



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

**Department of Psychology  
MEHFOOZ SOCIETY and VADA CLUB  
Session: 2023-24**

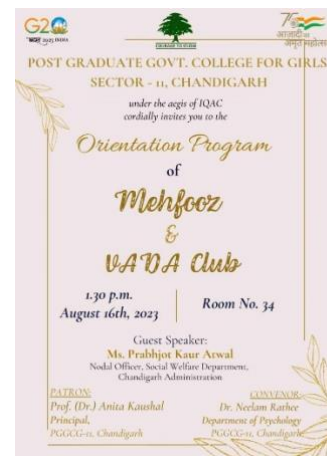
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## Activity 1- Mehfooz & VADA Orientation

No. of Participants- 90

On 16<sup>th</sup> August 2023 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 Mukta 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.



## Orientation Session

### **Activity 2- Community Outreach Program by VADA Club**

No. of Participants- 47

Under the able guidance of college principal Prof. Dr. Anita Kaushal, on 5<sup>th</sup> September 5, 2023, the volunteers of VADA - Victory Against Drug Abuse - Club of Post Graduate Government College of Girls, Sector 11, Chandigarh presented a 'Nukkad Natak' on the theme of 'Nasha Ek Sazaa' at Sector 17 plaza Chandigarh. The event was orchestrated by the Department of Social Welfare, Chandigarh Administration as a part of their mission to raise awareness of drug abuse and combat drug use within the community under the Govt. of India's 'Nasha Mukh Bharat Abhiyan'. The talented actors of VADA Club skilfully portrayed the inner conflict and consequences of drug abuse, while emphasizing the importance of staying drug free. Prior to that a flash mob was performed by volunteers highlighting the cause and also instilling the 'josh' with the songs like 'Jai Ho'.



**Students performing Nukkad Natak**

### Activity 3- Poster and Slogan Competition

No. of Participants- 38

The Mehfooz Society and VADA Club jointly organised a Poster and Slogan Writing Competition in Mental Health Camp organized by Manorang Society of the Psychology Department to mark the celebration of World Mental Health Day on 9<sup>th</sup> October, 2023 in college campus. The activities were organized to spread the awareness against the rising cases of drug dependence amongst the youth in India, and to highlight the effect of taking drugs on the mental health of the individuals. Students participated in both the activities very enthusiastically.



**Prize distribution of Poster Making & Slogan Writing competition**

## Activity 4- Interactive Session on Drug Abuse Prevention & Strategies

No. of Participants- 45

Under the able guidance of our worthy principal Prof Dr Anita Kaushal, the members of VADA Club organised an Interactive session on drug abuse prevention and its strategies by the Resource persons MS Lavisha Dalal and Ms. Himanshi Aggarwal on 30<sup>th</sup> January, 2024. Ms. Lavisha being our own alumna graced our students with her presence and expertise. Both are the founders of ALPAS Therapy - a reputed platform which provides drug and alcohol addiction counselling to individuals and families. To mark as a token of respect on Martyrs Day today, Students also took a pledge under the Nasha Mukht Bharat Abhiyaan to make Chandigarh drug-free. The session was well-paced, with the facilitator effectively managing time to cover all planned topics without rushing.



**Lavisha Dalal and Himanshi Aggarwal interacting with students**

### Resource Persons:

**Ms Lavisha Dalal & Himanshi Aggarwal**

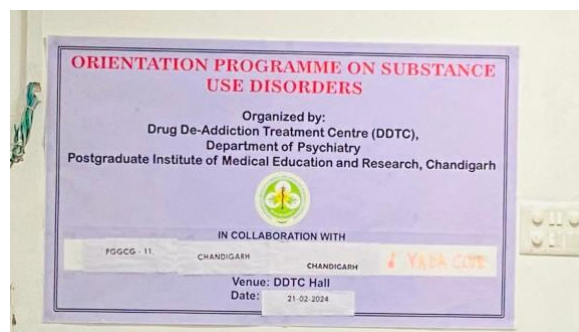
Email: [lavishadalal09@gmail.com](mailto:lavishadalal09@gmail.com) ; [himanshiagggarwal611@gmail.com](mailto:himanshiagggarwal611@gmail.com)

Ph.: +91 8699626371 ; +91 9878505338

## Activity 5- Visit to Drug De-addiction and Treatment Centre of PGIMER Chandigarh

No. of Participants- 25

The VADA (Victory Against Drug Abuse) Club of PGGCG-11, Chd collaborated with PGIMER, Sector 12, Chd and organized a visit to Drug De-addiction and Treatment Centre of PGI Chandigarh on 21<sup>st</sup> February, 2024. Three insightful sessions on substance use disorders by the eminent faculty of the Psychiatry Department of PGI were also held during this visit. The interactive sessions aimed to educate students about the realities of drug addiction and empower them to identify its warning signs. Hearing first-hand experiences from the Head of Department, Prof. Debasish Basu and other speakers offered students a deeper understanding of drug addiction and the de-addiction process. Dr Krishan Soni, Associate Professor in Clinical Psychology made the students familiar with the assessment techniques, where Dr Devender Rana talked in detail about the psychological interventions used for the treatment of users.



### Visit to Drug De-addiction & Treatment Centre, PGIMER, Chandigarh