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Preventing Various Addictions by Implementing the University Wellness Program: Design and Methods for Medicine and Health Sciences Students

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ABSTRACT Addictions among university students are on the rise, encompassing drug, alcohol, tobacco, social media, gaming, and gambling dependency. Peer pressure, stress and mental illness typically cause addictions that impede academic and individual growth. The University Wellness Program was established to create and establish specific interventions for enhancing college students' overall growth and well-being. Targets include enhancing physical, mental, and social wellness and addiction prevention and treatment. Extracurricular student organisations at the University Wellness Club/Committee provide yoga, dance, martial arts, and media. Evaluation assesses student satisfaction, program effectiveness, and areas for improvement. Health sciences students are orientated, provided with workshops, awareness campaigns, and a wellness curriculum. The program employs supportive, promotional, and preventive strategies with new and existing institutional resources. The combined strategy increases student motivation, life skills, and social, mental, and physical well-being. Ongoing research-based feedback refines and updates the program. The University Wellness Program combats student addiction and encourages well-being through guided activities, peer support, and regular monitoring. It also demonstrates how much institutions need to nurture student development and well-being.