

# GOVERNMENT DEGREE COLLEGE BARAMULLA, JAMMU AND KASHMIR

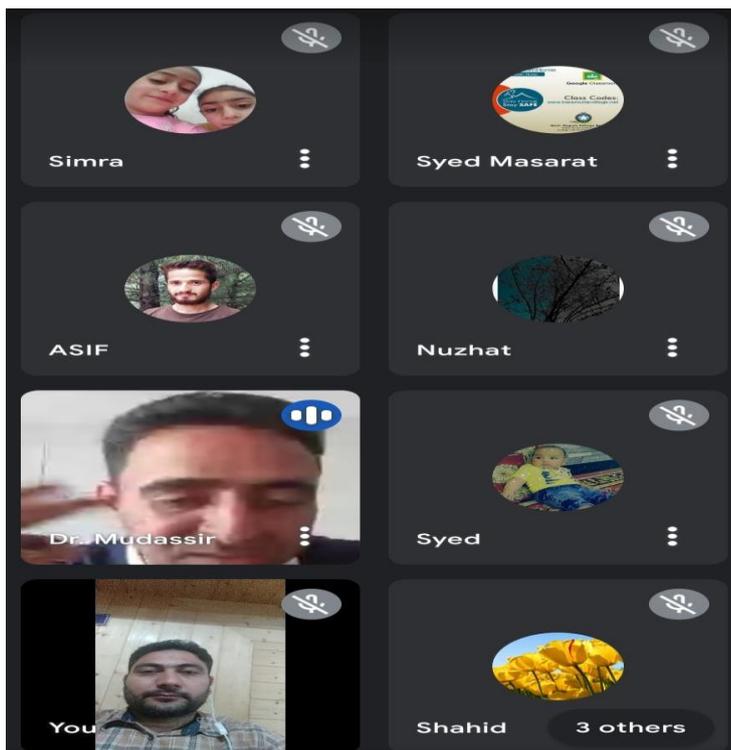
NAAC Accredited Grade "A" and College with Potential for Excellence (CPE)

## Azadi Ka Amrit Mahatsov (India@75)

### GDC Baramulla organizes Webinar on 'Substance Abuse: A Move towards Drug-Free India'

The National Service Scheme (NSS) in collaboration with RAAHAT Counselling cum Disability Resource Centre, Government Degree College, Baramulla organized a webinar titled 'Substance Abuse: A Move towards Drug-Free India' in connection with Azadi Ka Amrit Mahotsav (India@75) and Independence Day\_2021. Dr. Mudassir Hassan, Assistant professor, Child Psychology, Government Medical College, Baramulla was the invited speaker on the occasion, heard and appreciated by student population and teaching and non-teaching faculty of the host-college.

The poster features a top banner with the Indian tricolor and the Ashoka Lion Capital, with the text 'AZAADI KA AMRIT MOHATSAAV'. Below this, it states 'Webinar Substance Abuse: A Move Towards Drug Free India'. The organizing body is listed as 'National Service Scheme (NSS) in collaboration with RAHAAT COUNSELLING CUM DISABILITY RESOURCE CENTRE'. The event is scheduled for 09<sup>th</sup> August, 2021, at 11:00 am. It provides a Google Meet link (<https://meet.google.com/sdz-nkis-yyi>) and a Meet code (sdz-nkis-yyi). The organizing committee includes Prof. Arshid Ahmad Yattoo, Dr. Kaiser Ahmad Dar, and Dr. Syed Masrat Geelani. Two speakers are highlighted: Prof. (Dr.) Mushtaq Ahmad Lone, Patron/Principal, and Dr. Mudassir Hussain, Assistant Professor (Child Psychology GMC, Bta.). The poster also includes contact numbers for more details and information.



Prof. (Dr.) Mushtaq Ahmad Lone, Principal of the college, formally opened up the event and welcomed the guest speaker and participants of the webinar. While addressing the participants, he underscored the importance of conducting webinars and awareness sessions on the above captioned theme in order to arrest the ever-mounting curve of substance abuse in different age groups. "Freeing our brethren or a society from use, abuse, and misuse of different variants of substances could be a real tribute and service to the nation on its 75<sup>th</sup> year of independence, or Azadi Ka Amrit Mahotsav (India@75)", said, Prof. Lone.

He appreciated the efforts of NSS Program Officers and RAAHAT Counselling cum Disability Resource Centre of the college for being sensitive towards these social issues (substance abuse) that has engulfed a major chunk of population regardless of age, gender, faith, place of residence, among other things.

Dr. Mudassir Hassan presented an overview of substance abuse in Kashmir valley. Dr. Mudassir asserted that anyone can turn to substances and therefore, cautioned participants about their responsibilities as parents, teachers, and well-wishers in curbing this menace in and around their surroundings. He stated that becoming a substance user or abuser is not an overnight phenomenon, however, one has to pass through a series of phases to qualify for diagnosis. He plainly explained the key attributes of each phase and allied cognitive, emotional, and behavioural changes that follow. He also discussed the process and mechanism of substance abuse and corresponding neurochemical, physiological, and psychosocial changes that are used as indicators/signs for identifying and diagnosing substance abusers. Dr. Mudassir alluded to different theoretical perspectives and personal observations behind substance abuse and its prevention. He also educated participants about the rise of substance abuse during the COVID-19 pandemic and the probable factors thereof. In addition, he also discussed different ways of looking at substance abuse and deliberated on various psychological preventive therapies/strategies to have a drug-free society, and therefore, a drug-free India.

His lecture was followed by a threadbare discussion on the issue noted above and a lively question/answer session, wherein the participants posed a volley of questions vis-à-vis current situation of substance abuse menace in Kashmir valley. All the queries raised by participants were answered to the highest level of satisfaction.

Earlier, Dr. Kaiser Ahmad Dar, Assistant Professor of Psychology and NSS, Program Officer (Unit-II) of the college provided a brief gist of the webinar and contextualized the theme selected thereof.

Prof. Arshid Ahmad Yattoo, Head, Department of Computer Applications and NSS Program officer (Unit-I) introduced the guest speaker to the participants, announced the modalities of the session, and formally invited the speaker for the talk/presentation.

The session culminated with vote of thanks offered by Dr. Syed Masarat Geelani, HoD, Urdu and NSS Program Officer (Unit-III) of the college.

