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**11 August 2022  
(Afternoon Program)**

### **Awareness Program on “Drug Abuse”**

A talk on the ill effects of drug usage was conducted in the OAT at 2:00 pm for Shift II students. Welcome address was delivered by Dr. Shiny, Vice Principal, Stella Maris College. Dr. Fancy, NSS Program Officer, introduced the speaker for the day.

Our resource person, **Mr. Aravindan, IPS. Zonal director, Narcotics Control Bureau, Chennai** addressed the students to raise awareness on drug abuse. He talked about the side effects and harmful health consequences caused by usage of drugs. He also spoke about how getting addicted to drugs, problems and side effect faced by the person.

Some of the take away points from the session are listed below:

The usage of drugs not only affects the physical but also the mental health of the person. It might lead to depression, lack of memory, extreme tiredness, headache, nausea etc. There are different types of drug tests which involve looking for traces of drugs in saliva, blood, urine, sweat, hair. Some students use drug to prepare for their exams to get good marks thinking that drug consumed will help them remember their answers well but the sad truth is that the drug will lead them to the inevitable addiction over time.

These days' drug addicts do not consider the cost of the drug or its impact on life. Professional athletes who use illegal substances risk damaging not only their physical health but also their reputation and the integrity of their sports. Taking too much of drug, including prescription drugs, can result in an overdose. Each person will react differently and death can occur in some cases. Even if the person recovers there can permanent damage to their body. Polydrug use; mixing drug or taking multiple drugs together is known as polydrug use and affects the individual to a great extent.

**Mr. Aravindan** also highlighted the positive effects of yoga and meditation that helps one to have a clear mind. The talk was followed by a Q&A session.

The anti- drug pledge was taken by all students as they repeated after Ms. Stephy Monisha, YRC Program Officer. Vote of thanks was proposed by Ms. Kavipriyaa, NSS Senior volunteer. The program ended with the College song followed by the National anthem.

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