

BIO FANZINE

ST. JOSEPH'S COLLEGE FOR WOMEN (A)
BIOMUSKETEERS CLUB



2ND
EDITION

JOIN THE MOVEMENT AGAINST
DRUG ABUSE

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ACADEMIC YEAR- 2025-26**



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EDITOR SPEAKS

In recent years, India has witnessed a disturbing rise in drug abuse among its youth—a crisis that threatens not only individual futures but the very fabric of families, communities, and the nation. This book, *Join the Movement Against Drug Abuse*, is both a clarion call and a guide: a heartfelt appeal to every young person, parent, educator, policymaker, and citizen to confront this challenge with resolve and unity.

1. The Youth at Risk: Youth—vibrant, ambitious, and impressionable—are uniquely vulnerable to the pull of drugs. In seeking escape, rebellion, or social acceptance, many fall into a trap that steals away their potential. Physically, substances like cannabis, pharmaceutical opioids, and club drugs impair brain development, weaken immunity, and jeopardize mental health. Emotionally, they sever the bonds of trust between children and parents. Academically, addiction undermines performance, attendance, and aspiration. Socially, it can degrade relationships, disrupt careers, and lead to criminal behaviour. The narrative is always heartrending: a promising student slipping away, a dream deferred by addiction, a family left shattered in denial and despair.

2. Alarming Data from Andhra Pradesh and Telangana (2024–25): The southern Indian states of Andhra Pradesh and Telangana have emerged as epicenters of this growing concern. Recent data paints a grim picture:

a. Telangana

In the first quarter of 2024 alone, nearly **500 NDPS (Narcotic Drugs and Psychotropic Substances) cases** were registered, with **981 arrests**. Ganja remains the most commonly seized substance—5,900 kg were confiscated in just three months, alongside LSD, MDMA, cocaine, heroin, and alprazolam (The Hindu).

- Over all of 2024, **1,045 NDPS cases** were filed, leading to **1,840 arrests**—a 29% and 62% increase, respectively, over 2023 (The New Indian Express). Authorities seized ganja and narcotics with an estimated value of ₹12.22 crore (The New Indian Express).
- The **Telangana Anti-Narcotics Bureau (TGANB)** uncovered **573 drug violations** in 2024, up sharply from 56 in 2023. These ranged from spurious pharmaceuticals to psychotropic substances like 3-MMC and Alpha-PiHP (The New Indian Express).
- A massive interstate trail of adulterated toddy laced with alprazolam was busted via “Operation Garuda,” resulting in the seizure of **100 kg of processed alprazolam** and precursor chemicals, and the arrest of key figures in a network spanning Telangana, Karnataka, and Maharashtra (Times of India).
- However, conviction rates in Telangana remain worryingly low. In 2023, only **13.8%** of NDPS cases resulted in convictions, and excise-related convictions were a mere **4.8%** (The Hindu).

These figures illustrate both the scale of the crisis and the state's urgent need to improve legal outcomes.

b. Andhra Pradesh

□ In late 2024, the Andhra Pradesh government formed the **Elite Anti-Narcotics Group for Law Enforcement (EAGLE)**—26 district control cells and special courts—for ₹8.59 crore to combat the drug trade aggressively (India Today).

- In April 2025, “**Operation Garuda**” exposed violations in **158 pharmacies**, revealing widespread illegal sales of Schedule-1 sedatives without prescriptions (The New Indian Express).
- On June 27, 2025, Chief Minister Chandrababu Naidu delivered an uncompromising declaration: “People involved in drug cases have no right to live in Andhra Pradesh.” The government vowed asset seizure, allocating 2% of liquor revenue to drug awareness and enforcement, and establishing fast-track courts in major cities (Times of India).

This region-wide mobilization reflects a relentless push to dismantle drug networks and their infrastructure.

3. Governmental Response: Strategies & Commitments

Both states have launched multi-pronged initiatives to systematic effect:

- **Enforcement:** Telangana created Regional Narcotics Control Cells and Narcotic Police Stations, while Andhra Pradesh set up fast-track courts. Both states increased inter-agency cooperation, intelligence sharing via convergence meetings, and operational use of drones, CCTV, and surveillance technologies.
 - **Awareness:** Telangana launched school campaigns—including Prahari Clubs in over 20,000 high schools and Anti-Drug Committees in nearly 5,000 tertiary institutions. Andhra Pradesh introduced Eagle Clubs in 4,800 schools and colleges (NSP News).
 - **Hotline Reporting:** Telangana’s “1908” number and Andhra’s “1972” helpline encourage civilians to report distribution and abuse with guaranteed anonymity (The New Indian Express).
 - **Pharmacy Monitoring:** Andhra’s Operation Garuda targeted pharmacies selling controlled drugs without prescriptions, ensuring oversight of prescription practices (The New Indian Express).
 - **Rehabilitation:** Andhra has pledged youth-focused rehab programs; Telangana offers 26 centers and uses the AI-driven “Mitra” app to connect users to help (NSP News).
 - **Legal Reform:** Andhra’s fast-track courts and judiciary actions target efficiency; Telangana emphasizes training and FIR procedural improvements to bolster conviction rates .
- Despite these efforts, challenges remain—especially in legal systems struggling with low conviction rates, and in rehabilitation networks still under-resourced.

4. Why This Book Matters?

Given the scale and complexity of the drug crisis, this movement is not just necessary—it is vital. This book aims to:

1. **Raise Awareness:** Through research, personal stories, and data, readers will grasp the seriousness of youth drug abuse.
2. **Educate:** Equip individuals, families, and institutions with tools for prevention, recognition, and intervention.
3. **Mobilize:** Encourage citizens to join Prahari Clubs, report anonymously, advocate for victims, and build community resilience.
4. **Support Policy Reform:** By informing readers, this book supports informed dialogue on law, healthcare, and education policy.
5. **Empower Youth:** Inspire young people to take ownership—advocate for safe environments, mentor peers, and reshape community culture.

5. A Collective Call to Action

The stories and figures from Andhra Pradesh and Telangana are a microcosm of a wider Indian and global crisis. They underscore the urgent need for collaboration—from grassroots activists to government leaders—to stem the tide before another generation is lost.

This preface is a heartfelt plea: **join the movement.** Parents, educators, policymakers, healthcare workers, students, and local communities must unite. Each of us has a stake—and a role. The steps ahead require awareness, advocacy, and action: from surveillance and enforcement, to treatment, legal reform, and cultural change.

Conclusion

The impact of drug abuse on our youth is a national emergency. Andhra Pradesh and Telangana’s experiences from 2024–25 show alarming increases in cases and seizures—but also demonstrate decisive governmental resolve. Their multi-dimensional countermeasures illustrate both ambition and limitation.

This book is a blueprint for collective action. It is a reminder that every voice matters, every life counts, and every effort brings us closer to reclaiming the promise of our young generations. Let us stand together, united in hope, equipped with knowledge, guided by compassion, and fuelled by an unwavering commitment **to join the movement against drug abuse.**

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Drug Abuse: A Silent Epidemic

Introduction

In the modern world, drug abuse has emerged as one of the most dangerous social evils. It silently destroys lives, devastates families, and weakens the foundation of society. With the easy availability of both legal and illegal substances, people of all age groups—especially the youth—are falling prey to this deadly habit.

Understanding Drug Abuse

Drug abuse refers to the excessive and harmful use of substances that alter the mind and body. This includes not only illegal drugs like heroin and cocaine but also the misuse of prescription drugs and alcohol. What begins as a 'one-time try' often becomes a lifelong dependency.

Why People Turn to Drugs

Emotional Suffering: People going through depression, trauma, or loneliness often use drugs as an escape.

Influence of Media: Glorification of drug use in movies and music misguides impressionable minds.

Lack of Awareness: Many do not understand the irreversible damage drugs can cause.

Unemployment and Poverty: When hope fades, addiction takes root.

Academic and Peer Pressure: Students may turn to drugs to cope with stress or fit in with others.

Harmful Consequences

Physically:

Damage to organs such as the liver, heart, and brain; Risk of infectious diseases like HIV/AIDS through needle sharing; Overdose, which can lead to coma or death

Mentally:

Aggression, paranoia, hallucinations; Cognitive decline and memory loss; Suicidal thoughts and self-harm

Socially:

Broken relationships and isolation; Poor academic and work performance; Legal issues and imprisonment

How to Fight Drug Abuse

1. **Education and Awareness:** Early education in schools about the risks of drugs is crucial.
2. **Community Engagement:** Local programs can help youth stay involved in productive activities.
3. **Support Systems:** Creating an environment where people feel safe to talk and seek help.

4. Rehabilitation and Recovery: Timely treatment and counselling can save lives.

5. Government Action: Stronger laws, better policing, and access to healthcare are necessary steps.



Conclusion

Drug abuse is a crisis that can no longer be ignored. It is a disease, not a choice. Therefore, instead of judging, society must come forward to educate, support, and heal. Together, we can build a future where people choose hope over harm, health over addiction, and life over drugs.

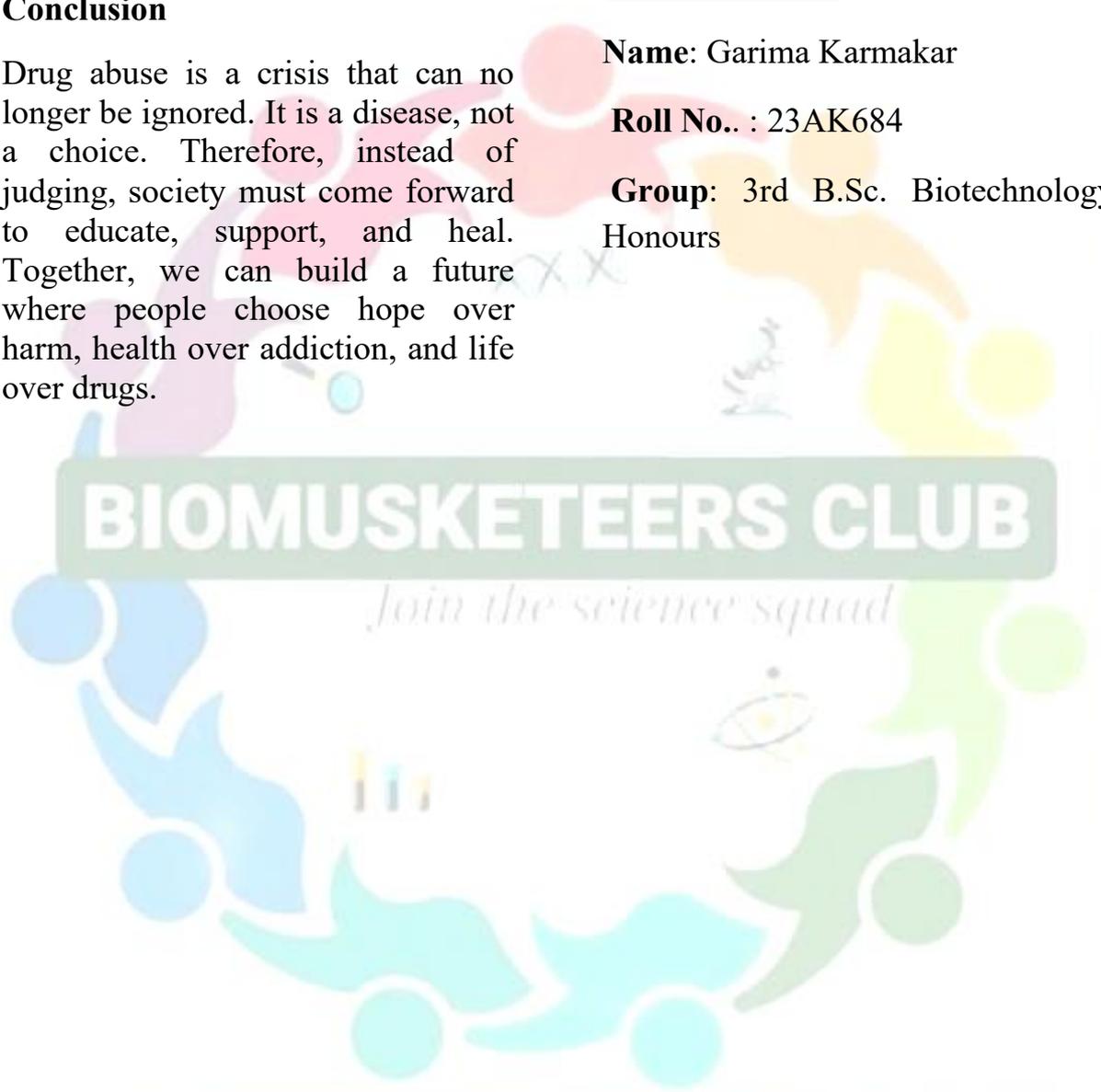
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Say No to Drugs, Say Yes to Life!

In today's fast-paced and pressure-filled world, drug abuse has silently infiltrated all corners of society—across age, class, and geography. What was once a shadowy problem confined to the margins has now emerged as a global public health crisis. From prescription pills to street narcotics, drug misuse is claiming lives, destroying families, and crippling futures. The time to act is now. It's not just a fight for survival—it's a movement for a healthier, brighter tomorrow.

Drug abuse refers to the habitual misuse of substances—legal or illegal—that alter brain function and lead to harmful physical and psychological outcomes. Common abused substances include:

Illicit drugs: heroin, cocaine, methamphetamine, cannabis

Prescription drugs: opioids, sleeping pills, antidepressants

Legal substances: alcohol, tobacco

The danger lies not just in the substances themselves, but in how easily they can become addictive. What often begins as “just one try” can rapidly spiral into dependency and even death.

The Impact: Beyond the Individual

Drug abuse doesn't just affect the person using the substance—it impacts families, communities, and entire nations.

Health consequences: Organ failure, weakened immunity, mental health disorders

Emotional consequences: Depression, anxiety, paranoia, hallucinations

Social consequences: Family breakdown, job loss, academic failure

Legal consequences: Imprisonment, fines, criminal records

According to the UN Office on Drugs and Crime (UNODC), over 36 million people globally suffer from drug use disorders, with many unable to access treatment.

Why Do People Fall into the Trap?

Drug abuse is rarely just about drugs—it's about underlying problems such as:

Peer pressure, especially among teenagers and college students

Emotional trauma or abuse

Mental health conditions like depression or anxiety

Easy access to substances

Lack of awareness or misinformation

This is why education, awareness, and mental health support are crucial pillars in prevention strategies.

Join the Movement: You Can Make a Difference

The fight against drug abuse is not just the responsibility of governments or health organizations—it is a shared duty. Here's how you can be part of the movement:

Educate yourself and others Knowledge is power. Learn about the effects and dangers of drug use and share this with your peers.

Be a role model

Refuse to glorify or joke about drug use. Instead, promote healthy lifestyles and coping mechanisms.

Support those who struggle

If someone you know is battling addiction, be there for them with compassion, not judgment. Encourage professional help.

Participate in campaigns and drives

Engage with school/college events, awareness rallies, street plays, or social media campaigns.

Advocate for better access to mental health care

Encourage conversations that prioritize emotional well-being, especially in young adults.

A Message to the Youth

You are the heartbeat of our future. Drug abuse doesn't make you cool, strong, or rebellious—it makes you vulnerable. Real strength lies in saying no, in choosing your future over fleeting highs. Remember, drugs destroy dreams—but your choices can build them.

Let's lift each other up. Let's be there for our friends. Let's speak up and break the stigma. Together, we can build a community that is informed, empowered, and resilient.

Conclusion: A Call to Action

The movement against drug abuse is not a moment—it's a mission. It begins in homes, schools, colleges, and minds. Let's rise as a generation that chooses light over darkness, health over harm, and life over addiction.

👊 Say NO to Drugs.

🌱 Say YES to Hope, Health, and Healing.

Join the Movement—Because Every Life Matters.



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Highs and Lows

Let's be honest. When people hear the word drugs, the reactions come quick—judgment, concern, gossip, warnings. But in college, we all know people who've tried something, maybe even we've been there too. And the truth is, drug use isn't always about being “reckless” or “bad.” Sometimes, it's about trying to feel something real in a world that feels heavy.

This isn't about promoting drug use. It's about understanding why people turn to it in the first place. Because behind every puff, pill, or trip, there's usually a reason—and it's more emotional than most people think.

More Than Just “Getting High”

Yeah, some people use drugs just to have fun. To loosen up at a party. To feel more confident, more relaxed, more present. But for others, it goes deeper. It's about escaping stress, anxiety, over thinking, or even trauma. In those moments, the high feels like relief. A break from pretending everything's fine.

I've heard friends say things like,

“When I'm high, I don't feel so anxious.”

“I just wanted to stop feeling so much for a bit.”

And that makes you pause. Because suddenly, it's not about the substance—it's about the struggle.

The Slippery Slope

No one plans to lose control. Most people start off casually. Once a month. The every weekend. Then maybe weekdays too. It sneaks up on you. What used to feel fun starts to feel necessary. And that's when things can spiral.

But even when it does, people don't need more shame—they need someone to ask, “What are you going through?”

What We're Really Searching For

At the core of it, drug use often comes from a human place: the need to feel joy, peace, connection—or simply to switch off for a while. The world is loud. Expectations are high. And sometimes, it feels like there's no space to just breathe.

But here's what we forget: there are other ways to get that feeling—ones that heal, not harm. Music, creativity, nature, friendships, therapy, movement. Things that help us feel more, not less.

Real Talk > Harsh Judgment

College is messy. Life is overwhelming. And everyone is going through something. So instead of labelling people, let's listen to them. Instead of saying, “Don't do that,” maybe try asking, “How are you really feeling?”

Because sometimes the most powerful thing you can offer someone isn't advice. It's understanding.

In the end, drug use is a human story—not just a habit. And behind every choice is a feeling, a fear, or a need we should never ignore.

Let's stop judging. Let's start talking. That's how real change begins.



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Drug influence on women health

Drug abuse significantly impacts women's mental and physical health, leading to various short-term and long-term consequences.

Mental Health Impacts

Increased risk of depression, anxiety, and suicidal ideation

Higher likelihood of developing post-traumatic stress disorder (PTSD) and eating disorders

Women are more likely to experience emotional and psychological distress, including feelings of shame, guilt, and low self-esteem

Trauma and violence can exacerbate mental health issues, making it challenging for women to seek help

Physical Health Impacts

Reproductive problems, such as menstrual irregularities and hormonal imbalances

Increased risk of overdose and substance-related deaths

Higher susceptibility to infectious diseases, such as HIV and hepatitis, due to shared needle use

Potential for long-term damage to organs, such as the liver and kidneys

Unique Challenges Faced by Women

Societal stigma and judgment can prevent women from seeking treatment

Fear of losing custody of children or facing legal consequences can deter women from seeking help

Women often experience more severe withdrawal symptoms and may require specialized treatment programs

Women with substance use disorders are more likely to experience intimate partner violence and trauma

Importance of Specialized Treatment

Women-only treatment programs can provide a safe and supportive environment for recovery

Addressing underlying trauma and mental health issues is crucial for effective treatment

Healthcare providers should prioritize women's specific needs and provide comprehensive care to address their physical and emotional well-being^{1 2 3}.

Overall, it's essential to recognize the unique challenges and consequences faced by women struggling with drug addiction, and to provide tailored support and treatment programs to address their specific needs.

Drugs that pose significant risks to women's health include:

Prescription Medications

***Opioids*:** Fentanyl, oxycodone, hydrocodone, and morphine can lead to

addiction, overdose, and death. Women are more likely to be prescribed opioids and develop dependencies faster.

***Benzodiazepines*:** Xanax (alprazolam), Ativan, and Valium can cause dependency, overdose, and severe withdrawal symptoms, especially when combined with other substances.

***Antidepressants*:** SSRIs like Prozac (fluoxetine) can increase the risk of suicidal thoughts and behaviors, particularly in children and adolescents.

***Hormonal Birth Control*:** Combination birth control pills and patches can increase the risk of blood clots, deep vein thrombosis, and pulmonary embolism.

Illicit Substances

***Heroin*:** Highly addictive and can cause overdose, death, and infectious diseases like HIV.

***Methamphetamine*:** Can lead to cardiovascular problems, malnutrition, and high rates of violence.

***Cocaine*:** Can cause heart attacks, strokes, and seizures, as well as cognitive impairments and mental health issues.

Other Dangerous Combinations

***Alcohol and Sedatives*:** Combining alcohol with sedatives like benzodiazepines can lead to respiratory suppression, severe confusion, and death.

***Stimulants and Depressants*:** Mixing stimulants and depressants can cause acute heart failure and increased risk of overdose

Key Risks for Women

Increased risk of addiction and overdose due to biological and social factors

Higher susceptibility to certain health issues, such as blood clots and cardiovascular problems

Greater likelihood of experiencing mental health issues, such as depression and anxiety

Increased risk of violence and trauma, particularly in cases of substance abuse



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“Join the Movement Against Drug Abuse: Break the Chain, Be the Change”

Join the movement against drug abuse — not as a formality, but as a deeply personal and collective mission to rewrite the narrative of pain, neglect, and silence. Drug addiction is often spoken of in hushed tones, treated as a moral failure or a personal flaw. But the reality is far more complex. Behind every case of addiction is a story — of unmet needs, of battles fought in the mind, of broken systems and lost connections. This movement is not about judgment; it’s about justice. Not about punishment, but prevention, protection, and powerful transformation. It’s about reclaiming lives and giving dignity back to those who have been pushed to the margins. It’s about reminding ourselves that those struggling with addiction are not statistics — they are people with names, families, potential, and untold dreams.

What makes this movement unique is that it isn’t confined to one method, one message, or one moment. It grows in every conversation we have, every stereotype we challenge, and every safe space we create. We must go beyond posters and slogans and instead plant seeds of change in the places where addiction breeds — in loneliness, poverty, untreated trauma, and silent suffering. Our schools must become spaces of emotional education where students learn to handle pressure, failure, and rejection. Our workplaces must adopt policies that support mental health just as strongly as physical health.

To join this movement means to shift our lens. It means recognizing that recovery doesn’t end at quitting a substance — it begins at the point of understanding. Former addicts should be seen as survivors with valuable insight, not as people to be feared or pitied. Why not include them as advisors in school awareness programs or as contributors in mental wellness initiatives? Imagine a world where a recovered addict can walk into a school not as an outcast, but as an honored guest who shares wisdom drawn from the depths of personal experience. We don’t need perfect heroes to lead this fight — we need real people with lived stories, open hearts, and the willingness to speak truth.

Innovation also has a role to play in this movement. Technology can be a bridge, not just a distraction. Apps can be developed to connect users to immediate mental health support, anonymous chatrooms, or even guided meditation and de-addiction programs. Social media influencers can shift trends by speaking out about real experiences instead of promoting unrealistic lifestyles. Community clubs can host “silent nights” — evenings without music or screens — where people simply talk, reflect, and connect without distractions. Universities can replace anti-drug lectures with empathy labs — spaces where students learn about human behavior, pain

management, and peer support. Let's be bold enough to do things differently.

healing is not just possible — it is powerful, and it begins with all of us.

This is not just a movement against drugs — it's a movement for human dignity. It's for the

boy who feels invisible at home and turns to substances to cope. It's for the girl who battles anxiety but has no one to talk to. It's for the mother who hides her pain behind pills and smiles. It's for the man who lost his job and with it, his sense of worth. This movement is for them. For all of us. Because none of us are untouched by addiction. Whether directly or indirectly, it leaves fingerprints on families, communities, and cultures.



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You don't need a medical degree, a government title, or a personal story of recovery to be part of this. You just need to

care. Maybe your action is small — sharing a post, checking in on a friend, organizing a local talk, or simply refusing to laugh at someone else's struggle. Maybe your action is big — mentoring recovering addicts, hosting awareness events, creating content that educates and uplifts. Whatever it is, it matters. It adds momentum to a movement that could save lives — and more importantly, help rebuild them.

So don't just watch from the sidelines. Step in. Speak up. Start small. Grow big. Be someone's reason to believe again. Join the movement against drug abuse — not as a trend, not as a duty, but as a declaration: that no one should be left behind, and that

A Movement Against Drug Abuse

Drug abuse is one of the most alarming threats to the youth and society today. It not only destroys the lives of individuals but also harms families and communities. In recent years, drug addiction has become a growing concern, especially among students, due to peer pressure, stress, curiosity, and lack of awareness. This article aims to spread awareness about the dangers of drug abuse and encourage everyone to be part of the movement for a drug-free life.

Drugs affect both physical and mental health. Prolonged use can lead to serious health problems such as liver damage, brain disorders, and heart issues. Mentally, it causes anxiety, depression, and even suicidal thoughts. Drug addiction also affects academic performance, family relationships, and social behavior. Many students who fall into the trap of drugs often isolate themselves and lose control over their goals and dreams.

It is important to understand that taking drugs is not a solution to life's problems. In fact, it creates more issues. Instead of seeking relief in harmful substances, one should talk to friends, family, teachers, or counselors. Support and guidance can change lives. Educational institutions, clubs, and youth groups should actively conduct awareness programs to educate students about the consequences of drug abuse and the benefits of a healthy lifestyle.

Let us remember: saying **NO** to drugs is saying **YES** to life. By staying away from drugs and helping others do the same, we contribute to building a stronger and safer community. **Let's take a pledge today to be part of this positive change.**

Together, let us join the movement against drug abuse and inspire others to live with purpose, strength, and clarity.



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Silent Storm of Drug Abuse

Drug abuse is not always loud or visible—it often begins quietly, like a whisper in the background of someone's life. It may start with curiosity, peer pressure, or the search for an escape from emotional pain. What seems like a temporary relief soon wraps itself around the mind and body like invisible chains. Unlike physical injuries, the wounds caused by drug abuse aren't always seen, but they run deep—tearing apart confidence, ambitions, and relationships one thread at a time.

In every community, someone is silently fighting this storm. It does not discriminate—students, professionals, and even caregivers can fall into its trap. The drugs themselves may promise control or pleasure, but in reality, they hijack the brain, reducing life's vibrant colors into dull greys. Addiction doesn't just harm the individual; it echoes through families and societies, creating a cycle of emotional, financial, and health burdens.

To fight drug abuse, we must go beyond punishments and embrace understanding, education, and empathy. Awareness campaigns, mental health support, and open conversations can act as shields against this growing crisis. Instead of judging those who struggle, offering a hand of support could be the turning point in someone's story. Because sometimes, what saves a life is not just medicine, but compassion and hope.

While movies and media often glamorize drug use as a symbol of rebellion or escape, reality paints a much darker picture. Behind the scenes are sleepless nights, broken families, declining health, and fading dreams. Many young people fall into this trap believing it makes them "cool" or accepted, only to find themselves trapped in a maze with no easy exit. The illusion of control fades quickly, and what once felt like freedom becomes a prison built by their own hands.

Recovery from drug abuse is not a straight path—it's a journey filled with challenges, relapses, and moments of doubt. But it is also filled with hope. Rehabilitation centers, counseling, therapy, and strong social support can light the way back. Countless individuals who once believed their lives were over have risen again, stronger and wiser. Their stories remind us that addiction is not a sign of weakness, but a signal that healing is needed—not only physically, but emotionally and spiritually.

As a society, we must shift from silence to support. Schools should integrate mental health education alongside academics. Parents and guardians must foster safe spaces where children can talk about stress and emotions without fear. Governments must invest in prevention programs and make rehabilitation accessible, not shameful. Drug abuse is not just an individual issue—it is a shared challenge, and with unity, awareness, and

compassion, we can create a world where recovery is not the exception, but the expectation.

Technology and social media have added a new layer to the problem. Online platforms sometimes glorify substance use or make harmful products easier to access, especially for vulnerable youth. At the same time, these digital spaces can also become powerful tools for change. Influencers, educators, and recovered addicts can use their voices to spread awareness, break stigma, and offer encouragement. When used responsibly, technology can serve as a bridge—connecting those in need to resources, support groups, and inspiration.

Cultural and societal pressures also play a huge role in driving drug abuse. In many cases, people turn to substances to cope with expectations they can't meet—be it academic stress, unemployment, or emotional neglect. Instead of pushing people to meet unrealistic standards, society needs to encourage balance, self-worth, and emotional literacy. A strong foundation in self-esteem and mental health awareness can prevent many from ever needing to reach for drugs as a coping mechanism.

Ultimately, preventing and overcoming drug abuse is not just about saying “no” to drugs—it’s about saying “yes” to life. It’s about building environments where people feel seen, valued, and supported. It’s about replacing shame with strength and fear with understanding. Drug abuse may be a harsh reality, but with continuous efforts from individuals, families, schools, and governments, we can help turn the tide—

and give more people the chance to live healthy, meaningful, and drug-free lives.



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Drug abuse- A serious threat to individuals

Drug abuse has become a serious threat to individuals, families, and communities around the world. It not only destroys the health and future of users but also causes emotional and financial pain to their loved ones. Today, more than ever, we need a united stand against this growing danger. The movement against drug abuse isn't just a government responsibility—it's a people's movement. It requires the support, awareness, and action of every citizen, especially the youth.

Drug addiction often starts subtly. A person may try a substance out of curiosity, peer pressure, or to escape from stress and problems. Over time, this use can turn into a dangerous habit, leading to addiction. Drugs affect the brain and body in devastating ways—damaging memory, causing anxiety and depression, and increasing the risk of heart failure or even death. Young people, especially students, are the most vulnerable because they are often under academic and social pressure and may not fully understand the risks. This is why prevention is better than cure—and

awareness is the first step toward prevention.

To join the movement against drug abuse, education must begin early. Schools, colleges, and families play a key role in shaping the mindset of young individuals. Regular awareness programs, talks by experts, and real-life stories of people who recovered from addiction can help students understand the seriousness of the issue. Parents should also be open and supportive, making it easier for children to share their problems instead of turning to harmful substances. Government and non-government organizations can organize rehabilitation and counseling programs to support those trying to recover from addiction.

The media also has an important part to play in spreading this message. Social media campaigns, music, short films, and art can be powerful tools to engage the youth and encourage them to choose a drug-free lifestyle. Youth clubs, sports

teams, and local groups can organize rallies, slogan-writing competitions, street plays, and awareness marathons to involve more people in the cause. Celebrating International Day against Drug Abuse (June 26) in schools and colleges is another effective way to build momentum around this movement.

We must also offer support and hope to those who are already affected. Addiction is not a crime—it is a disease, and those suffering from it need care and treatment. Shaming them only makes recovery harder. If society learns to be more compassionate and encourages rehabilitation instead of punishment, more lives can be saved. Former addicts who have recovered can also help by becoming mentors and spreading positive messages.

Conclusion In the end, the fight against drug abuse requires collective effort, awareness, and compassion. It is not just about avoiding drugs ourselves but also about helping others choose the right path. Everyone has a role—whether you are a student, a teacher, a parent, or a friend. Let us rise together and join the movement against drug abuse. Our united action today can

lead to a healthier, safer, and brighter tomorrow for all.



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The Effects of Drugs on Pregnant Women and Baby

Abstract

Drug abuse during pregnancy is a serious issue that can have devastating consequences for both the mother and the baby. This article explores the effects of drugs on pregnant women and their babies, highlighting the risks and complications associated with drug use during pregnancy.

The Risks of Drug Use During Pregnancy*

Drug use during pregnancy can increase the risk of complications for both the mother and the baby. Some of the risks associated with drug use during pregnancy include:

***Preterm Labor*:** Drug use can increase the risk of preterm labor, which can lead to a range of health problems for the baby.

***Low Birth Weight*:** Babies born to mothers who use drugs during pregnancy are more likely to have low birth weight, which can increase the risk of health problems.

***Birth Defects*:** Some drugs can increase the risk of birth defects, such as heart defects and neural tube defects.

The Effects of Drugs on the Baby

Drug use during pregnancy can have a range of effects on the baby, including:

***Neonatal Abstinence Syndrome (NAS)*:** Babies born to mothers who use opioids during pregnancy may experience withdrawal symptoms, known as NAS.

- ***Developmental Delays*:** Drug use during pregnancy can increase the risk of developmental delays and behavioral problems in children.

- ***Long-term Health Problems*:** Drug use during pregnancy can increase the risk of long-term health problems for the baby, such as respiratory problems and learning disabilities.

Conclusion

Drug abuse during pregnancy is a serious issue that can have devastating consequences for both the mother and the baby. It's essential for pregnant women to seek help if they're struggling with drug addiction. With the right treatment and support, women can overcome addiction and give their babies the best possible start in life.

What Can Be Done

There are many things that can be done to support pregnant women who are struggling with drug addiction, including:



***Providing Access to Treatment*:** Pregnant women who are struggling with drug addiction need access to effective treatment programs.

***Offering Support and Counseling*:** Pregnant women who are struggling with drug addiction need support and counseling to help them overcome addiction.

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***Raising Awareness*:** Raising awareness about the risks of drug use during pregnancy can help prevent drug abuse and promote healthy behaviors.

By working together, we can help pregnant women overcome addiction and give their babies the best possible start in life.

BIOMUSKETEERS CLUB

with the science squad

Substance abuse

Drug abuse, also known as substance abuse or drug addiction, is a complex and multifaceted problem that affects individuals from all walks of life. It is characterized by the compulsive use of drugs despite negative consequences. These consequences can be physical, psychological, social, and economic. Drug abuse is a chronic relapsing brain disease that can lead to significant impairment in an individual's ability to function in daily life.

The scope of drug abuse is vast, encompassing a wide range of substances, including:

- **Opioids:** Heroin, morphine, codeine, oxycodone, fentanyl
- **Stimulants:** Cocaine, methamphetamine, amphetamine
- **Depressants:** Alcohol, benzodiazepines, barbiturates
- **Hallucinogens:** LSD, psilocybin, MDMA (ecstasy)
- **Cannabis:** Marijuana, hashish
- **Inhalants:** Solvents, aerosols, gases

Prevalence-

Drug abuse is a global problem with significant public health implications. According to the World Drug Report, an estimated 284 million people aged 15-64 years used drugs worldwide in 2020. This represents 5.6% of the global population in that age group.

Causes and Risk Factors

- **Genetics:** Individuals with a family history of drug abuse are more likely to develop a substance use disorder themselves.
- **Environmental factors:** Exposure to drug abuse in the home or community can increase the risk of drug abuse.
- **Social factors:** Peer pressure, social isolation, and lack of social support can contribute to drug abuse.
- **Mental health disorders:** Individuals with mental health disorders, such as depression, anxiety, and PTSD, are more likely to abuse drugs.
- **Early childhood trauma:** Adverse childhood experiences, such as abuse, neglect, and witnessing violence, can increase the risk of drug abuse.
- **Availability and accessibility:** Easy access to drugs can increase the likelihood of drug abuse.



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***The Devastating Reality of Drug Abuse**

* Drug abuse is a serious issue that affects individuals, families, and communities worldwide. It's a complex problem that can lead to physical and mental health problems, relationship issues, and even death. According to the World Health Organization (WHO), approximately 31 million people worldwide suffer from drug use disorders. ***Causes of Drug Abuse*** Drug abuse can be caused by a variety of factors, including: 1. ***Peer pressure***: Pressure from friends or acquaintances to try drugs. 2. ***Stress and trauma***: Using drugs as a coping mechanism for stress, anxiety, or traumatic experiences. 3. ***Mental health issues***: Self-medicating with drugs to manage symptoms of mental health conditions such as depression or anxiety. 4. ***Genetic predisposition***: Individuals with a family history of addiction may be more susceptible to drug abuse. 5. ***Environmental factors***: Exposure to drugs at a young age, living in areas with high crime rates, or having access to drugs. **Effects of Drug Abuse***

The effects of drug abuse can be devastating and far-reaching. Some common effects include: 1.

Physical health problems: Organ damage, respiratory issues, and increased risk of infectious diseases. 2. ***Mental health issues***: Depression, anxiety, cognitive impairments, and even psychosis. 3. ***Relationship problems***: Strain on family dynamics, social isolation, and conflict. 4. ***Increased risk**

behaviors*: Using drugs in physically unsafe situations, leading to accidents or injuries. 5. ***Financial problems***: Spending money on drugs, losing jobs, and accumulating debt. **Signs**

of Drug Abuse* Identifying the signs of drug abuse can be crucial in getting help for individuals struggling with addiction. Some common signs include:

1. ***Changes in behavior***: Drop in academic performance, shift in friend groups, delinquent behavior.
2. ***Physical symptoms***: Red eyes, chronic cough, changes in sleeping and eating habits.
3. ***Cravings***: Obsessive thoughts about when the drug will be used next.
4. ***Withdrawal symptoms***: Experiencing withdrawal symptoms when the drug is not used.
5. ***Neglecting responsibilities***: Ignoring responsibilities, such as work, school, or family obligations. **Breaking the Cycle: Recovery and Support*** While drug abuse is a serious issue, it's also a treatable condition. With the right support and treatment, individuals can overcome addiction and lead healthy, productive lives.

Treatment Options There are various treatment options available for individuals struggling with drug abuse, including:

1. Psychoeducation, counseling, and support groups.

2. ***Inpatient treatments***: Detox, around-the-clock support in a closed environment

3. ***Medication-assisted treatment***: Using medications to manage withdrawal symptoms or cravings.

4. ***Holistic therapies***: Alternative therapies such as acupuncture, yoga, or meditation. ***Support Systems*** Having a strong support system is crucial in recovery. Some resources include:

1. ***Hotlines***: Substance Abuse and Mental Health Services Administration's helpline (1- 800-662-HELP).

2. ***Support groups***: Narcotics Anonymous, peer support groups.

3. ***Family support***: Involving family members in the recovery process.

4. ***Online resources***: Online forums, blogs, and support groups.

Conclusion* Drug abuse is a complex issue that requires a comprehensive approach to treatment and recovery. By understanding the causes and effects of drug abuse, identifying the signs, and seeking help, individuals can overcome addiction and lead healthy, productive lives. If you or someone you know is struggling with drug abuse, don't hesitate to seek help



Bsc biotechnology

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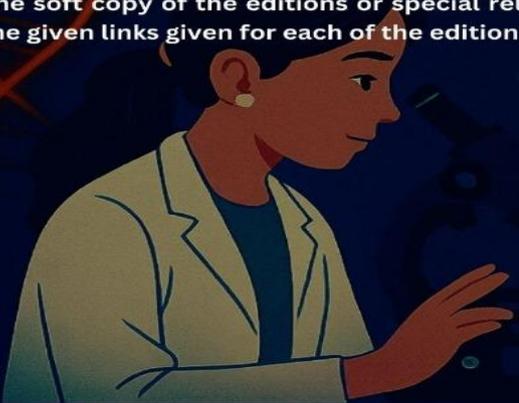
ABOUT THE MAGAZINE

Welcome to Bio Fanzine, the official bimonthly magazine of the Biomusketeers Club, St. Joseph's College for Women. This interdisciplinarity publication aims to provide a platform for students from diverse fields of biology, including Biochemistry, Biotechnology, Botany, Zoology, Agriculture, and Home Science, to share their knowledge, ideas, and research through article writing.

Article writing is a vital skill for biology students, as it enables them to develop their critical thinking, creativity, and communication skills. Through Bio Fanzine, we strive to foster a culture of scientific inquiry, innovation, and collaboration among our students.

We would like to acknowledge the tireless efforts of our student editors, who have worked diligently to bring this magazine to life. Their dedication, enthusiasm, and commitment to excellence are truly commendable. We are deeply grateful to our Principal Dr. Sr Shyji, Vice- Principal Sr. Hema and Management which include Sr. Mary, Sr. Daisy and Sr. Nancy for their unwavering support and encouragement. Their vision and leadership have enabled us to create this platform, which we believe will play a significant role in shaping the minds of our future scientists and leaders.

We hope that Bio Fanzine will serve as a catalyst for intellectual curiosity, creativity, and innovation among our students, and provide a platform for them to showcase their talents and achievements. Students from various science disciplines of the college and also other colleges will be invited for contributions to the E- Magazine. The soft copy of the editions or special releases of the magazine will be available at the given links given for each of the edition.



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