

REPORT ON NASHA MukT YUVA PROGRAMME

Organised by: NSS Unit “Parivartan”, Mata Sundri College for Women, University of Delhi

Date: 18 September 2026

Time: 12:00 Noon to 1:30 PM

Theme: *Nasha MukT Yuva – Youth for a Healthy and Drug-Free Society*

The NSS Unit “**Parivartan**” of Mata Sundri College for Women, University of Delhi, organised a **Nasha MukT Yuva Programme** on **18 September 2026 from 12:00 Noon to 1:30 PM**. The programme aimed to spread awareness among students about the harmful effects of substance abuse and to encourage them to adopt a healthy, responsible and drug-free lifestyle.

The programme included an energetic **Zumba Session conducted by Ms. Ishika**, which encouraged students to engage in physical activity and adopt healthy recreational practices. The session witnessed enthusiastic participation from students and created a positive and energetic environment. It highlighted the importance of fitness and healthy lifestyle choices in promoting overall well-being.

Following the Zumba session, a **Youth Pledge** was conducted. Students collectively pledged to stay away from drugs and substance abuse and to encourage their peers to make healthy and responsible choices. The pledge reinforced the message of youth responsibility towards building a healthy and drug-free society.

A **Signature Campaign** was also organised as an integral part of the awareness programme. Students enthusiastically participated by signing in support of the **Nasha MukT Yuva** initiative and expressing their commitment to spreading awareness about the harmful consequences of substance abuse.

The programme successfully combined **fitness, awareness and active youth participation**. The enthusiastic involvement of students and NSS volunteers reflected their commitment to promoting a healthy lifestyle and contributing towards the creation of a drug-free society.

The programme concluded with a renewed commitment among the participants to spread the message of **Nasha MukT Yuva** and encourage their peers to make positive, healthy and responsible choices.