





# COLLEGE OF ENGINEERING AND TECHNOLOGY (An Autonomous Institution) Affiliated to Anna University | Approved by AICTE

Avadi, Chennai – 600 054



## ANTI-DRUG AWARENESS BOOKLET

Towards a Drug-Free Tamil Nadu









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#### MESSAGE TO STUDENTS

Dear Students,

As you begin this academic journey, remember that your choices shape your future. Drug abuse is very harmful — it quietly damages health, affects studies, and destroys potential.

You are the strength of our nation. Your decisions affect not only your own life but also the future of society.

We ask you to stay alert, support each other, and always say NO to drugs in any form. Our institution is committed to giving you a safe, supportive, and drug-free learning environment.

If you or someone you know needs help, please reach out to:

Faculty members, Class advisors, Heads of Departments (HoDs), Deans, Principal or Helpline resources

All complaints and concerns will be handled with care, safety, and full confidentiality.

Let us make this academic journey one of courage, clarity, and purpose. Together, let us build a Drug-Free Tamil Nadu.

Warm regards

**Anti-Drug Committee – SPCET** 





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#### What Are Drugs?

Any Chemical that alters the Physical or mental functioning of an individual is a drug.

#### **Drug Abuse**

When a drug is taken for reasons other than medical, in an amount, strength, frequency or manner that causes damage to the physical or mental functioning of an individual, it becomes "drug abuse".

#### **Dependence and Tolerance**

Drug abuse can lead to drug addiction with the development of tolerance and dependence. Tolerance refers to a condition where the user needs more and more of the drug to experience the same effect. Slowly drug dependence develops.

#### **Common Types of Drugs Misused by Students**

Type of Drug	Examples	Risk
Tobacco	Cigarettes, chewing tobacco	Cancer, lung disease
Alcohol	Beer, wine, liquor	Liver damage, accidents
Cannabis	Ganja, marijuana	Memory loss, dependency
<b>Prescription Drugs</b>	Painkillers, sleeping pills	Overdose, addiction
Synthetic Drugs	LSD, MDMA, Ecstasy	Hallucinations, brain damage
Inhalants	Glue, paint thinners	Brain cell death, suffocation





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Using drugs may seem like a personal choice at first—but it affects every part of your life and everyone around you. Below are the key reasons why staying away from drugs is the smartest decision you can make:

#### 1. Health Hazards

- **Brain Damage**: Drugs alter your brain chemistry and reduce your memory, attention, and decision-making ability.
- Liver and Lung Damage: Long-term use leads to liver failure and respiratory issues.
- Heart Problems: Increased risk of heart attack, stroke, and high blood pressure.
- Weakened Immune System: Making you more prone to infections and disease.

#### **▼ 2. Mental Health Issues**

- Increases anxiety, depression, and paranoia.
- May lead to hallucinations and psychosis.
- Long-term use increases the risk of suicidal thoughts and emotional instability.

#### 3. Academic Failure

- Declining focus, absenteeism, poor grades.
- Dropping out of college or being suspended.
- Loss of motivation and creativity.

#### 4. Career Destruction

- Criminal record from drug use affects future job prospects.
- Failures in drug tests during placements or employment screening.
- Poor work ethics and instability due to substance dependency.

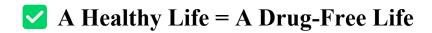
#### 5. Legal Consequences

Under the NDPS Act (Narcotic Drugs and Psychotropic Substances Act, 1985):

- Possession, use, or trafficking of drugs is a criminal offence.
- **Punishment** includes imprisonment and heavy fines.
- Even being present in a place where drugs are consumed can lead to legal trouble.

#### **▼** 6. Impact on Family and Society

- Emotional pain and financial burden on your loved ones.
- Social isolation and loss of trust.
- Encourages a cycle of addiction and despair in the community.











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## **ANTI-DRUG SUPPORT & HELP RESOURCES**

### <u>ANTI-DRUG CAMPAIGN – TAMIL NADU</u>

https://www.drugfreetamilnadu.tn.gov.in/en

### **DRUG FREE TN Mobile App**













# NARCOTIC INTELLIGENCE BUREAU, CID OF TAMIL NADU

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