

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS

SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Mehfooz – Drug De-addiction Society (Session: 2018-2019)

Committee Members

Dr. Renu Somal (Incharge)

Dr. Mitika Kanwar

Aim

1. To spread awareness and to curb the menace of drug abuse which is prevalent extensively in the present day society.
2. To develop new and improved strategies to prevent drug use and its consequences.

Objectives

1. To educate people in general about biological, social, and psychological hazards related to drug abuse.
2. To enlighten people about the ways to overcome their addiction.
3. To motivate people to live a happy and healthy life by staying away from substance abuse.

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MS

Anamika

Principal
Post. Graduate Govt. College for Girls
Sector 11, Chandigarh

Orientation & Registration of Mehfooz

On 24th August, 2018 orientation programme was held. After a brief introduction about the society, Mrs. Simrat Rana, Head, Department of Psychology briefed the students about the drug trap that distracts youth and make them addicted. She discussed about the daily challenges that an individual goes through. A short film named “Suicide – The Drug” was shown to the students. It showed how a youth destroys himself and his family’s life due to drug addiction. 160 Students attended the programme.



Orientation Program

Poster and Slogan Writing Competition

On **20th September, 2018** Mehfooz society organized Poster and Slogan Writing Competition in the college on the Drug Abuse and its ill effects. Colourful posters with significant messages regarding drug abuse were made and displayed by the students. Slogans also carried crisp, clear and good messages regarding causes and consequences of the drug abuse. The judges for two competitions were –Dr. Guneet Chadha, Mrs. Harpreet Kaur and Dr. Parmeshwar. Thirty students participated.



Judgement of Poster and Slogan Writing Competition

Rally and Street Play

Annual Skit of session 2018-19 was held on the **14th November, 2018** in the college campus followed by another performance in the nearby NSS adopted village 'Khudda Jassu.' Students took out a rally in the college corridors, holding placards and shouting slogans. The placards depicted important messages against substance abuse. The skit was written, directed and enacted by the students (core team members). The story depicted a social activist's neglect of her family and home, because of her busy schedule in social welfare activities. Her daughter cannot pursue her dream of a career in dancing, as her parents oppose it, and thus she feels rejected and neglected. She resorts to drugs, lured by one of her friends to find solace. Consequences of drug abuse and treatment is shown at the end. The above theme was beautifully depicted by the students.



Street Play and Rally Against Drug Abuse

Outcome

Through Orientation, Poster & Slogan writing students got to know about Mehfooz and its activities. It acted as a platform to unveil qualities such as creativity, talent and team work. Nukkad Natak and Rallies required participation, acting, narration, cohesion and unity- all which are the prerequisites for psychoeducation.