

**Dr. Shivanand Nautiyal Govt. P.G. College Karanprayag Chamoli,
Uttarakhand**
Anti-Drug Campaign Committee
Report on awareness programs in the college

The Anti-Drugs campaign committee of the Govt PG College Karanprayag has been constituted to ensure a drug-free campus by imposing a total ban on the possession or consumption or use of drugs and alcohol by students of the college, within or outside the campus. The objective of the Anti-Drug Campaign Committee is to educate and enable the young and new generation to reject illicit drugs/alcohol and its ill-effects, encouraging peer policing among students against the use of drugs and reporting of any noticed use of drugs by the students to the Anti-Drug Committee / Students Welfare Office are also the duties of the committee. This object includes preventing drug use and encouraging occasional users to discontinue use.

Every year June 26 is observed as World Drug Day or International day against drug abuse and illicit trafficking to create awareness about issues related to drugs and seek international co-operation to combat its effects on health, society, and governance. The theme of this year is 'Share Facts on Drugs, Save Lives'. According to the United Nations Office on Drugs and Crime (UNODC), the motive is to combat misinformation by sharing real facts on drugs from health risks and solutions for the world drug problem to evidence-based prevention, treatment, and care. Anti-drug awareness committee of Govt PG college Karanprayag has been constituted to ensure a drug- free campus within and outside the campus. Anti-drug awareness cell of our college created an anti drug awareness squad, two members each from UG and PG classes. Anti-drug awareness committee also created a student's Whatsapp group for giving timely information. Anti-drug awareness committee organized a Seminar on one day awareness programme on Drug abuse and illicit trafficking. Dr Rajesh K Sharma Senior Surgeon of Govt Hospital Karanprayag delivered a lecture in the programme.

The campaign is aimed at making our students aware of the dangers involved in drug abuse and to inform about the harmful effects of new psychoactive drugs. The Anti-drug awareness Committee Coordinator Dr VP Bhatt welcomed the gathering and explained the importance of awareness and theme of the year. The Principal of the College Dr Jagdish Prasad inaugurated the function. He emphasized the harmful effects and the risks associated with using alcohol and other drugs. He stressed the importance of awareness campaigns about drug abuse among students. Dr M S Kandari, Assistant Professor, interacted with the students about the importance of campus community to prevent drug and alcohol related incidents. He pointed out the importance of Integrated Rehabilitation Centre for Addicts. Dr Tofik Ahmed, Assistant Professor, pointed out number of drug abuse incidents among students and how it affects one's life and family. The session came to an end with the vote of thanks by Dr Sushil C Sati, Assistant Professor, Department of Chemistry and Dr V R Anthwal Department of

History. They also gave a brief talk on drug abuse. Dr Anthwal thanked the Principal of the college, Coordinator of the programme, resource persons, organizing committee members, students, and everyone who helped us in organizing the webinar successfully. The seminar attracted a significant attention among our students and faculty members. The entire session was an interactive session and the speakers answered many queries raised by the participants. The feedbacks from participants were encouraging.

Anti drug awareness Committee conducts regular monitoring in the college premises. The result of above dedicated and devoted awareness programme of anti-drug, it is found that which is very remarkable **that no any drug addicted student is enrolled in the college.**

The Anti-Drug Committee is constituted with the following Members.

SN	Name of the Faculty	Designation	Position
1	Dr V P Bhatt	Asstt Professor	Convener
2	Dr Tofik Ahmed	Asstt Professor	Member
3	Dr Hina Nautiyal	Asstt Professor	Member
4	Dr V R Anthwal	Asstt Professor	Member
5	Dr S C Sati	Asstt Professor	Member
6	Neha Khatri M Sc 3 rd Sem	Student	Member
7	Shivani Nauni M Sc 3 rd Sem	Student	Member
8	Shriyansh Singh M Sc First Sem	Student	Member

REPORT ON ANTI-DRUG AWARENESS CAMPAIGN

SN	Name of the Activity	ANTI-DRUG AWARENESS CAMPAIGN
2	Type of activity	Awareness Camp
3	Activity objectives	<ol style="list-style-type: none"> 1. Empower students to make informed decisions related to use of alcohol and other drugs. 2. Emphasize an awareness of choice, personal responsibility, and understanding of consequences in deciding to use alcohol and other drugs. 3. Encourage the campus community to prevent alcohol and drug-related incidents.

An Anti-drug awareness program was conducted in the college by the students and all faculty members of college. Dr Rajesh Sharma Senior surgeon of Govt Hospital Karanprayag and SHO Police Station Karanprayag were invited as a chief guest and guest of honor for propagating awareness on the ill-effects of drug and alcohol consumption, in a comprehensive manner. Dr Rajesh Sharma in his motivational speech informed that every day India sees 10 suicides related to drug abuse. He also added that a report by the central government demonstrated that the vast majority of youth are receiving drug and alcohol prevention messages from sources such as TV, radio, posters and pamphlets, Movie ads and campaigns as this. Furthermore, the report on its special analysis showed that those who have been exposed to such messages are significantly less likely to abuse drugs. The State Government is taking every visible effort to prevent teen drug use via the National Youth Anti-

Drug Media Campaign, especially for those making the difficult transition from schools to colleges via their National-level Anti-Drug Policies. Principal in this event stated that youth are the largest force of our nation and it must be directed in a positive way for their happy, healthy and holy living. Principle expressed that youth only can save themselves by conducting large number of events campaigning the anti-drug messages to make a significant impact in the society. He said Government of Uttarakhand is taking all necessary measures about bringing awareness in to the public via TV, radio, posters, pamphlets and movies advertises on anti- alcohol and drug prevention messages in the past 2 years rigorously. In this event, Principal of the college Dr Jagdish Prasad, all faculty members along with students were present as decent audience.

Awareness rally on Covid vaccination

SN	Name of the Activity	ANTI-DRUG AWARENESS CAMPAIGN
1	Type of activity	Awareness Rally
2	Activity objectives	<p>The COVID-19 vaccines produce protection against the disease, as a result of developing an immune response to the SARS-CoV-2 virus. Developing immunity through vaccination means there is a reduced risk of developing the illness and its consequences. This immunity helps you fight the virus if exposed. Getting vaccinated may also protect people around you, because if you are protected from getting infected and from disease, you are less likely to infect someone else.</p>

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Report on World health day

SN	Name of the Activity	ANTI-DRUG AWARENESS CAMPAIGN
1	Type of activity	ANTI-DRUG AWARENESS CAMPAIGN
2	Activity objectives	<ol style="list-style-type: none"> 1. This day is aimed at creating awareness of a specific health theme and also to highlight a priority area of concern for the World Health Organisation. 2. Other aim of this day is to acknowledge the efforts of healthcare workers and the success of the WHO. The focus of this year's World Health Day is to ensure equitable access to healthcare facilities around the globe.

The theme for World Health Day 2022 is ‘Building a fairer, healthier world’. Stating that our world is unequal, WHO said that the COVID-19 pandemic has highlighted how some people can have better access to health services and live healthier lives than others. We as teachers need to review the importance of living a healthy lifestyle and inculcate those values in our students. It’s a great day for students to get out of their seats and get their blood pumping or enjoy some much-needed meditation to help with their anxiety. This World Health Day, we’re calling for action to eliminate health inequities, as part of a year-long global campaign to bring people together to build a fairer, healthier world. The campaign highlights WHO’s constitutional principle that “the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.”

Report on Medical Camp

SN	Name of the Activity	ANTI-DRUG AWARENESS CAMPAIGN
1	Type of activity	Health Check-up Camp
2	Activity objectives	1. To provide initial care to people in life-threatening conditions. 2. To Provide free and high quality medical services for poor people. 3. Refer medical cases towards surgeries if required.

The health is our greatest treasure, taking care of one’s health is of utmost importance for everyone. But in our daily life, we look for excuses to not to visit our doctor. Be it for saving money or for other under the pretext that I am too young and healthy to go to a doctor or I don’t have time today; maybe next week, I’ll get an appointment, and hence we keep on ignoring or neglecting our health. We do not understand a simple fact that performing regular health check-ups from young age can actually save preventing many diseases. Saving some bucks today by ignoring periodic check-ups, we increase the risk of occurrence of several health issues at a later date. In order to bring awareness on regular health check-ups, to improve the quality of life and for enjoying good health throughout one’s life; under the guidance of Principal, Govt P G College Karanprayag, in association with Health department of Karanprayag had organized a “Free Health Checkup Camp” at Gwaar Village near Karanprayag. The enthusiastic NSS Team, Faculty members including respected Principal, students have participated in health check-up camp.

Programme on Swachh Bharath

SN	Name of the Activity	Awareness on Swachh Bharath (Clean and Green)
1	Type of activity	Swachh Bharath(Clean and Green)
2	Activity objectives	1. Protect human health and environment. 2. Minimize material use and waste production. 3. Reduce air toxics emissions. 4. Improve the living conditions and for promoting healthy surroundings for the people living in the village.

As a part of environmental awareness program Govt PG College Karanprayag conducted Swachh Bharath programme. All the teaching and office staff and NSS volunteers collectively participated in this “Swatch Bharath” campaign organized at Semi Village, of Karanprayag. The objective was to improve the living conditions and for promoting healthy surroundings for the people

living in the village. There was some realization found in the people and they were willingly taking part in the clean and green program and in the waste management.