



St. Vincent College
(Affiliated to Savtribai Phule Pune University)
Pune -411037

Title of the Event	Deaddiction seminar: “Breaking Free: Awareness, Prevention, and Rehabilitation in the Fight Against Substance		
Date of the Event	28th January 2025	Place of the event	St. Vincent College, Pune
Objectives of the Event	The seminar “Breaking Free: Awareness, Prevention, and Rehabilitation in the Fight Against Substance Abuse,” held on 28th January 2025, aimed to educate students about the risks and realities of substance use, reduce stigma around addiction, and promote preventive strategies and support mechanisms within the campus community.		
Name/s of the Resource Persons	_____		

A short narration of the program

Deaddiction seminar: “Breaking Free: Awareness, Prevention, and Rehabilitation in the Fight Against Substance

On 28th January 2025, St. Vincent College of Commerce, Pune, organized a thoughtfully structured and sensitively delivered seminar titled “Breaking Free: Awareness, Prevention, and Rehabilitation in the Fight Against Substance Abuse.” The event was held in the college auditorium and brought together students, teaching faculty, and non-teaching staff for a focused and constructive dialogue on the growing challenge of substance use among youth and the collective responsibility of educational institutions in addressing it.

The seminar was inaugurated by the Principal, who emphasized the college’s commitment to nurturing not only academic excellence but also the physical, emotional, and psychological well-being of its students. He highlighted that fostering awareness about addiction is a vital component of a holistic educational environment and called for compassionate, evidence-based approaches to prevention, early intervention, and support.

The core session of the seminar featured an expert presentation by a qualified de-addiction counselor affiliated with a recognized public health initiative. The speaker provided a comprehensive overview of the types of substances commonly misused by adolescents—including tobacco, alcohol, cannabis, and prescription drugs—as well as behavioral addictions such as excessive digital media consumption. The session clarified the biological, psychological, and social factors that contribute to dependency, while actively challenging stigma and misinformation that often prevent timely help-seeking.



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Special emphasis was placed on recognizing early warning signs, such as unexplained changes in behavior, academic performance, social circles, or emotional regulation. Practical guidance was offered on how peers, teachers, and family members can respond with empathy and encourage access to professional support. The importance of resilience-building, healthy coping mechanisms, and positive peer influence was underscored as key preventive strategies within the campus ecosystem.

A panel discussion followed, involving the college counseling team and student representatives, which explored the role of educational institutions in creating safe spaces for dialogue, reducing shame around mental health struggles, and promoting help-seeking behavior. This was complemented by a powerful personal narrative of recovery, shared with dignity and purpose, which deeply resonated with the audience and illustrated the possibility of healing and reintegration.

An interactive Q&A segment allowed students to submit anonymous questions, fostering honest engagement on topics ranging from supporting a friend in distress to understanding available campus and community resources. In response, the college announced the strengthening of its Wellness Corner in the library, featuring curated reading materials on mental health and addiction, along with information on national helplines and local support services. Additionally, regular peer-led wellness circles will be introduced to encourage ongoing conversations about stress, peer pressure, and emotional well-being.

The seminar concluded with a reaffirmation of the institution's pledge to embed mental health literacy and preventive awareness into its co-curricular framework. By addressing substance abuse through a multidisciplinary, non-judgmental, and student-centered approach, St. Vincent College has taken a meaningful step toward cultivating a health-promoting, inclusive, and supportive campus culture—a critical dimension of quality higher education that nurtures the whole person.

Name of the Collaborating Agency	_____
Learning Outcomes of the Event for the Participants	Students gained a clearer understanding of the causes, signs, and consequences of substance abuse, along with practical knowledge on seeking help and supporting peers. The session also fostered empathy, critical awareness, and a commitment to making informed, healthy lifestyle choices.



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Learning Outcomes for the Organizing team	The organizing team developed enhanced capabilities in planning sensitive, multidisciplinary wellness initiatives and learned to integrate expert insights with student engagement strategies. They also strengthened their ability to create safe, inclusive spaces for dialogue on mental health and behavioral challenges.
No. of Participants	100+ Students of St. Vincent College
Faculty in Charge	Dr. Gilbi John
Documents Attached	1. Attendance Sheet 2. Geotag photographs 3. Resume of resource persons if any 4. Copy of remuneration paid if any 5. Notice of the event 6. Thank you letter to the resource persons