

30th January 2024

**Report : Session under 'Nasha Mukti Bharat Abhiyan' (S1)**

On 30th January 2024, Mr Gagan Tokas (Speaker, The Art of Living Trust) in collaboration with the Ministry of Social Justice , Govt of India under the 'Nasha Mukti Bharat Abhiyan' conducted an engaging and informative session on drug de-addiction for Class 9 students. The session aimed to raise awareness about the harmful effects of substance abuse and equip students with tools for a healthier lifestyle.

The session kicked off with grounding activities including breathing and mindfulness exercises. Students were encouraged to focus on their breath to cultivate a sense of calm and self-awareness. Interactive and enjoyable activities were incorporated to make the session more engaging. This included discussions and collaborative exercises to promote communication among students. An insightful video presentation highlighted real-life stories of a student who successfully chose to take a stand against substance addiction emphasizing the importance of making positive choices.

To instill a sense of commitment, students participated in a pledge-taking ceremony. They collectively vowed to stay away from drugs, make informed decisions, and contribute to creating a drug-free environment in their school and community. The speaker encouraged students to ask questions and share their thoughts. This interactive Q&A session allowed for open dialogue, addressing misconceptions about drugs and fostering a supportive atmosphere for students to express their concerns.

-Grisha Kharbanda

