ASHTAVAKRA

Institute of Rehabilitation Sciences and Research

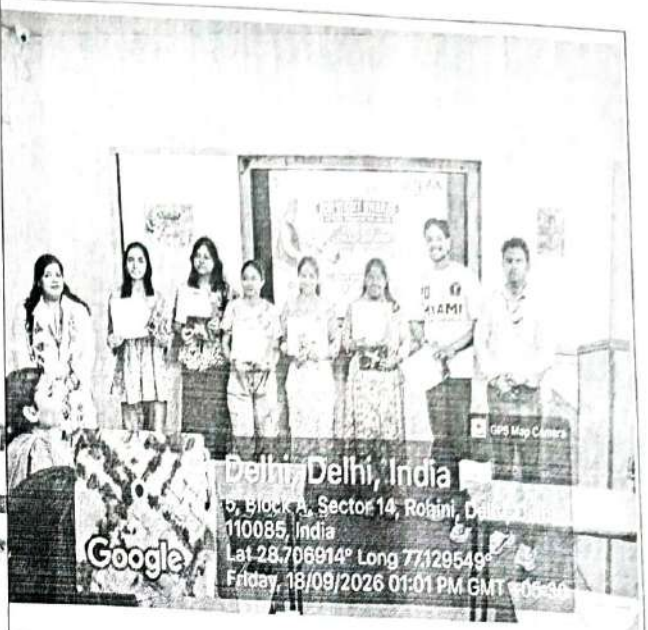
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085

EVENT NAME :- Nasha Mukt Bharat Abhiyan

Title of Activity*	Nasha Mukt Bharat Abhiyan
Values	Encourages physical fitness, mental well-being, self-discipline, and a life free from drugs and harmful substances. nmba.dosje.gov+1
Learning Outcomes	The students will understand the significance of **Nasha Mukt Bharat Abhiyaan** and the importance of living a healthy, drug-free life. The students will be able to identify at least two harmful effects of drugs and substance abuse on physical health, mental health, family life, and education. The students will recognise common harmful substances such as tobacco, alcohol, cigarettes, and drugs, and understand that these can lead to addiction. The students will explain, in simple words, why saying "No" to drugs is important for their safety, health, confidence, and future. The students will identify healthy alternatives to substance use, such as sports, yoga, hobbies, reading, music, counselling, and spending time with supportive family and friends.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**NSS**
Program Theme*	**Slogan** **Singing** **Poetry** **Pledge**
External Expert / Internal Expert	Ms. Preeti Goyal

Date*	18th September26
Time*	10:30 AM to 12:30 PM
Venue	AIRSR
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.facebook.com/share/1JWcmgzQiJ/
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)*	75
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)*	4
No. of External Participants (students + faculty) *[write NA if not applicable]*	10
(Geotag) Photograph*	
Photograph of the Event with the Caption	









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

The **Nasha Mukt Bharat Abhiyaan Awareness Programme** was organised to educate students about the harmful effects of drugs, tobacco, alcohol, smoking, and other addictive substances. The programme began with a teaching presentation on *"Say No to Drugs, Say Yes to Life,"* through which students learned about the importance of a healthy, safe, and drug-free lifestyle. They were informed about the negative impact of addiction on physical and mental health, studies, family relationships, and future goals. A short storytelling activity was conducted to help students understand how to face peer pressure and make positive choices. Students also participated in slogan-writing and poster-painting activities, where they created messages such as *"Healthy Youth, Strong Nation"* and *"Drug-Free Youth for Viksit Bharat."* At the end of the programme, all

	students took the Nasha Mukt Bharat Pledge and promised to stay away from drugs, adopt healthy habits, spread awareness, and contribute towards building a drug-free India.

Recourse Person	
Feedback	NA . The Nasha Mukt Bharat Abhiyaan Awareness Programme was highly informative, engaging, and meaningful for the students. The teaching presentation helped them understand the harmful effects of drugs, tobacco, alcohol, and other addictive substances in a simple and effective manner. The storytelling activity made the message easy to understand and helped students learn how to handle peer pressure and choose healthy habits. The slogan-writing and poster-painting activities encouraged creativity and active participation. Students showed great interest and enthusiasm throughout the programme. They understood the importance of saying "No to Drugs" and taking responsibility for maintaining a healthy, safe, and drug-free environment. Overall, the programme successfully created awareness and motivated students to become responsible citizens for a Nasha Mukt Bharat.
Report Submitted by Convener *(write faculty coordinator name)*	**Ms.Preeti Goyal**
For Office Use	
Program Officer, NSS (SFU) Ashtavakra Institute of [illegible] Sciences and Research Madhuban Chowk, Rohini, Delhi-110085 **Signature of Event Coordinator**	Ashtavakra Institute of Rehabilitation Sciences & Research 4/1, Sector-14 Rohini, Delhi-85 **Signature of School/Department Head** *(With Seal)*
List of Beneficiary	

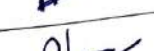
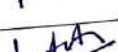
Fields marked with '' are mandatory*

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Class
1.	NEHA	B.Ed(HI)
2.	TEENA SHOKEEN	B.Ed(HI)
3.	MUKUL	B.Ed(HI)

4.	Afsana	B.Ed(HI)	
5.	Mansi	B.Ed(HI)	
6.	GEETA	B.Ed(HI)	
7.	PRATIKSHA	B.Ed(HI)	
8.	Isha Aggarwal	B.Ed(ID)	
9.	YOGITA	B.Ed(ID)	
10.	KHUSHAL KHATRI	B.Ed(ID)	
11.	KIRTI	B.Ed(ID)	
12.	JHANVI	B.Ed(ID)	
13.	ANKITA	B.Ed(ID)	
14.	VISHAKHA	B.Ed(ID)	
15.	KUNAL BHARDWAJ	B.Ed(ID)	
16.	SARASWATI DASS	B.Ed . ASD	
17.	MANSI GUPTA	B.Ed . ASD	
18.	PAYAL JAIN	B.Ed . ASD	
19.	KHUSHI AHUJA	B.Ed . ASD	
20.	TANNU SHOKEEN	B.Ed . ASD	
21.	SHIWANI	B.Ed . ASD	

	ANSHIKA	B.Ed . ASD
23.	KAVITA	B.Ed . ASD
24.	JYOTI YADAV	B.Ed . ASD
25.	GITIKA	B.Ed . ASD
26.	TANU BAISOYA	B.Ed . ASD
27.	CHANCHAL	B.Ed . ASD
28.	AKANKSHA GANGULY	B.Ed . ASD
29.	JASPREET KAUR	B.Ed . ASD
30.	KALYANI	B.Ed . ASD
31.	VARSHA	B.Ed . VI
32.	HARSHITA GUPTA	B.Ed . VI
33.	KIRTI SINGH	B.Ed . VI
34.	RITIKA	B.Ed . VI
35.	PRENA	B.Ed . VI
36.	VANSHIKA GOYAL	B.Ed. ASD
37.	KIRTI GOEL	B.Ed . ASD
38.	YASH	B.Ed . ASD
39.	KARISHMA KUMARI	B.Ed . ASD
40.	BHAWANA	B.Ed . ASD
41	ARCHANA KUMARI	B.Ed . ASD

42	RUPAL	B.Ed . ASD	
43	PREKSHA GUPTA	B.Ed . ASD	
44	SIMPLE SOLANKI	B.Ed . ASD	
45	MANSI SOLANKI	B.Ed . ASD	
46	ANSHIKA	B.Ed . ASD	
47	JYOTI	B.Ed . ASD	
48	NITISH	B.Ed . ASD	
49	BHUMI	B.Ed . ASD	
50	KOMAL	B.Ed . ASD	
51	MANSI	B.Ed . ASD	
52	SANJANA	B.Ed . ASD	
53	VISUAL	B.Ed . ASD	
54	RACHNA	B.Ed . ASD	
55	SATUTI	B.Ed . ASD	
56	TEENA	B.Ed . ASD	
57	AKANSHA	B.Ed . ASD	
58	SUHANI	B.Ed. ID	
59	JANNIEL	B.Ed. ID	
60	PRAGYA	B.Ed. ASD	

61	MENAL	B.Ed. ID	
62	ADITI	B.Ed. ID	
63	ANKITA	B.Ed. LD	
64	SUNNY	B.Ed. LD	
65	SHIVANI	B.Ed. LD	
66	ANSHISA	B.Ed. LD	
67	SAANVI	B.CLINICAL	
68	TARANG	B.CLINICAL	
69	SHIFA	B.CLINICAL	
70	ADITI	B.CLINICAL	
71	GAYATRI	B.CLINICAL	
72	LAVANYA	B.CLINICAL	
73	KHUSHI	B.CLINICAL	
74	DIVYAM	B.CLINICAL	
75	VARSHIKA	B.CLINICAL	
74	MANYA	B.CLINICAL	
75	YASHASVI	B.CLINICAL	