

REPORT ON “NASHA MUKT YUVA” AWARENESS SESSION

Date: 1 September 2026

Time: 1:30 PM

Venue: Mata Sundri College for Women, University of Delhi

Organised by: NSS Unit “Parivartan”

Mata Sundri College for Women, University of Delhi, organised an awareness and sensitisation session on “**Nasha Mukh Yuva**” on **1 September 2026 at 1:30 PM**. The programme aimed to sensitise students about the harmful consequences of substance abuse and to encourage the youth to adopt a healthy, responsible and drug-free lifestyle.

The session was addressed by **Dr. Swapan Gupta, MBBS, MS, DM, PDF, Professor of Neurology**, who provided valuable insights into the physical, psychological and neurological impact of substance abuse. He highlighted the serious health consequences associated with addiction and emphasised the importance of prevention, awareness and timely intervention among young people.

The programme was further enriched by the presence and participation of **BK Sunita Ji, BK Gunjan and Shri Ajay Sood**, who interacted with the students and emphasised the importance of self-discipline, positive thinking, emotional strength and responsible decision-making. Their interaction encouraged students to develop a positive outlook and resist substance abuse and other harmful influences.

The session witnessed enthusiastic participation from students and NSS volunteers. The speakers encouraged the students to become active ambassadors of the **Nasha Mukh Bharat** campaign and to spread awareness about the dangers of substance abuse within their families, peer groups and communities.

The programme successfully created awareness among the students about the importance of maintaining a healthy lifestyle and making informed choices. It reinforced the message that youth have a crucial role to play in building a **healthy, responsible and drug-free society**.

The session concluded with a collective commitment towards promoting the vision of a **Nasha Mukh Bharat** and encouraging greater youth participation in creating awareness against substance abuse.