

KU's Education Department holds seminar on drug abuse, mental health



Srinagar, Dec 25: Kashmir University's Department of Education organised a one-day seminar on the theme, "Drug Addiction, Mental Health, and the Struggle in Between: A Help Needed".

In his presidential address, Controller of Examinations Prof Irshad Ahmad Nawchoo, who was the chief guest on the occasion, said anything taken in excess can become an addiction.

He said educational institutions have a greater responsibility to help address different social issues by way of generating awareness.

He also said it is important to do research on drug abuse to identify its causes and come up solutions.

Dean, School of Education and Behavioral Sciences Prof Showkat Ahmad Shah delivered a special address, stressing that a responsible approach towards the community is needed by all stakeholders to make the society a better place to live in.

Head Department of Education, Prof Tasleema Jan, delivered the welcome address and said her department is one of the key stakeholders in holding serious discussions on social and educational issues such as child labor, problems of marginalised sections of the society, psychological wellbeing of children and adults, drug addiction and others. She stressed upon the importance of mental health and how it is essential to the people's well-being as well as the wellbeing of families and communities.

Former Head Department of Education Prof Mahmood Ahmad Khan presented the inaugural address and pointed out that substance abuse "may start either as an amusement or as some kind of defense mechanism to self-identity crisis." Thereafter, drug addiction can become a routine affair, he said.

Dr Arshid Hussain from Institute of Mental Health and Neurosciences, in his keynote address, appreciated the department for holding the programme.

Drug addiction has become a serious problem and it is high time for everyone to play his role in addressing its causes, he said, calling for greater awareness among masses on drug de-addiction.

Former Head and Dean, School of Law, Prof Mohammad Ayub, who was a guest of honour, highlighted major legislations related to substance abuse and amendments made thereof from time to time.

Abid Hussain, senior counselor at Youth Development and Rehabilitation Centre presented statistical data on drug abuse and shed light on its psychological effects. Later, a technical session was conducted and chaired by Dr Aamina wherein scholars and faculty presented their papers.

Dr Mohammad Amin presented a vote of thanks.