

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE FOR WOMEN
KATHUA-184101
(NAAC Accredited B+ Grade)



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REPORT

GDCW Kathua Organizes Awareness Lecture on Nasha Mukti Abhiyan

Kathua, August 8, 2026: The Drugs De-Addiction Cell and Psychological Counselling Cell of Government Degree College for Women (GDCW), Kathua, organized an awareness lecture on “**NashaMukti Abhiyan**” with the objective of sensitizing students about the harmful effects of drug abuse and promoting a healthy, responsible and drug-free lifestyle among youth.

The programme was held under the guidance of the **Principal of the College, Prof. Dr. Jaipal Singh**, who emphasized the importance of collective efforts by educational institutions, families and society in addressing the growing menace of substance abuse among youth. He encouraged the students to adopt positive habits and become responsible ambassadors of the Nasha Mukti Bharat Abhiyan.

The welcome address was delivered by **Dr. Renu, Convenor, Drugs De-Addiction Cell/Psychological Counselling Cell**, who welcomed the resource persons, faculty members and students and highlighted the relevance of organizing such awareness programmes for the overall well-being of students.

Speakers from Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, BK Dr. Tilak Raj, BK Shashiand BK Deepika, were the resource persons for the programme. The speakers sensitized the students about the physical, psychological, social and academic consequences of drug addiction. They emphasized the importance of self-discipline, positive thinking, meditation, emotional balance, strong willpower and a supportive environment in preventing substance abuse.

The speakers also encouraged students to stay away from drugs and other addictive substances and urged them to spread awareness among their peers, families and communities. They highlighted that timely counselling, emotional support and positive lifestyle choices can play an important role in preventing addiction and helping individuals lead purposeful lives.

The programme witnessed active participation of the students and provided them with an opportunity to interact with the resource persons and seek guidance on issues related to substance abuse and psychological well-being.

The vote of thanks was proposed by **Prof. Neeraj Chagathia**, who expressed gratitude to the Principal, resource persons, faculty members and students for making the programme successful. All members of the Drugs De-Addiction Cell/Psychological Counselling Cell were present on the occasion and extended their support for the successful conduct of the programme.

The college reiterated its commitment to creating a safe, healthy and supportive educational environment and contributing towards the vision of a Drug-Free India.

Sd/-
PRINCIPAL

GDCW Kathua Organizes Awareness Lecture on **Nasha Mukti Abhiyan**

Experts urge students to stay away from drugs, adopt positive lifestyle

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Resource persons and faculty members during the awareness lecture at GDCW Kathua.

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KEY HIGHLIGHTS

- Awareness lecture on "Nasha Mukti Abhiyan" organized at GDCW Kathua.

- Experts highlighted ill-effects of drug abuse.

- Stress on self-discipline, meditation & positive thinking.

- Message: Stay away from students and faculty
- drugs, adopt a positive and healthy lifestyle.

