



National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

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No: GDCK/NSS/23/17

Date: 01-04-2023

**Report of One Day Training Workshop on Drug De-addiction and Rehabilitation**

National Service Scheme (NSS) Unit of the College organized a one-day Training Workshop on Drug De-addiction and Rehabilitation on 1<sup>st</sup> April, 2023 in collaboration with the NCORD Kulgam. The rationale of this programme was to provide hands-on training to the NSS volunteers in general and the members of Health and Wellness Clubs in particular on different aspects of Drug De-addiction and Rehabilitation. The event was conducted in the College Conference Hall and was moderated by Dr Safer Ahmad Bhat, NSS Programme Officer. The event started at 11:00 am and witnessed the participation of around 70 NSS volunteers/Club members of the host College, besides student members from GDC Kilam, GDC Frisal and GDC D.H Pora. The Chief guest on the occasion, worthy Principal of the College, Prof (Dr.) Manzoor Ahmad Lone presented the introductory remarks and formally inaugurated the proceedings of the session. He defined Drug addiction as one of the burning issues of 21<sup>st</sup> century and guided the students to choose the right path and succeed in life rather than being a victim of evil circumstances.

Ms. Humaira Mushtaq, Counselor at Drug De-addiction Centre Kulgam spoke on the various aspects of Substance abuse and identification of drug addicts. It was held that majority of the people start substance abuse out of curiosity and easy availability of money and drugs. Therefore, parents play a pivotal role in saving their children from this menace.

Dr Rayees Ahmad Tarray, Consultant Neurologist and Nodal officer, Addiction Treatment Facility (ATF) District Hospital Kulgam, presented a detailed medical perspective on the theme. He defined Drug Addiction as a disease and the addict as a psychiatric patient who needs to be rehabilitated and counseled in a sympathetic manner. Quoting the statistical data it was held that thousands of cases of drug addiction have been registered and it demands collaborative action from all the enlightened sectors of the society in order to eradicate this menace as early as possible.

Another resource person from Drug De-addiction Centre Kulgam, Ms Zahida Hamid deliberated on the Rehabilitation Plan and counselling factors while treating the patients at Drug De-



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addiction Centre. A helpline number was also shared with the students for making Kulgam Drug free.

Dr. Mohammad Altaf Pall, Psychological Counsellor of the College, deliberated on the Psychological aspects of Drug De-addiction and stressed on the importance of treating the drug addicts kindly so that they won't feel alienated from the society. He held that every effort needed to be done to bring them back into the mainstream.

Irshad Ahmad Reshi, Inspector at J&K Police, Kulgam District broadly deliberated on the legal aspects of Drug De-addiction. It was held that the department was trying its best to curb the menace of drug addiction. Volunteers were made aware of the role of Anti Narcotic Task Force (ANTF) and the smart practices for analysing the drug addiction activities in the vicinity and collaborative destruction of Poppy and Cannabis. He emphasized on the importance of family and religious values and good company to prevent the youth from getting into this danger. It was accentuated that the teachers, preachers and students should develop arguments and create a narrative for destruction of drug addiction and sensitise the society in particular. The presentations were followed by a question-answer session wherein the students raised various questions related to drug abuse. The event concluded with a formal vote of thanks, proposed by Dr. Nisar Ahmad, Faculty in the Department of Kashmiri.

Dr. Safeer Ahmad Bhat



NSS Programme Officer



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