

- 1) On September 27, 2023, a program focused on a Nasha Mukht Bharat initiative was held in collaboration with the Social Justice and Empowerment Department of Himachal Pradesh, featuring SDM Kumarsain as the chief guest.



2) Community Visit to Drug Rehabilitation Centre

Description:

On December 23, 2023, Rovers and Rangers Unit of Government Degree College, Kumarsain organised 5th activity of Project Nishchaya, as “Community Visit to Drug Rehabilitation Centre”. For this activity, the “Sneh, Love, Care” rehabilitation centre located at Nanni near Matiana, Distt. Shimla was visited. During this visit, the group of 6 rangers was lead by Dr. Rajesh Dhorta, Principal, Government Degree College, Kumarsain and Prof. Varsha Verma, Adult Ranger Leader, Government Degree College, Kumarsain.

The group reached the rehabilitation centre at 12:30 pm. Ranger Ishita introduced the group team to the people present and also briefed purpose of the visit. A conversation session was conducted with the drug addicts. Information about the drug addicts, various drugs and process of helping the drug addicts for coming out of drug addiction was described by the rehabilitation centre administration. In the end vote of thanks was extended to the Rehabilitation Centre.

Photographs to be added

Report:

- The facts that came out during this visit were as follows:
 - Drug addiction is a chronic brain disease. It causes a person to take drugs repeatedly, despite the harm they cause.
 - Major reasons for drug addiction were found to be as; mental stress, weak financial positions, personal or professional issue, lack of job, bad friend circle etc.
 - Some common drugs consumed by the addicts were found as; cigarette, alcohol, cannabis, heroin, chitta, pills, opium, LSD, cocaine, etc.
 - The consequences of drug addiction usually emerge in the form of health degradation, theft, lies, isolation, aggression, family disturbances etc.

➤ How Rehabilitation Works

Mrs. Promila and Mr. Nitesh, the staff members of rehabilitation center briefed the whole process of rehabilitation as follows:

- Work is done on physical, mental and spiritual growth of an addict.
- The addicts are detoxified through yoga, meditation, exercises, counseling, self-care, discipline, medicine, etc.
- 6 to 8 rehabilitation sessions are conducted per week and it is generally observed that it takes about 6 to 8 months for a drug addict to get out of it.

Principal
GDC Kumarsain