

# GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH



## “Nasha Mukht Bharat Abhiyan” “DRUG - FREE INDIA”



1. Activity No. –I Online Competition

Dated : 24.4.2021

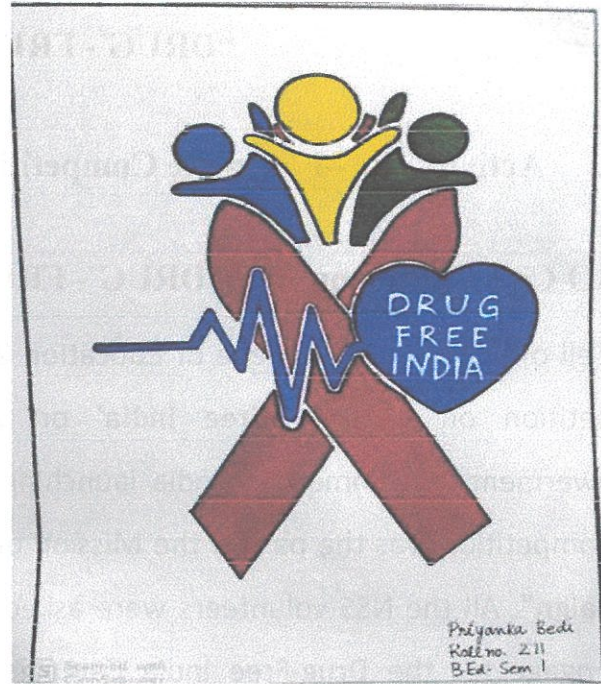
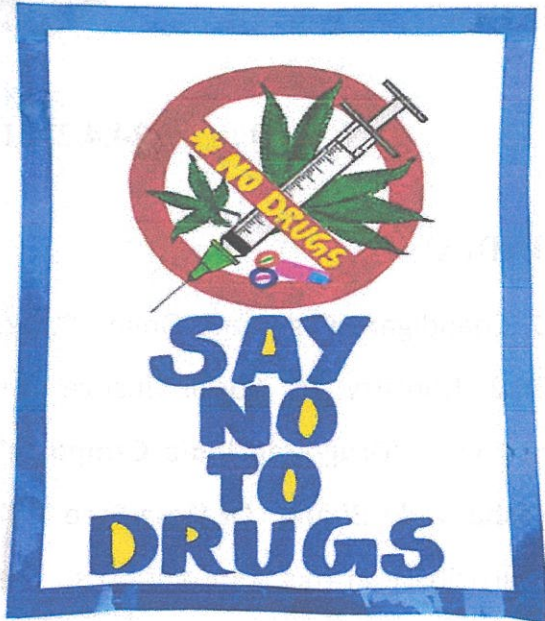
### LOGO Competition on “DRUG - FREE INDIA”

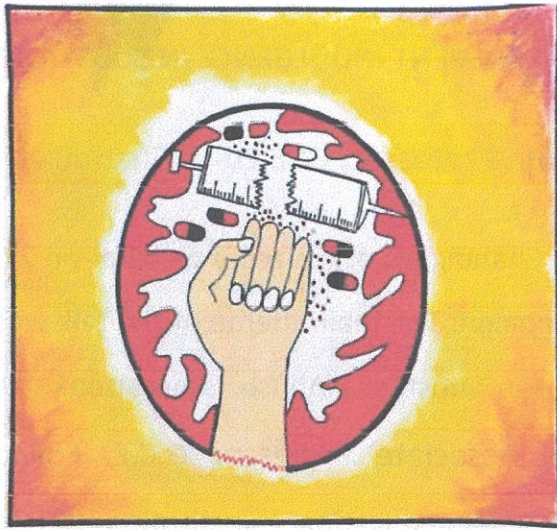
NSS Cell of Government College of Education 20-D, Chandigarh Organized Online “Logo” Competition on ‘Drug – Free India’ on 24.04.21. Ministry of Social Justice and Empowerment Government of India launching every year “Drug-Free India Campaign”. This competition was the part of the Mission of “Nasha Mukht Bharat’ Or Drug-Free India Campaign”. All the NSS volunteers were asked to participate in this competition so they can engage for the Drug-Free India Campaign. Last date of the competition was on 26.04.21. They were alerted that they will send their original created Logo. They can’t send uploaded logo from websites. Prizes of the position holder candidates will be given at Annual Function.

NSS Volunteers of the College are doing all types of work online related with NSS Cell of the College. To motivate the Volunteers they were told that their ‘LOGO’ preparation time will be counted as a regular work of NSS Volunteer. Rules for the competition were already told that Volunteers will be prepared a LOGO related with DRUG – FREE INDIA. They will Use A4 size sheet and Colure. LOGO should be Colure full and attractive. In this competition all the group leader were asked to motivate and collect their work and after compiling they will send it in the JPG file to the concerned NSS programme officers. In this LOGO competition most of the volunteers participated and sent their entries in very good forms. After evaluating the whole work we can say that NSS volunteers depicted effectively their own ideas and thought in their logos. They know that how they can aware people about drug de-addiction. This was the reason that volunteers showed many harmful things

for human being related with drugs in the 'LOGOS'. More than 120 Volunteers Participated in this competition.

### LOGO DESIGNING BY NSS VOLUNTEERS





## 1. Activity No. II: Webinar

Dated:27.04.21

**THEME: 'ROLE OF FAMILY ENVIRONMENT TO PREVENT INDULGENCE IN SUBSTANCE ABUSE.'**

**Talk By: Dr (Mrs.) Ravneet Chawla, Associate Professor, GCE 20-D, Chandigarh**

NSS Cell of Government College of Education, Chandigarh organized a webinar on 27.04.21 with the current issue for Drug-Free India Campaign. The main theme of the talk was 'Role of Family Environment to Prevent Indulgence In Substance Abuse.' The speaker of the webinar was Dr. Ravneet Kaur Chawla, Associate Professor G.C.E. Chandigarh. Government College of Education is a premier educational institution for teacher education in North India, located in Chandigarh, India. It is the single teacher education College functioning under the government sector, affiliated with the Panjab University, Chandigarh. The National Assessment and Accreditation Council (NAAC) accredited the college with an A+ grade.

This talk was organised in order to bring our youth the real issues faced due to the indulgence in drugs and how it can be prevented by intervention of parents and family. Main speaker Dr. Ravneet Chawla working as a Associate Professor in this College. Dr. Ravneet Chawla, Associate Professor in Human Development and Family Relations, who is also a qualified Developmental Psychologist and Advanced Diploma holder in Child Guidance and Family Counselling (PU Merit Holder) brought into the limelight her one-of-its-kind experiences and understanding of the human behaviour. Dr. A. K. Srivastava, Principal, formally opened the talk. Dr. Mukhtiar Singh, Associate Professor and NSS Programme Officer, also helped in deliberation. Ms. Gurbina Chopra was the Student Coordinator and Ms. Anchal Vaishwas the Co – Ordinator. The group of panellists included Ms Sakshi Poonia, Ms. Suchita Aggarwal, Mr. Bharat Sharma, Ms. Shivangi Arora, Mr. Lavish, Ms. Rollania, and Mr. Gagandeep Kaushik. Ms. Divyanshi Kalia served as the repertoire of the panel discussion.

To deal with the grass-root level causal factors of deviant human behaviour, role of family is extremely critical. Parents play a very important role in preventing their children and

youth from indulging in substance abuse and helping them if they have initiated use. Children's and youth's attitude and behaviours can be shaped and altered to a significant extent by talking openly about the dangers of substance abuse, risks associated, etc. Parents also serve as behavioural role models must show disapproval and keep themselves engaged in a child's day-to-day activities. Role models influence a child's life to a great extent. Children and youth look up to them which, in turn, spare no effort in shaping behaviour at school, relationships, and making decisions. Dr. Chawla also quoted cases of social drinking, initiating addiction, and couple case where an early marriage and pregnancy affected the lives of stakeholders involved, economically and otherwise. She also brought into the attention of the audience the cases from her own experience in women cell as an intern and a follow member.

This talk was organised in order to bring our youth the real issues faced due to the indulgence in drugs and how it can be prevented by intervention of parents and family. Dr. A.K. Srivastava, the Principal of the college talked about how substance use can block the thinking process of people who experiment and it can spiral out of control. He mentioned how addiction can lead to yearning and anxiousness over drugs and it can further harm and disturb the peers and the family members. There was an open discussion on how these circumstances can be prevented and what kind of conditions are to be kept in my mind while dealing with such a situation. The panellists discussed about various issues like Substance Use is not just in urban areas but is also present from the rural area upto the glamour world. It has imbedded itself as a part of the modern culture and how holding a cigarette has transformed itself into a fashion trend. Substance abuse is no longer a gender thing and anyone can find himself or herself getting tangled and stuck in between its webs. The panellists also discussed about how parents can play a major role in the prevention of drug usage by keeping a check on their children and by perceiving their whereabouts and circle of friends. Panellists, along with Dr. Ravneet Chawla, also brought to light some real life examples and how not only the one who abuses drugs suffer, but also the innocent people in their lives are affected without any reason. The audience also lend a hand where they wrote points and about the happenings that took place near them.

They wrote about how building of trust is crucial for both parents and children and how communication can really eradicate this issue. Some kept the points like how there is an abundant exposure to social media in this era of technology and there is a bridge meant to be built by parents to create awareness and put the children on the right track. One of the panellists also talked about how therapy in India is viewed and it is important to have a vent when someone is on the cutting edge of their life. Therapy can lead to a better environment for a child who has accidentally indulged into such activities and parents are to encourage aid in any form they receive it. Some preventive measures were also considered where parents can detect changing behaviours of their children and gain their confidence in order for them to be open and understand anything the child is going through. After the whole discussion, Dr. Mukhtiar Singh, NSS Programme Officer, was invited to speak a few words by Dr. Ravneet Chawla where he thanked the whole team for assembling the panel discussion in a short amount of time and about how critical and necessary it is for such meetings to be held frequently. The talk was very interactive and many unusual opinions and perspectives were brought to light.

A few observations and suggestions by NSS Volunteers related with Theme

Shivangi Arora

**12:15**

It was a really informative session and ma'am highlighted the role of family in preventing drug abuse. Her guidance to us as pupil teacher how to help a child who is facing any problem in our class really attracted me a lot. It was an informative session

SIMRAN KAUR

**12:17**

I have witnessed some children facing parents who abuse alcohol and their life a literally hell. They can't study, can't eat food, can go out, can't sleep as they are in constant fear that their father may come home and beat them or fight with others or break things.

Damini Sharma

12:34

good afternoon mam, being the mother of an adult, from my personal experience i can say that the values imbibed by us in our children matter the most, it's not about the check on our children but mutual trust matters most. We cannot be with them all the time and this generation is much more aware than ours.

Jasmeet kaur

12:41

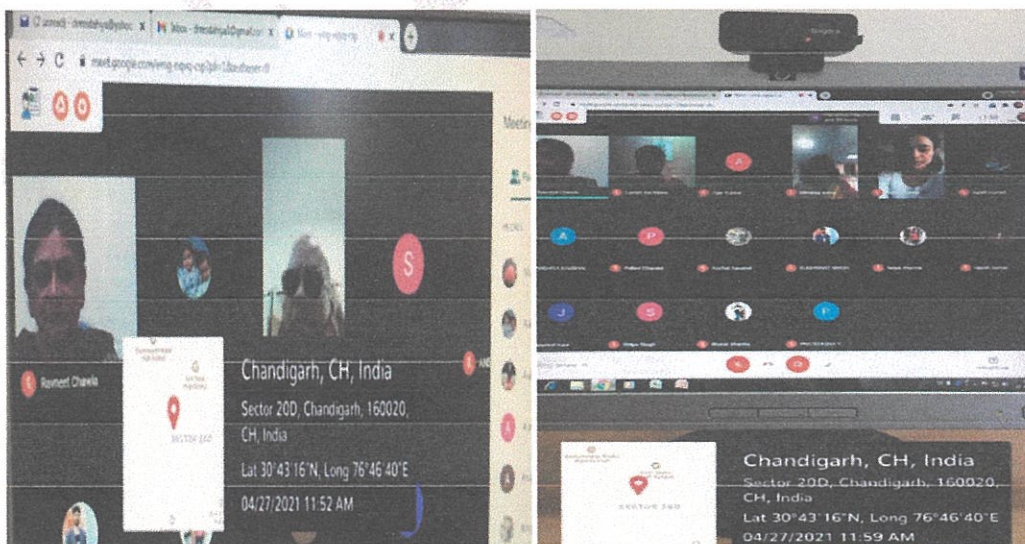
Today there is so much exposure on media and lack of awareness among children so that bridge but be built by parents and teachers so that children can proceed in the right direction.

SIMRAN KAUR

12:55

They have much more experience, we should value it. I can relate, my younger brother constantly fight with me, because I stop him from committing certain things, which i know are wrong. Now I relate, who i used to argue with my parents for the same things, when I was young.

**A few glimpses of the programme;**





**NSS Programme officers:**

1. **Dr. Mukhtiar Singh** *M. Singh* *4/15/21*
2. **Dr. Meena** *Meena* *4/15/21* **Principal**
3. **Dr. Ravneet Chawla** **Sector 20-D, Chandigarh**