



III Effects of Substance Usage



31 May, 2025
10:00 am onwards

Session for the Staff of Administration

ORGANISED BY: OFFICE OF ADMINISTRATION



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Organised by The Office of Administration

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The Office of Administration, in partnership with Chitkara School of Health Sciences, organised an awareness session on the detrimental effects of substance use for the support staff. The session aimed to educate attendees on the physical, psychological, and social consequences of substance abuse while promoting healthier lifestyle choices.



- Aimed to –
- Raise awareness about the harmful impact of substance use on health and productivity.
- Provide practical strategies to prevent and overcome substance dependency.
- Foster a supportive environment for individuals seeking guidance and assistance.



- **Expert Presentations:** Specialists from Chitkara School of Health Sciences delivered informative talks on the physiological and psychological risks associated with substance use, including addiction, respiratory issues, liver damage, and mental health deterioration.
- **Real-Life Case Studies:** The session included accounts from individuals who successfully overcame substance dependency, inspiring staff members with their recovery journeys.
- **Preventive Measures & Support Systems:** Guidance was provided on identifying early signs of substance misuse, seeking professional help, and leveraging available support networks within the workplace.



The awareness session successfully equipped the support staff with critical knowledge on substance use and its consequences, encouraging them to adopt a proactive approach to prevention and intervention,