

### Extension Lecture on Adverse Effects of Substance Use organized at GDC Rajpora

The NCORD Cell of Government Degree College Rajpora in collaboration with Psychological Counseling Cell and the NSS Unit organized an extension lecture on the theme “**Adverse Effects of Substance Use**” in the Conference Room on 16-11-2024 at 11 AM. Dr Syed Umer Mukhtar, eminent Psychiatrist and medical officer at ATF district hospital Pulwama was the invited guest speaker for the event.



The programme started with recitation of the verses of Holy Quran by a student named Mursaleen Shabir. Prof Gh Mohiuddin, Senior most faculty of the college formally welcomed the guest and appreciated the efforts of ATF Pulwama for making people aware about different psychological and psychiatric health issues and for providing necessary guidance and counseling to the affected people in the district at the ATF centre.



Dr Syed Umer Mukhtar, Psychiatrist and medical officer at ATF Pulwama explained concepts like anxiety, depression, substance abuse, addiction etc. and various factors responsible for them. He advised the students to discipline their life and master different techniques to overcome anxiety and depression related disorders. He said that less screen time, firm religious convictions, strong faith and proper habits are the main tools at our disposal which can save us from depression and suicide like menaces. Dr Syed Umer also talked about the reasons for narcotic use and different symptoms present in a narcotic user which if recognized at the early stage can help in timely treatment of such patients.

At the end of the session Memento and Certificate of appreciation was presented to the invited guest speaker. Dr Aftab Ahmad Shah moderated the session and also proposed formal vote of thanks.

Sd/-  
Coordinator  
NCORD Cell