

SWAMI RAMA HIMALAYAN UNIVERSITY

Department of Clinical Research

Himalayan Institute of Medical Sciences

Report on “Substance Abuse Awareness: Signs, Symptoms, and Support”

Date: 10th July 2025

Venue: Training and development cell, Himalayan Institute of Medical Sciences

Guest Speaker: Dr. Priya Ranjan Avinash, Head of the Department, Department of Psychiatry

No. of Participants: 25

Objective of the Lecture:

The session aimed to raise awareness among students and faculty about the growing concern of substance abuse among youth, to educate them on early signs and symptoms, and to inform them about support mechanisms, treatment, and rehabilitation options.

Key points discussed during the session included:

- Understanding Substance Abuse
- Warning Signs and Symptoms
- Physical and Psychological Impact
- Stigma and Barriers to Seeking Help
- Available Support Systems
- Role of Educational Institutions

The session concluded with real-life case studies and an interactive Q&A round, where students asked questions about dealing with peer pressure, identifying early signs in friends, and how to approach someone who might be struggling.

Outcome of the Lecture:

- Students became more aware of the dangers of substance abuse, its early indicators, and the importance of timely intervention.
- Faculty members appreciated the actionable strategies to support students facing addiction-related issues.
- The lecture promoted a culture of empathy, awareness, and responsibility within the institution.

Feedback: Participants described the session as **highly educational, emotionally impactful, and practically useful**. Many requested follow-up workshops on stress management and peer counselling.



Dr Nikku Yadav

In-charge, Department of Clinical Research

HIMS

Dr. Nikku Yadav
Incharge Deptt. of Clinical Research
Himalayan Institute of Medical Sciences
Swami Rama Himalayan University
Dehradun



Vice Principal

Allied Health PG Program

Vice Principal
(Allied Health PG Programmes)
HIMS, SRHU
Jolly Grant, Dehradun-248016