

# POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS

## SECTOR-11, CHANDIGARH



COURAGE TO KNOW

### Mehfooz– Drug De-addiction Society (Session: 2020-2021)

#### Committee Members

**Dr. Neelam Rathee(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.

## INDEX

S. No.	Activity	Date	Page No.
1.	Orientation & Registration	9 <sup>th</sup> December, 2020	1
2.	Poem Recitation	5 <sup>th</sup> February, 2021	2
3.	Poster Competition	6 <sup>th</sup> February, 2021	3
4.	Slogan Writing Competition	5 <sup>th</sup> March, 2021	4
5.	Nukkad Natak	25 <sup>th</sup> &26 <sup>th</sup> March, 2021	5
6.	Panel Discussion	19 <sup>th</sup> April,2021	6
7.	International Day of Drug Abuse & Illicit Trafficking	26 <sup>th</sup> June, 2021	7
8.	Outcome		8

*Meen*

*Shauhal*

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

## **Orientation & Registration of Mehfooz**

At the beginning of the session on **9<sup>th</sup> December, 2020**, the senior students presented a power point presentation showing various activities undertaken by them in the last three years. A warm welcome was extended to B.A first year students and they were briefed about various activities to be held in the near future. Students also engaged in a brain storming session where they decided how they can enhance drug addiction awareness among people from rural and urban areas of Chandigarh through social media, Instagram accounts and Facebook page. Total 260 students registered for the society through google form.



### **Online Orientation Program**

## **Poem Recitation**

Poem Recitation and Song Singing competition was held online with an initiative of Govt. of India's "NASHA UKT BHARAT ABHIYAN" on **5<sup>th</sup>February, 2021**. Students presented poems and songs that they wrote on their own about drug addiction. Discussions took place as to how to publish this material for drug de-addiction awareness on social media platforms. Twenty students participated the activity.

## Poster Making Competition

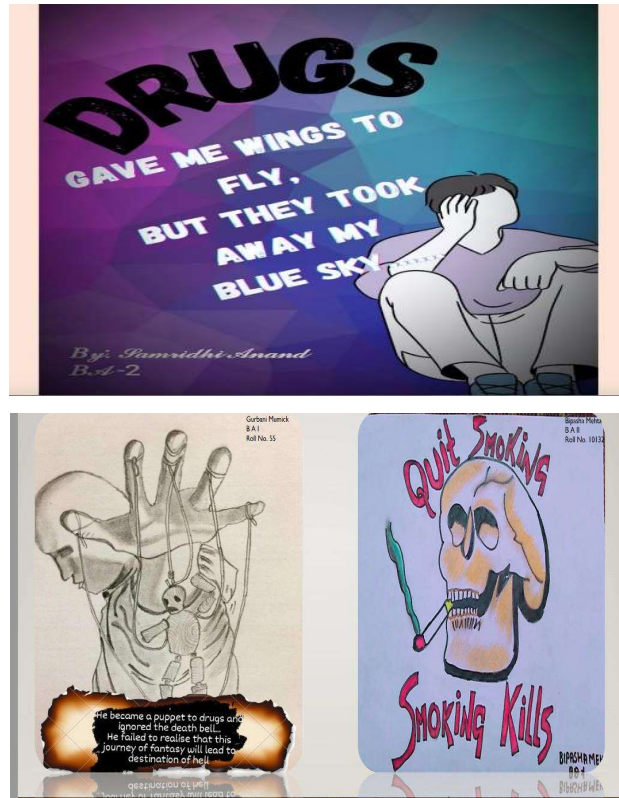
An online Poster making competition was held with an initiative of Govt. of India's "NASHA MUKT BHARAT ABHIYAN" on the theme "Creating Drug Addiction Awareness Through Art" on 6<sup>th</sup> February, 2021. Students presented their posters along with a detailed description of what they mean to depict in their artwork. This took place on google meet platform and 50 students participated in it.



Posters made by students

## Slogan Writing Competition

Slogan Writing Competition was held online with the theme “Creating Drug Addiction Awareness Through Words and Slogans” on 5<sup>th</sup> March, 2021 under the aegis of “NashaMukt Bharat Abhiyan”. Large number of students participated in the event and showcased their slogans along with a detailed pictorial description of what they mean to depict through these. Twenty Students participated in it.



Slogans raised by students against Drug Abuse

## Nukkad Natak

A 'Nukkad Natak' was performed on **25<sup>th</sup>& 26<sup>th</sup>March, 2021** with the message of spreading awareness on drug addiction. It was performed by the student members of the society to highlight the issue of drug addiction through the life of a fictional character, Jeevan. Students performed this skit at college campus, college adopted village Khudda Jassu and at the Sector-17 plaza. They ended the natak by shouting the slogan 'Say No to Drugs', and the onlookers chorused with them and appreciated their effort. The skit left a very good impact on the viewers with its message being 'getting free from drug addiction is undoubtedly difficult, but it is not impossible'. Twenty students participated in it.



**Students performing Nukkad Natak**

## Panel Discussion

An online Panel Discussion on the topic “Covid-19 and Drug Abuse” was held under the aegis of “Nasha Mukht Bharat Abhiyan” by panellists i.e. Dr. Arjun Arya, Dr. Ruby Ahuja & Prof. Renu Somal on 19<sup>th</sup> April, 2021. The three panelists gave their expert viewpoints on drug abuse, its dependence, withdrawal symptoms, ethology and how one can restrain following the path of drugs by taking additional care especially in this prevailing time of uncertainty and insecurity during this pandemic when there is so much to get upset, feel sad, anxious, irritated and depressed. Twenty students participated in it.



Screen shot of an online Panel Discussion



## **International Day of Drug Abuse and Illicit Trafficking**

The faculty and students took the pledge on the theme “Say No to Drugs” on International Day of Drug Abuse and Illicit Trafficking on **26<sup>th</sup> June, 2021** on Ministry of Social Welfare and Development website under the aegis of “Nasha Mukta Bharat Abhiyan”. The theme of 2021 International day reads ‘To stay away from drugs and live a healthy life’. Most of college faculty have taken pledge for the same. On this occasion slogan writing and poster making was held to spread awareness on this sensitive issue among students. 350 students took pledge and 98 students actively participated in the above said events.

## **Outcome**

The students gained three-dimensional understanding of Drugs and especially in hard times of Covid-19 from our three panellists' expertise. Also, 'Nataks' and 'acts' attract everyone's attention and leave a far reaching impact on onlookers, thereby achieving the dictum to curb the menace of drug abuse in society. Further, through activities like Posters and Slogans students got an opportunity to display their knowledge through visual support and art work.