Awareness Program on *“Drug Addiction and Recovery in Youth”* held at GDC Rajpora

The NCORD Cell Govt. Degree College Rajpora organized an awareness program on *“Drug Addiction and Recovery in Youth”* in the Conference Room of the college on 23-04-2024. The invited speaker for the event was Mr Imtiyaz Ahmad Mir Counsellor Addiction Treatment Facility (ATF) Centre District Hospital Pulwama. The program started with Husne Qiraat by Sahil Fayaz followed by Husne Naat by Adil Ahmad Kumar.

Principal of the college, Prof. (Dr.) Gazala Gaiys in her introductory remarks welcomed the guest and appreciated the efforts of ATF Pulwama in curbing the curse of Narcotic addiction. She said that drug addiction has taken shape of a pandemic with low recovery rate primarily due to fragile support from the people living in the affected societies. She added that all family members should develop rapport with the affected people, communicate with them and help them to get over this nuisance. She exhorted the audience to visit at least three neighboring households each and help them to tackle the menace of drug addiction.

Mr Imtiyaz Ahmad Mir, Counsellor ATF Pulwama deliberated on the strategies through which drug addicts can be rehabilitated and cited various personal experiences at the ATF Centre Pulwama which later became their success stories. Enumerating different recovery tactics, he said that the role of family members especially the parents is of paramount importance in effecting early recovery of the drug addicts. Sympathy and empathy of family and friends are the important factors in this regard. Withdrawal symptoms like sitting in isolation, loss of memory, sense of fatigue, giddiness and other such signs of youngsters should be monitored and religious values have to be instilled in them. The victims of drug addiction should be encouraged to behave as extroverts, seek help from others and share their feelings with people around them. They should improve communication skills and decision making skills with each passing day and learn to set and prioritize their goals. All these factors will ensure their early recovery and will help them to live a normal life. The Speaker shared the Helpline Number **14416** with the audience for any kind of help at any time.

Certificate of appreciation was presented to the invited speaker by the Principal and faculty of the college. Prof Gh Mohiuddin hosted the proceedings of the function and proposed formal vote of thanks. Coordinator NCORD

