

# **Report on Drug Abuse Prevention Program**

Organized by: Society for Cyberabad Security Council

Date: 13th August 2024

Venue: IBS Auditorium

On 13th of August, a drug abuse and prevention seminar was conducted, starting at 11:30 AM. The session was led by distinguished speaker, Ms. Devika Rani, a very Renowned person in the field of Psychology and the founder of the Amrita Foundation. She has also carried out many projects for the welfare of society, provided valuable insights on dangers of drug abuse and strategies for prevention.

Ms. Devika started off by explaining what constitutes a drug, emphasizing that drugs are substances that can alter an individual's physical or mental state. While some drugs are prescribed for medical reasons, misuse can lead to severe health risks and addiction.

She then explored the reasons why youth might be inclined to experiment with drugs. Peer pressure, curiosity, stress, and the desire to escape from personal problems are some of the common factors driving young people towards drug use. Ms.Devika highlighted that even a single use of certain substances can lead to addiction due to their powerful and immediate effects on the brain's reward system.

The seminar delved into the dire consequences of drug usage, including physical and mental health deterioration, legal issues, and the potential for life-threatening overdoses. Ms. Devika stressed on the impact of drug on families, causing emotional distress, financial strain, and broken relationships.

Risk factors associated with drug abuse, such as genetic predisposition, environmental influences, and mental health disorders, were discussed in detail. The seminar provided practical advice on how individuals can overcome drug use, emphasizing the importance of seeking professional help, building a strong support system, and making lifestyle changes to avoid relapse.

Ms. Devika underscored the role of communication in prevention and recovery, noting that open dialogue within families and communities can

be crucial in identifying early signs of drug abuse and providing timely intervention. She also provided contact information for local organizations and hotlines to offer assistance to those struggling with addiction.

A powerful video was shown during the seminar, depicting the severe side effects of drug use, serving as a stark reminder of the importance of staying drug-free.

The seminar concluded with a pledge led by Miss Lalita, the SCSC Program Manager for the Women's Forum and Education. All attendees committed to spreading awareness, supporting those in need, and preventing drug abuse in their communities. The event was a significant step in educating the youth and fostering a community dedicated to combating the dangers of drug abuse.





