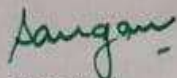


Post Graduate Government College, Sector-11, Chandigarh
Stress Management and Drug De-addiction Society

A Report

Dated: 29/06/2021

Stress Management and Drug De-addiction Society of the Post Graduate Government College, Sector-11, Chandigarh organised pledge taking on observance of International Day against Drug Abuse and Illicit Trafficking on 26 June, 2021 under Nasha Mukt Bharat Campaign. The theme of 2021 International Day against Drug Abuse and Illicit Trafficking aims at combating misinformation and promotes sharing the facts on drugs. Students joined the event through online mode (Google Meet Link: <https://meet.google.com/mdx-tvys-qoc>) and took the "Say Yes to Life, No to Drugs" pledge that is to stay away from drugs and live a healthy life. Staff members, both Teaching and Non-Teaching, of the college also took the pledge against drug abuse by showing their presence in front of the Principal's office by following proper COVID Guidelines.



Principal,
PGGC-11, Chandigarh

Stress Management and Drug De-addiction Society

Post Graduate Govt College, Sector-11, Chandigarh

Event Report

Dated: 16/03/2022

The Stress Management and Drug De-addiction Society of Post Graduate Govt. College, Sector-11, Chandigarh organised an Anti-Drug Awareness Campaign under the Nasha Mukta Bharat Abhiyan. All the society members namely Dr. Suresh Kumar (Convenor), Dr. Divya Monga, Dr. Monika Dara, Dr. Narinder Singh and Dr. Suman Bala encourage the students to participate in the event. The event was held within the college premises on 16 March, 2022. Approximately 150 students participated in the campaign with the aim to create awareness against drug abuse among all the college students. The students were cautioned about the ill-effects of drug use and were motivated not to indulge in drug abuse. Further, they were encouraged to handle various life stresses by adopting healthy coping skills and making yoga and meditation as part of their daily routine. In this regard, the students made posters and a rally was organised to enhance the effectiveness of the same. The main objective was to create awareness among the masses to save our youth from the evil effect of drugs and intoxicants. The event ended on a positive note with an appeal to make sincere efforts to make India a drug free Nation.

Convenor

(Dr. Suresh Kumar)

Stress Management and Drug De-addiction Society

Post Graduate Govt College, Sector-11, Chandigarh



Anti Drug Awareness Campaign



Anti Drug Awareness Campaign



Anti Drug Awareness Campaign