JR
Sober Since 2001

"I finally said, you know what? I don't think I can continue doing this. And I reached out for help. And I ran with it."

Extreme drug abuse often results in unsavory endings: Cases in point are those of celebrities like Marilyn Monroe, Brittany Murphy, and Philip Seymour Hoffman who died because of drug overdoses.

ATTESTED Drug rehab programs can help you overcome your drug addiction, and the post recovery support program can help you stay on the path to lifelong recovery.

Dr. Gangadhara Gomayaji M.S.
Yenepoya (Deemed to be University)
Mangalore - 575 015, Karnataka

ADVENTURE

LIVE LIFE DRUG FREE



THE JOURNEY
TO A DRUG
FREE LIFE
ISN'T EASY,
BUT IT IS
OBTAINABLE

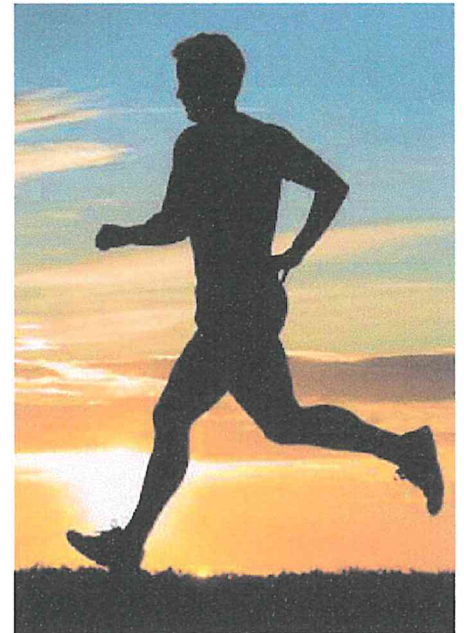
New Year's Resolutions for Recovering Addicts

Resolutions for Recovery: Attainable Goals for the New Year

Set Exercise Goals.

The most common resolutions around the world are 'losing weight' and 'getting fit' - but that is far too broad of a goal, and the majority of people end up giving up after a few weeks because they do not actually know how to get fit or lose weight. Instead, set attainable goals such as walk or run 10km per week. That is less than 1.5km per day! Once that becomes easy to do, raise it to 15km per week, and keep going in that pattern.

Regular exercise and physical therapy has a wide range of benefits, including boosting your mood and reducing stress. Whether you like to work out in a gym, at your local pool, or playing a sport with friends, setting some goals for fitness is a great way to stay in shape, reduce stress, and increase your chances of long-term sobriety.



Change your Eating Habits.

Along with exercise, the food you eat helps keep you grounded in a healthy body... and mind. And since most addicts have neglected their health while addicted, it is ever more important to eat well in recovery.

To ensure that you are getting all the nutrients and foods you need to keep you feeling satiated (and less likely to desire abusing drugs or alcohol), check out a recovery diet guideline, and make weekly goals to change your eating habits.

Eliminate potato chips or all snacks one week. The next week make it your goal to eat at least three types of vegetables each day. Slowly introducing new habits into your diet (instead of abruptly changing it all at once) will make it easier for you to keep it up long term. If you are unsure of how to eat properly, set up an appointment with a nutritionist in your area.



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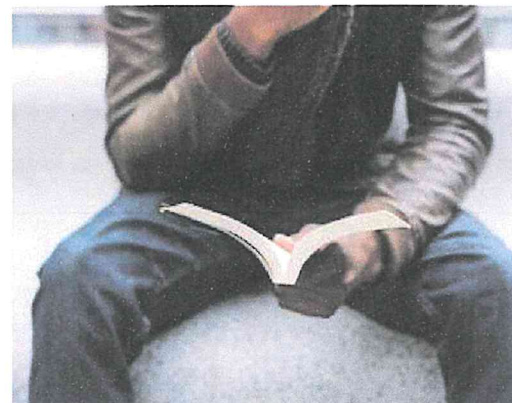
New Year's Resolutions for Recovering Addicts

cont....

Read an Inspirational Book.

Is there a book you have been meaning to read? Is there a story of a recovered addict that you might find inspirational? Not only is sitting down and taking the time to read a book a great way to relax and unwind – but there are many great addiction and recovery memoirs that may inspire you on your own road to recovery.

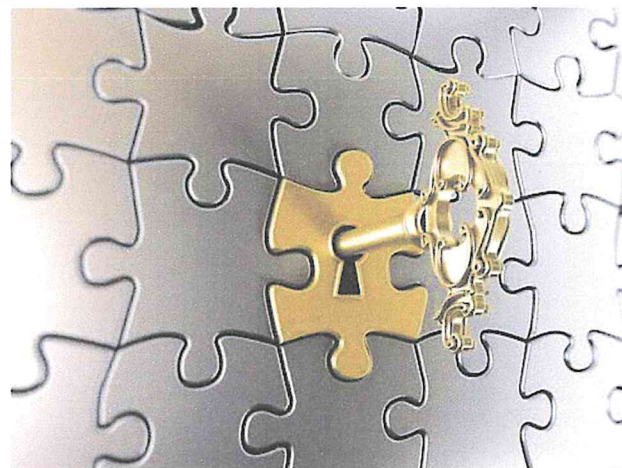
To make your goal more attainable, set a date by which you should finish the book. If that seems too daunting, give yourself smaller goals, such as one chapter each week, or every couple of days.



Nurture your Relationships.

A great resolution for recovery is to intentionally support and ask for support from significant people in your life. Life in recovery can often feel lonely, and many recovering addicts feel as though they are living in a world of their own – separate from friends and family.

Set a goal of reaching out to at least one person who means something special to you each month. Pick up the phone or send an email to ask that friend or family member to go for coffee, see a movie, or even go shopping at the mall or local market. Just be sure to stay away from those who you used with, as you don't want to trigger a relapse.



Unleash your Creativity.

Finding a creative outlet is an excellent way to release your stress, emotions, and your overall feelings in a way that is conducive to your recovery. But being creative does not have to mean being artsy or musical. Find new ways to cook your favourite vegetables, or write down any dreams you may have, and try to analyze on your own what they might mean. There are hundreds of ways to be creative that you've probably never thought about. Choose one day a week to be creative.

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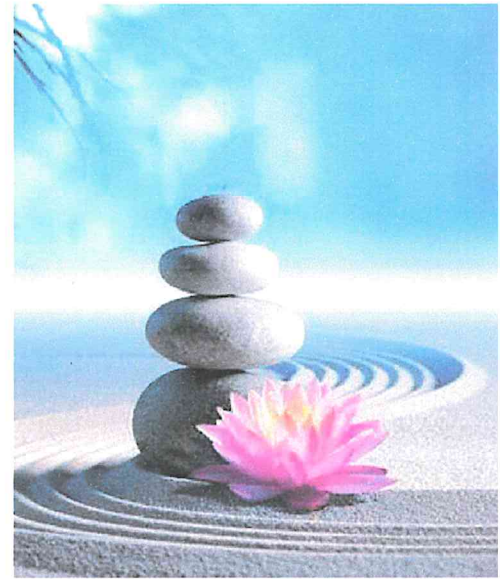
New Year's Resolutions for Recovering Addicts

cont....

Find your Inner Peace.

Okay, that might sound a bit airy-fairy, but it is an important part of staying sober. Everyone these days is so busy with work, building and maintaining relationships, chores, and other tasks - that many people feel they are constantly rushing through life. As an addict in recovery, however, you have to add meetings, support groups and other therapies to this already busy lifestyle.

In order to maintain sobriety, you must take time for yourself. Write in a journal, meditate, or attend yoga classes. Set a goal for yourself to do at least one of these activities each week, and you will notice a great change in your stress levels, and an overall feeling of being at peace with yourself.



Simplify your Life.

Feeling busy and anxious about stuff going on in your life is a trigger for relapse. Instead, reduce the clutter from your life, and simplify everything. Start off by getting rid of things in your home and work space that you don't need. Everyone has items that are just wasting space. Get rid of them! Spruce up your space with a fresh coat of paint, or fresh-cut flowers in a tidy space. Once you feel comfortable in your surroundings, sit down and write a list of everything you love about your life in one column, and things you wish to change in the other.

Once you've got both lists, set about making a schedule of how you can change those things that are bothering you. Knowing that you're on track to changing these parts of your life will make you feel better immediately. If you are unsure of how to change these things, ask a friend, family member or even your counsellor or sponsor for help.

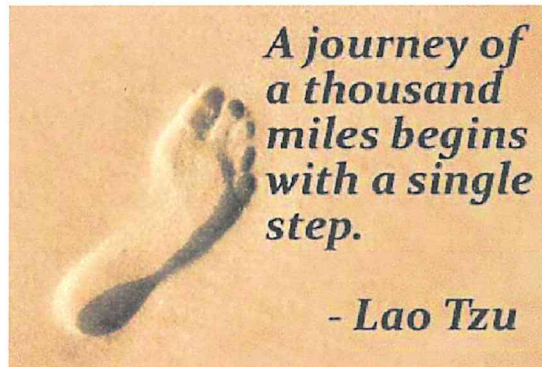


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New Year's Resolutions for Recovering Addicts

Getting Started on Your Resolutions for Recovery

Getting started on your goal is always the toughest part, and sticking to it comes next. Start off by writing down your resolutions for recovery, and also write down why they are important to you. Post the paper on your fridge or bathroom mirror – somewhere that you will see it frequently to remind yourself of your goals and why you are doing them.



After that, tell your close friends and family about your resolutions for recovery – tell them what you are doing and why. This is a helpful way to hold yourself accountable for your goals, as friends and family will frequently ask you how you are doing with them – and you're going to want to have a positive reply.

The Secret to Making Your Resolutions a Reality

Depending on where you are in your life and in recovery at the moment, different goals will speak to different people. Keep in mind that many people fail at sticking to their resolutions for recovery because they do not truly see the benefit, or they feel that that the activity or action is too difficult.

Making one or two small changes consistently can yield greater benefits than a change carried out half-heartedly, which results in giving up too soon. That is why it is important to choose resolutions for recovery that really mean something to you, and resolutions for recovery which have achievable goals on a daily or weekly basis.

This year, aid your recovery with attainable, short-term goals that you can take one day at a time.

How to make Resolutions Reality



2018

MISSION ANGEL DUST
DOPE TO HOPE

DOWN with DOPE : UP with HOPE

In the end, we only regret the chances we didn't take. Forget all the pains of the past, they were meant to make you strong. Start walking towards the future and blame no one as wrong.



- Dr.Gangadhara Somayaji K.S. Sign your name
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Mission Angel Dust
"FROM DOPE
TO HOPE"

Yenepoya Narcotics Educational Foundation of india

A Registered NGO

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 ATTESTED

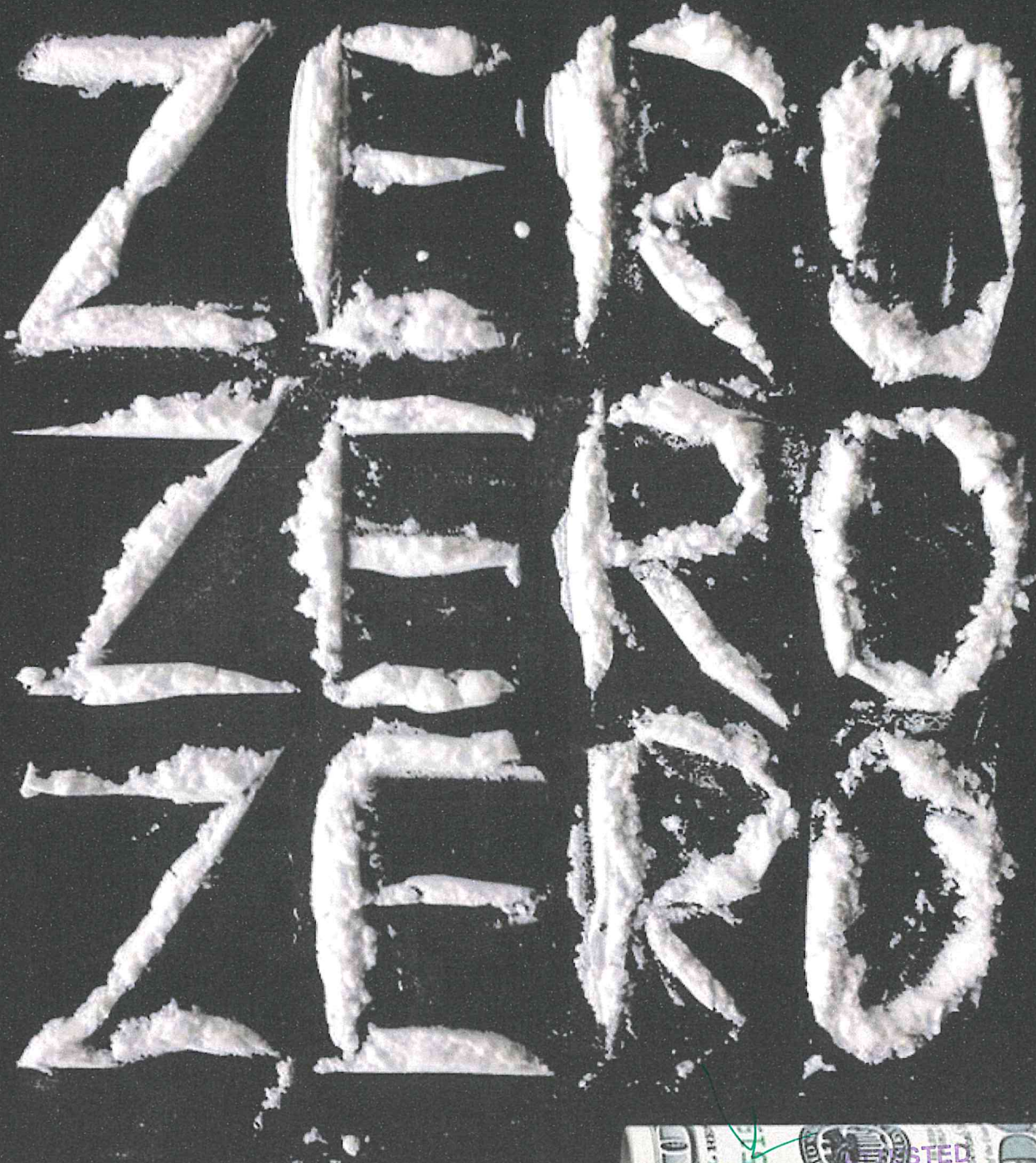
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MISSION ANGEL DUST

MONTHLY NEWSLETTER

ISSUE 2 • FEB 2018

N INITIATIVE BY YENEPLOYA NARCOTICS EDUCATIONAL FOUNDATION OF INDIA



DRUG AWARENESS DAY @
PANAMBUR BEACH

Message From The Editor



If you're struggling to overcome an addiction, no one needs to tell you it's tough – you're living it. Sometimes you could use a few encouraging words to remind you that you're not in this alone and that, yes, change really is possible.

To be honest, it doesn't get easier from here. But there is hope.

If you're a parent, and you suspect a problem, the first thing you need to do is address the issue. Tell your child you love him or her, and that you want to help. Don't go into the conversation as confused as for your child. Have a plan.

Consider the treatment options available nearby. Perhaps you can contact a local counsellor, or de-addiction centre that admits young people. Here is a comprehensive list of de-addiction centres treating youth addiction.

Maybe you're a concerned friend or peer, the best thing you can do for your friend is tell an adult, preferably the parent, or counsellor you trust. This will help you navigate your friend into a good recovery situation.

Let us all work together to help all human beings achieve dignity.

Dr. Shemjaz Arakkal M

Editor-in-Chief

Deputy CEO, Yenepoya Narcotics Educational Foundation of India (YNEFI)


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Message from CEO



Drug seizures keep occurring in different parts of the country by various enforcement agencies. Consignments of 46 kilograms of Methaqualone a psychotropic substance used as a party drug, and Piperonal, another substance used in the manufacture of Ecstasy, were caught at the beginning of the year, estimated to be valued at nearly Rupees 8.84 crores.. Methaqualone is a psychotropic substance and is listed under Schedule to the Narcotic Drugs and Psychotropic Substances Act, 1985 prohibited for export. Piperonal is a Controlled Substance under Narcotics Drugs and Psychotropic Substances Act, 1985 and requires a specific license to export.

To create awareness about the aggravated dimension of the problem of drug abuse and it's intricate linkage with widespread cases of criminality, violence, and addiction, Mission Angel Dust joined hands with Rotary Club Hillside, Mangaluru, to conduct a first-ever anti-drugs drive on Panambur beach on February 03rd, Saturday 2018. The event was flagged off by the Coast Guard DIG, Karnataka, at 5 PM.

The large holiday crowd that thronged the beach was made aware of the harmful effects of Narcotic Drugs by a series of programs conducted by the students of Yenepoya Medical College, Yenepoya Dental College, Yenepoya Physiotherapy College, Yenepoya Nursing College and Yenepoya Pharmacy College. Rotary club members entertained the holiday crowd with songs and were ably supported by the Yenepoya Band.

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A sustained, continuous effort is needed to ensure that our young generations are kept insulated from the various kinds of drugs that are entering the educational hubs routinely in search of new addicts. Mission Angel Dust continues its vigorous campaign, supported by management, teachers, students, and social service organizations, as we have a duty not to be defeatist in this matter. It is a professional responsibility for all of us to keep continuing the fight.



Dr. G Shreekumar Menon

IRS (Rtd), Ph.D. (Narcotics)
CEO, YNEFI

Registrar, Yenepoya University, Mangalore

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Roberto Saviano ZeroZeroZero



ROBERTO SAVIANO

THE WORLD OF DRUGS AND DIRTY MONEY

By Dr. G Shreekumar Menon

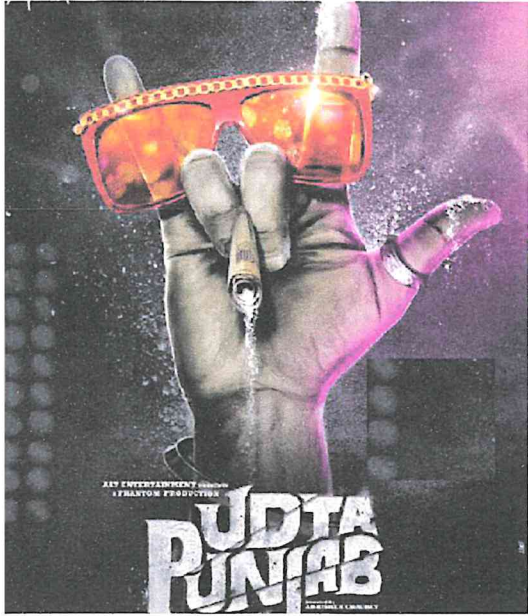
"Zero Zero Zero" is a book by Roberto Saviano that tackles the fascinating subject of the international drugs trade. High-quality cocaine is known to addicts as "zero zero zero" because it contains zero levels of baking powder. Saviano's book views cocaine as a fuel for the entire world economy.

The book stretches the boundaries of investigative journalism by chronicling the evolution of the Mexican drug cartels, by focusing on human behavior of almost unimaginable viciousness and brutality.

He matter-of-factly describes, in stomach-turning detail, murders and tortures inflicted on rivals, on government officials who decline to be bribed, and on innocent bystanders unlucky enough to be in the wrong place, thereby reducing entire regions to war zones.

Drugs are everywhere, their terrifying unassailable reach spreading across the landscape of India. Quantities seized are meaningless, grams and kilos are all irrelevant, when the stark reality is that tons are traded without any advertisements or brand ambassadors! The business is booming, it is a fascinating world totally hidden from the day to day lives that most of us live. Wide experimentation and addiction, reflecting moral decay and the gradual plunge into doom and despair, so brilliantly captured on celluloid in "Udta Punjab" was a sensational revelation about the cruelties faced by youth, the intensity of love and the disastrous lure of drugs.

Dr. Gangadhara Somayaji
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Almost every state in India has its own versions of Udta Punjab happening or waiting to happen. Impounded narcotics by different enforcement agencies showcase wily ingenuity as much as social menace of this growing clandestine industry. There is an insatiable appetite for narcotics; it is a domestic tale of legions of youth in schools, colleges and universities scouting for fresh supply lines. To borrow from documentary film maker Tom Feiling's 'Cocaine Nation', "Instead it seeps in, in thousands of ingenious disguises." The ravages of drugs have been well chronicled by journalists, social scientists and addicts-turned-memoirists about bizarre people and unforeseen happenings. The New York Times in 1974 had declared that hedonists from Hollywood to Wall Street had turned Cocaine into "the Champagne of drugs", that observation still holds good, except that, it is now a universal rage.

A pharmaceutical company once boasted about cocaine that it could "make the coward brave, the silent eloquent and render the sufferer insensitive to pain." This accounts for the amazing popularity of drugs transcending all borders, thereby opening smuggling routes from the sky and sea to the land and presenting a formidable challenge to Police and Customs organizations across the globe. Drugs have rendered America's famous "War against Drugs" to "War without End", as the global business in drugs is booming because of the online drugs market. The internet facilitated drugs trade has opened up new frontiers for peddlers of all kinds. According to the Ministry of Social Justice and Empowerment, India is home to over 3 million drug abuse victims. According to the National Crime Records Bureau, drug related suicides are high in the states of Maharashtra, Madhya Pradesh, Tamil Nadu and Kerala. While Maharashtra reports the highest number of drug related suicides in the country, Kerala tops the list in terms of incidence rate. Karnataka is sandwiched between these two states, in addition to having Goa, another highly drug affected state, as another neighbor.

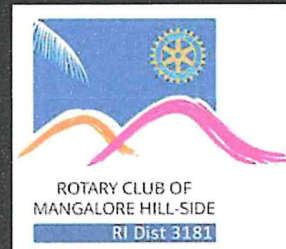
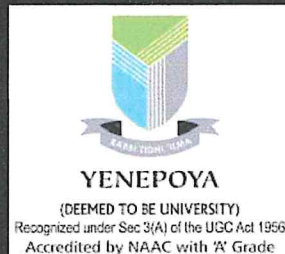
The massive educational hubs of Bengaluru and Mangaluru are prime targets for drug peddlers. The scenario in neighboring Kasargod is alarming, it is dubbed a virtual Narcopolis with tonnes of drugs exchanging hands in total secrecy between addicts, peddlers and carriers. The drug trail spreads its tentacles deep into Andhra Pradesh into Tuni and Maredumilli in East Godavari. It travels by a serpentine route from there to Bangalore, via Kodagu into Mangalore before coiling in Kasargod. En route many new entrants are inducted into the drug trade either as peddlers or fresh addicts. Despite the prospect of facing death penalty, many carriers are willing to risk it by carrying contraband drugs to the Middle East, by either using Mangaluru or Calicut international airports. Very interestingly, the maximum number of people subjected to death penalty in Saudi Arabia hail from Malappuram district of Kerala. The tragic part is that the majority of them are travelling on fake passports and using fake identities, thereby unable to secure proper legal assistance from governments on either side.

Dr. G Shreekumar Menon
 IRS (Rtd), Ph.D. (Narcotics)
 CEO, YNEFI &

Registrar, Yenepoya University, Mangalore



MISSION ANGEL DUST

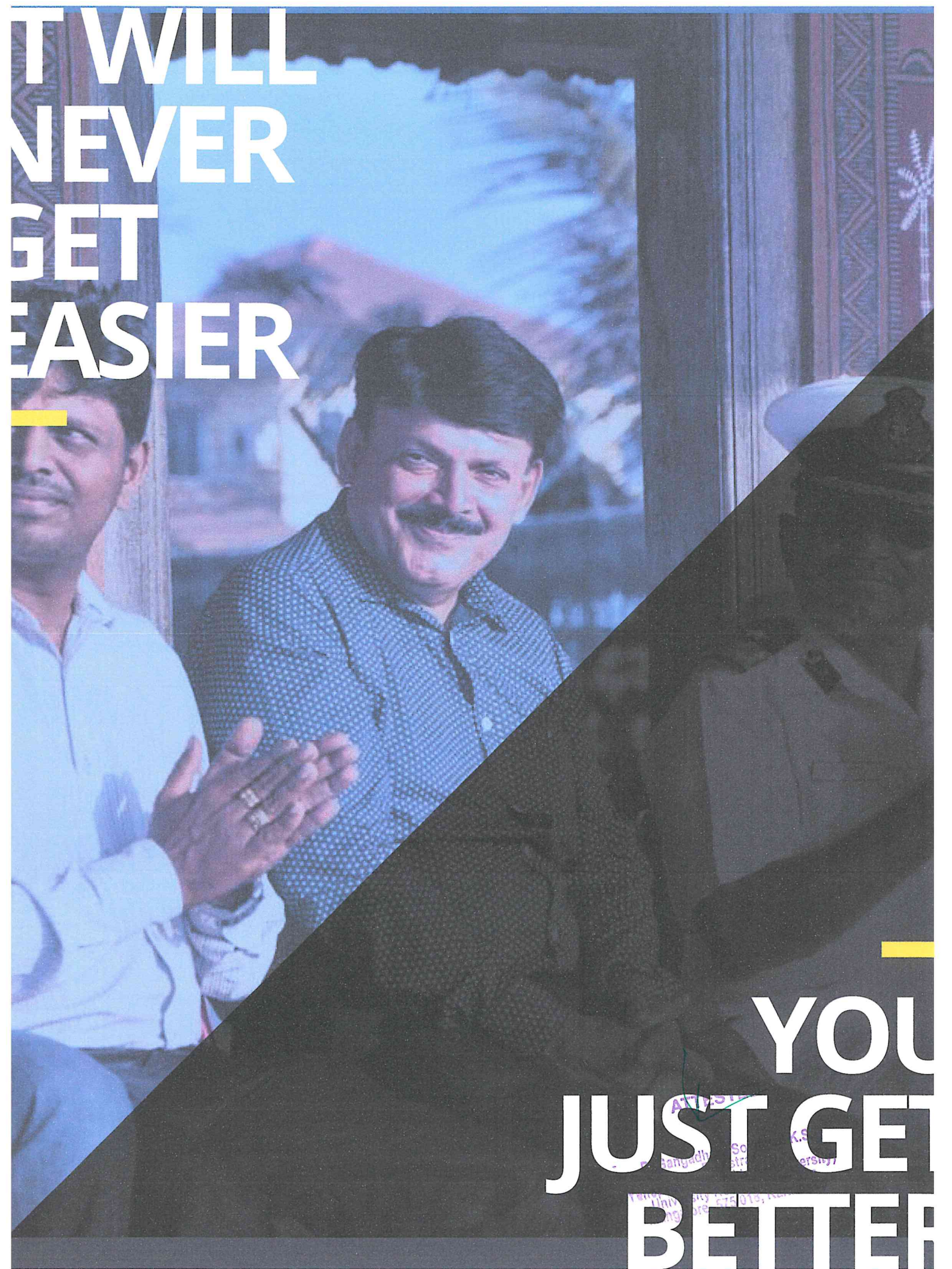


Yeneploya (Deemed to be University), under its flagship programme "Mission Angel Dust", in collaboration with Rotary Club Hillside, Mangaluru, organised an Anti-Narcotics programme at Panambur Beach on February 3.

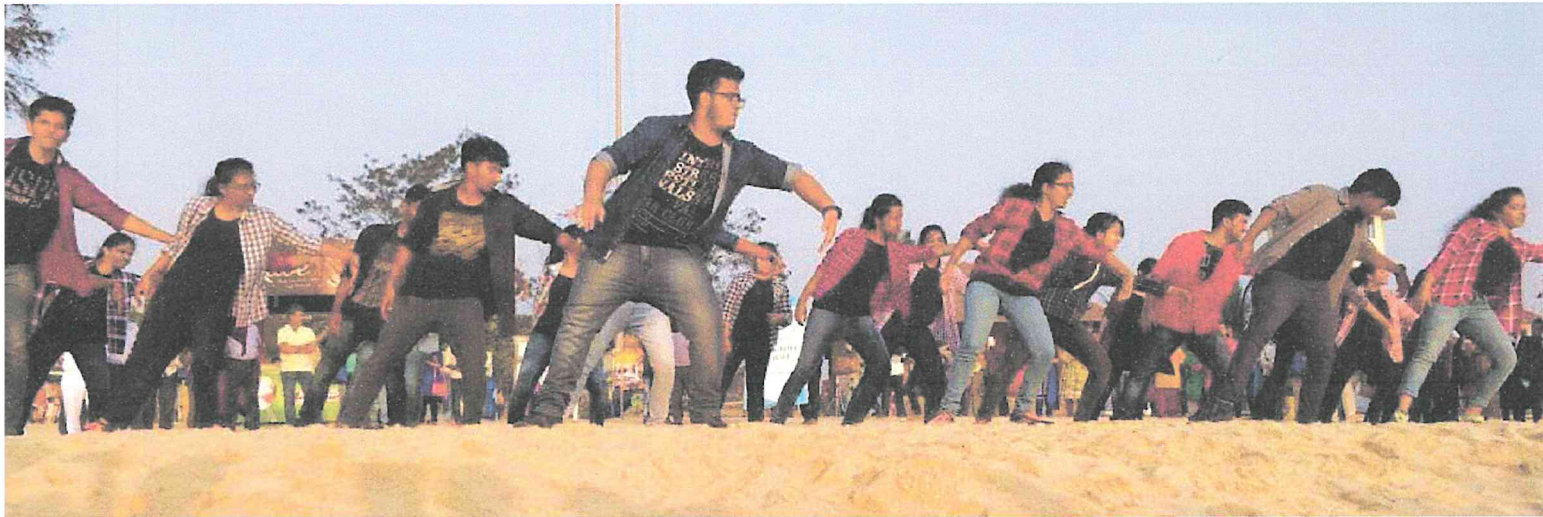
Coast Guard DIG Mangaluru S S Dasila, who was the chief guest on the occasion, in his inaugural address complimented Yeneploya and the Rotary Club Hillside for this path breaking initiative. He was all praise for the students who put up a variety of cultural programmes to drive home the message that narcotics are a strict 'no' for all citizens. The cultural extravaganza started with a flash mob by the students of the medical college, which was followed by a street play, mime and skit by students drawn from Nursing, Physiotherapy and Pharmacy colleges.

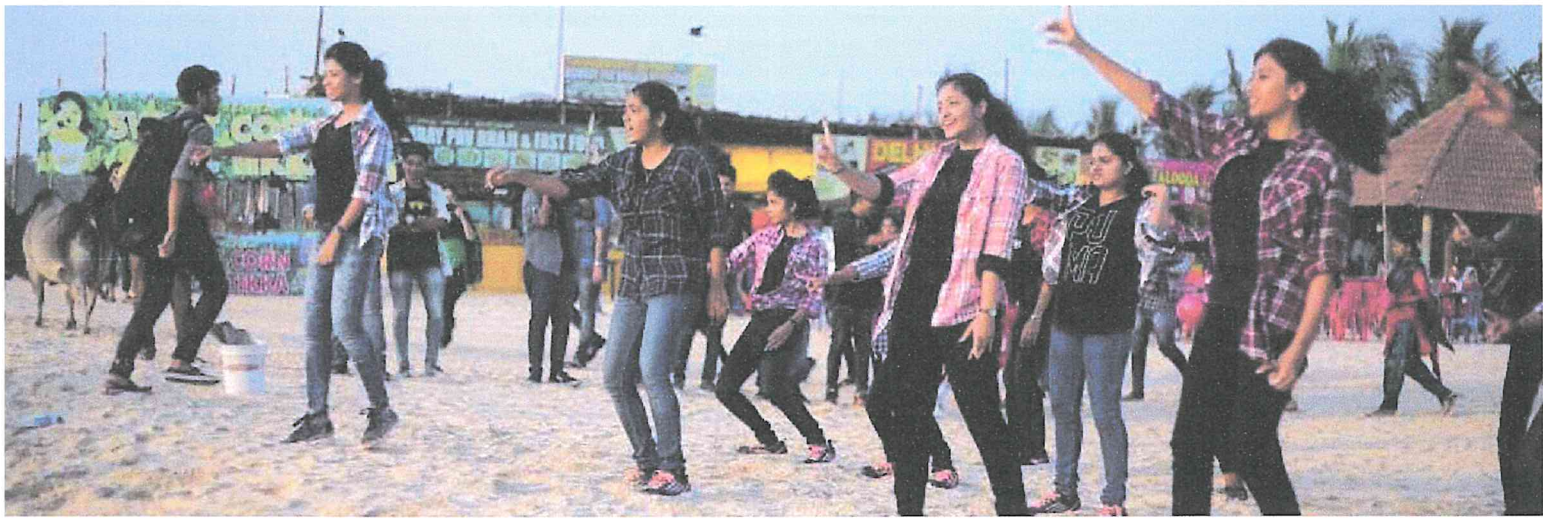
While Yeneploya (Deemed to be University) was represented by Mission Angel Dust CEO and Registrar Dr. Shreekumar Menon, NSS Coordinator Ashwini Shetty, Mission Angel Dust Deputy CEO Dr. Shemjaz Arakkal M, Dr. Gulzar Ahmed Principal YPCRC, and Campus Officer Mr. Mahesh Nayak, the Rotary Club Hillside was represented by President Mr. Satish B K and Rotarians Mr. Umakanth, Mr. Dinesh Mallaya, Ms. Deepa Rao, Mr. Prateeksha, Mr. Kiran Kumar, Mr. Chetan Mallaya, Mr. Geethanand Pai, Mr. Ranganath Kini, Mr. Srinivas Kini and their families. The highlight was a musical performance by the Yeneploya Band, and songs by Rotarian Mr. Umakanth and Prof. (Dr.)Gulzar Ahmed.

**T WILL
NEVER
GET
EASIER**



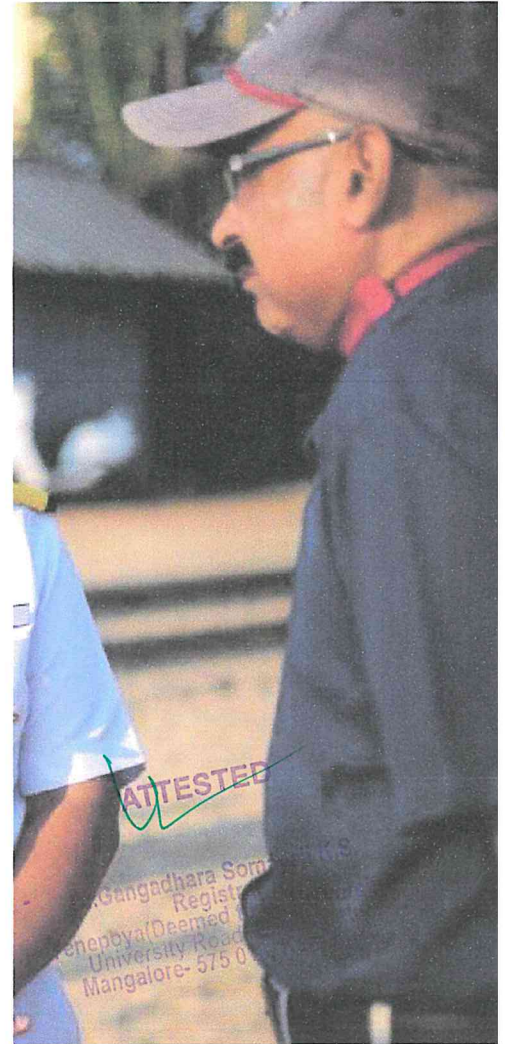
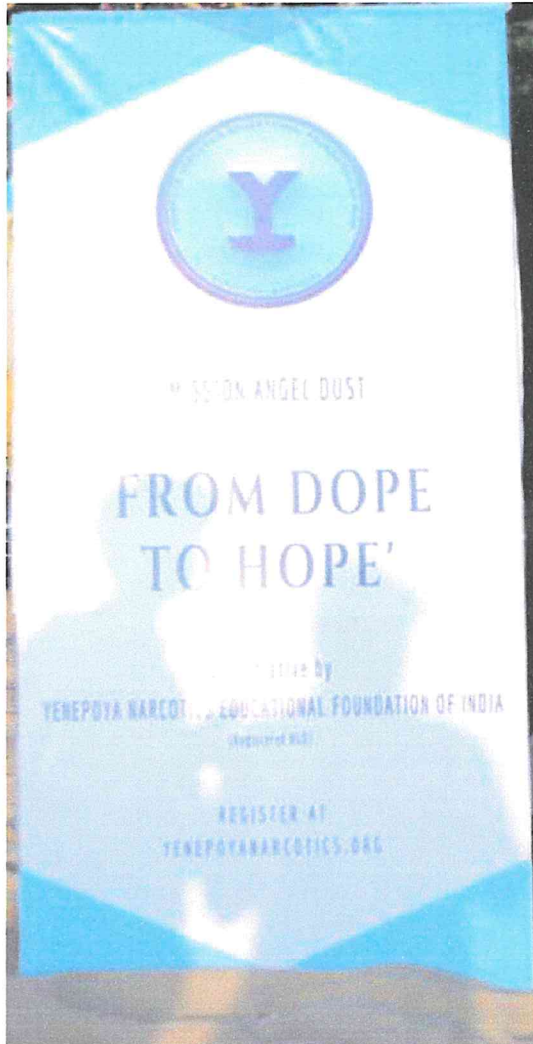
**YOU
JUST GET
BETTER**







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Mission Angel Dust

"FROM DOPE TO HOPE"

Yenepoya Narcotics Educational Foundation of India

A Registered NGO

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ISSUE NO. 2 | MAY 2018

MISSION ANGEL DUST



THE CHINESE ONLINE DRUG MARKET

METHCATHINONE
the Chinese Online Drug Market

NEED OF THE HOUR
Psychiatry and Narcotics 24/7 HELPLINE

MEMORIES

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MESSAGE FROM THE EDITOR

IF YOU ARE STRUGGLING WITH AN ADDICTION TO NARCOTICS, YOU ARE NOT ALONE. YOU CAN CALL A HOTLINE AT ANY TIME FOR HELP AND INFORMATION. THE PERSON ON THE OTHER END OF THE LINE CAN ASSIST YOU IN FINDING LIFESAVING RESOURCES AND GET YOU INTO TREATMENT. ALL CALLS TO A NARCOTICS HOTLINE ARE PRIVATE AND CONFIDENTIAL, SO YOU CAN FEEL SAFE KNOWING THAT NONE OF YOUR INFORMATION WILL BE SHARED.

MISSION ANGEL DUST AND DEPT. OF PSYCHIATRY OF YMC, LAUNCHED 'PSYCHIATRIC AND NARCOTICS HELPLINE' (24X7/365) ON 27TH MARCH 2018, BY MANGALURU MAYOR AT INDOOR AUDITORIUM EMD BLOCK, YENEPOYA

CONGRATULATIONS TO THE ENTIRE TEAM

DR. SHEMJAZ ARAKKAL M

EDITOR-IN-CHIEF

DEPUTY CEO, YENEPOYA NARCOTICS EDUCATIONAL FOUNDATION OF INDIA (YNEFI)

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Methcathinone

ON THE CHINESE ONLINE DRUG MARKET



Dr. G Shreekumar Menon
RS (Rtd), Ph.D. (Narcotics)
CEO, YNEFI &
Registrar, Yenepoya University, Mangalore

The Chinese online drug market is a hot favourite for drug users to buy and sell dangerous mind-altering substances. This new avenue has created chronic problems not just for China, but other countries as well where drug users are seeking alternative means for obtaining and manufacturing illegal drugs.

- **Dr.Gangadhara Somayaji K.S.**
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Methcathinone is a psychoactive stimulant with effects similar to methamphetamine, which is in high demand in different countries.

Methcathinone is a cheap and highly addictive stimulant known to turn users violent. It is described as a "flesh-eating drug that makes people act like zombies." When people consume high-purity methcathinone, they lose control over their physical movements and saliva secretion, thus earning for the drug the nickname "zombie drug." It is also known as "cat." Synthesis requires only ephedrine from decongestants, paint thinner and sulfuric acid. In the process of manufacturing it exudes a smell like that of pistachio ice cream.

Synthetic cathinones, more commonly known as "bath salts," are human-made stimulants chemically related to cathinone, a substance found in the khat plant. Khat is a shrub grown in East Africa and southern Arabia, where some people chew its leaves for their mild stimulant effects. Man-made versions of cathinone are much stronger and dangerous.

Methcathinone was first synthesized by the Germans and the French in the late 1920s as an intermediate in the synthesis of ephedrine. It was originally used in the Soviet Union during the 1930s and 1940s as an antidepressant and later on was a recreational drug. In the 1950s, the US pharmaceutical company Parke-Davis considered marketing methcathinone as an appetite suppressant and an antidepressant, and in 1957 a US patent was granted on the production process. Due to the adverse reactions, the drug never went into human testing. In 1989, a student from the University of Michigan, who was interning at Parke-Davis, found documentation of the manufacturing process and started to synthesize and sell the product. It was sold as "cat," probably named after the shrub khat.

Majority of synthetic cathinones are now produced in China and South East Asian countries. The Internet has emerged as a major marketplace for New Psychoactive Substances, and for information on their acquisition, synthesis, extraction, identification, and substance use.

All these compounds are intentionally mislabeled and sold on-line under loose terms such as bath salts, plant food, plant feeders and research chemicals, in order to avoid detection by enforcement agencies.

When people take high-purity methcathinone, drug."

Synthetic cathinones are sold online under a variety of brand names, like

- Bliss
- Cloud Nine
- Lunar Wave
- Vanilla Sky
- White Lightning

Synthetic cathinones can produce effects that include:

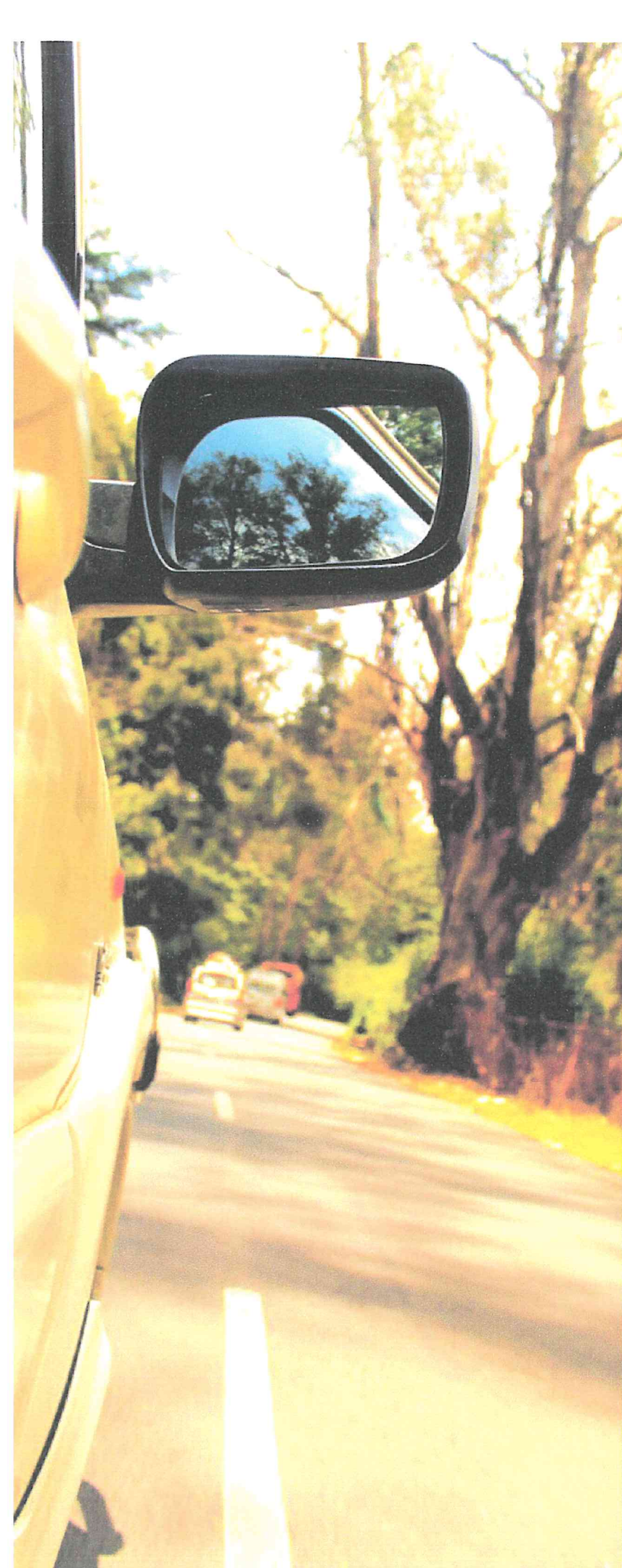
- Paranoia—extreme and unreasonable distrust of others
- Hallucinations—experiencing sensations and images that seem real but are not
- Increased friendliness
- Increased sex drive
- Panic attacks
- Excited delirium—extreme agitation and violent behaviour




The new line of designer drugs poses a threat to addicts because their chemical makeup is constantly being changed and pose unknown health risks to users.

The main sources providing information for the study of New Psychoactive Substances (NPS) are the European Monitoring Center for Drugs and Drug Abuse (EMCDDA) (reporting form, risk assessment report, drug profile), the European Union Early Warning System (EU-EWS) reports, the ESPAD School Survey Project, and the National Reitox reports.. The Psychonaut Web Mapping Project is a 2-year European Union-funded project aiming at developing a web scanning

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**“Either
you run
the day,
or the
day
runs
you.”**

ATTESTED


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PSYCHIATRY AND
NARCOTICS 24/7 HELPLINE

NEED OF THE HOUR

Dr Ganesh Kini K
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Yenepoya Medical College

A news article discusses current or recent news of either general interest (i.e. daily newspapers) or of a specific topic (i.e. political or trade news magazines, club newsletters, or technology news websites).

A news article can include accounts of eyewitnesses to the happening event. It can contain photographs, accounts, statistics, graphs, recollections, interviews, polls, debates on the topic, etc. Headlines can be used to focus the reader's attention on a particular (or main) part of the article. The writer can also give facts and detailed information following answers to general questions like who, what, when, where, why and how.

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Mental well being has been at the forefront of the concerns of all public health agencies to improve the quality of life of people.

Consequently there has been increased funding for awareness campaigns from all quarters including WHO which observed the previous World Health Day with the theme being 'Let's talk'. Several patients however fear being judged for having depressive thoughts or other mental health problems and delay help seeking. The stigma to approach mental health professionals remains, with the biggest concern being whether it would affect their academic record, matrimonial profile or career profile. Lack of easy accessibility may be one more concern as psychiatric services haven't penetrated as much as other health services in our country.

According to one WHO report India has one of the highest suicide rates in the world with one person committing suicide every 40 seconds. The growing narcotic drug menace in our country is worsening the problem and is adding fuel to the fire and has reached epidemic proportions.

Several state governments and NGO's are setting up 24/7 helpline to provide assistance to people during times of crisis. There are several types of helpline like Suicide helpline, Sexual assault helpline, Domestic violence helpline, Addiction helpline etc. These helplines are answered by professionals who provide education, information and support to callers in distress. Generally these helplines are managed by counsellors who provide counselling and if necessary they refer the clients to psychiatrist or therapist for medicines or psychotherapy. Through the telephonic conversation hope can be instilled in clients, meanwhile more resources are mobilised for the patient to tide over the crisis. Though face to face counselling and therapy is better where the body language, facial emotions and other non verbal cues by the patient can be also be read, the helpline buys time to organise help for the distressed individual during his/her time of crisis.

Helplines world over have become a fast, discreet and economic means to deliver help for mental health problems and transforming the way emergency care is provided.

We at the Department of Psychiatry, Yenepoya Medical College have recently started one such 24/7 helpline- 9108919025 to help patients with mental health issues, specifically addiction-related problems.

It was inaugurated by the Mayor of Mangalore and he dedicated it to the people of our community. This helpline is being attended by psychiatry resident doctors from our department and will be available to assist clients with any kind of psychological distress.

Despite aggressive campaigns by WHO and others a lot of ground needs to be covered. Recently after the shocking suicide by a resident doctor in a prestigious national institute, it was found that the doctors themselves weren't aware of the presence of Psychiatry Helplines to reach out during times of stress. Clearly, more efforts are needed to inform educate and communicate about the mental health problems.



There is a long way to go before a mental health professional is approached with the same kind of attitude as a physician. Until such time these helplines help break the ice before formal consultations begin. Perhaps social media and technology will pave the path for better utilization of such services.

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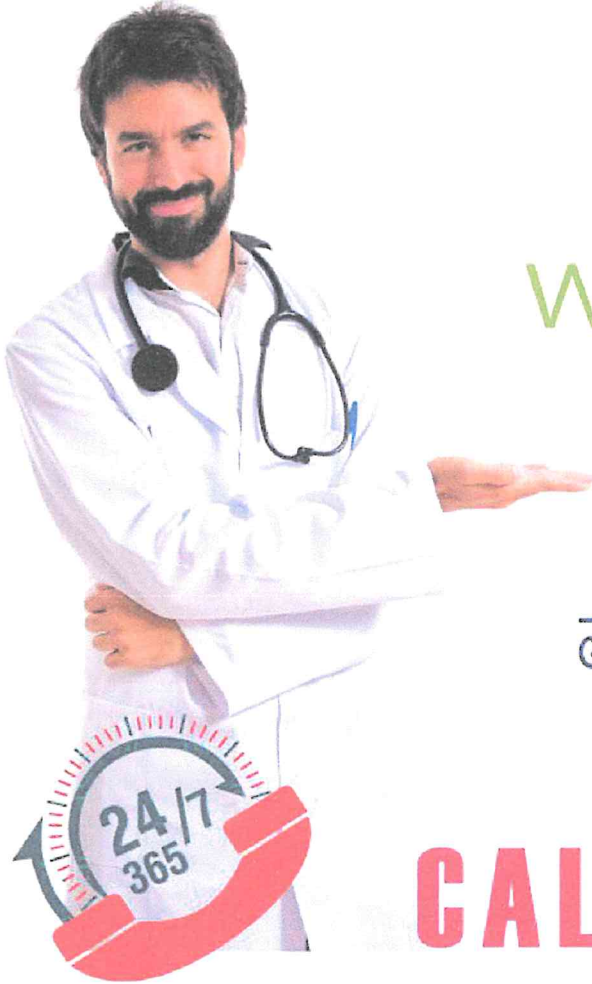
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Mission Angel Dust

"FROM DOPE TO HOPE"

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