


One day awareness Program regarding drug de-addiction was organized by GDC Pampore in collaboration with the District administration Pulwama.

A Brie Report

Today on 20-04-23 a one day awareness Program regarding drug de-addiction was organized by GDC Pampore in collaboration with the District administration Pulwama. Dr. Altaf Ahmad Bhat, Clinical Psychologist Mental Health Unit District Hospital Pulwama was the speaker for the event. During his address he said that Psychoactive drugs are generally defined as substances which alert, change brain functioning causing change in mood, cognition, consciousness and behaviour. While mentioning about the status of drug addiction in Jammu and Kashmir, he said that many studies done in the UT of J&K have reported that tobacco, cannabis, alcohol, benzodiazepines, alprex, opiates, brown sugar and inhalants are the major drugs of abuse in the UT of Jammu and Kashmir. He said the symptoms of drug are classified into two categories physical and behavioral. The physical symptoms are Red eyes, unclear vision, running nose, pale face, frequently sick, nausea, vomiting, drowsiness, loss of weight, profuse sweating, injection signs on body, blood stains, change in appetite, and poor in hygiene. The behavioral symptoms are change in mood, depression features, blaming and making excuses, begging lying and stealing, loss of interest and big talk or speeches. He concluded his talk by highlighting the treatment intervention protocol for the drug addicts and their families at mental health center district hospital Pulwama which was established in June 2017. This session was followed by question answer session. Few important questions were raised by the students and some faculty members and the said speaker answered genuinely. The Principal, Prof. Dr. Huda Galzai of the college in her concluding address mentioned various steps/ approaches for the eradication of drug menace by giving reference of recent meeting held in the office of the worthy deputy commissioner Pulwama. She mentioned that we have to play an active role in the society for the eradication of this menace. She said everyone has a responsibility for removing this evil from the society. Students, Teachers, Parents and all other stake holders of the society can remove this stigma from society with collective consensus and efforts. Prof. Shah Lateef moderated the program and Dr. Mohd. Iqbal Malik Presented the vote of thanks. Almost 48 students and 22 faculty members attended the program.


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 NAAC ACCREDITED GRADE B⁺ (CGPA=2.6)
 گورنمنٹ ڈگری کالج پانپور (کشمیر)

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 Organized
 By
 Govt. Degree College Pampore
 In Collaboration With
 District Administration Pulwama.
 On
 The Theme
 “Drug De-addiction”
 Speaker
 Dr. Altaf Ahmad
 (Clinical Psychologist Mental Health Unit District Hospital Pulwama.)
 Dated: 20-04-2023

Patron
Prof. Dr. Huda Galzai
Principal
Organizer
Prof. Shah Lateef
Convener PCC



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Awareness Program on Drug De-Addiction

Report Submitted for approval by
 Prof. Shah Lateef
 Convener PCC