



REPORT of workshop on "Awareness and Prevention of Drug Addiction"

**On Tuesday, 14 November, 2017 at Dyal Singh College,
University Of Delhi
Lodhi Road, New Delhi, Delhi 110003**



Organised By

**All India Women's Education Fund Association
(AIWEFA)**

Workshop supported By

**National Institute of Social Defence (NISD)
(Ministry of Social Justice & Empowerment)**







Workshop on “Awareness and Prevention of Drug Addiction”

**on Tuesday, 14 November 2017
at Dyal Singh College, University Of Delhi
Lodhi Road, New Delhi, Delhi 110003**

**Supported by National Institute of Social Defence
Ministry of Social Justice & Empowerment**

A REPORT



“Awareness and Prevention of Drug Addiction”

Workshop Supported By
National Institute of Social Defence (NISD)
(Ministry of Social Justice & Empowerment)

At : Dyal Singh College
(University of Delhi)

14 November 2017
(10:00 a.m. to 01:00 p.m.)

Organised By
All India Women's Education Fund Association (AIWEFA)



BACKGROUND NOTE

Substance abuse is the harmful pattern of using substances—such as tobacco, alcohol, illicit drugs, and prescription drugs—leading to impairment or distress. This problematic pattern of substance use among youth can lead to problems at college, cause or aggravate physical and mental health-related issues, promote poor peer relationships, cause vehicle accidents, and place stress on the family. They can also develop into lifelong issues such as substance dependence, chronic health problems with social and financial consequences.

A UN report titled 'The power of 1.8 billion', mentions that 28 per cent of India's population is 10 to 24 year-olds. In order to maximise this dividend, we must ensure this young working-age population is equipped to seize opportunities for jobs and other income-earning possibilities and move away from the menace of drugs.

However, recent Indian media headlines report that youth today ditch smoking for drinks and drugs, and doctors say that in under a decade there has been a five-fold increase in adolescents seeking help for problems related to substance abuse (September 6, 2017 Hindustan Times). Delhi Police also report increasing hauls of narcotic substances, making it imperative to not only lead college drug addicts to drug addiction centers, but to create awareness among the larger student community to prevent them from falling into the clutches of the drug menace.

Towards creating awareness on the prevention of drug abuse, the All India Women's Education Fund Association (AIWEFA) with support from the National Institute of Social Defence, Ministry of Social Justice, is organising college workshops that focus on youth towards the promotion of their health and tools to choose the right path; to encourage platforms for social interaction among young and old; and provide long-term perspectives towards preventing drug abuse under the ambit of the Indian legal system. Particular attention will be given to include students from National Service Scheme (NSS) and National Cadet Corps (NCC)

On your well being rests the security of our nation; your present shapes India's future; so be safe, keep out of harm's way and make others secure from the danger of drugs.



ABOUT AIWEFA

All India Women's Education Fund Association ie AIWEFA was founded in 1929 under the leadership of **Mahatma Gandhi** and vibrant women stalwarts of the freedom movement like Sarojini Naidu, Rajkumari Amrit Kaur, Aruna Asaf Ali, Kamaladevi Chattopadhyay, Annie Besant among others for empowering women.

Education was recognised as the catalytic agent for social change, and in 1932, AIWEFA

founded the Home Science College, Lady Irwin College, New Delhi to bring a scientific temper in women's education. For the last eight and a half decades, AIWEFA's programmes in rural and urban areas have been implemented to promote holistic and sustainable development for welfare of communities.

Activities promote education and training of women for family and child care, environmental sustainability, health and nutrition, development of rural families through introduction of drudgery reducing equipments for agricultural management, women's skill development, women's political representation, and programmes to fight violence against women.

Combining academic strength with sound implementation and training strategies, AIWEFA Campaigns and mobilises through its field projects, seminars, workshops, publications and networking, to bring about a sustainable approach to human development and advancement of the weaker sections. Partners include NGOs (India Alliance for Child Rights, Sulabh International), government (Department of Science & Technology, MNRE, Delhi State, NISD) public sector (GAIL), corporate (NIIT), and bilateral agencies (UNESCO, FAO, Ford Foundation, UN Women, UNICEF, UNIFEM etc.). In 1999, AIWEFA was granted the **"NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC)"**. In 2003, AIWEFA accepted the role of **Regional Coordinator of the UN's Informal Regional Network of NGOs (NGO IRENE)**.

AIWEFA in association with Maruti Suzuki India Ltd. (MSIL) has skilled 400 underprivileged women from Delhi/NCR in safe car driving. In association with UNESCO organised a conference on the **"Transition of Women from Education to full Employment."** With Delhi Police, AIWEFA trained 150 women in **self defence** techniques. On the call of Hon'ble Prime Minister, AIWEFA has initiated the **Swachh Campaign**. For the last 15 years AIWEFA presents the **"AIWEFA-Nina Sibal Memorial Award**, annually to an organisation working in the area of disabilities. AIWEFA also launched the programme for conducting 100 Cyber Security Workshops" in Delhi/NCR colleges. So far AIWEFA has organised **27 Cyber Security workshops in Delhi / NCR**.

"A World We Women Want (AW4)" programme and the Global South website **"A World We Women Want #AW4: Economic Empowerment"** were



launched in 2016 & 2017 to capture sound SDG implementation practices and strategies from Africa, Asia, and Asia Pacific and SAARC countries to achieve the UN's Sustainable Development Goals (SDGs) at national stakeholders consultations, as well as internationally at the **"60th & 61st Sessions of the Commission on Status of Women" (CSW60 & CSW61)** at UN headquarters, New York. **Compendiums were also released at both the events.**

Currently AIWEFA is involved in completing a project of Andaman & Nicobar Island's Government- **"Promotion & Development of Handicrafts from locally available resources"**

Currently AIWEFA is involved in organizing 5 workshops on **"Awareness & Prevention of Drug Abuse"** in the University of Delhi colleges, and this workshop is one of them. Earlier in 2017 AIWEFA organized 2 workshops on **"Promoting Intergenerational Bonding"**. Now again we will be conducting 10 more workshops in Delhi schools/colleges on the same topic. **All these workshops are supported by National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment.**



Programme Schedule
Dyal Singh College, University Of Delhi,
Tuesday 14 November 2017
Time: 10:00 a.m. to 01:00 p.m.

Workshop on **"Awareness and Prevention of Drug Addiction"**

Time	Activity & Details	Resource Person
10:00 a.m. to 10:05 a.m.	Lamp Lighting	
10:05 a.m. to 10:10 a.m.	Welcome address:	Dr. Inderjeet Singh Bakshi <i>Principal Dyal Singh college</i>
10:10 a.m. 10:15 a.m.	AIWEFA Introduction:	Ms. Sarla Manchanda: <i>Vice President AIWEFA</i>
10:15 a.m . to 10:20 a.m.	Programme Introduction	NISD/ Ms. Sarla Manchanda
10:20 a.m to 11:10 a.m.	Session I : Technical Session : Substance abuse: a. its signs, symptoms and misconceptions b. causes and consequences	Dr. Swati Kedia: <i>(Expert: Substance abuse prevention.)</i>
11:10 a.m. to 12:00 p.m	Session II : Substance abuse and laws: a. related laws b. myths and misconceptions	Ms. Shveta Gupta <i>(Lawyer registered with Delhi Bar Association and Delhi Legal services)</i>
12:00 p.m. to 12:50 p.m.	Session III : Evolving strategies a. reflection and brainstorming session using film screening b. strategies for drug abuse prevention: multidisciplinary approach c. question box : question answer session d. administration of feedback forms and follow up e. pledge - taking	Dr. Renu Malaviya: <i>(Associate Professor of Education, Pedagogue & Mental health professional.)</i>
12:50 p.m. to 12:55 p.m.	Vote of thanks	Dyal Singh college
12:55 p.m.	Refreshments	



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REPORT

A one day workshop was organised by All India Women's Education Fund Association (AIWEFA) on " Awareness & Prevention of Drug Addiction " supported by National Institute of Social Defence (NISD) Ministry of Social Justice, at Dyal Singh college , University of Delhi, from 10:00 a. m. to 01:00 p.m. on 14 November 2017.

The workshop was very successful and well received. It was well attended by 112 students of the college and about 10 college faculty and AIWEFA executives.

The event was well advertised through posters, facebook, whatsapp. e-mails and word of mouth at the college. The NSS team, along with NCC of the college were of great help. Dr. Inderjeet Bakshi Principal, and Dr. Swarita Gopal & Dr. Deep Narain Pandaey, Associate Professors of Dyal Singh College & conveners for the above workshop extended whole hearted support in organizing the workshop very meticulously and smoothly.

The workshop started with lamp lighting ceremony, after which Dr. Renu Malaviya, Joint Secretary, AIWEFA introduced her 88 year old NGO , established under the leadership of **Mahatma Gandhi** and founder of Lady Irwin College, New Delhi. She explained about its various services rendered to promote holistic and sustainable development for welfare of communities. She talked about it's current involvements in National and International activities. Dr. Renu Malaviya also introduced the programme of NISD and the need for such a workshop.

Mr. Anand Katoch, Director, NISD had visited the workshop and was welcomed by Dayal Singh college and Dr. Renu Malaviya of AIWEFA.

Mr Katoch, Director, NISD, highlighted on how drug/ substance abuse is causing g people to get addicted and he highlighted the various material being used by people to get addicted without realising that they are getting addicted. He highlighted how drug traffic is a very lucrative money making process and a vicious cycle which is difficult to break ones started.

Ministry is very concerned and hence has sanctions workshops for awareness creations in schools and colleges.

He highlighted as to how students can keep aware from substance abuse . He also expressed that competitions were another way in which they were trying to engage the students and create awareness.

SESSION I (Technical Session): Substance Abuse: *its signs, symptoms and misconceptions, causes and consequences* was conducted by **Dr.Swati Kedia**:,an expert on Substance Abuse. She is a qualified Clinical Psychologist working with Amity Institute of Behavioral Health & Allied Sciences.

The session started with showing the students an animation film, "Nuggets" to describe the phenomenon of "addiction" and its ill-effects. After explaining what drugs are, students were asked to tell about the various drugs/substances that they were aware of. It was an interactive session and the students came out with quite a few names. They were then explained that these drugs could be categorized into two types – brain depressants that lower the brain functioning, e.g., alcohol, opioids (e.g. smack), and sedative/hypnotic drugs; and brain stimulants that enhance functioning of the brain, e.g., tobacco, caffeine, volatile substances, cannabis (bhang, ganja), cocaine and amphetamines.

Next, students were explained about each of these drugs, their commonly known names ("street names"), acute effects/intoxication and withdrawals. Subsequent to this, the students were asked about the short-term positive, negative and long-term negative effects of the drugs. The students, as expected, were sceptical in listing down the positive effects of drugs. They were then explained that one of the reasons for continuing drug-use, as was evident in the film-clip shown by her, were the short-term, positive effects like feeling happy, disinhibited, improved concentration, being a part of the group etc. However, it was reiterated to them that positive effects last only till a time, the effect of drug lasts and as the usage increases, they tend to get shorter and shorter, while the negative effects like mood-swings, fights in family, decline in school performance, depression, anxiety etc. become more prominent.

Discussion then focused on various reasons for which people take drugs, e.g., curiosity to try new things, peer pressure, calming oneself down etc. They were then explained that not everyone who tries a drug gets addicted to it, but various factors play an important role like availability of the drug, peer norms, family factors etc. Moreover, taking reference from the film -clip, they were explained how drugs target the pleasure centre of the brain and therefore, initially, the person continues to take drugs because they are pleasurable. However, gradually, the person HAS to increase the quantity of drug consumed (tolerance), take drugs to get rid of the unpleasant effects (withdrawal) and spend most of their time in drug-seeking activities making them "addicted".

A brief interactive session was held to discuss signs to recognize drug use in others – direct signs included the intoxicating effect of the drug and indirect signs included changes in mood, behaviour and decline in academic performance. Finally, some common myths and misconceptions regarding drug use were discussed. For example:



Myth: Teenagers are too young to get addicted. **Fact:** Addiction can happen at any age. Even unborn children can get addicted because of their mother's substance use.

Myth: Alcohol / drugs relieve stress. It helps deal with problems. **Fact:** Alcohol / drugs only make people forget and not care about their troubles. When the effect wears off, the problem is still there.

Myth: Drug addicts are people with bad character. **Fact:** Drug Addiction is an illness which can affect anyone. There are multiple factors responsible and individuals' personality is just one of them.

Myth: All of the other kids do drugs. I need to fit in. **Fact:** If you really want to fit in, stay sober. Most young people don't take drugs.

Myth: Using drugs now and then doesn't affect my thinking or my grades. **Fact:** Use of these drugs leads to poor concentration and memory problems which can become permanent.

Myth: Breezers, Beer and Wine are safe forms of alcohol. **Fact:** Alcohol is alcohol. It can cause you problems no matter how you consume it.

Myth: One can stop using drugs anytime. **Fact:** In case of people who are dependent, withdrawal symptoms, and other social factors can make stopping difficult. But there are people and programs that can help.

The students were encouraged to discuss if they had any further questions and misconceptions. The session ended with a brief question and answer session.

SESSION II: Substance Abuse & Laws: *related laws myths and misconceptions* was conducted by **Advocate Shveta Gupta**, a lawyer registered with Delhi Bar Association and Delhi Legal services. She is an advocate at Tees Hazari Court, Delhi. She is a member of Society working for legal awareness among school and college students at national level and has conducted many workshops for them.

After understanding the signs, symptoms, myths and misconceptions of Substance abuse and its different strategies for preventing such abuse, it was now turn for the students to understand the various laws of the Country dealing with prevention of Substance abuse. Ms. Shveta Gupta, conducted this Session.

The session began with an energizer activity of 'virtual rain', in which students actively participated and showed their keen interest of knowing different laws. Ms. Gupta started her session by asking students if they know any such laws relating to legal and illegal drugs upon which responses like 'prohibition of smoking in college

and metro', 'selling of cigarette nearby colleges' and 'age limit of consuming alcohol' were received.

The resource delivered a **Power Point Presentation**, on laws and discussed laws relating:

- Prohibition of smoking in public places: Understanding the meaning of public places
- Prohibition of advertisements
- Prohibition of sale of cigarettes related products within 100 meters of Institutional Area
- Prohibition of selling and serving alcohol within 500 m from national and State Highway
- Prohibition and Restrictions on cultivation, production, trade, purchase, use, consumption, import and export except for scientific and medical purposes
- Consumption of Drugs on road: 'Drink and Drive' and 'Car-o-Bar'
- List of various acts which deal with above provisions.

Apart from understanding the various laws, Ms. Gupta also discussed various punishments defined under various laws for infringement of laws. A small question answer round on participant's understanding and interpretation of law on substance abuse was also conducted in which different scenario like, "Are you liable for infringement of laws when you are caught carrying drugs for yourself and your friends for party?", "who is liable if your friends are using drugs in your birthday party at your home?" etc. were shown, where participants were asked to respond as per their understanding and interpretation of laws.

The session concluded with a legal principle "***Ignorantia juris non excusat***", which means that a person who is unaware of a law may not escape liability for violating that law.

SESSION III: Evolving Strategies for drug abuse prevention: Psycho-social Multi-approach It was conducted by **Dr. Renu Malaviya**, a Pedagogue & Mental health professional. Dr. Malaviya has authored and edited many books and developed many modules for teachers as well as for students. Has conducted many workshops on capacity building, special needs and inclusive education of adolescents and youth.

It was an interactive session, interposed with ppt and videos. Dr. Malaviya began with eliciting responses and reactions from the audience on why do they think that people turn to substance abuse and what are the possible risk they think it leads to. The information elicited from the audience was consolidated with more information and presented through a power point presentation. With the support of brainstorming and reflection the speaker got the audience to realise that we always



think that substance abuse is something we think will happen to someone else and not to us. Then the discussion moved on to why it is important to develop a series of circles around you of people who you can communicate and share and seek advice about your mundane to serious concerns and issues and aims and aspirations of life and how important it is to have aspirations but realistic aspirations. Emphasis was paid on why it is important to have communication relationships with parents and extended family, teachers and old friends so that new friends enter your life through a subconscious filtration system. An activity of SWOT analysis was conducted with the students and some of the student volunteers stated their strengths and limitations and this was followed with others brainstorming how they could work towards their aspirations with their strengths and limitations.

After moving the audience towards developing interpersonal relationships to act as a safety net against substance abuse and also to developing attitudes, knowledge, life skills and professional skills, the session ended with a short film on what substance abuse does to the self and the family.

This was followed by a question-answer session and a feedback form was given to be filled. Finally pledge – taking against substance abuse was taken by the audience.

The whole workshop was a great success. Feedback forms were filled. The student volunteers Ms. Vaishali and Ms. Sandeep Kaur were of great help. A vote of thanks was proposed by Dyal Singh College.

Information about the workshop-background-note, About AIWEFA, Programme-Schedule and material received from NISD were distributed to all the participants before the start of the workshop. The information about the workshop (copies of the banner) and posters on Drug abuse received from NISD were displayed all over the college. Based on the responses of the feedback forms a STATISTICAL ANALYSIS REPORT was prepared, which is being attached.

Refreshments were served to all the participants. The e-certificates of participation & appreciation were also issued later on.

Expenditure statement is given separately.

REPORT compiled & edited by :

Ms. Asha Chandra, President AIWEFA, Ms Sarla Manchanda, Vice President AIWEFA, Dr. Renu Malaviya, Jt. Secretary AIWEFA, & Mr Mithun Singh, Office Sec. AIWEFA,



ANNEXURES:

- I. Questionnaire form.
- II. C.V. of Resource persons.
- III. Attendance sheet of AIWEFA team & DSC faculty
- IV. Attendance sheet of student-participants
- V. Posters from NISD
- VI. Resource Material from NISD.
- VII. Statistical Analysis Report of workshop
- VIII. Statement of Expenditure
- IX. Photographs



ANNEXURE I.

(Questionnaire form)

Workshop on “Awareness and Prevention of Drug Addiction”

Q.1 What do you understand by substance abuse?

Q.2 a. Have you heard about anyone who takes drugs?

Yes / No

b. How do you know that they take drugs?

Q.3 Why do you think they have started taking drugs?

Q.4 What do you think are the reasons why young youth start taking drugs?

Q.5 What do you think are the results of taking drugs (substance abuse) ?

Q.6 What are the myths and misconceptions related to drug abuse (substance abuse) ?

Q.7 What did you learn from this workshop about drug abuse (substance abuse) ?

Q.8 What are the other topic on which you may be interested in having workshops ?



ANNEXURE II.

C.V. of Resource Persons for the workshop on "Awareness & Prevention of Drug Abuse"

**At Dayal Singh College, Lodhi Road, New Delhi
On Tuesday, 14 November 2017**

Session I: Technical Session: Dr. Swati Kedia Gupta

**Academic Qualifications: M. Phil. (Clinical Psychology from IHBAS, Delhi)
Ph.D., AIIMS, New Delhi.**

Experience:

- Clinical Psychologist, currently Assistant Professor (Clinical Psychology) at Amity Institute of Behavioral Health and Allied Sciences, Amity University.
- Worked as a Research Officer at National Drug Dependence Treatment Centre, AIIMS, New Delhi.
- Has been clinical psychologist at the Centre for Addiction Medicine, NIMHANS

Session II: Substance Abuse & Laws: Adv. Shweta Gupta

Academic Qualifications: B.A., L.L.B. & M.S.W.

Experience:

- Senior Advocate in Tis Hazari Court, Delhi
- Extensive Legal research for various civil/criminal matters,
- Drafting of Petitions for district court, Delhi High court and Supreme Court,
- Member of Society '**Vikalp-Searching Together Learning Together**', working for legal awareness among School and college student at National Level.
- Associated with UN Volunteering programme (Adolescent Education Program)
- Conducted many workshops on Legal Awareness in schools and colleges.



Session III: Evolving Strategies: 1. Dr. Renu Malaviya

**Academic Qualifications: M.Sc. (Child Development), M.Ed., Ph.D.
Diploma in Management of Learning Disabilities, Certificate in Professional Practice of Learning Disabilities.**

Experience:

- Pedagogue and Mental Health professional.
- Currently Associate Professor at the Deptt. Of Education at Lady Irwin College, University of Delhi.
- Authored and edited many books and developed many modules for teachers and other professionals as well as for children.
- Conducted many workshops on capacity building of women, classroom management, special needs and inclusive education, parenting and psycho-social aspects of education, mental health and "Intergenerational Bonding" as well.
- She is the Joint Secretary of AIWEFA.

ANNEXURE V

There are many other ways to enjoy life...



Say No to Drugs

National Toll Free Helpline for Prevention of Alcoholism and Drug Abuse: **1800-11-0031**



Department of Social Justice and Empowerment
Ministry of Social Justice and Empowerment
Government of India
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AIWEFA seeks partnerships for programmes on society welfare

जिन्दगी में खुशियां पाने के और भी कई रास्ते हैं...



नशों को ना कहें

मद्यपान और नशीले पदार्थ दुरुपयोग निवारण हेतु राष्ट्रीय टोल फ्री हेल्पलाइन: **1800-11-0031**



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ANNEXURE VI

Before you take Drug.....

THINK

T = Is it **TRUTHFUL**?

H = Is it **HELPFUL**?

I = Is it **ILLICIT**?

N = Is it **NECESSARY**?

K = Is it **KILLABLE**?

"Say No to Drugs"

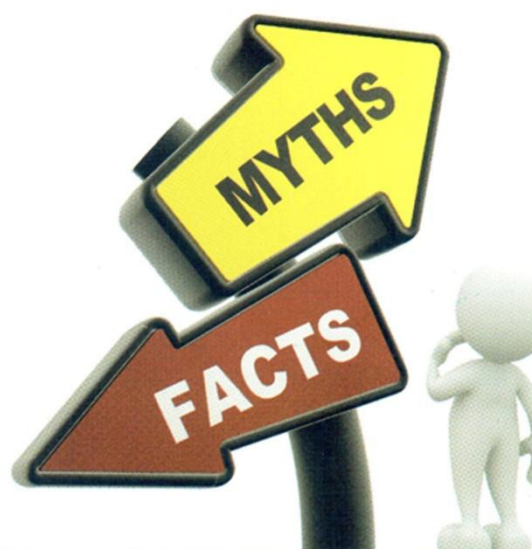
National Toll Free Helpline for
Prevention of Alcoholism & Drug Abuse

1800-11-0031

NATIONAL INSTITUTE OF SOCIAL DEFENCE

Ministry of Social Justice & Empowerment, Government of India
West Block 1, Wing 7, Ground Floor, R.K. Puram, New Delhi-110066
Phone : 011-26106325 Fax : 26100058
www.nisd.gov.in

Myths and Facts About Drug Abuse



NATIONAL INSTITUTE OF SOCIAL DEFENCE

(Ministry of Social Justice & Empowerment)
Government of India
www.nisd.gov.in

MYTHS	FACTS
There is no harm in trying a drug just once, because one can stop after that.	Almost all drug addicts start by trying just once. Once the drug is taken, the desire for further intake increases with time which becomes a part of his/her habit.
Drugs increase creativity and make the user more imaginative.	Drug addict loses clarity and may become incoherent over a period of time.
Drugs sharpen thinking and lead to greater concentration.	Drugs induce dullness and adversely affect normal functioning of body and mind.
Will power alone can help a drug addict stop taking drugs.	Besides strong will power, love and support of family and friends, medical and psychiatric treatment may be needed to come out of drug addiction.
You can get addicted to drugs only if you use it for a long time.	Drugs effects the brain directly. This can make a person stop breathing, have a heart attack or go into a coma. It can happen even when the drug is used for the first time.
Inhalants are harmless and the safest drug to use.	Using inhalants such as thinners, glue, cleaning fluids etc. can cause permanent damage to vital organs like the liver, brain and nerves.
Teenagers are too young to get addicted.	Addiction can happen at any age. Even unborn child can get addicted because of drug use by his/her mother.
Most of the addicts get their first drug from a peddler or a pusher.	Most of the addicts get their first drug from a friend or an event at home.

ANNEXURE VI

Statistical Analysis Report of workshop

Workshop on

Substance Abuse: - Awareness & Preventions of Drug Addiction among college youth in Delhi held at Dyal Singh College (University of Delhi)

Principle Investigator: D r. RenuMalaviya

Student Researcher: Ms. Vaishali

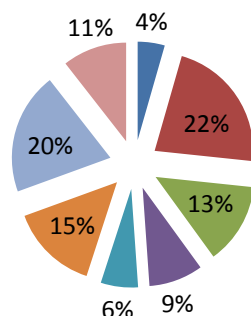
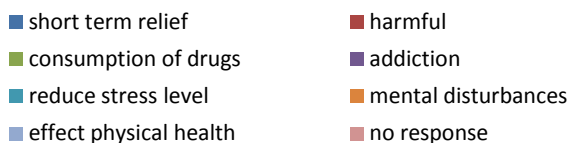
AIWEFA conducted a workshop in Dyal Singh College and the students were given a feedback form and been collected after the workshop. In the college 112 attended the workshop but only 80 feedback forms were collected. Students gave more than one answer because this was an open ended form. The statistical analysis of this workshop is as follows –

1. **Substance abuse** – this was the first question that what they know about drugs. 89% of the students answered for this question while other 11% of the students did not gave response. Out of 89% of the students largest number of the students stated that it is harmful while 20 % of the students told that it has a negative effect on our physical health. Some students stated that it causes mental disturbances(15%) and the other students stated that consumption of drugs is substance abuse. Least number of students(4%) stated that it gives us short term relief but that we get addicted to it.

Table 1 : Substance abuse

Categories	%
short term relief	4
harmful	22
consumption of drugs	13
addiction	9
reduce stress level	6
mental disturbances	15
effect physical health	20
no response	11

Graph 1: Substance abuse



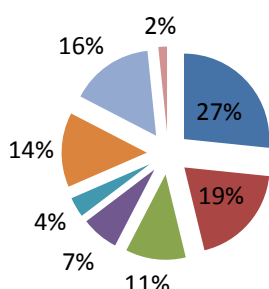
2. **Awareness of consumption of drugs** –the next question was about awareness of consumption of drugs. when the students were asked how do they that they take drugs. 98% students respond for this question. Out of 97% students 27% students stated that they have observed their physical appearance while 19% students stated about their changing behavior such as- redness of eyes, sleepiness etc. some students stated that they have heard from someone (16%), some said that they have become very aggressive that is how they came to know about it. 16% students stated that they told themselves proudly while 4% of the respondents stated that they can feel the smell of drugs when they meet their friend.

Table 2: Awareness of consumption of drugs

Categories	%
Physical appearance	27
change of behavior	19
told himself	11
have seen	7
Smell of drugs	4
aggression	14
heard from someone	16
No response	2

Graph 2: Awareness of compumption of drugs

■ Physical appearance ■ change of behavior
 ■ told himself ■ have seen
 ■ Smell of drugs ■ aggression
 ■ heard from someone ■ No response



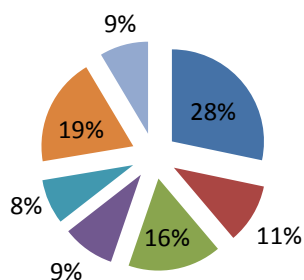
3. **Reasons of acquaintance taking drugs** – for this next question 9% of the respondents did not answer. Out of the remaining (81%) respondents largest number of the students (28%) said that depression is the reason of taking drugs. After that 19% of the respondents stated that they take drugs because they are curious about it and they want to take it at least one time and then they are addicted to it. 16% of the students said that peer pressure is the reason why they take drugs 11% said that they have problems related to their family. Some students (8%) stated that it is necessary for enjoyment

Table 3 : Reasons of acquaintance taking drugs

Category	%
Depression	28
family problems	11
peer pressure	16
social status	9
necessity for pleasure	8
curiosity	19
No response	9

Graph 3 : reasons of acquaintance taking drugs

■ Depression ■ family problems
 ■ peer pressure ■ social status
 ■ neccessity for pleasure ■ curiosity
 ■ No response

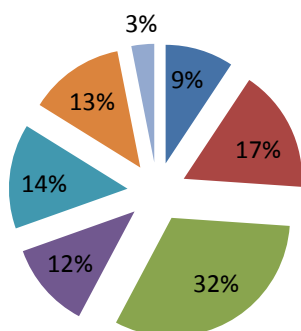


- 4. Reasons of young youth generally taking drugs** - moving to the next question about the reasons of young youth take drugs. Nearly 97% of the students responded for this question. Highest percentage of the students said that because of depression youths take drugs as they have stress of study, exams, relationships etc. After that 17% of the respondents stated that peer pressure is the reason of why young youth take drugs while 9% of the respondents said that some young youth think it is a compulsory to fit in a society.

Table 4 : Reasons of young youth generally taking drugs

Categories	IN (%)
Fit in society	9
Peer pressure	17
depression	32
Get pleasure	12
broken relationship	14
Curiosity	13
No response	3

Graph 4: Reasons of young youth generally taking drugs

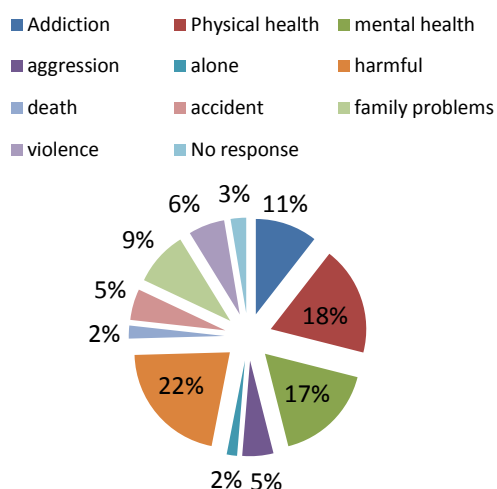


5. Results of taking drugs – nearly 97% of the respondents answered for this next question about the results of taking drugs. 22% of the students said that it is very harmful and 18% of the students said that substance abuse effect physical health. Some students said that mental illness is the result of taking drugs. They are addicted to it so that they cannot get rid of it. 2% of the respondents said that death may also occur due to substance abuse and 5% students stated that because of drug abuse vehicle accidents may occur due to lack of balance and 6% stated that they behave very violent with their family members and sometimes with other people too.

Table 5: Results of taking drugs

Categories	In (%)
Addiction	11
Physical health	18
mental health	17
aggression	5
alone	2
harmful	22
death	2
accident	5
family problems	9
violence	6
No response	3

Graph 5: Results of taking drugs



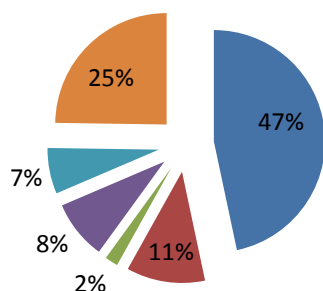
6. **Myths and misconceptions** – only 75% of the students responded for this question. This was about the myths and misconceptions related to substance abuse. Out of the remaining students 47% stated that they think it is not harmful and they are taking this because it is a form of medicine. 11% said that it relax their mood when they are in depression while 2% said that it increases creativity level.

Table 6:Myths and misconceptions

Categories	In (%)
Not harmful	47
relaxed mood	11
creativity	2
one time only	8
easy to get	7
no response	25

Graph 6: Myths and misconceptions

■ Not harmful
 ■ creativity
 ■ easy to get
 ■ relaxed mood
 ■ one time only
 ■ no response



7. Learning from workshop- 89% of the students stated that they have learnt many things from this workshop. What is substance abuse. Now they also know what are the laws related to substance abuse. And how we can stop people from taking it. It is very dangerous for our health. The students also said that they find this workshop very useful.

8. Topics for other workshop- 17% of the students did not suggest any topic for other workshop. Students suggested many topics such as women empowerment, sex education, girl education, career after graduation, women safety, mental health, motivation, equality etc.

Conclusion – The students knew that drug abuse is harmful and affects our physical health. It is interesting to note that many of these students differentiated between consumption of drugs and addiction to drugs. This workshop was used to sensitize that regular consumption of drugs leads to more and more consumption and finally addiction. The entire process tends to be so fast that often the user does not even realize when consumption has been altered to addiction. Behavioral changes become obvious in persons who get addicted to substance abuse. A large percentage of the students stated that consumption of the drugs itself is substance abuse and it is harmful and affects physical health. The students also stated that it causes mental disturbances. A large percentage of the students stated that they could identify that someone is consuming drugs by their physical appearance and change in behavior. Others stated that they became aware that someone is consuming drugs when they heard from someone else. Still other stated that the people who were consuming drugs became aggressive and that is they came to know that the person was consuming drugs. Some percentage of person would tell themselves that they were consuming drugs. Perceive depression in self was rated as the highest



reason by the persons which let them to take drugs and become part of substance abuse. Curiosity and peer pressure are the next reason of drug abuse. The greater number of the students stated that it is very harmful for our health as it was the result of taking drugs. The second largest percentage of students stated that substance abuse leads to poor physical health and mental health. Other results stated by the students were addiction, aggression and family problems. When asked about the myths and misconceptions about the substance abuse highest number of the students stated that they don't feel it is harmful. The second highest number of the students stated that they can work with a relaxed mood. Other myth was that the students felt that there is no harm if they take it for the 1st time. There was a myth that substance abuse leads to an increase in creativity. When asked from this workshop the students were satisfied and stated that now they knew about the types of drugs and substance abuse. They felt confident now they can and they would stop their peer group and others from getting pinned from substance abuse. They also felt satisfied that now they were aware of the various laws related to substance abuse and how substance abuse is harmful for health and society. The students also suggested the topics for other workshops that can be conducted in their colleges.





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