

## Post Graduate Government for Girls, Sector 42, Chandigarh

### Report of Lecture on “Mobile Phones and Drug Abuse: A Growing Concern”

Dated: 11<sup>th</sup> March, 2026

A lecture on “**Mobile Phones and Drug Abuse: A Growing Concern**” was organized by the Drug Deaddiction Society “Nijaat” of PGGCG-42, Chandigarh on 11<sup>th</sup> March, 2026 to raise awareness among students about the increasing impact of technology overuse and substance abuse on young people. The session was attended by **120 students**, who participated with great interest and enthusiasm.

The keynote speaker for the lecture was **Dr. Nayanika Singh**, an expert in youth mental health and behavioural awareness. Dr. Singh highlighted how excessive use of mobile phones can lead to reduced concentration, poor academic performance, sleep disturbances, and social isolation.

The lecture was also graced by the presence of the respected Principal mam Prof. Binu Dogra, Convenor of the Society “Nijaat” Dr. Rumeena Surjit Singh, Dr. Shefali Malhotra, organising team comprising of Dr. Rashmi Kohli and Dr. Davinder Kaur.

During the lecture, Dr. Singh also addressed the growing problem of **drug addiction among adolescents**. She discussed the common causes such as peer pressure, curiosity, stress, and lack of awareness.

The lecture concluded with an interactive question-and-answer session where students shared their thoughts and concerns. The session proved to be highly informative and inspiring, helping students understand the risks of mobile phone overuse and drug addiction while motivating them to make responsible choices in their daily lives.



Dr. Rumeena Surjit Singh  
Convenor

Drug Deaddiction Society “Nijaat”



Prof. Binu Dogra  
P.G. Principal, P.G. Government for Girls  
PGGCG-42, Chandigarh

