

# Addiction in Working Class People

## A study of Patil Estate Vasti

Founder of modern psychology and psychoanalysis Dr. Sigmund Freud propounded a theory that 'attainment of happiness is the aim of Human Life'. So it is presumed that regular fun-making is the essence of happy life. Humans have invented various types of leisure activities to get rid of tension emanating from the overload of daily work. Leisure means to undertake any innovative activity which involves creativity and which satisfies the mind. Games and sports, entertainment, taking rest, tourism, hoteling, smoking and alcoholic drinking are supposed to be some of the leisure activities. A person starts consuming a substance initially as a leisure activity, but eventually it converts into an addiction. Addiction is something a person cannot easily get rid of, knowing fully well that it is physically, mentally and socially harmful. The society generally views addiction as a personal problem. But it is also becoming a social problem. The efforts undertaken for de-addiction are too little and inadequate. Government do not view it seriously apart from passing some legislation. Even when prohibition law is enacted, its implementation is deliberately neglected because of huge revenue it brings into the state coffers. Taking into consideration various aspects of the problem of addiction 'Manoday Vyasankuti Sanstha' has undertaken de-addiction programme in Patil Estate, in Shivajinagar area of Pune City. As a part of this programme the Sanstha has completed a Study Survey in Patil Estate. The conclusions and observations of that study are enumerated as below.

**Introduction:** Humans get so habituated to consuming a particular substance that they cannot live without it and their body and brain always craves more for it. This is nothing but addiction. People think as their rightful days of alcohol drinking on the occasion of various parties, weekends, holidays, sports events, Jatra festivals, birthdays, marriage ceremonies, Holi, Gataari Amaavasya, Mahashivratri, 31<sup>st</sup> December and so on. Substance abuse and addiction includes having liquor, Cigarette, Opium, Ganja, psychotropic drugs, Kharra, Tadi-Madi, Tobacco, Tapkir (Snuff), Gutkha, Whitner, Sleeping Pills etc. A new and huge addition has come about recently in this never ending list and that is 'Screen Addiction' We find young generation addicted to Screen by way of UTube, Facebook, Instagram, WhatsApp, various online games and pornography.

**Reasons for Addiction:** If we review various reasons for addiction we find that Men mostly smoke cigarette or drink alcohol as a mark of their Masculinity. Famous Actors and Sportsmen, who are viewed as a role model, have given Social Legitimacy to Smoking, drinking and drugs through colourful advertisements, Movies, TV Serials, Social Media, Dramas and Stage performances. Fans easily fall prey to this Virtual Reality and emulate their Heroes. As various movements for personal liberty gained momentum the young viewed smoking or drinking as a symbol of their rebellion. Addiction can find any excuse. It can be to express happiness or sorrow, to release tension, to overcome fear and for various other reasons. Sometimes addiction is shown to be the expression of careless and fearless attitude and sometimes it rears up its ugly head under Peer Pressure. We received so many such replies from the respondents so as to assume them to be universal.

Problem of addiction has now crossed personal level and has become a family problem. In cities we often tend to neglect an important segment of addicts and that is of working Class people

living in poor localities. As addiction increases in a community teen-agers get easily attracted to it. Even families who do not have addicts also suffer because of others and we find entire locality caught in the grip of addiction. So 'Manoday Sanstha' intends to undertake de-addiction programmes in all poor localities in the city. It has made a beginning from Patil Estate Vasti.

**Patil Estate Vasti:** This locality got established between 1965-70. Initially it started with erection of around 50 huts and shanties made of bamboos and mats. Since the land belonged to a person named Patil it acquired the name as Patil Estate, according to Mangal Jadhav who has been residing there for four decades. Patil family sold this land to COEP Engineering Collage. After some years (in 2007) a proposal for redevelopment was made to SRA Authority. But it got stayed. At present the land legally belongs to the Engineering Collage. After severe drought in 1972 migrated people from Beed, Ahmednagar, Solapur, Jalna, Aurangabad, Usmanabad and Latur districts settled in this Vasti in large numbers. The Vasti continued to grow as relatives and other people knowing the earlier settlers also came here. Presently the Vasti is spread over about one to one and half acre of land and consists of 1150 houses with 5,000 people. Because of paucity of space people have constructed mezzanine floors on their original groundlevel structures. Being situated in the heart of the city its occupants get employment in Shivajinagar, Model Colony, Deccan, Gokhale Nagar, Aundh, Baner, Balewadi and Bhosale Nagar as domestic help, rickshaw drivers, drivers, security guards, rag-pickers, courier boys, tempo hiring and workers in various shops and housekeeping services.

If we consider geographic location, Mula River is on the north of this Vasti. Sangamwadi Fly-Over is on the east and a huge compound wall of Emerson IT Company on the west. The only usual and emergency exit road is on the south. In 2018 in an accidental fire 280 houses in the Vasti were gutted. In the floods of Mula river in 2019 half of the vasti was submerged under water. Zaheera Shaikh, a resident says that the Vasti has got used to such frequent incidents. As far as addiction is concerned 72% families in the Vasti are in the grip of addiction. Addiction is profoundly more in this Vasti. Apart from this the Vasti is also afflicted with other problems of illiteracy, unemployment, child marriages and superstitions. So we tried to study the social, physical, educational and economic ill-effects of addiction and bad habits. For that we followed the the study method as explained below:

**Study Method and Its Objects:** The writers (Vishnu and Malati) have been working closely for last 10 years in about 40 localities in Pune city with the rag-pickers, who are from the lowest strata of society. Thus they have gained intimate knowledge about the problem of addiction. Vishnu Shrimangle is more concerned about this issue having lost his father and elder brother due to alcohol addiction. In fact he is inspired to undertake this study largely because of his personal tragic experiences.

The study was conducted using historic, analytical, observational, participative and statistical methods. Primary and secondary resources were used for the study. For the study a questionnaire of 23 questions was used. In all 3,641 respondent individuals answered all the questions in the questionnaire. These respondents were from 887 families out of about 1,150 families in the Vasti. The questions covered topics such as social and economic issues, different types of addictions, money spent on addiction, domestic violence, health problems, ill-effects of addiction on the family etc. For recording answers of the respondents to the questionnaire, we took assistance of four girls (Prdnya, Prateeksha, Jyotsna, Kajal) and one boy (Aadinath), who reside

in the same Vasti and who are highly educated. That helped us to adduce proper and truthful information to the maximum possible extent. The participation of these local volunteers made our task much easier. Now all these girls and the boy have joined our Sanstha. Important conclusions which we drew from the valuable factual information are presented below in the form of topical charts:

**Chart No. 1: Level and extent of education**

Teaching	Men	Female	Total	Percentage
Not applicable	98	98	196	5%
Uneducated	285	459	744	21%
1st to 5th	269	247	516	14%
6th to 9th	691	622	1313	36%
10th	278	182	460	13%
12th	141	100	241	7 %
Technical education	0	4	4	.1%
Graduate	101	56	157	4%
Postgraduate	3	7	10	.3%
Total	285	459	3641	100

From this chart it can be seen that only 4% of the respondents have studied beyond graduation. More girls, as compared to boys, drop out of school after 9<sup>th</sup> Std. Many ladies informed that girls are often married off after they pass 10<sup>th</sup> Std. The Vasti has much more drop-out ratio after 12<sup>th</sup> Std, for both boys and girls. Illiteracy rate is 21% and only 13% people have studied upto 10<sup>th</sup> Std. Because of such

low level of literacy, the young generation has no option than to follow their parents in doing manual work involving hard labour and doing petty, low paying jobs in service sector.

**Chart No. 2: Caste Groups**

Caste Group	Total	Percentage
Open Group	254	7%
OBC	103	3 %
SC	2147	59 %
Muslim	1066	29 %
Non Hindu	37	1%
NT	34	1 %
Total	3641	100

This chart groups the population of the Vasti on the basis of caste. It shows that 59% residents of the Vasti belong to Scheduled Castes. Among them Matangs and Mangs are in the largest number. Similarly most of them are blood relatives. Muslims, Shikhs and Chrichans constitute 30%. It means 85% population of the Vasti is from Mahar, Matang and Muslim communities.

**Chart No.3: Occupation**

Occupation	Male	Female	Total	Percentage
Unclean work	236	467	703	19%
	33.57	66.42	100.0	
Housewife	0	438	438	12%
Driver	175	0	175	5%
Household	0	138	138	4%
Construction	104	10	114	3%
Security	113	0	113	3%
Shop	80	31	111	3%
Skilled	52	15	67	2%
Garage	25	0	25	1%
Account	10	2	12	1%
Hospital	2	18	20	1%
Hamal	20	0	20	1%
Others	30	4	34	2%
Education Taker	880	791	1671	46%
Total	1727	1914	3641	100%
	47.4	52.6	100.0	

This chart shows occupation wise classification. From that it is seen that largest group of 19% among them is engaged in unhygienic jobs or their occupation relates to cleaning and sanitary work. Rag-picking, sanitation workers, Housekeepers are some of such jobs. Around 5% earn their bread by driving vehicles such as rickshaw, tempo or Ola/Uber cars. Overall, most of the people in the Vasti do hard manual

labour or provide variety of manual services.

**Chart No 4: Extent of Addiction (Men and Women)**

Type of Addiction	Male	Female	Total	Percentage
Multiple addiction	214	79	293	28.4
	73.0	27.0	100	
Tobacco	117	136	253	24.7
	46.4	53.6	100.0	
Misheri	10	239	249	24.3
	4.0	96.0	100.0	
Gutka	98	24	123	12.0
	79.5	20.5	100.0	
Alcohol	78	1	79	7.7
	98.7	1.3	100.0	
Cigarette	17	0	17	1.7
	100.0	0	100.0	
Ganja	11	0	11	1.1
	100.0	0	100.0	
Total	546	484	1025	100.0
	53.0	47.0	100.0	

This chart reveals that around 73% residents of the Vasti are addicted to tobacco in various forms. 96% of women apply roasted and powdered tobacco to their teeth, which is called Masheri. As per Kamran Siddiqi, head of research in Public Health at Hull York Medical School in Britain, more than seven lac people die worldwide every year due to diseases attributable to tobacco consumption. 75% of such deaths occur in India alone. (Loksatta, 24th Aug., 2015). Patil Estate Vasti also reflects a similar picture. Chart No.4 shows that in this Vasti 28% people (293 individuals) are addicted to more than one substance. This is very serious. Such multi-addicted

people explained their journey thus:Initially they were addicted to one substance. Later on when they could not afford that substance they turned to another less expensive one and ultimately continued with both substances.

**Chart No. 4.1**

Type of Addiction	Total	Percentage
All Type of Alcohol	241	23.5
Tobacco, Cigarette, Mishri, Vimal, Bidi	754	73.5
Ganja	30	3
Total	1025	100

Around 23.5% or 241 were found to be addicted to all types of alcoholic drinks. Though 73% of women use tobacco as Masher they justify it by saying that they cause no trouble to others unlike those who drink alcohol. Addiction rate is almost the same in men and women. But of all addictive substances liquor cost them the most. Men regularly suffer from physical illnesses which ruins their families economically. Many women say that people habitually quarrel after drinking. Surprisingly family members and also others suffer socially and mentally because of addicts. The entire Vasti seems to have been gripped by addiction as young generation also easily fall prey to it. As per Chart No. 5, 177 young residents below 25 years group are addicted in some form or the other. Chart No.6 shows that 72% families have at least one addict member. So in a way the entire Vasti suffer because of addicts. In fact the entire Vasti is on the verge of being addicted. Because of surrounding situation those who are not presently addicted are always at a risk of being hooked themselves. So such vulnerable groups need special attention in any de-addiction programme. (Note: The concept of occasional (once in a month) consumption of addictive substances do not at all apply to the Vasti.)

**Chart No. 5: Age Group**

Age group	Addicted	Non Addicted	Total
15	14	1015	1029
16-20	56	417	473
21-25	107	321	428
26-30	180	279	459
31-40	306	285	591
41-50	187	154	341
51-60	100	89	189
61+	75	56	131
Total	1025	2616	2641

**Chart No. 6**

Is someone addicted in family	Total family No.	Percentage
Yes	562	71.7
No	222	28.3
Total	784	100

**Chart No.7: Duration of Addiction**

Duration of addiction	Male	Female	Total	Percentage
1-5 Years	164	128	292	28.0
	56.0	44.0	100.0	
6-10 Years	99	67	166	17.0
	55.2	44.8	100.0	
11-15	67	61	128	13.0
	52.3	47.7	100.0	
16-20	90	72	162	16.0
	55.6	44.4	100.0	
21-25	58	70	128	12.0
	45.3	54.7	100.0	
26-30	12	22	34	3.0
	35.3	64.7	100.0	
31+	53	62	115	11.0
	46.8	53.9	100.0	
Total	543	482	1025	100.0
	53.0	47.0	100.0	

Chart No. 7 analyses the data to find out the pattern in the duration of addiction. It shows that 28% people are addicted for last five years and another equal percentage of people are addicted for last 5 to 25 years. 14% are addicts for more than 26 years. So we can say that the rate and duration of addiction is quite high in this Vasti. Children get close experience of addict people from very young age. One resident Shri Dubale confessed that he got addicted at quite a young age. So concerted work is needed to be done to save the future of our country by keeping away the young generation from addiction and to help those neo-addicts who wish to come out of it. In comparison men are more addicted than women. But addiction of more than 21 years duration is higher in women. More men are found to have ben addicted for less than 20

years. One woman, Mangal Javir, says because it is cheap and to get energized during work, women are tend to get addicted to Masherri and tobacco at very young age. Many wonen replied that they were using Masherri from even before marriage. Many such women suffer from dehydration because of frequent spitting, loose taste and appetite and easily get irritated. In is observed that many in this Vasti got addicted at younger age and continued with it for much longer time(more than 30 years).

**Chart No. 8: Expenditure on Addiction**

Monthly costs on addiction	Numbers	Percentage
less than 200	294	29%
201-500	307	30%
501-800	135	13%
801-1000	72	7%
1100-1500	68	7%
1501-2000	55	5%
2100-2500	15	2%
2600-3000	35	3%
3100+	42	4%
Total	1025	100

This chart is about how much money is spent on addiction. It shows that about 59% people spend between 200 and 500 rupees per month on their addiction and women are more than men in this group. 13% spend between 501 and 800 rupees per month. But in the next group of rupees 801 to 1,000 monthly expenditure 80%are men. Though the rate of addiction is the same among men and women, men spend more on their addiction than women. The expenditure on addiction is in direct proportion to the price of addictive substance, so obviously

alcohol addiction is the most expensive. Many women vehemently support total prohibition as they see alcohol addiction as the basic problem in the Vasti. But Maharashtra government is not likely to adopt any such policy as it earned Rs. 15,000 crores in revenue from sale of liquor.(Sakal, 23<sup>rd</sup> April 2020). In that context it is pertinent to note that liquor shops were among the first to be allowed to open in the unlocking phase of Corona Lock-down. Dr. Abhay

Bung (SEARCH) and Dr. Hamid Dabholkar (Parivartan Vyasanmukti Sanstha) opined that the society pays five times more by way of increased diseases, deaths, crimes, accidents, suicides and sexual assaults on women, as compared to the revenue earned by the government from sale of liquor. From American economist Schifrin to National Institute of Mental Health and Neurosciences, an apex body in India, all experts unequivocally speak of the adverse ratio between the revenue and social costs of liquor.

**Chart No. 9: Who caused addiction?**

Who caused the addiction?	Numbers	Percentage
Loneliness	140	14.0
Charm	3	.3
Pregnancy	4	.4
Family tensions	21	2.0
Peer Pressure from friends	661	65.0
Not applicable	7	.7
Nature of work	130	13.0
From family members	13	1.0
Place of work	46	4.0
Total	1025	100

This chart looks at various causes of addiction and shows that 65% of people got addicted because of Peer Pressure. Many women admitted that they acquired the habit of chewing tobacco or using Mashedi because of their friends. Peer Pressure, being the most important factor in the subject of addiction, it requires special and separate consideration. 21 respondents said that they turned to addiction to get out of unbearable tension and stress in their family. From this we can infer that even though the Vasti is thickly populated its residents felt isolated due to lack of meaningful dialogue. The assumption that alcohol relieves physical stress after hard manual labour is

basically false. For addiction of such people the contribution of their co-workers and friends is about 65%. The people in such Vastis face problems of economic and social insecurity. Added to it is unemployment. Being irregular in attendance the addicts do not get secured jobs. If they don't work it increases discord in family. In such a situation they again fall back to their friends and usual addiction. If the brain is forced to release dopamine frequently, you crave more and more for such false happy feelings. In fact to meet such a situation other more entertainment and recreational options are needed to be made available in the Vasti.

**Chart No.10: Spending on Addiction as compared to family Income.**

Family Income →	No Income	5000-	6,000-10,000	11,000-15,000	16,000-20,000	21,000+	Total
Expenditure on Addiction							
200 Below	68	94	4	0	1	1	290
201-500	65	81	124	29	7	2	308
501-1000	35	41	83	37	9	2	207
1100-2000	14	19	61	25	3	1	123
2100-3000	6	5	23	13	3	0	50
3100+	3	3	21	10	3	1	41
Total	228	217	406	132	29	7	1019
Percentage	22.4	21.3	39.8	13.0	2.8	.7	100.0

When we compared monthly family income and expenditure on addictions, as per chart No.10, we found that 61% people earn less than Rs. 10,000 a month, but 28% spend more than Rs.1,000 on their addiction. We found 22% or 228 individuals who do not work or earn anything, but borrow money from family members to satisfy their addiction. Many among them take money from their mother or wife. Highest number of people spend between 200 and 500 rupees per month on addiction. The chart also discloses another important facet: Those who earn more than Rs. 21,000 per month, spend relatively less on addiction. The chart also shows that people from lowest income group spend more on addictions than on monthly ration.

### Chart No. 11: Why People Get Addicted?

Do You Addicted	Total	Percent age
Yes	1025	28.3
No	2616	71.8
Total	3641	100

This chart shows that 28% population of this Vasti is addicted. But the remaining 72% who are not addicts (other members in the family, children, students and others) constantly suffer because of these 28%. Because the addict individual is mentally, physically, economically and

socially depressed, that affect all other people also. So addiction which starts from an individual ultimately reaches the family and neighborhood. In crowded Vastis almost everyone gets affected. As compared to women, prevalence of addiction is more in men. Death rate is also high among liquor addicts. Such people abstain from work more often and resultantly earn less. They also spend more on medical treatment. Addiction leads to more accidents, crimes and domestic violence. It also adversely affects proper upbringing of children in the family. As per a study done by 'Global Burden of Disease' alcohol and tobacco are the two top most causes for deaths and diseases. (Abhay Bung; 2016)

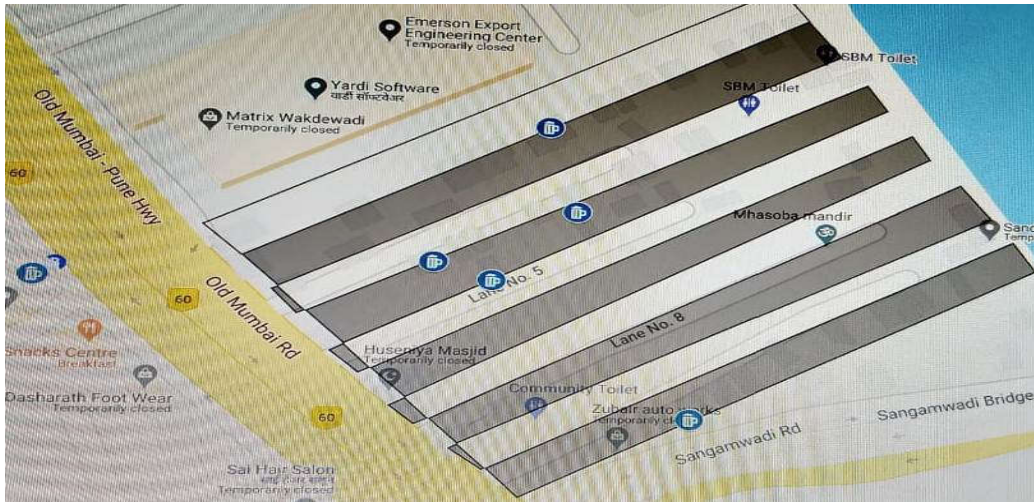
### Chart No. 12: Distance to Addictive Substances

As per Chart No. 12, we found that in this vasti addictive substances are available at a distance of

Addiction Place	Total	Percentage
10 Steps	228	22.3
20 Steps	243	23.8
30 Steps	202	19.5
40 Steps	127	12.4
50 Steps	220	21.5
More than 50 Steps	5	.5
Total		

only 10 to 15 steps from home. This facilitates easy availability of substance to the addicts and induces them more into addiction. So if the substances are made available far away in can certainly have some control over addiction. In the initial period people tend more to get addicted if the substance is easily available close by.

### No. 13: Map of Patil Estate Vasti



This map marks five places of illegal bootleggers/ country liquor shops. Actually they are not regular shops. There liquor is sold from houses. These residence-cum-shops are very close to the alcoholics and they are open till late in the night. Children can also go, and in fact are send, to buy liquor. Government has control over state approved liquor right from production to sale. Illegal house based liquor shops remain open throughout the night. So, many addicts go there at midnight or even early in the morning to drink, when they cannot control their urge. In the process and sale of bootlegged alcohol various illegalities are involved. So many a times it leads to poisoning. Thousands of people have lost their lives in such tragic incidences throughout the country.

There is one government approved country liquor shop on the road outside the Vasti. Apart from this there are around 15 shops which sell tobacco, Masher, Cigarettes etc. So we can say that liquor and tobacco products are easily available to the residents of Patil Estate Vasti at a walking distance. It seems that people get more inclined to addictions because of this.

**Chart No.14: Efforts for De-addiction**

Is there any efforts taken for deaddiction	Total	Percentage
Yes	7	0.7
No	1006	99.3
Total	1020	100

**Chart No. 15: Help for De-addiction**

Do you need help for de addiction	Total	Percentage
Yes	719	70.5
No	301	29.5
Total	1020	100

Chart No. 14 shows that there are no options and facilities available for de-addiction at local level in the Vasti. That highlights the emergent need for doing work on this aspect. Chart No. 15 shows that 70% people in the Vasti want help for de-addiction. The success of any de-addiction programme depends on willingness of addicts to get de-addicted. Though people are ready and willing, the fact remains that there are only 40 de-addiction centers in entire Maharashtra and they charge fees for their services. (Dabholkar, Sadhana, 2014). So the available centers are far off from the homes of those who need them and they are for only those who can afford them. There is not a single such center at local community level and of course none is free of cost. Since addicts in the economically weaker class cannot pay for getting rid of addiction, they find no way out even if they are willing.

**Pune Municipal Corporation Scheme:** Social Development department of Pune Municipal Corporation started a scheme 10 years ago of giving seven thousand rupees as subsidy for de-addiction of alcoholic people in the city from backward classes. This scheme requires the addict to get admitted in a de-addiction center. Ravindra Chavan of the department says that only four to five applications are received each year to get benefit of this scheme. Only two addicts actually get themselves admitted in a center after completing all procedural formalities.

Money gets allotted for many such schemes. But sometimes the money remains unspent due to the lack of separate and capable employees or because of administrative inefficiency. Political will is also lacking. Every year 50 % of funds budgeted for such schemes get lapsed because of non-spending. Without implementing existing schemes properly the government keep on announcing new schemes. Hands of political leadership are seen to be tied because of their vested interest in liquor trade and the policy of not hurting the feelings of the addicts. Resultantly such schemes are also used for political purposes. All these hurdles deny the deserving benefits to the willing beneficiaries from poor, toiling and illiterate class.

**Chart No. 16: Addiction is an Illness or Bad Habit**

addiction is a bad habit or physiological disorder	Total	percentage
bad habit	995	97.5
physiological disorder	21	2.1
Total	1021	100

According to Chart No. 16 more than 97% of the people feel that addiction is a bad habit. But psycho-therapists and experts say that addiction is a type of physical illness, which later on progresses into a mental disorder. People who feel that addiction is only a bad habit, are not at all aware that they are addicts and they are suffering from a mental illness. Social and economic

disparity, improper diet due to addiction, insufficient sleep or excessive sleeping, uneasiness, continuously being under pressure, committing crimes, family quarrels on petty issues, constant family tension, feeling of loneliness, getting enraged due to fear are some of the factors which contributes to addiction becoming a mental illness. So it becomes important to consider psychological factors while working on addiction.

**Chart No. 17: Has death occurred due to Addiction?**

Due to addiction is someone dead in your family	Total	percentage
Yes	91	8.9
Total	1020	100

This chart is about deaths because of addictions. Our study revealed that 36 families have lost at least one of its members to addiction. Men are in majority in such lives lost. 10 of the addicts who died were below 25 years of age. Dr. Abhay Bung, who successfully implemented de-

addiction movement in Gadchiroli, says that in last few years rate of addiction has increased in younger age-groups. According to Mrs. Mukta Puntambekar, Director of Muktagan Vyanamukti Kendra, the threshold age group for addiction has reduced in last 20 years. Social worker Paromita Goswami, who successfully piloted de-addiction movement in Chandrapur district, social media and modernity has in a way accorded social sanction to substance abuse and addiction has increased in young generation. As per National Family Health Survey in 2009,

done by Union Public Health Ministry, rate of addiction has increased in 15 to 24 years age group. Our Chart No. 5 also indicates such increase of addiction in younger age groups.

Taking all these factors into consideration which are explained in chart No.7 `Manoday Sanstha`, has been for last several years concentrating more on newly addicted 292 people (in last five years) than on people who are addicted for longer duration. People who are not yet addicted are always at the risk of getting addicted. So working in the field of de-addiction, a special focus is always required to be kept on preventing new addictions. We have planned regular counselling sessions for around 400 boys and girls in the Vasti who are on the verge of entering adolescence from their childhood. From the above study our Sanstha has arrived at certain conclusions and formulated some recommendations which are listed below.

### **Main Conclusions and Recommendations:**

- 1) In Patil Estate Vasti 72% families are in the grip of addictions. Literacy rate is very low and drop-out from school is very high. So as a preventive measure for the benefit of future generation de-addiction needs to be given focused attention.
- 2) The Vasti faces severe problem of addiction, but the people do not get a way-out, as there is not a single de-addiction center at the Vasti level. Poor, deprived and economically backward residents of this Vasti cannot afford to pay for their de-addiction. The Vasti urgently needs a free of cost de-addiction center at local level. Such center should provide proper treatment, psychological counseling, self-realization techniques and training.
- 3) Since people from the Vasti are mainly engaged in hard manual labour and in providing various services their condition also indirectly affects middle-class in the city. For example when people from this Vasti were seen to have Coronal-like symptoms, they were prevented from working in Baner-Balewadi areas. So people who are served by the residents of this Vasti are also indirectly obliged to care for the wellbeing of the Vasti. So the civil society should help improve health of the Vasti residents.
- 4) Proliferation of illegal liquor and cigarette vendors has contributed to high incidence of addiction. This has resulted in such slums being in the grip of addictions. Children who go to illegal shops to buy liquor for their parents, eventually start consuming the same. So all illegal shops selling tobacco products and liquor should be closed and such ban should be enforced strictly.
- 5) Future generation of the country is getting trapped in addiction. To avoid this taking holistic approach various other alternate recreational activities need to be actively provided. This may include self-esteem enhancement, libraries, counselling, sports activities, computer training, gymnasium, workshops on child psychology, yoga training, nature visits, street plays, visits to historic places, lectures and symposia, book club etc. The government should financially help such supportive activities.
- 6) The Vastis have different groups of addicts (young adults, women and addict men). The reasons for their addictions differ as per groups. So special programmes are required to chalked and implemented as per varied needs. The study shows high rate of addiction in women. So de-addiction programmes should have active participation of women, which will help de-addicting the entire family.

7) Success of any law or scheme depend on proper study, monitoring and evaluation before and during implementation. So to reduce addictions in society government should regularly undertake collection of information, study and evaluation and also should revise and modify the schemes accordingly.

8) Apart from regular and proper monitoring and evaluation the government should implement the law/ scheme consistency and continuity. For public awareness the government should provide financial help to local self-government bodies.

9) This Vasti of workers and laboureres is in the grip of addiction. So it is essential to restore and repair their mental health and to bring them out of their physical, economic, educational and social problems. To address this `Manoday Vyasankmukti Santha has advocated various alternatives. Those include regular meetings of Alcoholic Anonymous (Group Counselling), skill based workshops for youth, public awareness, library, movie club, lectures etc. The government should support this.

10) The social cost in the form of indirect health issues, deaths, crime, accidents, suicides and sexual assaults on women is five times more than the actual individual expenditure of addiction. So to prevent such avoidable loss government departments of Social Welfare, Women and Child Welfare, Urban Development and social justice should work collectively to address these problems and should prioritize de-addiction programees for socially and economically backward classes. Similarly bodies like schools, government offices, police force, food and drug administration, government hospitalsshould regularly adopt advocacy role to eradicate consumption of tobacco and liquor.

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