

ARMY COLLEGE OF NURSING, JALANDHAR CANTT

BUDDY PROGRAMME

ANTI DRUG ABUSE

Date: 26/6/ 2025

Time: 11:00 AM-1:00PM

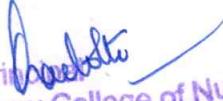
Audience- Students

Venue- Ashoka Hall

An awareness lecture on **anti-drug abuse** was organized for students with the objective of educating youth about the harmful effects of drug addiction and promoting a drug-free lifestyle. The session was delivered by **Dr. Sukhbir Kaur**, a renowned expert in public health and mental well-being. She highlighted how peer pressure, stress, lack of awareness, and emotional vulnerability often lead students toward substance use. She also discussed the **physical, psychological, and social impacts** of drug addiction, such as deteriorating health, loss of academic performance, strained relationships, and even legal consequences.

The lecture was highly informative and impactful. It not only enhanced students' knowledge about drug abuse but also empowered them to take responsible actions for their own well-being and that of others.




Principal
Army College of Nursing
Jalandhar Cantt