



**DEPARTMENT OF SOCIAL WORK  
CENTRAL UNIVERSITY OF HIMACHAL PRADESH**

**INVITES YOU**

**To PARTICIAPTE IN VARIOUS COMPETITION & ACTIVITIES**

**ON**

**NASHE SE AZAADI: NATIONAL YOUTH & STUDENTS INTERACTION PROGRAM**

**ON**

**1<sup>ST</sup> AUGUST - 4<sup>TH</sup> AUGUST, 2022**

**THEME - "SAY NO TO DRUGS"**

**REGISTER NOW BY CLICKING ON THE LINK**

[https://docs.google.com/forms/d/e/1FAIpQLSfVob5CYB5A6hApdm9kv2bh05pbdmTskQOp6bM-af0wSdNjzQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfVob5CYB5A6hApdm9kv2bh05pbdmTskQOp6bM-af0wSdNjzQ/viewform?usp=sf_link)

75 Azadi Ka Amrit Mahotsav

Ministry Of Social Justice And Empowerment

Nasha Mukht Bharat Abhiyaan  
*Presents*  
*Nashe Se Azadi*  
National Youth And Students Interaction Program  
4th August 2022 || 10am-11am

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## Report

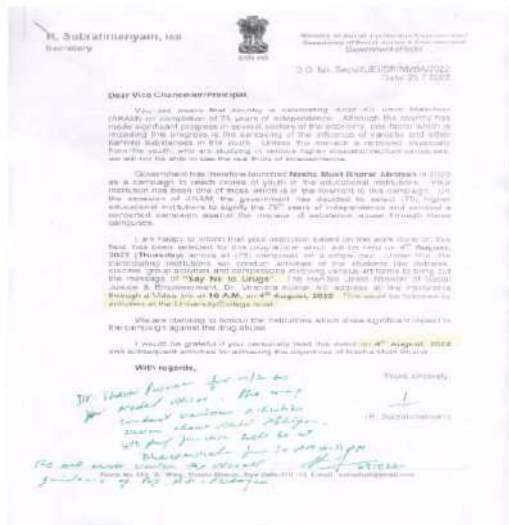
As our country celebrated Azadi Ka Amrit Mahotsav (AKAM) this year, Nasha Mukh Bharat Abhiyaan organized 'Nashe se Azadi' - National Youth and Students Interaction Program on 4th August 2022 wherein the Ministry identified 75 Universities/institutions. These institutions participated in a daylong event and organized various activities related to awareness etc. about drug use (online and offline mode). Central University of Himachal Pradesh is the one and best university which is organized various activities from 1<sup>st</sup> august to 4<sup>th</sup> august, 2022 related to awareness etc. about drug use (online and offline mode)

## Meeting

The Department of Social Work hosted the Nasha Mukh Bharat Abhiyan meeting from August 1-4, 2022 with other head and students of School of Social Sciences discipline which is running at Dehra campus of CUHP, and the department's Ph.D scholars and students participated in several events to raise awareness of the causes and effects of drug use.

**Nasha Mukh Bharat Abhiyaan** intends to reach out to the masses and spread awareness about substance abuse through various activities like:

- Awareness generation programmes
- Focus on higher educational Institutions, university campuses and schools
- Reaching out to the Community and identifying dependent population
- Focus on counseling and treatment facilities in hospitals and rehabilitation centres that have been geo-tagged
- Capacity building programmes for service providers



**Meeting of Nasha Mukh Bharat Abhiyaan**

## 2. Formation of Student Clubs for NMBA Activities

30 students were chosen and given the opportunity to form a club for a year under the direction of the department of Social Work, working alongside various organizations and agencies that are also working to improve society. Several students from several departments participated in this program activity.



**Formation of Student Clubs for NMBA Activities**

### 3. Slogan Writing and Poster making

200 participants from several academic disciplines on the CUHP campus Dehra created posters and slogans to promote digital awareness. The organizer had received handmade posters and a written slogan for review. Some participants who registered electronically also submitted through the provided URL that was created for participant registration.

#### Theme: Say No to Drugs

a single entry from a single participant  
A3-sized paper was used for the poster.



#### 4. Video-making or short film making

Numerous professors and students recorded a brief documentary to raise awareness on social media, and they also submitted it to the website provided by the CUHP for post-registration. The CUHP Jansampark portal also shared and posted these videos.

#### Theme: Say No to Drugs

Allowed only a single entry from a single participant.

#### Video link with story submitted by Rohit Kumar Gupta

[https://m.facebook.com/story.php?story\\_fbid=pfbid0yh69TceEgpbkCdvs72iEY4e6LArq71M7aYPLG8njKHcgWrcxpgeGP1PGGMq6YxAHI&id=100002644781453&sfnsn=wiwspmo](https://m.facebook.com/story.php?story_fbid=pfbid0yh69TceEgpbkCdvs72iEY4e6LArq71M7aYPLG8njKHcgWrcxpgeGP1PGGMq6YxAHI&id=100002644781453&sfnsn=wiwspmo)



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## 5. Pledges in the Schools and at adopted villages

As part of 'Azadi Ka Amrit Mahotsav.' celebration, Two hundreds of students of school of Social Sciences various department took the pledge under Nasha Mukta Bharat Abhiyaan Campaign (NMBA)/Drug Free India campaign on Friday against substance abuse and vowed to stay away from drugs and make a drug free country. Pledges will be held in the nearby school, Community on Nasha Mukta Bharat Abhiyan.



## 6. Panel Discussions on NMBA:

NMBA is a flagship campaign under Ministry of Social Justice & Empowerment to enhance the evidence based approach towards substance abuse. As part of 'Azadi Ka Amrit Mahotsav.' celebration, hundreds of students of school of Social Sciences various department took the pledge under Nasha Mukta Bharat Abhiyaan campaign (NMBA)/Drug Free India campaign on Friday against substance abuse and vowed to stay away from drugs and make a drug free country. On the occasion of Nasha Mukta Bharat Abhiyaan, panel discussions on issues relating to substance use, including as prevention, treatment, and rehabilitation, were held on campus, at the neighbourhood school(300 students), and in the community(200 ladies and Gentleman) as well.



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## 7. Signature Campaign on NMBA

Under the Nasha Mukta Bharat Abhiyan programme, the signature campaign was launched by Hon'ble Vice Chancellor Prof. Sat Parkash Bansal in campus and ran throughout the school, college, Bus Stand , Road Shed, Hotspot Areas and community to raise awareness about drug usage.





### **8. Career Counseling Program:**

For students seeking their undergraduate, graduate, and other degrees as well as for those pursuing diploma and certificate programs, career counseling programs were held on campus. In addition, these programs were also held in schools for children.



## 9. Awareness about Drug Helpline (14446)

The department of Social Work started a program to educate students and neighboring adopted villagers about the Drug De-Addiction Helpline number (14446) on campus. Research Scholar of department suggested about Toll-free Helpline for de-addiction, 14446 is being maintained by the Ministry for providing primary counseling and immediate assistance to the persons seeking help through this helpline.



## नशे के खिलाफ एकजुट होने की ली शपथ



मोरच कपुरिया, धर्मशाला

धर्मशाला : विभाजन प्रदेश केंद्रीय विश्वविद्यालय के सभ विद्यु परिसर देहरा में समाज कार्य विभाग की ओर से युवाओं के बीच नशा मुक्ति को लेकर चार दिवसीय कार्यक्रम की शुरुआत की गई। इस मौके पर समाज कार्य विभाग की विभागाध्यक्ष एवं नौडल अधिकारी डॉ. प्रतिभा कुमम ने नशा मुक्त भारत अभियान को लेकर संकाय सदस्यों को प्रारंभ किया। उन्होंने बताया कि इस अभियान को लेकर विवि के माननीय कुलपति प्रो. सन प्रकाश चंवल जी से भी चर्चा की गई। वहीं अधिष्ठाता, समाज विज्ञान स्कूल, प्रो. नारायण राव, विभाग के सभी

**केंद्रीय विवि के समाज कार्य विभाग की अध्येक्ष और अभियान को नौडल अधिकारी ने दिखाई शपथ अभियान के तहत चाट दिनों तक लोगें कई कार्यक्रम, अंगीकृत किए गांवों को किया जाएगा जागरूक**

छात्रों, विद्यार्थियों, शोधार्थियों, शिक्षकों द्वारा नशा मुक्त भारत अभियान की शपथ लेते हुए सोमवार से गठने से

आजगी कार्यक्रम की शुरुआत की गई। चार दिवसीय कार्यक्रम की पूर्ण रूपरेखा तैयार की गई जिसमें सभी विभागों के छात्र छात्राएं, शिक्षक गण, शिक्षकेतर कर्मचारी, स्टाफ सदस्य भाग लेंगे। इस कार्यक्रम के माध्यम से उच्च भारत अभियान के तहत अंगीकृत गांव के लोगों को, सघुदाय को, विभिन्न पाठ्यक्रम, विद्यालय, महाविद्यालय के छात्रों को शपथ समारोह तैली, भाषण प्रतिनिधित्व, पोस्टर कैंपेन, आनन्दान और वीडियो इत्यादि के माध्यम से इस अभियान के बारे में जागरूक करवाया जाएगा।

वहीं इस मौके पर अधिष्ठाता छात्र कल्याण डॉ. अश्वतीरा मलान ने बताया

### प्रो. राव को मिला सम्मान

वहीं इंदौर की पैकल्पिक विकल्प नौडल विकास संस्था की ओर से 26 जून, 2022 को उदयपुर, राजस्थान में आयोजित राष्ट्रीय सम्मेलन में विवि के समाज विज्ञान स्कूल के अधिष्ठाता प्रो. नारायण राव को उत्कृष्ट व्यक्तित्व

प्रदर्शन और राष्ट्र के प्रति निरिष्ट सेवाओं के लिए प्रमाणपत्र से सम्मानित किया गया है। सोमवार को विवि के हस्ताक्षर जी के देहरा पहुंचने पर प्रो. राव ने यह सम्मान उनके छात्रों से ग्रहण किया।

कि पूरे भारत से 75 विश्वविद्यालयों का चयन करवा मुक्त भारत अभियान के लिए सामाजिक न्याय और अधिकारिता विभाग, भारत सरकार द्वारा किया गया है जिसमें हिमाचल प्रदेश से एकमात्र केंद्रीय विश्वविद्यालय का चयन किया गया है। चार अगस्त 2022 को

सामाजिक न्याय और अधिकारिता मंत्री डॉ. वीरेंद्र कुमार जी 10:40 बजे से लेकर 11:40 बजे तक ऑनलाइन माध्यम से सभी को सम्मिलित करेंगे। उन्होंने विवि के सभी संकाय सदस्यों और शोधार्थियों, विद्यार्थियों से इस अभियान को सफल बनाने का आग्रह किया।

## 10 Poster Making

On the CUHP campus in Dehra, participants from several scientific disciplines made posters and catchphrases to raise awareness of digital issues. For review, the organizer had been given written slogans and handcrafted posters. When registering electronically, some participants additionally entered their information using the URL that was generated for that purpose.



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**2nd August, 2022 (Day-2)**

**11. Essay/Painting**

The coordinator received a handmade painting and an essay for evaluation. Digital files to be sent through the URL created after registration.

**Theme: Say No To Drugs**

a single entry from a single participant



**12 Pledges in the UBA-adopted villages**

Pledges were made on Nasha Mukt Bharat Abhiyaan in adopted villages, government colleges, and communities.



### 13. Focused group discussions among Youth,Children in the coordination of SHG.

Focused group discussions was held for the betterment of Youth,Children on Nasha Mukta Bharat Abhiyaan in the coordination of SHG.



### 14. Targeting hospitals/pharmacies to a awareness through volunteers

Through the master volunteers at pharmacies and hospitals, a Nasha Mukta Bharat Abhiyan awareness drive was launched. Department of Social Work organised a sticker and signature campaign under the theme "Enjoy drive without psychoactive substances, Let's enjoy without drug" at adopted villages.



### 15. Advertising in public Transport (Bus Adda and taxi stand with signature Campaign)

Awareness drives was held at the public places like public Transport stations (Bus Adda and taxi stand with signature Campaign) on Nasha Mukta Bharat Abhiyaan. Department of Social Work organized a sticker and signature campaign under the theme "Enjoy drive without psychoactive substances, Let's enjoy without drug" at near to Bus Stand Bus Adda etc.



3<sup>rd</sup> August, 2022

### 16. Peer led interventions such a group work in the community

Awareness drives was held in Peer group as aled interventions such as group work in the community on Nasha Mukta Bharat Abhiyaan.



### 17.Awareness drives by the youth/Women

Youths and women initiated Nasha Mukta Bharat Abhiyaan awareness campaigns among young people and women.



### 18.Focused Group Discussions in SHG, Youth, Children

Focused group talks on Nasha Mukta Bharat Abhiyaan were held under the direction of SHG for the benefit of Youth and Children.



### 19. Poetry campaign on Nasha Mukta Bharat Abhiyan

Poems shall be written in Hindi or English.

**Theme: Say No to Drugs**

One submission from one participant

There is no restriction for any verses, rhyming and stanzas. It can be in any form.

Submission of the poems to be made by 3rd August 2022 before 4:00 PM to Dinesh Research Scholar



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4<sup>th</sup> August, 2022(4<sup>th</sup> day)

## 20. Awareness Van

To raise awareness of Nasha Mukta Bharat Abhiyaan, awareness vans were begun to travel from the village of Sanot and Sapt Sidhu Pariser to Central University of HP's main campus.



## 21 Pledges in the CUHP campus

Pledge taking program was held in the CUHP campus about Nasha Mukta Bharat Abhiyaan.



## 22. Using Regional Channels, Newspapers other media outlets, available to discuss the NMBA

Mr. Pawan, a local journalist, gathered all the data concerning the awareness campaign and discussed NashaMukt Bharat Abhiyaan.



### 23. Nukkad Natak

Multiple Nukkad Natak performances were done by MSW students to raise awareness of the NashaMukt Bharat Abhiyan in the neighborhood and among the adjacent village and university campus.



## 24. Sensitization of Police Personnel

We visited a police station to familiarize the officers with the NashaMukt Bharat Abhiyan and to conduct a signature campaign there.



## 25. Awareness Generation in Prisons

We visited to prison at Dharamshala and make awareness among prisoners ( Ladies and gents) about Nasha Mukht Bharat Abyiyan



## 26. Extempore

**Theme: Say No To Drugs.**

On August 4, 2022, at 12 p.m., gather some members of the community outside the Central Block and ask them to talk for two minutes on the Nasha Mukti Bharat Abhiyan.



## 27. Presenting Life-Stories of Resilience

**Theme: Say No to Drugs**

Invited to share their experiences about their rehabilitation steps to those individuals who have successfully recovered from drug misuse. One participant's personal narrative Drawings may be included in stories that are no longer than 200 words. The individual's privacy must be protected. English or Hindi might be used for the story.



29. Conducted a meeting with District Youth Sport officer & Youth Officer to aware the sport personnel regarding NMBA



30. Awareness drives nearby ITI Institute, B.Ed College



31. Awareness drives nearby ITI Institute, B.Ed College by the youth/ women on Nasha Mukta Bharat Abhiyaan



31. Pamphlet Distribution at HOTSPOT and Crowded area of the District and State



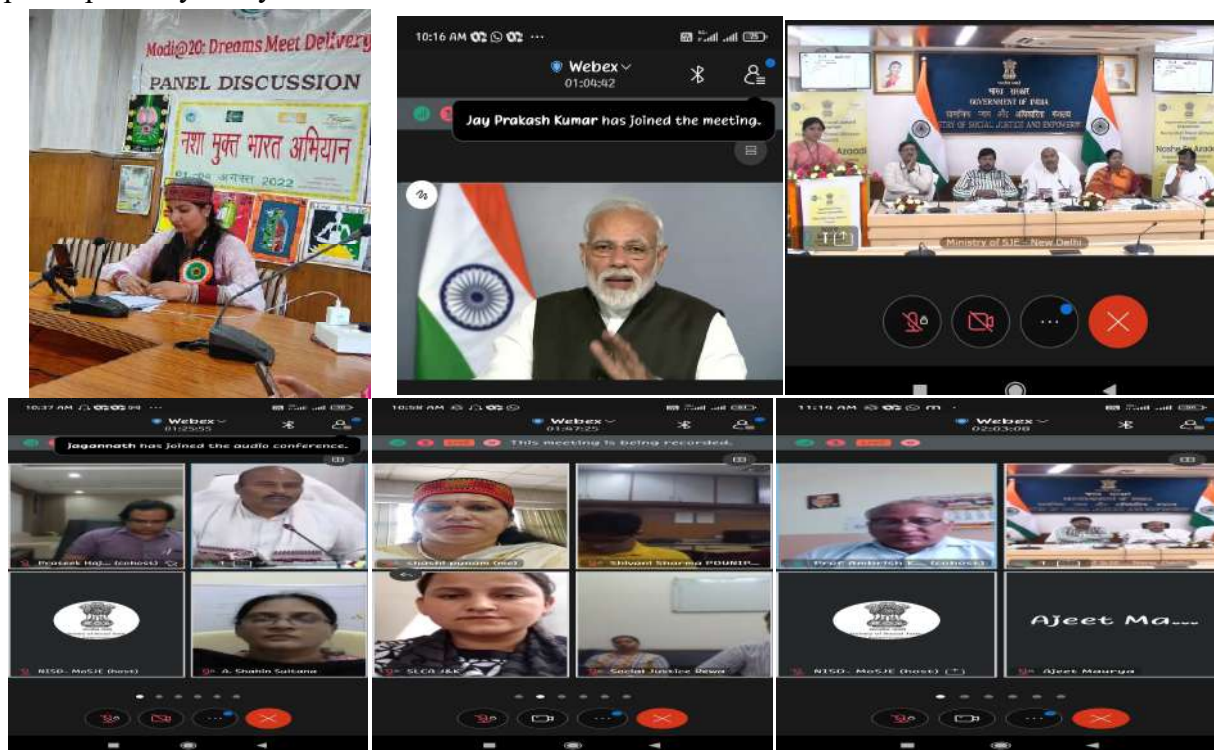


## 32. Online Interaction:

As a part of the "Nasha Mukta Bharat Abhiyaan," the programme was put together. Dr. Virendra Kumar, the Hon. 'ble Union Minister of Social Justice & Empowerment, delivered the opening remarks through video conferencing to kick off the session.

The Dean students Welfare, Prof. N. K Mahazen in his remarks expressed his concern about the youth in the campus and also in the society as well. He said that it is high time that students should come forward and initiate movements against drugs abuse. He also emphasized on how the addiction to drugs and tobacco or any other intoxications not just ruin the life of the people addicted to them but all to all those who are related to them. He exhorted on the point that Youths are supposed to be the flag bearers of the country but many youths are now being addicted to drugs and intoxications leaving the country is in a state of shock. The war against drugs has long been started and we all need to fight this war together. He also mentioned that the role of every citizen is important in fighting this war. He emphasised that educated people of the society has greater role to play. He appreciate the all activities done by the Department of Social Work to educate, the students and the workers of the civil society will have to join hands and work together and make Nasha Mukta Bharat.

In this one-day programme, Ms Sankita Research Scholar , Department of Social Work , CUHP intract with Dr. Virendra Kumar, the Hon. 'ble Union Minister of Social Justice & Empowerment, and shared views on all activities, awareness programme on Nasha Mukta Bharat" followed by a poster and slogan competition on the topic "Say No to Drugs" which was participated by many students.



While giving a formal vote of thanks, Prof. R.L. Nongkhlaw expressed deep gratitude to the Chief Guest and Guest of Honour for sparing their time and sharing their views on the topic. He also mentioned the inspiring leadership the Vice-Chancellor in organizing the programme successfully.

**Media:**



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# नशे के खिलाफ एकजुट होने की ली शपथ



गौरव कयूरिया, धर्मशाला

धर्मशाला : हिमाचल प्रदेश केंद्रीय विश्वविद्यालय के तत्त सिंधु परिसर देहरा में समान कार्य विभाग की ओर से युवाओं के बीच नशा मुक्ति को लेकर चार दिवसीय कार्यक्रम की शुरुआत की गई। इस मौके पर समाज कार्य विभाग की विभागाध्यक्ष एवं नोडल अधिकारी डॉ. शशि पुनम ने नशा मुक्त भारत अभियान को लेकर संकाय सदस्यों को शपथ दिलाई।

उन्होंने बताया कि इस अभियान को लेकर विवि के माननीय कुलपति प्रो. तत प्रकाश चंतल जी से भी चर्चा की गई। वहीं अविष्टता, समाज विज्ञान स्कूल, प्रो. नारायण राव, विभाग के सभी

**केंद्रीय विवि के समाज कार्य विभाग की अध्यक्ष और अभियान की नोडल अधिकारी ने दिलाई शपथ अभियान के तहत चार दिनों तक होंगे कई कार्यक्रम, अंगीकृत किए गांतों को किया जाएगा जागरूक**

छात्रों, विद्यार्थियों, शोपार्थियों, शिक्षकों द्वारा नशा मुक्त भारत अभियान की शपथ लेते हुए सोमवार से नशे से

आजादी कार्यक्रम की शुरुआत की गई। चार दिवसीय कार्यक्रम की पूर्ण रूपरेखा तैयार की गई जिसमें सभी विभागों के छात्र छात्राएं, शिक्षक गण, शिखरकेतर कर्मगण, स्टाफ सदस्य भाग लेंगे। इस कार्यक्रम के माध्यम से उन्नत भारत अभियान के तहत अंगीकृत गांव के लोगों को, समुदाय को, विभिन्न पाठशाला, विद्यालय, महाविद्यालय के छात्रों को शपथ समारोह रैली, भाषण प्रतियोगिता, पोस्टर मेकिंग, ऑनलाइन और वीडियो इत्यादि के माध्यम से इस अभियान के बारे में जागरूक करवाया जाएगा।

वहीं इस मौके पर अविष्टता छात्र कन्याण डॉ. अम्बरीश महाजन ने बताया

## प्रो. राव को मिला सम्मान

वहीं इंदौर की बैकल्पिक चिकित्सा पद्धति विकास संस्था की ओर से 26 जून, 2022 को उदयपुर, राजस्थान में आयोजित राष्ट्रीय सम्मेलन में विवि के समाज विज्ञान स्कूल के अविष्टता प्रो. नारायण राव को उ्कृष्ट व्यक्तिगत

प्रदर्शन और राष्ट्र के प्रति विशिष्ट सेवाओं के लिए प्रमाणपत्र से सम्मानित किया गया है। सोमवार को विवि के लूपटि जी के देहरा पहुंचने पर प्रो. राव ने यह सम्मान उनके हाथों से ग्रहण किया।

कि पूरे भारत से 75 विश्वविद्यालयों का चवन नशा मुक्त भारत अभियान के लिए सामाजिक न्याय और अधिकारिता

मंत्रालय, भारत सरकार द्वारा किया गया है जिसमें हिमाचल प्रदेश से एकमात्र केंद्रीय विश्वविद्यालय का चवन किया गया है। चार अगस्त 2022 को

सामाजिक न्याय और अधिकारिता मंत्री डॉ. वीरेंद्र कुमार जी 10:00 बजे से लेकर 11:00 बजे तक ऑनलाइन माध्यम से सभी को संबोधित करेंगे। उन्होंने विवि के सभी संकाय सदस्यों और शोपार्थियों, विद्यार्थियों से इस अभियान को सफल बनाने का आह्वान किया।

**NASHA MUKAT BHARAT ABHIYAN- SAY NO TO DRUGS  
BY  
DEPARTMENT OF SOCIAL WORK  
CENTRAL UNIVERSITY OF HIMACHAL PRADESH**



Nasha Mukat Bharat Abhiyaan

Presents

*Nashe Se Azadi*

**National Youth And Students Interaction Program**

4th August 2022 || 10am-11am

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**Dr Shashi Punam**  
Nodal Officer of Event  
Associate Professor and Head  
Nodal officer of Unnat Bharat Abhiyan  
Department of Social Work, CUHP