



Gandhinagar Institute of Technology

A Report on

“Smoking, Drinking and Drug Awareness Workshop”

(24th January 2018)

Objective:

Gandhinagar Institute of Technology conducted a ‘Smoking, Drinking and Drug Awareness Workshop’ on 24th January, 2018 under the banner of Healthy Campus Committee (HCC). The workshop was organized for the students of First year in the Seminar Hall (A-105) and was supervised by leaders of Healthy Campus (an initiative of the Narcotics Control Bureau). Addiction to tobacco products such as cigarette, bidi, hookah, alcohol and drugs is one of the biggest social evils that has been affecting the youths today. Many students get engulfed in such addictions and sometimes suffer from depression and anxiety related issues in their student life. The objective of the workshop was to create awareness regarding the harmful effects of these addictions and overcome them.

Program Overview:

The workshop was held in two sessions. The first session was managed by Mr. Ronak Kadia for the students of Computer Engineering and Information Technology. He is an inspirational speaker and a social worker. He delivered a lecture on the ill effects of drug abuse and explained how drugs are toxic to nerve cells and may cause cardiovascular diseases, stroke, cancer, HIV/AIDS, lung diseases, anxiety and depression. He also engaged the students in mind games which created fun and humour. The second session was conducted by Dr. Maitry Pandya, an Occupational Therapist at Apollo Hospitals, for the students of Mechanical, Civil, Electrical and Electronics and Communication Engineering. She enlightened students about the severe impact of smoking and drinking alcohol on health and life and how they can cause cancer of mouth, throat, larynx, blood, stomach, pancreas, kidney, bladder and cervix. Healthy Campus leaders, Mr. Priyank Prajapati and Mr. Mayank Jha motivated and guided the students to live a life engaged with physical activities and healthy eating in order to live a disease free life. Students performed physical exercises like push-ups, planks and squats and T-shirts were awarded to students who gave the best performances. The students acknowledged the importance of healthy life. Prof. Hardik Bhatt, HOD, EC Dept. felicitated the speakers with mementos. The event ended up with a vote of thanks by Prof. Jatin Chakravarti, Coordinator, HCC.

Photo Gallery:



Mr. Ronak Kadia addressing the audience.



Mr. Ronak Kadia engaging the crowd in mind games.



Dr. Maitry Pandya addressing the audience.



Interactive session between students and Healthy Campus (NCB) leaders.



Mr. Priyank Prajapati showcasing a video clip about healthy eating habits and fitness.



Students engaging in a push-up competition.



Prof. Hardik Bhatt, HOD EC Dept., felicitating Mr. Ronak Kadia with a memento.



HCC Members with Healthy Campus (NCB) leaders and best student performers.