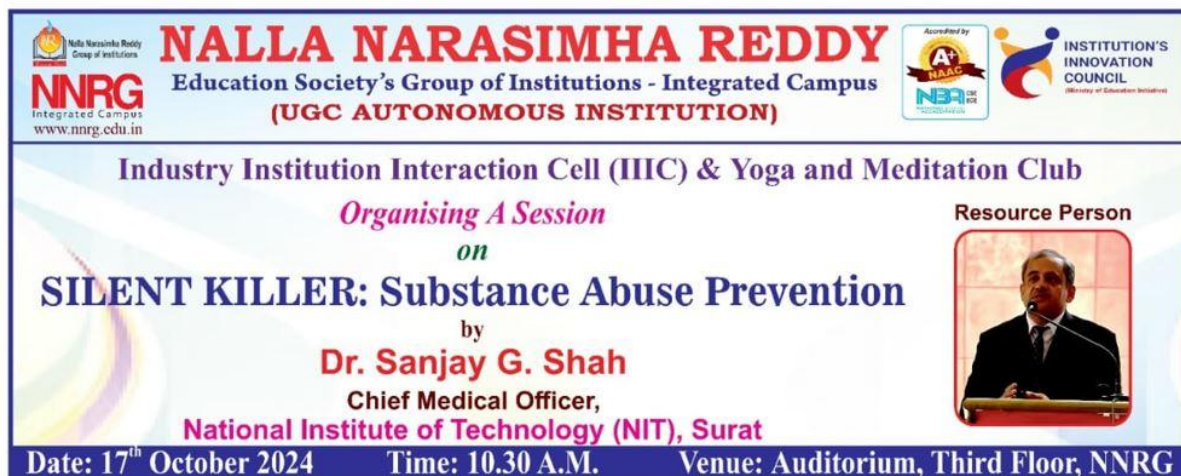



17-10-2024



Institution's Innovation Council (IIC)


A Report on "SILENT KILLER: Substance Abuse Prevention"





NALLA NARASIMHA REDDY
 Education Society's Group of Institutions - Integrated Campus
 (UGC AUTONOMOUS INSTITUTION)

Accredited by


 INSTITUTION'S
 INNOVATION
 COUNCIL
(Ministry of Education Initiative)

Industry Institution Interaction Cell (IIC) & Yoga and Meditation Club
Organising A Session
on
SILENT KILLER: Substance Abuse Prevention
 by
Dr. Sanjay G. Shah
 Chief Medical Officer,
 National Institute of Technology (NIT), Surat

Resource Person


Date: 17th October 2024 Time: 10.30 A.M. Venue: Auditorium, Third Floor, NNRG

Institution's Innovation Council (IIC) of Nalla Narasimha Reddy Education Society's Group of Institutions organized a session on "SILENT KILLER: Substance Abuse Prevention" as a part of Quarter 1 (Level 1) of IIC 6.0 on 17-10-2024 from 10.30 AM in Third Floor, Auditorium. **Dr. Sanjay G. Shah**, Chief Medical Officer, National Institute of Technology (NIT), Surat, is the Resource person of the event. Dr. C.V. Krishna Reddy, Director NNRG & President IIC, Dr. G. Janardhana Raju, Convener IIC & Dean SoE NNRG, Dr. Krishna Mohan Chinnala, Vice-President IIC & Dean SoP NNRG, Dr. T. Ravindra Reddy, Dean SoM NNRG and Dr. G. Subba Rao, Coordinator IIC NNRG graced the occasion. All IIC members from all the departments were present.

This session aims to raise awareness among students about the dangers of smoking and encourage them to make informed choices about their health. Dr. G. Janardhana Raju welcomed the speaker with a plant sapling.

The speaker started the session by introducing about the harmful habit smoking and Drug abuse which causes a severe health, social, and legal consequences. He also highlighted Second-hand Smoking where non-smokers who are exposing to cigarette smoke from others are considered second hand smokers facing increased risks of health problems, including lung cancer, heart disease, and respiratory infections.

He has given some tips to students for Staying Smoke-Free, by Educating themselves-Learning about the dangers of smoking and the benefits of quitting. Avoid Temptations-Stay away from places where smoking is common. Develop Healthy Habits-Engage in regular physical activity, eat a balanced diet, and get enough sleep. Seek Support-Join support groups or talk to a counsellor for guidance and encouragement. Utilize Resources-Utilize resources like nicotine replacement therapy (NRT) or counselling services to aid in quitting.

He highlighted stimulant and depressant drugs. Due to peer pressure, out of curiosity, and stress relief students are unknowingly trapped in the web of drugs. This will cause social stigma, financial burden, and loss of productivity in college and workplaces.

He instructed the administrators and management of the college to incorporate anti-drug committee at the college level. He instructed students not to get trapped in the peddling of drugs. Not to addict, not to destroy your family and education, don't fall into the trap of drug peddling, observe your friends if they are getting abnormally high pocket money or stealing money from home, need to take to the notice of family or teachers.

Around 158 students from Engineering, Pharmacy, and Management Schools of NNRG attended the program. Dr.G.Janardhana Raju, Convener IIC and Dr G Subba Rao, Coordinator IIC, appreciated all the volunteers for their contribution in the present IIC event.

The session was concluded with vote of thanks at 4 PM.



Dr KRISHNA MOHAN CHINNALA,
DEAN-SOP

Dr G SUBBARAO
Event Co-ordinator

Dr G JANARDHANA RAJU
IIC-CONVENER &
DEAN-SoE