

Seminar on Drug Abuse, Youth Delinquency, and Anger Management

On Friday, September 20, 2024, a seminar addressing the pressing issues of drug abuse, youth delinquency, and anger management was held at IMSciences, organized by the Khyber Pakhtunkhwa Centre of Excellence on Countering Violent Extremism (KPCVE). The event brought together renowned experts and engaging speakers who shared their insights with students, aiming to raise awareness and equip the youth with the tools necessary to manage these challenges. The seminar garnered significant interest from the student body, who actively participated in discussions.

Keynote Speakers

The seminar featured three prominent speakers:

Mr. Qasim Ali, Director General of KPCVE, delivered the opening address. He discussed the crucial role the KPCVE plays in addressing violent extremism and countering youth delinquency. Mr. Ali highlighted how drug abuse and unmanaged anger are contributing factors to the rise of violent tendencies in young people. He stressed the importance of early intervention and the need for educational institutions to take an active role in shaping the minds and attitudes of students. Mr. Ali's message was clear: the battle against violent extremism begins by addressing the root causes, such as substance abuse and behavioral issues.

Dr. Ayaz, an esteemed scholar in the field of psychology, followed with a detailed presentation on the psychological and social factors that drive young people toward drug abuse and delinquent behavior. Dr. Ayaz emphasized the importance of mental health awareness, particularly for adolescents and young adults. His talk also touched on the influence of peer pressure, family environment, and socio-economic conditions that often push vulnerable individuals into substance abuse. Dr. Ayaz advocated for a comprehensive, community-based approach that focuses on prevention, treatment, and rehabilitation to help those affected.

Dr. Asfandyar, Coordinator of the Department of Conflict and Peace Studies at the University of Peshawar, provided an insightful analysis of the relationship between youth delinquency and broader societal conflict. He drew from his experience in conflict resolution, emphasizing how anger management is critical in preventing young people from falling into patterns of violence and rebellion. Dr. Asfandyar highlighted the need for educational institutions to offer structured programs focused on conflict resolution, emotional regulation, and interpersonal communication to equip youth with the skills necessary to manage anger in a healthy way.

Student Engagement and Response

The seminar attracted a large number of students, who demonstrated a keen interest in the topics discussed. Many students raised pertinent questions regarding the role of technology, social media, and other modern-day influences in exacerbating the issues of drug abuse and delinquency. The speakers addressed these concerns by acknowledging the complex landscape young people navigate today and stressing the importance of digital literacy and responsible media consumption.

Several students shared personal experiences related to peer pressure and anger management, creating an open and engaging dialogue between the speakers and the audience. This interaction underscored the importance of such seminars in creating a platform for youth to voice their concerns and seek guidance from experts.

Ms. Naheed