



RANI INDIRA DEBI GOVERNMENT GIRLS' COLLEGE JHARGRAM

Knowledge • Research • Innovation • Service

joins the National Movement



NASHA MUKT YUVA — FOR — VIKSIT BHARAT 2026

SAY NO TO DRUGS, YES TO LIFE!

“

A drug-free youth
is the foundation of a
strong, developed and
self-reliant India.

— **Narendra Modi**

Hon'ble Prime Minister of India



HON'BLE PM VIRTUAL INTERACTION



2nd AUGUST, 2026



TIME: 9am onwards

AT RANI INDIRA DEBI GOVERNMENT GIRLS' COLLEGE, JHARGRAM

YOUTH ACTIVITIES BEFORE & AFTER THE INTERACTION

1. MINDFUL BEGINNING



- Guided Meditation Sessions

2. SPORTS & WELLNESS ACTIVITIES



- Walkathon for Nasha Mukti Bharat
- Run for Nasha Mukti
- Cycling Rally with Nasha Mukti Messaging
- Yoga & Fitness Demonstration
- Community Games (Kabaddi, Relay Races)

3. AWARENESS & PLEDGE ACTIVITIES



- Signature Campaign / Wall of Commitment
- Distribution of Awareness Pamphlets
- Outreach in Schools & Colleges
- Human Chain for Nasha Mukti Bharat

4. COMMUNITY & SEVA ACTIVITIES



- Cleanliness Drive (Swachhata Abhiyan)
- Visit to Local Nasha Mukti Kendras

5. CULTURAL ACTIVITIES



- Painting Competition
- Slogan Writing Competition



**CHOOSE HEALTH
CHOOSE FUTURE**



**EMPOWER YOUTH
BUILD VIKSIT BHARAT**



**TOGETHER FOR A
DRUG-FREE INDIA**



Organised by
NSS UNIT-1
RANI INDIRA DEBI GOVERNMENT
GIRLS' COLLEGE, JHARGRAM
Not Me But You

**STRONG YOUTH
STRONG NATION
DRUG FREE INDIA
VIKSIT BHARAT**

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