

## **A Report on the Lecture on Anti-Drug Awareness**

**Date:** December 6, 2024

**Venue:** College Conference Hall

**Speaker:** Dr. Deepa, Clinical Psychologist, DDU

**Organized by:** Anti-drug Squad & Anti-cybercrime Cell, Centre of Excellence Govt. College Sanjauli, Shimla-6

### **Introduction:**

A lecture on "Drug Awareness and Psychological Impact of Substance Abuse" was organized on December 6, 2024, in the college Conference Hall to raise awareness among students about the harmful effects of drug use.

Dr Girish Kapoor, Convener, Anti-drug Squad & Anti-cybercrime Cell, welcomed **Prof. Bharti Bhagra, Principal, Centre of Excellence, Govt. College Sanjauli, Shimla** and senior teachers then he introduced Dr Deepa, Clinical Psychologist, Deen Dyal Upadhyay Zonal Hospital, Shimla.

The session was conducted by **Dr. Deepa**, a renowned clinical psychologist with extensive experience in youth mental health and substance abuse counselling.

### **Purpose of the Lecture:**

The aim of the lecture was to educate students about:

- The psychological reasons behind drug use.
- The effects of drugs on mental health and brain function.
- The dangers of addiction and substance dependency.
- Strategies to resist peer pressure and make healthier choices.
- The importance of seeking help when struggling with substance-related issues.

### **Key Highlights:**

#### **1. Understanding the "Why":**

Dr. Deepa explained how stress, peer pressure, trauma, and emotional distress can often lead young adults to experiment with drugs. She emphasized that understanding these triggers is the first step in prevention.

#### **2. Impact on the Brain:**

She provided a detailed yet simple explanation of how drugs alter brain chemistry, especially affecting areas related to pleasure, motivation, memory, and judgment. Long-term usage leads to reduced self-control, anxiety, and even depression.

#### **3. Psychological Consequences:**

The lecture covered how drug use not only affects physical health but also mental

stability — leading to poor academic performance, isolation, loss of ambition, and broken relationships.

**4. Building Resistance:**

Dr. Deepa shared techniques on how to say “no” confidently, how to manage stress in healthier ways, and how to avoid high-risk environments. She also spoke about the role of positive friendships and supportive environments.

**5. Encouragement to Seek Help:**

The psychologist encouraged students not to suffer in silence. She shared resources such as counselling services, hotlines, and local rehabilitation centers. Students were reassured that asking for help is a sign of strength, not weakness.

**Student Response:**

The session was highly interactive and received positively by the students. A Q&A session followed the lecture, where students asked questions about addiction recovery, peer pressure, and mental health support.

**Conclusion:**

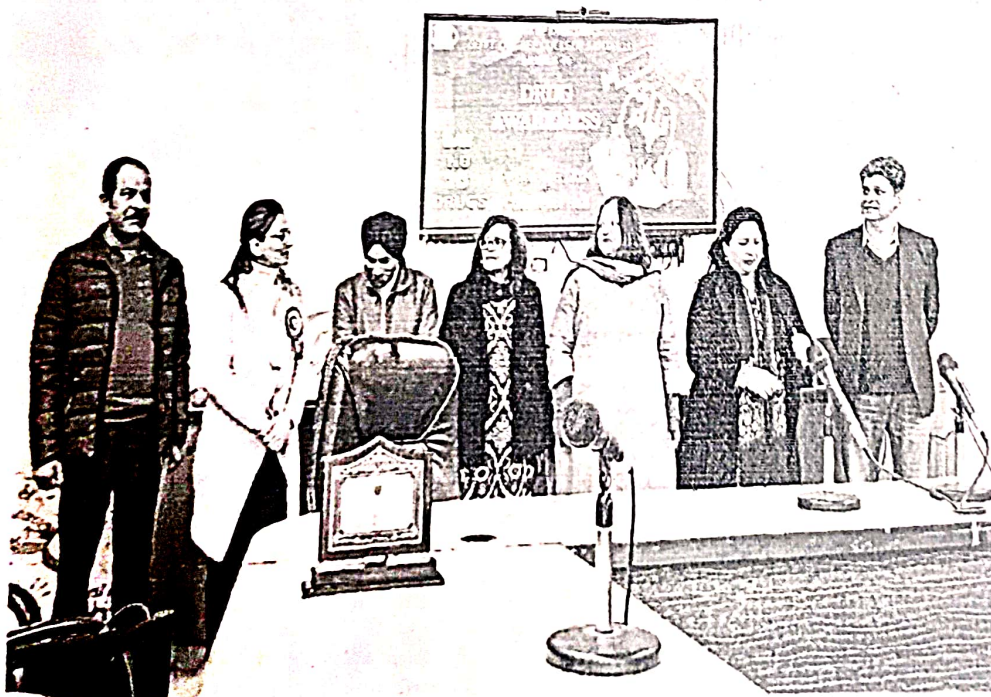
The lecture by Dr. Deepa was a successful and meaningful initiative to educate students about the psychological dangers of drug abuse and empower them to make informed choices. The event served as a reminder that mental health and awareness play a critical role in the fight against substance abuse.

**Principal's Felicitation:**

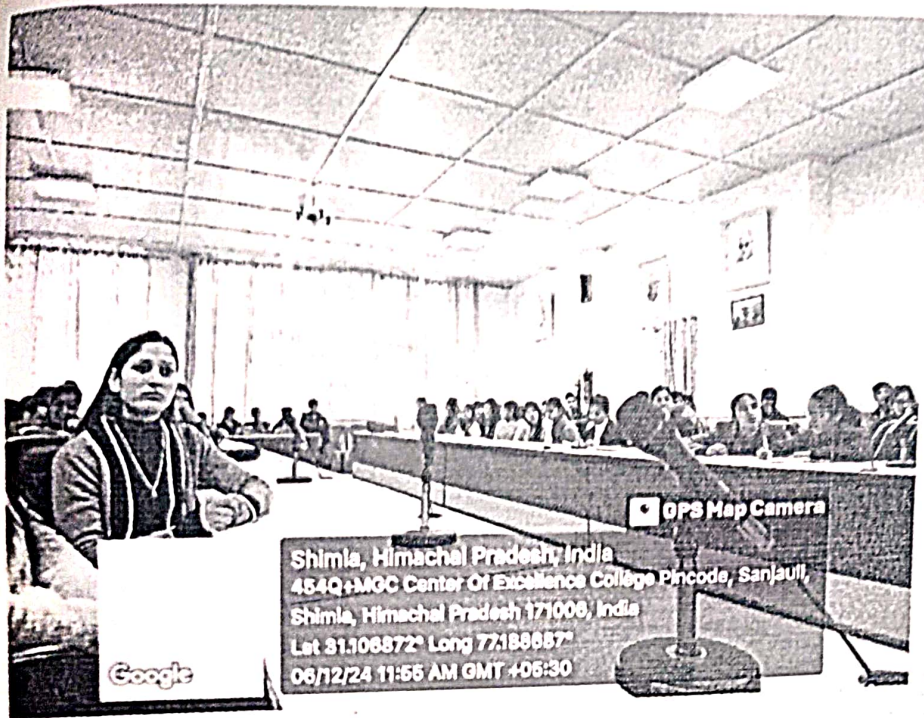
At the conclusion of the session, **Prof. Bharti Bhagra, Principal, Centre of Excellence, Govt. College Sanjauli, Shimla** felicitated **Dr. Deepa** with a token of appreciation and a memento on behalf of the college. In her address, the Principal emphasized the importance of such awareness programs and thanked Dr. Deepa for her insightful and impactful session. He also urged students to stay informed and take responsibility for their mental and physical well-being.

**Programme was concluded with vote of thanks and National Anthem.**










Submitted by:  
  
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