

Substance Abuse Awareness Workshop

The School Counsellor, Ms. Lovey Yadav, conducted an interactive workshop on “Substance Abuse Awareness” for the students of classes VI to VIII as part of the life skills classes. The session aimed to create awareness about the risks of substance use, its psychological and social impact, and the importance of making healthy choices.

The workshop was designed in a student-friendly and engaging manner with relatable examples, real-life stories, and interactive discussions.

Students learned about:

- The difference between substance use, misuse, and abuse.
- The psychological reasons why youngsters sometimes indulge in such behaviors, such as peer pressure, curiosity, or stress.
- The concept of the “Domino Effect”, which explained how one wrong choice can lead to a chain of harmful consequences.
- Real-life case studies and examples from popular movies and stories that helped them connect with the topic in a practical way.

The session also included interactive activities like situational discussions, myth-busting, and reflection exercises. Students actively participated by sharing their thoughts, asking questions, and even relating to everyday situations where decision-making plays a big role.

By the end of the workshop, students understood that:

- Making positive choices early can protect their health, studies, and relationships.
- Seeking help and talking openly with parents, teachers, or the school counsellor is a sign of strength.
- Building self-awareness and saying “No” to peer pressure are life skills that will help them beyond the classroom.

The workshop received enthusiastic feedback from the students. Many expressed that the examples, activities, and open conversations helped them gain new perspectives and a deeper understanding of the subject.

