

Awareness session on Methamphetamine

Art and Culture Society, IMSciences arranged an awareness session on Methamphetamine and the side-effects associated with its use. Honourable Director IMSciences, Dr. Muhammad Mohsin Khan officially inaugurated the session and welcomed CCPO Peshawar, Mr. Qazi Jamil-ur-Rehman and SP Peshawar Cantonment, Mr. Wasim Riaz to IMSciences. Speaking with reference to the session's topic, Dr. Mohsin said we (parents) usually remain in a state of denial, thinking our children would never get involved in drugs. We're in fact only making our lives easier thinking this way because anyone can fall victim to this menace.

Dr. Asad, who is coordinator for Masters in Public Health (MPH) Program and faculty member at IMSciences and deals with medical and psychological problems, proceeded to giving a presentation where he talked about the scourge of Methamphetamine. Methamphetamine is more commonly known by its street name, *ICE, Meth* or *Crystal Meth*. Dr. Asad shed light on different ways in which meth consumption can destroy a person's life. He pointed out certain symptoms associated to the use of meth such as memory loss and teeth shedding, which can happen with prolonged use of meth. Moreover, people get drawn to using drugs because they feel alone or weak and so it is our moral duty to help anyone going through such a phase before s/he falls prey to drugs such as ICE.

SSP Cantonment Peshawar, Mr. Wasim Riaz Khan in his turn talked about the different measures taken by the police to curb the menace of ice that is destroying our youth. He talked about how meth dealers carry very small amounts of meth with them so even if they get busted they are released after spending a couple of nights in the jail.

CCPO Peshawar, Mr. Qazi Jamil-ur-Rehman then shared a few but heart-wrenching examples of negative effects of using ice. He talked about how only recently a civil servant shot his wife dead because he was under the influence of ice. He shared statistics about ice users in Peshawar alone which reach to around fifteen thousand users, a quarter of which are female users.

The session was followed by a question and answer session where Mr. Qazi Jamil-ur-Rehman answered different questions posed to him by the students. In the end, Director IMSciences presented the police officers with shields and everyone proceeded to doing a peace walk against the use of ice.