

**OFFICE OF THE PRINCIPAL**  
**GOVERNMENT DEGREE COLLEGE, SUNDERBANI (RAJOURI, J&K -185153)**

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**REPORT**

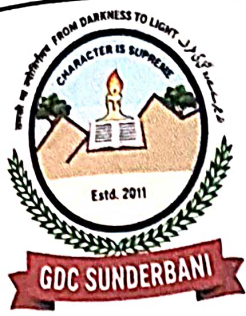
Government Degree College Sunderbani conducted an online awareness initiative under the campaign “Nasha Mukth Bharat” from 5<sup>th</sup> May to 9<sup>th</sup> May 2026 to spread awareness among parents and families regarding the harmful effects of drug addiction and the importance of family support in prevention and recovery.

As part of the initiative, awareness posters and informative messages were shared through WhatsApp groups and other social media handles of the college to reach parents, students, and the wider community effectively. Through these digital platforms, the college tried to connect directly with parents and encourage their active participation in building a drug-free society.

**The awareness campaign highlighted:**

- Early warning signs of drug addiction among youth.
- Behavioral and emotional changes caused by substance abuse.
- The important role of parents in identifying such signs at an early stage.
- The need for open communication, emotional support, and healthy family relationships.
- Encouragement to seek professional help whenever required.
- Promotion of healthy habits, positive activities, and mental well-being.

The initiative emphasized that addiction not only affects an individual but also impacts families, relationships, and society as a whole. Therefore, parental awareness and guidance are essential in protecting youth from drug abuse. By using social media platforms for outreach, Government Degree College Sunderbani successfully attempted to spread the message of a “Nasha Mukth Bharat” and motivate parents to remain aware, supportive, and responsible towards the future of their children. The campaign reflects the institution’s commitment towards social responsibility, community awareness, and youth welfare.



# GOVERNMENT DEGREE COLLEGE SUNDERBANI

## PARENT & FAMILY SUPPORT FOR NASHA MUKTH BHARAT

TOGETHER WE CAN BUILD A DRUG-FREE AND HEALTHY SOCIETY



**SAY NO  
TO DRUGS**

CHOOSE LIFE, NOT DRUGS

### WHY IT MATTERS



- Drug addiction destroys health, relationships and future.
- Early help and support can save lives.

### EARLY WARNING SIGNS OF DRUG ADDICTION



- Mood swings and sudden anger
- Irritability, anxiety or depression
- Loss of interest in studies or activities
- Sleeping too much or too little
- Lack of concentration
- Confusion or poor judgment
- Feeling hopeless or withdrawn
- Frequent stress or panic
- Secretive behavior or lying
- Avoiding family members
- Change in friend circle
- Poor academic or work performance
- Red or dull eyes
- Sudden weight loss or gain
- Poor hygiene or appearance
- Unusual tiredness or lack of energy
- Changes in eating habits

### WHAT PARENTS CAN DO

- Talk openly and listen patiently
- Observe and understand changes
- Build trust and emotional connection
- Encourage positive habits and healthy activities
- Seek professional help when needed
- Do not blame, support and guide

### FACTS TO REMEMBER



- Addiction is a disease, not a choice.
- It can happen to anyone and at any age.
- Drugs damage the brain and body.
- Support, not punishment, helps in recovery.
- Early intervention leads to better results.

### PROTECT THEIR FUTURE



- Guide them with care and compassion.
- A strong family is the best protection.
- Set clear boundaries and rules.
- Talk about the dangers of drugs.
- Together, we can build a brighter tomorrow.

### HELP IS AVAILABLE



If you notice any concerning signs, reach out for help.  
Consult a counselor, doctor or mental health professional.  
You are not alone. Help is just a step away.



**YOUR CARE CAN HEAL**  
Your support can bring back hope and happiness.



**STAY ACTIVE STAY POSITIVE**  
Encourage sports, yoga, reading and creative activities.



**STRONG FAMILY STRONG NATION**  
Healthy families build a strong and safe nation.



**HEALTHY MIND HEALTHY LIFE**  
Mental well-being is as important as physical health.



**MAKE BETTER CHOICES**  
Choose respect, responsibility and a drug-free life.



**TOGETHER WE CAN**  
Let's work together for a Nasha Mukth Bharat.

**AWARENESS TODAY - SAFETY TOMORROW - A DRUG FREE NATION**

*[Signature]*  
Principal 21/5/2026  
GDC SUNDERBANI