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Report of Seminar on the theme "Drug Free Youth, Drug Free Nation" under Drug Addiction on 29th May 2025



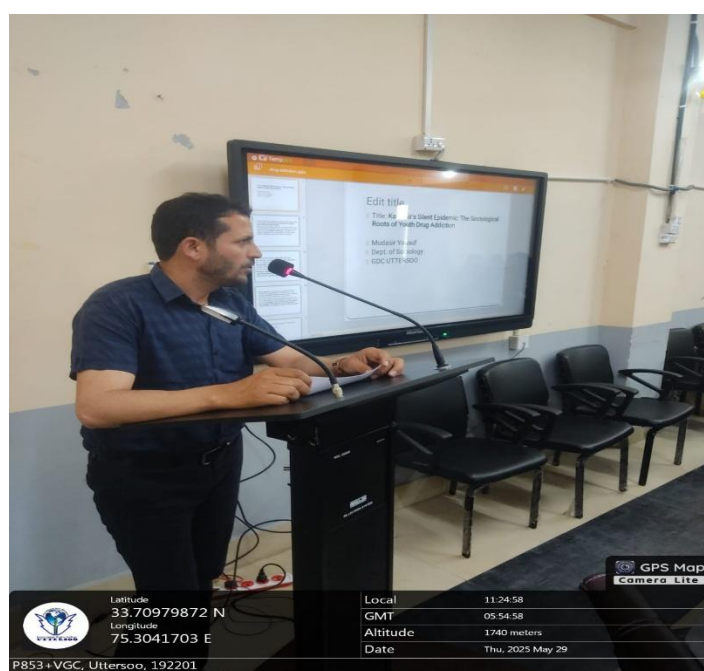
On 29th May 2025, a seminar on the theme "**Drug-Free Youth, Drug-Free Nation**" was organized in the college Conference Hall under the leadership of the Worthy Principal, **Prof. Mushtaq Ahmad Sohil**. The event was a collaborative effort of the **NSS Unit**, **Internal Quality Assurance Cell (IQAC)**, and the **Department of Sociology**, aiming to spread awareness about the alarming rise of drug abuse among youth and its consequences on individual and national well-being. The program was moderated by **Prof. Rouoof Habib**, NSS Programme Officer, and began with insightful addresses by experts in the field.

Prof. Umamar Muhammad, Head of the Department of Computer Applications, delivered an in-depth presentation on both substance and behavioral addiction. He elaborated on the biological, social, and psychological factors that contribute to addiction, the circumstances under which individuals fall into the trap of substance use, and discussed adaptive strategies, survival responses, and treatment options. His talk emphasized the importance of stress tolerance and psychological resilience as preventive measures.

Prof. Nazir Ahmad, Head of the Department of Chemistry, supplemented the discussion by explaining the chemical nature of addictive substances, with a particular focus on neurotransmitters like dopamine that are released during drug intake, contributing to dependency and psychological craving.

Dr. Mudasir Ahmad, Lecturer in Sociology, offered a socio-political perspective on the growing issue of drug addiction, particularly in the context of **Kashmir**. He identified post-disaster trauma and prolonged socio-political

instability as key contributing factors. He specifically highlighted the 2014 floods, the COVID-19 pandemic, and ongoing political turmoil as events that have led to economic loss, unemployment, and the breakdown of social structures, thereby creating a fertile ground for drug abuse. Dr. Mudasir also discussed the loss of social capital, peer pressure, and the psychological burden borne by Kashmiri youth, all of which have intensified the drug menace in the region. He supported his arguments with statistical data on drug use patterns across India and Kashmir, underlining the urgency of coordinated efforts to combat the crisis. The seminar concluded with a vote of thanks presented by **Prof. Mohd Ashraf**, Head of the Department of Urdu, who appreciated the speakers for their insightful contributions and urged students to act as responsible citizens in building a drug-free society. The program was well-received and left a deep impact on all attendees, reinforcing the collective responsibility to curb drug addiction through awareness, education, and community action.





Organizers
 Prof Rouoof Habib, NSS PO
 Prof Ummar Muhammad, Coordinator IQAC
 Department of Sociology

Principal
 Prof Mushtaq Ahmad Sohail