



Gandhinagar Institute of Technology

A Report on

“Drug Abuse and Fitness Awareness Programme”

11th February 2020

Introduction:

Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology works with an objective of making students aware regarding healthy living, social consciousness, stress management, building self-esteem, developing critical thinking & soft skills and leading a drug free life. Keeping up with the tradition, a ‘Drug Abuse and Fitness Awareness Programme’ was organized by HCC on 11th February 2020.

Objective:

The objective of this event was to create awareness of drug abuse and narcotics among students and motivate them to adapt fitness as a lifestyle. According to the report published in India Times, almost 74% Indian homes have one member, an adult who is a drug addict. As per a report compiled by ECI (Election Commission of India) on May 24, Gujarat ranked the highest when it came to the value of seized drugs, which amounted to Rs 524.35 Crore. According to the National Institute on Drug Abuse (NIDA), by the time individuals reach their senior year of high school, 70 percent will have tried alcohol, 50 percent will have abused an illicit drug, 40 percent will have smoked a cigarette, and 20 percent will have used a prescription drug recreationally, or for nonmedical purposes. The aim was to stop youngsters from getting addicted to drugs and educate them about this social stigma. The programme also aimed at physical and mental fitness of the students. It stressed upon physical activities, workouts, outdoor sports and the nutritional intake of the students.

Program Overview:

In morning session events like ‘Graffiti’, ‘Fitness Challenge’ and ‘Critical Thinking’ were organized. Students from Alpha College of Engineering & Technology also participated in the event. ‘Graffiti’ event provided students an opportunity to paint their innovative and thought-provoking ideas regarding ‘Drug Abuse’, ‘Narcotics’, ‘Fitness’, ‘Healthy Living’, ‘Yoga’, ‘Meditation’, ‘Cultural Heritage’, ‘Climate Change’, etc. through their sketches and paintings on the wall. The students performed various tasks related to fitness and sports in ‘Fitness Challenge’ event. The event consisted of high intensity CrossFit exercises and challenging tasks which tested the physical and mental endurance levels of the students. ‘SFW The Gym’ carried out free BMI (Body Mass Index) checks for students and explained ways to overcome obesity. They also explained the basic DOs and DON'Ts about fitness. In ‘Critical Thinking’ students represented their ideas on topics related to Social Awareness, General Awareness, Healthy Living, and Current Affairs; wherein their elocution skills and ability to solve problems were tested. The event was judged by Dr Nisha Khurana (CE Dept.) and Prof. Nirupama Patel (MH Dept.).

Dr H N Shah (Director, GIT) visited all events and motivated all the participants. He shared his thoughts about the ill effects of drug abuse and motivated the participants to stay healthy. Shri

Harish Kumar (Superintendent, Narcotics Control Bureau, MHA, GoI) was the chief guest for the 'Prize Distribution & Felicitation Ceremony' in the afternoon session. He was accompanied by Rakesh Kumar (Officer, NCB). Shri Harish Kumar judged the Graffiti event and also interacted with each painter about their Graffiti theme. He motivated them to pursue their passion and shared his knowledge on different Graffiti themes. All the students, faculties and dignitaries pledged to stay healthy and lead a drug free life. Dsr Milan Shah (HOD, MBA) felicitated all the dignitaries and participating institutes with mementos for their keen participation in the drug awareness drive. Trophy and certificates were awarded to all the winners and participants of various events. GIT appreciated and felicitated all the dignitaries and participating institutes with a memento. The event concluded with a vote of thanks from Prof Jatin Chakravarti (Coordinator, HCC). The active participation of faculty members, student coordinators and volunteers contributed to the magnificent success of the programme.

Photo Gallery:



1st Prize winners of 'Graffiti' with their painting.



2nd Prize winners of 'Graffiti' with their painting.



Shri Harish Kumar interacting with 'Graffiti' artists during the event.



Participant explaining his topic during the 'Critical Thinking' event.



Group photo of 'Critical Thinking' participants with judge Dr Nisha Khurana and Prof. Nirupama Patel.



Boy participant performing the CrossFit rope routine during the 'Fitness Challenge' event.



Girl participant performing the CrossFit tyre flip routine during the 'Fitness Challenge' event.



Boy participant performing the CrossFit squat routine during the 'Fitness Challenge' event.



Chief Guest Shri Harish Kumar addressing the gathering.



Dr H N Shah (Director, GIT) at Fitness Challenge event.



Dr Milan Shah (HOD, MBA) felicitating Shri Harish Kumar (Superintendent, NCB) with a memento.



Shri Harish Kumar felicitating 'Alpha College of Engineering & Technology' college with a memento.



Group photo of Healthy Campus Committee with the dignitaries.



Media Coverage in City Bhaskar (Divya Bhaskar) and City Life (Sandesh) newspaper.