

Awareness Session on Staying Drug and Vape Free held at Sat Paul Mittal School



Sat Paul Mittal School in collaboration with Dayanand Medical College & Hospital (DMC&H), Ludhiana organized an awareness session on "Stay Drug and Vape Free" on August 22, 2024 that aimed at educating students from Classes VIII to XII about the dangers of drugs and vaping. The session featured a panel of esteemed resource persons including Dr. G.S. Brar, Oncologist, Dr. Monika Singla Bansal, Neurologist, Dr. Akashdeep, Pulmonologist and Dr. Kunal Jain, Oncologist.

The session commenced with a presentation by Dr. G.S. Brar, who highlighted the physical and psychological impacts of drug and vape addiction. Dr. Brar emphasized the importance of making informed choices and resisting peer pressure. Dr. Monika Singla Bansal discussed the physical, mental, and social consequences of drug use and vaping. Dr. Akashdeep focused on the negative impacts of e-cigarettes, including nicotine addiction, lung damage, and the potential long-term harm on developing brains. He highlighted how e-cigarettes can lead to chronic respiratory issues and other severe health conditions. Dr. Kunal Jain provided valuable tips on how students can adopt a healthy lifestyle to avoid falling into the trap of addiction. Students had the opportunity to ask questions and engage in meaningful interactions with the experts.

The awareness session was well-received by the students, who actively participated and expressed their commitment to stay drug and vape free. Ms. Bhupinder Gogia, Principal Sat Paul Mittal School, expressed deep gratitude to the resource persons, Dr. G.S. Brar, Dr. Monika Singla Bansal, Dr. Akashdeep and Dr. Kunal Jain, for their valuable insights and for taking the time to educate the students on such a crucial topic. She also thanked the students for their active participation, emphasizing the school's commitment to promote a healthy and safe environment and ensuring the well-being of its students.

