

# Revolutionizing Addiction Recovery: A Remote Approach to Motivating and Helping Individuals

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**Abstract:** *Drug misuse is a critical issue that affects individuals, families, and communities worldwide. The most commonly abused drugs in recent years include benzodiazepines, ketamine, and zolpidem, while heroin and methamphetamine remain the top two drugs of abuse. Although heroin usage is declining, the use of ketamine, zolpidem, and MDMA is increasing. The most prevalent infectious diseases among drug users are hepatitis C, hepatitis B, and AIDS, and the availability of drugs through the internet is a growing concern. Drug usage by mothers and children is a growing concern, and limited data on medicinal and psychological therapy highlights the need for improved follow-up. While proposals have been made to address substance use challenges, more work is needed to prevent and overcome these problems. Neurological studies aim to identify those at risk of alcohol dependence. In an effort to reduce drug use in India, we have developed a website where individuals can motivate themselves to quit using drugs. The platform also allows people to communicate with doctors and take steps towards maintaining their health. A dynamic graph chart enables individuals to track their progress and set goals for a happy and healthy life every day.*

**Keywords:** Drug Prevention, Substance Abuse, Ketamine, Methamphetamine, Zolpidem

## 1. Introduction

Drug addiction is a complex and multifaceted issue that affects individuals, families, and entire communities. While drugs may be used to treat disease, their misuse can lead to various societal problems, such as crimes, violence, and health issues. The impact of substance abuse is not limited to the individual user but also extends to their loved ones and the wider society. In the United States alone, in 2011, there were 5.1 million drug-related ED visits, with approximately half of these linked to substance addiction or abuse and 45% to adverse pharmacological responses. The number of ED visits associated with illicit drug usage grew from 974,392 in 2009 to 1,252,500 in 2011, with illegal stimulant visits increasing by 68%. Additionally, the number of ED visits for drug misuse or abuse-related issues grew from 626,470 in 2004 to 1,428,145 in 2011. Anxiety and sleeplessness medicines, as well as narcotic pain killers, were the most often linked pharmaceuticals. The prevalence of drug addiction and/or drug use disorders among drug users globally is estimated to be 10-13%, with the expansion of HIV, HCV, and HBV among injecting drug users contributing to the global disease burden. According to estimates, the global prevalence of drug use disorders ranges from 0% to 3% Eastern Mediterranean having the greatest frequency. Cannabis was the most extensively used illegal

substance in the world in 2010, according to anticipated yearly illicit drug consumption statistics, with an estimated use among 15-64-year-olds ranging between 119 million and 224 million. Amphetamine-type stimulants (ATS) and non-medical use of opioids primarily heroin, morphine, and prescription opioids ranked second and third, respectively. Drug-related deaths accounted for 0.5 to 1.3% of all deaths among those aged 15 to 64 years, with an estimated 99,000 to 253,000 fatalities from illegal drug use globally in 2010. The impact of substance misuse extends beyond health and societal issues, with significant economic and social consequences such as crime, instability, insecurity, and excessive medical expenditures. In Taiwan, for instance, over 1.43% of persons aged 12 to 64 (252,000) misused drugs at least once in 2009. To address this issue, Taiwan's National Drug Administration was founded. Since 2002, when the Taiwan Food and Drug Administration Health Administration was established, drug usage cases have been documented online. Given the prevalence and severity of drug addiction, it is critical to develop effective interventions that can help individuals overcome their addiction and achieve a healthier and more fulfilling life. This is where the Drug Free India website comes in. The primary objective of this website is to promote healthy living by enabling individuals to set daily objectives for a healthy and enjoyable life, monitor their progress, and receive guidance and support

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from an algorithm that predicts their progress rate based on Q&A sessions. By using this website, individuals can make a commitment to living a better life, set achievable goals, and track their progress in real-time. Our hope is that by providing individuals with the tools and resources they need

to overcome drug addiction, we can help them improve their overall health and well-being, and contribute to the betterment of their families, communities, and society as a whole.

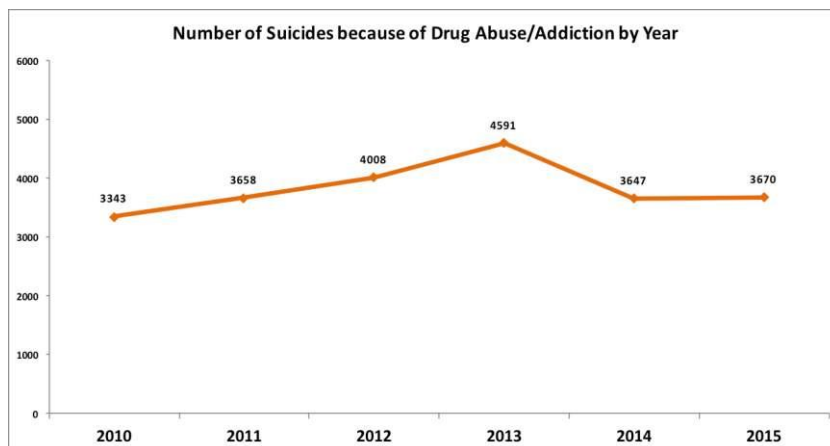


Figure 1: Number of Suicides of Drug Abuse/Addiction by Year

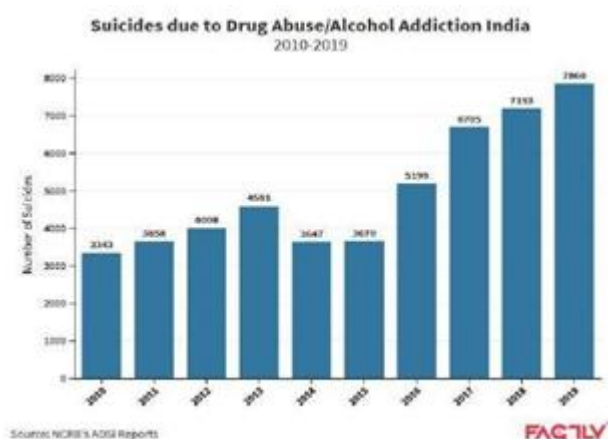


Figure 2: Suicides due to Drug Abuse/Alcohol Addiction India

## 2. Literature Survey

Sjoerds, Z., et al. [1] did a study Theme in the journal *Frontiers in Psychiatry's* section *Addictive Disorders and Behavioral Dyscontrol* focuses on the motivational processes driving drug use, misuse, and dependence.

This article investigates subjects related to human addiction and motivation in order to initiate a conversation regarding the idea of habit and its role in drug addiction.

Rigg KK et al. [3] The purpose of this study was to 1) determine the motivations for engaging in non-medical use of prescription opioids and sedatives among street-based illicit drug users, methadone maintenance patients, and residential drug treatment clients, 2) investigate associations between prescription drug abuse motivations and gender, age, race/ethnicity, and user group, and 3) investigate associations between specific motivations and prescription drug abuse pattern.

Avasthi A et al. [5] provide an investigation in the last three decades, The Indian government has taken various attempts

to curb the country's rising drug problem. To better understand the developing situation and inform policy choices, the Ministry of Social Justice and Empowerment undertook two nationwide drug surveys, released in 2004 and 2019. According to the findings of these studies, opioid usage has grown dramatically, and heroin has surpassed natural opioids (opium and poppy husk) as the most widely misused narcotics. This tendency was validated by a comprehensive epidemiological investigation conducted in Punjab. Other synthetic substances including cocaine are also becoming more popular. The survey results highlight the need for a more concentrated effort to reform the present system, address the significant treatment gap, and guarantee that people in need have access to quality and affordable health care. To address this unmet demand, the government should expand drug abuse treatment and rehabilitation facilities and include additional centres in the DTC programme. Harm reduction initiatives should be further strengthened and recovery-oriented OST should replace the time-limited OST policy. Early detection and scheduling of new psychoactive substances, control of precursor chemicals, and the misuse of over-the-counter medications with addictive potential should also be monitored and addressed. In conclusion, while the Indian government has taken early and strong actions to address drug concerns, there is still need for improvement in current programmes, coordination across government departments, and strengthening supply reduction chains. Only then can India expect to effectively battle drug addiction in the coming years.

Pereira, M et al. [6] talks about research done in Pune, Maharashtra, India, the incidence of Drug-resistant *Mycobacterium tuberculosis* isolates were found to be comparable to those obtained in HIV-negative tuberculosis patients. The researchers discovered that 10% of the 30 HIV-positive persons' isolates were resistant to isoniazid (H), 6.6% to streptomycin (S), 6.6% to ethambutol (E), and 10% were multi-drug resistant (MDR). 10% of the 40 *M. tuberculosis* isolates from HIV-negative persons tested positive for H, 2.5% for S, 2.5% for E, and 2.5% tested positive for MDR. This implies that HIV infection isn't

always linked to drug-resistant TB. Nonetheless, further study is needed to understand the role of HIV in medication resistance and to assure the national TB control program's efficiency. Our study demonstrated no difference in medication resistance between HIV seropositive and seronegative TB patients, which is consistent with other European investigations. Several studies have found a decreased rate of medication resistance in HIV seropositive TB patients compared to those who tested negative for HIV. As a result, our data support the idea that there is no statistically significant difference in anti-tuberculosis medication resistance between these two groups. Considering the contradictory findings of previous research, as well as the high incidence of HIV-TB in our country, we believe that monitoring medication resistance in TB patients, particularly HIV seropositive tuberculosis patients, would be advantageous to the National Tuberculosis Control Programme.

Sharma, K. et al. [7] talks about Motivation to abandon drug addiction is crucial for successful rehabilitation, and traditional approaches to combat drug abuse have not been enough. To counteract some of the reasons for drug misuse, effective drug abuse treatments must give a non-chemical alternative. The Nav-Chetna Center employs group therapy to help clients to open up about their addiction, as well as effective medical and therapeutic aversion programmes to address the issues that contribute to drug dependency. Family therapy is also implemented, along with bio-energetic exercises that result in a feeling of relaxation. The Center also focuses on reintegrating individuals into society with more fulfilling roles, and provides a supportive environment to help them stay drug-free. Pre- detoxification yoga was also employed, resulting in a significant reduction in drug abuse and high motivation in the community. Participants reported feeling calmer and more invigorated, and nearly all quit selling drugs and altered their views, urging others to avoid drugs. Individuals were already extremely driven and dedicated throughout detoxification, and withdrawal symptoms lasted no more than two days. Yoga treatment aided the process of physical and psychological integration in the post-detoxification period, boosting self-confidence and initiative and enabling former addicts to return to normal job, finish their education, tackle unresolved difficulties, and make new social connections and contacts. The Nav-Chetna Center's approach shows promise for combating drug addiction and helping individuals achieve successful rehabilitation.

### 3. Materials and Methods

#### 3.1 Data Collection

Data Gathering is a crucial part of any effective drug addiction treatment program. It involves gathering information about an individual's history, lifestyle, and drug use patterns to help develop a personalized treatment plan. At our workplace, we value the privacy of our clients and ensure that all data collected is kept confidential.

- 1) Personal Information: We collect basic personal information such as name, age, gender, and contact details to create a unique profile for each individual.
- 2) Medical History: We gather medical information such as

previous diagnoses, allergies, and current medications to ensure that any treatment provided is safe and appropriate.

- 3) Drug Use History: We ask questions about the type of drugs used, frequency of use, and length of addiction to understand the severity of the addiction and tailor the treatment plan accordingly.
- 4) Social Support: We inquire about an individual's living situation, family and social support, and employment status to identify any potential stressors and provide support where necessary.
- 5) Mental Health: We evaluate an individual's mental health to determine if there are any underlying mental health conditions that need to be addressed during treatment.
- 6) Treatment Goals: We work with each individual to establish personal treatment goals and measure progress along the way.
- 7) Outcome Measures: We utilize outcome measures such as drug screening tests and mental health assessments to measure progress and adjust treatment plans as needed.
- 8) Privacy and Confidentiality: We prioritize the privacy and confidentiality of all information collected and adhere to strict data protection policies to ensure the security of our clients' data.

#### 3.2 Proposed Methodology

Motivating individuals remotely has become a widespread approach nowadays, and we have a unique way of approaching our people that will be useful in every possible way. In 2015, the Punjab state government in India commissioned a drug usage survey, which revealed that 836 individuals per 100,000 were drug users in the state, totaling to 230,000 drug users. According to the Ministry of Social Justice and Empowerment, the total number of drug users per 100,000 persons in India in 2012 was 250. As compared to other countries, these rates are relatively high, with cannabis, heroin, and opium being the most widely used substances with methamphetamine use on the rise. The number of injecting drug users has also increased considerably, with unconfirmed estimates estimating five million heroin addicts in India, while a UN report claims one million registered heroin users. According to the 2019 National Survey on the Extent and Pattern of Drug Use in India, around 2.1% of the country's population, or 2.26 crore people, use opioids such as opium, heroin, and prescription opioids. The poll also indicated that around 2.8% of Indians aged 10-75 years, or 3.1 crore people, consume cannabis in various forms such as bhang, ganja, and charas. Yet, the number of suicides attributable to drug abuse and alcohol addiction has more than quadrupled in India over the previous decade, rising from 3,343 in 2010 to 7,860 in 2019. To support those struggling with drug addiction, we are establishing a website called "DRUG-FREE INDIA." The main purpose of this website is to encourage people in every possible way and help them in any situation. Using and navigating the website is simple and easy, which will allow us to reach out to our people and remind them that "DRUG is not the only way, there are so many other methods too to live a lovely life."

## 4. Research Technology

### 4.1 The website

On the website, users can sign up and create their personal account. The user panel consists of three sections - "FITNESS," "ADVANCED TREATMENT," and "HELPLINE 24x7." Fitness Section: This section provides access to videos, podcasts, and audio recordings of exercise routines. By viewing and listening to these resources, individuals can motivate themselves towards exercise and improve their physical health. Advanced Treatment Section: This section offers four different programs - Councilor 24x7, Mentality-based Q/A, Healthy Diet Suggestions, and Best Doctors 24x7. Users with an access key can utilize these programs and seek help from professionals. Those without an access key can access the "WITHOUT ACCESS KEY" section featuring five programs - Fitness Related Queries, Motivational Videos, Time Management, Self-care, and Speeches by Motivational Speakers. By referring to these, individuals can benefit from the resources in their everyday lives. Helpline 24x7: This section provides access to resources for those struggling with addiction. Users can seek help through various channels, such as email, phone, and chat. The website aims to reach individuals all throughout India and provide motivational and helpful resources. The various programs it offers can help provide support and resources to those struggling with addiction so that they can get the help they need and make positive changes in their lives.

- The website is designed to reach out to individuals across India and provide them with motivational and helpful resources.
- The Fitness section of the website provides access to videos, podcasts, and audio recordings of exercise routines. This can help users improve their physical fitness, which can be an important part of overcoming addiction.
- The Advanced Treatment section of the website offers four different programmes, including Councilor 24x7 and Best Doctors 24x7. These programmes can provide users with professional support and guidance as they work to overcome addiction.
- The Helpline 24x7 section of the website offers five different programmes for those without access keys. These include motivational videos, time management resources, and speeches by motivational speakers. These resources can help users stay motivated and focused on their recovery.
- By providing a range of resources and programmes, the website can help individuals struggling with addiction get the support and help they need to make positive changes in their lives.

## 4.2 Workflow of Application



Figure 3: Our Project/Website

- 1) Sign up: Users must first sign up to create an account on the website. This process requires basic information such as name, email address, and a chosen password.
- 2) Login: After successfully signing up, users can log in to their personal accounts using their unique user ID and password.
- 3) User panel: Upon logging in, users will be directed to their user panel, where they can access three main sections: Fitness, Advanced Treatment, and Helpline24x7.
- 4) Fitness section: The fitness section of the website provides access to videos, podcasts, and audio recordings of exercise routines. Users can watch and listen to these resources to motivate themselves to exercise and improve their physical fitness.
- 5) Advanced Treatment section: This section offers four different programs to users who have an access key: Councilor 24x7, Mentality-based Q/A, Healthy Diet Suggestions, and Best Doctors 24x7. These programs can be very helpful for individuals who are struggling with addiction and need support.
- 6) Helpline 24x7 section: This section provides five different programs for users without access keys: Fitness Related Queries, Motivational Videos, Time Management, Self-care, and Speeches by Motivational Speakers. These resources can help users manage their addiction and improve their overall well-being.
- 7) Reach out: The website aims to reach out to individuals all throughout India and provide motivational and helpful resources to those who need it.
- 8) Support: The various programs offered by the website can help provide support and resources to those struggling with addiction so that they can get the help they need and make positive changes in their lives.
- 9) Feedback: Users can provide feedback on the website's resources and suggest improvements or new programs that they would like to see added to the website. This feedback can help improve the website's functionality and effectiveness



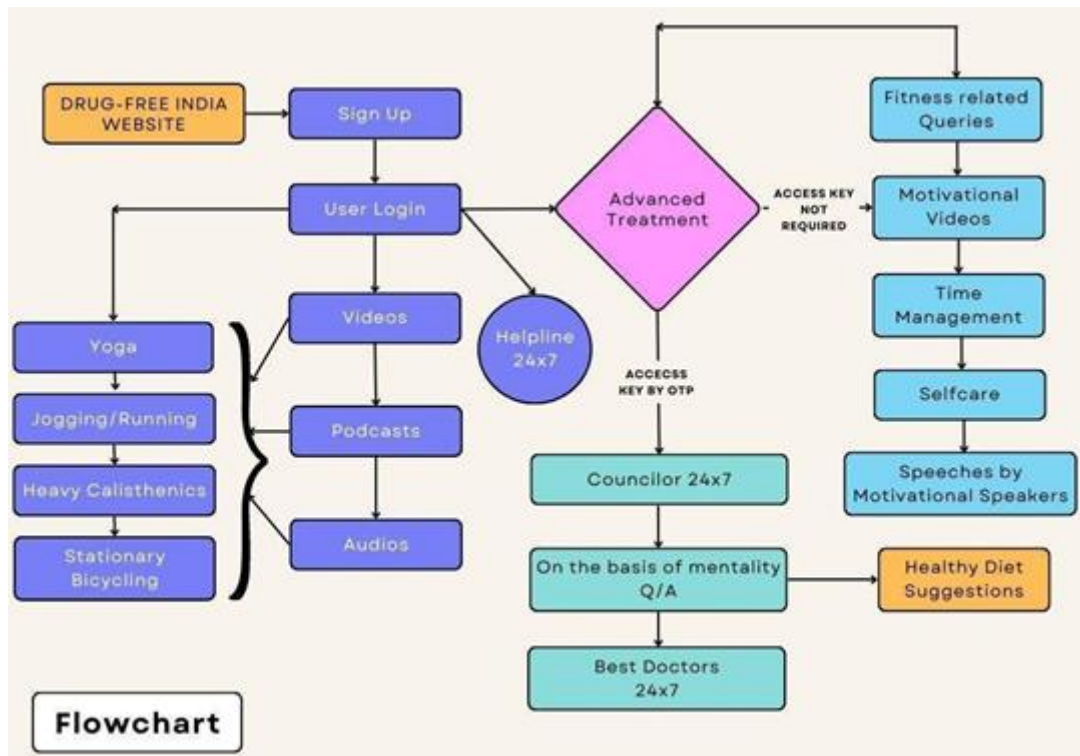


Figure 4: Workflow of the website

### 4.3 Features of the website

With the rising incidence of drug addiction and related suicides in India, there is a pressing need for effective support and resources for individuals struggling with addiction. In this context, the "DRUG-FREE INDIA" website offers several advantages, including:

- Provides a safe and supportive platform: The website offers a confidential and judgment-free space for individuals struggling with addiction to seek help and access valuable resources.
- Easy and convenient to use: With its user-friendly interface and 24x7 accessibility, the website makes it simple and hassle-free for anyone in India to find help and support for addiction recovery.
- Offers a wide range of resources: From fitness videos and podcasts to motivational speeches and advanced treatment programs, the website provides a diverse range of tools and resources to help individuals overcome addiction and lead fulfilling lives.
- Connects users with experts and peers: Through its various programs and services, the website connects users with qualified professionals and like-minded individuals who can offer guidance, encouragement, and accountability on their recovery journey.
- Promotes a positive and drug-free lifestyle: By spreading awareness and encouraging positive habits, the website helps individuals cultivate a healthy and drug-free lifestyle that can have a long-lasting impact on their overall well-being.

Overall, the "DRUG-FREE INDIA" website has the potential to make a significant difference in the lives of individuals struggling with addiction and related issues in India.

## 5. Implementation

**Planning and Design:** Before beginning the actual development, a thorough plan is created defining the project scope, requirements, and timetable. The website design is built utilizing programmes such as Adobe Photoshop and Illustrator to build wireframes, mockups, and the final design. **Front-end Development:** The website's front-end is built using HTML, CSS, and JavaScript. HTML provides the framework of the website, CSS styles it, and JavaScript creates dynamic and interactive components such as drop-down menus, sliders, and animations. **Back-end Development:** The website's back-end is built with PHP and SQL. The PHP code handles the server-side processing and database interaction. SQL is used to build the database and manage the information contained in it. **Content Creation:** The website necessitates extensive content generation, including text, photographs, and videos. Content is developed and adjusted to improve user experience and search engine performance (SEO). **Testing and Debugging:** The website is thoroughly tested to guarantee that it functions properly on all major browsers and devices. During the testing step, any flaws or defects are detected and repaired. **Deployment and Maintenance:** The website is deployed to the production server when it has been completed and tested. To keep the website functioning efficiently, regular maintenance duties such as updating website content, monitoring website traffic, and resolving any issues that emerge are undertaken.

### 5.1 Screenshots



Figure 5: Landing page of the website



Figure 6: Landing page of the website

LET'S SEE WHAT OUR DOCTOR SAYS!

Living life as a drug addict is full of pain. Drug use makes pretty much every situation worse, even miserable for those who become addicted. Each of these quotes are intended to prevent drug use.




 <p>Dr. T.P.Chia</p> <p>"Drug addiction is a self- punishing disease that ruins mental, psychological and physical health."</p> <p><a href="#">Read More</a></p>	 <p>Dr. T.P.Chia</p> <p>"Drug addiction reduces a man to a mindless and ridiculous thing, and creates social parasites and criminals."</p> <p><a href="#">Read More</a></p>	 <p>Dr. T.P.Chia</p> <p>"The greatest mistake in life is to get addicted to drugs becoming a prisoner of ecstasy and hallucination, and less of a man."</p> <p><a href="#">Read More</a></p>
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Figure 7: What our doctor says

### NGOs against DRUGS

Drugs make Life Ruff! Make the Beary Best choice, Stay away from Drugs! Get rid of drugs before they get rid of you! Get high on life, not drugs!



Figure 8: NGOs against drugs



Figure 9: NGOs against drugs

### OUR TEAM

Our greatest glory is not in never falling. But in rising up every time we fail.

			
<b>DR. JS GULERIA</b> MBBS,MD,DM- Cardiology Consultant- Internal Medicine Follow On 	<b>DR. RAJ KUMAR</b> MBBS,MD-Internal Medicine Consultant- Internal Medicine Follow On 	<b>DR. BRAHM KAPUR</b> MBBS,MD- Psychiatry Consultant- Psychiatry Follow On 	<b>DR. SK MINOCHA</b> MBBS,MD- Medicine Consultant- Internal Medicine Follow On 

Figure 10: Our team



### Why is it important to prevent the use of drugs?

Drug use is associated with high-risk sexual activity, unsafe sex and unplanned pregnancy. Mental health disorders. Drug use can complicate or increase the risk of mental health disorders, such as depression and anxiety, impaired driving.



Figure 11: Question and Answers

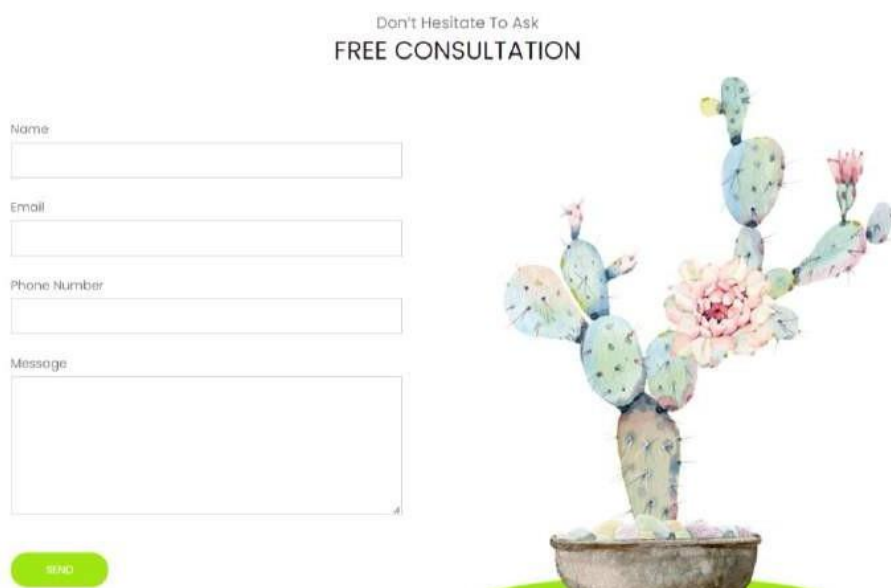


Figure 12: Consultation

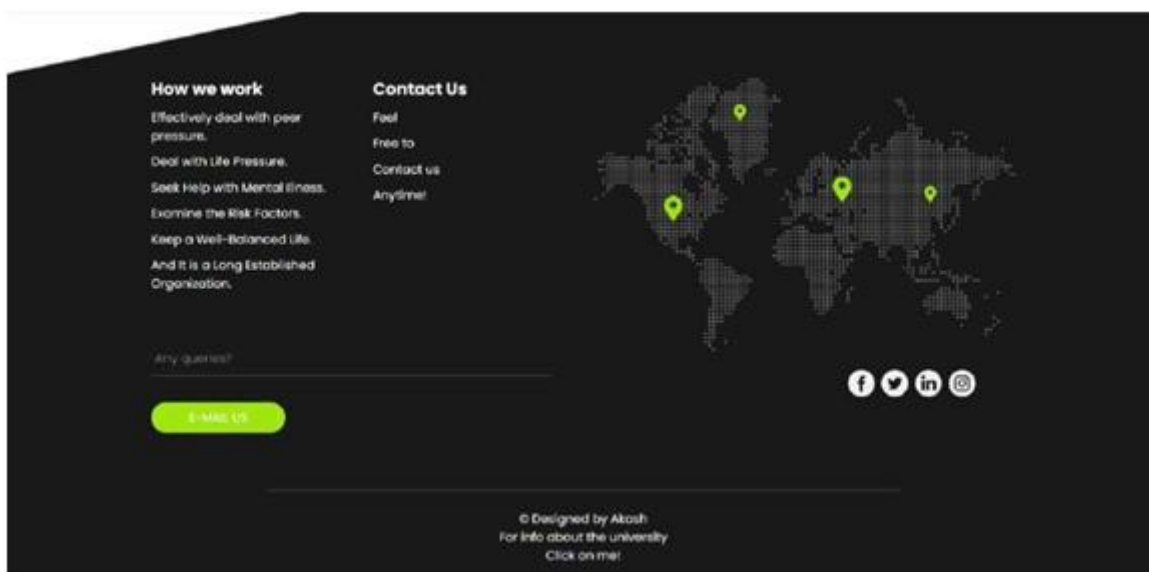


Figure 13: Reach out to us

## 5.2 Detailed

Figure 3 depicts our goal and the project's motto.

Figure 4 depicts our website's process. Figures 5 and 6 depict our website's landing page, from which visitors may access all of its capabilities.

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Figure 7 discusses what our doctor has to say regarding "Drug Abuse."

Figures 8 and 9 depict the approaches employed by non-governmental organizations (NGOs) in the battle against drugs.

Figure 10 depicts our crew, which will be available at all times. Figure. 11 depicts a few questions and answers.

Figure 12 depicts the completely free consultation option.

Figure. 13 depicts the feature to contact us as soon as possible.

## 6. Results and Discussion

The two countrywide drug surveys performed by the Department of Social Justice and Empowerment in 2004 and 2019 show that drug use in India has grown uncontrollably during the previous three decades since the NDPS was established. The opioid usage has climbed from 0.7% in the previous report to over 2% at present, with heroin having replaced natural opiates (opium and poppy peel) as the most often misused opioids. Furthermore, the usage of other synthetic substances, including cocaine, has grown dramatically. These findings reveal the need to enhance the present system, make more coordinated efforts, and address the gaps. The National Mental Health Survey (2015- 2016) discovered a treatment gap of more than 70% for drug use disorders, while the 2017 National Survey on Substance Use Disorders reported a 75 percent treatment gap for substance use disorders. This substantial treatment disparity reflects inadequate accessibility, usage, and quality of healthcare. To satisfy this unmet demand, addiction treatment and recovery centers need to be increased. Since 1985, the government has been implementing a Central Sector Scheme of Assistance for the Prevention of Alcoholism and Substance (Drug) Abuse, and the National Institute of Social Defense has also established a National Centre for Substance Abuse Prevention to provide technical assistance to the government on substance abuse prevention policies and to provide services for substance demand reduction. The Ministry of Social Justice and Empowerment has also created a National Action Plan for Drug Demand Reduction for the years 2018-25, with the objective of minimizing the negative consequences of drug abuse via education, de-addiction, and rehabilitation of those affected. The government established the National Fund for Control of Drug Abuse to cover the costs of measures taken to combat illicit trafficking, control drug and substance abuse, identify, treat, and rehabilitate addicts, prevent drug abuse, educate the public about drug abuse, and supply drugs where they are medically necessary. This fund is funded by the central government, the sale of any property forfeited or confiscated as unlawful property, grants provided by individuals or institutions, and revenue from investments of amounts credited to the Fund. However, despite these government efforts, there are policy flaws and gaps that need to be remedied. The harm reduction component of the three-pronged method must be strengthened further. NSEP is prohibited under the NDPS policy, despite the fact that it is one of NACO's pillars of harm reduction. The NDPS strategy also supports a time-limited OST that lacks scientific basis and may do more harm (than good) (than good). The recovery-oriented OST strategy might eventually replace the existing time-limited OST policy. Drug surveys are undertaken frequently

throughout the nation to unearth the hidden currents of drug usage in India and to urge the government to make educated judgments. Additionally, the recovery-oriented OST might replace the current time-limited OST policy. The government must coordinate and make persistent efforts to close the treatment gap with a basic degree of care. Notwithstanding advancements made through the NACO and GO-NGO models, TSO coverage among IDUs is only 7%, necessitating an extension of the OST in a secure and effective manner. To address these challenges, a website called "DRUG-FREE INDIA" has been developed to aid persons suffering from drug addiction. The major goal of this website is to encourage and assist individuals in every manner possible. Reaching out to people over the internet is much easier, and this is the ideal way to let them know they should never give up hope.

### 6.1 Merits

- The website is designed to reach out to individuals across India, making it accessible to a large audience.
- The Fitness section of the website provides users with a range of resources, including videos, podcasts, and audio recordings of exercise routines, which can be a great way to improve physical fitness and overcome addiction.
- The Advanced Treatment section of the website offers four different programs, which can provide users with professional support and guidance as they work to overcome addiction.
- The Helpline 24x7 section of the website provides five different programs for users without access keys, including motivational videos, time management resources, and speeches by motivational speakers, which can help users stay motivated and focused on their recovery.
- The website offers a range of resources and programs to help individuals struggling with addiction get the support and help they need to make positive changes in their lives.
- The user panel provides easy access to the three main sections of the website, making it simple for users to find the resources they need.

### 6.2 Demerits

- Users are required to sign up and create an account before accessing the resources on the website, which may deter some users who are hesitant to share their personal information.
- Some users may find the website overwhelming due to the number of resources and programs offered, making it difficult to know where to start.
- The website may not be accessible to individuals who do not have access to the internet or a device to access the website. While the website provides a range of resources and programs, it may not be a substitute for professional treatment or therapy for individuals struggling with addiction.

## 7. Conclusion

The drug addiction problem in India is alarming, with a

relatively high figure of 250 drug users per 100,000 inhabitants. Cannabis, heroin, opium, and methamphetamine are the most regularly used substances, with opioid injection users on the rise. The official number of heroin users in India is one million, although unofficial estimates put the figure as high as five million. Suicides connected to drug and alcohol addiction have more than quadrupled in India over the last decade, which is a concerning trend. In response to this crisis, our website, "Drug-Free India," aims to provide a remote and accessible solution to help individuals struggling with addiction. By offering motivational and helpful resources, such as fitness videos, professional support, and guidance programs, we hope to inspire people to make positive changes in their lives and overcome addiction. Our website's approach allows us to reach people quickly and effectively, regardless of their location in India. Through our efforts, we hope to motivate individuals to lead a healthier, drug-free life and inspire others to do the same. By visiting our website and accessing its resources, individuals can benefit themselves and help others in the process. Ultimately, our objective is to reach as many people as possible and help them get rid of addiction to build a healthier and happier society.

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