

**GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION, JAMMU
MUTHI CAMP, JAMMU-181205**

The Joint Director Information
Jammu

No: DSEJ/Counselling/ 18300-03

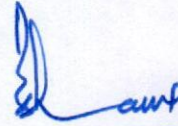
Dated: 02 / 11 / 2022

Subject: Advertisement of **Symptoms and Preventive Measures of Drug Addiction** in leading (Popular) dailies of Jammu as a part of Nasha Mukta J&K Abhiyan

Sir/Madam

As a part of Nasha Mukta J&K Abhiyan, Directorate of School Education Jammu is conducting various activities. Kindly find enclosed herewith a soft copy of infographic on Symptoms and Preventive Measures of Drug Addiction for publication in leading dailies (Hindi as well as English) of Jammu. It may also be publicized through other media platforms too.

Yours faithfully



**(Dr. Ravi Shankar Sharma) JKAS
Director School Education
Jammu**



Copy to the:

1. P/S to Principal Secretary to Government, School Education Department, Civil Secretariat, Jammu (J&K) for kind information.
2. I/C Website for uploading the poster on the website.
3. Office File



Directorate of School Education Jammu Counselling Cell



NASHA Mukh J&K ABHIYAAN

RISK FACTORS OF DRUG ADDICTION

- 1.. Changes in physical appearance, such as wearing inappropriate or dirty clothing and a lack of interest in grooming
2. A noticeable lack of energy levels when performing daily activities.
3. Changes in sleeping patterns i.e, Sleeping too much or lack of sleep
- 4.Changes in speech patterns
- 5 Dilated or constricted pupils and red eyes
- 6 Changes in appetite, such as a decreased appetite and associated weight loss.
7. Difficulties at school, disinterest in school-related activities, and declining grades.
8. Missing school, poor work performance, being chronically late to School and appearing tired.
- Ø9. Social withdrawal, isolation, or secretiveness about whereabouts and activities.
10. Sudden, unexplained spending habits than usual or requesting to borrow money.
11. Altered behavior, such as an increased desire for privacy
12. Irritability and argumentativeness
13. Loss of interest in activities, social and family withdrawal
14. Acting inappropriate, or obnoxious and childish
15. Appears easily confused
16. When confronted, offers strange excuses, justifications, and rationalizations for their behavior
17. Blame-shifting and diversion
18. Defensiveness when asked about substance use

PROTECTIVE FACTORS

- 1.Be vigilant about your child's/student's behavioral changes.
- 2.Strong parental bonds and family relationships.
- 3.Positive parental engagement in child's life.
4. Life skill training program for students to deal with life pressures.
- 5.Seek help for mental health issues.
- 6.Community based Drug abuse prevention programs (Schools, clubs, media, faith based organizations)
- 7.Promotion of positive student engagement activities in schools to relieve stress like exercise, sports, yoga,etc.
- 8.Learn to ignore peer pressure.
- 9.Involvement of community and school in ensuring no sale of Tobacco/drug or any other substance near school campus.
- 10.Promotion of healthier life style free from addiction.
- 11.Promotion of positive mental health.

**In case of any grievances call/whatsAap
Aao Baat Karein Tele counselling Helpline
6006800068**



**If you or your loved one are exhibiting signs of addiction but you don't know where to turn, DIAL
1800110031 (National Toll free helpline for drug de-addiction & 14446 (National Helpline for Nasha Mukh Bharat)**

