

PROPOSAL REHABILITATION OF OPIUM ADDICT IN BROGHIL VALLEY

1. DESCRIPTION OF BROGHIL VALLEY:

The mystical valley of Broghil (also called Bam-e-Duniya the roof of the world) is located in the extreme northeast of main town Chitral at a distance of 252 KM. The valley is comprised of 12 small hamlets/villages. The valley is inhabited by Wakhi community. The major Wakhi Community settlements in Chitral are found in Broghil valley. Scattered populations of Wakhis are also found in lower Yarkhun valley and other parts of Tehsil Mastuj. Their ancestors fled to these regions due to couple of reasons including wars, natural calamities, heavy taxation, slavery, and oppression by the local rulers of Afghanistan, Tajikistan and China. The name Wakhi is derieved from the Wakhan District of Afghanistan. Wakhan corridor is connected with Chitral district of KP by a number of passes including the famous the Broghil Pass situated at altitude of 3804m. As an ethnic group through repatriation they now reside in South East Tadjikistan, in China's Xinjang province as well as in the very northern parts of Gilgit-Baltistan Province of Pakistan. They are to be found namely in the North of Chitral, Ishkoman, and in the Gojal district of Northern Hunza, which is the only place in Pakistan where they predominate.

In Broghil valley there are about 200+ households accommodating some 1600 souls. This makes only 0.55% of the entire district's population. The main agriculture produces of the valley include Buck Wheat, Barely, Potato (grown on very limited scale and that's too for domestic use only) and wild beans (mainly for fodder purposes). Due to difficult geography, lack of communication means (roads, telephones etc) and extremely low literacy the valley is haunted by extreme poverty and other social evils like high rate of opium addiction both among men and women. This further adds to the local miseries. Household economy is crippled due to opium addiction and bulk of the hard earn money is consumed for opium purchase. The opium addiction, as per community perception, in the area is primarily attributed to a number of socio-ecological and cultural factors including geographic isolation of the valley, lack of recreation opportunities during leisure time, harsh climatic conditions, demanding work and to some extent as sex stimulator (local perception). The Wakhi society in Broghil valley present an example of homogenous society, where all inhabitants share same medium of communication (the wakhi language) and socio-religious, and cultural practices.

1.1 History of Broghil:

The Wakhi people were originally native to the area between the Hindu Kush and the Pamir Mountains. The present Wakhi settlers of Chitral have come to Broghil valley in different times. The first batch came to Chitral in 1870, when Amir Abdur Rahman, the ruler of Afghanistan captured Wakhan and consequently the local Wakhi chief, Ali Mardan Khan had to take refuge in Chitral. Soon, some other Wakhi families also migrated to Chitral in order to escape from the compulsory military recruitment initiated by the Afghan rulers. The Mehtar of Chitral, Aman-ul-Mulk allocated barren pieces of land in the Broghil and Iskoman Valleys to the Wakhi refugees. Soon the villages of Broghil and Imit, founded by Ali Mardan Khan, grew to become the largest villages of both the valleys, respectively. The next major migration occurred from 1919 probably due to the general effect of war, famine and mass people migrations resulting from the Bolshevik takeover of Central Asia. All Wakhis living in Chitral District especially those settled in Broghil valley are devoted Ismailis.

The Wakhi's still live as semi-pastoral society, depending largely on agriculture and cattle-raising. The altitude of the valley varies from 11310 ft at Kishmanjah village to 14121 ft at Qarambar Lake. In spite against all odds Wakhi people of Broghil valley are hospitable, caring and peaceful. Cases of theft, murder and other socially unacceptable acts are very rare to report.

The Wakhi migrant have mostly come from the Wakhan corridor, but Wakhi speaking asylum seekers belonging to Tajikistan and Chinese Turkistan have also been settled in the Broghil valley of Chitral. Due to location above tree line and harsh climatic conditions agricultural activities are limited.

The altitude of Broghil valley varies from 11000 ft at Kishmanjh to 14121 ft at Qarambar Lake. The valley is characterized by snow clad peaks; huge glaciers, lush green meadows, vast plains of peats, unique wetlands and deep reverine valleys. The topography of the valley is undulating varying in altitude and span considerably. Forests are scarce and are found in limited and scattered patches in the lower parts of the valley which are located at low altitude. The Darkhot and Chiantar are the well known glaciers of Broghil valley.

The valley has immense potential of water resource both standing in the form of lakes and running in the form of streams, rivers etc.

The Boroghil River originates from Chiantar Glacier. It flows from north to south bisecting the valley of Broghil in to two. Six villages of Broghil valley are located on the eastern bank of the river while the rest six are on the western bank. During its course from Chiantar glacier to Kishmanjah village in the south the Broghil river collects numerous tributaries. In local dialects these tributaries draining into Broghil River are called called Xerao meaning stream.

Situated on a height above tree line, very limited forests are found in Boroghil. Small forest resources, which even not comply with the definition of forests, are confined to lower parts of Boroghil valley. Small trees and plants are found in scattered patches in lower Boroghil area, which are used for construction and fuel purposes.

Juniper forests are found scattered from Kishmanjah village to Garamchasma. Other plant species found in the area are Willow, Birch and small shrubs. More the 90% of the entire Boroghil area is comprised of Alpine and sub-alpine pastures and rangelands. However the area is rich in medicinal herbs and shrubs.

Among the fauna the commonly occurring, as reported by PLA respondents are, Golden Marmot, Ibex, Snow Leopard, Wolves, Fox, Jackal, different types of rates, blue sheep, brown bears Urial, Hare etc. the Avifauna mainly consist of migratory birds. The resident birds consist of Magpie, Eagles, Horned larks, Rock Dove, Snow Cock, Chakoor, Ramchakoor etc. Boroghil is considered a famous migratory route of aquatic birds. Some of the aquatic birds breed in the lakes of Boroghil.

1.2 Climate:

The only thing unwelcoming in Broghil valley is its harsh climate. It is freezing cold during winter. While in summer (July to the end of September) the weather remains mild to cold. Temperature often remains below freezing point during the winter spell. Precipitation is mainly received in snow form from October to the end of May. Summer rains are scanty. Harsh climatic conditions in times lead to natural calamities including damages to agricultural crops, livestock and other resources. The weather is highly unpredictable as used to be with high alpine regions.

1.3 Demography of Broghil valley (human capital):

Details of the demographic features of the Broghil valley are given below in tabulated form. The total area of Broghil is 126,153 hectares. The total cultivated area is about 468 ha which constitute only 0.37% of the total area. The numbers of total household are 209 with a total population 1616 individuals. Gender wise composition is 54% men and 46% women. The average household size about 7.7 soul/household. Community members belonging to age cohort 13-40 dominates the population by number.

S #	Village name	# of HH	Male	Female	Total	# of addicts	
						Male	Female
1.	Lashkargaz	25	120	102	222	18	8
2.	Garil	17	89	57	150	7	3
3.	Chilmarabad		215	188	415	38	28
	Main Chilmarabad	33					
	Iskarwaz/Medan	19					
	Arqoun	5					
4.	Chikar	43	188	137	325	33	10
5.	Garumchasma	49	194	192	386	30	6
6.	Vadinkhot	3	13	10	23	5	2
7.	Kishmanja	5	19	18	37	3	1
8.	Jungle	3	7	5	12	3	-
9.	Koi	7	32	30	62	7	3
Total (EST)		209	877	739	1612	144	61

Sources: Census Report (1998) and PLA exercise (2008)

2. PROBLEM STATEMENT: HIGH RATE OF OPIUM ADDICTION

In case of Broghil valley opium addiction is the worse social evil. Opium addiction is one of the main health and social nuisance of the area. The opium form of dried poppy fruit botanically opium is know as Papaver somni-ferum which is available in chocolate colored gum form prepared by drying the poppy fruit milk on a cotton cloth in the hot sun. Since ancient times, opium used by the inhabitants of Wakhan corridor and adjacent areas as pain killer, reduce bleeding and allay apprehension and exhaustion during war and hardworking times. It was also used since long as a mind altering drug and as an analgesic on the indo-Pakistan sub-continent as reported by (Dwarakanath 1965; Kohli 1966).

In the beginning opium use was restricted to elite class of the society in addition to its use in the traditional system of medicine. In many parts of Afghanistan and Pakistan opium is being given by sticking to the upper palate to young Infants to make them sleep so that, their mothers can go to work in the agricultural fields and labor work and besides this, opium has also being used as ceremonial drink during the vital events in the villages of Broghil during festivals and social functions in the rural village. Now the opium use is not restricted any caste or creed it finds social sanction and it is not considered as an evil. In Broghil valley the underlying reasons for opium addiction, as listed by the local community members during focused group discussions, are as follow:

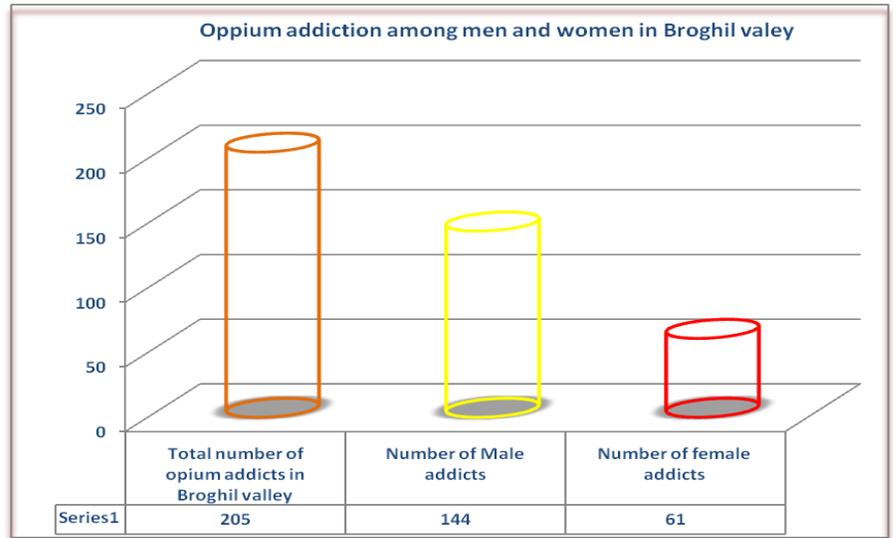
1. Lack of access to health facilities and medicines in the initial stage result in the use of opium as analgesic and antibiotic to treat diseases. The local communities due to their ignorance use consider opium as elixir but in the later stage becomes chronic addicts. This not only affects the health but also maximize the economic burden of the family.
2. Harsh climatic conditions, which makes the local populace confined to their homes especially during winter spell
3. Lack of other healthy and leisure activities including sports and get-together events
4. Geographic isolation of the area and villages from each other, as each village is located at a distance of 2-3 hours walking distance
5. Lack of health facilities: addicts at beginning start taking Opium as analgesic and antibiotic to treat ailments and later on become addicts to it.
6. As energizer for hard work
7. During the consultation process it was also revealed that some newly married males take opium initially as medicine to lengthen sexual process but with the passage of become addict to it.
8. Ignorance and lack of awareness of the negative impacts of opium on health

When one of the female addicts were enquired why they started using opium, majority blamed their male counterparts and the geographic confinement of the area.

We are at their mercy (pointing towards males). They feed us, protected us and provide us basic needs of life and as such we have to obey them and shape our lives what they want us to be. What can we do else, we are surrounded by high mountains all around and our lives are confined to these mud filled houses, responded a 35 years old addict woman during the discussion. When will fell ill no medicine is available to reduce the pain. My husband use opium on daily basis. In the initial stage I use to sit by him and slowly I also started using it as it not only reduce my physical suffering but also minimized the lethargy I was suffering from. This is the whole story. Now I want to quit but it is painful. My 14 years old daughter who was suffering from abdominal pain has also started using opium. Now after three month use she has also got addicted to it. It is really very expensive

Newborns of the addicted families start their lives having already opium in their bloods. Thus they are born addicts. Practically they start taking opium when they get to the age of ten and above while grazing their herds in wild. Opium is traditionally smoked in the area, in a mixed group of both male and female. They sit in a circle inside the house to take opium in turn one by one. It takes at least two hours to complete one sitting. This joint smoking also affects the other family members who are not addicts indirectly as well and with passage of time they also start using opium.

Majority of the addicts aged between 35-70+. However, alarming number of young addicts aging below 18 years of age was also observed. Of the total addicts women contribute 29.7% to the total. Percentage of addicts among men is considerably high as compared to women (72.3%).



However, the deleterious impact of opium on health and economy has made the locals realize the repercussion of opium addiction. Now there is a growing realization about the hazardous impact of opium on health, household economy and social value of the addict person. But the chronic addicts are the point of no return. They have not the finances to treat themselves.

The negative impacts of opium addicts, besides health related issues are (direct and indirect):

1. Dilution of moral values
2. Liquidation of Household assets
3. Children often are deprived of education and balance diet at the expense of opium
4. Gender violence (especially against the female members of the households)
5. Physical isolation

Issues Related with Opium Addicts and Few Case Studies:

1. Mr. Ghulam from Jangale Broghil was a landlord at the valley, slowly he has got addict to opium and his wife joined him too. At a result He has sold around 100 Canals land to a non local Patan Business man from Mastuj. Today Ghulam, his Wife and his son of 18 Years old are addicts and living a miserable life in the valley.

2. Mr. Dekan Hussain from Arquan Broghil has served 18 years in Chitral Scout and got retirement. Soon after his retirement he has got addicts with his son of 15 years and left Broghil serving his life a beggars at Gilgit Bazar

3. Mr. Afsar Khan from Ishkarwaz has served in Chitral scout and after retirement, he has established a shop at his village. Soon after his wife was addict to opium and he got addict to it. Today this family lives on a mercy of their neighbors and relatives at Broghil. They have sold their shop too.

4. Mr. Sher Mohammad belongs to high elite family at Chilmarabad, Broghil. He himself was addict, later on his wife got addict to opium. His only son Mr. Faiz Mohammad joined their parent in the evil practices at the age of 16. The Parents have arranged their son marriage and their daughter in Law Marvik got addict. Their one daughter Hajirah was at the local CBS, she has finished her primary level and was no option to continue their middle education. She has got addict to opium with her family. Last year in 2010, the parents have arranged her marriage in the age of 15 with Syed Shah from Wakhan of 72 years old man, presently living at Buni, Bazar .CWSB has struggled for her divorce and got it by paying the man from Afghanistan (Wakhan) Rs 30000. Now this whole family lives a life of beggars in the Bazar of Gilgit and could not afford to stay at Broghil. (Case study done by President Chiantar Welfare Society, Broghil in 2010)

3. WAY-OUT

THE ONLY WAY OUT TO MAKE BROGHIL OPIUM FREE PLACE IS REHABILITATION OF THE ADDICT INDIVIDUAL THROUGH MEDICATION. BUT THIS NEEDS EXTENSIVE AND THOROUGH INVESTMENT WHICH THE AFFECTED COMMUNITY MEMBERS BY VIRTUE OF THEIR POVERTY ARE UNABLE TO MEET.

4. OBJECTIVES:

1. Make addict individual an active member of the society
2. Reduce economic burden on household economy
3. Make Broghil an opium free place
4. Enhance human dignity

5. PARTNERS IN THE REHABILITATION:

The local community organization i.e. Chiantar Welfare Society Broghil (CWSB) has been actively involved in creating awareness among the community members about the negative impacts of opium addiction. But due to limited resources and lack of linkages it is unable to undertake any practical step for the rehabilitation. CWSB is a representative forum of entire Broghil and enjoys the support and membership of almost 90% of the Households in the area.

Besides, there also other partners who are lending a helping to CWSB in mitigating this issue. These include and expected Organization to help us out this issue

1. Ismaili Council for Regional Council for Upper Chitral and National Council for Pakistan
2. Aga Khan Social Welfare Board, for Upper Chitral and Pakistan
3. Aga Khan Health Services
4. Aga Khan Education Services
5. Aga Khan Foundation
6. Aga Khan Development Network
7. UN Based Organization in Pakistan
8. Ismaili Tariqa and Religious Education, Board
9. Aga Khan Economic Planning Board for Pakistan
10. Dust Foundation, Peshawar
11. Hashoo Foundation
12. Aga Khan Rural Development Programme
13. Philanthropists and other NGOs

But due to heavy mandate and investment in the rehabilitation resources offered by these organizations are not enough to tackle the issues on sustainable basis.

It is evident from the heavy expenses associated in the rehabilitation process (see attached estimated budget).

What would be done?

All the addicts should be brought to Buni and involve the government Doctors, Nurses and Aga Maternity Home Buni with all its available staffs

Mechanism for Controlling the Addicts for Future:

- 1: A Drug control committee under the umbrella of Chiantar Welfare Society, Broghil (CWSB) including 16 executive members has been made in Broghil, headed by the President.
- 2: A district Drug committee headed by the District Police Officer, DCO Chitral and includes the SHO Mastuj, Tandadar Police Post Yarkhun Lasht and volunteer police have been requested by CWSB to DCO and DPO, Chitral
- 3: The religious local leadership Ismaili Council for Upper Chitral' head of Jamatkhana at each village of Broghil and Ismaili volunteer's team will be taken on board by CWSB Committee.
- 4: If some one will get involved after the rehabilitation process, a penalty will be given by the Committee and it has been agreed with the consensus of the addicts.
- 5: All the committees will be in coordination to control the smuggling of Opium from Wakhan and Chitral with the government line department.

6: A small incentive will be established by the CWSB for the families of the addicts after the rehabilitation process and a toll to control them in Future.

7: The addicts will be involved in various recreational activities, sports, cultural shows, arrange exposure trips by CWSB with the help of its partner organization.

8: DCO Chitral has been requested to close all kind of traffic between Wakhan and Broghil for short term and would make a mechanism to watch the traders by their Boarder Police Post Located at Ishkarwaz, Broghil

Duration of Medical Treatment and Time Frame:

The rehabilitation drug addicts' camp will be established from the 15th March to 1st April 2011, for the first batch of 70 addicts at Buni and the second batch will be brought to Buni by the 1st April to 15th April 2011.

Reason to Select Buni and Time Frame for Rehabilitation:

Buni is one of the largest town of Sub divisions Mastuj have all the basic facilities including well trained doctors of Aga Khan Health Service, Government Health Department, well trained male and female nurses are available here. Many families and individual have been consulted by CWSB to serve their volunteer services during the rehabilitation and medical treatment period. We can easily accommodate 70 people at one time in private buildings, Aga Khan Maternity Home and Government Hospital Buni. The Buni town is the head Quarters of all the Ismaili Organization and their role will be vital during the medical treatment and after to supervise the process for a long term.

Spring season starts from April at Broghil and after the rehabilitation process, we can keep the addicts busy in various recreational Activities and their own work period starts in their fields from April till October. This time frame has also been requested by the addicts themselves.

Activities of Various Organizations at Broghil:

The rehabilitation process requires a long time strategy and work. We request all who can help us to make a proper planning and strategy for the future. It is not only one time medical treatment, we all need to play vital role to keep this program at least for three years. We need to shape their activities in a way that will bring a psychological and physical change in the life of Addicts.

Our Organization has been already working on it and Brought 50 students from Broghil valley, including six girls for secondary level Education at Buni. We have been celebrating Broghil Festival and drawn the activities of local towards sport. We have organizing various awareness activities with the support of Pakistan Wetland Programme, arranged exposure trips, trained community members, initiated various activities at the valley and still a very alive partner of CWSB. Walkabout development solution has started plantation in the valley and provided alternate source of activities by kitchen gardening as a partner with CWSB. Aga Health, Service and Walkabout Development Solution trained two mid wives to control the birth rate and promote

women health. Pakistan Wetlands Programs has drawn the attention of Government, NGOs and philanthropists towards Broghil by electronic media in form of Documentaries made by Geo T.V, PTV, Radio Pakistan, Chitral and print media. Aga Khan Education Service, Chitral, Hashoo Foundation Chitral, Mrs Belinda Johnson a self philanthropists with support of Australian people and IREAD foundation, Canada are the partners with the local community to promote education at Broghil valley. Aga Khan Social Welfare Board, for Upper Chitral has been playing an active role in drug control. Lok Virsa Islamabad and Frontier Language Institution, Peshawar are our partners to promote our heritage, culture and Wakhi Language

Aga Khan Rural Support Programme has been doing a wonderful job in the development of infrastructure. Today CWSB feels pride and honored to work with various organizations in national and international level. We have been striving to raise the issues of the valley with our partners and would request other organization to be a part of us in serving the valley and make it a prominent place in Pakistan

The Money (Cash) spent by the Opium Addicts Monthly and Yearly at Broghil Valley

Weight (Grams)	Price (Rs)	Number of Person	Consumption Per Month (Grams)	Total Addicts Person	Amount spend by one person Per Month (Rs)	Total Amount spent by 138 Addicts Per Month (Rs)
12	800	01	48	138	3200	441600

Total Amount Spent on Opium Consumption per Year at Broghil Valley =

Rs: 5299200

The above table shows the main reason of ultra poverty, lack of education, awareness and the mile stone in increasing poverty at Broghil Valley

Budget Required for a Short Term:

Doctor staffs, Food stuff, Accommodation, medical aids are the basic prerequisites for rehabilitation process for at least 15 days medical treatment for each individual. The detail of needed staffs and medicines for the worse affected addicts families along with tentative budget lines are given below:

S#	Description of items	Unit price Per Day Per Person	Total # off Addicts/Total No Of Doctors staff Required	Total Days for Medical Treatment/Trip	Total amount in PKRs	Remarks
1	Food	250	205	15	768750	Organizations and individuals are requested to provide assistance as per their capacity against the listed items.
2	Accommodation	150	205	15	461250	
3	Transportation from Broghil to Buni and Back to Buni	700	205	02	287000	
4	Medicines	1000	205	15	3075000	
5	Doctors Fees	2000@4		30	240000	
6	Nurses and Medical Staffs	1000@8		30	240000	
7	Miscellaneous	200@ 205		15	615000	
8	Grant Total	Lump sum		15	5687000	

Activities Required for Long Term

(From 2014 to 2016)

- 1: Celebrating Broghil Festival at the month of July
- 2: Establishment of Drug control centre with staff and required medicines at Broghil Valley.
- 3: To train two female and two male as a nurse
- 4: Organizing cultural shows and recreational activities for the locals
- 5: Exposure trip should be arranged for both male and female per year.
- 6: Establishment of skill development centre two for women and two for men
- 7: Training for Skill Development to both Women and Men
- 8: Introducing sport like skies and boating

9: Promotion of Education for both boys and Girls

10: Alternate income opportunity by promotion of eco tourism and proper management of natural resources available at Broghil

11: Establishing community Based farm house to promote the livestock in the region

12: Development of infrstrucure including jeep able road and hydro power in the valley

13: Creating business opportunity and linkage development with markets for local handicrafts and dairy products available in the valley

14: Create suitable job opportunity for the locals

Thank You

Detail Profile of Addicts and CWSB Profile are attached