

T-MAG

JUNE 2012 ISSUE

Addiction

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BBM



whatsapp



FACEBOOK



TYPE OF ADDICTIONS

ALCOHOL ADDICTION

A person who is living with an addiction to alcohol experiences cravings and is compelled to drink as a result. Unlike a person

who consumes alcohol in social situations and is able to enjoy the pleasurable sensations that alcohol brings, the alcoholic is unable to go without a drink for long. If they try to stop drinking, they will likely experience withdrawal symptoms, since their brain chemistry has changed as a result of their alcohol use.

The types of addiction that most people think of right away are those surrounding alcohol or drugs. There are other types of addictions that affect people from all backgrounds, too. It's possible to have addictions around food or other activities that produce a feeling of pleasure for the addict.



DRUG ADDICTION

A person who is addicted to drugs may sleep more or less than usual. Changes in eating habits may indicate a problem with drugs as well; the person may not be interested in food or have cravings for sweets or other kinds of foods. Personality changes, such as becoming withdrawn or irritable may point to a drug problem as well.

FOOD ADDICTIONS

Food addictions are type of addiction, and one that may not immediately come to mind. Some people become addicted to sugar or fat. Consuming a lot of these kinds of foods changes the individual's brain chemistry to the extent that they go through withdrawal if they don't keep on eating them.

Binge eating falls into this category, too. The person consumes large amounts of food in a relatively short amount of time (with or without purging afterward) and feels powerless to resist the urge to repeat the behavior when they feel anxious or depressed.



OTHER ADDICTIONS

It's possible for someone to become addicted to gambling or bingo as well. With these types of addiction, the thrill or "high" comes from winning or the possibility of winning. Sex addiction is very real, too, and the people who live with this type of problem get into a cycle where they are thinking about their last conquest or planning for the next one. They may engage in risky behaviors (having sex with strangers or prostitutes, exposing themselves, voyeurism, etc.) to get the fix they crave.

Online gaming, Internet, and e-mail addictions are a product of our modern age. Doing any of these activities in moderation is not a problem, but when a person starts engaging in them so often that they interfere with their daily activities, it's a sign of an addiction problem. If you find that being unable to play the games you enjoy, surfing the Internet or checking your e-mail makes you feel uneasy or irritable, you may be an addict.

OUR "GURUS" SPEAK.....

Addiction is a chronic habit which is mostly found in the present generation.. There are various parameters like broken homes, peer pressure, stress, influence of friends..

GURU MANTRAS

I would like to advice them to develop a good hobby and play maximum sports as it is a good refresher...and acts as an energizer and stimulator to spread positive vibes...-

MRS DEEPA SHAH

Self management should be the protocol for the teens.. their indulgence should be more in social network then in social networking...(socializing within the set norms)

- MRS. RUCHI TANDON

Effective monitoring by the parents - usage of electronic gadgets , victimizing to fashion freaks ..

- MRS JASVINDER NARULA

Self control is the key to positive attitude.. mutual trust and understanding must be created in parent - teen relation..developing faith in the strategies adopted by the teachers and other well wishers..pursuing reading habits...

-MRS. SUGANDA ACHARYA



Anushi shah

coffee

PALAK GOENKA

MUSIC IS MY ADDICTION

HARDIK SHAH

MOBILE N FB..

MITAN BORANA

FOOTBALL

PRAACHI JAIN

MOVIES

ASHISH BANSAL

FRNDZ N BBM

FRIENDS YES! M ADDICTED TO U--

TRISHA DARUWALA

ICE CREAMS N
CHOCOLATES --WORLD OF FUN...

SHREYA KEJRIWAL

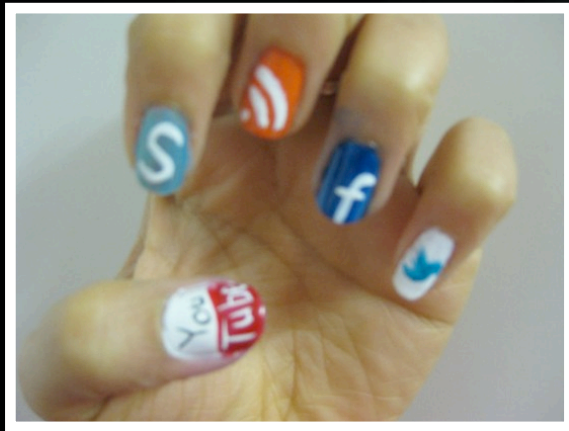
DIPESH CHAMRIA

FACEBOOK CELL

NN FRNDZZ...

ZENISHA LAKHANI

MUSIC IS RELATED TO MY BEAYS OF
LIFEE..



my STRANGE
addiction

PRATIKA RANGWANI

CHOCOLATES CHOCOLATES

NISHI SHAH

SLEEPIN..

SHIKHAR SAXENA

PLAYIN WHOLE DAY

CANT DREAM ABOUT IT...

DANCE IS LIKE A DRUG TO ME..

PALAK PATWARI

KESHA GANDHI

CELL....

BHAVI PATEL

EATING..

JWALIN MASHRUWALA

BASKET Ball a new passion

AADITYA MAPARA

FRIENDZZ.

SIMRAN JAIN

MOBILE..

ANUSHKA JAIN

SELF PHOTOGRAPHY N

FB...

DEEPAM SAMA

FUTBALL

MUSIC AND ONLY MUSIC--

PRAGYA AGARWAL

SANSKRUTI

AGARWAL

ICE CREAM

HARSHIT SONI

SONGS PHONE MOVIES

HARSH SHYAMSUKHA

MOBILE TV, MUSIC, SPORTS, FOOD N

PETS..

BHARGAV PATEL

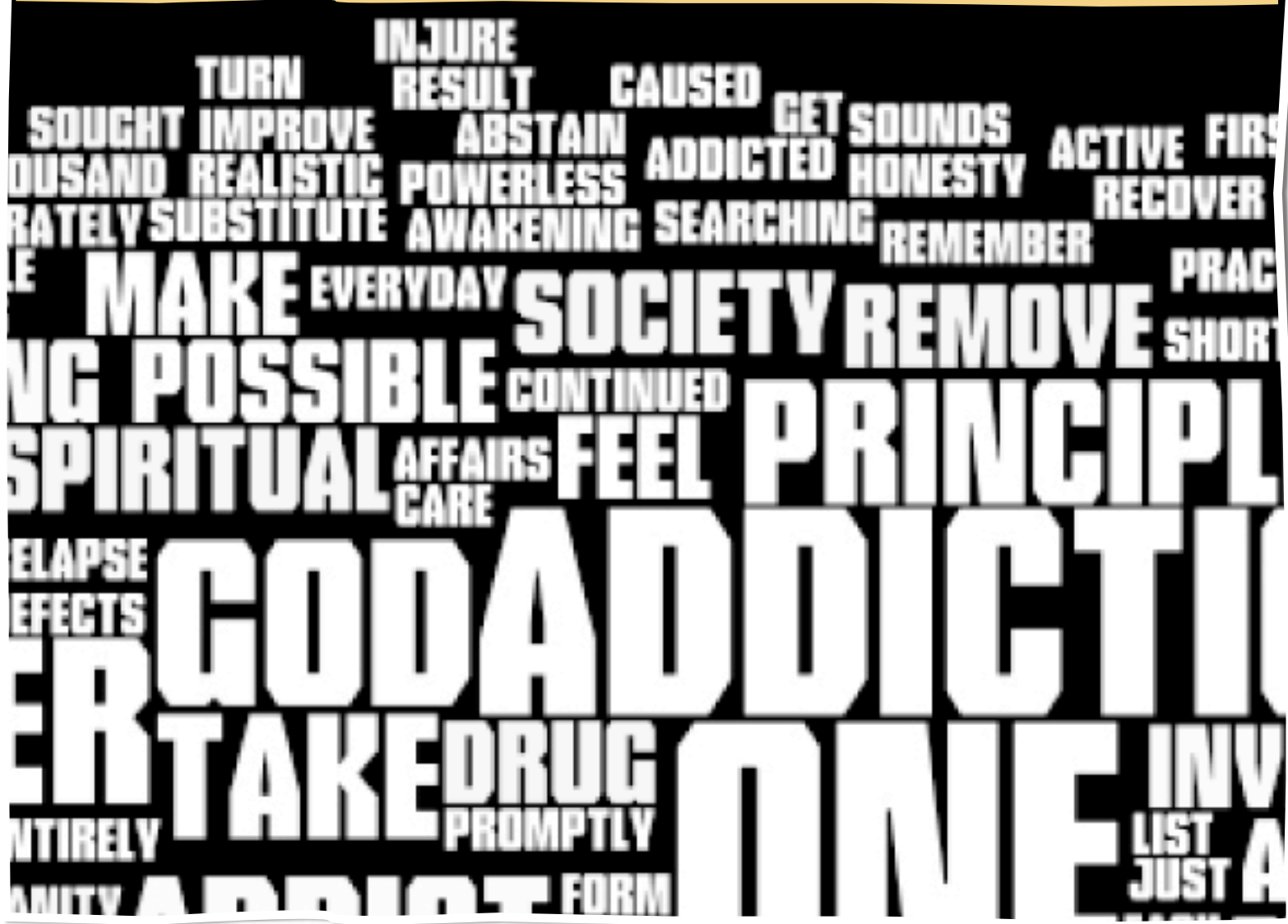
MEXICAN FUD..

THIS IS OUR SINCERE EFFORT AND A SMALL STEP TO FULFILL OUR MOTIVE OF SAVING OUR PRESENT GENERATION FROM THE MONSTER OF ADDICTION...

WE HOPE OUR FRIENDS WILL DEFINITELY UNDERSTAND THE ILL EFFECTS OF DIFFERENT ADDICTIONS, WHETHER IT IS OF DRUGS, ALCOHOL, TV , MOBILE ETC....

WE SHOULD TAKE UP TO GOOD ADDICTIONS SUCH AS READING BOOKS, HELP YOUR PARENTS WHENEVER & WHEREVER U CAN...

WE SHOULD KEEP OURSELVES AWAY FROM THE ADDICTION THAT IS IMMORAL & AGAINST THE PRESCRIBED NORMS. AS IT IS TRULY SAID THAT "EVERY FORM OF ADDICTION IS BAD, NO MATTER WHETHER THE NARCOTIC BE ALCOHOL OR MORPHINE OR IDEALISM"...





SHREYA VAID-
Addicted to
JUMPING around..

LAVINA DESWAL
A great **FOOD FREAK**...

ADDICTION IS AN ULTIMATUM OF BEING SELF CENTERED AND CAPTURED IN A WORLD PARALLEL TO HELL...!!

SO FRNDZZ LET US STRONGLY STAND AGAINST THIS MONSTER.. MAKE A SEARCHING AND FEARLESS MORAL INVENTORY FOR OURSELVES.....!!

This issue of T-MAG is Created by Shreya vaid and Lavina Deswal in the MAG CREATION CENTRE of DPS Surat using PAGES.