



# Gandhi Memorial College Srinagar

(NAAC Accredited)

Shamaswari Fateh Kadal Srinagar-190002

Phone: 9419021926, Fax: 0194-2471726

www.gandhicollegesrinagar.edu.in Email: principal.gmc1@jk.gov.in/ [principalgmc1@gmail.com](mailto:principalgmc1@gmail.com)

Parent Workshop on Early Warning Signs Organised by CWASC on 8<sup>th</sup> of May 2026 under *Nasha Mukht Bharat Abhiyan*



A parent awareness workshop on “**Early Warning Signs**” was organised by **CWASC** under the banner of the **Nasha Mukht Bharat Abhiyan** at Gandhi Memorial College Srinagar. The programme aimed to sensitize parents about the growing concerns related to substance abuse among youth and the importance of identifying behavioural and psychological warning signs at an early stage.

The workshop witnessed the active participation of around **30–40 parents**, who attended the session with keen interest and enthusiasm. The event served as an interactive platform where parents were informed about the causes, symptoms, preventive strategies, and available support systems related to drug abuse and addiction.

The resource persons for the programme included **Dr. Osia** and **Dr. Humira**, who addressed the gathering as experts. They highlighted the crucial role of parents in early detection and prevention of substance abuse among adolescents. The experts elaborated on various behavioural changes, emotional disturbances, social withdrawal, academic decline, and other indicators that may signal substance use among young individuals. They also emphasized the need for open communication, emotional support, and timely intervention within families.

As part of the programme, a documentary on drug abuse awareness and prevention was also screened for the participants. The documentary effectively conveyed the harmful impact of substance abuse on individuals, families, and society, while also encouraging collective responsibility in combating the menace.

The participants appreciated the initiative taken by CWASC and actively engaged in discussions during the session. The workshop concluded with a vote of thanks and a renewed commitment towards creating awareness and safeguarding youth from the dangers of drug addiction.

Sd/=  
Media Secretary