

## OUTCOME OF THE WORKSHOP

- Understanding and awareness among students of potential consequences of drug abuse.
- The counseling and meditation sessions will robust the mental and physical health of the students that would help in keeping them away from drugs.
- The sensitization and awareness campaign through street plays and community participation will develop a feeling among the participants that together they can fight this evil and can contribute in building healthy society.

# SAY NO TO DRUGS



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## PATRON

**Prof. Rajeshwar Singh Chandel**

Vice Chancellor

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## WORKSHOP CONVENERS

**Dr KK Raina**

Professor-cum-Librarian-cum-Principal Investigator, IDP-UHF, Solan, HP

**Dr. Kapil Kathuria**

Prof. and Head

Department of Business Management, Dr YSPUHF, Nauni, Solan, HP

## WORKSHOP COORDINATOR

**Dr Yasmin Janjhua**

Associate Professor

Department of Business Management, Dr YSPUHF, Nauni, Solan, HP

## WORKSHOP CO-COORDINATOR

**Dr Rashmi Chaudhary**

Associate Professor

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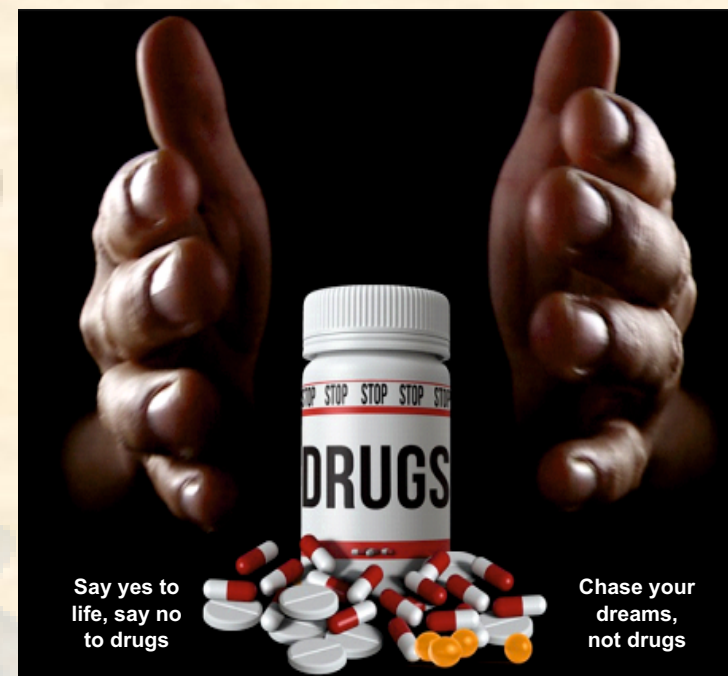


## WORKSHOP

## ON

## DRUG ABUSE: AWARENESS, SENSITIZATION AND PREVENTION (IDP-NAHEP)

12-14 September, 2023



Organized by

Department of Business Management  
College of Horticulture  
Dr YS Parmar University of Horticulture & Forestry  
Nauni 173 230, Solan, Himachal Pradesh

## ABOUT THE WORKSHOP

Drug abuse has emerged as a serious concern, adversely affecting the physical and socio-economic well-being of the country. It has enormous presence on public health across various sections of society. The epidemic of drug abuse in younger generation has assumed alarming dimensions in India. The stress and strain of the modern-day life has rendered the individual more vulnerable to the problem of substance abuse, there has been a substantial increase in the prevalence of use and abuse of substances in young children. The majority of students attend institutions of higher education not only to further their education, but also to enrich their future employment opportunities. However, students with a drug arrest or policy violation may find their career choices limited, and may in fact be ineligible for employment in the career path they have chosen.

Drug abuse can have many short- and long-term negative effects including physical and mental health problems, legal consequences, and impairment in many areas of a person's life, from school to work and interpersonal functioning. Substance abuse is (unfortunately) common among college students and can result in a range of academic, physical, mental, and social problems. Witnessing the rapid increase of drug abuse among the students and its adverse consequences not only on the individual but society as a whole there is a dire need for the

institutions of higher education to work diligently for addressing the ongoing challenge of drug abuse among the youth. The prevention of substance abuse among adolescents requires awareness and sensitization about the factors that place youth at risk and targeting risk factors that are modifiable.

## OBJECTIVES OF THE WORKSHOP

- To raise awareness among participants about drug abuse and to sensitize them on the adverse impact of drug abuse on individual and society.
- To equip participants with life skills approach that has the potential to lead better health and promote drug abuse prevention among the students.
- To promote a drug-free lifestyle, foster community engagement, and encourage early intervention through education.

## PARTICIPANTS

The students of B.Sc (Horticulture) and B.Sc (Forestry), Main Campus, Dr YS Parmar University of Horticulture and Forestry, Nauni, Solan, Himachal Pradesh

## PEDAGOGY

Expert Lectures, Role plays, Discussions, Interactive Sessions, Educational videos, Games, Exercises, etc.

## SCHEDULE

Day 1: 12 <sup>th</sup> September, 2023		
Lectures and Discussions on Drug Abuse		
Time	Lectures	Resource Person
10:00 am	Registration	Ms Garima and Ms Chanchala, Young Professionals, IDP
11:00 am	Inaugural Programme	
12:00 am	Prevention Strategies and Early Interventions for Drug Abuse	Dr Dinesh Sharma HOD, Department of Psychiatry IGMC Shimla
1:00 pm	Lunch	
2:00 pm	Effect of Drug Abuse on Health	Dr Ajay Singh, Regional Hospital Solan
3:00 pm	Behaviour Modification and Counselling	Ms Vaishali Sharma, De-addiction Counselor & Clinical Psychologist, Regional Hospital Solan
4:00 pm	Self Esteem, Self Concept and Positive Attitude	BK Kalpana , Ishwariya Vishwavidyalya
5:00 pm	Mindfulness Meditation for Emotion Regulation	BK Kalpana , Ishwariya Vishwavidyalya
Day 2: 13 <sup>th</sup> September, 2023		
Sensitization Programme on Drug Abuse		
10:00 am	Role of Law Enforcement Agencies in Prevention of Drug Abuse	Official from the Department of Police, Solan
11:00 am	Street and Role Plays for Sensitizing the Students on Consequences of Drug Abuse	
1:00 pm	Lunch	
2:00 pm	Self Awareness , Self Realisation and Psychological Wellbeing	Dr SN Ghosh, Chairperson Department of Psychology, Himachal Pradesh University, Shimla
3:00 pm	Consequences of Drug Abuse in Interpersonal Relationships	Dr SN Ghosh, Chairperson Department of Psychology, Himachal Pradesh University, Shimla
4:00 pm	Social Consequences of Drug Abuse	Dr Rekha Suman, Assistant Professor, Sociology, University Institute of Legal Studies, Ava Lodge Shimla
Day 3: 14 <sup>th</sup> September, 2023		
Community Participation		
10:00 am	Drug Abuse Awareness and Sensitization Campaign for Rural Youth in adjoining Villages of Nauni.	Dr Yasmin Janjhua, Dr Rashmi Chaudhary
1:00 pm	Lunch	
2:00 pm	Feedback Session and Discussion	Dr KK Raina, Dr Rashmi Chaudhary
3:00 pm	Valedictory and Distribution of Certificates	Dr Yasmin Janjhua, Ms Garima and Ms. Chanchala, Young Professional, IDP