



LOYOLA COLLEGE OF EDUCATION

Nungambakkam, Chennai-34

2026 – 2027

SEMINAR-CUM-WORKSHOP @

Stella Matutina College of Education

Ashok Nagar, Chennai.

REPORT

Anti-Drug Committee - LCE

Coordinator

Principal



LOYOLA COLLEGE OF EDUCATION, Chennai - 34
Re-accredited (3rd Cycle) at 'A' Grade (CGPA – 3.06) by NAAC (2024)

Details of the Program:

Name of the Program:	Seminar-cum-workshop on “Beyond the high: empowering young minds for a drug-free future”
Date of the Program:	03.09.2026
Time of the Program:	9.00 a.m. to 3.00 p.m.
Venue of the Program:	Stella Matutina College of Education Ashok Nagar, Chennai.
Target Audience of the Program:	Students and teachers from various B.Ed. and Arts & Science colleges
No. of participants from our college:	5 students Nandhini, Karnika, Jasmine, Merlyn and Meera
Objectives of the Program:	To raise awareness on drug-abuse and the preventive measures for a drug-free state in the future.
Name of the Chief Guests:	Mr. T. Maria Jusler Kalsingh & Mr. N. Saravana Kumar
Brief note about the Chief Guests:	Mr. T. Maria Jusler Kalsingh Specialist in Data Management, Monitoring and Documentation, Drug-Free Tamil Nadu Mission, Government of Tamil Nadu. Mr. N. Saravana Kumar Specialist in Capacity Building and Online Training Programs at Mission Management Unit (MMU), Drug-Free Tamil Nadu Mission, Government of Tamil Nadu.
Few insights given by Mr. Kalsingh:	✓ Drug abuse prevention requires collective responsibility. ✓ Mental well-being plays a vital role in prevention.

Details of the College which organized the event:

Name of the Organizer College:	STELLA MATUTINA COLLEGE OF EDUCATION Ashok Nagar, Chennai.
Name of the Organizer:	Dr. Jain Shanthini Organizing Secretary and Dean of Student affairs
Name of the Co-organizers:	Rev. Dr. Sr. Ruby Alangara Mary Secretary Dr. Sr. Irudhaya Mary Principal-in-charge Mrs. Sasirega Rajendran Yoga and Meditation Trainer Dr. K. A. Sheeba IQAC Coordination and Dean of Academics and Research
Coordinating Committee @ LCE	Anti-Drug Committee Mr. J. Arul Martin – Coordinator



STELLA MATUTINA COLLEGE OF EDUCATION

(AUTONOMOUS)

Re- Accredited (4th Cycle) by NAAC 'A' Grade

Ashok Nagar, Chennai - 600 083.

Tel: (+91) 044-24894262 Email : smcedn@gmail.com, info@smcedn.edu.in, Web : smcedn.edu.in

Principal

Date:19.08.2026

To

The Principal
Loyola College of Education
Chennai - 600 34

Subject: Request for Permission to Depute Ten Students for the Seminar-cum-Workshop on "Beyond the High: Empowering Young Minds for a Drug-Free Future"

Respected Sir/Madam,

Greetings from Stella Matutina College of Education, Ashok Nagar, Chennai.

We are pleased to inform you that Stella Matutina College of Education is organizing a Seminar-cum-Workshop on "Beyond the High: Empowering Young Minds for a Drug-Free Future" on 3rd September 2026, from 9.00 a.m. to 3.00 p.m. to creating awareness about drug abuse prevention and promoting healthy and responsible lifestyles among young people.

In this regard, we kindly request you to grant permission for ten students from your respective institution to participate in the Seminar-cum-Workshop.

We look forward to your academic cooperation and support in making this programme a successful one.

Thanking you,

Yours Sincerely,

G. H. 
Principal
Stella Matutina College
of Education
Ashok Nagar
Chennai 600 083
19/8/2026


31/8/26

REPORT ON

SEMINAR-CUM-WORKSHOP ON “BEYOND THE HIGH: EMPOWERING YOUNG MINDS FOR A DRUG-FREE FUTURE”

Introduction

A seminar-cum-workshop titled “**Beyond the High: Empowering Young Minds for a Drug-Free Future**” was organised on **3rd September 2026** at **Stella Matutina College of Education, Ashok Nagar, Chennai**. The programme focused on creating awareness among young people about drug abuse, its causes and consequences, preventive measures, and the collective responsibility of society in building a drug-free future. The programme also included a workshop on mental well-being through Yoga.

Students and teachers from several educational institutions participated in the programme, including **Loyola College of Education, Stella Maris College of Education, Ethiraj College for Women, Avichi College of Arts and Science, and Annai Velankanni’s College of Education**, along with the students and faculty members of the host institution.

Objectives of the Programme

The major objectives of the seminar-cum-workshop were:

- To create awareness among young people about drug abuse and addiction.
- To understand the various factors that lead youngsters towards substance abuse.
- To highlight the physical, psychological, and social consequences of drug addiction.
- To familiarise participants with the initiatives undertaken by the Government of Tamil Nadu to combat drug abuse.
- To encourage students to become responsible members of a drug-free society.
- To emphasise the importance of mental well-being and healthy coping mechanisms.
- To introduce Yoga and meditation as practices that can contribute to overall well-being.

Proceedings of the Programme

The programme commenced with the registration of the invited students and teachers. The registration process was efficiently coordinated by the student organisers of the host institution. The warm and welcoming ambience of the college made the participants feel comfortable and encouraged a positive atmosphere throughout the programme. The Organising Secretary, **Dr. Jain Shanthini**, extended a cordial welcome to the participants and guided the proceedings in a friendly and organised manner.

The programme began at approximately **9:40 a.m.** following the arrival of the resource persons from the **Drug-Free Tamil Nadu Mission**, **Mr. T. Maria Jusler Kalsingh** and **Mr. N. Saravana Kumar**. The Secretary, **Rev. Dr. Sr. Ruby Alanagara Mary**, felicitated the resource persons. The prayer song was followed by the inaugural address delivered by **Dr. Jain Shanthini**.

The first session was conducted by **Mr. Kalsingh**, who provided valuable insights into the prevailing issue of drug addiction in Tamil Nadu, particularly among young people. The session was interactive and encouraged the participants to reflect on the causes of substance abuse and the role they could play in preventing it.

Major Points Discussed During the Seminar

Causes of Drug Abuse Among Youngsters

The resource person explained that young people may be influenced by several factors that contribute to substance abuse. **Curiosity, peer pressure, stress, loneliness, and emotional difficulties** can make youngsters vulnerable to experimenting with drugs. The temporary pleasure or altered state of consciousness produced by drugs may lead individuals to continue consuming them, eventually resulting in dependence or addiction.

The discussion also highlighted the growing influence of the virtual world. Excessive dependence on mobile phones and virtual interactions can sometimes weaken meaningful interpersonal relationships. The lack of genuine emotional support and communication may leave young people vulnerable to unhealthy coping mechanisms.

Effects of Drugs on the Brain and Behaviour

The consumption of drugs can interfere with the normal functioning of the brain and nervous system. Certain substances can temporarily produce feelings of euphoria and alter an individual's perception, judgement, behaviour, and emotional state.

The resource person emphasised that although some individuals may perceive drugs as a means of achieving temporary pleasure or enhanced performance, the effects can have serious long-term physical, psychological, and social consequences.

Role of Society in Preventing Drug Abuse

The seminar emphasised that combating drug abuse is not solely the responsibility of the government. **Parents, teachers, educational institutions, peer groups, and society as a whole** have an important role to play.

The **Drug-Free Tamil Nadu Mission** has introduced the “**DRUG FREE TN**” mobile application, through which members of the public can report complaints or grievances relating to drug abuse and illegal drug activities.

Educational institutions are also encouraged to establish **Anti-Drug Clubs** to create awareness among students and promote a drug-free environment. The seminar highlighted the importance of involving young people themselves in awareness campaigns and social initiatives.

Confidentiality of Complaints

The resource person explained that complaints can be submitted anonymously through the application. It was stated during the session that more than **30,000 complaints** had been received, although only a portion of them were found to be genuine after verification.

Verified complaints are forwarded to the concerned authorities for further action. This facility enables members of the public to report suspected drug-related activities while maintaining the confidentiality of their identities.

Rehabilitation and Counselling

The seminar also drew attention to the importance of **rehabilitation, counselling, and emotional support** in helping individuals overcome addiction. The resource persons informed the participants about the availability of rehabilitation facilities and counselling services in Tamil Nadu.

The toll-free helpline numbers **14416 and 104** were also mentioned as sources of counselling and support for individuals who require assistance.

Workshop on Mental Health Through Yoga

Following the seminar and refreshments, a workshop on **mental health through Yoga** was conducted by the institution's Yoga and Meditation Trainer, **Mrs. Sasirega Rajendran**.

The participants were asked to sit comfortably on the carpet before the session began. The trainer introduced the participants to the **seven major chakras—Mooladharam, Swadhisthanam, Manipooragam, Anahatham, Vishuddhi, Aakkinai, and Sahasraram**. She explained their significance and discussed methods associated with their activation and balance.

The participants were then guided through a brief meditation session. They were instructed to close their eyes and remain calm while soothing sounds of nature were played in the background. This created a peaceful and relaxing atmosphere.

Mrs. Sasirega emphasised the importance of **Yoga, meditation, and spirituality** in promoting mental well-being and helping young people lead a balanced and disciplined life. She encouraged the participants to incorporate positive practices into their daily routines. At the end of the session, she conveyed her wishes to the participants and their families with the words **“Vazhga Valamudan.”**

Key Learning Outcomes

The programme provided several valuable insights to the participants. The major learning outcomes were:

1. **Awareness is essential for prevention:** Young people need accurate information about the dangers of substance abuse to make informed decisions.

2. **Addiction has multiple causes:** Drug abuse may arise from psychological, social, emotional, and environmental factors.
3. **Communication matters:** Strong relationships and open communication with family, teachers, and peers can help youngsters deal with stress and emotional difficulties in healthier ways.
4. **Society has a collective responsibility:** Preventing drug abuse requires active participation from individuals, families, educational institutions, communities, and the government.
5. **Teachers have an important role:** Teachers can identify behavioural changes, create awareness, provide emotional support, and guide students towards appropriate professional assistance when necessary.
6. **Mental well-being is equally important:** Practices such as Yoga and meditation can encourage self-awareness, relaxation, and emotional balance.

Personal Reflection

As a participant, I found the seminar to be highly informative and thought-provoking. The session helped me understand that drug addiction is not merely an individual's problem but a complex social issue that requires collective intervention and compassion.

The discussion on the reasons why youngsters become vulnerable to substance abuse was particularly insightful. It made me realise the importance of providing young people with a safe environment where they can openly communicate their concerns and seek guidance without fear of judgement.

As a prospective teacher, I also recognised the significant responsibility educators have in creating awareness among students. A teacher is not merely a person who imparts academic knowledge but also someone who can influence students' attitudes, choices, and overall well-being. Therefore, developing a supportive and empathetic classroom environment is essential.

The Yoga and meditation workshop further reinforced the importance of maintaining mental and emotional balance. The combination of awareness about drug prevention and practices that promote mental well-being made the programme especially meaningful.

Conclusion

The seminar-cum-workshop “**Beyond the High: Empowering Young Minds for a Drug-Free Future**” was an **interactive, informative, and insightful** programme. It

successfully created awareness about the growing concern of drug abuse among youngsters and highlighted the importance of prevention, counselling, rehabilitation, and community participation.

The programme also emphasised the role of educational institutions and teachers in guiding young people towards healthy and responsible choices. The concluding Yoga and meditation session complemented the seminar by drawing attention to the importance of mental well-being.

The participants were subsequently served lunch, followed by the distribution of certificates by the Secretary. The organisers expressed their gratitude to all the participants for their active involvement in the programme.

Overall, the event was a valuable learning experience that broadened my understanding of **drug prevention, youth welfare, mental health, and the role of teachers in shaping a healthy and responsible generation.**

Special Note

I would like to express my sincere gratitude to the **organising college** and our **LCE family** for providing us with this valuable opportunity and for their continuous support and encouragement to participate in the event. I extend my special thanks to **Dr. A. Jasmine Christy, Principal** and **Mr. Arul Martin, LCE Physical Director** for their valuable support and encouragement. I extend my gratitude to the **student council** in facilitating our participation in the programme. Their guidance and assistance made this enriching experience possible.

Photos



Participants at the campus of Stella Matutina College of Education



Welcome speech presented by a student of the SMCE college



Light Lamping ceremony by the organisers and the chief guest



Chief guest - Mr. T. Maria Jusler Kalsingh addressing the participants of the seminar



Secretary of SMCE Rev. Dr. Sr. Ruby Alangara Mary presenting certificates for the participants of Loyola College of Education