



Ministry of Social Justice and Empowerment
Government of India



MANIPAL
ACADEMY of HIGHER EDUCATION
(Institution of Eminence Deemed to be University)

Department of Student Affairs, Manipal Academy of Higher Education presents

Nasha Mukh Udupi Abhiyaan **NEWSLETTER**

VOLUME 1 | ISSUE 3 | JUNE 2022



as part of the project

Nasha Mukh Udupi Abhiyaan by involving Young Leaders of MAHE

Stop today for a better tomorrow...

Freedom from drugs, freedom for life

as part of the nation-wide **Nasha Mukh Bharat Abhiyaan** *campaign*

under the aegis of

**Ministry of Social Justice and Empowerment,
Government of India**

Volume 1 | Issue 3 | June 2022



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MISSION

To conduct awareness programs on repercussions of substance abuse at schools and colleges in Udupi, create awareness and sensitize residents of Udupi District to problems resulting from drug use.

VISION

To prevent substance abuse and create a secure, conducive atmosphere for learning among students in Manipal and Udupi District.

Principal Investigator



Dr. Geetha Maiya

Director

Dept. of Student Affairs, MAHE

Co-Principal Investigator



Mr. Roshan David Jathanna

Deputy Director (Technical)

Dept. of Student Affairs, MAHE

Co-Principal Investigator



Dr. Binil V

Associate Professor

Manipal College of Nursing, MAHE

Nasha Mukta Clubs at various institutions of MAHE

The Nasha Mukta Club at MAHE was inaugurated on 9th December 2021 with a view to carry forward the work done by the NMUA team in getting rid of the menace of drugs from Manipal. Subsequently, the NMUA team chartered Nasha Mukta Clubs at various constituent institutions of MAHE.

MISSION

To prevent substance abuse among students and make MAHE a drug-free campus

OBJECTIVES

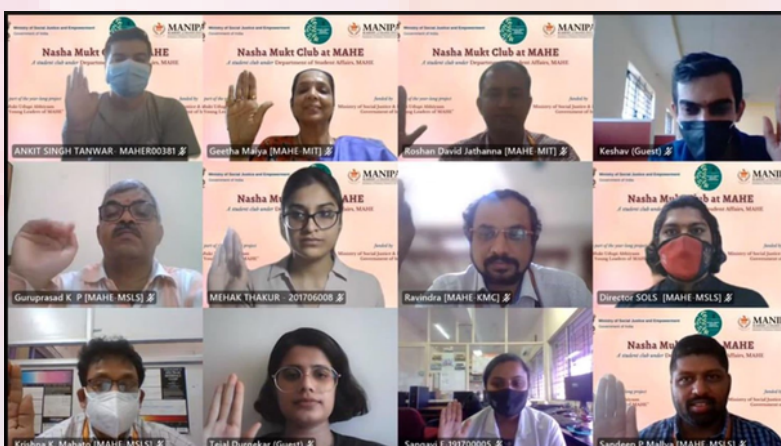
- Raise awareness regarding the physiological, psychological, legal and ethical aspects of substance abuse amongst the students of MAHE
- Develop a peer support team to identify students who are in need of support and refer them to the concerned officials of MAHE for required support.
- Work with college authorities to develop digital platforms to raise awareness

OATH

"I hereby pledge to make MAHE campus Nasha Mukta by staying away from illicit substances and involving myself wholeheartedly in all the efforts undertaken by MAHE towards this noble cause. Jai Hind."



(Above) Nasha Mukta Club at Department of Commerce inaugurated on Nov. 17, 2021



(Left) Nasha Mukta Club at Manipal School of Life Sciences inaugurated on Jan. 27, 2022

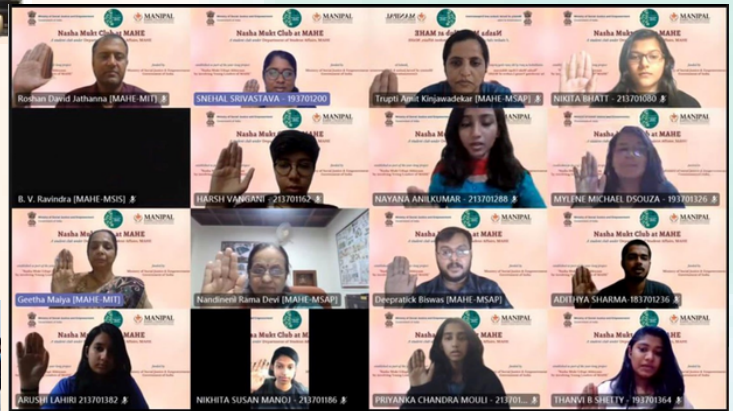


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(Below) NASHA MukT Club at Prasanna School of Public Health inaugurated on Jan. 18, 2022



(Above) NASHA MukT Club at Welcomgroup Graduate School of Hotel Administration inaugurated on Jan. 29, 2022



(Above) NASHA MukT Club at Manipal School of Architecture & Planning inaugurated on Jan. 29, 2022



(Above) NASHA MukT Club at Manipal College of Health Professions inaugurated on Mar. 3, 2022



(Above) NASHA MukT Club at Manipal Institute of Technology inaugurated on Mar. 28, 2022



(Left) NASHA MukT Club at Manipal School of Information Sciences inaugurated on May 7, 2022

Workshop for Anganawadi & ASHA Supervisors

The NMUA team in association with Udupi District Panchayath, Udupi District Health & Family Welfare Department, Women & Child Welfare Department Udupi, Department for Empowerment of Differently Abled & Senior Citizens Udupi, Autism Society of Udupi and Bharathiya Vikasa Trust Udupi organized a Workshop on Autism Awareness & Orientation to Nasha Mukh Bharath Abhiyaan for the Asha Karyakarthis and Anganawadi Supervisors on 23rd March 2022.

The full day program saw eminent resource address the participants on many sensitive issues. Dr. Kadambari Naniwadekar (Special Educator) & Dr. Yashodhara Kumar (Clinical Psychologist) from the All India Institute of Speech & Hearing, Mysore conducted a session on Autism, specifically - the "Education of Autistic children" & "How to deal with Speech Difficulties". In the afternoon sessions, Dr. PV Bhandary (Medical Director, Dr. AV Baliga Hospital, Udupi) & Dr. Geetha Maiya (Director, Student Affairs, MAHE) educated the participations about the repercussions of substance abuse and the objectives of the Nasha Mukh Abhiyaan and urged them to support and join this initiative. This informative and educational workshop was appreciated by all participants.



Workshop on Autism Awareness & Orientation to Nasha Mukh Bharath Abhiyaan for Asha Karyakarthis and Anganawadi Supervisors at the Bharathiya Vikasa Trust on March 23, 2022.

Peer Support Workshop #2

After the success of the first Peer Support Workshop, the NMUA team conducted a 2nd workshop to provide specialized training for selected students who would assist the NMUA team in conducting public awareness programs. The Peer Support Workshop #2 was conducted on 29th March 2022, at Sharada Hall, Manipal College of Health Professions, Manipal.

The workshop had sessions by 2 eminent resource persons: Dr. Samir Kumar Praharaj & Dr. Ravindra Munoli from Dept. of Psychiatry, KMC Manipal. Through interactive sessions and group discussions, they enhanced students' perception of the effects of substance abuse.



Dr. Samir Praharaj (right) & Dr. Ravindra Munoli (left) conducting the workshop

The workshop ended with a valedictory function, presided by Lt. Gen. (Dr.) M. D. Venkatesh (Vice Chancellor, MAHE), who released the 2nd edition of the NMUA Newsletter and urged the students to be crusaders in the fight against drug abuse. Dr. Arun G Maiya (Dean, Manipal College of Health Professions) was the Guest of honor for the event and addressing the audience, he highlighted the importance of the Abhiyaan and appreciated the NMUA team for their efforts.



(L-R) Dr. Binil V, Mr. Roshan Jathanna, Dr. Geetha Maiya, Dr. Arun G Maiya, Lt. Gen. (Dr.) M.D. Venkatesh, Dr. Samir Kumar Praharaj & Dr. Ravindra Munoli releasing the 2nd edition of the NMUA Newsletter

Community Outreach

The NMUA team visited Primary Health Centers and met with Gram Panchayat officials of the 10 identified villages of Udupi district to seek their help to organize community outreach programs.



(Left & Above) NMUA team at **Manipura Grama Panchayath** on April 26, 2022



(Above) Addressing the **Anganawadi Workers** at **Moodbettu** on April 26, 2022



(Right) Discussion with doctors at **Primary Health Center, Moodbettu** on April 26, 2022



(Above) NMUA team visit the **Primary Health Sub-Center, Kurkalu** on April 26, 2022



(Above) Addressing the **Asha Workers** at **Moodbettu** on April 26, 2022

(Below) NMUA team at the **Kurkalu Grama Panchayath** on April 26, 2022



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(Above) The NMUA team in association with the Government of Karnataka, Minority Welfare Department, Kaup Taluk, Zilla Panchayath Udupi, National Health Mission, District Health & Family Welfare, Moodabettu Primary Health Sub-Center, National Tobacco Control Programme organized an awareness talk on the effects of drugs at Morarji Desai Residential School, Kalathuru on June 10, 2022

The NMUA team, along with selected students trained during the Peer Support Workshop and local leaders, visited the following regions of Udupi district: Subhashnagar, Madaga, Shankarpura, Kundapura, Biliyaru, Manipura, Giliyaru, Thekatte, Kumbashi, Manoor and Kotathattu. The team conducted a door-to-door visit, speaking to the residents about the ill effects of substance abuse and distributed flyers containing useful information to overcome this addiction.





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Photo Gallery



(Above) Students & faculty of Manipal School of Architecture & Planning conducting a Debate on "Mental stress and depression is the root cause of substance abuse in today's youth" on May 20, 2022



(Above) Planning community awareness programs with student volunteers on May 30, 2022



(Right) Meeting with District Health Officer on Mar. 16, 2022 to plan community awareness programs



(Above) Ministry Officials visit MAHE

Senior State Coordinator, Ms. Shreya Verma and State Coordinators Ms. Eshwin & Mr. Mahesh Ambati from Project Monitoring Unit of the Ministry of Social Justice & Empowerment, Govt. of India were special guests of honor at the inauguration of Nasha Mukh Club at Manipal College of Health Professions and conducted an interactive session on "Magnitude of Substance Abuse in India".

Upcoming Events

- **Installation of Nasha Mukh Clubs at constituent colleges of MAHE** - to create a student support team at all institutes of MAHE (*ongoing program*)
- **Public Awareness & Community Outreach programs** - to educate and create awareness on harmful effects of substance abuse among general public
- **Radio Talk Series** - to disseminate useful information about issues related to substance abuse and methods to overcome them
- **Medical & Dental Camp** - to provide health checkup for residents of Udupi district

Editor's Message - Ms. Nikita Lorraine Menezes



It is my pleasure to present to you the 3rd edition of NMUA Newsletter!! With the dawn of a new year and students returning to campus, the NMUA team has redoubled their efforts to raise awareness against drug abuse in every part of the district. With the help of a large number of dedicated and committed student volunteers, we ventured out into the community, meeting with local leaders, Anganawadi teachers and Asha workers, recruiting them to our mission.

This Issue contains a brief report on the activities conducted from January 2022 to June 2022. During these months, the NMUA team reached out to the community by distributing flyers and conducting outreach programs, and will continue to go out into the community to fulfill their mission of raising awareness in the district, in the coming months.

We require everyone's support to achieve our goal of a *Nasha Mukh Udupi* and I hope that reading about our initiatives will inspire you to join our cause. You can learn more about our Project and reach us at the following social media handles:



mahestudentaffairs



Student-Affairs-MAHE



maheaffairs



student-affairs-mahe



<http://tinyurl.com/dsamahelive>



<http://stuaffair.mahe.manipal.net>