



# Gandhi Memorial College Srinagar

(NAAC Accredited)

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Awareness Programme Organized by CWASC in Collaboration with IMHANS under NMBA on 25<sup>th</sup> of May 2026 at Gandhi Memorial College, Srinagar



The College Wellbeing and Anti-Substance Cell (CWASC), in collaboration with the Institute of Mental Health and Neurosciences (IMHANS), organized an awareness programme under the banner of the *Nasha Mukh Bharat Abhiyan (NMBA)* at Gandhi Memorial College, Srinagar. The event aimed at creating awareness regarding the harmful effects of substance abuse and promoting the vision of a drug-free and healthy society among students and participants.

The programme witnessed enthusiastic participation from students, faculty members, and invited guests. The event served as an important platform for spreading awareness about the increasing menace of drug abuse and the urgent need for collective social responsibility in combating addiction.

A major highlight of the programme was the **interactive session**, which encouraged active participation and open dialogue between experts and attendees. The session provided participants with an opportunity to raise questions, share concerns, and seek guidance regarding mental health issues, substance abuse, peer pressure, and preventive measures. The experts addressed the queries with practical insights and counselling-oriented approaches, making the session highly engaging and informative.

The participants were enlightened by distinguished experts including **Dr. Arjuman Fayaz**, Senior Resident, Department of Psychiatry, Government Psychiatric Hospital Srinagar; **Miss Jousiya Mehraj**, Counselling Psychologist, Department of Psychology, Government Psychiatric Hospital Srinagar and **Dr. Osia Majid** from the Department of Education, Gandhi Memorial College, Srinagar. The speakers highlighted the psychological, social, and physical consequences of drug addiction and emphasized the importance of awareness, early intervention, counselling, and community support.

The discussions focused on the role of educational institutions and youth in building a healthy society free from substance abuse. The speakers also stressed the significance of mental well-being, healthy lifestyle choices, and creating supportive environments for individuals vulnerable to addiction.

The programme concluded with a vote of thanks, acknowledging the efforts of CWASC, IMHANS, faculty members, and participants for making the event successful and impactful. The event proved to be an enlightening experience and reinforced the collective commitment towards the mission of a drug-free society.

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Media Secretary