

REPORT ON HEALTH EDUCATION PROGRAMME – DRUG ABUSE PREVENTION DAY

EVENT-1

Organized by: Department of Community Medicine

Institution: Arunai Medical College and Hospital (AMCH)

Date: 29.06.2026

Venue: Perumanam Village

Guidance: Dr. A. Balaji, Professor & Head of the Department.

A Drug Abuse Awareness Programme was conducted at the **Perumanam Government Higher Secondary School** under the guidance of **Dr. A. Balaji**, Professor & Head, Department of Community Medicine. The programme was coordinated by **Dr. Pavithra Assistant Professor**.

Introduction

Drug abuse is one of the major public health and social problems affecting individuals, families and communities. The harmful use of drugs can lead to physical illness, mental health problems, poor academic and work performance, family problems, financial difficulties and social consequences. Young people are particularly vulnerable to substance abuse due to peer pressure, curiosity, stress, lack of awareness and other social factors.

To create awareness among students and to emphasize the importance of preventing substance abuse, a **Health Education Programme on Drug Abuse Prevention Day** was conducted. The programme focused on educating the participants about the harmful effects of drug abuse, prevention methods and the importance of making healthy and responsible choices. The programme included **role play and a pledge-taking activity**. These activities provided an opportunity for the participants to understand the consequences of drug abuse and communicate the importance of staying away from harmful substances.

Objectives of the Programme

The main objectives of the programme were:

1. To create awareness about drug abuse and its harmful effects.
2. To educate students about the physical, psychological and social consequences of drug abuse.
3. To explain the importance of preventing drug use at an early stage.
4. To encourage students to make healthy and responsible decisions.
5. To highlight the role of family, friends, educational institutions and society in preventing drug abuse.
6. To develop awareness about the importance of seeking appropriate help and support when needed.
7. To promote a drug-free and healthy environment.
8. To encourage students to spread awareness about drug abuse prevention among their peers and community.

Health Education on Drug Abuse Prevention

The health education session focused on the meaning of drug abuse, common reasons for substance use and its harmful effects on individuals and society.

Drug abuse refers to the harmful or inappropriate use of substances that can affect a person's physical and psychological well-being. Repeated use of certain substances can lead to dependence and may interfere with a person's education, employment, relationships and daily activities.

The participants were educated about the possible causes of drug abuse. These may include peer pressure, curiosity, stress, emotional problems, family difficulties, lack of awareness, social influence and easy availability of harmful substances. The importance of identifying risk factors and providing appropriate support was explained

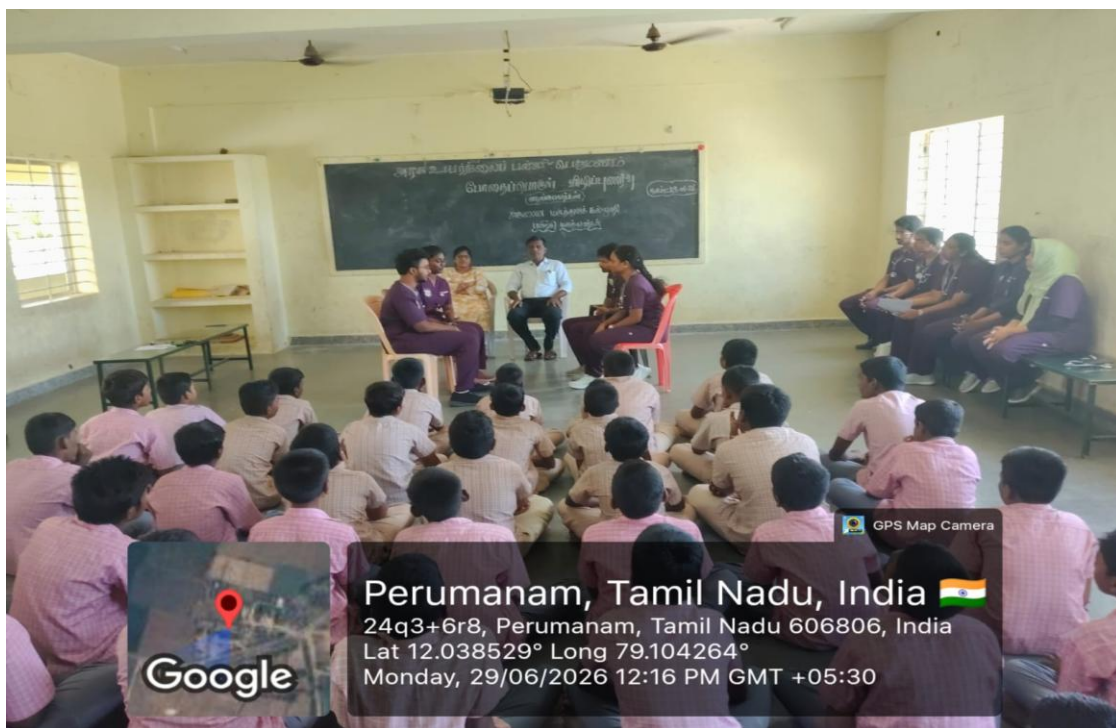
The harmful effects of drug abuse were discussed under different categories.

➤ *Physical Effects*

Drug abuse can adversely affect different organs and systems of the body. Depending on the substance used, it may cause weakness, loss of appetite, sleep disturbances, reduced physical fitness and other health problems. Long-term substance use can increase the risk of serious health complications.

➤ *Psychological Effects*

Substance abuse can affect a person's mood, behaviour and mental well-being. It may be associated with anxiety, irritability, mood changes, poor concentration and difficulties in decision-making. Continued substance use can also affect a person's ability to perform normal daily activities.



➤ *Social Effects*

Drug abuse can negatively affect relationships with family members, friends and the community. It may lead to conflicts, isolation, poor academic performance, absenteeism and difficulties at the workplace. The effects can extend beyond the individual and affect the entire family.

➤ *Financial and Educational Effects*

Substance abuse may result in unnecessary financial expenditure and can affect a person's education or employment. Students who engage in substance use may experience difficulty concentrating on their studies, reduced academic performance and loss of interest in educational activities.

The participants were encouraged to understand that prevention is better than dealing with the consequences of substance abuse. They were advised to avoid peer pressure, choose positive friendships, participate in healthy activities and seek help from trusted adults or healthcare professionals when facing difficulties.

Role Play

A **role play** was conducted as an important part of the awareness programme. Role play is an effective health education method because it presents a real-life situation in a simple and understandable manner.

The role play focused on situations related to peer pressure, substance use and the importance of making the right decision. The participants demonstrated how young people may be influenced by friends or social situations and how they can confidently refuse harmful substances.

The role play also highlighted the importance of communication and support from family, friends, teachers and healthcare professionals. Through the performance, the participants understood that seeking help during difficult situations is a positive and responsible action.

The activity attracted the attention of the audience and helped communicate the message of drug abuse prevention in an interesting and practical way. It also encouraged active participation and teamwork among the students.



Pledge-Taking Activity

Following the awareness activities, a **pledge-taking programme** was conducted. The participants took a pledge to stay away from drugs and to promote awareness about the harmful effects of substance abuse.

The pledge emphasized:

- Saying no to drugs and harmful substances.
- Maintaining a healthy and responsible lifestyle.
- Avoiding negative peer pressure.
- Encouraging friends and others to make healthy choices.
- Spreading awareness about the harmful effects of drug abuse.
- Supporting a safe, healthy and drug-free environment.
- Seeking appropriate help when facing problems related to substance use.

The pledge-taking activity created a sense of responsibility among the participants and reinforced the importance of individual and collective efforts in preventing drug abuse.



Importance of Prevention

Drug abuse prevention requires continuous awareness and support from individuals, families, educational institutions, healthcare professionals and the community. Awareness programmes can help students understand the risks associated with substance use and encourage them to develop healthy coping strategies.

Students can contribute to prevention by maintaining positive friendships, participating in sports and extracurricular activities, managing stress through healthy methods, communicating openly with parents and teachers and seeking help when required.

Parents and teachers also have an important role in providing guidance, emotional support and a safe environment for young people. Early identification of behavioural changes and timely support can help prevent problems from becoming more serious.

Conclusion

The **Drug Abuse Prevention Day Health Education Programme** was successfully conducted with active participation. The programme included health education, essay writing, role play and pledge-taking activities, which together provided an effective platform for creating awareness about drug abuse prevention.

The programme emphasized that drug abuse can have serious consequences for an individual's physical health, psychological well-being, education, family relationships and social life. Awareness, early prevention, positive support and healthy lifestyle choices are important in reducing the risk of substance abuse.

The activities conducted during the programme encouraged the participants to take responsibility for their own health and to spread awareness among their friends, family and community.



“Say No to Drugs – Choose Health, Choose Life.”

Health Awareness Programme on Drug Abuse

“Say No to Drugs – Choose Life, Choose Health”

EVENT-2

Organized by: Department of Community Medicine

Institution: Arunai Medical College and Hospital (AMCH)

Date: 3rd July 2026

Venue: Government Arts and Science College, Chengam.

Guidance: Dr. A. Balaji, Professor & Head of the Department.

A Drug Abuse Awareness Programme was conducted at the **Government Arts and Science College, Chengam** under the guidance of **Dr. A. Balaji**, Professor & Head, Department of Community Medicine. The programme was coordinated by **Dr. Sakthipriyan S** Assistant Professor and **Dr. Kalaivanan R** Assistant Professor.

➤ *Introduction to Drug Abuse*

The programme began with an introduction to drug abuse and substance use, highlighting its growing impact on young people and the community. The students were sensitised to the fact that drug abuse is not merely an individual problem but also a major public health and social concern.

The session explained the meaning of drug abuse, commonly misused substances, and the reasons why young people may be vulnerable to substance use. The students were made aware of the harmful effects of substances such as alcohol, tobacco, cannabis and other psychoactive drugs on physical health, mental health, education, family relationships and social life.

➤ *Prevention and Control*

The students were provided with practical information regarding **prevention and control of drug abuse**. Emphasis was placed on healthy peer relationships, effective communication,

participation in sports and extracurricular activities, stress management, avoiding high-risk situations and seeking support from parents, teachers, counsellors and healthcare professionals.

Students were encouraged to act as **ambassadors of drug-free living** and to share the health messages with their peers, families and communities.

➤ *Role Play by CRMI Students*

An interactive **role play was performed by the CRMI students** to demonstrate realistic situations related to drug abuse among young people. The role play highlighted how **peer pressure, curiosity and the influence of friends** can lead a young person towards substance use.

The performance also demonstrated the consequences of continued drug use, including **changes in behaviour, poor academic performance, absenteeism, conflicts with family members, financial difficulties and deterioration of physical and mental health.**

The role play emphasized the importance of **assertive communication and refusal skills**, encouraging students to confidently say “No” when offered drugs or other harmful substances. It also highlighted the importance of approaching parents, teachers, counsellors, health professionals or other trusted persons when facing difficulties related to substance use.



➤ *Signs, Symptoms and Complications of Drug Abuse*

Students were educated about the **early warning signs and symptoms of substance use**, so that they could recognize problems among themselves, friends or peers and seek timely help.

The common behavioural and social warning signs discussed included:

- Sudden changes in behaviour and personality
- Decline in academic performance
- Frequent absenteeism from classes
- Loss of interest in studies and usual activities
- Changes in friendship groups
- Irritability, aggression or unusual mood changes
- Social withdrawal and secrecy
- Financial problems or unexplained borrowing of money
- Neglect of personal hygiene and responsibilities

The programme also explained that drug abuse can result in serious **physical, psychological and social complications**. Depending on the substance used, complications may include dependence and withdrawal symptoms, impaired judgment, accidents and injuries, cardiovascular and respiratory problems, liver damage, neurological problems, mental health disturbances and other serious health consequences.



➤ *Prevention and Control Measures*

The importance of **prevention and early intervention** was discussed as an essential strategy for reducing drug abuse among young people.

Students were encouraged to:

- Avoid experimentation with drugs and harmful substances.
- Develop healthy coping mechanisms for stress and emotional problems.
- Resist negative peer pressure.
- Develop positive friendships and social support systems.
- Participate in sports, cultural activities and other constructive hobbies.
- Seek help from parents, teachers, counselors or health professionals when facing difficulties.
- Avoid places and situations where substance use is encouraged.
- Support friends who may be experiencing substance-related problems.

- Avoid stigma and discrimination towards individuals affected by drug dependence.

The role of **family, educational institutions, healthcare professionals and the community** in prevention and early identification was highlighted. Students were informed that individuals with substance-use problems should be encouraged to seek **professional counseling, medical evaluation, de-addiction services and appropriate rehabilitation support**.

➤ *Drug Abuse Awareness Rally*

Following the awareness sessions, a **Drug Abuse Awareness Rally** was conducted with active participation from the students. The rally aimed to take the message of drug prevention beyond the classroom and create wider awareness within the college and surrounding community.

Students displayed awareness messages and raised slogans promoting a **drug-free lifestyle**. The rally emphasized the message that prevention begins with awareness, informed choices and collective community participation.



➤ *Human Chain*

The programme concluded with a **Human Chain**, in which students and programme participants joined together to demonstrate their collective commitment towards preventing drug abuse.

The human chain symbolized **unity, solidarity and shared responsibility** in creating a safe and healthy environment for young people. Students were encouraged to become responsible **health ambassadors** by spreading awareness among their friends, families and communities and by promoting a healthy, drug-free lifestyle.

The combined activities of **health education, interactive role play, awareness rally and human chain** made the programme participatory and effective in communicating the harmful effects of drug abuse and the importance of prevention among college students.

REPORT ON HEALTH EDUCATION PROGRAMME ON ANTI-DRUG ABUSE

“A Drug-Free Youth is the Foundation of a Healthy and Developed India.”

EVENT-3

Organized by: Department of Community Medicine

Institution: Arunai Medical College and Hospital (AMCH)

Date: 10.08.2026

Venue: Manalurpet Boys Higher Secondary School

Guidance: Dr. A. Balaji, Professor & Head of the Department

Beneficiaries: 450 students (6-12th)

Under the guidance of our **Dr. A. Balaji Professor & Head, Department of Community Medicine** a Health Education Programme on **Anti-Drug Abuse** was conducted at **Manalurpet Boys Higher Secondary School** as part of the **Nasha Mukta Yuva – Viksit Bharat** initiative. The programme was coordinated by **Dr. Janarthanan D Assistant Professor**.

The programme was organized with the objective of creating awareness among school students about the harmful effects of drug abuse, alcohol and tobacco use, the influence of peer pressure, and healthy ways of handling stress. The programme emphasized the importance of making responsible decisions, maintaining a healthy lifestyle and staying away from addictive substances.

A total of **450 students from Classes VI to XII** benefited from the programme. The session was designed in a simple and interactive manner appropriate for school students, with emphasis on prevention, healthy choices and the role of students in building a drug-free society.

Objectives of the Programme

The major objectives of the programme were:

1. To create awareness among students about drug abuse and substance dependence.
2. To explain the harmful effects of alcohol and tobacco on physical and mental health.
3. To educate students about the dangers associated with experimenting with addictive substances.
4. To help students understand the influence of peer pressure and ways of handling it.
5. To educate students about healthy methods of managing stress.
6. To encourage students to develop positive habits and healthy friendships.
7. To promote the importance of seeking help from parents, teachers and healthcare professionals when facing difficulties.
8. To motivate students to actively contribute towards creating a drug-free community.
9. To reinforce the message of anti-drug abuse through a pledge.

Health Education on Anti-Drug Abuse

The health education session began with an introduction to drug abuse and its impact on individuals, families and society. Students were explained that substances which affect the brain and behaviour can have harmful effects when misused or used without appropriate medical supervision.

The students were encouraged to understand that curiosity, experimentation, peer influence and the desire to fit into a group can sometimes lead young people towards harmful substance use. The importance of making informed decisions and refusing substances that can cause harm was emphasized.

Students were advised that saying **“No” to drugs is a positive and responsible decision**. They were also encouraged to seek support from trusted adults whenever they experience pressure, confusion, emotional difficulties or other problems.

Harmful Effects of Alcohol

The students were educated about the harmful effects associated with alcohol use. Alcohol can affect judgement, concentration, coordination and decision-making. Regular or harmful use can contribute to health, social and family problems.

The session highlighted that alcohol use can interfere with education, relationships and personal responsibilities. Students were encouraged to understand that avoiding alcohol is an important part of maintaining a healthy lifestyle.

The message was particularly emphasized for adolescents, as developing healthy habits during school years can contribute to better health and responsible behaviour in later life.

Harmful Effects of Tobacco

The harmful effects of tobacco use were also discussed. Students were informed that tobacco contains nicotine, which is addictive, and that tobacco use can cause serious health problems.

The session included awareness regarding different forms of tobacco and emphasized that tobacco use can affect the respiratory system, cardiovascular health and oral health and can increase the risk of several cancers.

Students were encouraged to stay away from cigarettes, beedis, smokeless tobacco and other tobacco-containing products. They were also advised not to consider tobacco products as harmless or safe alternatives.

The importance of protecting oneself from tobacco use and avoiding initiation at a young age was strongly emphasized.

Peer Pressure and Substance Abuse

Peer pressure was discussed as an important factor that can influence adolescent behaviour. Students may sometimes feel pressured by friends or classmates to try substances, participate in risky activities or behave in ways that they would otherwise avoid.

The students were taught simple ways of handling peer pressure, including:

- Politely but firmly saying “No”.
- Avoiding situations where harmful substances are being used.
- Choosing friends who respect healthy choices.
- Leaving the situation if pressure continues.
- Talking to parents, teachers or trusted adults.
- Seeking help when they feel unable to handle a situation alone.
- Having confidence in their own decisions.

The students were reminded that **true friendship should respect an individual's health and personal choices.**

Handling Stress in Healthy Ways

Stress is a normal part of life, but unhealthy methods of coping with stress can create additional problems. Students were encouraged to understand their emotions and adopt positive strategies for dealing with academic, personal and social stress.

Healthy methods of managing stress discussed during the programme included:

- Regular physical activity and sports.
- Adequate sleep and rest.
- Spending time with supportive family members and friends.
- Engaging in hobbies and creative activities.
- Practising relaxation and breathing exercises.
- Maintaining a regular study schedule.

- Talking to a trusted person when feeling worried or overwhelmed.
- Seeking professional help when necessary.

Students were specifically advised **not to use alcohol, tobacco or drugs as a method of managing stress**. Instead, they were encouraged to seek positive and healthy solutions to their problems.

Role of Students in Building a Drug-Free Society

Students have an important role in creating awareness among their peers and communities. They were encouraged to become positive role models and promote healthy behaviours among their friends.

The students were advised to:

- Stay away from drugs, tobacco and alcohol.
- Avoid negative peer influence.
- Encourage friends to make healthy choices.
- Participate in sports and extracurricular activities.
- Share correct information about the harmful effects of substance abuse.
- Approach teachers or parents when they notice a friend facing difficulties.
- Avoid spreading myths or misinformation about addictive substances.

The importance of education, family support and positive peer relationships in preventing substance abuse was highlighted.

Anti-Drug Abuse Pledge

At the end of the health education programme, an **Anti-Drug Abuse Pledge** was administered to the students.

The students pledged to stay away from drugs and other harmful addictive substances and to maintain a healthy and responsible lifestyle. They also expressed their commitment to avoid

tobacco and harmful alcohol use, resist negative peer pressure and encourage their friends to make healthy choices.

The pledge reinforced the message that prevention requires individual responsibility as well as collective participation.

The students were encouraged to carry the message of “**Say No to Drugs**” beyond the school and share awareness with their families and communities.

Outcome of the Programme

The programme created awareness among **450 students from Classes VI to XII** regarding the harmful effects of drug abuse, alcohol and tobacco.

The students gained an understanding of the ways in which substance use can affect health, education, relationships and future well-being. The session also helped them recognize peer pressure and understand practical ways of refusing harmful substances.

The discussion on stress management encouraged students to adopt healthy coping mechanisms rather than turning towards harmful substances. The pledge-taking activity further strengthened their commitment towards an addiction-free and healthy lifestyle.

Conclusion

The programme highlighted the importance of preventing drug abuse, understanding the harmful effects of alcohol and tobacco, resisting peer pressure and managing stress through healthy methods. The students were motivated to make informed decisions, seek support when required and encourage their peers to follow healthy lifestyles.

The programme concluded with an **Anti-Drug Abuse Pledge**, reinforcing the collective commitment of the students towards a healthy, responsible and drug-free future.

REPORT ON HEALTH EDUCATION PROGRAMME ON ANTI-DRUG ABUSE

“Drug-Free Youth – Healthy Future.”

EVENT - 4

Organized by: Department of Community Medicine

Institution: Arunai Medical College and Hospital (AMCH)

Date: 11.08.2026

Venue: Permanam High School

Guidance: Dr. A. Balaji, Professor & Head of the Department

Beneficiaries: 175 students from Classes VI to X

Under the guidance of our **Professor & HOD, Dr. A. Balaji Sir**, a Health Education Programme on **Anti-Drug Abuse** was conducted at **Permanam High School** on behalf of the **Nasha Mukta Yuva – Viksit Bharat** initiative. The programme was organized with the primary objective of creating awareness among school students regarding the harmful effects of drug abuse, alcohol and tobacco use.

The session also focused on the influence of peer pressure, healthy ways of handling stress and the importance of making responsible decisions during adolescence. The programme was conducted with the support and participation of **Health Inspectors Mr. Deiveegan and Mr. Harikrishnan**. A total of **175 students from Classes VI to X** benefited from the health education programme.

The session was conducted in an interactive and student-friendly manner so that the participants could understand the health and social consequences of substance abuse and develop the confidence to make healthy choices.

Objectives of the Programme

The main objectives of the programme were:

1. To create awareness among school students about drug abuse and its harmful consequences.
2. To educate students about the harmful effects of alcohol and tobacco.
3. To explain the dangers of starting substance use at a young age.
4. To create awareness about peer pressure and its influence on decision-making.
5. To teach students healthy ways of handling stress and emotional difficulties.
6. To encourage students to develop positive habits and healthy friendships.
7. To motivate students to stay away from drugs, alcohol and tobacco.
8. To encourage students to seek help from parents, teachers and healthcare professionals when needed.
9. To promote awareness about the importance of a healthy and drug-free lifestyle.
10. To strengthen the anti-drug message through a pledge-taking activity.



Health Education on Anti-Drug Abuse

The health education session began with an introduction to drug abuse and its impact on individuals, families and society. The students were explained that the misuse of substances can affect physical health, mental well-being, behaviour, education and relationships.

The students were made aware that adolescents may sometimes be exposed to substance use through curiosity, experimentation, peer influence or social situations. They were encouraged to understand that trying a harmful substance can lead to continued use and may cause serious consequences.

The importance of making informed and responsible decisions was emphasized. Students were encouraged to develop confidence in saying “No” to drugs and to avoid situations that may expose them to harmful substances.

The session also emphasized that seeking help from parents, teachers, healthcare professionals or other trusted adults is a positive step whenever a student experiences pressure, stress or difficulties.



Healthy Ways of Handling Stress

The programme also provided health education regarding stress management. School students may experience stress related to studies, examinations, friendships, family situations and other personal concerns. The students were encouraged to understand that stress should be managed through healthy methods rather than through drugs, alcohol or tobacco.

The following healthy stress-management techniques were discussed:

- Regular physical exercise and participation in sports.
- Adequate sleep and rest.
- Spending quality time with family and supportive friends.
- Engaging in hobbies and creative activities.
- Practising relaxation and breathing exercises.
- Maintaining a proper study schedule.
- Taking appropriate breaks during study.
- Talking to a trusted parent, teacher or friend about problems.
- Seeking professional support when necessary.

The students were encouraged to remember that **asking for help is a sign of responsibility and strength.**



Role of Students in Anti-Drug Awareness

Students can play an important role in creating a healthy and drug-free environment. They were encouraged to become positive role models among their friends and classmates.

The students were advised to:

- Stay away from drugs, tobacco and alcohol.
- Avoid negative peer influence.
- Encourage friends to follow healthy habits.
- Participate in sports and extracurricular activities.
- Share correct information about the harmful effects of substance abuse.
- Approach a trusted adult if they or their friends are facing difficulties.
- Avoid spreading myths or misinformation about drugs and addictive substances.

The students were reminded that prevention of substance abuse requires the combined efforts of students, parents, teachers, healthcare workers and the community.



Anti-Drug Abuse Pledge

At the conclusion of the health education session, an **Anti-Drug Abuse Pledge** was taken by all the participating students.

Through the pledge, the students expressed their commitment to stay away from drugs and other harmful addictive substances. They also pledged to avoid tobacco and harmful alcohol use, resist negative peer pressure and promote healthy habits among their friends.

The pledge-taking activity created a sense of responsibility among the students and reinforced the importance of making healthy and informed choices.

The students were encouraged to carry the message of anti-drug awareness to their families, friends and communities and contribute towards building a healthier future.



Outcome of the Programme

The Health Education Programme created awareness among **175 students from Classes VI to X** regarding drug abuse and its harmful effects.

The students gained knowledge about the health consequences of alcohol and tobacco use and understood the importance of avoiding substance use during adolescence. They also gained practical knowledge about handling peer pressure and managing stress through healthy coping mechanisms.

The interaction helped students understand the importance of positive friendships, communication with trusted adults and participation in healthy activities. The pledge-taking activity further strengthened their commitment towards maintaining a drug-free and healthy lifestyle.

Conclusion

The Health Education Programme on **Anti-Drug Abuse**, conducted at **Permanam High School** on behalf of **Nasha Mukta Yuva – Viksit Bharat**, was successfully completed with the participation of **175 students from Classes VI to X**.

The programme covered important topics including anti-drug awareness, harmful effects of alcohol and tobacco, peer pressure and healthy stress management. The active involvement of **Health Inspectors Mr. Deiveegan and Mr. Harikrishnan** supported the successful delivery of the health education session.

The programme concluded with an **Anti-Drug Abuse Pledge**, motivating students to stay away from harmful substances, make responsible choices and promote healthy behaviours among their peers.