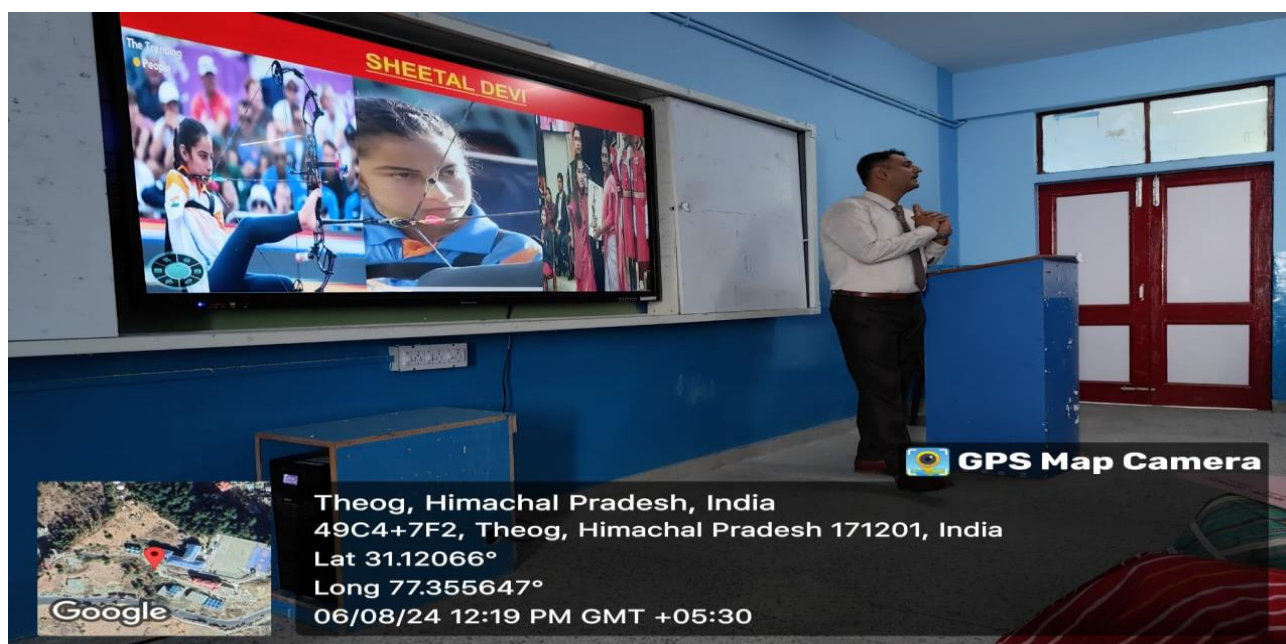


# Report on the Lecture Organized by Vyaktitva Foundation

**Date:** August 6, 2024

On August 6, 2024, Vyaktitva Foundation hosted an insightful lecture at Government Degree College, Theog, aimed at educating students about the adverse effects of substance use. The event attracted significant attention, with 170 students from B.Sc., B.Com, and B.A. streams participating actively.



## Distinguished Speakers

### 1. Major Vikas Kadsholi

Major Vikas Kadsholi, currently serving in the Indian Army, brought a wealth of knowledge and experience to the lecture. He has completed his M.Tech from IIT Delhi and is presently pursuing a Ph.D. at the same institution. His research focuses on the National Education Policy and its impact on rural schools in Himachal Pradesh. Major Kadsholi shared his insights on how educational policies can shape the future of rural youth and help combat issues like substance abuse.

### 2. Mr. Kulpreet Saini

Mr. Kulpreet Saini is a successful businessman and a dedicated mental health coach with nearly a decade of experience in de-addiction efforts. His session was particularly impactful as he shared real-life experiences and practical strategies for overcoming addiction. Mr. Saini emphasized the importance of mental health and the role of community support in combating substance abuse.



### 3. Arunima Sharma

Arunima Sharma, the founder of Vyaktitva Foundation, has over 13 years of corporate experience with multinational companies. She is also a passionate meditation teacher. Ms. Sharma discussed the benefits of meditation and mindfulness in maintaining mental health and preventing substance abuse. Her session included interactive elements where students could engage in basic meditation techniques.

### Lecture Content

The speakers collectively addressed the pressing issue of substance use, focusing on its severe health effects and the broader societal impact. Key points covered included:

- **Health Effects of Substance Use:** The physical and psychological consequences of drug abuse were thoroughly explained. The speakers highlighted how substance use can lead to chronic health issues, mental health disorders, and diminished quality of life.
- **Youth and Substance Abuse:** The speakers provided a stark overview of how drugs are increasingly trapping the youth, leading to a rise in addiction and related

- problems. They discussed various factors contributing to this trend, including peer pressure, stress, and lack of awareness.
- **Preventive Measures:** Strategies for preventing substance abuse were shared, including education, community support, and the role of policies. The importance of early intervention and accessible mental health resources was emphasized.



### **Interactive Session and Video Presentation**

A video presentation was shown to provide a visual understanding of the devastating effects of substance abuse. Following the video, a detailed discussion was held, during which students were encouraged to share their thoughts and ask questions. This interactive session fostered a deeper understanding and engagement with the topic.

### **Conclusion and Acknowledgments**

The lecture concluded with Dr. Vikrant Gautam, the convenor of the committee, expressing his heartfelt thanks to the speakers and the Vyaktitva Foundation team. Overall, the lecture was a resounding success, providing valuable insights and fostering a proactive approach to tackling substance abuse among students.

Dr Vikrant Gautam  
Convenor  
Anti Drug and Cyber Crime Committee

Dr Lalita Chandan  
Principal  
Government Degree College  
Theog