

**Shri Vishnu Engineering College for Women::Bhimavaram  
(Autonomous)  
EAGLE Club Activity**

*Conducted Date: 28/02/2025*

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**Report**

**Program Overview:**

- **Organizer:** EAGLE Club (Elite Anti-Narcotics Group for Law Enforcement)
- **Theme:** "Empowered to Live A Future Without Drugs"
- **Date & Venue:** February 28, 2025 | A-Block Seminar Hall
- **Chairperson:**
  - Dr. G. Srinivasa Rao, Principal
  - Prof. P. Venkata Rama Raju, Vice-Principal
- **Chief Guests:**
  - Dr. Veera Kumari, Reader in Oral Medicine, Vishnu Dental College.
  - Ms. Angel Benny, Counselling Psychologist, VDC
- **Special Invitee:**
  - Dr.S.M.Padmaja, HOD , EEE
- **Faculty Coordinators:**
  - Mrs. G. Bharathi , Senior Assistant Professor , EEE Dept
  - Mr. M.V. Murali Krishna, Assistant Professor , Chemistry Dept



## Key Insights from Dr. Veera Kumari's Lecture

**1. Alarming Trends in Drug Abuse** **Statistical Surge:** Reported cases rose from **400 (2000)** to **50,000 (2023)**, highlighting a national crisis.

- **Youth Vulnerability:** Youngsters in Andhra Pradesh are increasingly affected by narcotics like **cannabis (Ganja)** and smokeless tobacco.

### **2. Common Forms of Drug Consumption**

- **Cannabis:** Smoked, vaporized, or consumed as edibles (e.g., chocolates), capsules, or tea.



- **Tobacco:** Smoked (cigarettes) or smokeless (high-potency products like "Competite").

- **Accessibility:** Drugs are now sold in **instalments**, making them easier for students to procure.

### **3. Health and Societal Impacts**

- **Physical Damage:** Brain dysfunction ("Brain burn"), organ damage, and hormonal imbalances (e.g., 80% risk in women by 2033).
- **Mental Health:** Triggers anxiety, stress, and addiction cycles due to dopamine dependency.
- **Oral Health:** Dr. Kumari emphasized risks like oral cancers and gum diseases linked to smokeless tobacco.

### **4. Root Causes of Drug Abuse**

- **Psychological Triggers:** Peer pressure, academic stress, heartbreak, and social anxiety.
- **Dopamine Craving:** Users chase repeated highs to replicate initial euphoria.
- **Gender-Specific Risks:** Hormonal changes in women (e.g., menstruation, menopause) increase susceptibility.

### **5. Preventive Strategies**

- **CAGLE Framework:** Implement "Comprehensive Anti-Drug Guidelines for Learning Environments" as mandatory policy.
- **De-addiction Centers:** Partner with rehabilitation facilities for student support.
- **Awareness Initiatives:** Promote workshops, counseling sessions, and peer-led discussions.

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## Enlightens by Ms. Angel Benny, Counselling Psychologist

### **1. Mental Health and Addiction Dynamics**

- **Addictive Mechanisms:** Highlighted the role of **dopamine** ("happy hormones") in reinforcing substance dependency. Users chase temporary euphoria, leading to cyclical addiction.
- **Stress and Coping:** Identified stress, anxiety, and heart health risks (e.g., stroke) as key triggers for substance abuse. Emphasized healthier coping mechanisms like mindfulness and peer support.

## 2. Gender-Specific Risks

- **Hormonal Influence:**  
Cited a **2023 survey** indicating 80% of women face heightened addiction risks due to hormonal fluctuations (e.g., puberty, pregnancy, menopause).



## 3. Impact of Social Drinking

- **Gateway to Addiction:** Warned that even casual "social drinking" can escalate to dependency, especially among individuals battling depression or anxiety.
- **Mental Health Disorders:** Linked substance abuse to severe conditions like **schizophrenia, depression,** and chronic anxiety, stressing early intervention.

## 4. Body and Mind Connection

- **Endocrine System:** Explained how unnatural substance intake disrupts the body's hormonal balance ("endocrine system"), leading to fatigue and organ damage.
- **Physical Consequences:** Noted that prolonged drug use causes systemic harm, including brain dysfunction ("brain burn") and cardiovascular issues.

## 5. Preventive Strategies

- **De-addiction Centers:** Advocated for partnerships with counselling facilities to provide confidential counselling and medical support.
- **Awareness Campaigns:** Proposed workshops on stress management, self-esteem building, and community-driven initiatives like "**Fitas Lent**" (a call for sustained mental resilience).

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## Event Highlights

- **Interactive Sessions:** Dr. Veera Kumari demonstrated effects of drugs on Health by showing PPT slides and Ms Benny led role-playing activities to demonstrate peer pressure scenarios and healthy refusal techniques.
- **Student Pledge:** Reinforced commitments to avoid substance use and support peers through the slogan: "**Healthy Body, Healthy Mind, and Healthy Future!**"

## Conclusion

The EAGLE Club's program successfully integrated medical and psychological perspectives, with Dr. Veera Kumari addressing physical health risks and Ms. Angel Benny tackling mental health and societal challenges. Their collaborative insights provided a holistic roadmap for drug free environment in campus. The event concluded with a unified pledge: "**Healthy Body, Healthy Mind and Healthy Future!**"

# Photo Gallery

