

Report
of the Workshop on
“DRUG ABUSE AWARENESS
&
HEALTHY LIFESTYLE”

19 AUGUST 2026



Organized By:

Anti-Drug Cell

Govt. Post Graduate College Berinag, Pithoragarh

SSJ University Almora Uttarakhand

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WORKSHOP HIGHLIGHTS

- A one-day program on the theme “**Drug Abuse Awareness and Healthy Lifestyle**” was organized by the Anti-Drug Cell under the guidance of Prof. B. M. Pandey, Principal, Govt. Post Graduate College Berinag, Pithoragarh on August 19th 2026.
- More than 60 students participated in the program and was organized with the objective of creating awareness among students about the harmful effects of drug addiction and motivating them to adopt a healthy, responsible, and drug-free lifestyle.
- During the programme, the participants were informed about the serious physical, mental, social, and economic consequences of substance abuse by Dr. Leeladhar Mishra, Assistant Professor (English) and Dr. Sunil Pant (Assistant Professor), Member of the Anti-Drug Cell. It was emphasized that drug addiction not only adversely affects the health and future of an individual but also has harmful consequences for families and society.
- The Chief Speaker, Major Dhanalaxmi, Armed Medical Corps (AMC), explained the various harmful effects of drug abuse and encouraged the students to stay away from all forms of intoxicating substances. Students were also motivated to raise their voices against drug abuse and contribute actively towards building a drug-free society.
- The Chief Speaker also highlighted the significant impact of daily routine and lifestyle habits on overall health. She explained that irregular routines, lack of physical activity, unhealthy dietary habits, inadequate sleep, stress, and substance abuse can increase the risk of various health problems, including heart-related diseases, high blood pressure (hypertension), obesity, diabetes, and other lifestyle-related disorders. She emphasized the importance of maintaining a balanced daily routine, consuming nutritious food, engaging in regular physical exercise, getting adequate rest, and managing stress effectively. The students were encouraged to adopt healthy habits from an

early age and to understand that a disciplined and active lifestyle is essential for maintaining good physical and mental health.

- Addressing the students, Prof. B. M. Pandey, Principal, emphasized the importance of adopting a healthy and disciplined lifestyle. He encouraged the students to take proper care of their physical and mental well-being, maintain healthy food habits, engage in regular exercise and sports activities. He motivated the students to channel their energy towards education, personality development, and constructive activities so that they could lead successful and meaningful lives.
- As an important part of the programme, the students and other participants took a pledge to remain free from drugs and intoxicating substances and committed themselves to creating awareness against substance abuse in society.
- The programme was conducted with the active participation of students from the college. The list of participants included students from different classes, including B.A. and B.Sc. programmes. Their active involvement reflected their interest and commitment towards the cause of promoting a healthy and drug-free society.
- As a gesture of appreciation and in recognition of the chief speaker's valuable contribution to the programme, Prof. B. M. Pandey, Principal, and faculty members presented the chief speaker with a diary and a pen as a token of remembrance. He also conveyed his sincere gratitude for the insightful and informative address, which greatly benefited the students and participants.
- Finally, Dr. Aman Verma (Assistant Professor), Nodal Coordinator of the Anti-Drug Cell, expressed his gratitude to the keynote speaker, AMC Personnels, Principal and all participants.
- The programme concluded successfully with a message that collective awareness, education, and responsible behavior are essential to protect young people from the menace of drug addiction. The event proved to be meaningful and informative and encouraged the students to become responsible citizens and active contributors to a drug-free and healthy society.



Dr. Leeladhar Mishra, Assistant Professor (English), anchoring the program



Welcome of the Chief Speaker, Major Dhanalaxmi, Army Medical Corps (AMC), by the Prof. B. M. Pandey, Principal, G.P.G.C. Berinag



Welcome of the Major Piyush Pandey, Army Medical Corps (AMC), by the Prof. B. M. Pandey, Principal, G.P.G.C. Berinag



Welcome of the Personnel, Army Medical Corps (AMC), by Dr. Vinita Tamta, Assistant Professor (Geography), G.P.G.C. Berinag



A gesture of appreciation and recognition of the Chief Speaker's valuable contribution to the programme



Chief Speaker, Major Dhanalaxmi, Army Medical Corps (AMC), addressing the students and faculty members

OUTCOMES OF THE PROGRAMME

The one-day programme on “Drug Abuse Awareness and Healthy Lifestyle” proved to be highly informative and beneficial for the participating students. The following outcomes were achieved:

1. **Enhanced awareness about drug abuse:** Students gained a better understanding of the harmful physical, mental, social, and economic consequences of drug and substance abuse.
2. **Promotion of a drug-free lifestyle:** The programme motivated students to stay away from intoxicating substances and adopt responsible behaviour for a healthy and productive life.
3. **Awareness of lifestyle-related health issues:** Participants developed an understanding of how unhealthy daily routines, physical inactivity, poor dietary habits, inadequate sleep, stress, and substance abuse can contribute to health problems such as heart-related diseases, hypertension, obesity, diabetes, and other lifestyle-related disorders.
4. **Encouragement towards healthy habits:** Students were encouraged to adopt a balanced daily routine, nutritious diet, regular physical exercise, adequate rest, stress management, and other healthy practices for maintaining physical and mental well-being.
5. **Development of responsible behaviour:** The programme encouraged students to make informed and responsible decisions and to channel their energy towards education, sports, personality development, and other constructive activities.
6. **Strengthened commitment against substance abuse:** By taking the pledge to remain free from drugs and intoxicating substances, the participants demonstrated their commitment to a drug-free lifestyle and to spreading awareness among others.
7. **Increased awareness of social responsibility:** Students were motivated to raise their voices against drug abuse and contribute

actively towards creating awareness in their families, peer groups, and society.

8. **Promotion of physical and mental well-being:** The programme emphasized the importance of self-discipline, healthy food habits, regular exercise, sports activities, and a positive lifestyle for overall well-being.
9. **Active student participation:** The enthusiastic participation of more than 60 students from different B.A. and B.Sc. classes strengthened the reach and effectiveness of the awareness programme.
10. **Institutional collaboration and learning:** The interaction with the resource person from the Armed Medical Corps (AMC) provided students with valuable expert guidance on drug abuse prevention and healthy lifestyle practices.
11. **Overall positive impact:** The programme successfully created awareness, strengthened students' commitment to avoiding substance abuse, and inspired them to become responsible citizens and active contributors towards building a healthy, disciplined, and drug-free society.

NEWS REPORT

नशे से दूर रहकर स्वस्थ जीवनशैली अपनाने के लिए विद्यार्थियों को किया जागरूक



रुद्र टाइम्स/ बेरीनाग (पिथौरागढ़)। राजकीय स्नातकोत्तर महाविद्यालय बेरीनाग में प्राचार्य प्रोफेसर बी.एम. पाण्डेय की अध्यक्षता में एंटी ड्रग प्रकोष्ठ के तत्वावधान में नशे के दुष्प्रभावों एवं स्वस्थ जीवनशैली के प्रति जागरूकता बढ़ाने के उद्देश्य से गोष्ठी आयोजित की गई। गोष्ठी में मुख्य वक्ता मेजर धनलक्ष्मी ने नशीले पदार्थों के सेवन के कारणों और उनके दुष्परिणामों की जानकारी देते हुए नशे से होने वाली विभिन्न शारीरिक एवं मानसिक समस्याओं पर प्रकाश डाला। उन्होंने विद्यार्थियों को नशीले पदार्थों से दूर रहने तथा स्वस्थ जीवनशैली अपनाने के लिए प्रेरित किया। प्राचार्य प्रोफेसर बी.एम. पाण्डेय ने कहा कि विद्यार्थियों को स्वयं नशे के प्रति जागरूक रहने के साथ-साथ समाज में भी इसके खिलाफ जागरूकता फैलानी चाहिए। उन्होंने स्वस्थ जीवनशैली को अपनाने और नशे से दूरी बनाए रखने पर जोर दिया। कार्यक्रम का संचालन डॉ. लीलाधर मिश्र ने किया। अंत में एंटी ड्रग सेल के संयोजक डॉ. अमन वर्मा ने मुख्य वक्ता सहित सभी प्रतिभागियों का आभार व्यक्त किया। गोष्ठी में महाविद्यालय के समस्त प्राध्यापक एवं विद्यार्थी उपस्थित रहे।

Organizing Secretary

Dr. Aman Verma

Nodal Coordinator, Anti-Drug Cell

Govt. Post Graduate College Berinag

Principal

Govt. Post Graduate College Berinag

आज दिनांक 14/08/2026 को रा. स्ना. महा. बेरीनाग में प्राचार्य प्रो. बी. एम. पांडेय की अध्यक्षता में संरी-ड्रग प्रोब्लेम के तत्वावधान में नशी के दुष्प्रभावों एवं स्वस्थ जीवनशैली के प्रति जागरूकता बढ़ाने हेतु एक व्याख्यान का आयोजन किया गया। जिसमें मुख्य वक्ता मेजर धनलक्ष्मी द्वारा नशीले पदार्थों का परिचय, कारण व उनके दुष्परिणामों पर विस्तार से जानकारी दी गयी। उन्होंने घराब जीवनशैली से होने वाली बीमारियाँ एवं उनके निवारण पर प्रकाश डालते हुये शारीरिक एवं मानसिक स्वास्थ्य संबंधी प्रभावों पर भी विस्तारपूर्वक जानकारी दी। प्राचार्य महोदय द्वारा भी विद्यार्थियों को बताया गया कि स्वस्थ जीवनशैली अपनाने एवं नशीले पदार्थों से दूरी बनाए रखने से प्रति सजग रहने की आवश्यकता है। कार्यक्रम में समस्त प्राध्यापकगण एवं विद्यार्थी उपस्थित रहे।

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प्राचार्य

पुष्पा
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