

The Sydenhamite

THE BULLETIN OF SYDENHAM COLLEGE ALUMNI ASSOCIATION/



FOR PRIVATE CIRCULATION ONLY/WWW.SYDENHAM.AC.IN VOLUME NO.3, ISSUE NO.11, JUNE 15, 2023

From the Editorial Team

Dear Readers,

We present to you, 'The Sydenhamite' June 2023 edition.

This month's edition draws your attention to a bunch of important articles, starting from Mr. Dilip Piramal, who has been appointed chairman of the board of the SydAlumni Association, to the interesting insights about Olympics Days. Furthermore, a fascinating article about the futuristic Sydenham College, an interesting transformation. The newsletter also speaks about cyberbullying and some measures to get rid of it. Besides that, it also shed light on the significance of music as an art.

You will find many more intriguing articles as you deep dive into this newsletter.

We are sure you will have a great time reading our June edition as much as we did while curating it.

Cheers to reading!



Sneak Peek into The Sydenhamite's June 2023 Edition

1. Home Away From Home ?

They say "Home is Heaven" - so true! This article covers the emotional aspects of leaving home, whether it's for the need for a good education or in search of a great career. This article might give you some nostalgic vibes.



2. CYBERBULLYING: The Threat to be removed by its roots

This article briefly covers cyberbullying and the rapid rise of cyberbullying activities, along with some ideas and measures to stop the same.



3. The Milk Revolution: An Ode to Amul India

This article talks about India's revolutionary transformation in the dairy sector. It also covers the humble beginning success story of Amul and how it aimed to remain at the forefront of the dairy industry.



4. Music: A Healing Art

We all love music, don't we? This article explains the significance of music as an art and its origin. Many people also consider music a form of therapy; hence, music is a healing art.



5. Olympic Day

This article includes the rich history of the Olympic Games and their origins.

It also talks about the country's spirit towards the Olympics.

From its tradition to the impact that it has made on many Olympic players by providing the opportunity and platform to make themselves and their country proud



6. Rise in the toll of drug abuse

The title says it all; this article covers the rapid rise of drug abuse among youngsters and how important it is to take measures towards the same in order to prevent the youth from diving into a harmful future.

7. Futuristic Sydenham College

This is a very interesting one, as we have advanced with our imagination and creativity towards Sydenham College. It talks about the beautiful transformation of Sydenham College over a period of decades.



8. Mr. Dilip Piramal

This article makes a major announcement about Mr. Dilip Piramal, who has been appointed chairman of the board of the SydAlumni Association. This article provides a brief overview of Mr Dilip Piramal. His achievements, contributions, and success in his professional life



[sydenham_alumni](#)



[SydenhamAlumni](#)



[Sydenham Alumni Cell](#)



[Sydenham Alumni Cell](#)



[SydAlumniCell](#)

They say "home is where the heart is" and it stands true.

We all have that one apartment, where our hearts belong, where we have belonged, since we entered as freshmans and are taking back home from college innumerable versions of ourselves. Moving out for college from one's hometown to a stranger apartment is a nerve-wracking experience in itself. I do not think there are words that do enough to convey the range and depth of emotions that one goes through from the point of acceptance to moving onto any given college campus. It marks the beginning of a new chapter filled with opportunities, growth, and independence.

While the prospect of venturing into a new world and embracing new experiences is thrilling, it's also natural to experience a rollercoaster of emotions during this transition. One of the first emotions that many individuals feel when they start preparing to move out for college is excitement. The anticipation of living on your own, making new friends, and exploring unfamiliar surroundings can be exhilarating. The idea of having the freedom to make your own decisions and carve your own path is invigorating. You might find yourself daydreaming about the endless possibilities that lie ahead and eagerly counting down the days until you embark on this new adventure. However, amidst the excitement, there is often a bittersweet tinge of sadness. Leaving behind the familiar comforts of home, family, and friends can be challenging.

The thought of being away from loved ones for an extended period can

trigger feelings of nostalgia and even anxiety. Memories of childhood and the warmth of family gatherings may flood your mind, making you realize how much you'll miss those moments. The 4 corners of the new house become your new best friends, they listen to you and sometimes you wonder how underrated comfortable silences are with your roommate, just cribbing about your messed up sleep schedule. From craving for junk in your hometown to doing just fine with hostel's dal rice, we all learn to value the maa ke haath ka pyaar and khaana. The girl who used to not even enter the laundry room, now makes her own bed sheets in the hope of recognising her house's aromatic powder and belongingness. We adapt to sleeping on the bed without our siblings and the emptiness becomes our companion for the time being.

One comes to the life altering realization of saving money and planning expenses accordingly. The friends back home that used to spoil you are now replaced by your peers and roommates that teach you infinite things, most importantly, to deal with absence even when they're present around and to know loneliness even while being surrounded by large group of people that induces a sulking feeling in you over how little molecule size importance you've in this big world. Figuring out a new city and making space for yourself can be so overwhelming at times. The independence one may have hoped to explore may end up being a wide range of atrocities beyond their imagination. Being put in uncomfortable situations and not having your family around makes you appreciate them a little more every



Home Away From Home?



time you go back home for a break. One of the most evident aspects of this newfound independence is the freedom to make decisions. For the first time, individuals have the power to choose their own courses, set their schedules, and take charge of their education. They have the opportunity to explore subjects that genuinely interest them and shape their academic path.

While the transition may be daunting at first, the independence gained through moving out for college is immeasurable. It is a stepping stone towards adulthood, empowering individuals to become more self-reliant, confident, and capable of navigating the challenges that lie ahead. Time management is crucial when living away from home. College life often involves juggling classes, assignments, extracurricular activities, and a social life. Learning to prioritize tasks, set goals, and manage your time efficiently will help you stay on top of your responsibilities and maintain a healthy work-life balance. Initially, a person may feel a mix of nervousness and anticipation when meeting new classmates and roommates.

The fear of not fitting in or being accepted by their peers can be daunting. However, as time goes by, they realize that everyone around them is also navigating the same journey of self-discovery. This realization helps alleviate the pressure and fosters a sense of camaraderie. As friendships begin to form, a person may experience a sense of belonging. These newfound connections create a support system outside of the family, providing comfort during moments of homesickness. Additionally, being surrounded by a diverse group of peers opens up a world of new perspectives and ideas. Engaging in intellectual discussions, participating in group projects, and exploring various extracurricular activities

expose individuals to different cultures, beliefs, and values. This exposure broadens their horizons and allows them to develop a more inclusive and empathetic worldview.

However, amidst the excitement, it is natural to also experience bouts of self-doubt and comparison. College environments can be competitive, and witnessing the achievements of others may trigger feelings of inadequacy. It is almost impossible to imagine how a new house could make you feel so accepted and at peace when lucky enough. You cry and giggle and gather a bunch of evolved versions of yourself and looking back, you're nothing but grateful for the changes you embraced willingly or unwillingly. Ultimately, the college experience is a rollercoaster of emotions. From the initial nervousness to finding a sense of belonging, and even moments of self-doubt, it is a transformative period in one's life. Embracing these feelings, seeking support when needed, and staying true to oneself can lead to a rewarding and fulfilling journey through college and beyond.



Cyberbullying:

We often look around us whether it's in a school or a college.

There is always someone who harasses, abuses, intimidates, or coerces people, especially weaker or vulnerable in some way. This is something that is easy to be taken care of but often ignored by many. There are multiple cases of classic bullying even when it is banned around various states.

Young people have started bullying others on the internet via various platforms, which is cyberbullying.

A frequently used definition of cyberbullying is "an aggressive, intentional act or behavior that is carried out by a group or an individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself."

Various types of cyberbullying would include, Cyber Stalking where a cyber-criminal uses the internet to consistently threaten somebody. This crime is often perpetrated through email, social media, and the other online medium. Trolling, a troll is Internet slang for a person who intentionally tries to instigate conflict, hostility, or arguments in an online social community. Platforms targeted by trolls can include the comment sections of YouTube, forums, or chat rooms. Hate raids, On Twitch and other live streaming services, hate raids are situations where a stream is "raided" by multiple viewers simultaneously that flood the chat with harassing and hateful messages, preventing the streamer from executing their stream.

Cyberbullying is in many cases an extension of already existing traditional bullying. Students who are bullied via the Internet have, in most cases, also been bullied in other more traditional ways before (e.g., physically or verbally). There are few students who are bullied exclusively over the Internet; these cyber victims are often physically stronger students, which causes bullies to prefer online confrontations over face-to-face contact at school. Depression in adulthood, and bullying's effects can be as bad or worse than child abuse, studies show.

It also examined the prevalence of so-called "bully-victims," meaning teens who both bully others and are bullied. Research on offline bullying shows these kids to be most at-risk for mental health problems. A study found that 5.4 percent of teens were bully-victims, while the other reported a prevalence of 11.2 percent.

Alarming, teens typically suffer cyberbullying in silence. "Kids really are hesitant to tell anyone when cyberbullying occurs,". "There seems to be a common fear that if they tell their parents, for example, they'll lose their Internet access."

The victims of cyberbullying can be anyone, including children, teenagers, adults, celebrities, or public figures. Social media platforms, such as Facebook, Twitter, Instagram, and WhatsApp, are commonly used for cyberbullying activities. Perpetrators may engage in activities like spreading rumors, sharing private or explicit content without consent, making derogatory comments, or impersonating others to cause harm.

The Threat To Be Removed By Its Roots



To address the issue, the Indian government has implemented various legal measures. The Information Technology Act, 2000, was amended in 2008 to include provisions against cyberbullying. Section 66A of the act criminalized the sending of offensive messages online, but it was struck down by the Supreme Court of India in 2015 due to concerns over its potential misuse. However, other sections of the act, such as Section 67 and Section 67A, still criminalize certain forms of online harassment and distribution of explicit content.

Additionally, victims of cyberbullying can file complaints with the police or report the incidents to the Cyber Crime Cell in their respective states. Many state police departments have dedicated cybercrime units to handle such cases. Social media platforms have also introduced reporting mechanisms and guidelines to combat cyberbullying.

However, despite these efforts, cyberbullying remains a persistent problem in India. Awareness campaigns, digital literacy programs, and school initiatives are crucial in educating individuals about responsible online behavior, promoting empathy, and fostering a safe and respectful digital environment. The classic example of such bullying include bullying of classmates over social media presence or commenting disgustfully under some influencer's post without respecting their privacy.



The Milk Revolution-

In 1970, India launched the 'White Revolution' or 'Operation Flood', led by Dr. Verghese Kurien, to address the country's dairy deficiency and transform it into the global leader in milk production. The program aimed to bridge the gap between dairy farmers and consumers by eliminating middlemen and ensuring that farmers directly benefited from their labor.

The success story of Amul, a cooperative formed in Gujarat's Anand district, played a significant role in the revolution. Driven by Kurien's innovative systems, including direct farmer-consumer connections, Amul became a symbol of the movement. Prime Minister Lal Bahadur Shastri's visit to Anand in 1964 further inspired the replication of the Anand model across India.

The Operation Flood unfolded in three phases over three decades. It saw a significant increase in rural milk procurement and the involvement of millions of farm families. The movement empowered women dairy farmers, with around 1.7 million women participating and several all-women cooperatives emerging. By the end of the operation, milk output had surpassed 70 million tons, allowing India to double its per capita milk consumption and overcome the era of milk rationing and aid dependence. Amul is an Indian dairy cooperative that has been operating in the milk market for several decades. It's general strategy for entering the milk market, based on its historical approach.

The Cooperative Model, Amul follows a cooperative model wherein it works closely with farmers. It has formed an extensive network of dairy cooperatives across various states in India. This model ensures the procurement of milk directly from

farmers, eliminating intermediaries and providing them with fair prices.

Amul has established a strong and recognizable brand in the milk market. It has consistently focused on promoting its brand through advertising campaigns and innovative marketing strategies. The famous Amul girl, a cartoon character featured in their advertisements, has become an iconic symbol.

Amul has built an extensive distribution network that reaches both urban and rural areas across India. It has established a large number of retail outlets, known as "Amul Parlors," which exclusively sell Amul products. These parlors act as a key touchpoint for consumers to access Amul's milk and other products.

Amul has historically focused on providing affordable and competitively priced milk and milk products. This strategy has helped it penetrate different market segments and cater to a wide range of consumers.

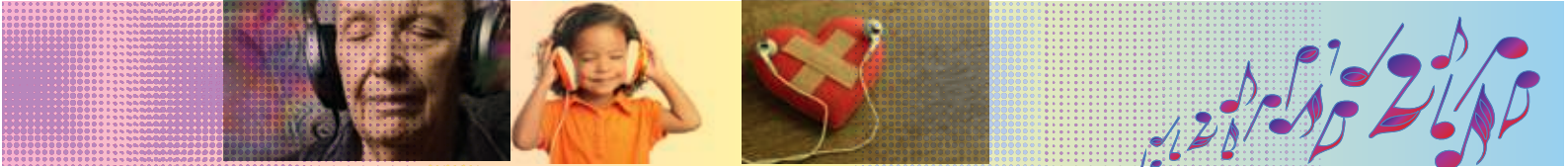
It has played a significant role in uplifting rural economies by empowering farmers through its cooperative model. It has provided training and education to farmers, enabling them to improve milk production and productivity. By addressing social issues and supporting local communities, Amul has gained trust and loyalty from consumers.

India's White Revolution is a testament to the power of collective ambition and the impact of grassroots cooperative movements. It transformed the dairy industry, provided employment and income opportunities in rural areas, and showcased the potential of empowering farmers and women in agriculture.



An Ode To Amul India





Music- An Healing Art

A world without music would have no meaning to many and World Music Day is observed to celebrate the power of this art. Also known as F^{te} de la Musique, it is celebrated on 21st June globally for motivating budding, young and professional musicians to perform. More than 120 countries celebrate World Music Day and organize free public concerts in parks, stadiums and public places.

The origin of music can be traced back to the very roots of human language. In ancient times, humans communicated through simple vocalizations, using sounds and tones to convey meaning. These primitive vocalizations gradually evolved into more complex forms of expression, incorporating rhythm and melody. As language developed, so did the use of music. It became a powerful tool for storytelling, rituals, and cultural expression. Music provided a way to engage emotions and connect with others on a deeper level. Over time, musical elements such as pitch, rhythm, and harmony became intertwined with language, creating a rich tapestry of human expression that continues to resonate with us today. The history of music spans across millennia, enriching human culture in profound ways. From ancient civilizations to modern times, music has evolved and transformed, reflecting the diverse beliefs, emotions, and social dynamics of each era. In ancient civilizations such as Egypt, Greece, and Mesopotamia, music played a vital role in religious rituals and social gatherings. These early forms of music were characterized by simple melodies and rhythmic patterns.

The Baroque era showcased the

development of orchestras and the emergence of prominent composers like Bach and Handel. Classical music, exemplified by the works of Mozart and Beethoven, followed, featuring symphonies, sonatas, and operas. Over the years, numerous musicians and artists from different corners of the globe have made significant contributions to the world of music. In this article, we will explore some notable achievements in music from various parts of the world, showcasing the diversity and richness of the global music scene.

The first example is Latin Music's Global Dominance: Latin music witnessed a remarkable surge in popularity worldwide. The genre, led by artists like J Balvin, Bad Bunny, and Rosalía, broke language barriers and captivated listeners with infectious beats and vibrant rhythms. Latin songs dominated the charts surpassing records and garnering billions of views on YouTube.

Next we have the Afrobeats Takes Center Stage: The infectious rhythms of Afrobeats, originating from Africa, captured the attention of music lovers across the globe. Artists like Burna Boy and Wizkid gained international acclaim, blending traditional African sounds with contemporary beats. Their achievements include winning Grammy Awards and collaborating with renowned global artists, elevating Afrobeats to new heights.

Not to forget one of the most popular one, K-Pop's Global Influence: Korean Pop, or K-Pop, made significant waves internationally. Artists such as BTS, BLACKPINK, and EXO achieved unprecedented success, breaking into the global music market. BTS, in particular,



became a global phenomenon, selling out stadiums, topping charts worldwide, and delivering powerful performances on prestigious stages like the Grammy Awards. The origin of the word ‘music’ is the Greek word ‘mousike’ which means ‘art of muses’.

Music is a form of art and artists decorate it. The music consists of lesser words with deeper meanings. Frequently people use music as a painkiller to escape from the pain of life. ‘Musical Notations’ is the leading form to write music. The studies have found that listening to favorite songs helps fibromyalgia patients to experience less chronic pain. Music has a direct effect on our hormonal levels. Listening to music decreases the level of the hormone cortisol in our body and counteracts the effect of chronic stress. Music touches the heart through the ears. It has divine power to act as an energy booster. Some music assists in motivation while some play the best role in sympathy. Music helps us to fight insomnia. Listening to classical or relaxing music, just before going to bed, improves one’s sleep. While talking about a wide variety of music that ranges from ages belonging to different places, cultures, and types, the list of genres is endless. Traditional music holds an impression of the culture that it represents. It is usually illustrated and sung with folk music. Folk music is taught by one generation to another vocally through singing it and by listening to it. Art music describes the characteristics of both classical and contemporary art forms. It is usually sung by just one person and demands a high level of attention from its listeners. It is quite well known in Europe. The type of music that is affiliated to the worshiping of God by singing it, is known as Religious Music. Every religion has its own style and way of singing it.

Studies have also found that listening to music helps release endorphins – hormones associated with pleasure –

which further reduces stress levels. Music is often used in therapy sessions for this reason; it helps create an atmosphere conducive to stress relief and healing emotional wounds. In addition to reducing stress levels, music can also be used as a form of self-expression or communication when words fail us. Listening to uplifting songs or singing along with them can help boost our moods by increasing serotonin levels in the brain – the neurotransmitter responsible for regulating our emotions and feelings of happiness or sadness. Research has also suggested that certain types of music may improve cognitive function by stimulating areas in the brain related to memory recall and learning new skills faster than usual. Music therapy is an evidence-based practice that uses music to address physical, emotional, cognitive, and social needs of individuals. It has been found to be beneficial in a variety of settings including hospitals and hospices. Music therapy can help reduce pain levels, promote relaxation, improve communication skills, and provide comfort during difficult times.

One way music therapy can be used to reduce pain is through the use of rhythmical breathing techniques. These techniques involve focusing on a steady beat while taking slow deep breaths which helps relax the body and mind. This type of intervention has been shown to decrease anxiety levels as well as lower heart rate and blood pressure which can lead to reduced pain levels overall. in conclusion, music holds a profound impact on human beings, reaching beyond cultural and linguistic boundaries to touch the core of our emotions and experiences. Its therapeutic and mood-altering effects have been well-documented, offering solace, inspiration, and healing to individuals in various circumstances. Whether used as a form of self-expression, communal celebration, or a tool for relaxation, music has the power to

uplift spirits, enhance cognitive functions, and foster social connections. From ancient rituals to modern compositions, the universal language of music continues to weave its harmonious threads into the tapestry of human existence, leaving an indelible imprint on our souls.





Olympic Day

The Olympics, a grand sporting event that captivates the world every four years, has a rich and fascinating history that spans over two millennia. The origins of the Olympics can be traced back to ancient Greece, where the first recorded Olympic Games took place in 776 BCE in the city of Olympia.

In its early days, the Olympics were a modest affair, featuring only one event: a foot race known as the stadion. However, as the Games gained popularity, more sporting events were added, including chariot races, wrestling, and discus throwing. The Olympics became a symbol of Greek unity and showcased the physical prowess of its participants. In 1896, the first modern Olympics were held in Athens, Greece, with athletes from 14 countries participating in nine different sports. Since then, the Olympics have grown exponentially, attracting athletes from all corners of the globe and featuring a diverse range of sporting disciplines. Over the years, the Olympics have evolved to reflect the changing times. Women were first allowed to compete in the Games in 1900, and new sports have been added to the program, such as snowboarding, skateboarding, and BMX racing. The Olympics have also become a platform for promoting peace, unity, and cultural exchange among nations. Today, the Olympic Games have become a monumental global event, with millions of spectators and billions of viewers tuning in to witness the pinnacle of athletic achievement. The Games have transcended mere competition and have come to symbolize the spirit of camaraderie, excellence, and the celebration of human potential. Two

years before the official commencement, the International Olympic Committee (IOC) was established by Pierre Coubertin, in Paris in 1894. Its primary function is to conduct, promote, and regulate the modern Olympic Games. During World War I, its headquarters was moved to Lausanne in Switzerland, where it remains to this day. In 1987, the Olympic Day Run was introduced as part of the celebrations to encourage more NOCs to participate and also promote the idea of participation in sport by all, irrespective of age, gender, nationality, and athletic ability. The first Olympic Day Run was held over a distance of 10 km, with 45 participating NOCs. Today, the Olympic Day Run is usually held between June 17 and June 24. It comprises a 1.5 km Olympic Day Fun Run, 5 km, and 10 km running activities. National Olympic Committees are getting creative worldwide with their Olympic Day events to engage everybody – regardless of age, gender, social background or sporting ability. Some countries have even incorporated the event into the school curriculum. These days, many people organize Olympic Day runs all over the world to celebrate, including one in the Olympic Capital of Lausanne, where the IOC is based. The Olympic Games are the world's leading sports event. Athletes from more than 200 countries compete in them. The Olympics include the Summer Games and the Winter Games. Each is held in a different country once every four years. Until the early 1990s the Summer and Winter Games were held in the same year. Today they are



separated by two years. The flag of the Olympic Games has five linked rings on a white background. The rings represent the five parts of the world joined together by the Games: the Americas, Europe, Asia, Africa, and Australia. The rings are blue, yellow, black, green, and red. The colors of the rings and the white background came from national flags. At least one of the colors appears in every country's flag. The Summer Games have a wider variety of events than the Winter Games. The most popular events at the Summer Games include gymnastics, swimming, and track and field. Other events include baseball, basketball, boxing, cycling, diving, judo, sailing, soccer, softball, volleyball, water polo, weight lifting, and wrestling. All the sports of the Winter Games are played on snow or ice. Ice skating and skiing are crowd favorites. Skating events include graceful figure-skating competitions as well as speed-skating races. Ice hockey is a popular team event. The biathlon combines skiing and shooting.

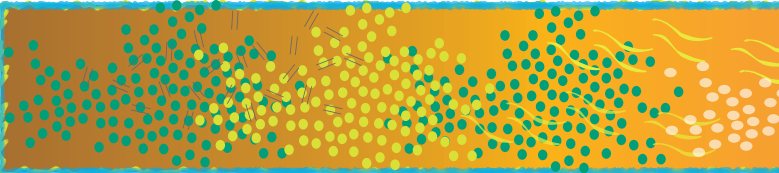
The Winter Games also include high-speed races on sleds called bobsleds and luges. India has won 35 medals at the Olympics since the 1900 edition. India made its first appearance in the Summer Olympics in the year of 1920. The recent Olympics i.e the 2020 Summer Olympics are the most successful Games for India since its first regular Olympics appearance in 1920, with Indian Olympians winning 7 medals. The Indian Olympic Medal Tally was a mixed bag of Gold, Silver, and Bronze medals. With Neeraj Chopra winning the first track Gold Medal for India. The Olympic 2020 was special for another reason Indian Hockey Team climbed on the podium after the 1980 Olympics. They bragged about the Bronze medal. The spectacular performance by the Indian Olympic contingent is a cause of pride and honor for the entire nation. Saikhom Mirabai Chanu won India's first-ever silver in women's weightlifting (49 kg), becoming the first Indian Olympic medallist in the sport since 2000. The men's national field hockey

team won the bronze medal, their first Olympic medal since 1980. When it comes to Indian trailblazers at the Olympics, Karnam Malleswari is right there at the top. She was the first Indian woman to win a medal for India at any Olympics. At 25, Ms. Malleswari won the bronze medal for weightlifting in the 69-kg category with a total of 240 kg – snatch 110 kg, clean and jerk 130 kg. The story of chess is incomplete without the mention of Viswanathan Anand, or Vishy as he is affectionately called. He is considered one of the world's greatest rapid chess players of his generation. In 1985, Mr. Anand earned the title of International Master, and in 1988, he became the first-ever Grandmaster from India. He has competed in ten world championships, and won five of them. Through its global reach, Olympic Day has become a catalyst for positive change, encouraging communities worldwide to come together and engage in sports and recreational activities. It has successfully created opportunities for people to experience the joy of physical movement, appreciate cultural diversity, and build lasting friendships.

Moreover, it serves as a platform for raising awareness about important social issues and promoting equality and fairness in sport. The impact of Olympic Day extends far beyond a single day of festivities. It serves as a reminder that the Olympic values of respect, friendship, and excellence are not limited to the Olympic Games but can be embodied and practiced every day. By celebrating Olympic Day, individuals and communities have the opportunity to embrace the Olympic spirit and be inspired by the stories of athletes who have overcome challenges, pushed their limits, and achieved greatness. In conclusion, Olympic Day serves as a powerful reminder of the enduring spirit and values that the Olympic Games represent. As we commemorate Olympic Day, let us not only celebrate the rich history and traditions of the Olympic Games but also recognize the potential of sport to transform lives and create positive

change. Let us continue to embrace the values of the Olympic movement and use sport as a means to promote peace, inclusivity, and personal growth. Olympic Day is a reminder that we can all be champions in our own right, and together, we can make a difference in the world through the power of sport.





Rise in the toll of Drug Abuse

Drugs like Antibiotics, Medications like amoxicillin, azithromycin, and ciprofloxacin are used to treat bacterial infections. Analgesics, Drugs such as acetaminophen (paracetamol), ibuprofen, and morphine are used to relieve pain. Anti-depressants, Medications like sertraline, fluoxetine, and escitalopram are prescribed to treat depression and other mood disorders and etc have been used traditionally over a long period of time.

Abuse refers to the mistreatment or harmful behavior towards another person or group. It involves the exertion of power and control over someone, often leading to physical, emotional, psychological, or sexual harm.

But abuse enters when the excess of harmful drugs are taken by the people. This toll has effectively increased in the youngsters these days. According to a lot of such young set of people tend to taking drugs a part of trend and something that is obvious to try.

Drug abuse or substance abuse refers to the use of certain chemicals for the purpose of creating pleasurable effects on the brain. Drug abuse among youth is an issue that needs immediate attention. With each passing year, the cases of drug abuse are rising. This article focuses on the causes and consequences of drug abuse among youth and also focuses on its prevention strategies.

In recent years, drug abuse has become a concern affecting a significant portion of youth. Due to an easy access to intoxicating substance such as marijuana, cocaine, and prescription drugs, it becomes easier for the youth to get addicted to such

substances. Factors such as peer pressure, curiosity, stress, a desire to escape reality, and easy access to drugs are the main reasons of substance abuse among the youngsters.



Additionally also factors such as poor communication with the family or poor mental health can lead to drugs. Consequences of Drug Abuse have a negative impact on youth. It affects both physically i.e damage to vital organs and an increase risk to diseases and mentally i.e poor decision making, impaired judgement, engaging in criminal activities etc. Preventing drug abuse requires collective efforts from parents, educators, healthcare professionals and society. We as a society should focus on preventing drug abuse among the youth as the healthy future of youth leads to healthy future of the nation. Preventing drug abuse is a complex issue that requires a multi-faceted approach involving various preventive measures at different levels. Here are some key preventive measures that can help reduce drug abuse:

1. Education and awareness: Comprehensive drug education programs should be implemented in schools, colleges, and communities to raise awareness about the risks and consequences of drug abuse. These programs should focus on providing accurate information about drugs, their effects on health and well-being, and strategies for making informed decisions.

2. Early intervention and screening: Identifying and intervening in substance abuse problems at an early stage can prevent them from escalating into full-blown addictions. Regular screening and assessment for drug abuse should be conducted in healthcare settings, schools, and workplaces to identify individuals at risk and provide them with appropriate interventions.

3. Parental involvement: Parents play a crucial role in preventing drug abuse among children and adolescents. Open communication, setting clear rules and expectations, and monitoring their activities can help create a supportive and drug-free environment at home. Parenting programs that focus on substance abuse prevention can equip parents with the necessary skills and knowledge.

4. Community support: Communities can implement various strategies to prevent drug abuse, such as organizing drug-free events, supporting after-school programs and extracurricular activities for young people, and establishing community-based support groups for individuals in recovery. Building strong community networks and engaging local leaders can contribute to creating a supportive and drug-free environment. Prescription drug abuse is a significant concern. Implementing and enforcing prescription drug monitoring programs can help track and identify potential misuse of controlled substances. Healthcare providers can use this information to identify patients at risk and provide appropriate interventions.

5. Law enforcement and legal measures: Law enforcement efforts should focus on disrupting the production, trafficking, and sale of illicit drugs. Strict legal measures and penalties for drug-related offenses can act as deterrents and reduce the availability of drugs in the community.

6. Mental health support: Addressing underlying mental health issues can help prevent substance abuse. Increased access to mental health services, early identification of mental health disorders, and reducing the stigma associated with seeking help are vital aspects of a comprehensive approach to drug abuse prevention.

It's important to note that no single measure can completely eliminate drug abuse. A combination of these preventive measures, tailored to specific populations and circumstances, is crucial for creating a comprehensive and effective drug abuse prevention strategy.

Futuristic Sydenham College

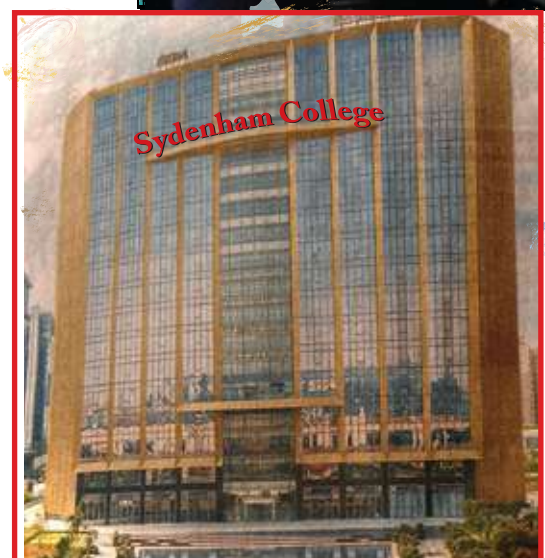
It's year 2063, Sydenham College is celebrating its Sesquicentennial year. Also the year where Sydenham College starting it's new journey as Sydenham Business School which will be as good as Harvard Business School. The new 100 Acre Campus is built in Alibaug with residential accommodation for the students.

College campus is fully Advance & Carbon Emissions Free. The Classrooms are spacious with digital boards and well equipped for E-learning. Sydenham Business School has tie-ups with leading business schools like Harvard for providing the courses. Many Harvard's Professors are visiting faculty in college. To give the practical industry experience, every student has to do an internship at Alumni's office which are industry experts.

Apart from that, CEOs of leading company come to the college for guiding the students. To cope up with changing trends in industry, Sydenham has launched innovative courses on Robotics & AI. Sydenham has its own Innovation Centre where students are open for the trying their ideas and alumni helps them to convert their idea into start up. Sydenham's cultural and various fests and events have taken a roar and are one of the best in India. People from all around India coming to attend the variety of events along with renowned chief guests who are celebrities and industrialists and carry a massive fan following.

Students getting to interact with them on one to one basis frequently and sensing the feeling of pride to be a 'Sydenhamite'. Sydenham has an infrastructure that is the dream of every student and has a well-equipped sports and other activities sections too. The college now holds wonderful intra college event too which honours them with student of the year trophy. Availability of therapists and counsellors for the students on any day they require. The college has a discipline that includes a wholesome environment of even promoting yoga, meditation and exercise. A wholesome environment where people are keen in writing and reading. The Newsletter of Sydenham College has increased its diameter and is now read by each and every Alumni and student of college which inspire students more to be the writers and editors of the same.

The college life that students have an understanding of coming to actual execution is a long way to go but not an impossible one.



*Mr. Dilip Piramal has been appointed,
Chairman of the Board, SydAlumni Association.*

He is the Chairman of VIP Industries Limited ("VIP") and pioneered the formation of the moulded luggage industry in India in 1971. Today, VIP is the world's second largest luggage company and the largest luggage manufacturer in the world.

Mr. Piramal is the pioneer of the mono block plastic chair in India. He launched this product in the early 80s. Today, mono block plastic chairs have become the single largest consumer item made by the injection moulding process.

Dilip Piramal was the President of the IMC Chamber of Commerce & Industry in 2015-16. He is a former President of The Organization of Plastic Processors of India (OPPI), the All India Plastic Manufacturers Association (AIPMA) and was the youngest President of the Rotary Club of Bombay Mid-Town in 1981-82.



He graduated from the Sydenham College in the year 1970.

Dilip Piramal takes active interest in social and philanthropic activities.

He has sponsored the establishment of the Dilip Piramal Art Gallery at the prestigious National Centre for Performing Arts (NCPA) in Mumbai.

Dilip Piramal is the recipient of several awards, including the Business leader of the year 2018 by Horasis: The Global Visions Community, an International think-tank based in Switzerland, the Jamnalal Bajaj Uchit Vyavhar Puraskar for 2019-20 by the Council for Fair Business Practices (CFBP) and the Economic Times Polymers Lifetime Achievement Award 2020.



Sydenhamites can send their E-mail Addresses/Contact Details at **sydenhamalumnicell@gmail.com**
for the free subscription of our monthly newsletter

College Principal: Dr. Shriniwas Dhure
Alumni Cell Prof. Incharge: Ms. Vijaya Yewale
Head Of Alumni Association: Mr. Ajit Lalvani
Editors: Hrishita Kapadia, Parallel Core team of Sydenham Alumni Cell
Layout Designer: Kaumudi Pradhan.

The views and opinions expressed or implied in THE SYDENHAMITE are those of the authors or contributors and do not necessarily reflect those of the Editorial Team or the SYDENHAM COLLEGE ALLUMNI ASSOCIATION . Material in this publication may not be reproduced, whether in part or in whole, without the consent of SYDENHAM COLLEGE ALLUMNI ASSOCIATION

