



**मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)**

**Malaviya National Institute of Technology Jaipur  
Dean Student Welfare Office**

**Prevention of Substance Abuse**



## **About :**

**The Wellness Club, DSW Office** at Malaviya National Institute of Technology Jaipur, organized a Session on the **Prevention of Substance Abuse** on November 18, 2024. This event was held at Malaviya Sabhagar, MNIT Jaipur, from 6:30 PM to 7:30 PM. The talk was led by **Dr. Sanjay Shah, Chief Medical Officer at Sardar Vallabhbhai National Institute of Technology Surat**. The session delved into the critical issue of substance abuse, its effects on health, and strategies for prevention. It aimed to equip students with the knowledge and tools to make informed decisions about their well-being and promote a healthy lifestyle. The content was tailored to raise awareness among students.

## **About the Speaker:**

**Dr. Sanjay Shah** is the Chief Medical Officer at Sardar Vallabhbhai National Institute of Technology (SVNIT), Surat, and a distinguished medical professional with over 26 years of experience. He holds an MBBS from B.J. Medical College, Pune, and a postgraduate degree in Gynecology from the Armed Forces Medical College (AFMC). Dr. Shah promotes health education with a holistic approach that integrates mental, physical, and social well-being. Renowned for conducting health awareness and motivational talks, his expertise includes universal human values, lifestyle diseases, and addiction awareness. Dr. Shah has been a keynote speaker at prestigious institutions like IIT Delhi, NIT Surathkal, and the SSB Military Training Academy. His mission aligns with fostering ethical, responsible living and addressing health challenges, particularly for younger generations.



## Sessions Highlights:

The session on substance abuse focused on raising awareness about its harmful impact on physical, mental, and social well-being. It began by defining substance abuse and discussing commonly abused substances such as cigarettes, tobacco, drugs, alcohol, etc. The session explored the underlying causes, including peer pressure, stress, and societal influences, and highlighted early warning signs like behavioral changes, neglect of responsibilities, and physical symptoms. Participants gained insight into the severe consequences of substance abuse, including addiction, deteriorating health, strained relationships, and decreased productivity. Prevention strategies, such as promoting education, fostering open communication, and encouraging community support, were emphasized. The session also delved into treatment approaches, highlighting the importance of professional counseling, therapy, and rehabilitation in overcoming addiction. Institutions' roles in creating drug-free environments and empowering individuals to lead healthier lifestyles were also discussed, making the session highly informative and engaging.

## Learning outcomes:

1. Develop a comprehensive understanding of substance abuse and its triggers.
2. Recognize the early warning signs of substance dependency.
3. Understand the physical, mental, and social consequences of substance abuse.
4. Learn preventive strategies to foster a drug-free lifestyle.
5. Gain awareness of available support systems and rehabilitation methods.
6. Build confidence in addressing and combating substance abuse within communities.



