

## **REPORT ON ANTI-ADDICTION AND SUBSTANCE ABUSE (WORKSHOP)**

On 6<sup>th</sup> April 2018, a workshop on anti-addiction and substance abuse was conducted by the Department of MSW in IISWBM. The inaugural session began with the welcome speech delivered by the Director of IISWBM Prof. (Dr.) Rajagopal Dhar Chakraborti, and in his speech he raised various vital issues and concerns related to higher education system and motivated students to dream big and achieve the heights of success. Then Prof. (Dr.) Chakraborti welcomed the Guest Speaker, Mr. Bobby Chakraborty who is an actor and an activist. The two hours interactive workshop was then conducted by Mr. Bobby Chakraborty.

“ I AM THE KING OF MY MIND “ was the central theme of the whole seminar. Mr. Bobby is carrying out this workshop worldwide for free and IISWBM was the 262<sup>nd</sup> institution to be a part of his movement. He shared his bitter experiences which later motivated him to take up this noble mission of transforming several lives of school going and college students. Addiction in schools and colleges are generally adopted by children under peer-pressure. Mr. Bobby tried his level best to explain the negative impacts and how these little pleasures in life turns out to be dreadful and gradually bring an end to one’s life.

The workshop was quite interactive and Mr. Bobby chose few students among the crowd and asked them to be his ‘soldiers’ , who would influence others around them. He cited several real life examples which were in news and how the lives of their family members changed after the incidents. He gave simple solutions to avoid or overcome the hurdles of substance abuse. One thing which was repeatedly mentioned by Mr. Bobby was that, one should

choose his/her friends wisely. To make the workshop interesting he also arranged a quiz based on the session. He asked three questions and the winners were given some gifts and T-shirts with the theme “I AM THE KING OF MY MIND”. The session ended with a vote of thanks from one of the coordinators and the overall experience would definitely boost one’s confidence to avoid or overcome such situations in life.

A report by :-

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