

## A Session on Substance Abuse for Parents of grade X Students at Delhi Public School, Gurgaon

An interactive session on substance abuse awareness was conducted for parents of grade X students at Delhi Public School, Gurgaon, on February 23, 2024. The session commenced with an opening address by the Director Principal, Ms. Aditi Misra, who underscored the critical need for awareness surrounding substance abuse. Ms. Misra introduced the session's facilitator, Mr. Anurag Sharma, an expert in wellness and addiction counselling.

Mr Anurag shared aspects of his own journey through addiction, highlighting the challenges and struggles he faced. This personal touch helped the audience connect on a deeper level and understand the realities of addiction. He explained that addiction often begins with the first intake of a substance. He emphasised the role of emotional pain in fuelling substance abuse, discussing how individuals may turn to substance abuse to cope with underlying psychological distress, trauma, or unresolved issues. Encouraging parents to remain vigilant and proactive, he discussed the importance of identifying red flags to recognize the early warning signs of substance abuse among students. He also recommended steps to promote positive youth development.

The session was interactive, where participants shared their thoughts and questions related to substance abuse. This interactive format fostered a supportive environment for awareness dialogue and reflection.

