

Nasha Mukti (Freedom from Addiction) is a critical social and public health topic. It focuses on preventing substance abuse (alcohol, drugs, and tobacco), treating dependency through de-addiction centres, and rehabilitating individuals. The Government of India actively leads this via the *Nasha Mukti Bharat Abhiyaan*, a massive campaign aimed at building a drug-free society.

The topic of *Nasha Mukti* can be broken down into several key areas, depending on your focus:

1. The Core Problem

- **Types of Substances:** Alcohol, tobacco, prescription medications, and illicit drugs (opioids, cannabis, cocaine).
- **Root Causes:** Peer pressure, stress, loneliness, easy availability of drugs, and underlying mental health issues.
- **Impact:** Addiction destroys physical and mental health, tears apart families, and burdens the socioeconomic development of the nation.

2. Prevention & Awareness

- **Early Education:** Teaching youth in schools and colleges about the dangers of substance abuse.
- **Community Engagement:** Campaigns like *Nasha Mukti Bharat* mobilize volunteers (*Nasha Mukti Mitra*) to spread awareness in local communities and identify individuals who need help.
- **Healthy Alternatives:** Directing youth toward sports, meditation, and creative outlets to manage stress naturally.

3. Treatment and Rehabilitation

- **Medical Detoxification:** Safely removing addictive substances from the body under medical supervision.
- **Psychological Counselling:** Rebuilding mental health through cognitive behavioral therapy and group support.
- **Nasha Mukti Kendras:**