

Name of the Program: Online Workshop – “Addiction Science for Students”

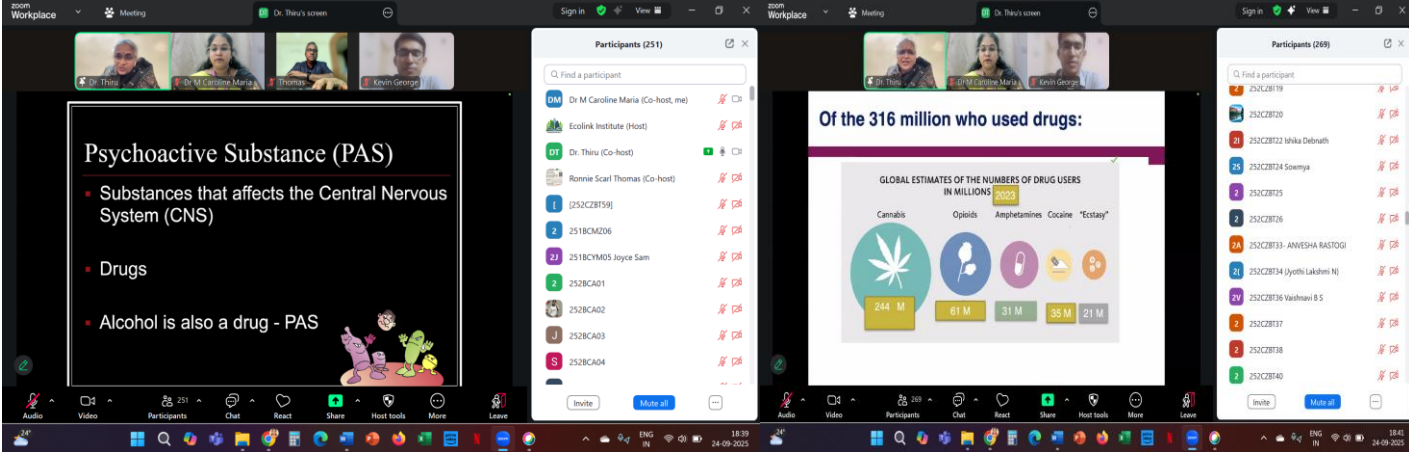
Name of the Organiser: Centre for Human Excellence in Collaboration with Ecolink Institute, Mangalore

Report of the Online Workshop on “Addiction Science for Students” 24th – 29th September, 2025

Brochure of the Workshop	The brochure details an online workshop on 'Addiction Science for Students' organized by Ecolink Institute of Well-being in collaboration with St Joseph's University. It highlights the curriculum developed by the Colombo Plan and promoted by ICUDDR, UK. The workshop dates are September 24-26, 2025, with sessions from 6:30 PM to 8:00 PM. It lists three global trainers: Dr. Thirumagal V, Dr. Yatan Pal Singh Balhara, and Ms. Aditi Ghanekar. A QR code is provided for registration, and contact information for Ecolink Institute is included.
Registration for Certificate Link	www.ecolinkinstitute.com/utc-training

Schedule of the Online Workshop	1. Opening remarks by Dr. Thomas Scaria, Director, Ecolink Institute (3 mts) 2. Inaugural address by Dr. Carmel Clancy (Director, ICUDDR- London) 3. Session by Resource Person 4. Q&A for last 15 minutes
Topics Focused	1. Psychoactive Substances 2. Why do people start using substances? 3. Global consequences of substances 4. Blood – Brain Barrier 5. Underage Drinking Issues 6. Brain Communication 7. Strategies to overcome addictions
Student's Questions Clarified	1. What are the most common psychological and social factors that make students vulnerable to substance abuse, and how can we address them effectively? 2. How can young people identify early warning signs of substance dependence in themselves or their peers, and what immediate steps should they take? 3. We can see various govt. ads with says how harmful these drugs or alcohol is but the same govt has generated 1.76 billion from it 4. What role can young women play in leading anti-drug campaigns? 5. Can a utopian reality come true where any sort of substance is completely eradicated? 6. Most of the drugs are used by educated or uneducated people? 7. Can increasing the indirect tax on these harmful products help to reduce consumption of it? 8. We know that alcohol shops sell illegal items to minors, so can't these kinds of shops be monitored more and if any violations happen there should be strict actions taken if any strict laws are made? 9. If there's a complete ban on all tobacco and alcohol products, will it have a huge impact on the economy? 10. What are some societal changes, which would lead to a drastic reduction of drug and alcohol use? Or is the solution, to make drug use safer, especially for minors? 11. As a youngster from this generation, I feel like the major cause for the addiction lies with the peer pressure (easy influence) how can we prevent this at a cellular level? Will campaigns actually work? Because the ratio is really high in this generation especially knowingly or unknowingly, this doesn't affect only the person who

	does drugs, but also the surroundings Example- concerts, Mindset cannot be changed so what else? 12. Are there enough number of rehabilitation centres? 13. What are the remedies or the steps students should do those who are already in the phase of consuming substance or alcohol. 14. Since social media and technology often glamorize substance use and easily influence young minds, what can be done to control or counter this digital influence? 15. What I personally feel is that, in order to decrease drastically the consumption of all these harmful substances, the change should come from within, so if I consume drugs, then the self realization is what will truly bring a difference, and again, the policies implemented by the government and the public should work and cooperate hand in hand. 16. Do cinematic representations of drug use predominantly serve to promote or to actively discourage substance abuse?																				
Day 1	First Session																				
Date and Time of the Session	24.09.2025 Time: 6.30 p.m. – 8.00 p.m.																				
Platform used in the Session	Join Zoom Meeting https://zoom.us/j/91400378498?pwd=XgHojNbLeOWPw109oWk8T9HGqsb8En.1 Meeting ID: 914 0037 8498 Passcode: 367355																				
Target Audience of the Session	<table><tr><td>Class</td><td>Strength</td></tr><tr><td>B.Sc Mathematics, Electronics, Computer Science</td><td>65</td></tr><tr><td>B.Sc Economics, Mathematics, Statistics</td><td>39</td></tr><tr><td>B.Sc Physics, Mathematics, Computer Science</td><td>65</td></tr><tr><td>B.Sc Physics, Chemistry, Mathematics</td><td>68</td></tr><tr><td>B.Sc Physics, Electronics, Mathematics</td><td>30</td></tr><tr><td>B.Sc Chemistry, Biotechnology, Biology</td><td>14</td></tr><tr><td>B.Sc Chemistry, Botany, Zoology</td><td>43</td></tr><tr><td>B.Sc Chemistry, Botany, Biotechnology</td><td>27</td></tr></table>			Class	Strength	B.Sc Mathematics, Electronics, Computer Science	65	B.Sc Economics, Mathematics, Statistics	39	B.Sc Physics, Mathematics, Computer Science	65	B.Sc Physics, Chemistry, Mathematics	68	B.Sc Physics, Electronics, Mathematics	30	B.Sc Chemistry, Biotechnology, Biology	14	B.Sc Chemistry, Botany, Zoology	43	B.Sc Chemistry, Botany, Biotechnology	27
Class	Strength																				
B.Sc Mathematics, Electronics, Computer Science	65																				
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B.Sc Physics, Chemistry, Mathematics	68																				
B.Sc Physics, Electronics, Mathematics	30																				
B.Sc Chemistry, Biotechnology, Biology	14																				
B.Sc Chemistry, Botany, Zoology	43																				
B.Sc Chemistry, Botany, Biotechnology	27																				

	B.Sc Chemistry, Environmental Science, Zoology	20
	B.Sc Chemistry, Microbiology, Biology	8
	B.Sc Chemistry, Zoology, Biotechnology	23
	B.Sc Chemistry, Environmental Science, Biology	61
	Total	463
Name of the Resource Person	Dr. Thirumagal	
Designation of the Resource Person	Global trainer, approved by the Colombo Plan and United Nations Office on Drugs and Crime (UNODC).	
Brief note about the Resource Person (area of expertise, experience, etc.)	• She has clinical experience for over 30 years in treating drugs and alcohol dependents. • She was also in the curriculum development team with global experts. • Worked with TTK Hospital, Chennai for 25 years, Training consultant & Chief trainer for Ecolink Institute • She has doctorate in addiction sciences	
Feedback link	https://forms.gle/Dw5mMNZeemtCDsDH7	
Screenshots of the Session		

zoom Workplace Meeting Dr. Thiru's screen

Participants (310)

Find a participant

- DM Dr M Caroline Maria (Co-host, me)
- Ecolink Institute (Host)
- DT Dr. Thiru (Co-host)
- Ronnie Scarl Thomas (Co-host)
- 252CBY36
- 2K 252CZBT43 Kenisha Y
- 2D 252BCA31 Darshan M
- [252CZBT59]
- 2 2518CMZ06
- 2J 2518CYM05 Joyce Sam
- 2I 2518CYT32 (Charvi)

Invite Mute all

Drug Classes: Examples

RELAX SLOW DOWN

Stimulants	Opioids (narcotics)	Depressants	Hallucinogens
Cocaine	Opium	Alcohol	LSD
Amphetamine	Morphine Codeine	Barbiturates	Mescaline Peyote
Methamphetamine	Heroin	Benzodiazepines Sleeping pills	Ecstasy
Ecstasy Nicotine, Caffeine	Fortwin Pethidine Tramadol	Calmpose, Valium	Mushrooms

24° ENG IN 18:57 24-09-2025

zoom Workplace Meeting Dr. Thiru's screen

Participants (319)

Find a participant

- DM Dr M Caroline Maria (Co-host, me)
- Ecolink Institute (Host)
- DT Dr. Thiru (Co-host)
- Ronnie Scarl Thomas (Co-host)
- [252CZBT59]
- 2R 2518CMZ06 RISHABV JAISWAL
- 251BCYT02 ~ Achsa
- 2- 251BCYT19 - Krithika S
- 2 251BCYT20
- 2I 251BCYT32 (Charvi)
- 2 252BCA01

Invite Mute all

IMAGES OF BRAIN DEVELOPMENT IN HEALTHY CHILDREN AND TEENS (AGES 5-20)

AGES 5 ← → 20

SIDE VIEW

TOP VIEW

Prefrontal Cortex

Blue represent maturing of brain areas

Source: Copyright PNAS, 1912(1):8176-8, 2004

24° ENG IN 19:08 24-09-2025

zoom Workplace Meeting Dr. Thiru's screen

Participants (310)

Waiting room (8)

252CBTY12

252CBT23 BHUVI RUSTAGI

Walter White

NAVEEN MUJAR

Yashaswini.L (252MEC25)

252CBTY44

Akash singh

Kruthika Devaraj(252PMC53)

Joined (310)

Dr M Caroline Maria (Co-host, me)

Invite Mute all

Brain Communication

Dopamine reaches the receptor

Dopamine Transporters

70

23° ENG IN 19:36 24-09-2025

zoom Workplace Meeting Dr. Thiru's screen

Participants (296)

Waiting room (3)

Rithwik Raj

252CZBT24

252MEC31

Joined (296)

Dr M Caroline Maria (Host, me)

Dr. Thiru (Co-host)

Kevin George (Co-host)

Ronnie (Co-host)

[252CZBT59]

251BCA51

Invite Mute all

Stay smart....stay drug free

- Knowledge is power !!!
- Stand for what you believe - 'No' - power of '6'
- Build social connections
- Wear your failures like a badge of honour
- You create your destiny !

Audio Video Participants 299 Chat React Share Host tools More End

23° ENG IN 19:47 24-09-2025

Day 2	Second Session																
Date and Time of the Session	25.09.2025 Time: 2.00 p.m. – 3.30 p.m.																
Platform used in the Session	Zoom Meeting https://zoom.us/j/93425159563?pwd=AMzbAcomZAYLLiw0bcxxqtmwNM1SNg.1 Meeting ID: 934 2515 9563 Passcode: 000267																
Target Audience of the Session	<table><tr><th>Class</th><th>Strength</th></tr><tr><td>B.Com – A</td><td>83</td></tr><tr><td>B.Com – B</td><td>82</td></tr><tr><td>B.Com – C</td><td>80</td></tr><tr><td>B.Com. Industry Integrated (BPS)</td><td>89</td></tr><tr><td>B.Com International Finance and Accounting</td><td>88</td></tr><tr><td>Total</td><td>422</td></tr></table>			Class	Strength	B.Com – A	83	B.Com – B	82	B.Com – C	80	B.Com. Industry Integrated (BPS)	89	B.Com International Finance and Accounting	88	Total	422
Class	Strength																
B.Com – A	83																
B.Com – B	82																
B.Com – C	80																
B.Com. Industry Integrated (BPS)	89																
B.Com International Finance and Accounting	88																
Total	422																
Name of the Resource Person	Dr. Yatan Pal Singh																
Designation of the Resource Person	Leading psychiatrist at AIIMS, New Delhi																
Brief note about the Resource Person (area of expertise, experience, etc.)	 • He is an approved Global trainer for Colombo Plan and United Nations Office on Drugs and Crime (UNODC). • He is a consultant to WHO on SUD management • He has won several awards and credentials including ICAP IV level • Trainer with Ecolink team too																

Screenshots of the Session

Learning Objectives

- Define psychoactive substance
- List general ways in which psychoactive substances affect mood, thoughts, and behavior
- List the four main categories (classes) of psychoactive substances
- List the methods of administering psychoactive substances
- Discuss the levels of progression of substance use

Participants (195)

Find a participant

- G Bynelle Dsouza 2518PS09
- D Dhanya Anand
- Falak Sultana 2518COMC80

Training on "Science of Addiction" for St. J...

Everyone New chat

Requesting all students to rename your account with your register number for the sake of attendance.

Who can see your messages? Recording on

Message everyone

Psychoactive Substances

- Psychoactive substances alter:
 - ▢ Mood
 - ▢ Thoughts
 - ▢ Sensory perceptions
 - ▢ Behavior

2.9

Participants (232)

Find a participant

- VJ Vinod Joseph (Co-host)
- (2518COMB06) Shreyas V kori
- (2518COMB57)

Training on "Science of Addiction" for St. J...

Everyone New chat

Ecolink Institute to Waiting room participants: 14:19

please join with name and regno

Who can see your messages? Recording on

Message everyone

zoom Workplace Meeting Yatan Bahara's screen

Participants (228)

Find a participant

Vinod Joseph (Co-host)

(251BCOMB06) Shreyas V kori

(251BCOMB57)

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone New chat

Vikas A 251BPS81 14:21

Steroids

Who can see your messages? Recording on

Message everyone

Effects of Psychoactive Substances

- Can be positive or negative
- Depend to a large extent on the type of substance used

2.10

27° ENG IN 14:23 25-09-2025

zoom Workplace Meeting Yatan Bahara's screen

Participants (219)

Find a participant

Ronnie (Co-host)

Vinod Joseph (Co-host)

(251BCOMB06) Shreyas V kori

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone New chat

??

Ok sir

Who can see your messages? Recording on

Message everyone

Why Do People Start Using Substances?

- Curiosity
- Because friends are doing it
- To feel good; to celebrate
- To feel better
- To do better

27° ENG IN 14:59 25-09-2025

Day 3	Third Session																								
Date and Time of the Session	26.09.2025 Time: 2.00 p.m. – 3.30 p.m.																								
Platform used in the Session	Join Zoom Meeting https://zoom.us/j/97793819111?pwd=FbV8NkhJQI4EVYyQRISXlXibSXulr1.1 Meeting ID: 977 9381 9111 Passcode: 893614																								
Target Audience of the Session	<table><tr><th>Classes</th><th>Strength</th></tr><tr><td>BBA</td><td>81</td></tr><tr><td>BBA</td><td>82</td></tr><tr><td>BBA Strategic Finance</td><td>53</td></tr><tr><td>Bachelor of Computer Applications (Data Analytics)</td><td>70</td></tr><tr><td>B.Sc Computer Science, Mathematics, Statistics</td><td>74</td></tr><tr><td>B.Sc Biochemistry, Biology, Biotechnology</td><td>29</td></tr><tr><td>B.Sc Biochemistry, Biotechnology, Zoology</td><td>30</td></tr><tr><td>B.Sc Biochemistry, Biology, Microbiology</td><td>33</td></tr><tr><td>B.Sc Biochemistry, Microbiology, Zoology</td><td>31</td></tr><tr><td>Total</td><td>483</td></tr></table>			Classes	Strength	BBA	81	BBA	82	BBA Strategic Finance	53	Bachelor of Computer Applications (Data Analytics)	70	B.Sc Computer Science, Mathematics, Statistics	74	B.Sc Biochemistry, Biology, Biotechnology	29	B.Sc Biochemistry, Biotechnology, Zoology	30	B.Sc Biochemistry, Biology, Microbiology	33	B.Sc Biochemistry, Microbiology, Zoology	31	Total	483
Classes	Strength																								
BBA	81																								
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Bachelor of Computer Applications (Data Analytics)	70																								
B.Sc Computer Science, Mathematics, Statistics	74																								
B.Sc Biochemistry, Biology, Biotechnology	29																								
B.Sc Biochemistry, Biotechnology, Zoology	30																								
B.Sc Biochemistry, Biology, Microbiology	33																								
B.Sc Biochemistry, Microbiology, Zoology	31																								
Total	483																								
Name of the Resource Person	Aditi Ghanekar																								
Designation of the Resource Person	Global Trainer for Colombo Plan & United Nations Office on Drugs and Crime (UNODC)																								
Brief note about the Resource Person (area of expertise, experience, etc.)	 - Has clinical experience for 20 years in TTK Hospital in deaddiction therapy - Woman of the year award winner from Ecolink global Alumni groups in 2022 - Specialist in addiction management for women (WISE Curriculum) - Carried out training in more than 20 countries - Ecolink faculty member																								

Screenshots of the Session

zoom Workplace Meeting Aditi Ghanekar's screen

Participants (172)

Find a participant

2518BAA57-NITISH G N

2518BAA58-Vishruth M

2518BAA60-Punith kumar

2518BAA61-Sushmitha

2518BAA63-saloni jain

2518BAA63, SALONI JAIN

2518BAA64-Mahanidhi

2518BAA65-Auxilia P

2518BAA67-AYAN A

2518BAA68-Juda

2518BAA70-Hari Prasad

2518BAA71

Invite Mute all

What are Psychoactive Substances?

- Enter the blood brain barrier
Small, *fat*-soluble molecules can enter
- Affect the functioning of the central nervous system.

Brain

Spinal cord

zoom Workplace Meeting Aditi Ghanekar's screen

Participants (219)

Find a participant

DM Dr M Caroline Maria (Co-host, me)

Ecolink Institute (Host)

Aditi Ghanekar (Co-host)

Invite Mute all

Classification of Psychoactive Substances

- **Stimulants**— *increase* the activity of the CNS, increases BP and heart rate
- **Depressants**— *decrease* the activity of the CNS, not a health drink
- **Opioids**— *decrease* the activity of the CNS, overdose leads to death
- **Hallucinogens**— produce a spectrum of vivid sensory *distortions* and markedly alter mood and thinking
- **Cannabis** – (marijuana, hashish) can cause psychotic breakdown
- **Inhalants** – (solvents, gases, nitrites) can lead to coma or death

2.5

Training on "Science of Addiction" for St. J...

Everyone New chat

2518CTZ16 14:18

Surrogate adds

Who can see your messages? Recording on

Message everyone

zoom Workplace Meeting Aditi Ghanekar's screen Sign in Recording... View

Dr M Caroline Maria Aditi Ghanekar Kevin George

What are Synthetic Drugs?

- Artificially produced substances which mimic the effects of existing illicit drugs
- The potency of synthetic drugs can be double than existing illicit drugs
- They cause much greater harm since the composition is unknown

Participants (235)

Find a participant

DM Dr M Caroline Maria (Co-host, me)

Ecolink Institute (Host)

Aditi Ghanekar (Co-host)

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone New chat

251BCTZ16 14:18

2 Surrogate adds

Who can see your messages? Recording on

Message everyone

Audio Video Participants 235 Chat React Share Host tools More Leave

28° ENG IN 14:25 26-09-2025

zoom Workplace Meeting Aditi Ghanekar's screen Sign in

Dr M Caroline Maria Aditi Ghanekar 251BBASF35 MARVIN Kevin George

How can youngsters stay drug free?

- If drug / alcohol use is being planned, suggest an alternative activity
- When someone offers drugs / alcohol,
 - Look at him right in the eye
 - Say 'No' - clearly, emphatically and repeatedly
 - Walk away if he persists
 - Stick to your decision to say 'No'
- ❖ Giving reasons for your decision may prolong the conversation – **beware**

2.18

Participants (244)

Find a participant

DM Dr M Caroline Maria (Co-host, me)

Ecolink Institute (Host)

Aditi Ghanekar (Co-host)

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone New chat

addictive and damaging to human beings they've caused numerous accidents and deaths

Who can see your messages? Recording on

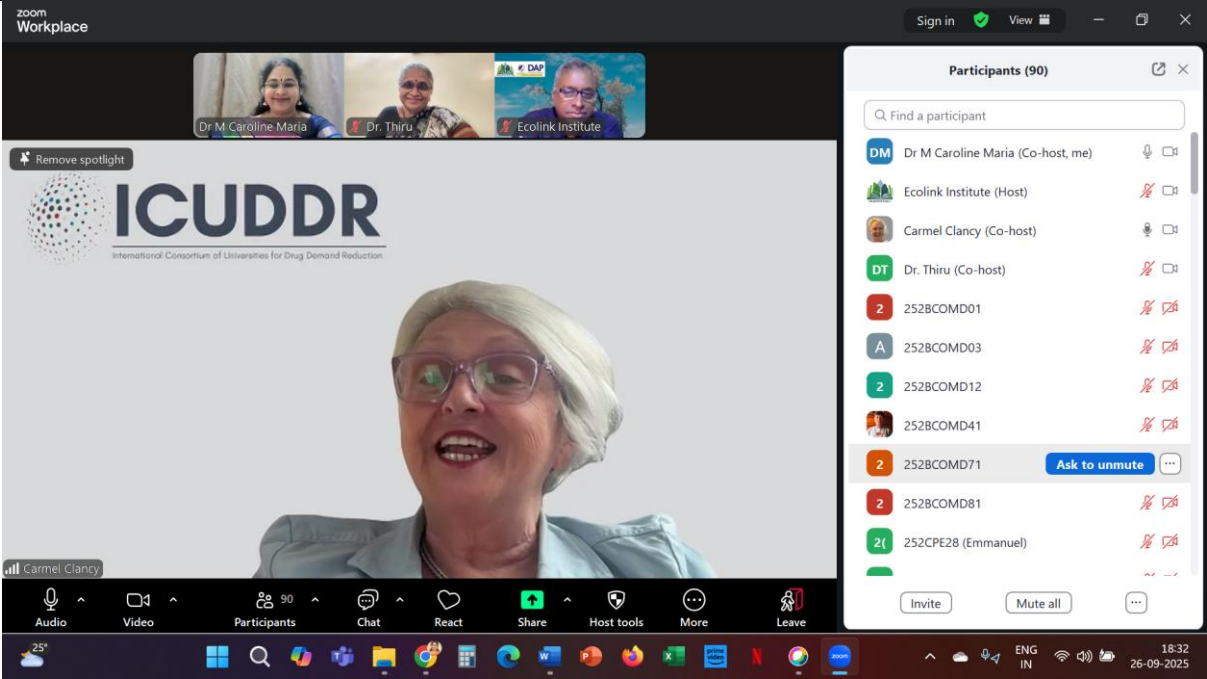
Message everyone

Audio Video Participants 244 Chat React Share Host tools More Leave

28° ENG IN 14:49 26-09-2025

Day 3	Fourth Session		
Date and Time of the Session	26.09.2025 Time: 6.30 p.m. – 8.00 p.m.		
Platform used in the Session	Join Zoom Meeting https://zoom.us/j/92066275072?pwd=tA0b9fFbyzgV3EHMXE9amQ4ZCsDiA1.1 Meeting ID: 920 6627 5072 Passcode: 694185		
Target Audience of the Session	Classes	Strength	
	B.A. Optional English, Journalism, Psychology	64	
	B.A. Communicative English, Political Science, Economics	48	
	B.A. Industrial Relations, Economics, Sociology	62	
	B.A. History, Economics, Political Science	79	
	B.A. Economics, Political Science, Sociology	62	
	B.A. History, Political Science, Sociology	43	
	B.A. Intl Relations and Peace St, Journalism, Public Policy	64	
	B.Com	88	
	Total	510	
Name of the Resource Person	Dr. Thirumagal		
Designation of the Resource Person	Global trainer, approved by the Colombo Plan and United Nations Office on Drugs and Crime (UNODC).		
Brief note about the Resource Person (area of expertise, experience, etc.)	 • She has clinical experience for over 30 years in treating drugs and alcohol dependents. • She was also in the curriculum development team with global experts. • Worked with TTK Hospital, Chennai for 25 years, Training consultant & Chief trainer for Ecolink Institute • She has doctorate in addiction sciences		



Chief Guest for the Session	Dr. Carmel Clancy
Designation of the Chief Guest	Director, International Consortium of Universities on Drug Demand Reduction (ICUDDR), London
Brief note about the Chief Guest (area of expertise, experience, etc.)	• Director, Center for Credentialing & Accreditation under ICUDDR • Director of ICAP Credentialing, license to practice as Internationally Certified Addiction Professional • Member of Government bodies and Universities in UK • Professor of Nursing studies • Curriculum Developer for addiction sciences among nurses. • Expert in addiction management • Advisor and Supporter for Ecolink Institute
Screenshots of the Session	

zoom Workplace Meeting Dr. Thiru's screen

Participants (178)

Find a participant

DM Dr M Caroline Maria (Co-host, me)

Ecolink Institute (Host)

DT Dr. Thiru (Co-host)

2 252BAEPS028

2 252BAEPS044

2 252BCOMD01

A 252BCOMD03

S 252BCOMD06

2 252bcmD10

R 252BCOMD12 Ask to unmute

2 252BCOMD17

Invite Mute all

25° ENG IN 18:41 26-09-2025

zoom Workplace Meeting Dr. Thiru's screen

Participants (184)

Find a participant

DM Dr M Caroline Maria (Co-host, me)

Ecolink Institute (Host)

DT Dr. Thiru (Co-host)

2 252BAEPS028

2 252BAEPS044

2 252BCOMD01

A 252BCOMD03

2- 252BCOMD04 - Angelia

S 252BCOMD06

2 252bcmD10

R 252BCOMD12

Invite Mute all

The Global Problem

■ Global consequences of SUDs are far-reaching and include:

- Higher rates of HIV, hepatitis & tuberculosis
- Lost productivity
- Injuries and deaths from automobile and other accidents
- Overdose deaths
- Suicides
- Violence

13

25° ENG IN 18:43 26-09-2025

zoom Workplace Meeting Dr. Thiru's screen Sign in

Participants (210)

Find a participant

DM Dr. M. Caroline Maria (Co-host, me)

Ecolink Institute (Host)

DT Dr. Thiru (Co-host)

Ronnie Scarl Thomas (Co-host)

252IES040

252BAEPS028

252BAEPS044

252BCOMD01

252BCOMD03

252BCOMD06

252BCOMD09

Ask to unmute

Invite Mute all

25° Meeting Dr. Thiru's screen Sign in

Participants (220)

Find a participant

DM Dr. M. Caroline Maria (Co-host, me)

DT Dr. Thiru (Host)

Ronnie Scarl Thomas (Co-host)

252BAEPS028

252BAEPS044

252BCOMD01

252BCOMD03

252BCOMD05

252BCOMD06

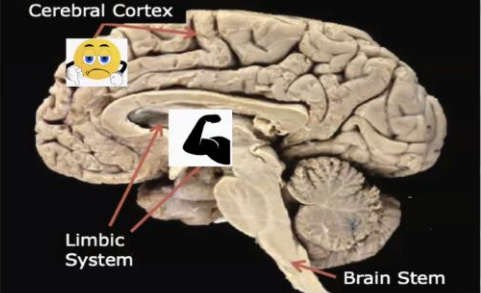
252BCOMD09

252BCOMD12- K RAGHAVAN

Invite Mute all

25° Meeting Dr. Thiru's screen Sign in

Strong emotions Struggling control



Cerebral Cortex

Limbic System

Brain Stem

Developing brain & Substance Use

- Neuro-cognitive deficits – 8 IQ points less
- Mental disorders
- Increased likelihood of developing addiction

	15 years	17 years	21+ years
Alcohol :	38%	28%	9%
Marijuana :	18%	10%	3%

25° Meeting Dr. Thiru's screen Sign in

zoom Workplace Meeting Dr. Thiru's screen Sign in

Dr. Thiru Dr. M. Caroline Maria

Cannabis - brain effects

movement sensations vision judgement reward memory coordination

Participants (235)

Find a participant

DM Dr. M. Caroline Maria (Co-host, me)

Ecolink Institute (Host)

DT Dr. Thiru (Co-host)

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone New chat

predominantly serve to promote c
to actively discourage substance
abuse?

Who can see your messages?

Message everyone

25° zoom Workplace Meeting Dr. Thiru's screen Sign in 19:40 26-09-2025

Dr. Thiru Dr. M. Caroline Maria Ecolink Institute

movement sensations vision judgement reward memory coordination

Participants (233)

Find a participant

DM Dr. M. Caroline Maria (Co-host, me)

Ecolink Institute (Host)

DT Dr. Thiru (Co-host)

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone New chat

end.
We are left with that at the end of
the day.

Who can see your messages?

Message everyone

25° zoom Workplace Meeting Dr. Thiru's screen Sign in 19:41 26-09-2025

zoom Workplace

Sign in View

Participants (230)

Find a participant

DM Dr M Caroline Maria (Co-host, me)

Ecolink Institute (Host)

DT Dr. Thiru (Co-host)

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone 252BCOM... New chat

252BCOM... Raja Pradyuma M P...

2R Sir what do we're do for the certificate again?

Who can see your messages?

Message everyone

Audio Video Participants Chat React Share Host tools More Leave

23° ENG IN 20:03 26-09-2025

zoom Workplace

Sign in View

Dr M Caroline Maria is talking...

Participants (220)

Find a participant

DM Dr M Caroline Maria (Co-host, me)

Ecolink Institute (Host)

DT Dr. Thiru (Co-host)

Invite Mute all

Training on "Science of Addiction" for St. J...

Everyone 252BCOM... New chat

Parinitha M. 20:03

PM thank you very much maam

Who can see your messages?

Message everyone

Audio Video Participants Chat React Share Host tools More Leave

23° ENG IN 20:03 26-09-2025

Day 4	Fifth Session																		
Date and Time of the Session	29.09.2025 Time: 2.00 p.m. – 3.30 p.m.																		
Platform used in the Session	Join Zoom Meeting https://zoom.us/j/97673900240?pwd=WVWFjoWxGcf5VIK36pss4rbISzxIBU.1 Meeting ID: 976 7390 0240 Passcode: 949948																		
Target Audience of the Session	<table><tr><th>Classes</th><th>Strength</th></tr><tr><td>B.A. Visual Communication</td><td>52</td></tr><tr><td>Bachelor of Vocation (Digital Media and Animation)</td><td>52</td></tr><tr><td>Bachelor of Vocation (Visual Media and Film-making)</td><td>51</td></tr><tr><td>B.A. Optional English, Journalism, Psychology</td><td>62</td></tr><tr><td>B.A. Theatre and Performance St, Op English, Psychology</td><td>43</td></tr><tr><td>Bachelor of Social Work</td><td>40</td></tr><tr><td>Total</td><td>300</td></tr></table>			Classes	Strength	B.A. Visual Communication	52	Bachelor of Vocation (Digital Media and Animation)	52	Bachelor of Vocation (Visual Media and Film-making)	51	B.A. Optional English, Journalism, Psychology	62	B.A. Theatre and Performance St, Op English, Psychology	43	Bachelor of Social Work	40	Total	300
Classes	Strength																		
B.A. Visual Communication	52																		
Bachelor of Vocation (Digital Media and Animation)	52																		
Bachelor of Vocation (Visual Media and Film-making)	51																		
B.A. Optional English, Journalism, Psychology	62																		
B.A. Theatre and Performance St, Op English, Psychology	43																		
Bachelor of Social Work	40																		
Total	300																		
Name of the Resource Person	Dr. Thomas Scaria																		
Designation of the Resource Person	Director of Ecolink Institute																		
Brief note about the Resource Person (area of expertise, experience, etc.)	• Global Trainer under United Nations Office on Drugs and Crime (UNODC) • Training provider for Colombo Plan • Over 10 years’ service with Colombo Plan • Founder of Link Anti Addiction movement & Treatment Centre in Mangalore • Over 30 years’ experience in Addiction treatment • Journalist																		
																			



Screenshots of the Session

The screenshot captures a Zoom meeting in progress. The main display area shows a presentation slide titled "Drug Abuse: Brain storming" with a word cloud containing terms like "DRUGS", "ABUSE", "HIGH USE", "MARIJUANA", "ADDITION", "OVERDOSE", "SCHOOL", "SUBSTANCE", "PROVIDERS", "DANGEROUS", "PROBLEMS", "HEALTH", "MENTAL", "MEDICAL", "ALCOHOL", "SMOKING", "HEROIN", "INJECTION", "DEPRESSION", "NEED", "BODY", "PATIENTS", "EMERGENCY ROOM", "REHAB", "TREATMENT", "MISUSE", "WITHDRAWAL", "MISADVENTURE", "MISMANAGEMENT", "MISPLACEMENT", "MISUSE", "MISMANAGEMENT", "MISPLACEMENT". The top of the screen shows the Zoom meeting controls and a list of participants. The bottom of the screen shows the Windows taskbar with various open applications.

Participants (219)

Participant	Role	Status
DM Dr M Caroline Maria	Co-host	Active
Ecolink Institute	Host	Active
KG Kevin George	Co-host	Active
E ecolink	Co-host	Active
2 242CPES1Aksha.A		Active
245JUF47009-Vishal G		Active
M 251 BBA SF 29 Mohammed Azeez		Active
2 251BBA872		Active
2D 251BBASF25 DARREL NOEL		Active
251BBASF38-Prajwal K A		Active
2R 251BBASF52-Graeme Rozario		Active

Participants (297)

Participant	Role	Status
DM Dr M Caroline Maria	Co-host	Active
Ecolink Institute	Host	Active
KG Kevin George	Co-host	Active

Training on "Science of Addiction" for St. J...

Everyone New chat

252HEP026_Shreyas S 14:07

Providers

Who can see your messages? Recording on

Message everyone

Why we should discuss about it?

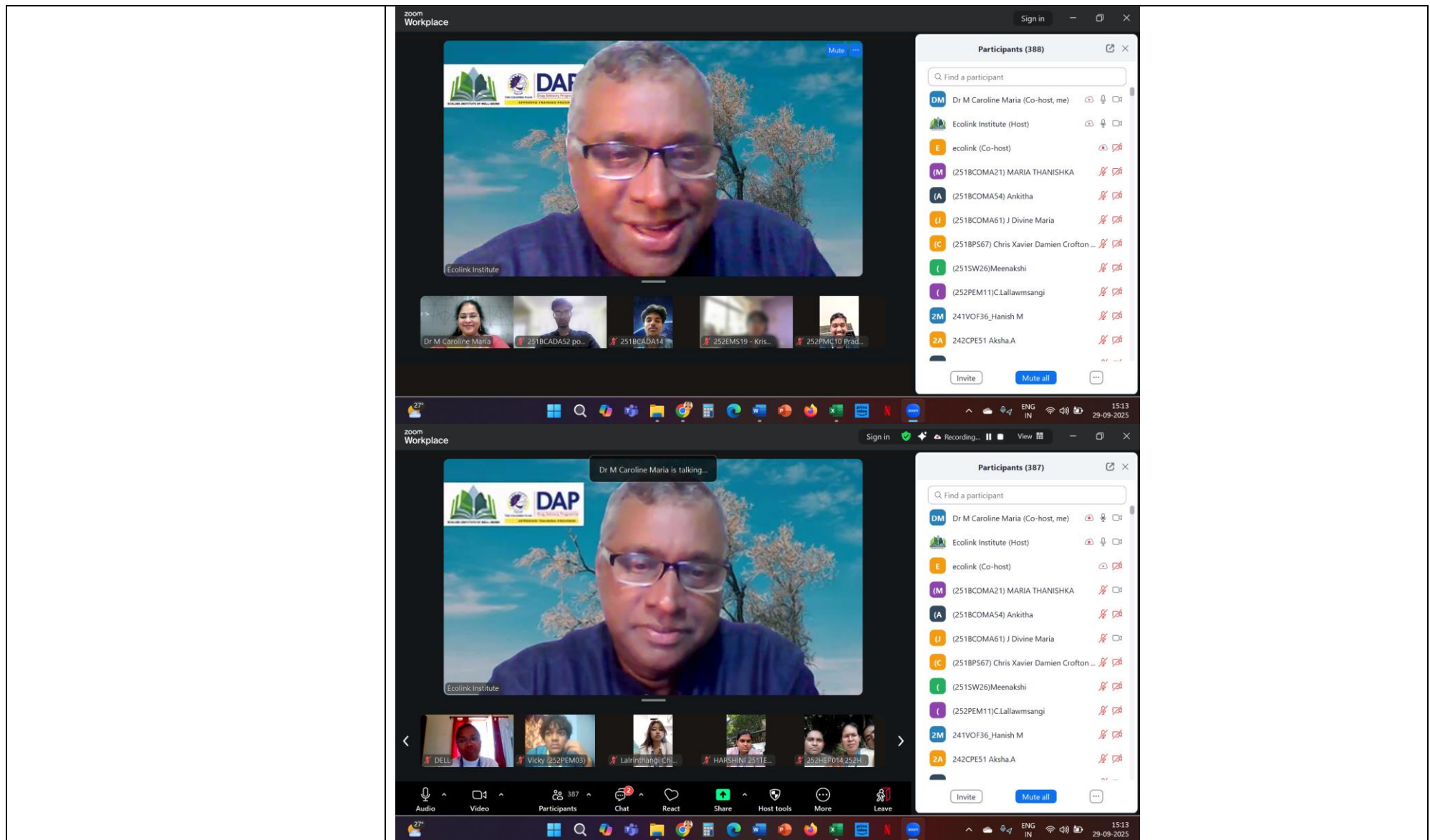
1. Bank on Curiosity & Peer pressure
2. The drug trade mechanism (Very often, the user is the pusher. Kings remain safe)
3. Multi level marketing strategy, each one of us
4. People still think, its not our problem
5. Our geographical position between Golden Crescent & Golden Triangle
6. Loopholes in our NDPS Act (several are booked but few are punished)

DRUGS SEIZED IN 2020

Category	Quantity	Value
Heroin	402 kg	\$3,394,000
Cocaine	1,708 kg	\$28,482,000
Marijuana	18,890 kg	\$1,890,000
Other	8,170 kg	\$1,890,000

2.3

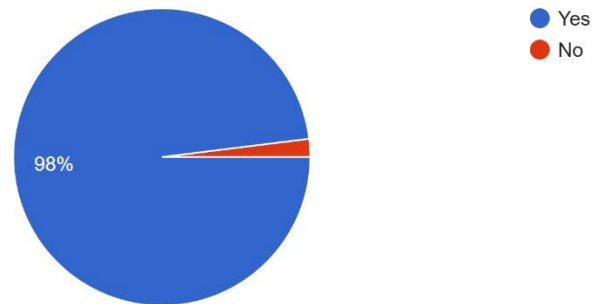
23



Feedback Received from Participants

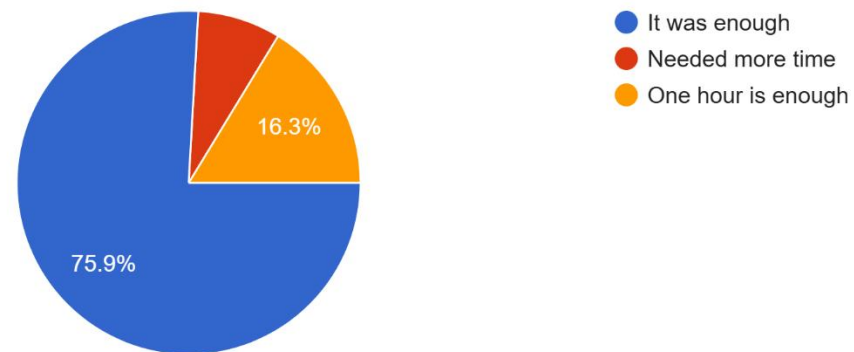
Did you benefit from the programme?

306 responses



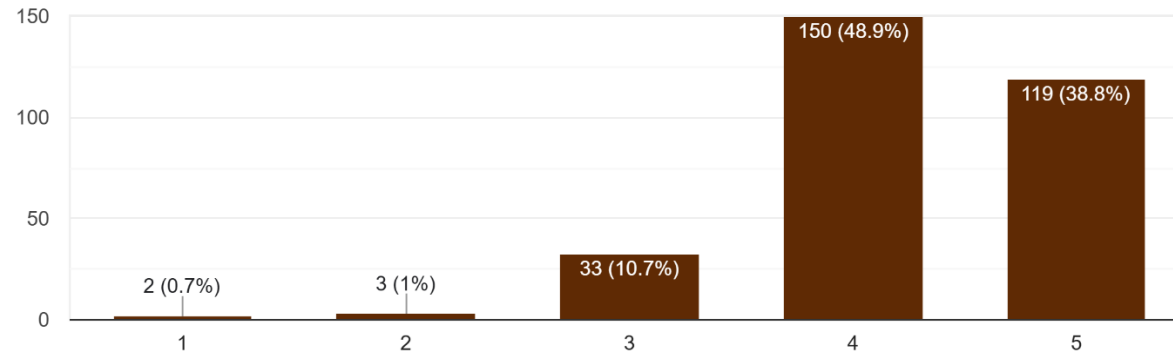
Do you think the duration of the session was enough?

307 responses



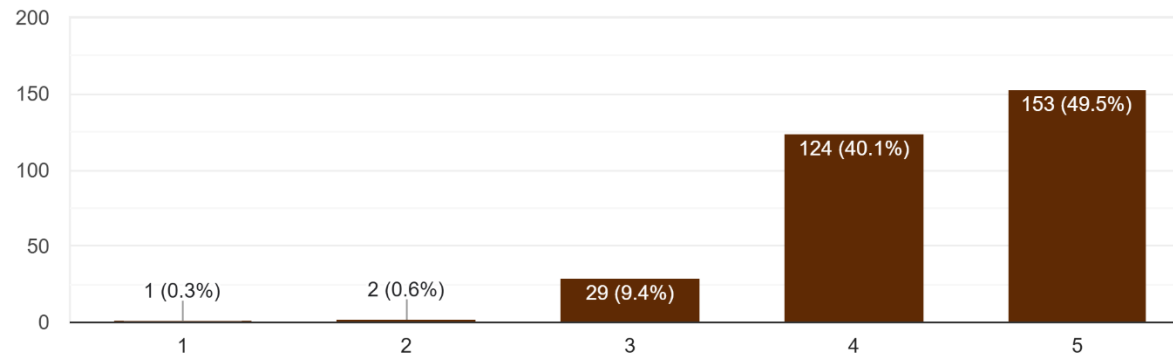
How would you rate the session out of 1 to 5 stars

307 responses



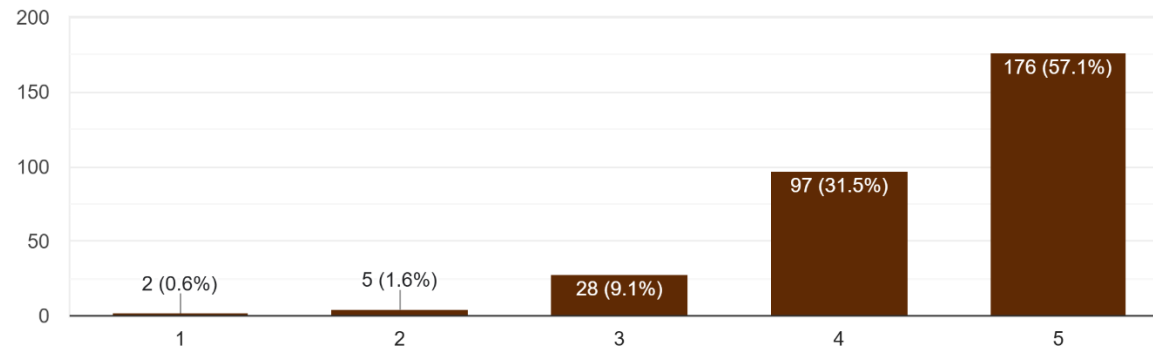
How would you rate the trainer out of 1-5 stars

309 responses



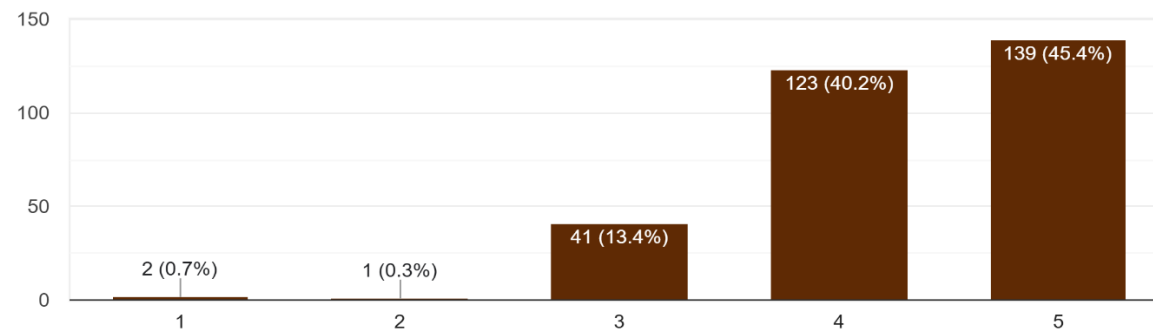
How will you rate SJU initiatives through Ignitors for organizing this event? 1-5

308 responses



How would you rate the Ecolink organizer's team? 1-5

306 responses



Feedback – Write one or two new learnings from the session	• No drugs • Use, abuse and addiction of Drugs • Recognizing the risk factors and long-term consequences of substance induced psychosis. • Side effects of alcohol and drug abuses • Control on our self • Difference between illegal and legal drugs Categorisation of drugs • Be good • Doing drugs or constant drinking may lead to addiction and ruins our life • Different type of drugs, it's implications, prevention, role as a student etc • There's a lot that goes on in our body while a substance is taken and it's not just the mind that gets affected but also the body. • Too know to take the right decision and not everything is good not baf • Learnt more and was interesting • Nicotine is more addictive than cannabis • We should not get addicted to psychoactive substances . • I learned a lot of things, one them included the significance of saying no to drugs and substance abuse. I believe it was really important to spread awareness regarding this topic. • Even though the government advertise the anti-drug abuse they still don't make it illegal • Say no to drugs • I learnt how V can keep ourselves cam and not get addicted to substances • I learned that substance use disorder is a medical condition affecting the brain, not just a habit. 2. I realized recovery is possible with support, treatment, and understanding. • Take care physical and mental health • Stay away from substances • How to become a great personality • Self-control and consequences of Substance abuse • We shouldn't depend on psychoactive substances. • What is legal substance and there causes • how addiction to bad habits spoil us • Happiness is the best virtue to cultivate in life
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- Only 20 percent of all addicts recognise that they have an addiction
- I learnt the various ways one can get addicted to substances
 - drugs destroy mentally over physically 2) learnt about different drugs and its side effects
- What does alcohol really do when you consume and the consequences, we have to face because of that. And try to help in any kind of way of those people who consume alcohol.
- How addiction works and how to overcome it
- Stop Drug use
- There will be plenty of excuses to fall under substance abuse but even more reason not to.
- Prevention methods from alcohol addiction Medicines.
- To keep our self in control
- Substance abuse, how to have a good posture in interviews, team work, ethics principles
- I have learnt about how the drug and addictions effect the brain The Science was very interesting and it was a great class...
- Addiction effects due to harmful drugs
- Stop drugs
- Great insights of realistic views
- This session was very important because it thought us about substance use, how dangerous it is and how peer pressure can led into substance abuse and addiction and how it is dangerous for everyone but especially kids and pregnant women
- More understanding about drugs
- Substances affect the development of our prefrontal cortex 2. Brain can be restored to its normal state with proper help
- Awareness about certain things and how brain works
- Drug consumption and especially addiction is harmful. Our curocity regarding drugs can be taken care by knowing more about it's working rather than consumption.
- How it's affect a person to repeat it again and again by scientific reason
- No more drugs
- Excessive use of any substance or anything ultimately is a drug
- Confidence
- It was good

- About the drugs
- Additional side effects
- 1)It's always good to make ourselves busy. 2) If there's a will there's a way
- Learnt about how the social and environmental cycle is interconnected
- Is that substance abuse not only harms health but also affects relationship and future goals
- We should avoid alcohol and drugs
- Not to be addicted to drugs
- Different types of drugs and how it affects a human at a cellular level (impact)
- Good session. Great topic
- Not to addict drugs
- We learned about the effects of alcohol and drugs and the science behind it
- How drugs affects the brain
- Impacts of drug addiction
- Impacts of drug addiction
- Don't get addicted to drugs coz it's bad
- About the aggressive behavior it leads to.
- That we have to avoid addictive substances especially drugs
- 1.They made us understand the importance of social presence 2.To develop self trust
- Stop addiction
- I got clarity
- Feedback is that it was lengthy yet informative, highlighting the long struggle of substance proliferation, and the simple yet tedious or lengthy process of overcoming it
- Say yes to health, say no to drugs
- About the addictions of various drugs and how adversely affects one
- How drugs actually affect the human body
- I didn't know how there are gender differences with substance abuse. It felt like something that was away from my world until I attended the seminar and the trainers talked about how many young adults abuse substances.

- New term psychoactive substances is any chemical affects central nervous system eg like medications. Drugs may be interchangeable with psychoactive substance but have possible way to carry negative connotations. Reward system in brain
- Different types of drugs, effects of drugs
- It's better to not to get addicted
- To not take drugs no matter the situation
- how various drugs affect the body how society is affected
- It was new for me to learn
- Stay away from social evil
- AVOIDING OF DRUGS
- Never get addicted to any bad habits
- It gave me the clear mindset of the drug nation and its different types
- To avoid drugs like substance
- Stop Abusing Drugs Abuse of Drugs Can Cause Health Issues Spread Awareness of Drugs Among Friends
- Popular media and culture has shown that alcohol use is recreational in nature and doesn't have dastardly effects on the health, at least not as much as cigarettes and other hard drugs. This session busted that myth for me. I understood that alcohol is as bad of a drug as the others and it also has extreme effects on our health. I've learned not to get swayed by peer pressure and to maintain a distance from alcohol.
- I learned the importance of self-belief and how having a positive mindset can help me overcome challenges and achieve my goals.
- I learned a lot and i shall implement them
- Substance abuse can be avoided by seeking therapeutic help. Substance abuse is bad.
- I learnt a lot of different things
- I have learnt not to use substance
- Drugs and socialization
- It was interesting and useful

Feedback – Any suggestions to improve?	• It was good • Don't keep an online session during classes maybe. • I believe it could've been more interactive in a way, other than that it was very interesting! :) • I would want in offline • The session was really useful. It would be great to have a few follow-up discussions or activities to reinforce what we learned. • If have clear network then it's more good • Nothing everything was perfect and useful • I have gained the knowledge of addiction • Timings weren't that feasible to attend, at 2pm cause most of the students travel during that time after completing college to their homes • It was a really good program • Time limit • Answering all questions at the end of the session instead of in between • Improve the IT team for preventing any nuisance. • No suggestion it's Good • To include more real life stories • Little more information about the topic • Nothing to improve • I feel like the Q&A session could be a bit longer. • Its simply great, perhaps a little more of interaction and the use of visuals but fine since its an online session. • Meditation • I think the presentations could be more put together. Other than that it was a good session. • No suggestions everything was perfect • During the class someone's mic was on it was really disruptive. • It was good • Skill-building programs: Help youth develop coping skills for stress, peer pressure, and decision-making. • No Suggestions Needed
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- Everything was good.
- No improvement
- Nothing as of now
- It was pretty good overall, gained some insights into the topic .
- Could reduce the time
- All good
- Include short videos or visuals to make the session more engaging and easy to understand.
- No it was nice
- I think that, sessions with these discussions taking place should've been conducted offline, would've been more interactive and effective
- Yes that more activity or games would have done to motivate all the students to participate and share their different perspectives apart from the question and answer session.
- Dont make it too long and maintain discipline in online zoom meeting.
- Was very helpful no need to improve very much clear and interesting
- Using more practical examples, Providing resources and follow up
- Everything is good
- No, it's really good and we understand properly. And we learn the new things.
- No suggestions. One of the best and perfect sessions that I have ever attended.
- Reduce the duration
- Everything was perfect
- Include real-life case studies or testimonies for stronger impact. Add interactive activities like role plays or quizzes to engage better. Share more practical coping strategies to handle stress and peer pressure.
- you can reduce the time
- It could be still more in less duration
- I think counselling students with known addiction and getting them the help they need would be far more targeted and helpful
- Yes please control the meeting as people were going out of limit
- No suggestions it was perfect
- Videos would help

	• More Interactive Activities: Include quizzes, role-plays, or games to make learning engaging. • Everything was perfect • It was a great session • Please don't let everyone unmute • It was good but needed videos to include as an example of situations. • More deeper topics • Not really, but I feel like it would be better to have it class wise. • Make the session more interactive • Would've been happy if it was an offline session
Challenges faced during the Session	• During first session alone few participants with fake IDs were mischievous for few seconds and they were removed from session by IT team
Suggestions to overcome the challenges	• Allowing students with proper ids in online platform • Opting for Microsoft Teams to Run these Workshop
Overall impression of the sessions	• Many students were happy and learnt a lot about substance abuse • Many students expressed this session was an eye opener for them