



Research Article

The Role of Youth in Eradicating Drug Addiction

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Abstract

Drug dependency is a critical worldwide health and social problem that continues to have an effect on people, families, and societies at huge. In many elements of the world, specifically some of the young population, drug abuse has emerged as a major issue. But, whilst the youth are frequently visible as sufferers of drug dependency, they also preserve immense capacity to become dealers of change in combating this crisis. This essay explores the multidimensional position of teens in eradicating drug dependency, emphasising their energy in attention campaigns, community engagement, peer aid systems, and coverage advocacy. Drawing on international and neighbourhood examples, the essay highlights how education, empowerment, and accountable management amongst kids can extensively contribute to eradicating drug dependency.

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1. INTRODUCTION

Drug dependency, regularly defined as a chronic, relapsing disease characterized with the aid of compulsive drug seeking and use notwithstanding harmful outcomes, is a pervasive global problem. From heroin and cocaine to prescription drugs and alcohol, substance abuse continues to take lives and break futures. The various maximum prone agencies to dependency are the youngsters, both because of their psychological development stage and the social pressures they face.

But, regardless of being prone, the young people also constitute hope and resilience. Their strength, creativity, idealism, and virtual literacy position them uniquely to the mission and alter the narrative around drug addiction. Concerning teens meaningfully in anti-drug initiatives isn't always simply useful—it's far more crucial. This essay examines the causes and consequences of drug dependency, the cutting-edge state of affairs globally and in India, and the important position that young humans can play in removing it.

2. Understanding Drug Addiction

The elements that result in drug addiction are multifaceted and regularly interconnected:

- **Peer stress:** one of the most not unusual motives for adolescents to start the use of pills is peer have an impact on, particularly in academic establishments or social organisations in which experimentation is normalised.
- **Mental issues:** mental health situations such as despair, anxiety, trauma can push individuals towards substance use as a form of escapism.
- **Circle of relatives' environment:** Dysfunctional family relationships, neglect, abuse, or exposure to substance use of circle of relatives' contributors can increase susceptibility to addiction.
- **Socioeconomic elements:** Poverty, unemployment, loss of schooling, and shortage of leisure stores make contributions to higher dependency prices in underprivileged communities.
- **interest and danger-Taking conduct:** youngsters often experiment with substances out of interest, searching for thrills or new studies.

Consequences of Drug Dependency

The effects of addiction are devastating and amplify a long way beyond the character:

- **fitness affects:** bodily and intellectual health deteriorates hastily. dependency results in organ damage, mental ailments, infectious diseases (like HIV), or even death.
- **educational and career Loss:** college students drop out, perform poorly, and lose destiny possibilities because of dependency.
- **own family and Social Breakdown:** addiction frequently results in strained circle of relative's relationships, isolation, and social stigma.
- **criminal activities:** Many addicts hotel to robbery, violence, or drug trafficking to maintain their habits.

- **economic Burden:** The cost of addiction—healthcare, law enforcement, rehabilitation—locations a heavy burden on international locations.

3. Women and Drug addiction

▪ Women as victims of Drug Abuse

Despite the fact that addiction rates amongst women have historically been lower than men, the gender gap is narrowing. Factors contributing to drug abuse among women encompass: psychological trauma including home violence, sexual abuse, or emotional forget about. Social isolation, prominent mainly widows, unmarried moms, or the ones in conservative societies. Mental health issues like tension, depression, and PTSD, regularly exacerbated by means of stigma and lack of get entry to care.

- Peer or companion stress, particularly in relationships where drug use is normalized.

Girls have a tendency to expand addictions faster than guys (a phenomenon known as “telescoping”) and are more likely to be afflicted by co-happening disorders. But social stigma regularly prevents them from in search of help, pushing their struggles into silence.

▪ Gendered Stigma and boundaries to treatment

ladies face particular barriers in terms of remedy and healing:

- **Social judgment:** women who use drugs are frequently judged greater harshly than guys, being seen as terrible moms, immoral, or irresponsible.
- **loss of girls-centric facilities:** Many rehab centers lack gender-sensitive applications or childcare support.
- **worry of losing custody:** moms may also keep away from remedy for worry of dropping their children.
- **those challenges make the inclusion of women in anti-drug strategies now not simply vital, however pressing.**

▪ Girls as dealers in removing Drug dependency

regardless of being vulnerable to addiction, girls additionally function pillars in efforts to remove drug use from families and communities. Their roles may be broadly categorized as:

1. Moms and Caregivers

Mothers are often the first line of defense in stopping dependency inside families:

- **Early Intervention:** girls frequently understand early behavioral modifications in children or spouses and take preventive action.
- **schooling at domestic:** moms have an effect on children's attitudes closer to substances via values, subject, and talk.
- **guide at some stage in Rehabilitation:** women provide emotional and logistical help to family participants undergoing dependency treatment.

In rural India and other conventional societies, mothers regularly control family fitness, enabling them to locate and act upon early signs of substance abuse.

2. Counsellors and health workers

Women are increasingly getting into the fields of counseling, social paintings, and mental fitness—regions critical in preventing addiction:

- **Rehabilitation employees:** female counselors offer non-judgmental, empathetic areas, especially for different girl's addicts.
- **Peer assist:** Recovered women frequently paintings in peer-led rehab models, sharing lived stories to manual others.
- **network fitness Volunteers:** In schemes like ASHA people in India, women act as fitness educators in far flung regions, raising attention on substance abuse.

4. youth: sufferers or Catalysts for exchange?

it is paradoxical that the teens, who're frequently focused via drug mafias and prone to addiction, additionally hold the most ability to fight it. In every usa, teenagers make up a enormous demographic, and their power, ardour, and flexibility are effective tools in social transformation.

The position of children in preventing drug addiction need to be seen in two lighting fixtures:

1. stopping addiction amongst themselves through schooling, neighbouring and peer guide.
2. assisting others conquer dependency thru activism, network outreach, and leadership.

5. The role of teens in removing Drug addiction

▪ cognizance and schooling Campaigns

education is the mightiest weapon towards lack of knowledge and myths approximately tablets. children can take the lead in spreading cognizance thru:

1. **school and college Seminars:** Organizing lectures, workshops, and interactive sessions to train college students about the results of drug use.
2. **avenue performs and Cultural events:** the usage of acting arts to depict the risks of dependency creatively and emotionally.
3. **Social Media Campaigns:** adolescents are digital natives and may use systems like Instagram, Twitter, YouTube, and TikTok to create viral content, infographics, quick films, and testimonials to elevate consciousness.
4. **Collaborations with NGOs:** Partnering with companies like Narcotics anonymous or neighborhood anti-drug businesses to run campaigns and volunteer.

▪ Peer help and Counseling

friends impact each different more than authority figures do. therefore, children can:

form Peer Counselling groups: educated peer counselors can talk to at-chance college students without judgment and manual them in the direction of help.

- **Mentor getting better Addicts:** college students can mentor people in rehab or recovery houses, assisting them reintegrate into society.
- **encourage wholesome lifestyle picks:** selling fitness, meditation, creative hobbies, and network carrier as options to drug use.

▪ network Involvement and management

young people-led tasks can improve groups and create a support device:

- **establish kids clubs:** these clubs can awareness on drug prevention, arrange consciousness drives, and offer guide to affected families.
- **neighborhood Watch applications:** children can work with police and local leaders to perceive drug hotspots and document trafficking sports.
- **campaign for easy areas:** arrange cleanup drives round regions known for substance use and reclaim them for network activities.

6. Demanding situations

6a. Girls-Led Eradication Efforts

At the same time as women are powerful sellers of trade, their efforts are frequently constrained through: Patriarchal norms that exclude them from selection-making. Underrepresentation in regulation enforcement and fitness policy management. loss of funding for women-precise applications. intellectual health stigma that forestalls emotional self-care amongst caregivers. fixing those problems calls for institutional reforms and inclusive development planning.

6b. Children Face in this fight

No matter their capacity, adolescents face numerous demanding situations in preventing drug dependency:

- **loss of schooling:** most young people don't acquire formal education in counseling or marketing campaign control.
- **Peer stress:** In some circles, anti-drug stances are mocked or left out.
- **constrained Institutional get entry to:** Bureaucratic hurdles might also block younger leaders from accessing schools, funding, or community areas.
- **mental health issues:** young people trying to assist others can also battle with their own emotional burden or trauma.

Addressing these challenges calls for mentoring, mental fitness help, and inclusive participation from all sectors—training, health, civil society, and media.

7. Empowering youngsters inside the combat in opposition to dependency

To bolster the function of ladies in removing drug dependency, the following strategies can be followed:

1. Gender-touchy Rehabilitation applications

- layout rehab facilities with separate centers for ladies.
- include childcare, reproductive health help, and trauma-informed remedy.
- rent greater girl personnel and peer mentors.

2. Training and talent development

- Train ladies from an early age about substance abuse.
- provide vocational training to vulnerable women to prevent economic dependence on drug-the usage of partners.

3. focus and network Outreach

- Use nearby language and media to run campaigns proposing ladies's voices.
- inspire community participation through ladies's self-help groups (SHGs).

4. economic Empowerment

- sell microfinance schemes for girls improving from dependency or helping addicted circle of relative's individuals.
- ensure financial independence via ability education and entrepreneurship.

8. Case research and actual-international Examples

Asha Bhawan centers (India) – a lot of those rehabilitation homes involve girls in main recuperation corporations and education female addicts in livelihood skills.

Mukta basis (Mumbai) – founded via women, this NGO focuses on female addicts and offers rehabilitation, counseling, and childcare.

MADD, (united states) – A ladies-led organization that has significantly prompted legal guidelines and training around substance use and using.

WFS – A international assist network designed mainly for lady addicts to get better in a supportive, understanding environment.

global examples of anti-drug societies and agencies which have made large contributions inside the combat in opposition to drug addiction, mainly by way of regarding kids:

1. D.A.R.E. (Drug Abuse Resistance schooling) – U.S.A.

Based in 1983, D.A.R.E. is one of the most anti-drug training applications. its miles carried out in lots of colleges throughout the U.S. and in over 50 nations.

teens make a speciality of educating kids and teenagers on how to withstand peer pressure and keep away from drugs, violence, and volatile behaviors.

school room instructions led with the aid of educated police officers; millions of college students were knowledgeable on the dangers of drug abuse.

2. UNODC kids Initiative – worldwide

The United countries workplace on drugs and Crime (UNODC) launched the teenagers Initiative to attach young humans from round the world to elevate recognition about the effects of substance abuse. It empowers teenagers' leaders and encourages peer-to-peer schooling, advocacy, and coverage talk. young people boards and local activities provide a platform for the global exchange of ideas and first-rate practices in drug prevention.

3. Say No to pills – Sweden (A venture by using the Church of Scientology)

This marketing campaign, additionally called the "Drug-unfastened world" program, operates in over one hundred eighty nations. It uses educational materials, public service announcements, and youth outreach. the program engages teens volunteers in rallies, public activities, and peer schooling. lots

of young human beings take part in distributing loose booklets and organizing anti-drug recognition occasions.

4. country wide young people Anti-Drug Media marketing campaign – united states of America

backed by using the office of country wide Drug control policy, this marketing campaign released projects like "Above the have an impact on" aimed at kids. The campaign used actual tales, social media, and teens ambassadors to unfold the message. It elevated awareness approximately how capsules impact desires, relationships, and common nicely-being.

5. Children towards Drug Abuse (YADA) – Nigeria

A children-led nonprofit running to reduce substance abuse thru education, rehabilitation support, and community outreach. younger volunteers behavior school workshops, peer counseling, and advocacy campaigns.

The company has reached thousands of college students and young adults in Lagos and surrounding regions.

6. Mentor global – worldwide (founded in Switzerland)

established in 1994 with the help of the arena health corporation (WHO), Mentor global makes a specialty of kid's improvement as a way to prevent drug abuse.

kids position: thru mentoring packages, young people are given guidance, support, and gear to face up to drug use and make superb lifestyles selections.

lively in over eighty international locations with research-based prevention programs and thousands of mentor-mentee relationships.

India has several anti-drug groups and child-led initiatives that actively work to fight drug abuse through consciousness, rehabilitation, and network involvement. right here are some fantastic examples:

1. Nasha Mukh Bharat Abhiyaan (Drug-unfastened India campaign)

launched by the Ministry of Social Justice and Empowerment, government of India, evaluate:

This nationwide marketing campaign changed into launched in 2020 throughout 272 districts identified as most susceptible to drug abuse.

children role:

- youngsters golf equipment and pupil volunteers are mobilized via NSS (countrywide carrier Scheme) and NYKS (Nehru Yuva Kendra Sangathan).
- awareness drives, avenue performs, workshops, and rallies are carried out in schools and schools.

impact: Over 8 crore individuals have been sensitized beneath the campaign with the aid of 2023.

2. Nehru Yuva Kendra Sangathan (NYKS)

assessment: under the Ministry of teens Affairs and sports activities, NYKS runs youngsters' clubs on the grassroots degree, consisting of anti-drug programs.

teenager's role:

- Volunteers educate neighbourhood groups, especially in rural areas, about the risks of medicine.
- They organize counseling periods, network outreach, and prevention activities.

active in over 600 districts, with lakhs of kids engaged in social development reasons consisting of drug prevention.

3. Artwork of residing basis – youth Empowerment and abilities (sure+) program

evaluate: even though no longer solely focused on capsules, this program promotes healthful living, stress control, and mindfulness to steer youngsters away from addictions. children role: teenagers facilitators conduct workshops in colleges, rehab facilities, and juvenile homes to assist human beings address peer pressure and emotional demanding situations.

Impact: Reached hundreds of college students and young specialists throughout India.

4. Indian purple move Society – Anti-Drug Campaigns

evaluation: thru its youngsters and junior crimson pass wings, the society conducts drug awareness and rehabilitation programs.

adolescent's function:

- children volunteers assist arrange seminars and campaigns at the faculty, college, and network ranges.
- Participation in counseling, blood donation camps, and attention walks.

Impact: active throughout all Indian states with sizable youngsters' participation.

5. Narcotics manage Bureau (NCB) – faculty and college Outreach applications

assessment: NCB, underneath the Ministry of home Affairs, companions with faculties and universities for drug cognizance.

children position:

- Participates in essay competitions, pledge campaigns, and anti-drug marathons.
- Encourages scholar-led tasks and campus golf equipment to sell drug-loose environments.

Heaps of college students reached through regular anti-drug education and digital campaigns.

6. Teenagers Against Capsules Basis (YADF) – Kerala
A youth-led agency working on de-addiction and rehabilitation, especially in Kerala.**children function:**

- presents peer counselling, motivational talks, and aid for addicts and their households.
- Runs cognizance campaigns in faculties, faculties, and public spaces.

Impact: recognised for grassroots engagement and near collaboration with neighbourhood police and fitness departments.

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9. Educational and research Contributions**College students and researchers can contribute through:**

- accomplishing Surveys and research: amassing facts on drug use developments and causes within their location.
- developing education Modules: developing attractive content for faculties on drug prevention.
- comparing policies: participating in forums or assume tanks to assess the effectiveness of presidency guidelines on drug control.
- instructors, adolescents' leaders, and public figures play a crucial function in drug prevention:
- school packages: female teachers lead faculty campaigns on health, dependency, and hygiene.
- Inspirational Survivors: girls who triumph over addiction come to be motivational speakers and community leaders, reshaping narratives round healing.
- NGO Leaders: Many grassroots NGOs are led by way of women who address addiction through rehabilitation, vocational schooling, and training.

10. Policy Advocacy and Political Engagement

Young people can play a role in shaping rules:

- Lobbying for Reform: have interaction with local representatives to push for better rehabilitation facilities, anti-drug education, and stricter guidelines on substance availability.
- joining youngsters Parliaments or version UNs: systems wherein young voices can simulate policymaking and advise improvements.
- prison Literacy Campaigns: Informing friends about the prison implications of drug use and trafficking.
- ladies in politics, regulation, and governance are driving change through gender-sensitive policy advocacy:
- criminal Reform: ladies attorneys and activists lobby for higher protection, decriminalization of lady addicts, and family-centered rehabilitation.
- network leadership: female sarpanches (village heads), ward councilors, and MLAs sell anti-drug projects at the grassroots.
- Media affect: journalists and filmmakers use storytelling to raise cognizance and reduce stigma around girl dependency and restoration.

11. Government and Institutional assist

while children have the ability, in addition they need systemic assist. Governments and institutions ought to:

- comprise Drug schooling into Curricula: Age-appropriate, science-based training need to be part of school syllabi.
- aid youngsters-Led NGOs: provide funding, mentorship, and resources to teenagers-run anti-drug projects.
- enhance Rehabilitation Infrastructure: cheap, reachable, and stigma-loose rehab centers ought to be promoted.
- apprehend teens Champions: have a good time and award individuals and agencies making a distinction to encourage others.

12. Guidelines and techniques

to maximize the position of young people in eradicating drug addiction, a multi-layered method is needed:

- **young people Empowerment programs:** everyday education sessions on public speaking, management, and addiction schooling.
- **Incentivise Participation:** Internships, scholarships, and awards for kids involved in anti-drug programs.
- Network kids' forums: structures where youngsters can voice their ideas and collaborate with policymakers.
- **Virtual gear:** Apps, games, and on-line boards where young humans can analyse and connect anonymously.
- Parental Engagement: encourage dad and mom to communicate brazenly with youngsters and be allies in prevention.

13. Barriers of the study

At the same time as the look at offers precious insights into the role of teens in fighting drug dependency, it is important to

understand the constraints that can affect the comprehensiveness and applicability of its findings:

1. Generalization of Findings:

The observe takes a wide method by means of discussing the position of youngsters at a preferred level. but youngsters are not a homogenous organization. differences in age, gender, education, social background, and geographic place (city vs. rural) can appreciably have an effect on how young human beings understand and engage with the issue of drug addiction. consequently, the findings might not be universally applicable throughout all youngsters' populations.

2. Absence of primary research:

This study is based predominantly on secondary sources, inclusive of reports, articles, and previous studies. without direct engagement through surveys, interviews, or focus group discussions with youth, addicts, or professionals, the have a look at can also lack firsthand perspectives and real-lifestyles examples that could beautify the depth and reliability of its conclusions.

3. limited assessment of government and NGO initiatives:

while the study mentions attention campaigns and adolescents' involvement in community outreach, it does now not provide an in-intensity assessment of existing authorities or non-governmental packages that empower kids on this area. The absence of a programmatic evaluation limits the know-how of what techniques are simply powerful in actual-world eventualities.

4. ignored psychological and social factors:

The study does no longer sufficiently cope with the psychological pressures and socio-economic challenges that affect both drug use amongst young people and their potential to take part in drug prevention efforts. elements like peer strain, unemployment, mental fitness troubles, and lack of circle of relative's guide are critical, yet underexplored on this context.

5. Dynamic Nature of Drug Abuse trends:

Drug use styles and the substances being abused are constantly changing, especially with the emergence of artificial tablets and online drug markets. The study does not fully deal with how teens interventions can adapt to those evolving threats, doubtlessly reducing the relevance of a few proposed techniques through the years.

6. Technological and virtual Divide:

Many teenagers-led tasks rely upon digital systems for focus and outreach. however, the digital divide between city and rural areas or among socio-economic training means that such methods won't be effective or consisting of all youngsters populations. The examine does no longer account for these disparities.

7. Assumption of children Readiness and potential:

The research assumes that all young people are prepared, inclined, and ready to absorb the purpose of drug eradication. In

truth, many youths may additionally lack the schooling, motivation, or aid systems important to actively interact in such efforts. moreover, a few may additionally themselves be struggling with substance abuse or living in high-hazard environments, proscribing their potential to make contributions meaningfully

CONCLUSION

Adolescents are not merely passive recipients of drug schooling or potential victims of addiction—they may be the change makers our societies urgently need. by means of attractive young human beings as educators, leaders, supporters, and activists, we free up a force this is each innovative and resilient. at the same time as the hassle of drug dependency is deep-rooted and complicated, the solution lies in empowering those maximum affected—our children.

With the right guide, education, and platforms, young individuals can break the cycle of addiction and build a destiny rooted in focus, compassion, and responsibility. The fight in opposition to drug dependency is not simplest a battle for fitness but also for dignity, purpose, and justice—and the young people are at its forefront

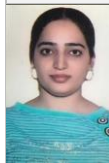
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