**A REPORT THE INTERACT SYMPOSIUM THAT WAS ATTENDED BY THE INTERACT CLUB OF NDEJJE SSS ON THE 8TH JUNE, 2025 AT UGANDA MARTYRS SECONDARY SCHOOL NAMUGONGO.**

1. **Introduction**

The Interact club on Uganda Martyrs Secondary School Namugongo in conjunction with the Rotary club of Upper Kololo invited us for an Interact Symposium that took place on Sunday 8th June 2025 at Uganda Martyrs Secondary School Namugongo.

**2.0 Aim of the event**

The major aim of the event was to;

* Sensitize and educate students on how to handle and overcome depression in schools and in homes
* Guide learners on the causes and effects of the increased use of drugs in schools and in homes.
* Support the Rotary club of Upper Kololo project of justice for juvenile in Naguru and keeping the little hands alive.

**3.0 Body**

We learnt that mental health disorders such as depression do not occur from one event but a series of events.

Depression can cause the following;

* + Alterations in thinking patterns of teenagers causing them to think that they are failures, they are not loved, they are not worthy of live.
  + Physical problems like over feeling tired/fatigue, random headaches, sharp feeling in the gut and anxiety
  + Psychological problems such as feeling irritated by other people, experiencing low self-esteem, difficulty in decision making, fear and self-harm.

Whereas drug abuse, it was mentioned that most students realise about drugs from their peers and are influenced to take part in actions such as smoking, chewing weed and selling drugs as said from a former victim of drug abuse who studied at Namilyango College.

**4.0 Conclusion**

In retrospect, the day was valuable and as a club we learnt a lot about mental health awareness and drug abuse. Therefore, we would like to educate our fellow Ndejjeans about these things we learnt through hosting a fellowship on Sunday 22nd June 2025 at 2:00pm to 5:00 pm.