

Workshop-cum-awareness programme on combating drug abuse held at KU

IoT Zakura holds Nasha Mukta Bharat Abhiyan programme



Srinagar, Aug 14: The University of Kashmir (KU) continued its sustained efforts to raise awareness against substance abuse with two impactful events organised today by its National Service Scheme (NSS) and Institute of Technology (IOT), Zakura Campus.

The NSS KU organised a one-day workshop-cum-awareness programme on 'Empowering Youth: Combating Drug Abuse and Prioritising Mental Health'. The workshop featured interactive sessions, case studies and open discussions with a panel of distinguished experts in clinical psychology, law enforcement, psychiatry and social work.

Speaking at the inaugural session, Vice-Chancellor KU, Prof. Nilofer Khan, said that the growing drug menace in the region is a grave concern that demands urgent and united action.

"Our youth are the backbone of society, and it is our responsibility to protect them from this threat by equipping them with awareness, resilience, and a strong sense of purpose," she said.

Registrar KU, Prof. Naseer Iqbal, stressed on the importance of sustained awareness programmes in curbing drug abuse and promoting mental health.

Prof. (Dr.) Abdul Majid, HOD Psychiatry SKIMS, spoke about the role of parenting in prevention, while Mr. Hilal Khaliq Bhat (JKPS), SP Hazratbal, emphasised collective responsibility to curb the problem. Coordinator NSS KU, Dr. Wakar Amin Zargar, in

his welcome address, highlighted the role of youth-driven initiatives in creating awareness.

The event was attended by various faculty members, scholars and students of the campus.

As part of the same initiative, Institute of Technology (IoT), Zakura Campus KU, organised a special programme under the Nasha Mukta Bharat Abhiyan—a national campaign aimed at achieving a drug-free India. The event was jointly organised by the University Health Centre, Centre for Innovation, Incubation & Entrepreneurship (CIIE) and (National Service Scheme) NSS KU.

All participants took a pledge to remain drug-free and contribute towards building a healthy, addiction-free society.

In her address, Dr. Nadia Nehvi, a noted clinical psychologist, spoke about mental well-being and highlighted the harmful effects of substance abuse. Mr. Suhail Reshi, Dy. SP Traffic, Srinagar, discussed the societal risks linked with drug use, particularly its adverse impact on youth and public safety. Prof. M. Tariq Banday, Director IoT Zakura Campus KU, stressed on the role of educational institutions in spreading awareness and promoting a drug-free environment.

The programme was attended by faculty, scholars and students of IoT Zakura. The event was moderated by Dr. Iqra Mehraj, Medical Officer, IoT Zakura Campus KU.