

## VADA CLUB REPORT

### VADA Club of GHSC-10 Organized Valedictory Session to Spread Drug Abuse Awareness (24.03.2023)

Victory Against Drug Abuse Club (VADA Club) of Government Home Science College Chandigarh organised Valedictory Session on 24.03.2023 of various events and activities organized in the month of February and March 2023, to spread the drug abuse awareness among the youth, under the Govt of India's campaign "Nasha Mukh Bharat Abhiyan". NSS Volunteers participated in Pledge Taking & Rally to spread awareness against Drug Abuse as per the directives of Director Higher Education and Department of Social Welfare, Chandigarh Administration. More than 30 volunteers took out the rally with shouting slogans in the morning and attended the valedictory session.

Prize winners were also awarded the with trophies. Principal of the college, Prof. Sudha Katyal applauded the efforts of VADA Club and role of youth in creating awareness regarding Nasha Mukh Bharat.



# **GHSC-10 organised Awareness Rally on ‘Nasha Mukh Bharat’ 25.10.23**

Government Home Science College, Sector-10, Chandigarh organised an awareness rally against drug abuse. The aim of the rally was to spread the message of drug abuse and its ill effects to every nook and corner to make our country drug free. NSS Volunteers sensitised people travelling in local buses and autos about substance abuse and ways to get rid of this menace and its eradication from society. Volunteers raised slogans holding placards which they prepared during poster making activity on the theme ‘Say No To Drugs’. The awareness rally was carried out from the College to nearby areas. Around 50 NSS volunteers along with programme officers participated in the rally. Principal of the college, Prof. Sudha Katyal appreciated the efforts of NSS Wing in generating awareness towards this social menace. She also emphasised the need of such rallies as these help in informing and educating the community especially the youth who are more vulnerable. She further insisted that if people know about it, they will be cautious and contribute in beating this evil.



## **Interactive Session on Skill Development & Entrepreneurship, Poster Making & Awareness Rally on Harmful Effects of Drug Use & Abuse (29.12.2023)**

On the 3rd day of the ongoing Special NSS Camp, an interactive session on “Skill Development and Entrepreneurship” was conducted. Ms Ashima and Ms Simranjot from Regional Centre for Entrepreneurship Development, Sector-35, Chandigarh were the resource persons. They highlighted extensively about the nuances and nitty-gritties involved in the process of becoming a successful entrepreneur. In the session, they further thrown light on the importance of skills needed for a successful career. In addition they informed volunteers regarding various courses provided at RCED under the CSR of Tech Mahindra which can help the students in honing their skills. After the discussion, both the resource persons answered the queries of the students to their satisfaction.

In the second half of the day, Volunteers made beautiful posters on the theme ‘Harmful Effects of Drug Use & Abuse’. Later on, Volunteers organized a rally with the aim to sensitize public by generating awareness on drug use and abuse and its detrimental impact on the younger generation. Furthermore, Volunteers engaged in face-to-face interaction with local individuals and shared their view-point regarding harmful effects of drug use and abuse on families and society at large.

Principal of the College, Prof. Sudha Katyal highly appreciated the efforts of the volunteers in generating awareness amongst the people about drug use and abuse and emphasized on the impacts of drug abuse in the deterioration of mental health issues, social problems and potential legal repercussions. Recognizing the efforts of the volunteers, she further advised them to leave no stone unturned to achieve their aspirations.







## **Seven Days Yoga & Meditation Camp at Home Science College, Chandigarh (January 24 - 30, 2024)**

With the goal of holistic development of students, Victory Against Drug Abuse (VADA) Club of Govt. Home Science College is organising a 'Seven Days Yoga & Meditation Camp' for students from January 24 - 30, 2024. The camp is being organised with an aim of reducing stress, embracing positivity and improving concentration among students by making yoga & meditation a part and parcel of their life. On the first day of the camp, students were highlighted about the significance of various asanas and kriyas. Students performed different asanas which included Tadasana, Vrksasana, Padahastasana, ArdhaChakrasana, Trikonasana, Bhadrasana, Sasankasana, Vakrasana, Makarasana, Pavanamuktasana, Savasana and Kapalabhati along with explaining the importance of each asana. Around 57 students attended the session. Participants thoroughly performed various asanas as demonstrated and the session brought a breeze of freshness amongst them. Prof. Sudha Katyal, Principal of the college applauded the efforts of students and urged them to participate with great zeal in the camp. She further highlighted that Yoga is an ancient physical, mental and spiritual practice that leads to calmness, peace and confidence amongst individuals. In her concluding remarks, she motivated the participants to make yoga and meditation a significant part of their life and stay away from drugs.


  
**Government Home Science College**  
**Sector- 10, Chandigarh**  
**NAAC Grade 'A++', NIRF Ranking 2023- 52<sup>th</sup>**  
**Victory Against Drug Abuse (VADA) Club**  
 Organizes  
**Yoga & Meditation Camp**  
 &  
**Interactive Session**  
**on Harmful Effects of Drug- Use**  
**24.01.2024-30.01.2024**  
**Co-ordinators:** Dr. Neha Sharma, Mrs. Seema Jaitly  
**SAY NO TO DRUGS**  
**SAY YES TO LIFE**  
**Convener:** Prof. Sudha Katyal  
**Principal**



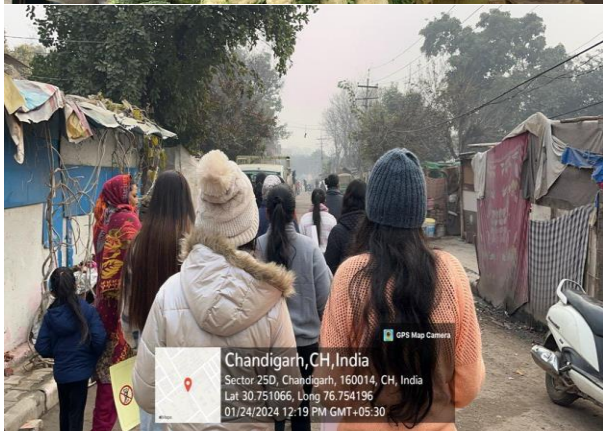
## **GHSC-10 Organised Interactive Sessions on Harmful Effects of Drug Use & Abuse at Dainik Bhaskar Colony & Bapu Dham Colony, Chandigarh 27.01.24**

Interactive sessions for students and parents were organised by Victory Against Drug Abuse Club (VADA Club) of Government Home Science College, Chandigarh on January 24, 2024 at Dainik



Bhaskar Colony, Sector-25 and on January 27, 2024 at Babu Dham Colony, Chandigarh respectively. More than 330 students & parents participated in the sessions. The primary objective of conducting these sessions at Dainik Bhaskar Colony and Babu Dham Colony was to cultivate awareness regarding the detrimental effects of drug abuse on the younger generation as these places falls under the most sensitive areas with regard to drug use & abuse. Students along with the nodal officer & co-ordinator of VADA Club actively participated in direct interactions with local residents & parents to address concerns related to drug abuse. They observed a nonchalant attitude among the residents of these colonies towards hookah consumption, with many attributing it to be a part of their cultural and religious rituals.

Also, the students went door to door and interacted with parents to generate awareness regarding various types of drugs and their harmful effects and further suggested them to spend quality time with their children and generate awareness regarding the same. Principal of the College, Prof. Sudha Katyal highly appreciated the efforts of the VADA Club in generating awareness amongst the people about drug abuse and its deleterious effects on holistic development of an individual. She also emphasised the need of such interactive sessions as these help in informing and educating the community especially the youth who are more vulnerable. She further insisted that if people know about it, they will be cautious and contribute in beating this evil.





## Seven Days Yoga & Meditation Camp Concludes at GHSC-10, Chandigarh 30.01.24

Meditation sessions were organized by Brahma Kumaris from Rajyoga Bhawan, Sector-15, Chandigarh on January 29 -30, 2024 to conclude the ongoing yoga & mediation camp under Victory Against Drug Abuse (VADA) Club of Government Home Science College, Chandigarh. Brahma Kumaris, Sister Preeti & Sister Shobhika reminded the students about the innate goodness of the individual. The sessions highlighted about the difference between body & soul and brought into limelight the three important faculties of soul i.e. Mind, Intellect and Impression. Furthermore, the sessions emphasized on the embodiment of seven virtues i.e. Knowledge, Purity, Peace, Love, Happiness, Bliss and Power. The sessions were interactive and included fun activities for the students in which they were taught various techniques to balance their mind and thoughts so as to prevent them from taking drugs. Principal of the college, Prof. Sudha Katyal applauded the efforts of VADA Club and insisted on the significance of meditating regularly. She further emphasised that it will help students in coping with stressful situations and boosting their emotional competency, confidence, self-esteem & will-power thereby preventing them from drug use and abuse.







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 Udyan Path, Sector 10D, Chandigarh, 160011,  
 CH, India  
 Lat 30.753225, Long 76.781964  
 01/29/2024 11:04 AM GMT+05:30  
 Note : Captured by GPS Map Camera



Chandigarh, CH, India  
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 Note : Captured by GPS Map Camera



Chandigarh, CH, India  
 Udyan Path, Sector 10D, Chandigarh, 160011,  
 CH, India  
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 Note : Captured by GPS Map Camera

## **GHSC-10 Organised Awareness Rallies on ‘Say No To Drugs’ 26.02.24**

Victory Against Drug Abuse (VADA) Club of Government Home Science College, Sector-10, Chandigarh organised awareness rallies on ‘Say No To Drugs’. Keeping in mind the growing menace of drug addiction, awareness rallies were organised to spread the message of drug abuse and its ill effects so as to make our country drug free. Students sensitised auto drivers, road side vendors and locals about substance abuse and ways to get rid of this menace thereby leading towards its eradication from society. Students raised slogans holding posters on the theme ‘Say No To Drugs’. Interestingly, auto drivers and road side vendors promised to make their contribution in pulling out their dear ones from the addiction of drugs. They also pledged that they would help in eradication of drugs in all forms. The awareness rallies were carried out in Sector 15, Chandigarh and Sukhna Lake, Chandigarh on 26.02.2024 and 29.02.2024 respectively. Principal of the college, Prof. Sudha Katyal appreciated the efforts of VADA Club in generating awareness towards this social menace. She also emphasised that youth being the largest force of our nation is becoming victim of drug addiction which will certainly have a bad impact on the society. Sadly, it will certainly affect their health and life as a whole. Therefore, it is the need of an hour to sensitise youth through organising such rallies about the harmful effects of drugs.





## Week Long Anti Drug Abuse Campaign cum Valedictory Begins at GHSC 14.03.24

With the goal of promoting positive mental health among students, ‘A week long anti drug abuse campaign cum valedictory’ for students begins today at Government Home Science College, Chandigarh. In this context, under the able guidance of worthy Principal of the college, Prof. Sudha Katyal, various theme based activities have been planned like yoga & meditation, awareness lecture on drug abuse, poster making & slogan writing, poetry recitation, essay writing, street play and t-shirt painting from March 14-20, 2024 by the VADA (Victory Against Drug Abuse) Club of the college. On the first day of the campaign the students were highlighted about the significance



of various asanas and kriyas. Students performed different asanas which included Tadasana, Vrksasana, Padahastasana, Ardha Chakrasana, Trikonasana, Bhadrasana, Sasankasana, Vakrasana, Makarasana, Pawanmuktasana, Savasana and Kapalabhati along with explaining the importance of each asana. Around 100 students participated in the session. Participants thoroughly performed various asanas as demonstrated and the session brought a breeze of freshness amongst them. The session has significantly contributed in reducing stress, embracing positivity and increased concentration among students. Prof. Sudha Katyal, Principal of the college applauded the efforts of students and urged them to participate with great zeal in all the activities throughout the week. She further emphasised that Yoga is a spiritual practice that will help them to stay balanced, calm and peaceful. Also, it will further help them to reduce anxiety levels thereby enhancing their confidence.



## **GHSC-10 Organises Valedictory Function of Nasha Mukta Bharat Abhiyan 20.03.24**

As a part of the Government's key initiative "Nasha Mukta Bharat Abhiyan", the VADA Club of the college conducted Valedictory function today under the able guidance of Principal of the college, Prof. Sudha Katyal to mark the conclusion of various activities organised during the session 2023-24. Mrs. Prabhjot Kaur, Nodal Officer (Drug Abuse), Department of Social Welfare, Women and Child Development, Chandigarh Administration was the Chief Guest for the event. The event commenced with lamp lighting ceremony and a welcome song by students followed by



reflections on the activities conducted during the session 2023-24 by VADA Club of the college. Prize Distribution Ceremony was also conducted wherein the winners of various competitions i.e. Essay Writing, Slogan Writing, T - Shirt Painting and Poster Making were felicitated. Furthermore, Mrs. Kaur enlightened the students regarding ground realities related to drug abuse. She elaborated on various reasons of youth getting into substance abuse and the role of drug de-addiction & rehabilitation centres. In her concluding remarks, she highlighted about preventive measures & urged students to make right choices in their life. Principal of the College, Prof. Sudha Katyal applauded the efforts of VADA Club and students for their active participation in the events throughout the session and appreciated the entire team for making it a successful Campaign. She further insisted students to participate significantly in such campaigns as their contribution will go a long way in fighting against this evil.

