

KU holds workshop on ‘Drug abuse in Kashmir’

Srinagar, Jan 16: A one day workshop with the theme “Drug Abuse in Kashmir, Physical and Mental Health well being a solution,” organised by Directorate of Physical Education and Sports, University of Kashmir in collaborations with CAUSE (Concerned about Universal Social Empowerment) NGO was held at KU’s Health Club and Gym.

Apart from medical practitioners and community based workers sharing their experiences on the issue the workshop also featured session with international mindfulness and holistic therapy experts who shared techniques with the participants in order to promote physical, mental and emotional health and its well-being.

Mrs Amber Holistic Therapy expert and mindfulness practitioner for health and well being from London, UK while delivering her address on the occasion said that mindfulness and holistic therapy will help in improving mental health wellbeing in youth across the world.

She also shared some holistic techniques regarding depression and anxiety management with the participants.

Coordinator, Directorate of Physical Education and Sports, KU Dr Nissar Khan while welcoming the participants said “Physical education and sports is important to engage the youth in positive direction and character building and such session and programs help a great deal in achieving these objectives.”

Speaking on the occasion Dean Students Welfare KU Prof Raies Qadri said “Our University is trying its best to shape the youth in right direction and we ensure zero tolerance towards drug abuse at the campus.”

Assistant Professor GMC Dr Yasir Rather in his talk provided an overall scenario about drug abuse in Kashmir and said that the most vulnerable age group is 15-30.

Sheikh Adil Gym & Fitness Expert at KU talked about “Physical health well being & its relevance with drug abuse,” whileas Dr Mohd Sameer Khan from GMC talked about ‘Mental health and drug abuse.’”

Mr Shah Zubair from CAUSE NGO conducted the proceedings of the interactive session and Mr Talib Hussain Secretary CAUSE NGO presented vote of thanks on the occasion.

Besides Dr Tanveer A Shah, Special secretary to Vice Chancellor KU several other staff members from teaching and non-teaching faculty, students and scholars of KU were also present on the occasion.