

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS

SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Mehfooz – Drug De-addiction Society (Session: 2021-2022)

Committee Members

Dr. Neelam Rathee (Incharge)

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Aims

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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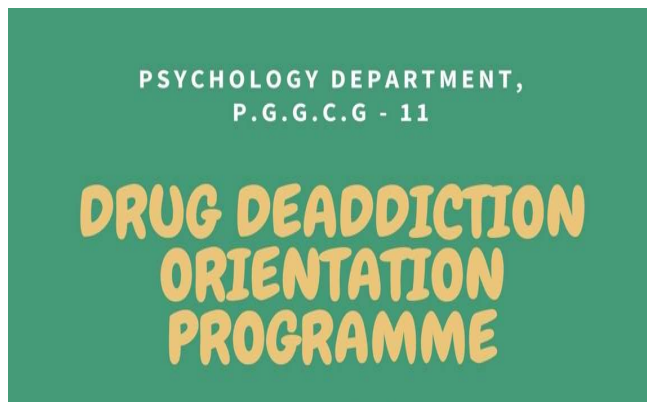
MWS

Shambhal

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

Orientation & Registration of Mehfooz

Registration and orientation program of the Mehfooz society for the new students in the new session 2021-22 was organized on **20th August, 2021**. 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 Firstyear 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. The registration was done by google forms. 300 students registered online on google form for the society.



Online Orientation Program

Rally and Street Play

The students of “Mehfooz Society”, of Post Graduate Government College for Girls, Sector 11, Chandigarh had organized a Rally and a Street Play on **8th October, 2021** in the college campus. Students from different courses joined the rally, maintaining social distancing and following the COVID-19 norms. The students and teachers of the college took an oath to fight against drug abuse. Twenty five students participated. The rally began in the Psychology Department and proceeded towards Nescafe area. Following the rally, the students presented a Nukkad Natak at Nescafe area on “Nasha Ek Bimari”, calling on people to strongly denounce drug usage in and near college campus and their society. The show was enjoyed by 150 students.



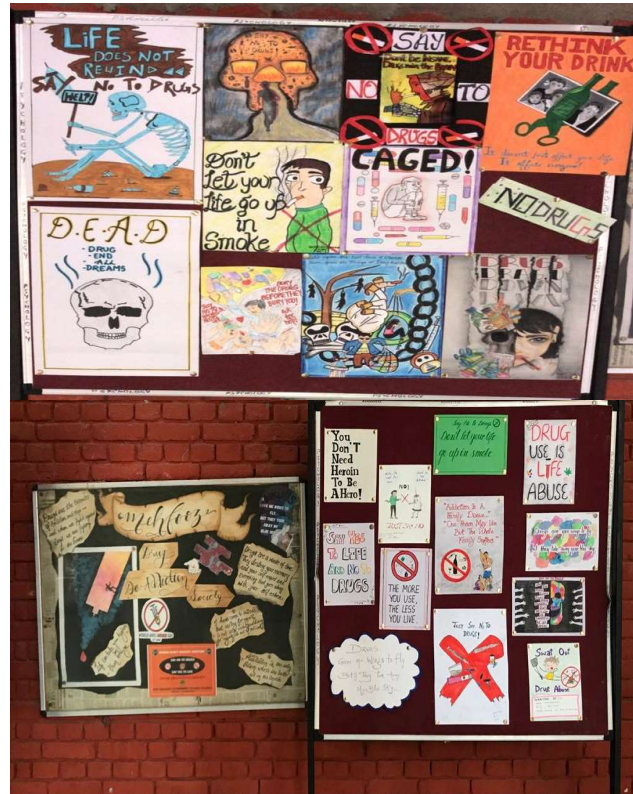
Rally Against Drug Abuse



Nukkad Natak Performanc

Poster and Slogan Writing Competition

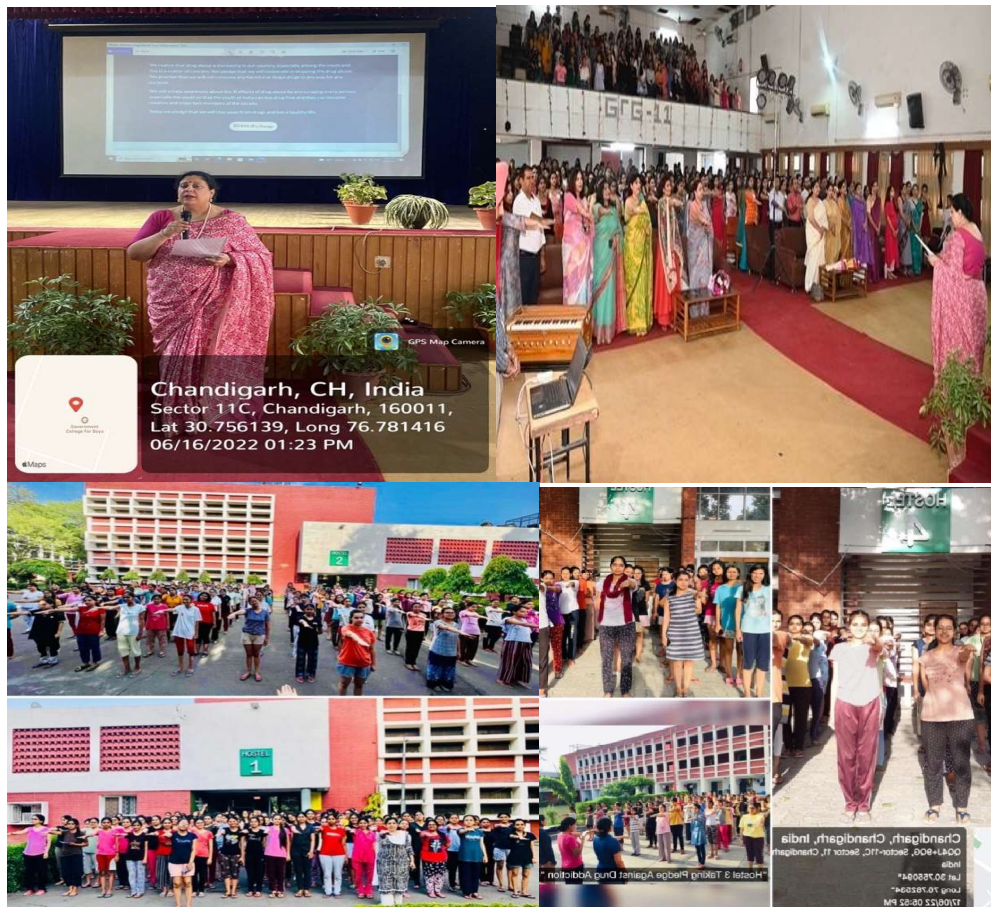
On the World Mental Health Day, Mehfooz society organized Poster and Slogan Writing Competition on 9th October, 2021 in the college on the theme of Drug Abuse and its ill effects. Students from all courses had participated enthusiastically. A fair judgment was done by the judges, Prof. Dr. Guneeta Chadha and Dr. Parmeshwaran.



Display of Posters and Slogans by Students

Pledge Against Drug Abuse

Mehfooz society of Post Graduate Govt. College for Girls, Sector 11, Chandigarh, organized many activities to observe and celebrate the International Day of Drug Abuse. On **16th June, 2022**, the Principal of the College, Prof. (Dr.) Anita Kaushal led the pledge of 'Say No to Drugs, Say Yes to Life' taken by the faculty members and students of the college. 600 Students and Teachers participated.



Pledge Against Drug Abuse by Faculty & Students

Essay Writing Competition

On **18th June, 2022**, Drug De-addiction Society 'Mehfooz' under Nasha Mukta Bharat Abhiyan, Ministry of Health and Social Welfare, Govt. of India, organised an Essay writing competition for PGGCG-11 students on the theme "Gender responsive: Role of youth to realize a Drug-Free India" to observe the International Day against Drug Abuse on 26th June. Three best entries were acknowledged and appreciated. Twenty Students participated.

Pocket Movie Competition

On **22nd June, 2022**, Mehfooz society members participated in a Pocket Movie Competition organized by Narcotics Control Bureau, North Zone, Chandigarh office. Helpline Number, Posters displaying the information about Drug de-addiction centres and helpline number for drug addicts to reach out for help are put on display at notice boards in the college. Five students participated.

Tobacco Awareness Campaign

On 23rd June, 2022 students spread awareness about the ill effects of Cigarettes and other tobacco products with the help of posters in the college premises. PGGCG-11 is a No-Smoking Institution, and we keep organizing activities to spread awareness among our students about its ill effects on health. Forty students participated in the campaign.



Tobacco Awareness Campaign

Vada Club and Run for Drug free India

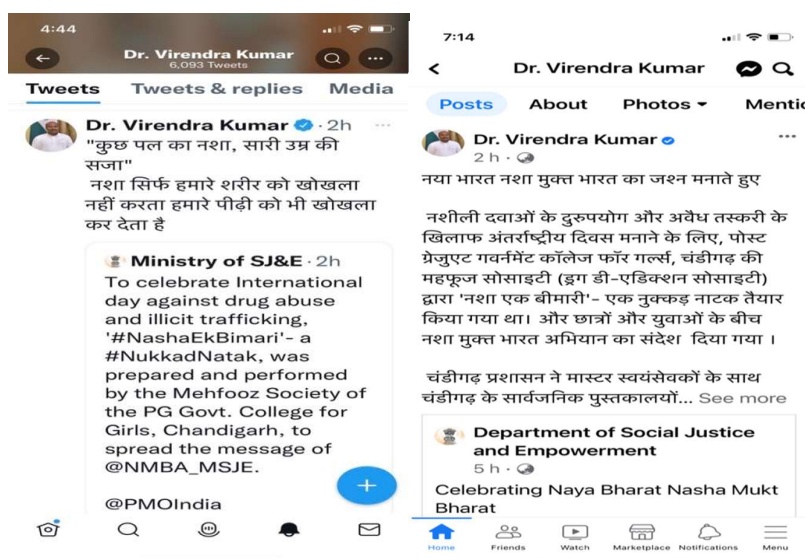
On 25th June, 2022, Principal Prof (Dr.) Anita Kaushal, also launched the VADA Club (Victory Against Drug Abuse) under Mehfooz society of the college as per the Nasha Mukta Bharat Abhiyan, Govt of India directive. The members of the VADA club will work towards making Chandigarh and India Drug Free. The student members made a formation of VADA to show their dedication and allegiance towards the goal. The convenor of the Drug De-addiction Society – “Mehfooz”, Dr. Neelam Rathee also organized a “Run for Drug Free India” on the eve of International Day of Drug Abuse, where students participated in the run with a motto to make India Drug Free.



VADA Club Launch and Run for Drug Free India

International Day of Drug Abuse and Illicit Trafficking

Mehfooz had prepared and performed a 'Nukkad Natak – Nasha Ek Bimari' to spread the drug abuse awareness and message of Nasha Mukta Bharat Abhiyan among the youth. This Nukkad Natak performance was recognized and appreciated by Nasha Mukta Bharat Abhiyan, and Ministry of Social Justice and Empowerment, Govt. of India, and was put on the posters of 'Naya Bharat Nasha Mukta Bharat' event to celebrate International Day of Drug Abuse and Illicit Trafficking on **26th June 2022**. Fifty students attended the activity. The Nukkad Natak activity was appreciated and shared by the Ministry of Social Justice and Empowerment and by Hon'ble Cabinet Minister Dr. Virendra Kumar in their Twitter, Facebook, and Instagram posts on the occasion.



Mehfooz Activities Covered by NashaMukt Bharat Abhiyan of Govt. of India

Outcome

Various activities covered in the entire session involved the students and faculty and thus ensured that our efforts to make India drug free shall continue till we reach this goal. Activities like awareness campaign to make our campus a 'No Smoking Zone', Creative Writing generated awareness about the cause, taking pledge of staying away from Drugs is a commitment we made and adhered to, posters and slogans helped in spreading the message across all in a more prominent way, the Nukkad Natak spread the message of drug abuse and its menace and advised people to stay away from addiction. Lastly, Victory Against Drug Abuse (VADA) Club formation in our institution is endorsing our pledge to make India Drug Free.