

**ASHTAVAKRA**Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN**EVENT NAME****Title of Activity*****Sustain Abuse among Youth****Values**

The organization and participation in this workshop fostered the following core values among students and attendees:

1. Community Service (Sewa)

Students developed a sense of responsibility toward addressing social issues such as substance abuse and promoting public health awareness.

2. Social Responsibility

Participants understood their role as educators and change-makers in preventing harmful behaviors among youth.

3. Holistic Well-being

The workshop emphasized that true well-being includes physical, psychological, emotional, and social health.

4. Empathy

Students cultivated sensitivity toward individuals struggling with addiction and learned to approach them without stigma or judgment.

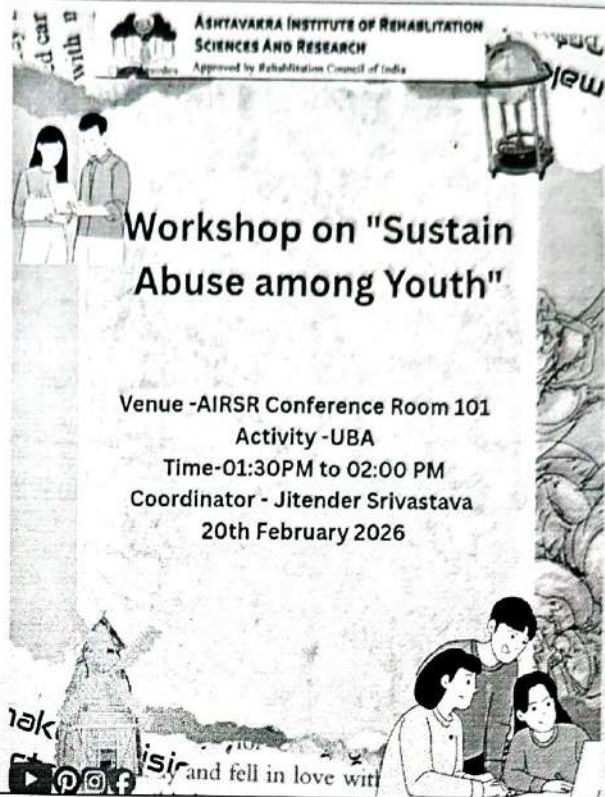
Learning Outcomes

After participating in and observing the workshop, students were able to:

1. Identify the major causes, risk factors, and warning signs of substance abuse among youth.
2. Demonstrate understanding of the multidisciplinary approach in prevention and rehabilitation, including the roles of psychologists, counselors, social workers, and medical professionals.
3. Explain the importance of preventive education and awareness campaigns in educational and rehabilitation settings.

	4. Develop strategies for guiding students and adolescents toward healthy lifestyle choices.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	UBA Activity
Program Theme*	Sustain Abuse among Youth
External Expert / Internal Expert	Mr. Jitender Srivastava


Nodal Officer, Unnat Bharat Abhiyan Club (UBA)
Ashtavakra Institute of Rehabilitation Sciences and Research
Madhuban Chowk, Rohini, Delhi-110085

Date*	20 th February, 2026
Time*	1:30PM to 2:30PM
Venue	AIRSR Conference Room 101
Poster/Flyer/Notice*	
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/reel/DVS7eAcD58v/?igsh=aTRyZXN0dnYzMzYx
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	90
No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	16
No. of External Participants (students + faculty) [write NA if not applicable]	2
(Geotag) Photograph*	
Photograph of the Event with the Caption	



A Workshop on "Substance Abuse in Youth" was successfully organized on 20 February 2026 at Conference Room 101 of the Ashtavakra Institute of Rehabilitation Sciences and Research under the banner of Unnat Bharat Abhiyan (UBA). The workshop aimed to raise awareness about the growing issue of substance abuse among adolescents and young adults and to sensitize students, faculty members, and community participants about preventive strategies, early identification, and rehabilitation measures.

The program focused on understanding the psychological, social, medical, and educational dimensions of substance abuse and highlighted the role of educators in prevention and community outreach.

Report: Description in (min 250 to max 800 words)*

The workshop commenced with a welcome address by the Deputy Director of the Institute, who emphasized that youth well-being is directly connected to the nation's future. In the address, it was highlighted that substance abuse not only affects physical health but also mental stability, academic performance, family relationships, and social harmony. The institute reaffirmed its

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commitment to community engagement and preventive education through UBA initiatives.

The workshop included expert talks, interactive discussions, and awareness presentations. The major themes covered were:

- Types of commonly abused substances among youth
- Early warning signs and behavioral indicators
- Impact of substance abuse on physical and mental health
- Role of family, school, and society in prevention
- Counseling and rehabilitation services
- Importance of peer support and positive lifestyle practices

Students actively participated in question-answer sessions and group discussions. Case-based examples were shared to enhance understanding of real-life situations.

Recourse Person	Mr. Jitender Srivastava
Attendance Sheet*	Attached at the end of Report
Feedback	Sample feedback Attached at the end of Report
Report Submitted by Convener (write faculty coordinator name)	Mr. Jitender Srivastava
For Office Use	
Nodal Officer, Umat Bharat Abhiyan Club (UBA) Ashtavakra Institute of Rehabilitation Sciences and Research Madhuban Chowk, Rohini, Delhi-110085 Signature of Event Coordinator	 Signature of School/Department Head (With Seal)
List of Beneficiary	

Fields marked with '*' are mandatory

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Class	Signature
1	NEHA	B.Ed(HI)	Neha
2	TEENA SHOKEEN	B.Ed(HI)	Teena
3	MUKUL	B.Ed(HI)	Mukul
4	Afsana	B.Ed(HI)	Afsana
5	Mansi	B.Ed(HI)	Mansi
6	GEETA	B.Ed(HI)	Geeta
7	PRATIKSHA	B.Ed(HI)	Pratiksha
8	Isha Aggarwal	B.Ed(ID)	Isha
9	YOGITA	B.Ed(ID)	Yogita
10	KHUSHAL KHATRI	B.Ed(ID)	Khushal
11	KIRTI	B.Ed(ID)	Kirti
12	JHANVI	B.Ed(ID)	Jhanvi

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13	ANKITA	B.Ed(ID)	Ankur
14	VISHAKHA	B.Ed(ID)	Vishaka
15	KUNAL BHARDWAJ	B.Ed(ID)	Kunal
16	SARASWATI DASS	B.Ed . ASD	Saraswati
17	MANSI GUPTA	B.Ed . ASD	Mansi
18	PAYAL JAIN	B.Ed . ASD	Payal
19	KHUSHI AHUJA	B.Ed . ASD	Khushi
20	TANNU SHOKEEN	B.Ed . ASD	Tannu
21	SHIWANI	B.Ed . ASD	Shwani
22	ANSHIKA	B.Ed . ASD	Anshika
23	KAVITA	B.Ed . ASD	Kavita
24	JYOTI YADAV	B.Ed . ASD	Jyoti
25	GITIKA	B.Ed . ASD	Gitika
26	TANU BAISOYA	B.Ed . ASD	Tanu
27	CHANCHAL	B.Ed . ASD	Chanchal
28	AKANKSHA GANGULY	B.Ed . ASD	Akanksha
29	JASPREET KAUR	B.Ed . ASD	Jaspreet
30	KALYANI	B.Ed . ASD	Kalyani
31	VARSHA	B.Ed . VI	Varsha
32	HARSHITA GUPTA	B.Ed . VI	Harshita
33	KIRTI SINGH	B.Ed . VI	Kirti
34	RITIKA	B.Ed . VI	Ritika
35	PRENA	B.Ed . VI	Prena
36	VANSHIKA GOYAL	B.Ed. ASD	Vanshika
37	KIRTI GOEL	B.Ed . ASD	Kirti

38	YASH	B.Ed . ASD	Yash
39	KARISHMA KUMARI	B.Ed . ASD	Karishma
40	BHAWANA	B.Ed . ASD	Bhawana
41	ARCHANA KUMARI	B.Ed . ASD	Archana
42	RUPAL	B.Ed . ASD	Rupali
43	PREKSHA GUPTA	B.Ed . ASD	Preksha
44	SIMPLE SOLANKI	B.Ed . ASD	Simple
45	MANSI SOLANKI	B.Ed . ASD	Mansi
46	SHIVANI	B.Ed(HI)	Shivani
47	SAVITA	B.Ed(HI)	Savitri
48	LAVANYA ANTIL	B.Ed(HI)	Lavanya
49	PRITI SAINI	B.Ed(HI)	Priti Saini
50	MUSKAN	B.Ed(HI)	Muskan
51	HIMANSHI KANWAT	B.Ed(HI)	Himanshi
52	AKSHAY KUMAR MEENA	B.Ed(HI)	Akshay
53	KAUSHIKA JAISWARA	B.Ed(HI)	Kaushika
54	AJAY KUMAR YADAV	B.Ed(HI)	Ajay
55	CHARUL	B.Ed(HI)	Charul
56	AYUSH SAINI	B.Ed(HI)	Ayush
57	ASHWANI YADAV	B.Ed(HI)	Ashwani
58	ANJALI YADAV	B.Ed(HI)	Anjali
59	KRITIKA	B.Ed(HI)	Kritika
60	Nidhi	B.Ed(LD)	Nidhi
61	Parul	B.Ed(LD)	Parul
62	Riya Rana	B.Ed(LD)	Riya


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63	Ananya	B.Ed(LD)	Ans
64	Pooja Chahal	B.Ed(LD)	Pooja
65	Jyoti	B.Ed(LD)	Jyoti
66	Riya Saraswat	B.Ed(LD)	Riya
67	Alisha	B.Ed(LD)	Alisha
68	Ridhima	B.Ed(LD)	Ridhima
69	Riya Girsa	B.Ed(LD)	Riya
70	Mahima Rajput	B.Ed(LD)	Mahima
71	Pawan	B.Ed(LD)	Pawan
72	Pooja	B.Ed(LD)	Pooja
73	Aryan Dabas	B.Ed(LD)	Aryan
74	Harshita	B.Ed(LD)	Harshita
75	Laxmi	B.Ed(LD)	Laxmi
76	Komal	B.Ed(LD)	Komal
77	Ankita	B.Ed(LD)	Ankita
78	Aditi	B.Ed(LD)	Aditi
79	Fatima	B.Ed(LD)	Fatima
80	Shivani	B.Ed(LD)	Shivani
81	Dilraj Kaur	B.Ed(LD)	Dilraj
82	Anju	B.Ed(LD)	Anju
83	Poonam	B.Ed(LD)	Poonam
84	Sunny	B.Ed(LD)	Sunny
85	Anisha	B.Ed(LD)	Anisha
86	Mansi	B.Ed(LD)	Mansi
87	Aditi	B.Ed(LD)	Aditi

88	Vanshika	B.Ed(LD)	Vanshika
89	Sonali	B.Ed(LD)	Sonali
90	Prachi	B.Ed(LD)	Prachi


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List of Faculty		
S.No	Name	Signature
1	Sanjana Mittal	
2	Jitender Srivastava	
3	Preeti Goyal	
4	Geeta Bhutani	
5	Dinesh Kumar	
6	Radha Rawat	
7	Jyoti	
8	Prabhat Ranjan	
9	Tarun	
10	Md. Haseeb	
11	Sandeep Tiwari	
12	Subh Gulati	
13	Neema Chauhan	
14	Vikas Kumar	
15	Anoushka Sharma	
16	Devesh Kumar	


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