



*Office Of The Principal*  
**Govt. Degree College Gurez-193503 Kmr.**

Principalgdcgurez18@gmail.com

CellNo:9469880855

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**PRESS RELEASE**

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The NSS unit of GDC Gurez organised an awareness programme on **Substance Abuse & Mental Health** on **21-06-2023** to sensitise the staff and students regarding drug menace and its detrimental and deleterious effects on the mental health in our society and particularly on the budding youth of our community.

Principal Degree College Gurez Prof Farooq Ahmed Mir welcomed the guest speakers and students and also stressed on the need of taking this deadly issue seriously in order to eradicate it from society. The resource person for the said session Dr Laila Quraishi one of the leading psychotherapist and mental health counsellor apprized the students how substance abuse undermines and consumes the social stability and strength and pave way for crime, conflicts and economic instability. She also discussed about the current scenario of substance abuse in Kashmir valley.

Advocate Sheikh Omar also highlighted the issue of substance abuse in legal context. He delivered a lecture on the legal consequences of producing, possessing, transporting, consuming and storing of narcotic drugs under NDPS Acts.

The programme concluded by Prof Tariq Ah Khan who expressed his gratitude to all guest speakers, students, health workers from SDH Gurez & organising staff. The entire programme was moderated by NSS Programme Officer Mr Zameer Mumtaz.



NSS Programme officer

**PRINCIPAL**  
**GOVT. DEGREE COLLEGE**  
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