



Indira Gandhi National Open University

Regional Centre, 5-C/INS-1, Sector-5, Vrindavan Yojna, Telibagh, Lucknow - 226 024

Report on organization of Webinar on Nasha Mukta Bharat Abhiyaan

IGNOU Regional Centre Lucknow has organized a Webinar on Nasha Mukta Bharat Abhiyaan on Monday, 18th December, 2023.



Indira Gandhi National Open University
Regional Centre, Lucknow
is organizing
Webinar
on
**Nasha Mukta
Bharat
Abhiyaan**
Monday, 18th December, 2023
Time : 02:00 PM to 03:00 PM
Join with Google Meet
<https://meet.google.com/zvm-kxoi-hfg>



Patron
Dr. Manorama Singh
Senior Regional Director
IGNOU, Regional Centre,
Lucknow



Keynote Speaker
Dr. Akhilesh Kumar Nigam
DIG/EOW
Uttar Pradesh Police
Lucknow



Organizing Secretary
Prof. Prabhat Shukla
Coordinator
IGNOU, Learner Support Centre - 27103
SS PG College, Shahjahanpur

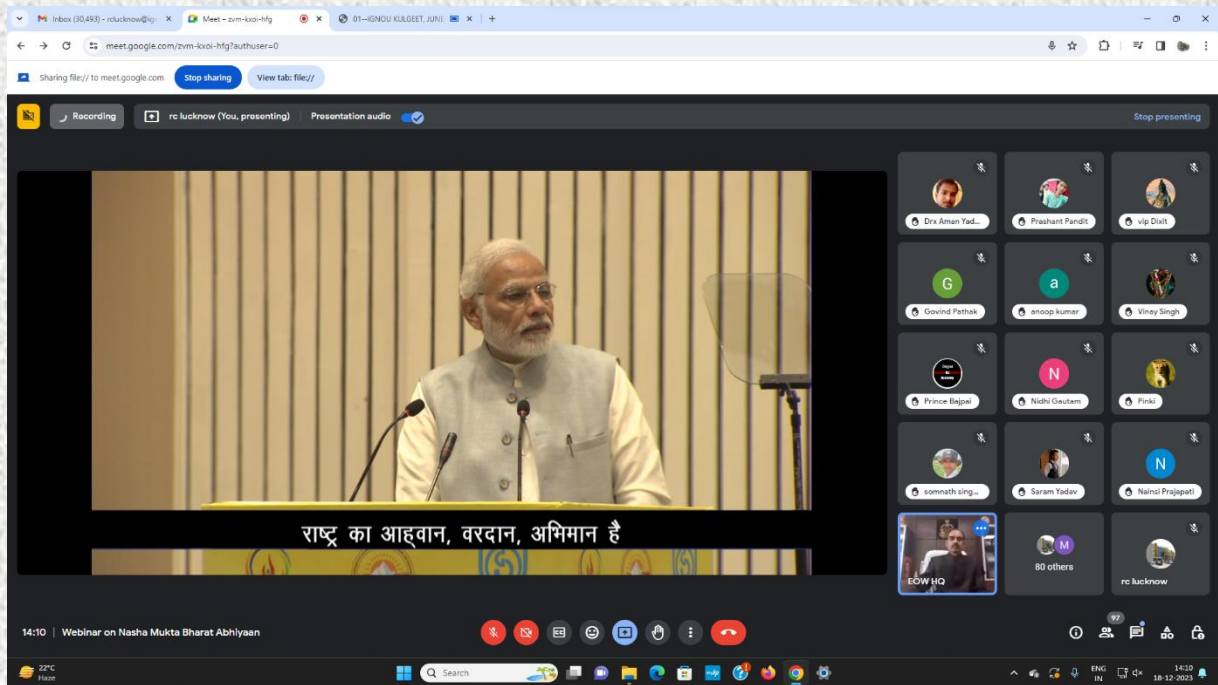


Convener
Dr. Reena Kumari
Assistant Regional Director
IGNOU, Regional Centre,
Lucknow

On this occasion **Dr. Manorama Singh**, Senior Regional Director, **Dr. Reena Kumari**, Assistant Regional Directors, **Dr. Prabhat Shukla**, Coordinator and about 100 students were present in the webinar. The keynote speaker of webinar was **Dr. Akhilesh Kumar Nigam**, DIG, Uttar Pradesh Police, Lucknow.

Webinar was started with the Kulgeet of Indira Gandhi National Open University.

Dr. Manorama Singh, Senior Regional Director, IGNOU, Regional Centre, Lucknow presented welcome speech and highlighted theme of the webinar and discussed about role of an individual for prevention of drug abuse. Dr. Singh motivated the students to free from drugs for better physical as well as mental health. Dr. Singh said that drugs are hazards to human life.



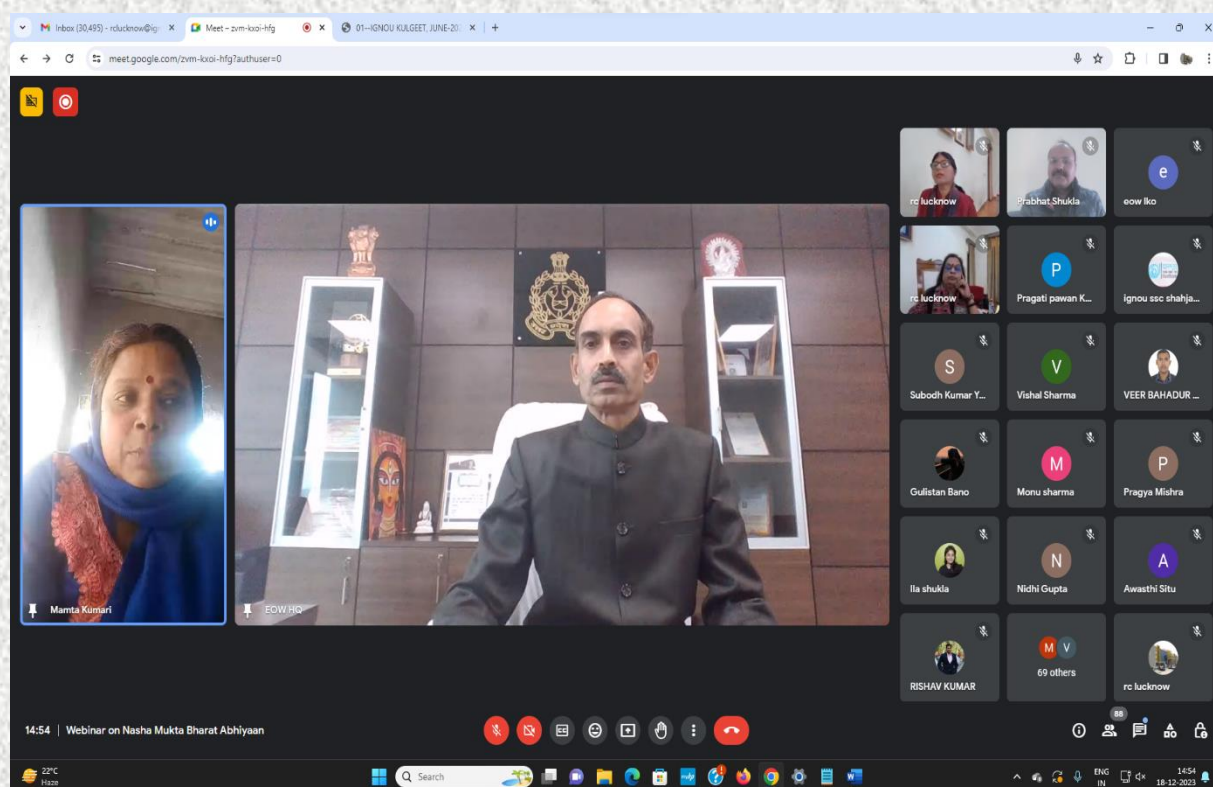
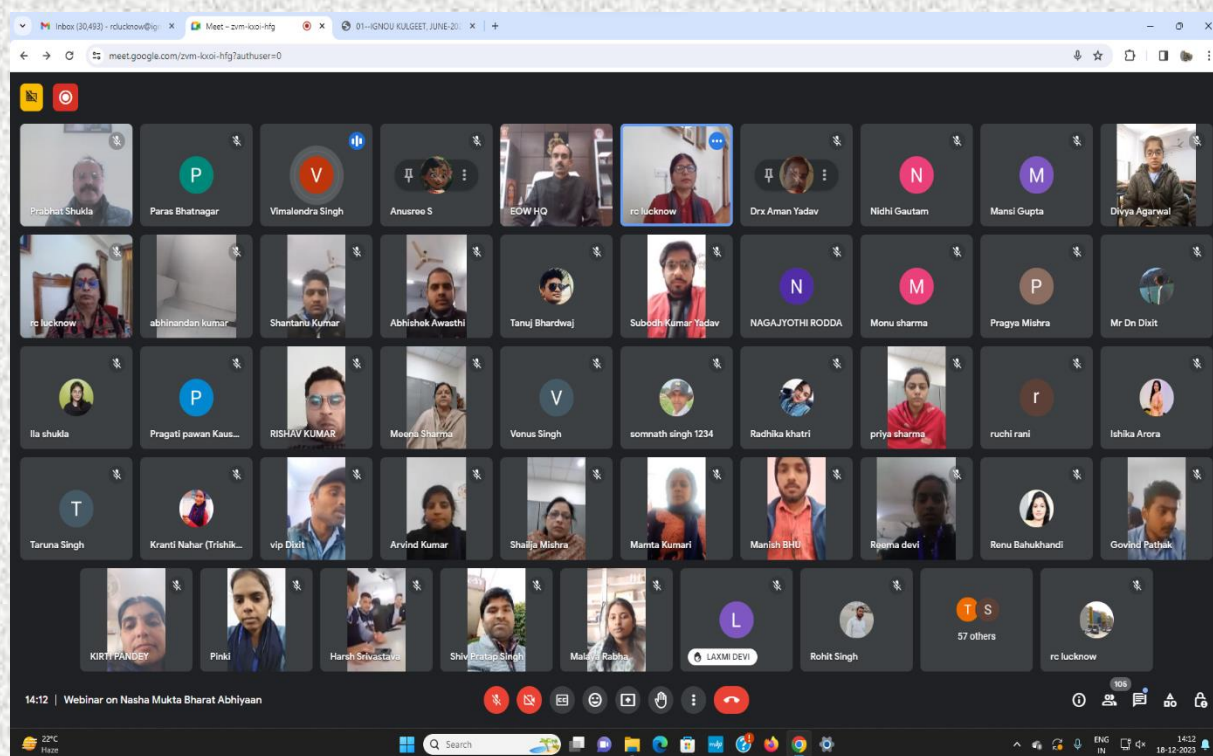
On this occasion **Dr. Akhilesh Kumar Nigam**, DIG, Uttar Pradesh Police, Lucknow has been invited as Keynote Speaker. During the webinar Dr. Nigam addressed the participants present and spoke about Nasha Mukta Bharat Abhiyaan and discussed about causes and prevention of drug abuse.



Dr. Nigam informed that a person learns to use drugs because of their peer pressure, family history, mental health disorder, lack of family involvement. Dr. Nigam spoke that drug addiction has so many side effects as increased strain on the liver, stock mental confusion lung disease, memory deficit, problem with decision making and attention, which make everyday life more difficult. While discussing about preventive aspects he said that an individual should avoid temptation and peer pressure for development of habit of consuming drugs and alcohol. To cope with stress and frustration in life a counsellor should be

contacted instead of consuming drug & alcohol. If someone is drug-addict then will-power is the best weapon to be free from drugs.

At the end of the webinar queries raised by participants were responded by the keynote speaker.



The programme was conducted by **Dr. Reena Kumari**, Assistant Regional Director and formal vote of thanks was proposed by **Dr. Prabhat Shukla**.

Dr. Akhilesh Kumar Nigam also administered pledge on Nasha Mukta Bharat Abhiyaan to the participants.



The webinar was ended with playing of National Anthem.