

The Report
2016 to till date



NJAAAT – THE SOCIETY FOR STRESS MANAGEMENT AND DRUG DE-
ADDICTION
AND
VADA CLUB - THE VICTORY AGAINST DRUG ABUSE

Post Graduate Government College for Girls,
Sector 42, Chandigarh

About the Society

- *NIJAAT* – Society For Stress Management And Drug De-addiction college was established in August, 2017.
- The Victory Against Drug Abuse (VADA) Club in the college was established in August, 2022.
- The Society and Club of the college is formulated, with an aim to conduct regular activities to create awareness against Drugs and curb the menace of Substance abuse among the youth.
- The Society and Club of the college organizes lectures, debates, discussions and various competitions.

2016-2017

Sr.no	Activity / Event	Date	Venue	Remarks
1.	Face painting	3.8.2016	Department Lab	Topic : Drug deaddiction Students participated : 15
2.	Workshop on Exam Anxiety by Ms. Anuradha	16.11.2016	Department Lab	Topic : Exam Anxiety Students participated : 95
3.	Talk on Drug De- Addiction by Dr. Kiran (Psychiatrist)	7.2.2016	Multi-Media Room (IT Block)	Topic : Drug De- Addiction Students participated : 76

2017-2018

Sr.no	Activity / Event	Date	Venue	Remarks
1.	Field Visit	6.11.2017	RIMH, Sector -30, Chd	Students participated : 34
2.	Seminar on stress management by Ms. Anuradha	16.11.2017	Multi- Media Room (IT Block)	Topic : Stress management Students participated : 63

2020-21

Sr. no	Activity / Event	Date	Venue	Remarks
1.	"The Role of Youth in Nasha Mukta Bharat Campaign" delivered by Mr. Manish Kumar, Team Leader SPYM Chandigarh	04.02.2021	Webinar	Students participated : 550
2.	Poster Making Competition	02.02.2021	Online Mode	Topic : Say No to Drugs Students participated : 22
3.	Rangoli making Competition	03.02.2021	Online Mode	Topic : Nasha Mukta Bharat/ Drug De Addiction Students participated : 15
4.	Competition on Creative Writing or Rewriting of Songs	05.02.2021	Online Mode	Topic : Nasha Mukta Bharat/ Drug De Addiction Students participated : 5
5.	Poem Writing Competition	07.02.2021	Online Mode	Topic : Nasha Mukta Bharat/ Drug De Addiction Students participated : 12
6.	Creative Video Making	09.02.2021	Online Mode	Topic : Nasha Mukta Bharat/ Drug De Addiction Students participated : 04

2021-2022

Sr. no	Activity / Event	Date	Venue	Remarks
1.	Sensitization of students and to make the campus Drug and tobacco free	11.03.2022	PGGCG, Sector 42, Chandigarh	Flex Board all over the campus
2.	Poster Making Competitions on Drug De-Addition	24.03.2022	Psychology Lab	Topic : Drug De-addiction Students participated : 22
3.	Pledge taking ceremony	06.06.2022	Sabras Auditorium	Pledge taking ceremony was organized in college for students and staff against the use and abuse of drugs and tobacco
4.	Documentary screening	15.06.2022	Sabras Auditorium	A documentary exhorting the students to stop the use of alcohol, tobacco and other drugs was shown in the college Auditorium.

2022-2023

Sr.no	Activity / Event	Date	Venue	Remarks
1.	Administering pledge of Nasha Mukta Bharat and Awareness of the toll free national helpline number for reporting cases of drug and alcohol abuse	04.08.2022	New Conference hall	Students participated : 100
2.	Country-wide Pledge Against Drugs	12.08.2022	PGGCG, Sector 42, Chandigarh	Students participated : 70
3.	An interaction with NCC Cadets and mass pledge against drug abuse 12 September, 2022	12.09.2022	Conference Hall	Students participated : 90

Workshop (Coping Skills for Addictions, Stress and Anxiety)





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DM Child & Adolescent Psychiatry (PG), Chandigarh

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0172-2720190, 0226609588
(By Appointment only)



Seminar on Stress Management



Online Competition on Nasha Mukht Bharat in February 2021

Nasha Mukht Bharat Campaign - Chandigarh

Nijaat

The Stress Management and Drug De-addiction Society and NSS Wing OPG Govt College for Girls, Sector 42, Chandigarh in Collaboration with The Department of Social Welfare, Women and Child Development, Chandigarh Administration

**National Webinar
Role of youth in Nasha Mukht Bharat Campaign**

February 4, 2021 (Thursday)
Time: 10:00 am onwards

SPEAKER: Mr. Manish Kumar
Team Leader Society for the Promotion of Youth and Masses (SPYM), Chandigarh

[Link to join](https://www.youtube.com/watch?v=TTj9nGqk.vdI)

Nasha Mukht Bharat Campaign - Chandigarh

Nijaat

The Stress Management and Drug De-addiction Society and NSS Wing OPG Govt College for Girls, Sector 42, Chandigarh in Collaboration with The Department of Social Welfare, Women and Child Development, Chandigarh Administration

INTER COLLEGE CREATIVE VIDEO-MAKING COMPETITION

THEME- JUST SAY NO TO DRUGS/ STANDING AGAINST DRUG ABUSE

Win CASH PRIZE and E- CERTIFICATE!!

Upload your entries on the link given below
<https://forms.gle/Wa1v9SdF7z1hdJF9P>

DEADLINE FEBRUARY 7, 2021 BEFORE 4:00 PM

Nasha Mukht Bharat Campaign - Chandigarh

Nijaat

The Stress Management and Drug De-addiction Society and NSS Wing OPG Govt College for Girls, Sector 42, Chandigarh in Collaboration with The Department of Social Welfare, Women and Child Development, Chandigarh Administration

INTER COLLEGE COMPETITION ON CREATIVE WRITING OR REWRITING OF SONGS

Theme- Just Say No to Drugs/ Standing Against Drug Abuse

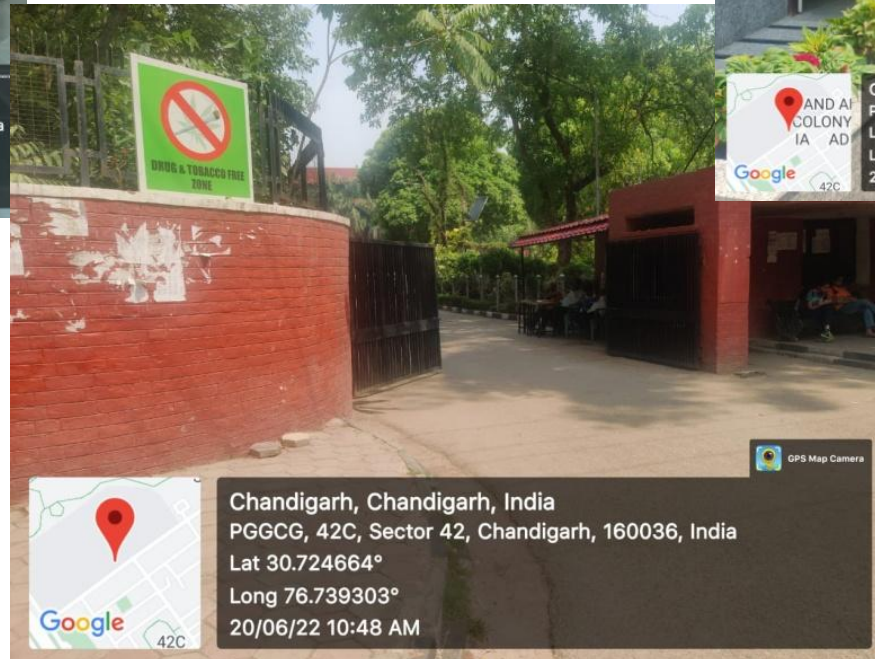
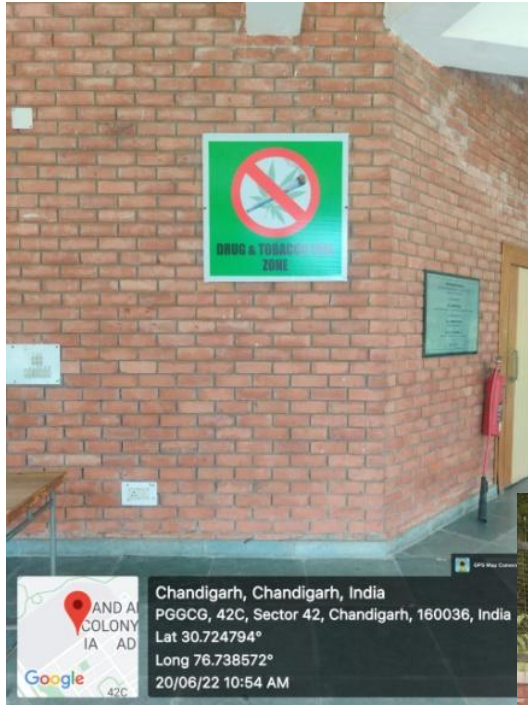
Deadline: February 8, 2021 before 4:00 pm

BEST SONG CAN BE USED FOR RADIO JINGLE FOR **NASHA Mukht Bharat Campaign of Chandigarh**

Win CASH PRIZE and E- CERTIFICATE!!

Upload your entries on the link given below
<https://forms.gle/Wa1v9SdF7z1hdJF9P>

Flex sign boards were put at vantage points up all over the college campus on June 12, 2022.



Poster making competition was organized and placing it subsequently at different places at school



A pledge taking ceremony was organized in college for students and staff against the use and abuse of drugs and tobacco on June 6,2022



A documentary exhorting the students to stop the use of alcohol, tobacco and other drugs was shown in the college Auditorium on June 15, 2022



Nasha-Mukt Bharat Campaign



04.08.2022, Mini Auditorium, PGGCG-42, Chd

The Victory Against Drug Abuse (VADA) Club of the Post Graduate Government College for Girls, Sector 42 Chandigarh took part in the Country-wide Pledge Against Drugs by students and staff of the college on 12th August 2022..



An interaction with NCC Cadets and mass pledge against drug abuse 12 September, 2022



Ramesh Singh

Nisha Jassi
Principal
P.G. Govt. College for Girls
Sector 42, Chandigarh

THANK YOU