



# GOVT. POLYTECHNIC COLLEGE BUDGAM

NAGAM CHADOORA, BUDGAM – KASHMIR J&K (PIN CODE: 191113)

## Substance Abuse Among the Young Generation Our Collective Responsibility

**20 November 2023 :** Government Polytechnic College Budgam hosted a thought-provoking seminar on "Substance Abuse Among the Young Generation - Our Collective Responsibility." This event, anchored by Er. Suehail, brought together esteemed Guests of Honor, Dr. Muzafar Khan a highly experienced and leading psychologist in valley and Dr. Syed Riyaz Ahmad project director Kashmer NGO, along with a diverse audience committed to addressing the pressing issue of substance abuse among the youth.

### *Highlights of the Seminar :*

**Powerful Skit:** The seminar kicked off with a powerful skit, shedding light on the impact of drug abuse on a girl student's life. The skit portrayed the pivotal role played by her teacher, in collaboration with a doctor, in guiding her back on the right track and leading a healthy and normal life.

**Welcome Address by Dr. Shafquat Ara :** Dr. Shafquat Ara, the Principal of Government Polytechnic College Budgam, set the tone for the seminar with a warm welcome address, emphasizing the collective responsibility in addressing substance abuse. She emphasized the indispensable role played by the district administration in the ongoing battle against substance abuse. In her illuminating speech, Dr. Shafquat underscored the proactive measures taken by the district administration in collaboration with schools and colleges for actively engaging to address the critical issue of drug abuse collectively. The initiative aims to raise awareness among students, making them aware of the perils associated with substance abuse. In her address Dr Shafquat said "Addressing mental health issues involves fostering understanding, promoting open dialogue, and providing accessible resources for support and treatment."

**Insights from Dr. Muzafar Khan :** Dr. Muzafar Khan a distinguished expert in psychologist, led discussions on the challenges of substance abuse among the youth and shared valuable insights into the psychological aspects of the issue. He addressed the role of teacher in guiding students in right direction away from such evil.

**Cultural Showcase - Group Song and Kashmir Folk Dance (Rouf) :** Students showcased their talents through a soulful group song, underlining the collective responsibility in addressing substance abuse. The cultural element continued with a traditional Kashmiri folk dance, Rouf adding depth and significance to the event.

**Address by Dr. Syed Riyaz Ahmad :** Dr. Riyaz highlighted the crucial role of a Kashmir - NGO, in combating mental health related issues in Jammu and Kashmir. He discussed ongoing projects and future initiatives planned for societal betterment by this NGO as on date. Dr Riyaz said " KASHMER is an organization that focuses on supporting the healthcare needs of underserved populations. They do not consider caste, religious beliefs, color, ethnicity, or geographic location in doing so."

**Engaging Quiz Competition :** An invigorating quiz competition, pitting 2nd-year against final-year Civil Engineering Diploma students. The competition, designed to foster healthy rivalry, took a unique and thoughtful approach by centering its questions around the crucial theme of mental health. Participants enthusiastically tackled queries that not only challenged their academic prowess but also heightened awareness about mental health. The event served as a commendable initiative, blending education with the promotion of mental well-being among the students.

**Enlightening Speeches:** Three distinguished individuals students from Civil Engineering Discipline, delivered enlightening speeches, each providing a unique perspective on mental health. Their insights contributed valuable knowledge to the audience, furthering understanding and empathy.

**Pledge Taking Ceremony :** The seminar concluded with a powerful pledge-taking ceremony, where the gathered audience, alongside the Guests of Honor and students, vowed to collectively fight against the menace of drug abuse.

**Vote of Thanks by Er. Suehail :** Er. Suehail expressed gratitude to the gathered audience, faculty members, and the Guests of Honor, acknowledging their significant contribution to the seminar.

**Refreshment Break :** Following the formal proceedings, refreshments were distributed among the attendees, fostering informal discussions and networking opportunities.

**Awareness Rally :** The day/session concluded with an awareness rally, where participants ran and raised slogans against drug abuse, symbolizing a collective commitment to the cause.

Dr. Shafquat Ara, Principal of GPC Budgam extended heartfelt gratitude. She expressed her sincere thanks to the organizing committee, Dr. Riyaz, Dr. Muzafar Khan, and the district administration for their invaluable contributions. She particularly thanked the district administration for entrusting the institution with the responsibility to address and elevate the issue of substance abuse in the society. A crucial aspect of this initiative is empowering students with knowledge and awareness, enabling them to stay vigilant and resist falling prey to the influence of radical elements in society. Dr. Shafquat stressed the importance of a united front, where educational institutions play a vital role in shaping a drug-free environment for the young generation.



















