



Web: [www.gdcsopore.ac.in](http://www.gdcsopore.ac.in)

*Office of the Principal*

**GOVT. DEGREE COLLEGE SOPORE**

NAAC Accredited: Grade B

Phone No: 01954222262



### **Best Practices (2018-19):**

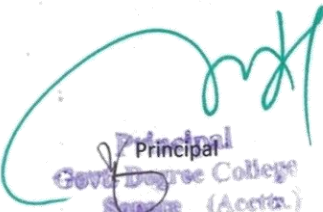
#### **1. Drug De-addiction Programme**

The aim of this practice is to spread awareness and educate students about the ill-effects of drug abuse and to motivate students for providing a whole range of community based services for identification, motivation and counseling of substance users in the college and society.

Drug abuse is the patterned and chronic use of a drug in which the person consumes the drug in amounts or by ways which are very hazardous and harmful for him and others. According to WHO “substance abuse is persistent or sporadic drug use inconsistent with or unrelated to acceptable medical practice”. Kashmir has been through the two decades of turmoil that resulted in an increase of psychiatric illness and psychosocial disturbances. A number of psychiatric problems have emerged like Depression, OCD, PTSD, Drug Addiction, etc. As long as the problem of drug addiction in Kashmir is concerned it has been observed that this conflict ridden region has a tremendous rise in substance abusers over the past decade. United Nations Drug Control Programme (UNDCP) reported that around 70000 people are drug addicts in the Kashmir valley alone among which 4000 are females. Several studies conducted in the valley revealed that youth particularly between the age group of 17-30 involved in this menace of drug addiction. Government Psychiatric Hospital only mental health hospital in the valley in one of its report stated that most numbers of drug addiction cases belong to a very young generation. The director of Drug De-addiction center Srinagar Dr. Khan stated that “the trend of drug abuse is on the rise among school children as

we have registered many such cases, where students of Class IX to XII and many college students are involved with drugs”.

Keeping in view the grim picture of drug abuse in the Kashmir valley, Educational institutions need to educate students. The college decided to play its part in this regard and it was decided that drug de-addiction programmes will be organized in the institution with the aim to educate students about the ill effects of substance abuse and identification and counseling of the students involved in substance abuse through college counseling cell. A number of students were found to be involved in substance abuse and proper identification and counseling of those students along with the help of psychiatrists resulted in positive development in those students.



Principal  
Govt Degree College  
Srinagar (Acad.)