



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Report of Initiatives

taken under the aegis of

Victory Against Drug Abuse (VADA) Club

Department of Social Justice & Empowerment, Govt. of India
(2022-23)



Mehr Chand Mahajan DAV College for Women

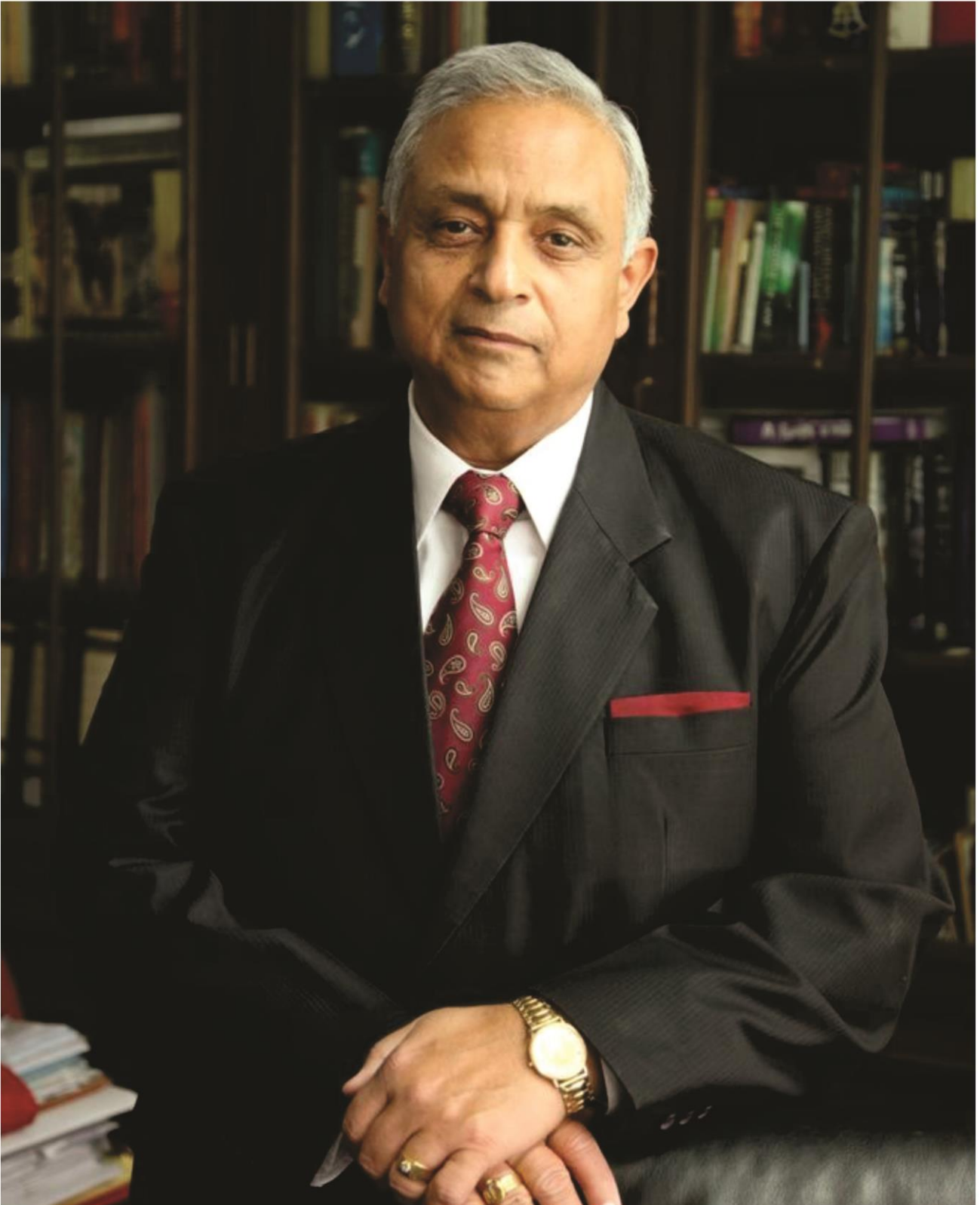
Sector 36-A, Chandigarh (U.T.)

Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



From the Principal's Desk

Our country faces giant challenges in the form of tackling drug abuse and taking rehabilitation measures. The Department of Social Justice & Empowerment, Government of India is constantly adopting measures to deal with the menace of drug addiction which is raising its head all over the country. In sync with the measures suggested by the Department, the Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan College for Women engaged in organizing programmes, events and sessions to create awareness regarding the detrimental effects of drug abuse and also to create an environment where students ask questions and also know more about the rehabilitation measures. Since youth is the most vulnerable section when it comes to substance abuse, it is crucial that they are focused on by the policy makers and the formation of such clubs across educational institutions is a welcome step in our struggle against drug abuse.

The Pledge Taking Ceremony in August on 'Nashe Se Azadi: A National Youth & Student Interaction Programme' was a clarion call to show solidarity with the objectives of the Department of Social Justice & Empowerment. Many events and sessions were organized which resonated with the theme of 'Nasha Mukh' Bharat. Youth sometimes gets lured by peer pressure and sometime succumb to the pressure of 'try something new'.

A scholarly lecture by Dr. Debasish Basu, Professor and Head, Department of Psychiatry, PGIMER, Chandigarh busted many myths around the use of drugs and enriched the participants with the various guises that drug traffickers may give to the drugs to make them look 'cool' and 'harmless'. Many competitions were organized including Elocution Competition, Essay Writing Competition and Painting Competition which revolved around the themes of substance abuse, roadmap for a 'Nasha Mukta' Bharat and how the misuse of drugs impacts the social and cultural fabric of the country adversely. Drug addiction erodes resources, leads to increase in crime rate and also disrupts relationships besides the immediate physical and psychological harmful effects. Dr. Nemi Chand Golia, State Liaison Officer (NSS) Chandigarh Administration and a Licensed Psychotherapist from United States of America Dr. Nelu acquainted the participants with detrimental effects of drug abuse on mental health and emphasized upon the need to nip the evil in the bud by finding out the reasons behind youngsters resorting to drugs during the awareness Lecture entitled "Drug Abuse and Mental Health" organized in the college campus. The VADA Club also organized a pledge-ceremony on the theme 'Say No to Drugs' and pledge was administered to the students of the college by Student volunteer wherein everyone vowed to stay away from drugs and to make efforts to make India a drug free country. The Poster Making Competition on the theme 'The importance of family in preventing substance abuse' was also organized. The purpose of poster competition was to sensitize and create awareness amongst the public about the menace of substance abuse through creativity and expression. Declamation Contest on the theme 'Say No to Drugs, Say Yes to Life', was organized wherein students participated and spoke about the causes and consequences of drug addiction and they highlighted the negative impact of drug on social, physical and mental wellbeing on the addicts. Students also reminded our duty as responsible citizens to neither misuse the drugs for ourselves nor let our friends, family members indulge in same. Students highlighted positive role of students, teachers, parents and peer groups in bringing about awareness on such issues.

Dr. Sukhpreet Kaur, a Psychiatric Social Worker. Drug-De-Addiction & Treatment Centre, Civil Hospital, Hoshiarpur (Punjab), was invited as a resource person to deliver a talk "Gender and Substance Abuse" wherein explained the consequences of drug abuse ranging from immediate physical problems to fatal consequences like suicidal tendencies and death due to overdose or permanent damage to heart and brain.

With the help of elaborate case studies of the substance abusing youth she suggested set back at the family level and bad company to be major cause of drug addiction.

Valedictory session was organised with culmination of all the efforts that the club undertook to eradicate this evil. During the Valedictory session, A rally raising with Posters and Slogans on the theme 'Say no to Drugs, Say Yes to Life' and Pledge Ceremony was organised in the college campus and cash prizes and certificates were given to the winners of the various competitions.

I am deeply indebted to our torch bearers who continue to guide us in all our efforts. I am thankful to Dr. Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for encouraging us to take steps to eradicate drug abuse. I express my gratitude to Shri H.R. Gandhar ji, Senior Governing Body member of the College and Vice President DAVCMC for always inspiring us with and encouraging us to continue in our fight against drug abuse. I am beholden to Shri Shiv Raman Gaur ji, Director Higher Education, DAVCMC for his blessings and support.

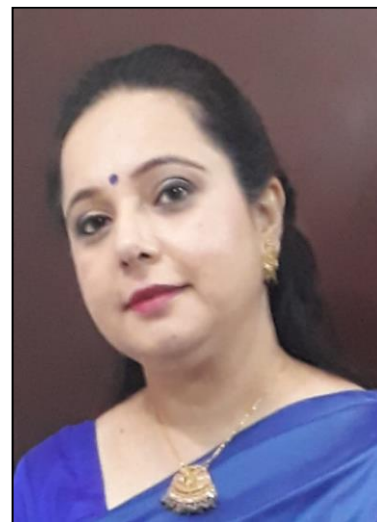
I also acknowledge and laud the efforts of the VADA Club and all the team members for their efforts to fight the menace. We need to not only create awareness regarding drug abuse but also help those who have fallen into the trap and strive to build a 'Nasha Mukht Bharat'.



Dr. Nisha Bhargava
Principal

Coordinator's Message

Substance abuse is a serious social problem affecting not only the individual victim but also the entire society. It is a matter of great concern given the fact that substance abuse has not only disruptive consequences on physical and mental health of the victim but also on social and family relationships. Also, since the youth is most vulnerable group to this menace, united fight against drugs is responsibility of every citizen. On the Occasion of International Day Against Drug Abuse and Illicit trafficking, Mehr Chand Mahajan DAV College for Women, launched the VADA (Victory Against Drug Abuse) Club. The Club has been launched keeping in line with NMBA (NASHA MUKT BHARAT ABHIYAAN) by the Ministry of Social Justice and Empowerment, Government of India, which is a nodal ministry working on reducing the demand for illicit substance across 32 states and union territories in the country. Apart from government interventions, solution to the menace lies also in community response and channelizing the energy of youth towards creative and productive directions.



Realizing this fact, the club in collaboration with several stakeholders has resolved to create a sustainable environment, free of Drug Abuse by organizing various anti-drug activities, events and lecture sessions to create awareness regarding negative consequences of drug abuse, training teachers in identifying the problem of drug abuse among the students early and take necessary measures to curb this social menace and promote healthy living, both in the campus and community through outreach programmes under the able leadership of college Principal.

I express my deep gratitude to our Principal Dr Nisha Bhargava, once again, for guiding and supporting us in all our endeavours. My thanks are due to all my team-members for their constant support and cooperation throughout the year.

Dr. Gurjeet Kaur Virk
Coordinator, VADA Club



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



75
Azadi Ka
Amrit Mahotsav

Mehr Chand Mahajan DAV College for Women
Sector 36-A, Chandigarh (U.T.)



VADA Club



Victory Against Drug Abuse Club
under the aegis of

Department of Social Justice and Empowerment
Govt. of India

Nasha Mukta Bharat Abhiyan

Team members in VADA Club

Convener & Principal:

Dr. Nisha Bhargva

Coordinator:

Dr. Gurjeet Kaur Virk

Members:

Dr. Ketaki Dwivedi

Dr. Aanchal Batra

Dr. Nisha Dawra

Dr. Preeti Gambhir

Dr. Minakshi Rana



**MEHR CHAND MAHAJAN DAV
COLLEGE FOR WOMEN,
SECTOR 36 A, CHANDIGARH**

Pledge Taking Ceremony

on Nasha Mukht Bharat, Chandigarh

Date- 04-08-2022



Nodal Officer:

Dr. Gurjeet Kaur Virk

Principal:

Dr. Nisha Bhargava

Taking Pledge Ceremony Under Nashe-se- Azzadi

Date of the Activity: 4th August 2022

Number of Participants: 90



Objective: The purpose of the activity is to highlight the social problem of Drug Addiction in the contemporary society. Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the person using drugs, but on the family and society at large. Under the Nasha Mukta Bharat Abhiyan of the Ministry of Social Justice and Empowerment, Government of India, the aim of the ceremony was to strengthen action and cooperation in achieving the goal of sustainable world free of substance abuse.

The Context: The Ministry for Social Justice & Empowerment Sh.Thawarchand Gehlot launched the website for the Nasha Mukta Bharat Abhiyaan (NMBA) on the occasion of International Day Against Drug Abuse and Illicit Trafficking on 26 June 2021, which is observed worldwide to strengthen action and cooperation in achieving the goal of a sustainable world free of substance abuse. The entire world is facing the menace of drug addiction which has a devastating impact on the addict, individual, family and a large section of society.



The Practice: To create awareness regarding Nasha Mukht Bharat, Chandigarh, a pledge-taking ceremony was organized under able guidance of Principal Dr Nisha Bhargava and supervision of (VADAC) Victory Against Drug Abuse Club (Coordinator) Dr Gurjeet Kaur Virk. The pledge was administered to the male staff members of the college by Mr Kuldeep Singh, Superintendent (Administration), at the college, wherein everyone vowed to stay away from drugs and to make efforts to make India a drug free country.

Evidence of Success: Everyone promised to keep themselves free from drugs and make all kinds of efforts to make Bharat Drug Free country. Student representatives also participated and generate awareness by making posters on the respective theme of the program among the masses. On this occasion, Principal Dr. Nisha Bhargava mentioned that drug addiction is an issue of grave concern, especially among the younger generation, which has detrimental impact not only on individual concerned but on the society as a whole. In the end she pointed out that in this digital era, the definition of addiction has evolved to include tech addiction, and sensitization programmes aimed at preventing the addiction can be the most effective strategy to overcome this problem.

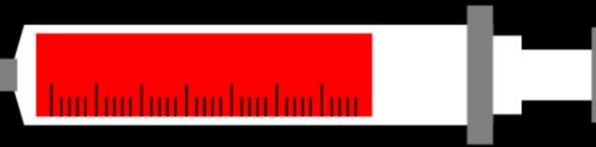


Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

SAY NO TO

DRUGS

Pledge



Date:

12 August 2022

Time:

10:00 am to 10:30 am

Venue:

Celebration Ground

Dr. Nisha Bhargava
Convener & Principal

Dr Gurjeet Kaur Virk
Nodal Officer

Mr Pawan Sharma
Ms Namita Sharma
Coordinators

Taking Pledge Ceremony Against Drug Abuse on the Eve of 75 years of India's Independence Celebrations

Date of the Activity: 12th August 2022

Number of Participants: 90



Objective: Under the Nasha Mukta Bharat Abhiyan of the Ministry of Social Justice and Empowerment, Government of India, the aim of the ceremony was to strengthen action and cooperation in achieving the goal of sustainable world free of substance abuse.

Evidence of Success: On the 75 years of celebrations of Har Ghar Tiranga Under Azadi Ka Amrit Mahotsva, Mehr Chand Mahajan DAV College for Women, Chandigarh under the aegis of Department of Higher Education, Chandigarh Administration, an awareness regarding Nasha Mukta Bharat Abhiyan, a pledge taking ceremony against drug abuse was organized by Victory Against Drug Abuse Club (VADAC). During the pledge against drug, the staff members pledged to fight the menace of drugs by staying away from drugs. On this occasion, college Principal Dr. Nisha Bhargava appreciated the organizing committee for making this celebration of 75 years of India's Independence in such a befitting manner. Everyone promised to keep themselves free from drugs and make all kinds of efforts to make Bharat Drug Free country (Nasha Mukta).



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Victory Against Drug Abuse (VADA) Club

In Collaboration with

NCC Naval & Army Wing

under the aegis of

Department of Social Justice & Empowerment

Govt. of India

live telecasting an Awareness Session on

SAY
NO
TO
DRUGS



Date: 12 September 2022 | **Time:** 4:00 pm | **Venue:** Multimedia Hall

Dr. Gurjeet Kaur Virk
Coordinator, VADA Club

Dr. Amandeep Kaur
CTO
NCC Army Wing

Dr. Anju Lata
ANO
NCC Naval Wing

Dr. Nisha Bhargava
Convener & Principal

Live Telecasting Awareness Session on 'SAY NO TO DRUGS'

Date of the Activity: 12th September 2022

Number of Participants: 213



Objective: The main purpose of the event was to convey the dangerous implications of menace of drugs and created awareness among NCC Cadets, VADA members and other student volunteers to strengthen their actions and cooperation in achieving the goal of a sustainable world free from substance abuse.

The Context: Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the persons using drugs, but on the family and society at large. Drug abuse has resulted in an increase in crime rate and has a detrimental impact on society at large. Preventions has proven to be the most effective strategy to counter this problem. The Ministry of Social Justice & Empowerment under Nasha Mukta Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country.

The Practice: Under Nasha Mukta Bharat Abhiyaan an Interaction Programme with NCC Cadets (Naval Wing & Army Wing), Victory against Drug Abuse Club Members and other student volunteers of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, attended the live streamed Awareness Session on Drug Abuse and mass pledge against drug abuse which was organised by Ministry of Social Justice & Empowerment, the nodal department for drug demand reduction on 12th September 2022.



Honourable Defence Minister Sri Rajnath Singh, Member of Parliament Sri Ramdas Athawale and other dignitaries expressed their concern over repercussions of drug abuse on youth, their families and the society. He reiterated the fact that menace of drug abuse is spreading fast among adolescents and young children and the threat should not be underestimated. The main focus of the event was to collaborate with NCC Cadets, whom the minister called second line of defense, VADA members and other student volunteers to strengthen the actions and cooperation in achieving the goal of a sustainable world free from substance abuse. Mr. Singh also lauded some grass-root level success stories on fight against drug addiction.



Evidence of Success: The live telecasted programme was organised in the college campus under the esteemed and valuable guidance of Principal Dr.Nisha Bhargava. The programme was administered by Dr. Anju Lata, Associate NCC Officer (Naval Wing), Dr Amandeep Kaur CTO NCC (Army Wing) and Dr.Gurjeet Kaur Virk, Coordinator, Victory against Drug Abuse Club (VADAC). A pledge was undertaken by the NCC Cadets, and other students of the college in which they took an oath of never going into the direction of Drug Addiction in their life and make their country 'Drug Free'. On the occasion, Principal Dr.Nisha Bhargava, addressed the NCC Cadets and other student volunteers and highlighted the optimism for curbing the drug problem in the imminent future and building a hale and healthy society which is definitely possible with each of our conscious efforts. She said as a young nation with fire in its belly and strong will power, the dream of Making India 'Drug Free' is not far away. The NCC Associate Officer (Naval Wing) and VADA Club (Coordinator) also made the students aware about how young generations fall into this trap and what steps should be undertaken by all to resist it strongly. They advised the students to use time wisely and for constructive work in order to focus on career. The event was attended by more than 200 student participants and 10 faculty members. The students' volunteers were enthusiastic and proactive during the event.



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Competitions on the respective themes:

Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Victory Against Drug Abuse (VADA) Club

under the aegis of

Department of Social Justice & Empowerment, Govt. of India
is organizing

Elocution Competition

Theme: Is Substance use addiction, A disease or a choice

Essay Writing Competition

Theme: Nasha Mukta Bharat Abhiyaan & Road map ahead for its success

Painting Competition

Theme: Impact of substance use on individuals

Date: 24 September 2022 | Timings: 11:00 am to 1:00 pm

Prior registration is mandatory. Click below to register



Dr Aparna Sharma

Ms Sunita

Ms Robina

Co-coordinators

Dr Gurjeet Kaur Virk

Coordinator VADA Club

Dr Nisha Bhargava

Convener & Principal

Elocution Competition:

Is substance use addiction, A disease or a choice

Essay Writing Competition:

NashaMukt Bharat Abhiyaan&Road map ahead for its success

Painting Competition:

Impact of Substance use on individuals

Date of the Activity: 24th September 2022

Number of Participants: 100



Objective: The main focus of the event was to strengthen the actions and cooperation in achieving the goal of a sustainable world free from substance abuse. The entire world is facing the menace of drug addiction which has a devastating impact on the addict, individual, family and a large section of society. These competitions were conducted in three different venues within the campus simultaneously, to generate mass awareness about the drug menace and its effects on younger generation under NashaMukt Bharat Abhiyaan.

The Context: Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the persons using drugs, but on the family and society at large. Drug abuse has resulted in an increase in crime rate and has a detrimental impact on society at large. Preventions has proven to be the most effective strategy to counter this

problem. The Ministry of Social Justice & Empowerment under Nasha Mukta Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country.

The Practice: The Victory against Drug Abuse Club of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, conducted three competitions under Nasha Mukta Bharat Abhiyaan. The three events were coordinated by Dr Gurjeet Kaur Virk, Coordinator, VADA Club.

The First event Elocution Competition on the theme: “Is substance use addiction, A disease or a choice”, was held in Science Conference Hall. There were 21 student



participants in the competition, wherein they highlighted the negative impact of drug on social, physical and mental wellbeing on the addicts. The drugs have become a style in today’s world. Today’s generation has become gripped with whatever is new or trending in the world. Abuse of drugs can turn out to be very dangerous. It can cause psychological or physical addiction.

All these drugs have tremendous side effects; these side effects can later give rise to several diseases. In their presentations, students also underlined that the government put stringent initiatives in place so that the menace is eradicated from the society. Accordingly students also reminded our duty as responsible citizens and not to misuse the drugs. Even when we come across any such crime, we should immediately report it to the nearest police station. The students showcased enthusiasm, awareness and concern regarding the issue.

The Second event Essay Competition on the theme: “Nasha Mukta Bharat Abhiyaan & Road map ahead for its success” was held in Golden Jubilee Conference Hall. There were 26 students participated in the competition out of which 17 students were expressed their views on respective theme in English medium and other in Hindi medium. The purpose of the activity was to generate awareness, gauge their understanding of the challenge to the youth as well as their solutions to the problem of drug abuse. Students suggested solutions like government intervention, community response and redirecting the energy of youth towards more creative and productive directions.



The Third event Painting Competition on the theme: “Impact of Substance use on individuals “was held in Fine Arts Lab. There were 21 students participated in the competition and they highlighted the ill effects of drugs on students as well as artistically displayed various ills and appeals regarding drug abuse through their paintings. The purpose of painting competition was to sensitise and create awareness amongst the public about the menace of substance abuse through creativity and expression. Participants presented their thoughts on canvas with colours expressing drugs as definite death and suffering for not only the addict but the whole family. By illustrating through painting, participants clearly supported choosing of life and urged youth to say no to drugs.



Evidence of Success: The event was organised in the college campus under the esteemed and valuable guidance of Principal Dr.Nisha Bhargava. The event was administered by Dr.Gurjeet Kaur Virk, Coordinator, and Victory against Drug Abuse Club (VADAC). On the occasion, Principal Dr.Nisha Bhargava, addressed the students participated in different competitions and highlighted the optimism for curbing the drug problem in the imminent future and building a hale and healthy society which is definitely possible with each of our conscious efforts. She said every person has to play a positive role in guiding those into drugs by making it a mission which will be a great contribution to the country. She encouraged all the students to keep participating in these kinds of activities and motivated them to keep spreading awareness in the society. The principal also lauded the efforts of Victory Against Drug Abuse Club (VADA) Coordinator and members for organising the activity and taking initiative to educate students on drug abuse and illicit trafficking. Students of all the streams (i.e. Arts, Commerce and Sciences) from under graduate and postgraduate level participated in the competitions with great zeal. The competitions were basically aimed at spreading awareness about drug menace among students. Various staff members and more than 100 students were present during the event. At the end of the event, best performing participants were given cash rewards and certificates for their felicitation.



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Victory Against Drug Abuse (VADA) Club

under the aegis of

Department of Social Justice & Empowerment

Govt. of India

organizes

An Awareness Session on

Drug Abuse among Youth

Date: 30 September 2022

Time: 10:00 am

Venue: Multimedia Hall



Resource Person

Dr. Debasish Basu

Professor & Head
Department of Psychiatry
PGIMER, Chandigarh

Dr. Nisha Bhargava
Convener & Principal

Dr. Gurjeet Kaur Virk
Coordinator, VADA Club

Dr. Aanchal Batra
Dr. Minakshi Rana
Dr. Aparna Sharma
Co-Coordinator

Awareness Lecture On Drug Abuse Among Youth

Date of the Activity: 30th September 2022

Number of Participants: 100



Objective: The main purpose of the event was to educate and refrain the youth from the use of narcotic substances and spread awareness about the drug not only on individuals on society at large.

The Context: Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the persons using drugs, but on the family and society at large. Drug abuse has resulted in an increase in crime rate and has a detrimental impact on society at large. Preventions has proven to be the most effective strategy to counter this problem. The Ministry of Social Justice & Empowerment under Nasha Mukta Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country.

The Practice: The Victory against Drug Abuse Club of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, conducted an Awareness Lecture on Drug Abuse among Youth under the aegis of Department of Ministry of Social Justice & Empowerment under Nasha Mukta Abhiyan which was convened by College Principal Dr. Nisha Bhargava and was coordinated by Dr. Gurjeet Kaur Virk.

The speaker of the event was Dr. Debasish Basu, Professor & Head, Department of Psychiatry, PGIMER, Chandigarh. Dr. Basu, shared his immense knowledge on various drugs, consequences of its consumption and symptoms of drug abusers in his



resource full lecture. It was an eye opening session, where a whole new perspective of Drug Abuse was understood by the participants. The lecture began with the basic terminologies related to drugs, its connection with regard to medicines, drug dependence and drug abuse followed by the classification of drugs such as narcotics, psychotropic substances, and controlled substances and other substances. He emphasized on understanding drugs from biological, psychological and sociological standpoints and effects. While urging not to use derogatory branding like 'addict' for a person who is severely dependent on drugs, he also urged youth not to fall prey to the temporary relief given by drugs as it was a trap. He explained that the narcotic world is a place entry is easy but exit is very difficult to find. Even while deeply aware about the harmful consequences, the victim becomes helpless as he cannot get away from the addiction. The speaker gave a clear insights into the reasons that attract an individual towards drug abuse and its impact on mental and physical health, where signs of drug abuse and its detrimental effects on physical appearance. The participants were made aware about alarming and rising trend of drug abuse among youth in general and women in particular. He drew attention towards

various laws and punishments directed by our Government of India to contain drug abuse, but also observed them as inadequate. He emphasised the importance of family and religious values and good company to prevent us all from getting into this danger. He also explained the importance of Karma, self-care, and hard work were the key elements to achieve success in life. He discussed the ill effects of drug use with more than 100 students and also explained how the mechanism and mind of an individual changes, when one consumes drugs on a regular basis. He advised different ways and methods to handle such situations and also how an institution can spread awareness about the same.



On the event, Principal Dr.Nisha Bhargava addressed the students and mentioned that “DRUGS” refers to Death Regularized under Guise of Solace and then shared a valuable quote, “Understand your potential and act accordingly to reach success”. She guided students to choose the right path and succeed in life rather than being a victim of evil practices. This was followed by an interactive session with the students in which students discussed their issues and questions with the speaker. The students really found the session insightful, during the session the speaker also discussed the myths related to drugs. Helping spread awareness regarding such topics is an important aspect and can go a long way in helping save someone’s life.



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Victory Against Drug Abuse (VADA) Club
under the aegis of
Department of Social Justice & Empowerment
Govt. of India
organizes
An Awareness Session on



DRUG ABUSE AND MENTAL HEALTH

Date: 9 February 2023
Time: 11:00 am
Venue: Multimedia Hall

Resource Person

Dr. Nelu

Licensed Psychotherapist, USA

Dr. Gurjeet Kaur Virk
Coordinator, VADA Club

Dr. Nisha Bhargava
Convener & Principal

Awareness Lecture On Drug Abuse Mental Health

Date of the Activity: 9th February 2023

Number of Participants: 150



Objective: The main purpose of the event was to educate and refrain the youth from the use of narcotic substances and spread awareness about the drug not only on individuals on society at large.

The Context: Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the persons using drugs, but on the family and society at large. Drug abuse has resulted in an increase in crime rate and has a detrimental impact on society at large. Preventions has proven to be the most effective strategy to counter this problem. The Ministry of Social Justice & Empowerment under Nasha Mukta Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country.

The Practice: The Victory against Drug Abuse Club of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, conducted an Awareness

Session on Drug Abuse and Mental Health among Youth under the aegis of Department of Ministry of Social Justice & Empowerment under Nasha Mukta Abhiyan which was convened by College Principal Dr. Nisha Bhargava and was coordinated by Dr. Gurjeet Kaur Virk.



The main objective of this session was to equip the students with required information regarding the etiology of drug abuse and the measures to control and prevent the drug abuse.

In this event Dr. Nemi Chand Gollia, State Liason Officer (NSS) was the special guest and Dr. Nelu, a Licensed Psychotherapist with speciality in Addiction and Mental Health,U.S.A, was the resource person. Dr.Nemi Chand introduced the resource person of the event and



while addressed the students said that global burden of is not only effecting social and economic growth of different nations it is also hampering the development process and lifestyles of the communities.



Dr. Nelu, acquainted the participants with detrimental effects of drug abuse on mental health. She also talked about the need to nip the evil in the bud by finding out the reasons behind youngsters resorting to drugs. She explained how the mechanism and mind of an individual changes,

when one consumes drugs on regular basis. She advised different ways and methods to handle such a situations and also how an institution can spread awareness about the same. The speaker gave a clear insights into the reasons that attract an individual towards drug abuse and its impact on mental and physical health, where signs of drug abuse and its detrimental effects on physical appearance. The participants were made aware about alarming and rising trend of drug abuse among youth. She discussed the ill effects of drug use with more than 150 students and also explained how the mechanism and mind of an individual changes, when one consumes drugs on a regular basis. The session was followed by an interactive session with the students wherein they discussed their issues and shared their queries.



Principal Dr. Nisha Bhargava applauded the efforts of VADA Club to create awareness about the menace of drug abuse. She said that since drug abuse is on the rise, it is extremely important to put the spotlight on mental Health and how it is impacted by drug abuse. Over 150

students attended the session and found it highly insightful.



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Victory Against Drug Abuse (VADA) Club

under the aegis of

Department of Social Justice & Empowerment, Govt. of India

is organizing



Pledge Taking Ceremony

Theme: Say No to Drugs



Date: 13 February 2023 Time: 12:00 Noon Venue: Golden Jubilee Block

Poster Making Competition

Theme: Importance of family in preventing substance abuse

Date: 13 February 2023 Timings: 11:00 am-1:00 pm

Venue: Fine Arts Lab (Room No. 118)

GUIDELINES FOR POSTER MAKING COMPETITION:

- Size of the Sheet: Half Imperial size sheet
- Medium: Any Coloured medium
- All the participants must get their own material
- Participants should be seated by 10:45 am.
- Results will be announced on 23 March 2023
- The decisions of Judges will be binding and final.
- Top three winners of poster making competition will be awarded cash prizes (First prize Rs. 2000, Second Prize Rs. 1500 and Third Prize Rs. 1000). For participation in Poster Making competition, prior registration is mandatory.

[CLICK HERE](#) to Register.

Ms Kanupriya &

Ms Simranpreet Kaur **Ms Robina Singh** **Dr Gurjeet Kaur Virk** **Dr Nisha Bhargava**
Students Ambassadors Coordinator Nodal Officer, VADA Club Convener & Principal

Pledge Ceremony and Poster Making Competition

Date of the Activity: 13th February 2023

Number of Participants: 100



Objective: The main focus of the event was to strengthen the actions and cooperation in achieving the goal of a sustainable world free from substance abuse. The entire world is facing the menace of drug addiction which has a devastating impact on the addict, individual, family and a large section of society. These activities were conducted to generate mass awareness about the drug menace and its effects on younger generation under NashaMukt Bharat Abhiyaan.

The Context: Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the persons using drugs, but on the family and society at large. Drug abuse has resulted in an increase in crime rate and has a detrimental impact on society at large. Preventions has proven to be the most effective strategy to counter this problem. The Ministry of Social Justice & Empowerment under Nasha Mukht Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country.



The Practice: The Victory against Drug Abuse Club of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, conducted these activities under Naha Mukht Bharat Abhyaan. To create awareness regarding Nasha Mukht Bharat, Chandigarh, a pledge-ceremony was organized under able guidance of Principal Dr Nisha Bhargava and supervision of (VADAC) Victory Against Drug Abuse Club (Nodal officer) Dr Gurjeet Kaur Virk, and Coordinator Ms. Robina Singh. The pledge was administered to the students of the college by Student volunteer Ms. Kanupriya, at the college, wherein everyone vowed to stay away from drugs and to make efforts to make India a drug free country. Everyone promised to keep themselves free from drugs and make all kinds of efforts to make Bharat Drug Free country. Student representatives also participated and generate awareness by making posters on the respective theme of the program among the masses. On this occasion, Principal Dr. Nisha Bhargava mentioned that drug addiction is an issue of grave concern, especially among the younger generation, which has detrimental impact not only on individual concerned but on the society as a whole. In the end she pointed out that in this digital era, the definition of addiction has evolved to include tech addiction, and sensitization programmes aimed at preventing the addiction can be the most effective strategy to overcome this problem.



The second event Poster Making Competition on the theme: “The importance of family in preventing substance abuse’ was held in Fine Arts Lab. There were 14 students participated in the competition and they highlighted the ill effects of drugs on students as well as artistically displayed various ills and appeals regarding drug abuse through their posters. The purpose of poster competition was to sensitise and create awareness amongst the public about the menace of substance abuse through creativity and expression. Participants presented their thoughts on canvas with colours expressing drugs as definite death and suffering for not only the addict but the whole family. By illustrating through posters, participants clearly supported choosing of life and urged youth to say no to drugs.



Evidence of Success: The event was organised in the college campus under the esteemed and valuable guidance of Principal Dr.Nisha Bhargava. On the occasion, she addressed the students participated in Pledge ceremony and Poster competition, and highlighted the optimism for curbing the drug problem in the imminent future and building a hale and healthy society which is definitely possible with each of our conscious efforts. She said every person has to play a positive role in guiding those into drugs by making it a mission which will be a great contribution to the country. She encouraged all the students to keep participating in these kinds of activities and motivated them to keep spreading awareness in the society. The principal also lauded the efforts of Victory Against Drug Abuse Club (VADA) Coordinator and members for organising the activity and taking initiative to educate students on drug abuse and illicit trafficking. The events basically aimed at spreading awareness about drug menace among students. More than 100 students were present during the event. At the end of the event, best performing participants were given cash rewards and certificates for their felicitation.



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

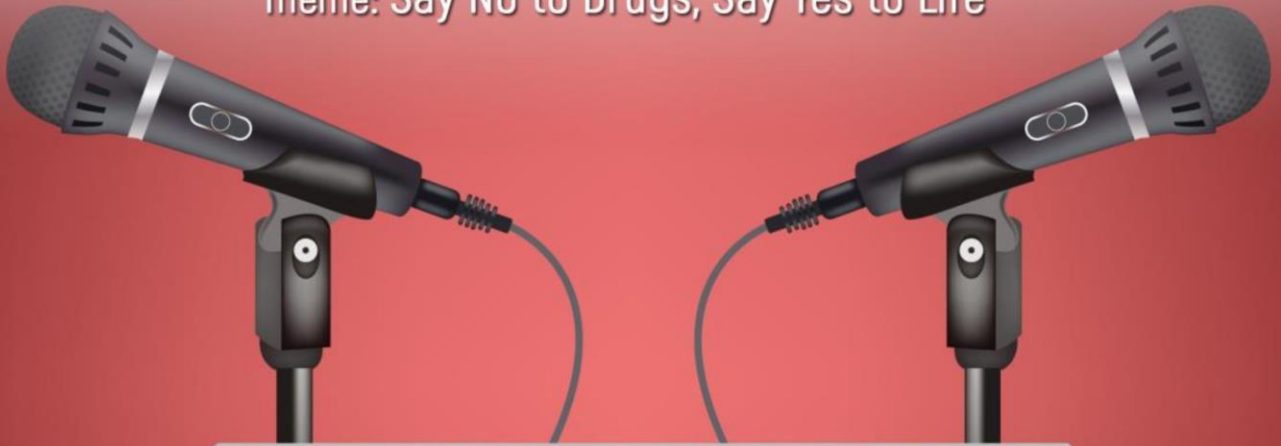
Victory Against Drug Abuse (VADA) Club

under the aegis of

Department of Social Justice & Empowerment, Govt. of India
is organizing

Declamation Contest

Theme: Say No to Drugs, Say Yes to Life



Date: 23 February 2023

Time: 11:00 a.m.

Venue: Golden Jubilee Conference Hall

Note: ● Each participant may speak on the topic for three to four minutes. ● Paper reading is not allowed. ● The participants may speak in any of the three languages; English, Hindi or Punjabi. ● The decision of judges will be binding and final. ● Results will be declared on 23 February 2023. ● Cash prizes will be awarded to top three prize winners. (First Prize: Rs. 2000/-, Second Prize: Rs. 1500/- and Third Prize: Rs. 1000/-).

Prior Registration Mandatory. [CLICK HERE](#) to register.

Ms Ananya Passi & Ms Parneet Chahal Student Ambassadors	Dr Aparna Sharma Coordinator	Dr Gurjeet Kaur Virk Nodal officer	Dr Nisha Bhargava Convener & Principal
--	---------------------------------	---------------------------------------	---

DECLAMATION CONTEST

Theme: Say No to Drugs, Say Yes to Life

Date of the Activity: 23rd February 2023

Number of Participants: 15



Objective: The main focus of the event was to strengthen the actions and cooperation in achieving the goal of a sustainable world free from substance abuse. The entire world is facing the menace of drug addiction which has a devastating impact on the addict, individual, family and a large section of society. The declamation contest was conducted in Golden Jubilee Conference Hall within the campus, to generate mass awareness about the drug menace and its effects on younger generation under NashaMukt Bharat Abhiyaan.

The Context: Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the persons using drugs, but on the family and society at large. Drug abuse has resulted in an increase in crime rate and has a detrimental impact on society at large. Preventions has proven to be the most effective strategy to counter this problem. The Ministry of Social Justice & Empowerment under Nasha Mukta Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country.



The Practice: The Victory against Drug Abuse Club of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, conducted Declamation Contest on the theme: Say No to Drugs, Say Yes to Life , under Nasha Mukta Bharat Abhiyaan. The event was coordinated by Dr. Aparna Sharma and Dr.Gurjeet Kaur Virk, Nodal Officer, Victory Against Drug Abuse Club and with great support provided by student ambassadors Ms.Ananya Passi and Ms. Parneet Chahal. There were 15 student participants in the contest. The students in their arguments brought about several issues pertaining to drug as menace of modern society. Students spoke about the causes and consequences of drug addiction wherein they highlighted the negative impact of drug on social, physical and mental wellbeing on the addicts. The drugs have become a style in today's world. Today's generation has become gripped with whatever is new or trending in the world. Abuse of drugs can turn out to be very dangerous. It can cause psychological or physical addiction. All these drugs have tremendous side effects; these side effects can later give rise to several diseases. In their presentations, students also underlined the possible solutions for the problems such as: the government put stringent initiatives in place so that the menace is eradicated from the society. Students also reminded our duty as responsible citizens to neither misuse the drugs for ourselves nor let our friends, family members indulge in same. Even when we come across any crime of such nature, we should immediately report it to the nearest police station. Students highlighted positive role of students, teachers, parents and peer groups in bringing about awareness on such issues. The students showcased enthusiasm, awareness and concern regarding the issue.



Evidence of Success: The event was organised in the college campus under the esteemed and valuable guidance of Principal Dr.Nisha Bhargava. She applauded the efforts of VADA Club and reinforced that the youth must stay away from substance abuse. She encouraged all the students to keep participating in such kinds of events and motivated them to keep spreading awareness in the society. In the event students of all the streams (i.e. Arts, Commerce and Sciences) from under graduate and postgraduate level participated in the contest with great zeal. The contest basically aimed at spreading awareness about drug menace among students. At the end of the event results were announced in which first position bagged by Ms Husanpreet Kaur,(B.A III)yr, second and third positions grabbed by Ms Ramanpreet Kaur (B.A)I and Ms. Riya Chaturvedi (B.A)I respectively. The winners would be awarded cash prizes of Rs2000, Rs.1500, and Rs.1000 and certificates for their felicitation on the valedictory day which will be held at the culmination of various events and sessions organized by the club throughout the month. The event ended with the hope of looking forward to a 'NASHA UKT BHARAT'





Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Victory Against Drug Abuse (VADA) Club
under the aegis of
Department of Social Justice & Empowerment
Govt. of India
organizes
A Workshop on

Gender and Substance Abuse

Date: 9 March 2023 **Time:** 11:00 am **Venue:** Multimedia Hall



Resource Person

Dr Sukhpreet Kaur

Psychiatric Social Worker
Drug De-Addiction & Treatment Centre
Civil Hospital, Hoshiarpur (Punjab)

Dr Ketaki Dwivedi
Coordinator

Dr Gurjeet Kaur Virk
Co-convener

Dr Nisha Bhargava
Convener & Principal

Workshop on Gender & Substance Abuse

Date of the Activity: 9th March 2023

Number of Participants: 100



Objective: India and the whole world is reeling under menace of substance abuse with consequences as severe as health hazards like overdose and death, family crisis as well as community disorganisation. The objective of the event was to achieve goal of a sustainable world free from substance abuse. The workshop was conducted in Multimedia Hall in the college campus, to generate mass awareness about the drug menace, its causes and its effects on younger generation with a special focus on rehabilitation under Nasha Mukta Bharat Abhiyaan.

The Context: Substance abuse is emerging to be a serious concern in the country, especially among the younger generation leading to disastrous consequences not just for the persons using drugs, but on the family and society at large. Drug abuse has resulted in an increase in crime rate and has a detrimental impact on society at large. Preventions has proven to be the most

effective strategy to counter this problem. Community and family participation in the rehabilitation of affected person is yet another focus area. Substance abuse when viewed in context of gender dimension becomes yet another complex issue. Women victims of abuse remains a hidden group due to fear of stigma, discrimination, lack of rehabilitation facilities etc. In spite of the rising instances of women substance addicts rehabilitation for women still remains a dark area.

The Ministry of Social Justice & Empowerment under Nasha Mukta Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country under whose leadership the above session was organised

The Practice: The Victory against Drug Abuse Club of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, conducted a workshop titled Gender and Substance Abuse. The event was coordinated by Dr. Ketaki Dwivedi and Dr. Gurjeet Kaur Virk, Nodal Officer, Victory Against Drug Abuse Club.



Dr Kaur in a detail discussion highlighted the types of drugs most commonly accessible to the youth is heroin. Since it is a depressant it inflicts damaging results on the people consuming it frequently causing hypoxia and death. Discussing major causes of prevalence of drug addiction among youth and adolescents are peer pressure, family history as well as storm and stress situation in this age -group.

Dr Kaur explained the consequences ranging from immediate physical problems to fatal consequences like suicidal tendencies and death due to overdose or permanent damage to heart and brain. Impact of substance abuse on the health, family and community of the affected person is damaging. With the help of

elaborate case studies of the substance abusing youth she suggested set back at the family level and bad company to be major cause of drug addiction. Show casing the personal experience of the youth of the journey from drug abuse to rehabilitation she emphasized upon the importance of three pronged approach: awareness against drugs, immediate treatment if affected by it and rehabilitation.

She suggested that apart from the affected person, the family of the person also requires extensive counselling. The drugs have become life style in today's world. In her presentation, resource person underlined the role of family and community at all levels from prevention to rehabilitation. At the end of her presentation she highlighted that drug abuse is treatable disease though chances of relapse remain. Apart from awareness- hope, resilience and will power can bring victims of drug abuse back to their normal life.

Evidence of Success: The event was organised in the college campus under the esteemed and valuable guidance of Principal Dr.Nisha Bhargava. She applauded the efforts of VADA Club and reinforced that the youth must stay away from substance abuse. She encouraged all the students to keep participating in such kinds of events and motivated them to keep spreading awareness in the society. The event ended with the hope of looking forward to a 'NASHA UKT BHARAT'.





Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Victory Against Drug Abuse (VADA) Club
under the aegis of

Department of Social Justice & Empowerment, Govt. of India
is organizing

VALEDICTORY SESSION

Date: 22 March 2023 Time: 11:00 am
Venue: Outside Golden Jubilee Hall

Events:

Prize Distribution Ceremony
Pledge for Say No to Drugs
Raising Posters/Slogans against Drugs



Dr Ketaki Dwivedi
Dr Aparna Sharma
Ms Robina
Co-coordinators

Dr Gurjeet Kaur Virk
Coordinator VADA Club

Dr Nisha Bhargava
Convener & Principal

Valedictory Session

Date of the Activity: 22nd March 2023

Number of Participants: 80



Objective: The entire world is facing the menace of drug addiction which has a devastating impact on health and well-being of not only the addicted individual but also on the family and a large section of the society. With the mission to strengthen the action and cooperation of the youth in achieving the goal of a sustainable world free from substance abuse, the valedictory session was organised in college campus. Under the ceremony three events with focus to generate mass awareness about the drug menace and its effects on younger generation under Nasha Mukta Bharat Abhiyaan were organised.

The Context: Drug Addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the persons affected by drugs, but on the family and society at large. Drug abuse has resulted health hazards, economic hardships as well as in an increase in crime rates like stealing, arson, prostitution to name a few. An effect of this order has disturbing impact on society at large. Preventive measures has proven to be the most effective strategy to counter this problem. The Ministry of Social

Justice & Empowerment under Nasha Mukh Bharat Abhiyaan, is the nodal ministry which plays a significant role in Drug Demand Reduction in the country.



The Practice: The Victory against Drug Abuse Club of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, organised a Valedictory ceremony in the college campus and the chief guest of the event was college Principal, Dr. Nisha Bhargava. The event started with the brief introduction of Victory against Drug Abuse Club and series of events, programmes and sessions organised to create awareness regarding the detrimental effects of drug abuse and also create environment where students understand and learn the various consequences of drug abuse by Dr. Aparna Sharma. The valedictory session was culmination of all the efforts that the club undertook to eradicate this evil. During the session various events and activities were organised like: the Pledge Ceremony as administered with slogan 'Say No to Drugs', Poster Making Competition on 'Importance of family in Preventing Substance Abuse' Declamation Contest on 'Say No to Drugs, Say Yes to Life'. An Awareness Sessions on Gender and Substance Abuse by expert in the relevant field was also conducted.

During the Valedictory session, A rally raising with Posters and Slogans on the theme 'Say no to Drugs, Say Yes to Life' was organised in the college campus and more than 80 student volunteers participated and spreading awareness against drug abuse. The college principal Dr Nisha Bhargava encouraged student's efforts and awarded cash prizes and certificates to the winners of the respective competitions. Addressing the students Dr Bhargava made them aware about the harmful effects using drugs and the major risks associated with it. She highlighted that there is need for involvement of stakeholders to generate mass awareness among the public to save the youth from drug menace. At the end, she applauded the efforts of VADA Club Nodal Officer Dr Gurjeet Kaur Virk, team members and student volunteers for enthusiastically conducting events. She reinforced that youth must stay away from substance abuse and event ended with the hope of looking forward to a Nasha Mukta Bharat Abhiyaan.



एमसीएम ने नशा मुक्त भारत पर शपथ ग्रहण समारोह का आयोजन किया

चंडीगढ़ (जगमार्ग न्यूज़)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, ने भारत सरकार के सामाजिक न्याय और अधिकारिता मंत्रालय के नशा मुक्त भारत अभियान के तहत एक शपथ समारोह का आयोजन किया।



एमसीएम ने नशा मुक्त भारत पर शपथ ग्रहण समारोह का आयोजन किया

अमृतलया, चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने भारत सरकार के सामाजिक न्याय और अधिकारिता मंत्रालय के नशा मुक्त भारत अभियान के तहत एक शपथ समारोह का आयोजन किया। समारोह का उद्देश्य मादक द्रव्यों के सेवन से मुक्त



एक स्थायी दुनिया के लक्ष्य को प्राप्त करने में कार्रवाई और सहयोग को मजबूत करना था। कॉलेज के पुरुष स्टाफ सदस्यों को प्रशासनिक अधीक्षक श्री कुलदीप सिंह, द्वारा कॉलेज में

शपथ दिलाई गई, जिसमें सभी ने नशा से दूर रहने और भारत को नशा मुक्त बनाने के लिए शपथ का संकल्प लिया।

एमसीएम ने नशा मुक्त भारत पर शपथ ग्रहण समारोह का आयोजन किया



MCM holds pledge ceremony on Nasha Mukta Bharat



CHANDIGARH: Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Pledge ceremony...

एमसीएम में 'हर घर तिरंगा' कार्यक्रम के तीसरे दिन जागरूकता रैली, देशभक्ति गीत प्रतियोगिता और नशीली दवाओं के खिलाफ शपथ का किया आयोजन

फास्ट मीडिया अमृतलया/ चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में आजादी का अमृत महोत्सव के तहत हर घर तिरंगा अभियान के अंतर्गत आयोजित 6 दिवसीय कार्यक्रम के तीसरे दिन देशभक्ति की भावना से भरपूर गतिविधियों का आयोजन किया गया। उच्च शिक्षा विभाग, चंडीगढ़ प्रशासन के तत्वावधान में आयोजित, 6 दिवसीय कार्यक्रम भारत की स्वतंत्रता के 75 वर्ष का उत्सव है। एनएसएस इकाइयों द्वारा अंगीकृत गाँव बंधेरी में हर घर तिरंगा पर जागरूकता रैली, संगीत विभाग द्वारा इंटर कॉलेज ऑनलाइन देशभक्ति गीत प्रतियोगिता और विकटरी ओगेनस्ट ड्रग अब्यूज क्लब द्वारा कॉलेज के कर्मचारियों को नशीली दवाओं के खिलाफ शपथ दिलाई गई। बंधेरी में जागरूकता रैली में राज्य संपर्क अधिकारी (राज्य एनएसएस प्रकोष्ठ) चंडीगढ़ से डॉ. नेमी चंद गोस्विया उपस्थित रहे, जिन्होंने एनएसएस स्वयंसेवकों को हर घर तिरंगा कार्यक्रम के बारे



में जानकारी दी। रैली के दौरान एनएसएस स्वयंसेवकों ने गाँववासियों को तिरंगे के महत्व के बारे में जागरूक किया। स्वयंसेवकों ने घर-घर जाकर जागरूकता अभियान भी चलाया, जिसमें उन्होंने निवासियों से आग्रह किया कि वे स्वतंत्रता के 75 वर्ष पूरे होने पर 13-15 अगस्त के बीच अपने घरों में राष्ट्रीय ध्वज फहराएँ। उन्होंने ग्रामीणों को <https://harghartiranga.com> पर तिरंगा

के साथ अपनी सेल्फी पोस्ट करने के लिए भी प्रेरित किया। इंटर कॉलेज ऑनलाइन देशभक्ति गीत प्रतियोगिता में विभिन्न शिक्षण संस्थानों के छात्रों की उत्साहजनक भागीदारी देखी गई। प्रतिभागियों ने अपनी मधुर आवाज में देशभक्ति के गीत गाते हुए खुद के वीडियो प्रस्तुत किए। नशीली दवाओं के खिलाफ शपथ के दौरान, स्टाफ सदस्यों ने नशीली दवाओं से दूर रहकर और इसके बारे में

जागरूकता बढ़ाने के लिए नशीली दवाओं के खतरे से लड़ने का संकल्प लिया। प्रधानाचार्या डॉ. निशा भागव ने भारत की आजादी के 75वें वर्ष को इस तरह से मनाने के लिए आयोजन समितियों की सराहना की। उन्होंने कहा कि हर घर तिरंगा अभियान में छात्रों और कर्मचारियों की उत्साहपूर्ण भागीदारी राष्ट्र के प्रति नागरिकों के प्रेम और राष्ट्र निर्माण के प्रति उनकी प्रतिबद्धता को दर्शाती है।

एमसीएम में हर घर तिरंगा कार्यक्रम के तीसरे दिन जागरूकता रैली

- देशभक्ति गीत प्रतियोगिता और नशीली दवाओं के खिलाफ शपथ का आयोजन किया गया

अमृत्या, चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में आजूबादी का अमृत महोत्सव के तहत हर घर तिरंगा अभियान के अंतर्गत आयोजित 6 दिवसीय कार्यक्रम के तीसरे दिन देशभक्ति की भावना से भरपूर गतिविधियों का आयोजन किया गया। उच्च शिक्षा विभाग, चंडीगढ़ प्रशासन के तत्वावधान में आयोजित, 6 दिवसीय कार्यक्रम भारत की स्वतंत्रता के 75 वर्ष का उत्सव है। एनएसएस इकाइयों द्वारा अंगीकृत गाँव बधेरी में हर घर तिरंगा पर जागरूकता रैली, संगीत विभाग द्वारा इंटर कॉलेज ऑनलाइन देशभक्ति गीत प्रतियोगिता और विकटरी अगेनस्ट ड्रग अब्यूज क्लब द्वारा कालेज के कर्मचारियों को नशीली दवाओं के खिलाफ शपथ दिलाई गई। बधेरी में जागरूकता रैली में राज्य संपर्क अधिकारी (राज्य एनएसएस प्रकोष्ठ) चंडीगढ़ से डॉ. नेमी चंद गोलिया उपस्थित रहे, जिन्होंने एनएसएस स्वयंसेवकों को हर घर तिरंगा कार्यक्रम के बारे में जानकारी दी। रैली के दौरान एनएसएस स्वयंसेवकों ने गाँववासियों को तिरंगे के महत्व के बारे में



एमसीएम में हर घर तिरंगा कार्यक्रम के तीसरे दिन जागरूकता रैली, देशभक्ति गीत प्रतियोगिता और नशीली दवाओं के खिलाफ शपथ का आयोजन किया गया

ह्यूमन इंडिया/ब्यूरो
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में आजूबादी का अमृत महोत्सव के तहत हर घर तिरंगा अभियान के अंतर्गत आयोजित 6 दिवसीय कार्यक्रम के तीसरे दिन देशभक्ति की भावना से भरपूर गतिविधियों का आयोजन किया गया। उच्च शिक्षा विभाग, चंडीगढ़ प्रशासन के तत्वावधान में आयोजित, 6 दिवसीय कार्यक्रम भारत की स्वतंत्रता के 75 वर्ष का

उत्सव है। एनएसएस इकाइयों द्वारा अंगीकृत गाँव बधेरी में हर घर तिरंगा पर जागरूकता रैली, संगीत विभाग द्वारा इंटर कॉलेज ऑनलाइन देशभक्ति गीत प्रतियोगिता और विकटरी अगेनस्ट ड्रग अब्यूज क्लब द्वारा कालेज के कर्मचारियों को नशीली दवाओं के खिलाफ शपथ दिलाई गई। बधेरी में जागरूकता रैली में राज्य संपर्क अधिकारी (राज्य एनएसएस प्रकोष्ठ) चंडीगढ़ से डॉ. नेमी चंद गोलिया उपस्थित रहे,

जिन्होंने एनएसएस स्वयंसेवकों को हर घर तिरंगा कार्यक्रम के बारे में जानकारी दी। रैली के दौरान एनएसएस स्वयंसेवकों ने गाँववासियों को तिरंगे के महत्व के बारे में जागरूक किया। स्वयंसेवकों ने घर-घर जाकर जागरूकता अभियान भी चलाया, जिसमें उन्होंने निवासियों से आग्रह किया कि वे स्वतंत्रता के 75 वर्ष पूरे होने पर 13-15 अगस्त के बीच अपने घरों में राष्ट्रीय ध्वज फहराएँ। उन्होंने ग्रामीणों को

<https://harghartiranga.com> पर तिरंगा के साथ अपनी सेल्फी पोस्ट करने के लिए भी प्रेरित किया। इंटर कॉलेज ऑनलाइन देशभक्ति गीत प्रतियोगिता में विभिन्न शिक्षण संस्थानों के छात्रों की उत्साहजनक भागीदारी देखी गई। प्रतिभागियों ने अपनी मधुर आवाज में देशभक्ति के गीत गाते हुए खुद के वीडियो प्रस्तुत किए। नशीली दवाओं के खिलाफ शपथ के दौरान, स्टाफ सदस्यों ने नशीली दवाओं से दूर रहकर और

इसके बारे में जागरूकता बढ़ाने के लिए नशीली दवाओं के खतरों से लड़ने का संकल्प लिया। प्रधानाचार्या डॉ. निशा भार्गव ने भारत की आजूबादी के 75वें वर्ष को इस तरह से मनाने के लिए आयोजन समितियों की सराहना की। उन्होंने कहा कि हर घर तिरंगा अभियान में छात्रों और कर्मचारियों की उत्साहपूर्ण भागीदारी राष्ट्र के प्रति नागरिकों के प्रेम और राष्ट्र निर्माण के प्रति उनकी प्रतिबद्धता को दर्शाती है।

MCM participates in Ministry of Social Justice and Empowerment's live event under Nasha Mukta Bharat Abhiyan



CHANDIGARH, SEPT 13 Union Defence Minister Shri Rajnath Singh and Union

एमसीएम ने नशामुक्त भारत अभियान के मंत्रालय के लाइव कार्यक्रम में भाग लिया

सवेरा न्यूज/नीना

चंडीगढ़, 13 सितंबर : एमसीएम डीएवी कॉलेज फॉर वूमन सेक्टर 36 के विकटरी अगेनस्ट ड्रग अब्यूज क्लब ने कॉलेज के एमसीसी नेवल विंग और आर्मी विंग के सहयोग से अधिकारिता मंत्रालय में लाइव स्ट्रीमिंग के माध्यम से भाग लिया। नशा मुक्त भारत अभियान



लाइव कार्यक्रम में भाग लेते हुए।

को कॉलेज के 200 से अधिक एमसीसी ने कहा कि युवाओं को नशीली दवाओं के डेटेड एवं विवाधितियों से बचाने के लिए सरकार प्रभावों से अवगत कराने

एमसीएम ने नशा मुक्त भारत अभियान के तहत सामाजिक न्याय और अधिकारिता मंत्रालय के लाइव कार्यक्रम में भाग लिया

फास्ट मीडिया चंडीगढ़/अमृत्या

मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के विकटरी अगेनस्ट ड्रग अब्यूज (वीएडीए) क्लब ने कॉलेज के एमसीसी



एमसीएम कॉलेज ने नशीली दवाओं के दुरुपयोग पर जागरूकता सत्र और प्रतियोगिताओं का आयोजन किया

The event, livestreamed by the Ministry from BHIM Auditorium, Dr. Ambedkar International Centre (DAIC) in New Delhi, included interaction with NCC Cadets and mass pledge against drug abuse. The interaction event was jointly presided over by



नशीली दवाओं के दुरुपयोग पर जागरूकता सत्र

एमसीएम डीएवी कॉलेज-36 के ड्रग अब्यूज जागरूकता सत्र का आयोजन किया। सत्र का आयोजन नशा मुक्त भारत अभियान के तहत सामाजिक न्याय और अधिकारिता मंत्रालय के लाइव कार्यक्रम में भाग लेने के लिए किया गया था। डॉ. बसु ने युवाओं के बीच नशीली दवाओं के दुरुपयोग की व्यापकता पर प्रकाश डालते हुए कहा कि युवाओं को नशीली दवाओं के दुरुपयोग के प्रति युवाओं की जागरूकता के लिए समाज शास्त्रीय, मनोवैज्ञानिक कारकों पर विस्तार से चर्चा की। डॉ. बसु ने कहा कि मन और शरीर पर ध्यान देना चाहिए। ब्यूरो

MCM holds lecture on drug abuse and mental health

THE AMAN SANDESH TIMES

Chandigarh: The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Nasha Mukta Bharat Abhiyan of the Department of Social Justice and Empowerment, Government of India, organised a lecture titled 'Drug Abuse and Mental Health'. Dr. Nemi Chand Golia, State Liason Officer (NSS), Chandigarh Administration was Special Guest on this occasion. Dr. Nelu, Licensed Psychotherapist with a speciality in Addiction and Mental Health, USA, was the resource person. She acquainted the participants



with detrimental effects of drug abuse on mental health. Dr. Nelu also emphasised upon the need to nip the evil in the bud by finding out the underlying reasons behind youngsters resorting to drugs. She explained in detail how the mechanism and mind of an individual changes when one consumes drugs on regular basis and also discussed the myths related to drugs. Shedding light

on different ways and methods to handle such situations.

Dr. Nelu highlighted the role of institutions in spreading awareness about the same. The session was followed by an interactive session with the students wherein they discussed their issues and shared their queries.

Principal Dr. Nisha Bhargava applauded the efforts of VADA Club to create awareness about the menace of drug abuse. She said that since drug abuse is on the rise, it is extremely important to put the spotlight on mental health and how it is impacted by drug abuse.

Over 150 students attended the session and found it highly insightful

MCM holds lecture on drug abuse and mental health



CHANDIGARH: The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Nasha Mukta Bharat Abhiyan of the Department of Social Justice and Empowerment, Government of India, organised a lecture titled 'Drug Abuse and Mental Health'. Dr. Nemi Chand Golia, State Liason Officer (NSS), Chandigarh Administration was Special Guest on this occasion. Dr. Nelu, Licensed Psychotherapist with a speciality in Addiction and Mental Health, USA, was the resource person. She acquainted the participants with detrimental effects of drug abuse on mental health. Dr. Nelu also emphasised upon the need to nip the evil in the bud by finding out the underlying reasons behind youngsters resorting to drugs. She explained in detail how the mechanism and mind of an individual changes when one consumes drugs on regular basis and also discussed the myths related to drugs. Shedding light on different ways and methods to handle such situations, Dr. Nelu highlighted the role of institutions in spreading awareness about the same. The session was followed by an interactive session with the students wherein they discussed their issues and shared their queries. Over 150 students attended the session and found it highly insightful.

मानसिक स्वास्थ्य पर दिया व्याख्यान

चंडीगढ़, 10 फरवरी (आशीष): सामाजिक न्याय व अधिकारिता विभाग के नशा मुक्त भारत अभियान के तत्वावधान में सैक्टर-36 के एम.सी.एम. डी.ए.वी. कॉलेज फॉर वूमन के ड्रग एब्यूज क्लब ने ड्रग एब्यूज एंड मेंटल हैल्थ विषय पर एक व्याख्यान का आयोजन किया। प्रशासन की ओर से स्टेट लायजन ऑफिसर डा. नेमीचंद गोलिया विशिष्ट अतिथि थे। सत्र में 150 से अधिक विद्यार्थियों ने भाग लिया और इसे अत्यधिक ज्ञानवर्धक पाया।

एडिक्शन एंड मेंटल हैल्थ में विशेषज्ञता के साथ लाइसेंस प्राप्त मनोचिकित्सक डा. नेलू प्रमुख वक्ता थे। उन्होंने प्रतिभागियों को मानसिक स्वास्थ्य पर नशीली दवाओं के दुरुपयोग के हानिकारक प्रभावों से परिचित कराया। प्रिंसिपल डा. निशा भार्गव ने भी अपने विचार रखे।

MCM vada club holds pledge ceremony and poster making competition



CHANDIGARH, FEB 23

The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, as per the directions of Director Higher Education, Chandigarh Administration, organised a Pledge Ceremony and Poster Making Competition under the aegis of Nasha Mukht Bharat Abhiyan. More than 100 students pledged against drug abuse with the aim to make themselves, their family and the nation drug free. Students also enthusiastically participated and displayed their creativity in Poster Making Competition, the theme of which was 'The importance of family in preventing substance abuse and promoting healthy.

MCM VADA Club holds Pledge ceremony and Poster Making Competition



THE AMAN SANDESH TIMES

Chandigarh: The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, as per the directions of Director Higher Education, Chandigarh Administration, organised a Pledge Ceremony and Poster Making Competition under the aegis of Nasha Mukht Bharat Abhiyan. More than 100 students pledged against drug abuse with the aim to make themselves, their family and the nation drug free. Students also enthusiastically participated and

displayed their creativity in Poster Making Competition, the theme of which was 'The importance of family in preventing substance abuse and promoting healthy and positive attitude towards life'. The best three posters were awarded cash prizes.

Principal Dr. Nisha Bhargava lauded the highly appreciable role of VADA Club in the fight against drug abuse. She motivated the students to be the ambassadors of Nasha Mukht Bharat and raise awareness in the society about the detrimental effects of drug abuse on an individual, the family and the nation.

शपथ समारोह और पोस्टर मेकिंग प्रतियोगिता करवाई



नशा मुक्त की शपथ लेते स्टूडेंट्स ऑनोराबल और कॉलेज फैकल्टी के सदस्य

सवेरा नूज/नीना शर्मा
चंडीगढ़, 23 फरवरी : चंडीगढ़ प्रशासन के उच्च शिक्षा निदेशक के निर्देश पर एमसीएम डीएवी कॉलेज फॉर वुमन सेंटर 32 के विक्टरी अगेंस्ट ड्रग एब्यूज (वाडा) क्लब ने नशा मुक्त भारत अभियान के तत्वावधान में शपथ समारोह और पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। 100 से अधिक स्टूडेंट्स ने

खुद को, अपने परिवार और देश को नशा मुक्त बनाने के उद्देश्य से नशाखोरी के खिलाफ शपथ ली। पोस्टर मेकिंग प्रतियोगिता में भी विद्यार्थियों ने उत्साहपूर्वक भाग लिया और अपनी रचनात्मकता का प्रदर्शन किया, जिसका विषय था 'मादक द्रव्यों के सेवन को रोकने और जीवन के प्रति स्वस्थ एवं सकारात्मक दृष्टिकोण को बढ़ावा देने में परिवार का महत्व'। सर्वश्रेष्ठ तीन

पोस्टरों को नकद पुरस्कार से सम्मानित किया गया। प्राचार्या डॉ. निशा भार्गव ने नशीली दवाओं के दुरुपयोग के खिलाफ लड़ाई में वाडा क्लब की भूमिका को सराहा। उन्होंने विद्यार्थियों को नशा मुक्त भारत का एम्बेसडर बनने और एक व्यक्ति, परिवार एवं राष्ट्र पर नशीली दवाओं के दुरुपयोग के हानिकारक प्रभावों के बारे में समाज में जागरूकता बढ़ाने के लिए प्रेरित किया।

एमसीएम में वाडा क्लब ने शपथ समारोह और पोस्टर मेकिंग प्रतियोगिता का आयोजन किया

अमृत्या चंडीगढ़, 23 फरवरी। चंडीगढ़ प्रशासन के उच्च शिक्षा निदेशक के निर्देश पर मेहर चंद महाजन डीएवी महिला महाविद्यालय चंडीगढ़ के विक्टरी अगेंस्ट ड्रग एब्यूज (वाडा) क्लब ने

%मादक द्रव्यों के सेवन को रोकने और जीवन के प्रति स्वस्थ एवं सकारात्मक दृष्टिकोण को बढ़ावा देने में परिवार का महत्व %। सर्वश्रेष्ठ तीन पोस्टरों को न क द



नशा मुक्त भारत अभियान के तत्वावधान में शपथ समारोह और पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। 100 से अधिक विद्यार्थियों ने खुद को, अपने परिवार और देश को नशा मुक्त बनाने के उद्देश्य से नशाखोरी के खिलाफ शपथ ली। पोस्टर मेकिंग प्रतियोगिता में भी विद्यार्थियों ने उत्साहपूर्वक भाग लिया और अपनी रचनात्मकता का प्रदर्शन किया, जिसका विषय था

पुरस्कार से सम्मानित किया गया। प्राचार्या डॉ. निशा भार्गव ने नशीली दवाओं के दुरुपयोग के खिलाफ लड़ाई में वाडा क्लब की भूमिका को सराहा। उन्होंने विद्यार्थियों को नशा मुक्त भारत का एम्बेसडर बनने और एक व्यक्ति, परिवार एवं राष्ट्र पर नशीली दवाओं के दुरुपयोग के हानिकारक प्रभावों के बारे में समाज में जागरूकता बढ़ाने के लिए प्रेरित किया।



Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India



Report of Initiatives

taken under the aegis of

Victory Against Drug Abuse (VADA) Club

Department of Social Justice & Empowerment, Govt. of India
(2022-23)



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)