



**POST GRADUATE GOVERNMENT COLLEGE FOR
GIRLS, SECTOR-11, CHANDIGARH**

**Department of Psychology
MEHFOOZ SOCIETY and VADA CLUB
(Session: 2022-23)**

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

MEHFOOZ–The Drug De-Addiction Society

&

VADACLUB

Nashe Se Azadi: A National Youth & Student Interaction Programme

ACTIVITY REPORT

Activity 1 - Online Interaction with Hon'ble Union Minister Dr. Virendra Kumar

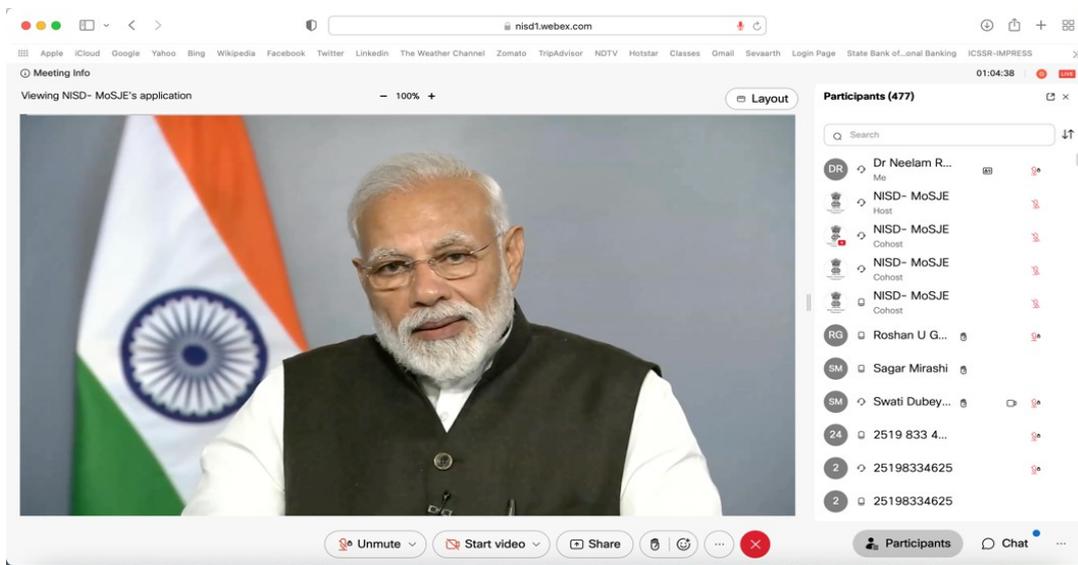
On **4th August 2022**, we attended an Online Interaction with Hon'ble Union Minister Dr. Virendra Kumar, Ministry of Social Justice and Empowerment.

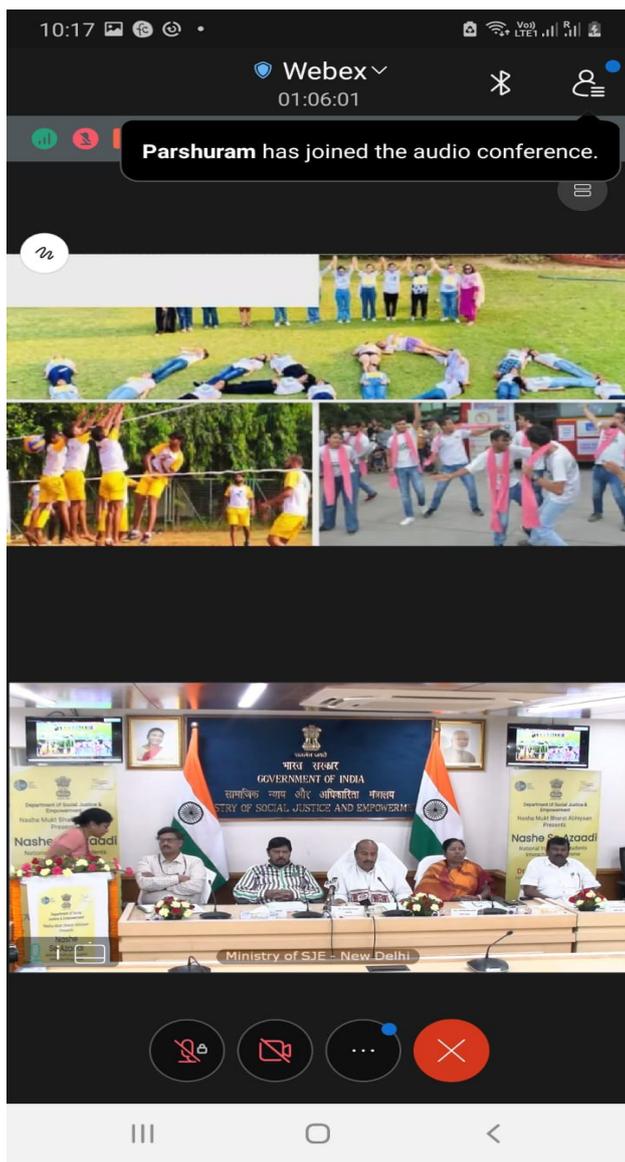
Details of the Representatives who attended Online Interaction–

1. Prof.(Dr.)Anita Kaushal, Principal, P.G. Govt. College for Girls, Sector-11, Chandigarh
2. Dr. Neelam Rathee, Convenor, *Mehfooz*, the Drug De-addiction Society and VADA Club
3. Dr. Vijay Kumar, Nodal Officer, Drug De-addiction Society
4. Dr. Bani Narula, Member, Drug De-addiction Society

Student Representatives–

1. Gurbani Mummick, President, Mehfooz Society
2. Jashanpreet Kaur, Core Team Member, Mehfooz Society





Inspired by the *Nasha Mukta Bharat Abhiyan*, launched by the Govt. of India, we organized many activities on the occasion of the “Nashe se Azadi: National Youth and Student Interaction Program” initiated by Hon’ble Minister Dr. Virender Kumar, Ministry of Social Justice and Empowerment. Under the able guidance of our worthy Madam Principal, Prof. Dr. Anita Kaushal, Dr. Neelam Rathee, Convenor of Drug De-addiction society ‘Mehfooz’ and ‘VADA Club’ and other members of society organized various offline and online activities with students’ active participation and community outreach programme.

The report of the activities along with photographs and links follows here by-

Activity 2: Formation of Student Club for NMBA Activities

No. of Participants	-	50
Formation of Club	-	June 25, 2022
Active Launch of Club	-	August 4, 2022

The Post Graduate Govt. College for Girls, Sector 11, Chandigarh has been actively involved in Drug Abuse awareness campaign since many years through *Mehfooz* – our drug de-addiction society. On the occasion of International Day of Drug Abuse, Principal Prof (Dr.) Anita Kaushal, also launched the **VADA Club** (Victory Against Drug Abuse) in the college as per the **Nasha Mukh Bharat Abhiyan**, Govt of India directive.

The student members of the VADA club will work towards making Chandigarh and India Drug Free.

Now as the university examination has been conducted and the new session has started, the student members of VADA organized many activities throughout the day on 4th August 2022 with vigor and commitment.



Formation of VADA Club

Activity 3: Career Counselling- Expert Talk (Online)

No. of Participants - 35

An online interactive session titled “Career Counselling: A World of Opportunities” was organized under National Youth and Students Interaction Program launched by Ministry of Social Justice & Empowerment. The speaker for the day was Ms. HarshVardan Kaur Chahal, Counselling Psychologist who works with Tata consultancy service on a career counselling project. She guided students about the importance of career counselling. The three main aspects she focused were a basic introduction to career counselling, career counselling for the drug addicts and the future of career counselling. Online exercises in form of activities to engage students were conducted that helped them define their personality types. The session ended with question answer round and was immensely informative for the students.

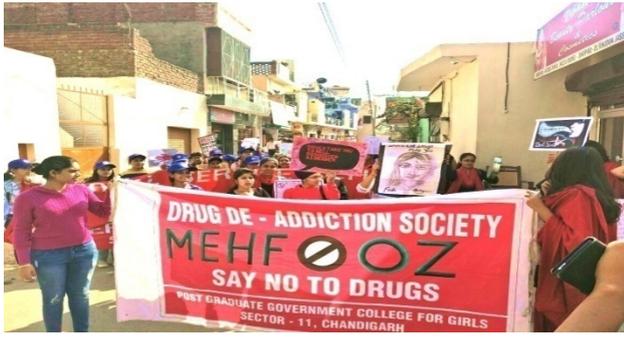


Activity 4: Rally to spread Awareness about Drug Abuse with Community Outreach Program

No. of Student Participants - 50

Rallies to spread awareness about Drug Abuse in college and community (Village Khudda Jassu and Sector 17 plaza) was carried out under the aegis of ‘Nasha Mukt Bharat Abhiyan’, Govt. of India. The students held placards with writings and quotes against substance abuse and shouted slogans like “*Nashe ki Maar, nashe ki maar, Sabse Badi Maar*”. The rally aimed to educate youth and common people about the harmful effects of drugs and most importantly to bring awareness among the parents to have a close check on their children so that they do not fall prey to drug addiction. In nutshell, the rally meant to look into and rise from the present situation to deal with the alarming situation.





Community Outreach Program

Activity 5: Campaign about ban on cigarettes/smoking near college

No. of Student Participants - 50

‘Mehfooz’ and ‘VADA Club’ organized various activities in the National Youth and Students Interaction Program. A campaign about ban on cigarettes/smoking near college under the aegis of ‘Nasha Mukht Bharat Abhiyan’, Govt. of India. was also held.

No person shall sell, offer for sale, or permit sale of cigarette or any sort of tobacco product to any person. A warning board against it (posters) is displayed at the entrance gate and various places in college premises like canteen, corridors and porch area. Students raised slogans and planned to pave way towards tobacco-free campus and a ban within a radius of 100 yards of an educational institution.



No Smoking Campaign

Activity 6: Awareness about Drug Helpline- With Community Outreach

No. of Student Participants - 50

The VADA Club members spread awareness about the Drug Helpline and Drug De-addiction center details. The students shared the poster prepared by Social Welfare Department, Chandigarh Administration with the community members and convinced them to take pledge to stay away from drugs. They also posted the flyers at various places to increase their audience viewers, so that more n more people can be aware about Drug Helpline Numbers.



Awareness about Drug Helpline



In the community outreach programme, the VADA volunteers interacted with Police personnel in Sector 17, and also spread the message of Drug Awareness in association with the police community.

Thus, the day was celebrated with great fervor and many different activities involving all sort of creative participation of students were organized on August 4, 2022 to mark the day and make the mission launched by Hon'ble Social Justice & Empowerment Union Minister Dr. Virender Kumar "*Nashe Se Azadi: A National Youth & Student Interaction Programme*" more n more successful.

Activity 7: Say No to Drugs Pledge on Azadi Ka Amrit Mahotsav

On 12th August 2022, to mark the celebration of “Azadi ka Amrit Mahotsav”, the principal madam Prof Dr Anita Kaushal administered “Say No To Drugs” pledge to all the teaching and non-teaching staff of the College. More than 500 students and faculty members took the pledge on this occasion.



Say No to Drugs Pledge

Activity 8 : Orientation Address by Nodal Officer

On **12th September 2022**, Mehfooz-the drug de-addiction society and VADA Club of the college organised an **orientation program** for new volunteers for first year students and made them familiar with society and VADA club. A presentation of the previous year activities was shown to the new enrolled students and the guide map of the activities to be organized throughout the year was shared. The Nodal Officer of Nasha mukt Bharat Abhiyan, Chandigarh Administration, Ms. Prabhjot Kaur, graced the event and apprised the volunteers with a brief outline of how this mission works and how this has become a huge success. 100 members of the society attended the orientation.



Orientation Program

Activity 9: Online Session with Hon'ble Union Minister of Defence Sh. Rajnath Singh

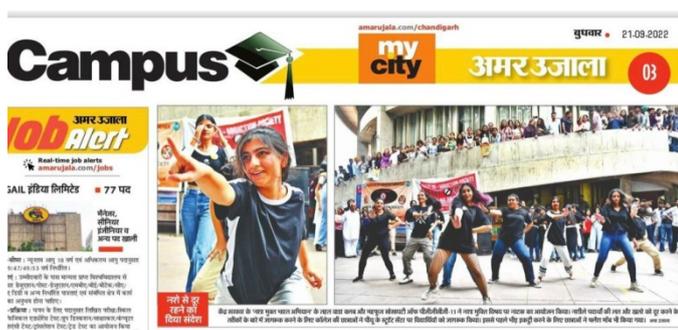
In an afternoon Online session at 4.00 pm on 12th September 2022, VADA Club Members and NCC Cadets of the college took the **Pledge Against Drug Abuse with Hon'ble Union Minister of Defence Sh. Rajnath Singh**. NCC and NSS credits do gave their valuable time and attended the program. 40 NCC Cadets and 50 Vada Club members attended this online session.



Online Session with Hon'ble Union Minister of Defence

Activity 10: Nukkad Natak and RALLY IN College and Panjab University, Chandigarh

On 20th September 2022, VADA club and Mehfooz Society of P.G.G.C.G-11 organised a **Nukkad Natak** “*Nasha: ek Gumnam Safar*” on the theme of Drug Addiction under the Government of India's campaign 'Nasha Mukht Bharat Abhiyan. 'The street play was performed at the **college campus and the student centre of Panjab University** to spread awareness about drug addiction and ways to overcome this menace. The event was attended and witnessed by more than 500 students. Students from psychology department shouted out slogans on drug abuse and took a great initiative for this noble cause under the guidance of Convenor, Dr. Neelam Rathee and Principal of the college Prof. Dr. Anita Kaushal.



नुककड़ नाटक से नशा मुक्त भारत का दिया संदेश

खेरा न्यू/नीमा, चंडीगढ़ : बीजीजीसीसी सैक्टर-11 के वाडा क्लब और महफूज सोसायटी के सहयोग से भारत सरकार के अभियान-नशा मुक्त भारत अभियान के तहत नशा मुक्ति विषय पर पंजाब यूनिवर्सिटी के स्टूडेंट सेंटर के सामने नुककड़ नाटक का आयोजन किया। नुककड़ नाटक के माध्यम से गलत नैतिकता कि नशी से दूर रहे, ये इंसान के जीवन को पूरी तरह से नष्ट कर देता है, नशीले पदार्थों की लत और इसके खतरों को दूर करने के तरीकों के बारे में स्टूडेंट्स को जागरूक किया गया। मनोविज्ञान विभाग के छात्रों ने नशाखोरी पर नारे लगाए और इस मुकाम के लिए समोजक डॉ. नीलम राठी और कॉलेज की प्रचार्य प्रो. डॉ. अनीता कौशल के मार्गदर्शन में एक बड़ी फलत की।

Nukkad Natak in College and Panjab University Campus

Activity 11-Slogan Writing and Short Film Making Competition

Slogan Writing Competition:

‘Mehfooz’ and ‘VADAClub’ organized various activities in the National Youth and Students Interaction Program, Govt. of India, Slogan Writing Competition under the aegis of ‘Nasha Mukh Bharat Abhiyan’, Govt. of India was also held.

The theme was “CREATING DRUG ADDICTION AWARENESS THROUGH WORDS AND SLOGANS”. 50 students participated in the event and showcased their slogans along with a detailed pictorial description of what they mean to depict through these. In between the session, some students even presented poems and songs that they wrote on the iron about drug addiction. Discussions took place as to how to publish this material for drug de-addiction awareness on social media platforms.



Slogan Writing Competition

Short Film Making Competition:



POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS,
SECTOR 11, CHANDIGARH
NAAC accredited grade 'A' (CGPA 3.52)

Short Film Making Competition

National Youth and Students Interaction Program

MEHFOOZ
&
VADA
Drug De-addiction Society & Club

05 minute Short Film
on the Theme
"Prevention of Drug Abuse/ Nashe se Azadi"

The **Best adjudged movie** will be
awarded **Trophy & Certificate**

Submission Date: Aug 4, 2022

Patron: Prof.(Dr.) Anita Kaushal, Principal
For details Contact: Dr. Neelam Rathee
Convenor, Drug De-addiction Society

Among the activities organized on this day, a short film competition was also organized. Five students participated in the event. One short film by Gurbani Mumick, a second-year student was adjudged as the best film. The short movies were made by the students is an attempt to create awareness about the ill effects of alcoholism, and talk about how deadly the intoxication and addiction it can be, and emphasized on the need to stay away from the alcohol and other intoxicants.

The link of the film is shared below—

[Short Film on Drugs -](#)

https://drive.google.com/file/d/1PELOKtOTmp_KYhZZmCpuTrh7KxzGx06J/view

Activity 12: Pledge Taking and Poster Making Competition

On 13th February 2023, as per the directions of Director Higher Education, Chandigarh Administration, the Drug De-addiction Society “Mehfooz & VADA Club” and National Service Scheme (NSS) organized ‘**Pledge taking**’ and ‘**Poster Making Competition**’ under the aegis of Nasha Mukta Bharat Abhiyan. More than 100 students took Pledge against drug abuse with an aim to make our country Drug Free. Also, students actively participated and displayed their talent and creativity skills through Poster Making Competition whose theme was also to spread awareness against substance abuse and promote healthy and positive attitude towards life. Asmi, Gurbani, and Kashika got 1st, 2nd and 3rd prize respectively.



Pledge Taking and Poster Making Competition

Activity 13: Instagram Reel Making Competition

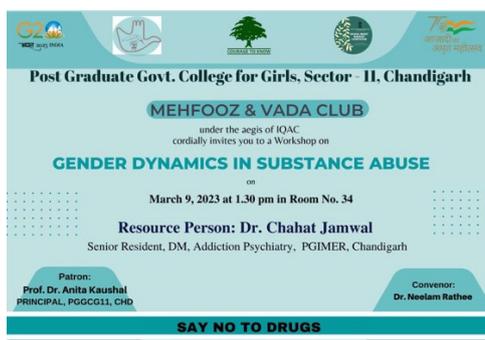
The VADA (Victory Against Drug Abuse) Club of Post Graduate Government College for Girls, Sector-11, Chandigarh organized Instagram Reel Making Competition on the Theme: ‘Say No to Drugs’ in the college on 24th February, 2023. This competition was organized by the Club as part of various events and activities to be organized as per Director Higher Education and Department of Social Welfare month long program to spread drug abuse awareness among the youth, under the Govt of India’s campaign “Nasha Mukt Bharat Abhiyan”. 70 students participated in this event. Participants expressed their views in the reels through poems, messages and videos, emphasizing on the need to fight this menace since its detrimental effects are far reaching. Simran (BA III), Manya & Femina (MA II) and Upasana Joshi (BAIII) secured the first, second and the third position respectively. The event ended with positivity among the students.



Instagram Reel Making Competition

Activity 14: Workshop on Gender & Substance Abuse

The VADA Club, Mehfooz Society and NSS volunteers of Post Graduate Government College for Girls, Sector-11, Chandigarh organised a workshop on “Gender Dynamics in Substance Abuse” on 9th March 2023. Dr. Chahat Jamwal, Senior Resident, DM, Addiction Psychiatry, PGIMER, Chandigarh was the resource person. Dr. Chahat addressed the stigmas that surround addiction and answered eloquently to the kicked in curiosities of the students. Students were told that women are more susceptible to craving and relapse which are key phases of the addiction cycle. The teams of VADA and Mehfooz club were highly obliged for the wonderful insights on substance abuse. This workshop was organized by the Club as part of various events and activities as per the Director Higher Education and Department of Social Welfare month long program to spread drug abuse awareness among the youth, under the Govt of India’s campaign “Nasha Mukht Bharat Abhiyan”. 80 students attended and got benefitted by this information on substance abuse.



Workshop on Gender & Substance Abuse

Activity 15: Award Function -15th March 2023

It is a matter of great pride that our college, PG Govt college for Girls, sector 11 was awarded 1st prize in E-pledge - **Say No to Drugs, Say Yes to Life-** among the states of Punjab, Haryana, Himachal Pradesh and Union Territory of Chandigarh, organized by Narcotics Control Bureau, Chandigarh Zone on the occasion of International Day of Drug Abuse on 26th June 2022. The Zonal Director of NCB, Sh. Amanjit Singh, IRS, gave the award to our honorable Principal Prof. Dr. Anita Kaushal in an event organized in our institution on 15th March 2023. It certainly boosted our spirit to keep working harder towards the goal of ‘Nasha Mukht Bharat’.



First Prize in E-pledge

Activity 16: Valedictory Session–22nd March, 2023

The Post Graduate Govt. College for Girls, Sector-11, Chandigarh organized today the Valedictory Session of various events and activities organized in the month of February and March 2023, to spread the drug abuse awareness among the youth, under the Govt of India's campaign "Nasha Mukh Bharat Abhiyan". The Principal of the college Prof. (Dr.) Anita Kaushal was the chief guest on the occasion. The Vice Principal of the college, Dr. Monika Vij also attended the event, and applauded students' efforts.

Dr. Mahender Singh, Principal, Yoga College, and Nodal-cum-Liaison Officer for Drug De-addiction programme of Higher Education Department, and Ms. Prabhjot Kaur Atwal, Nodal Officer, Social Welfare Department were the Guests of Honour on this valedictory event. Ms. Prabhjot highlighted the problem of drug abuse in this region during her address to students. The student members of the VADA (Victory Against Drug Abuse) Club and Mehfooz- the Drug De-addiction Society, along with NSS Volunteers took part in Poster Making Competition, Instagram Reel Making Competition, "Say No to Drugs, Say Yes to Life" Pledge Taking, Workshop on "Gender and Drug Abuse, rally to spread awareness against Drug Abuse, etc. as per the directives of Director Higher Education and Department of Social Welfare, Chandigarh Administration. More than 100 students took out the rally with shouting slogans in the morning and attended the valedictory session.

The VADA Club members made a video presentation of the activities organized throughout the year under the aegis of "Nasha Mukh Bharat Abhiyan", which was highly appreciated by everyone. Madam Principal, Prof. Anita Kaushal awarded the prize winners and participants of various competitions with prizes and certificates. Ma'am congratulated the students for their efforts and hard work, and also expressed concern about this alarming issue and the strong need of youth involvement in spreading awareness about this menace. The session ended with a positive note with Madam Principal leading the Pledge of "Say No to Drugs" with all the participants. The convenor of the society Dr. Neelam Rathee thanked the guests with a token of gratitude.





Post Graduate Govt. College for Girls, Sector - II, Chandigarh
VADA CLUB
and
MEHFOOZ SOCIETY
 under the aegis of IQMC
 cordially invites you to the
 Month Long De-addiction/Anti-Drug Awareness Program's
VALEDICTORY SESSION
Chief Guest : Prof. (Dr.) Anita Kaushal
 Principal, PGGCG-11, Chandigarh
Guests of Honour:
Dr. Mahender Singh **Ms. Prabhjot Kaur Atwal**
 Nodal-cum-Liason Officer Nodal Officer
 Nasha Mukti Bharat Abhiyan Social Welfare Department,
 Dept. of Higher Education, Chandigarh Admn. Chandigarh Administration
Date: March 22, 2023 Time: 12.00 pm Venue: Room No.34
SAY NO TO DRUGS, SAY YES TO LIFE



Dr. Neelam Rathee
 Associate Professor & Head,
 Dept. of Psychology Convenor,
 Mehfooz Society and VADA Club
 PGGCG-11, Chandigarh

Prof. (Dr.) Anita Kaushal
 PRINCIPAL
 PGGCG-11, Chandigarh