



Sheth D.M. Polytechnic in Horticulture
Anand Agricultural University
Model Farm, Vadodara



**SDMPH, AAU, Vadodara organized awareness programme on
“Understanding Addiction, Embracing Recovery”**

NSS Unit of Sheth D.M. Polytechnic in Horticulture, Anand Agricultural University, Model Farm, Vadodara organized an awareness programme on **“Understanding Addiction, Embracing Recovery”** on Saturday, January 31, 2026 for social development of the students. Informative presentation was delivered by Mr. Narendrabhai Shrimali from National Tobacco Control Programme, Health Department of *Jilla Panchayat* Vadodara. He highlighted the ill effects of various drugs, their harmful physical, mental, and social consequences, and emphasized preventive measures such as awareness, counseling, healthy habits, and social support to avoid drug abuse.

During Interactive session Dr. Mahesh Suthar, Head of Department of Psychiatrics, SSG Hospital, Vadodara explained that recovery from addiction positively improves mental health, though it is a gradual process. In the early stage, individuals may experience anxiety, mood swings, depression, irritability, and sleep problems as the brain adjusts to life without drugs. He further told that with continued recovery, emotional stability, clarity of thought, concentration, and decision making improve, while self-esteem and confidence increase. He emphasized that counselling, therapy, peer support, and psychiatric care strengthen recovery, leading to psychological healing, resilience and a meaningful, balanced life. Mrs. Ranjhanben from Health Department of *Jilla Panchayat* Vadodara told about rules and regulations of drug control programme.

At outset Dr. Shrikant B. Katole, Programme Officer, NSS, SDMPH, AAU, Vadodara discussed that drug consumption including both active use and passive exposure, leads to serious health consequences such as cardiovascular and respiratory diseases, mental health disorders and long-term addiction, resulting in millions of premature deaths every year. He told that drug addiction hampers the overall personality, academic performance and social development of students. Thus, making it a serious concern for individuals and society at large.

The programme successfully created awareness among students by clearly highlighting the serious and harmful effects of drug addiction. All the students and staff of the college attended the programme attentively. This awareness programme was concluded by vote of thanks proposed by students.

Glimpses of the Programme

