

SVCR GOVERNMENT DEGREE COLLEGE, PALAMANER



CLEAN & GREEN PROGRAMME

30-07-2025

Event : Drug Abuse & Illicit Trafficking
Chief Guest : Principal
Venue : College Seminar Hall
Date : 30-07-2025
Timing : 10:00 AM

NCORD/EAGLE Co-Ordinators

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This awareness program is designed as a collaborative initiative to safeguard the physical and mental well-being of the student community. By involving the **Principal, NCC, NSS**, and academic staff, the event establishes a unified front against substance abuse.

1. Overview of the Awareness Program

The event focuses on the transition from "ignorance" to "informed action." It aims to peel back the layers of curiosity that often lead to initial drug use, replacing them with a clear understanding of the long-term biological and social consequences.

- **NCC Role:** Demonstrating discipline and physical fitness as alternatives to substance use.
- **NSS Role:** Community outreach and identifying peer-level behavioral changes.
- **Lecturers:** Providing academic and psychological mentorship to identify at-risk students.

2. Impact of Drugs on Students and Youth

Drug abuse doesn't just affect health; it dismantles a student's future. The impact is generally categorized into three areas:

A. Neurological & Physical Health

The adolescent brain is still developing, particularly the **prefrontal cortex**, which handles decision-making. Drugs hijack the brain's "reward system" by flooding it with dopamine.

- **Cognitive Decline:** Reduced memory retention, inability to focus, and lower IQ scores over time.
- **Physical Decay:** Chronic fatigue, weakened immune systems, and specific organ damage (liver, lungs, or heart).

B. Psychological Impact

- **The Cycle of Dependency:** Drugs often mask underlying issues like anxiety or academic stress, leading to a "rebound effect" where the mental health condition worsens once the drug wears off.
- **Behavioral Shifts:** Increased irritability, social withdrawal, and loss of interest in hobbies.

C. Academic and Social Consequences

- **The "Downward Spiral":** Poor attendance leading to low grades, which causes more stress, often resulting in increased drug use as a coping mechanism.
- **Legal & Career Damage:** A single drug-related record can terminate future employment opportunities and scholarships.

3. Preventive Measures

Prevention is more effective—and much easier—than rehabilitation. The program emphasizes the following strategies:

- **Peer Support Networks:** Training **NSS and NCC volunteers** to act as "First Responders." If a student is struggling, they are more likely to talk to a peer than an authority figure.
- **Healthy Coping Mechanisms:** Encouraging sports, arts, and meditation to manage academic pressure rather than seeking "chemical escapes."
- **The "Power of No":** Workshops on assertive communication to help students navigate peer pressure without feeling socially isolated.
- **Open Communication Channels:** Establishing an anonymous "Help Desk" or counseling cell where students can seek advice without the fear of immediate disciplinary action.

4. Message from the Chief Guest (Principal)

The Principal's address typically emphasizes that **"The campus is a temple of learning, not a den for addiction."** Their role is to reassure students that the institution prioritizes their health over their grades and that help is always available for those who step forward.



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