

Stress Management and Drug De-addiction Society

Activities during the session 2019-20



Anti Drug Awareness Campaign



Anti Drug Awareness Campaign

The society organised an Anti-Drug Awareness Campaign. The Campaign was organised under the leadership of Dr.Suresh Chahal, Dr. Narinder Singh and Dr. Monika Dara. The event was held within the college premises. Around 100-120 students participated in the campaign with the immediate aim to create awareness against drug abuse among 5000 students of the college. The students were made aware of the ill-effects of drug use and were motivated not to indulge in drug abuse. Posters were made by students and a walk was organised. Some of the students namely Rishika Vinay, Nikunj Joshi, Harleen, Anuj and Bharat delivered brief motivational talk for drug free society. Dr. Narinder Singh, Assistant Professor, Department of Psychology shared his ideas and experience how to deal effectively with drugs. He emphasised upon the need to create awareness among the masses to save our young generation from the evil of harmful Drugs and intoxicants as well as need to provide psychological help and support to those who unfortunately get trapped in addiction. The walk was concluded after speech delivered by Dr. Monika Dara, Assistant Professor, Department of Public Administration who raised the issue of increasing road accidents as a result of driving under the influence of drugs which lead to number of deaths every year. The walk ended on a positive note to with an appeal to make sincere efforts to make India a drug free Nation.



Play on Exam Anxiety

The society organised a play on “Exam Anxiety” by its student members. The students of B.A. 2nd and 3rd year participated in the play. They wonderfully showcased their acting talent and effectively conveyed the message of stress and exam anxiety faced by the students before examinations and the play was concluded on positive note giving message to the students how to deal with it.



**Drug Abuse and its Prevention a talk by
Dr. Devender Rana, PGIMER, Chandigarh**



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The society organised a talk on “**Awareness regarding Drug Abuse and its Prevention**” under the chairmanship of Dr. Suresh Kumar by its members Dr. Divya Monga, Dr. Monika Dara and Dr. Narinder Singh. The event took place in the seminar room of the college premises.

Dr. Devender Rana, Clinical Psychologist, Drug De-addiction Centre, PGIMER was invited as expert for conducting the session which was attended by around 150 students. The expert highlighted ill-effects of drug abuse on person’s cognitions, emotions, and physical health. He talked about different drugs (e.g. Opium, Marijuana, Cocaine, Alcohol, and Cannabis etc.) and their ill effects as well as withdrawal symptoms. He motivated the students not to indulge in it. The session was highly interactive and students raised important queries few of them namely Raghav, Tanushiri, Ashish, Vishali and others.



A Play on “Drug Abuse and Female Foeticide”



A Play on “Drug Abuse and Female Foeticide”

The Society organised a play titled “*Sulag Di Dharti*” (The Burning Earth) in the college auditorium on 19 February, 2020 under the chairmanship of Dr. Suresh Kumar by its members Dr. Divya Monga, Dr. Monika Dara and Dr. Narinder Singh. The play was performed by young and talented **Mr. Jaspal Singh and Mr. Ranbir Singh** theatre artists’ team (Life on Stage, Theatre Group, Moga) and attended by more than 250 students along with faculty members. Both performers are student at Bhagat Singh College, Kotakpura.