



Department of Clinical Biochemistry

UNIVERSITY OF KASHMIR

(NAAC Accredited grade "A")

SRINAGAR

Symposium under G20 banner

Drug Abuse: challenges, awareness and redressal”

The Department of Clinical Biochemistry, University of Kashmir conducted a one day Symposium on “Drug Abuse : challenges, awareness and redressal” on 6th Sept., 2023. The Drug abuse in the young population of Kashmir is a serious and pressing issue and the society needed to stand against it to save the future generations. The seminar highlighted key challenges regarding the abuse and what best strategies can be adapted by civil society and Educational Institutes to overcome the menace. The symposium was conducted in Collaboration with IMHANS, GMC, Sgr, JK – Science Technology and Innovation council, JK Govt and Directorate of School Education, Srinagar.

Drug Abuse: Symposium
Challenges, Awareness and Redressal
September-06, 2023
Venue
EMMRC Auditorium , University of Kashmir

Organised by
Department of Clinical Biochemistry
University of Kashmir
in collaboration with
Institute of Mental Health and Neurosciences, JK ST & IC
&
Directorate of School Education

DEPARTMENT OF SCIENCE & TECHNOLOGY
Government of Jammu & Kashmir

The abuse of drugs is a complicated problem with numerous aspects that may cause adverse impact on people, their families, and the community collectively. Regardless of whether a substance is legal or illegal, substance abuse can happen with either. Dependence, an overdose, physical wellness issues, psychological problems like feelings of sadness or anxiety, isolation from society, economic distress, and troubled relationships are just a few of the numerous adverse implications that may arise with drug misuse. Most of the time, substances that are psychoactive are consumed by people for a multitude of reasons, like: Certain individuals might initially begin using



drugs for pleasure or through testing, but as time passes, individuals get physically or psychologically addicted to the drug. Prescription usage of drugs that originally was meant for relieving pain may have turned into use for pleasure and ultimately turned into an addiction. The abuse of drugs is potentially influenced by environmental factors such stress, trauma, and early contact with drugs. The possibility of exploring the drugs can also rise if someone grows up in a family where substance abuse is common or when one has drug-using friends and colleagues.

Drug misuse is more likely to occur when people are isolated from society, do not have supporting relationships, or have troubled familial relationships. When the human body as well as the brain gets adapted to the impact of a medication and a person will require to consume it often in order to carry out regular activity, this is known as addiction. Addiction, a persistent brain illness characterized by compulsive drug



seeking and use irrespective of the adverse effects that can result from it. Drugs that are often misused include alcohol, tobacco, hallucinogens (ecstasy, mescaline, and LSD.), opioids (like heroin and prescription painkillers), stimulants (like cocaine and methamphetamine), inhalants and cannabis..

Drug usage is a significant concern in Kashmir, where reports indicate that it has become worsened recently. The usage of drugs has dramatically increased recently in the state, according to a report by the Narcotics Control Bureau (NCB). In Kashmir, heroin, cannabis, and prescription medications are the most frequently misused substances. According to government statistics, at least 1.44 lakh of these drug users abuse cannabis, while 5.34 lakh men and 8,000 women are addicted to opioids, and 1.6 lakh men and 8,000 women are addicted to sedatives. This number represents a significant increase from 2022, when Jammu & Kashmir was ranked fifth in the nation among all States and Union Territories according to a report published in June by the National Drug Dependence Treatment Centre of AIIMS. In December 2022, another study that was carried out likewise revealed a dark image. In a study conducted across all 10 districts of Kashmir by the Department of Mental Health and Neurosciences in partnership with the Health Services Department and funded by the Social Welfare Department, Kashmir came in second place among the States and Union Territories in terms of drug abuse, trailing only Punjab. In Kashmir, drug misuse is an issue that is exacerbated by several causes, such as: Young people in Kashmir are likely to feel dissatisfaction, tension, and hopelessness as a result of poverty, unemployment, and a lack of opportunity. Their propensity for using drugs to deal with these problems may increase as a result.

A tremendous impact has been made on the population's mental health and well-being as a result of the decades of conflict and violence that have affected the Kashmir region. Drug usage as a self-medication can result from the trauma, anxiety, and sadness brought on by the conflict.



The region has a significant availability of narcotics, particularly opioids like heroin and prescription medications like codeine. In Kashmir, there is a dearth of information and education regarding the negative consequences of drug use, which might result in the lack of awareness pertaining to the harmful effects of substance abuse.

A thorough and efficient strategy is needed to manage Kashmir's complicated substance abuse problem. People may prevent substance abuse and dependence with the use of preventive strategies (awareness campaigns, educational programmes, and early intervention), treatment and rehabilitation, law enforcement, socio-economic development.

Awareness through Seminar: The concerns of drug misuse can be effectively raised through seminars, which can also help Kashmir's preventive efforts. In order to discuss information and viewpoints on a certain subject, seminars bring together students,



professionals, and organizations. Reaching out to various groups of individuals, such as students, parents, community leaders, healthcare providers, and law enforcement officers, can be accomplished through holding

seminars on drug misuse.

These lectures may be held in classrooms, dorm rooms, community centers, and other public spaces. An effective drug abuse lecture should have the following essential elements i.e., Expert Speakers, Interactive sessions, Personal Stories, Culturally Sensitive Approach, Follow-Up Support. We may raise awareness of the potential risks of drug usage, boost preventative measures, and inspire people and communities to take action to address the issue by holding seminars on it. The negative impacts of drug usage in Kashmir can be prevented and reduced by putting these measures into practice in a planned and persistent manner. Individuals, families, communities, governments, and other stakeholders will need to make continuous efforts and work together to curb drug abuse menace.



This symposium brought experts in the field to deliver lectures and to have extensive interaction with the vulnerable groups in the society to raise awareness about the drug abuse. Moreover, a couple of rehabilitated drug abuse survivors shared their experiences with the audience behind the curtain.





Drug Abuse: *Challenges, Awareness and Redressal*

— Chief Guest —

Prof. Nilofer Khan

*Hon'ble Vice Chancellor,
University of Kashmir*

— Guest of Honour —

Dr. Saurabh Bhagat

*Commissioner/Secretary,
JK ST & IC, Govt. of J&K*

— Expert Speakers —

1. *Prof. Arshad Hussain, IMHANS, GMC, Srinagar*
2. *Prof. Yassir Hassan, Head De-addiction Center, IMHANS, Kashmir*
3. *Dr. Muzafar A. Khan, Director, Police De-addiction Services, PCR, Srinagar*
4. *Dr. Fazal E Roub, DM- Addiction Medicine, Faculty, IMHANS, Kashmir*
5. *Mr. Mohd. Altaf Khan, Senior Advocate, J & K High Court*
6. *Prof. Mufti Mudasir, Department of English, KU, Srinagar*

— Venue —

*EMMRC, Auditorium
University of Kashmir*

— Date & Time —

*06 Sept. 2023
10.00 am*

Organised by

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