

Awareness Program on De-Addiction by MindCare, November 7, 2024

On November 7, 2024, the PG Department of Psychology organized an Awareness Program on De-Addiction to educate students and faculty about substance abuse and recovery. Experts from Mind Care Rehabilitation Centre, Kengeri, led the session under the theme "Stay Strong, Stay Smart: Empowering Students on the Pathways to De-Addiction." Clinical psychologist Ms. Rubiya presented on addiction's signs, impacts, and treatment options, supplemented by videos and a Q&A session. Three guest speakers shared powerful personal recovery stories, emphasizing perseverance and support from Alcoholics Anonymous. Informational flyers, visiting cards, and brochures provided additional resources. The event concluded with a vote of thanks and a token of appreciation for the speakers, raising awareness and encouraging students to seek help.