



# Gandhinagar Institute of Technology

A Report on  
“Drug Abuse and Fitness Awareness Programme”  
6<sup>th</sup> March 2018

## **Objective:**

The Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology organized ‘Drug Abuse and Fitness Awareness Programme’ on 6<sup>th</sup> March 2018 to create awareness of drug abuse and narcotics among students and motivate them to adapt fitness as a lifestyle. The aim was to stop youngsters from getting addicted to drugs and educate them about this social stigma. It is observed that college students are vulnerable to drug abuse. Smoking and tobacco consumption is traditionally the first step towards drugs. Many students get engulfed in such addictions and sometimes suffer from depression and anxiety related issues in their college life. 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 the morning session, events like ‘Graffiti’, ‘One Day Fitness Challenge’ and ‘Video Making Competition’ were organized. Apart from Gandhinagar Institute of Technology, students from L D College of Engineering, Alpha College of Engineering & Technology, and Master of Social Work (MSW) Department, Gujarat University also participated in the event. ‘Graffiti’ event provided students an opportunity to paint their innovative and thought-provoking ideas regarding ‘Drug awareness’ and ‘Fitness’ through their sketches and paintings on the wall. Ms Manashree Solanki from ‘Bosom Mitra’ foundation judged and curated the Graffiti event and spread awareness by distributing free booklets of ‘The Truth about Drugs’ to students. Being an artist, she guided students about the design and planning of their paintings. The students performed various tasks related to fitness and sports in ‘One Day Fitness Challenge’ event. The challenging tasks tested their physical and mental endurance levels and motivated them to make fitness a lifestyle. Popular gym centre ‘Parsana Health Centre Pvt. Ltd.’ carried out free BMI (Body Mass Index) checks for students and explained ways to overcome obesity. All the faculties, staff and students wore red ribbons to show their commitment to be drug free.

Shri Hari Om Gandhi, Zonal Director, Narcotics Control Bureau, was the chief guest for the afternoon session. He motivated students to stay healthy and exemplified ways to stop the growing drug consumption in our society. ‘The Voice India’ fame and fitness buff Mr Meet Jain was the celebrity guest for the event. He hymned songs as a motivation for students to stay away from drugs, smoking and alcohol. He explained how mere determination kept him away from such social malice in the music industry. Dr N M Bhatt, Director, GIT, motivated students to live a life filled with physical activities and put emphasize on healthy eating in order to become immune to disease and illness. An ‘Anti-Drug Awareness Seminar’ was delivered by Mr Sagar Brahmhatt and Dr Twinkal Patel from the ‘High on Life’ foundation. They explained how stress and anxiety can lead to drug addiction in youngsters and also showed ways to overcome them. Videos of the winners from the ‘Video Making Competition’ held on the theme of ‘Drug Abuse’ were

represented to the audience. The students pledged to stay healthy and live a drug free life. All the dignitaries and participating institutes were felicitated with mementos for their keen participation in the drug awareness drive. Prizes and certificates were awarded to all the winners and participants at various events. The event concluded with a vote of thanks from Prof Jatini Chakravarti, Coordinator, HCC. The active participation of faculty members, student coordinators and volunteers contributed to the magnificent success of the programme.

**Photo Gallery:**



Winners of the Graffiti event with their painting on 'Drug Abuse'.



Ms Manashree Solanki from 'Bosom Mitra' foundation judging the Graffiti event.



Boy participant performing tasks at the 'One Day Fitness Challenge' event.



Girls performing tasks at the 'One Day Fitness Challenge' event.



The team of 'Parsana Health Centre Pvt. Ltd.' at the event for BMI checks.



Free booklets of 'The Truth about Drugs' distributed to students by 'Bosom Mitra' foundation.



Dr N M Bhatt and Prof Jatin Chakravarti with all the dignitaries at the Graffiti event.



Chief Guest Shri Hari Om Gandhi addressing the gathering.



Celebrity guest Mr Meet Jain singing motivational songs to spread drug awareness.



Mr Sagar Brahmabhatt from 'High on Life' foundation during the 'Anti-Drug Awareness Seminar'.



Dr Twinkal Patel from 'High on Life' foundation addressing the gathering.



Faculties and students taking pledge to live a drug free life.



Winners of the 'Video Making Competition' receiving certificate and prize from Director Sir.



Dignitaries, Dr N M Bhatt and members of the Healthy Campus Committee at the event.