

## **Interactive Session on “Prevention and Treatment of Drug Abuse”**

**Department of Psychology**

**Muralidhar Girls’ College**

**30.04.2022**

**Room no. 28**

The Department of Psychology, Muralidhar Girls’ College and Human Development and Research Institute (HDRI) a pioneer organization in the field of Substance Abuse and HIV/AIDS organized an interactive session on “Prevention and Treatment of Drug Abuse” for all Semester VI students on 30.04.2022 at 01:00 pm. The session was conducted by Ms. Jhilik Dutta, the Project Coordinator and Ms. Aishani Bagchi, the counsellor of HDRI collaborating with the Department of Psychology and IQAC of Muralidhar Girls’ College.

### *A small history of HDRI*

HDRI has been working in the field of community development, drug addiction and Rehabilitation since 1987. The first programme was the Anti-Dope Therapy Program and a research center was formed by HDRI. The program was held at Calcutta University Institute Hall, collaborating with Calcutta University and the University College of Medicine. In 1987 first detoxification camp started in slum areas of Kolkata. In 1993 a fifteen bedded Integrated Rehabilitation Center for Addicts, supported by the Ministry of Social Justice and Empowerment, Govt. Of India. In 1998 an intervention program among IDUS started where abscess management was provided to them and other problems like womanisation, multiple sex activity and unprotected sex. In the 2009 IDUS program at Murshidabad, Lalgola near Bangladesh border, working as an OST Centre.

The focus was on drug abuse including types of drugs, etiological factors, prevention and treatments.

### **Drugs - A Closer Look**

A pharmaceutical preparation or naturally occurring substance which is primarily used to bring about a change in some existing process or state can be called a drug.

When these drugs are taken other than medical use that increases in amount and frequency then it is called drug abuse.

Tolerance is a condition where the users need more and more of the drug to experience the same effect where smaller quantities fail to provide longer effects.

Addiction is a mental disorder characterized by compulsive, consumption or behaviour despite negative consequences. Where they become dependent both physically and mentally.

Drugs can be classified into 5 parts namely

1. Narcotic Analgesics
2. Cannabis
3. Depressants
4. Stimulants
5. Hallucinogens

Addiction is called a disease as it has an etiological agent, which when comes in contact with the patient creates lesions and mainly damages an individual's structural, biochemical, physiological and behavioural aspects. It also has certain syndromes that are observable.

In addition, it creates Physiological and Psychological dependence where the body becomes so accustomed to the intake of the drug that if it suddenly stops then they suffer from sleep disturbance, nausea, vomiting, convulsion, and tremors. They can also feel anxiety, panic, hallucination and delirium which can lead to death.

The treatment of addiction mainly focuses on medical management psychosocial management and other techniques which includes Harm reduction, Demand reduction and Supply reduction. The other psychotherapeutic program includes meditation, relaxation, yoga, morning meeting, lecture session, and inventory. In this program individual, group and family counselling is done among which CBT is the most important one.

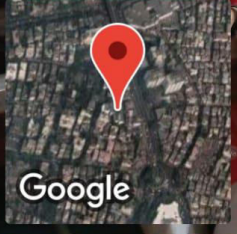
The session was highly satisfactory and participatory in nature. Students asked lots of questions regarding drug use, treatment methods, and the role of social factors related to drug abuse.

Some photos of the session:





GPS Map Camera



**Muralidhar Girls' College, India**  
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