



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

**VADA CLUB
Session: 2024-25**

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Activity 1- Awareness Rally and Pledge Taking on International Day Against Drug Abuse and Illicit Trafficking

No. of Participants- 50

VADA Club of PGGCG-11, Chandigarh celebrated the International Day against Drug Abuse and Illicit Trafficking on 26th June 2024, in the college campus as per the guidelines of Nasha Mukht Bharat Abhiyan, Govt. of India, by taking Pledge against using drugs and organized this awareness drive by the students in the college while emphasizing the importance of such activities for building resilience and enriching physical and mental health.



Pledge Taking on International Day Against Drug Abuse

Activity 2- Har Ghar Tiranga

No. of Participants- 150

In association with NCC and NSS Cells, VADA Club celebrated the commencement of the 5th year of Nasha Mukta Bharat Abhiyan (NMBA) on 78th Independence Day with the fervour of “Har Ghar Tiranga” event and also organized several activities under the theme of “Viksit Bharat ka Mantra, Bharat Ho Nashe se Swatantra” on 9th August 2024.



Celebrating Independence with Har Ghar Tiranga

Activity 3 - Pledge Taking

No. of Participants- 500

Following the call of DoSJE to organise a country-wide mass pledge against Drugs on 12th August 2024, the VADA Club of PGGCG 11 organized Pledge taking by students under the theme of “Viksit Bharat ka Mantra, Bharat Ho Nashe se Swatantra”. Approximately 500 students took the pledge to do everything possible to the best of their ability to make our City Beautiful and country drug-free.

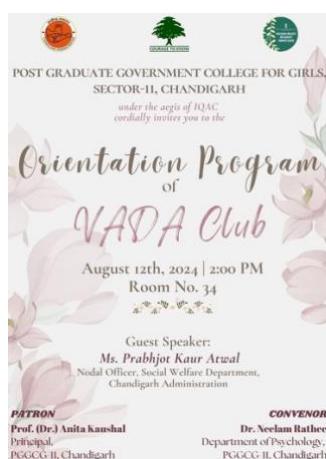


Mass Pledge Taking

Activity 4- VADA Club Orientation

No. of Participants- 150

Initiating the enrolment drive of VADA student members for the new entrants of the college. 300 students registered for the club membership. An orientation program for the new volunteers was organized on 12th August 2024, to make them familiar with the activities and role of VADA clubs in Nasha Mukht Bharat Abhiyan. 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. Ms. Prabhjot Kaur, Nodal Officer of NMBA, Chd Adm. 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

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Activity 5- Tree Plantation

No. of Participants- 50

Following the call of Department of Social Justice & Empowerment to organise various social and cultural activities in educational institutions, a sapling of Plumeria was planted by Ms. Prabhjot Kaur, the Nodal Officer of Department of Social Welfare, Chandigarh Administration in the college campus on 12th August 2024. She was accompanied by the faculty and students VADA Club members. The plant was named as VADA Plant by the volunteers, and is dedicated to the greater cause of Nasha Mukh Bharat Abhiyaan. The VADA Club student volunteers took the oath to take care of this plant till it grows into a tree.



Vada Tree Plantation

Activity 6 - Celebrating Independence Day and 4 years of Nasha Mukta Bharat Abhiyan on 15th August 2024

No. of Participants- 500

On the momentous occasion of 78th Independence Day celebrations at PGGCG- 11, Chandigarh, the chief guest Prof. (Dr.) Anita Kaushal, Principal, congratulated faculty and students on the occasion of fourth anniversary of Nasha Mukta Bharat Abhiyaan with the theme of this year's event "Viksit Bharat ka mantra, Bharat hon Nashe se Swantantra". Our worthy Principal appealed to reach out to masses and spread awareness about drug abuse and contribute towards making Chandigarh and the nation free from the clutches of drug addiction.



Activity 7 - Nukkad Natak and Rally in College, and Village Khudda Jassu

No. of Participants- 200

The Vada Club of PGGCG-11 organized a Nukkar Natak – ‘Nashe se Azadi’ at College Campus and Village Khudda Jassu. Highlighting the theme of Nasha Mukht Bharat Abhiyan – “Viksit Desh Ka Mantra, Bharat ho Nashe se Swatantra”, the event spread a message of drug abuse awareness and encouraged the youth to get rid of drug addiction and lead a healthy and fulfilling life. The Sarpanch of the village appreciated the efforts of Vada Club Volunteers.



Nukkar Natak in College and Village Khudda Jassu

Activity 8 - Training Program for Master Volunteers

No. of Participants- 04

Convenor and Master Volunteers Attended the full day Training and Capacity Building Program on 18th September 2024, organized by Dept. of Social Welfare, Chandigarh Administration at Hotel Park View, Chandigarh.



Activity 9 - Capacity Building Workshop on Substance Abuse Prevention on World Mental Health Day

No. of Participants- 150

On 10th October 2024, PGGCG -11, Chandigarh, organised a Capacity Building Awareness Workshop on Substance Abuse Prevention and Mental Health Awareness on the occasion of World Mental Health Day led by Field Expert Mr. Dikshant Sharma and Ms. Shikha Jain, Tele Manas Counsellor, GMCH, Sector 32, Chandigarh respectively.

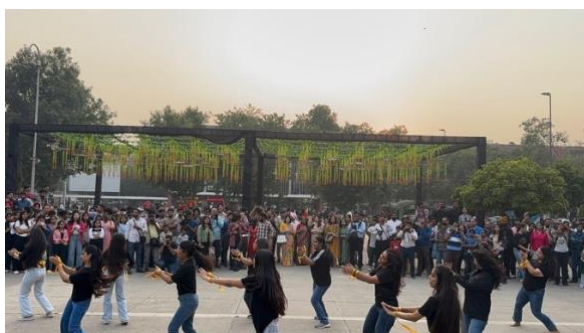


Capacity Building Workshop on Substance Abuse Prevention

Activity 10 - Flash Mob & Awareness Drive

No. of Participants- 60

Department of Social Welfare, Chandigarh Administration, took a significant step towards promoting a “Beggar-Free Chandigarh” by organizing awareness events to highlight the adverse impact of giving alms to beggars and purchasing goods from them. As part of this initiative, students of VADA Club of PGGCG 11, Chandigarh, performed a flash mob at Sector 17 Plaza on 5th November 2024. The event aimed to educate the public on discouraging alms-giving and supporting sustainable measures for rehabilitation.



Flash Mob & Awareness Drive

Activity 11 - Nukkad Natak in College

No. of Participants- 50

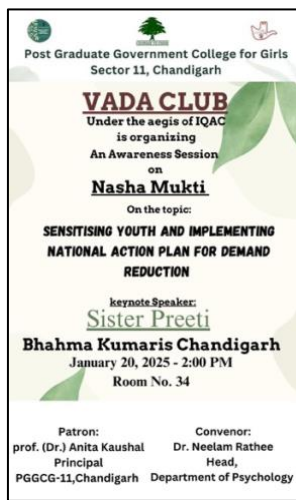
The Chandigarh Administration and the Director Higher Education organized a drug de-addiction awareness event, encouraging students from various colleges across Chandigarh to participate by presenting activities such as Nukkad Nataks, plays, songs, documentaries, or short films that highlighted the harmful effects of drug abuse. Students of PGGCG 11, Chandigarh contributed by presenting a Nukkad Natak in a video format on 11th November 2024. The performance vividly depicted the negative impact of drug abuse on individuals and their families, emphasizing the urgency of combating this menace. Accompanied by soulful Punjabi songs, the presentation effectively showcased the emotional and social damage caused by substance abuse, leaving a profound impact on the audience.



Activity 12 - Awareness session on Nasha Mukti (Drug-Free Campaign) with Brahm Kumaris

No. of Participants- 120

On January 20, 2025, a powerful awareness session on Nasha Mukti (drug-free campaign) was organized by VADA Club in collaboration with the Brahma Kumaris, Chandigarh. The session, conducted by Sister Preeti, focused on sensitizing the youth about the growing issue of drug addiction and the role they can play in the implementation of the National Action Plan for Drug Reduction. One of the most transformative parts of the session was Sister Preeti's focus on meditation and mindfulness as tools for maintaining mental and emotional balance. The event aimed to educate students about the harmful impacts of drug abuse and to empower them with tools and insights to contribute to a drug-free society.



Activity 13 - Awareness Session cum Workshop on De-addiction and Well-being in association with Nehru Yuva Kendra Chandigarh and Mehar Foundation, Chandigarh

No. of Participants- 100

On January 21, 2025, an insightful awareness session on De-addiction and Well-Being was held in association with Nehru Yuva Kendra Chandigarh and Mehar Foundation, Chandigarh, was organized by VADA Club, PGGCG-11, Chandigarh. The theme of the session was 'Healing and Hope: The Journey of Recovery'. The session was led by Dr. Abhimanyu Rampal, a renowned expert counsellor and life coach, and the founder of the non-profit organization Mehar Foundation. The event aimed to provide participants with a deeper understanding of addiction, recovery, and the importance of emotional and mental well-being in the healing process. The session also explored practical strategies for recovery and the role of emotional resilience in maintaining a drug-free life. Through life coaching, individuals can set new goals, develop a positive mindset, and establish a sense of purpose that supports their recovery.



Activity 14 – Inter-College Competitions in the Colleges of Chandigarh Under Nasha Mukh Bharat Abhiyaan

The Education Department of Chandigarh Administration organized Inter-College Competition for various activities on 4th February 2025. The events were organized in different colleges. Teams of Vada Club members from all colleges and educational institutes participated in these competitions. Students of PGGCG-11, took part in all activities and won prizes in Poem Writing, Slogan Writing, and Song Creation competitions. The Winners were given prizes and certificates in the state level function held on 21st February 2025.



Activity 15 – Appreciation Award by Administrator , UT Chandigarh

The Principal of the College Prof. (Dr.) Anita Kaushal was awarded Certificate of Appreciation by Hon'ble Governor and UT Administrator in a state level function for outstanding contribution by VADA Club of PGGCG-11 under Nasha Mukht Bharat Abhiyan, in the presence of Brand Ambassador of the Nasha Mukht Chandigarh Abhiyan Singer Satinder Sartaj and respected Education Secretary Ms. Prerna Puri and Director Higher Education, Sh. Rupinderjit Singh Brar.



Activity 16 - Nukkad Natak on Sports Day

No. of Participants- 500

The VADA Club of PGGCG 11 organized a Nukkad Natak at the inaugural ceremony of the Annual Sports Day of the college on 24th February 2024.

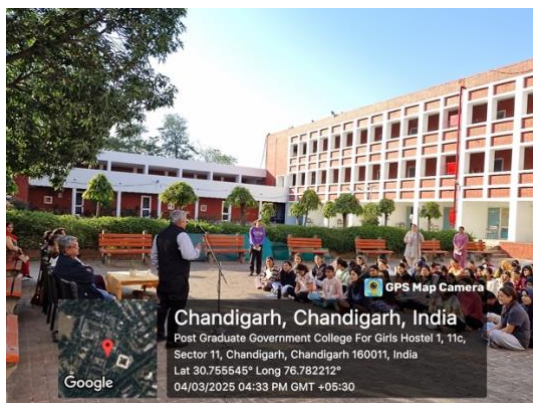
The Director Higher Education, Sh. Rupinder Jit Singh Brar was the chief guest on the occasion. He appreciated the efforts of VADA club for the eradication of drug abuse, and also encouraged to organize a bigger event for the same in the coming session.



Activity 17- Interactive Sessions by Al-Anon Group in Hostels

No. of Participants- 200

The VADA Club, and Nasha Mukht Hostel Committee of PGGCG 11 organized a talk session for the hostel residents against the problem of Alcoholism. There were 5 guest speakers from the Alcoholics Anonymous and Al-Anon Group who shared their life stories and on how Alcoholism affected them and their families. An interactive session of an hour was conducted in Hostel 1 premises of PGGCG 11 on 4th March 2025. A total of 200 students of various streams and classes attended the session with great enthusiasm and interest. It was an interactive session where students received guidance from the representatives of the Al-Anon Family.



Activity 18 - Drug-Free India: Awareness Cum Just a Minute (JAM) Extempore Inter-College Competition

No. of Participants- 80

Under the Viksit Bharat 2047 vision for a drug-free India, a Just a Minute (JAM) Youth Forum was organized at PGGCG-11, Chandigarh, with the aim of engaging and empowering youth in substance abuse prevention on 28th March 2025. The event gathered inter-college participation, with 17 students from various colleges across Punjab and Chandigarh took part in the competition. The primary goal was to collect ideas from the youth to create a compendium on promoting a drug-free India. The event was judged by Mr. Dikshant Sharma and Mr. Aditya, Field Experts under NMBA, who discussed legal provisions under the NDPS Act and the objectives of the Nasha Mukta Bharat Abhiyaan. They also informed participants about the 14446 helpline and various de-addiction facilities across the country, including IRCA, ODIC, CPLI, and ATF. The winners were given prizes and certificates.



Activity 19 – Valedictory Session

No. of Participants- 200

At the end of the session, the office bearers, active members, participants, and volunteers were felicitated with certificates by the Respected Principal of the college Prof. (Dr.) Anita Kaushal. Their contribution in organizing and participating in various activities throughout the year was applauded and appreciated, and madam principal also motivated them to keep doing better in the next years to erase the drug menace from our city and country completely.



Activity 20 – Installation of Tree of Life - Wish Tree (कल्पवृक्ष)

No. of Participants- 200

As part of the Drug Free Events organized by Dept of Higher Education, Chandigarh Administration, students of PGGCG 11, VADA Club members and NSS volunteers installed a wish fulfilling tree in the college campus on 1st May 2025. The principal of the college Prof. (Dr.) Anita Kaushal inaugurated the tree. The students wrote their wishes on paper to eradicate the drug menace and posted these on the wish tree.



Activity 20 – March Against Drug Abuse

No. of Participants - 400

PGGCG 11, Chandigarh participated actively in the ‘Walk for Drug-Free Chandigarh’ under the citywide campaign led by the Hon’ble Administrator of Chandigarh. The students, VADA Club members, and NSS volunteers, and NCC cadets, accompanied by the faculty members started the walk from the College Campus at 5.45 am and reached the Tiranga Urban Park, Sector 17, covering a stretch of 3 kilometers. There the students attended the event and took pledge to stay away from drugs with the Hon’ble Administrator.

The live telecast of the event was also organized for the resident students of the college. The march towards the event march became a collective action against drug abuse and to make India Drug Free.

