



REPORT of workshop on

"Awareness and Prevention of Drug Addiction"

**On Monday, 6 November, 2017 at Shaheed Bhagat Singh College,
University Of Delhi
Sheikh Sarai Phase II, New Delhi, Delhi 110017**



Organised By

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

Workshop supported By

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







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**on Monday, 6 November 2017
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A REPORT



"Awareness and Prevention of Drug Addiction"

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

At : Shaheed Bhagat Singh College
(University of Delhi)

6 November 2017
(02:30 p.m. to 05:30 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 is the first workshop in the series. Earlier in 2017 AIWEFA organized 2 workshops on **"Promoting Intergenerational Bonding"** These workshops are supported by **National Institute of Social Defence (NISD), Ministry of Social Justice & Empowerment.**



**Programme Schedule Shaheed Bhagat Singh College
University Of Delhi
Monday 6 November 2017, Time: 02:30 p.m. to 05:30 p.m.**

Time	Activity & Details	Resource Person
02:30 p.m. to 02:35 p.m.	Lamp Lighting	
02:35 p.m.to 02:40p.m.	Welcome address	Shahid Bhagat Singh College
02:40 p.m.to 02:45 p.m.	About AIWEFA	Dr. Renu Malaviya Jt. Seretary <i>AIWEFA</i>
02:45 p.m. to 02:50 p.m.	Programme Introduction	Mr. Anand Katoch, Director ,National Institute of Social Defence (NISD)/ Dr. Renu Malaviya Jt. Seretary <i>AIWEFA</i>
02: 50 p.m. to 03:40 P.m.	Session I : Technical Session : Substance abuse: a. its signs, symptoms and misconceptions b. causes and consequences	Dr. Sudha Sood : <i>(Medical Expert: Substance abuse prevention.)</i>
03:40 a.m. to 04:30 p.m.	Session II : Evolving strategies a. reflection and brainstorming session using film screening b. strategies for drug abuse : 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>
04:30 p.m. to 05:20 p.m.	Session III : Substance abuse and laws: a. related laws b. myths and misconceptions	Ms.Bulbul Das: <i>(Senior Lawyer, Former Legal Advisor, Delhi Social Welfare Board, Member, Delhi Legal Services Authority.)</i>
05:20 p.m. to 05:25	Vote of thanks	Shahid Bhagat Singh College
05:25 p.m.	Refreshments	



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 Shaheed Bhagat Singh College, University of Delhi, from 02:30 p. m. to 05:30 p.m. on 6 November 2017.

The workshop was very successful and well received. It was well attended by 109 students of the college and about 12 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. P. K. Khurana, Principal, and Ms. Versha Kumari, Asst Professor of commerce, Shaheed Bhagat Singh College & convenor for the above workshop extended whole hearted support in organizing the workshop very meticulously and smoothly.

Dr. Renu Malaviya Jt. 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.

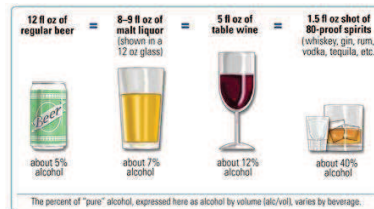
This was followed by a lamp lighting ceremony, after which the technical session about Drug Abuse started.

SESSION I (Technical Session): Substance Abuse: *their signs, symptoms and misconceptions, causes and consequences* was conducted by **Dr. Sudha Sood** ,an expert on Substance Abuse. She is Head of Medical Department, at Applied Research International, New Delhi. She is a Freelance Master Trainer and Medical Consultant I adolescent health and is **National Trainer** for **UNODC School Drug Awareness Program**.

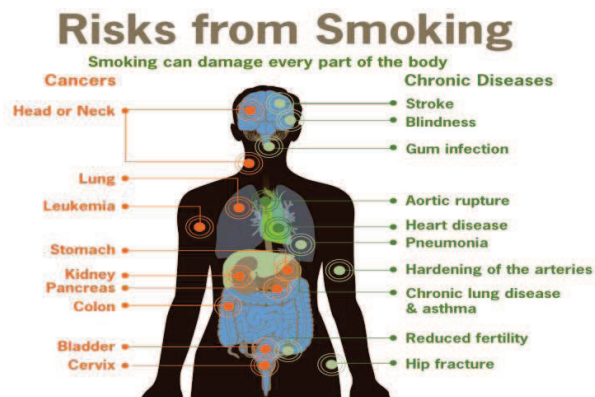
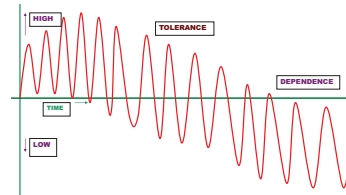
She has conducted many workshops on adolescent issues including substance abuse. with school and college youth.

The session was an interactive session where students answered questions and a few of them were found to be quite knowledgeable about the topic. A few myths were clarified and the students were made aware of the what exactly drugs are, what the Gateway drugs are, why a person begins taking drugs, the extremely

damaging effects that drugs have on the body and brain. The risks of the legally available drugs – alcohol and tobacco – were also explained briefly. They were told what exactly Addiction is and how it develops in a person. They were made aware of the risk that each person faces once she/he begins taking a drug – be it a cigarette offered by a peer or even a can of beer!



Addiction – the process



The participants were made aware of the fact that not only did drugs harm the person consuming them but also affected their families and society in general. Most people are unaware of how to even recognize the signs of addiction. The group discussed what they knew and the remainder of the signs and symptoms were explained to them. Some badges and bracelets that said – 'I Decide' and 'Say No to drugs' were distributed among the participants. Some pamphlets were handed over to the concerned faculty to keep in the library so that all interested students could have an easy access to them.

The session – which lasted for an hour – concluded on the note that one should say NO to drugs – the first time – AND every time!



Say **NO** the first time –
and
EVERY TIME



Mr. Anand Katoch, Director, NISD & **Dr. Preeti Soni** Consultant (NC DAP), NISD visited the workshop and were warmly welcomed by Shahid Bhagat Singh College.

Dr Katoch, highlighted on how drug/ substance abuse is causing people to get addicted and he highlighted the various materials 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 once started.

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

He highlighted as to how students can keep away from falling prey to this menace. He also expressed that competitions on the topic were another way in which they were trying to engage the students and create awareness.

SESSION II: 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.

Session III: Substance Abuse & Laws: Adv. Bulbul Das. Ms. Das is a senior lawyer, and legal advisor to several social organizations including Delhi Commission for Women and National Commission for women and has conducted several workshops on legal issues.

The students showed a lot of interest in knowing the different laws prevalent in the country regarding drug abuse. She told the students about the legal and illegal drugs. She talked about prohibition of smoking in public places, like metro, railways, schools & colleges. prohibition of advertisements, prohibition of selling cigarettes in the vicinity of colleges & schools, age limit for consuming alcohol etc.

She also told that selling and serving of alcohol within 500 meters from the national & state highways is not permitted by law. Consumption of drugs as well as of alcohol drinking is not permitted while driving. She said that there are prohibitions and restrictions on cultivation, production, trade, purchase, use, consumption, import and export of DRUGS except for scientific and medical purposes.

The whole workshop was a great success. The student volunteers Ms. Vaishali & Ms Sandeep Kaur were of great help. A vote of thanks was proposed by Ms. Versha Kumari .

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

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 attached.

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 & SBSC 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 Shaheed Bhagat Singh on 6 November 2017

SESSION I : Technical Session : Dr. Sudha Sood

Academic Qualifications: M.B.B.S.,

Post graduate Certificate in **Paediatrics**, from A.I.I.M.S., Delhi.

Postgraduate Certificate in **Adolescent Health**, from A.I.I.M.S., Delhi

Experience:

- Head of Medical Department, at Applied Research International, New Delhi.
- Freelance Master Trainer and Medical Consultant in:
 - 1) Adolescent education, health and issues
 - 2) Substance Abuse
 - 3) Good Health and well being.
 - 4) **National Trainer** for **UNODC School Drug Awareness Program**

Session II: 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.



Session III: Substance Abuse & Laws: Adv. Bulbul Das.

Academic Qualifications: M.A. L.L.B. (University of Delhi)

Experience:

- Former Legal Advisor, Delhi Social Welfare Board.
- Member, Delhi Legal Services Authority.
- Legal Expert: Delhi Commission for Women.
- Legal Expert National Commission for Women.
- Formerly taught law, Income Tax and Minor Acts at University of Delhi.



ANNEXURE III.

(Attendance sheet of AIWEFA team & SBSC faculty)
Enclosed with the hard copy



ANNEXURE IV.

(Attendance sheet of student-participants)
Enclosed with the hard copy

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
www.socialjustice.nic.in | Follow us on  



ज़िन्दगी 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**



सामाजिक न्याय और अधिकारिता विभाग
सामाजिक न्याय और अधिकारिता मंत्रालय
भारत सरकार
www.socialjustice.nic.in | हमें फॉलो करें



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 Bhagat Singh College (University of Delhi)

Principle Investigator: Dr. Renu Malaviya

Student Advisor: Ms. Vaishali

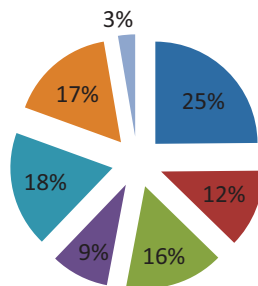
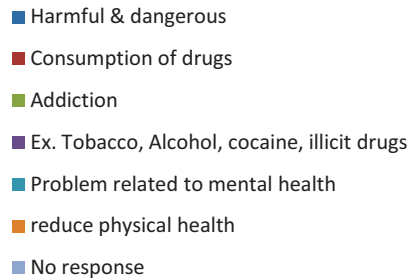
On 14th November AIWEFA conducted a workshop on 'Awareness & Preventions of Drug Addiction' in Shaheed Bhagat Singh College. 93 students of SBS College attended this workshop. The students were given a feedback form also which was a questionnaire. After the workshop the feedback forms were collected and refreshment was given to the students. The statistical analysis of this workshop is as follow-

1. Substance Abuse- Out of 93 students 3% of the students did not know what is substance abuse. 97% of the students respond for what is substance abuse. Around 25% of the students stated that it is harmful and dangerous to our health. Some students stated that it reduce our mental health (18%) and physical health (17%). 16% of the students said that addiction of any drug is called substance abuse which is not good for health. The other 9% of the respondents gave the examples of substance abuse. This indicates that they know about some drugs.

Table 1: Substance abuse

Category	In(%)
Harmful & dangerous	25
Consumption of drugs	12
Addiction	16
Ex. Tobacco, Alcohol, cocaine, illicit drugs	9
Problem related to mental health	18
reduce physical health	17
No response	3

Graph 1: substance abuse



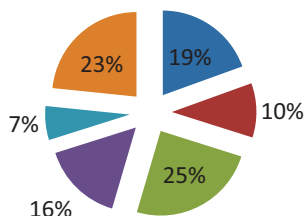
2. **Awareness of consumption of drugs**—the next question was, have they heard about someone who takes drug. For this question about 43% of the students have not heard about anyone who takes drugs. Among 57% of the students 19% of the students stated that they have seen who take drugs. 18% of the students said that their behavior has been changed. They have become violent and they cannot balance their body. other 15% of the respondents said that they have observed that is why they know about it. It is interesting to know that 8% of the respondents said that they proudly told them themselves.

Table 2: Awareness of consumption of drugs

Category	In (%)
Observation	15
Himself	8
Eye witness	19
heard from someone	12
smell from mouth	5
Changing behavior	18

Graph 2: Awareness of consumption of drugs

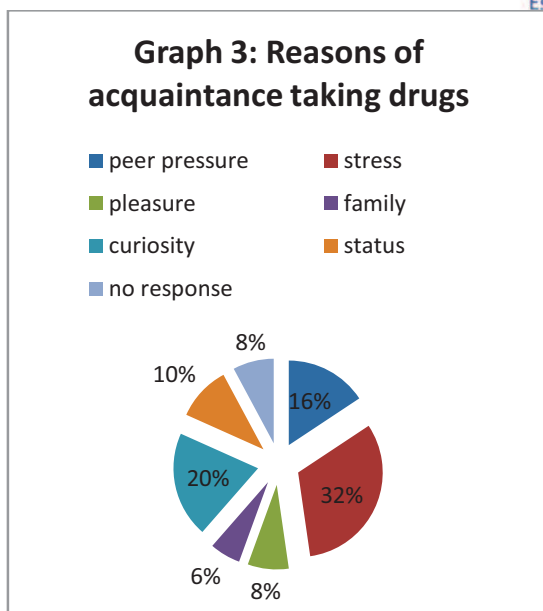
■ Observation ■ Himself
■ Eye witness ■ heard from someone
■ smell from mouth ■ Chnaging behavior



- 3. Reasons of acquaintance taking drugs** –When the students were asked about the reasons of acquaintance taking drugs nearly 92% of the students respond for this question. Out of these 92% of the students largest number of students (32%) said that to reduce different type of stress people start taking drugs. They think that it will reduce their stress but then they get addicted to it. 16% of the students stated that peer pressure is the reason of taking drug. Friends force them to take drugs. Only 6% of the students said that they take drugs because of their family problems or their family members also take drugs.

Table 3: Reasons of acquaintance taking drugs

Category	In %
peer pressure	16
Stress	32
Pleasure	8
Family	6
Curiosity	20
Status	10
no response	8



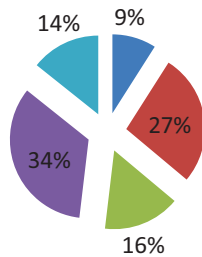
- 4. Reasons of young youth generally taking drugs** – All the students responded for this question about the reasons why young youth take drugs. Largest number of students (34%) said that depression is the main reason for substance abuse. They have depression related to their career. 27% of the students said that young youth takes drugs because they are addicted to it and then they get addicted to it. Other 9% of the students said that they want to build their status in society and they think that drugs are very important for it.

Table 4: reasons of young youth generally taking drugs

Category	In %
social status	9
curiosity	27
peer pressure	16
depression	34
enjoyment	14

Graph 4: Reasons of young youth generally taking drugs

■ social status ■ curiosity
■ peer pressure ■ depression
■ enjoyment



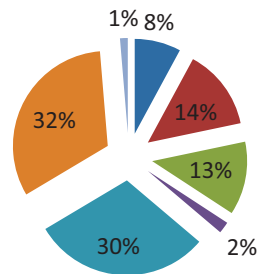
5. Results of taking drugs –After the reasons of taking drugs the students were asked about the results of taking drugs. Nearly 99% of the students answered for this question. Out of 99% respondents 32% of the students said that they have to suffer from physical problems and other said that they face mental health disturbances (30%).around 13% of the students said that they have become very violent. 8% of the respondents said that their body weight has been reduced.

Table 5: Results of taking drugs

Category	In %
reduce body weight	8
aggression	14
violent behavior	13
death	2
mental health disturbances	30
physical health problems	32
no response	1

Graph 5: Results of taking drugs

- reduce body weight
- aggression
- violent behavior
- death
- mental health disturbances
- physical health problems
- no response

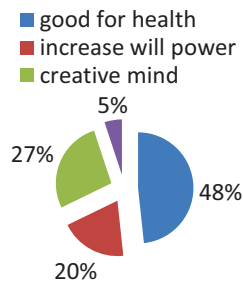


6. **Myths and misconceptions** –Moving to the next question the students were asked about the myths and misconception related to drug abuse. Only 5% of the respondents did not answer for this question. Out the remaining 95% of the students largest number of students (48%) said that they think it is good for health. But they don't know that it is good only in a limited amount. Other 27% of the respondents stated that it makes mind very creative. Least number of students (20%) said that it increases will power and make energetic.

Table 6: Myths and misconceptions

Category	In %
good for health	48
increase will power	20
creative mind	27
no response	5

Graph 6: Myths & misconceptions



7. **Learning from the workshop** – Around 95% of the students said that they have learnt a lot about drug abuse. The students said that now they know about the laws related to drug abuse and now they can stop people from substance abuse at public places. They also stated that they know many forms of drugs and now they can prevent themselves from using it.
8. **Topics for other workshops** – The students suggested many topics that they want to be conducted in their college such as women empowerment, HIV, clean India, concentration power, women safety, mental health, Anti-Ragging etc.

Conclusion – Nearly one fourth of the students knew that substance abuse is harmful and dangerous. Second highest number of the students were aware that substance abuse is not only bad for the physical health but also for mental health and well-being of the person. It is interesting to note that they knew some of the names of the 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. Many of the addicts were proud of their addiction at least initially and they boasted about it to their friends and peer group. However this feeling of being proud quickly reaches stage where they are unable to get out of their addiction. Stress and curiosity are often offshoots of drug abuse. A large percentage of the students stated that they have witnessed with their own eyes people consuming drugs or in other words being part of substance abuse. Still a good percentage stated that they were able to assess that a person on drugs by changing their behavior which they observed. Still others became aware about substance abuse from their peer group and others. With reference to reason of acquaintance taking drugs the students stated that people probably started taking drugs because they were stressed or in other words stress was stated as one of the main reasons why people start substance abuse. According to the college students another major reason for



substance abuse is people taking drugs out of curiosity. Students also felt that people also start drugs because of peer pressure. The students also stated that people take drugs because they want to show their status in society. Majority of the students stated that drug abuse leads to physical health problems and mental health disturbances. The second largest percentage of students stated that substance abuse leads to aggression and violent behavior and even death is possible. . When asked about the myths and misconception about substance abuse a high percentage stated that students feel that it is good for their health. Some of them stated that it is also a myth that it makes their mind creative and increase willpower. When asked whether the beneficiaries of this workshop, namely 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 to 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 such as Clean India, HIV, Women Empowerment, Concentration Power, Anti Ragging etc.



Photographs



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