



DEPARTMENT OF AQUACULTURE – M E S ASMABI COLLEGE

**REPORT ON 'AWARENESS PROGRAMME ON DRUG ABUSE**

**– A SOCIAL EVIL AND HEALTH HAZARD**

**HIGHLIGHTS:**

**Agenda:** Awareness on Drugs – A Social and Health Threat.

**Date and Time:** 16<sup>th</sup> October, 2023, 11:40 AM to 12:30 PM.

**Venue:** Room No. 401, I. Yr. Aquaculture Classroom.

**Resource Person:** Sri. Shamnad, Excise Inspector of Kodungallur.

**No. of participants:** 37 Students of I Semester B.Sc. Aquaculture.

**Collaboration:** National Service Scheme.

The Department of Aquaculture at M.E.S. Asmabi College, in association with the National Service Scheme (NSS), conducted an anti-drug awareness programme for the first-semester B.Sc. Aquaculture students. The session was held in Room No. 401 on October 16, 2023, from 11:40 AM to 12:30 PM. The keynote speaker for the event was Sri. Shamnad, Excise Inspector of Kodungallur. The lecture focused on the health hazards caused by drugs and narcotics and the pervasive issue of drug spread as a social problem. The session was introduced by Dr. K. Kesavan, Head of the Department of Aquaculture.

## **Programme Details**

### **Welcome and Introduction**

The event commenced with Dr. K. Kesavan warmly welcoming the students and introducing the guest speaker, Sri. Shamnad. Dr. Kesavan emphasized the importance of awareness programs in combating drug abuse and highlighted the role of educational institutions in addressing this critical issue.

### **Lecture by Sri. Shamnad**

Sri. Shamnad began his talk by expressing his gratitude for being invited to speak on such an important topic. His lecture was structured around two main themes: the health hazards of drug use and the social implications of drug abuse.

#### **1. Health Hazards of Drug Use**

- **Physical Health Impact:** Sri. Shamnad detailed the severe physical health consequences of drug abuse. He explained how drugs can damage vital organs such as the heart, liver, and kidneys. He provided specific examples of how

different drugs affect the body, including the risk of overdose, which can lead to death.

- **Mental Health Issues:** The speaker highlighted the detrimental effects of drug use on mental health. He mentioned conditions like depression, anxiety, psychosis, and paranoia, which are often exacerbated by prolonged drug use. He also discussed the potential for addiction and how it alters brain chemistry, leading to compulsive behavior and dependency.
- **Impact on Youth:** Emphasizing the vulnerability of young people, Sri. Shamnad warned about the long-term consequences of drug use that can derail educational and career prospects. He noted that the developing brains of adolescents are particularly susceptible to the harmful effects of drugs.

## 2. Spread of Drugs as a Social Problem

- **Family and Community Impact:** Sri. Shamnad elaborated on how drug abuse affects not just the individual but also their family and the wider community. He described the emotional and financial strain on families and the social stigma associated with drug addiction.
- **Crime and Violence:** The connection between drug abuse and increased crime rates was a significant part of the lecture. Sri. Shamnad explained how drug addiction often leads individuals to engage in criminal activities to sustain their habit, contributing to higher crime rates and societal instability.
- **Preventive Measures:** To conclude his lecture, Sri. Shamnad discussed various preventive measures that can be adopted to combat drug abuse. He stressed the importance of education, community support programs, and stringent law enforcement to curtail the spread of drugs.

## Student Interaction and Q&A

Following the lecture, there was a lively interaction session where students asked insightful questions. Sri. Shamnad patiently answered each query, providing further clarity on the issues discussed. He encouraged students to stay informed and be vigilant against the dangers of drug use.

## Conclusion

Dr. K. Kesavan concluded the session by thanking Sri. Shamnad for his enlightening talk and the students for their active participation. He reiterated the importance of such awareness programs in resulting in a drug-free society and encouraged students to disseminate the knowledge gained to their peers and community.

## Feedback

The feedback from students was overwhelmingly positive. Many appreciated the comprehensive coverage of the topic and felt better equipped to understand and combat the issue of drug abuse. The session was deemed a successful step towards raising awareness and promoting a healthier, drug-free lifestyle.

## Outcome:

The anti-drug awareness programme was a vital educational initiative that provided students with crucial information on the hazards of drug use and the broader social implications. The knowledge imparted by Sri. Shamnad is expected to have a lasting impact on the students, promoting a more informed and vigilant approach towards drug abuse.



