

Awareness Session on Drug and Narcotics Addiction at APSJC

Keeping in line with the UN Sustainable Goal of Physical Health and Well-being, an informative and engaging awareness session on *Drug and Narcotics Addiction* was conducted by Capt. Priyanshu Raj at Army Public School Jammu Cantt on September 11, 2024. The session was aimed at educating students about the dangers of drug abuse, its impact, and strategies for prevention.

The session began with a friendly interaction between Capt. Priyanshu Raj and the students. He used relatable examples from modern lifestyles to ease into the topic, helping students understand the meaning of addiction and the various forms it takes in today's world. The lecture delved into the concept of addiction, discussing different types such as substance abuse, gaming, and social media addictions. He also highlighted the causes of addiction, such as peer pressure, stress, and curiosity. Captain Priyanshu Raj explained what drug abuse entails and its devastating effects on individuals, especially children. He emphasized the harm it causes on various fronts:

- Physical Health: Impact on organs and bodily functions.
- Mental Health: Leading to depression, anxiety, and other psychological issues.
- Social Impact: Straining relationships with family and friends.
- Academic Impact: Affecting performance and concentration in school.

A detailed explanation of the cycle of addiction was given, describing how it begins with cravings, leading to use, building up tolerance, and resulting in dependence. Withdrawal symptoms were also discussed as part of this vicious cycle. Students were informed about the warning signs to look out for, such as sudden changes in behavior, neglecting responsibilities, and unexplained health issues. This was crucial in helping students recognize potential trouble in themselves or others. Capt. Priyanshu Raj gave practical advice on how to stay away from drugs. The key message was to "Learn to say No" – a simple but powerful tool to avoid succumbing to peer pressure.

Emphasis was placed on saying "No" with confidence and the tag line "Don't start, be smart" was propagated. Capt. Priyanshu Raj shared techniques on how to assertively refuse drugs and other harmful substances without feeling guilty or embarrassed. The session concluded with a heartfelt pledge, where students committed to making India a drug-free nation. This pledge served as a reminder of their role in creating a healthy and safe environment.

An engaging question and answer session followed, allowing students to clarify doubts and gain deeper insights into drug addiction and prevention.

At the end of the session, Principal Ms Puneet Kour presented a token of gratitude to Capt. Priyanshu Raj for his enlightening and inspiring lecture, thanking him for his efforts in raising awareness on such a critical issue.



