

SHYAM LAL COLLEGE (EVENING)
University of Delhi

**WORLD UNIVERSITY SERVICE (WUS) & HEALTH AWARENESS
COMMITTEE**

EVENT REPORT

on

**"Awareness & Sensitization Programme on Prevention of Illegal Drug Use and Related
Activities"**

Date & Time: 28th September, 2026 at 4:00 PM onwards

Venue: Seminar Hall, Shyam Lal College (Evening).

Resource Person: Dr. Saru Sirohi (Mental Health & Wellness Expert, De-addiction Counsellor & Facilitator)

Guest Speaker: Dr. Ankit Kumar (Assistant Professor, Department of Physical Education)

Patron: Prof. Nachiketa Singh (Principal, Shyam Lal College (Evening))

Convenor: Ms. Rekha Kashyap

President: Vedant Kumar Singh

1. Introduction & Objective:

The World University Service (WUS) & Health Awareness Committee of Shyam Lal College (Evening), University of Delhi, organized a comprehensive "Awareness & Sensitization Programme on Prevention of Illegal Drug Use and Related Activities" on 28th September 2026 at the college Seminar Hall. The primary objective of the session was to create early awareness, encourage responsible choices, and strengthen the collective commitment towards building a safe, healthy, and drug-free campus. The event served as a vital step towards ensuring a healthier and safer environment for students.

2. Inauguration of the Programme:

The programme commenced with a warm welcome address by student anchors Aditi and Rimjhim. The formal inauguration began with the auspicious Lamp Lighting Ceremony, symbolizing the dispelling of darkness and the enlightenment of health consciousness. This was followed by a Green Felicitating Sapling Presentation Ceremony to honour the valuable presence and contribution of the esteemed dignitaries, who were felicitated as follows: Dr. Saru Sirohi (Guest of Honour) by Prof. Nachiketa Singh Sir (Principal), Dr. Ankit Kumar (Guest Speaker) by Dr. Surendra Kumar Sharma, Dr. Karan Gupta, Mr. Sarthak & Dr. Manu Umesh, Prof. Nachiketa Singh (Principal) by Ms. Rekha Kashyap (Convenor) and Ms. Rekha Kashyap

(Convenor) by Prof. Renu Gupta, Prof. Sarita, Dr. Sonia Singh, Ms. Divya Jain, Dr. Ritika Chowdhary, Dr. Akriti & Ms. Pragya Taneja.

3. Address by Patron / Principal:

During the event, Prof. Nachiketa Singh, Principal, Shyam Lal College (Evening), was introduced as an accomplished academician. As highlighted in his introduction, prior to his present position, he served as a senior faculty member in the Department of Political Science at Sri Guru Tegh Bahadur Khalsa College, University of Delhi. In his insightful address to the gathering, he highlighted the severe health hazards associated with drug consumption and elaborated on the growing depth of the drug-related issues in contemporary society, stressed upon the importance of cultivating a positive mindset and cultural discipline to build a "Swasth Rastra" (Healthy Nation). He expressed his appreciation for the WUS Committee and Ms. Rekha Kashyap for organizing an event on such a crucial and sensitive topic, emphasizing the necessity of continuous health education among students to combat these challenges.

4. Technical Sessions:

The core of the event featured highly engaging and interactive sessions by the eminent speakers:

- **Session by Dr. Saru Sirohi:**

- Emphasized the severe threat posed by the easy accessibility of tobacco and nicotine in today's world and its adverse effects on health.
- Debunked the myth that "vaping is cool"; highlighting the increase in consumption of "flavored vapes" by the new generation, their high addiction potential, and their detrimental effects on the throat and lungs (damaging microvilli).
- Provided a practical 4-step coping strategy for cravings: Delay, Deep Breathing, Drink water, and Distract. She also recommended resources such as National Tobacco Helpline and the "Icanquit" App.
- Fostered a non-judgmental environment during the session, allowing students to openly discuss multidimensional challenges regarding substance abuse.

- **Session by Dr. Ankit Kumar:**

- Focused on the vision of building a "Drug-Free Campus" and made students aware of dangerous substances including marijuana, prescription stimulants, alcohol, and party drugs.
- Detailed the root causes of drug addiction, such as curiosity, escapism, academic pressure, family environment, and financial stress.
- Advocated for natural remedies and a healthy lifestyle through yoga, meditation, physical exercise, and maintaining proper sleep hygiene to naturally boost mental resilience.

5. Vote of Thanks & Conclusion

The programme concluded with a formal Vote of Thanks by Ms. Rekha Kashyap, Convenor, WUS & Health Awareness Committee. She expressed her heartfelt gratitude towards our Principal, faculty, guests,

organizers and the attendees, for their valuable time and support. A special appreciation was extended to the entire student team working behind the scenes to make the event a grand success. The programme ended on a highly positive and informative note, leaving the participants motivated to make responsible choices for a healthier, safer tomorrow.



**WORLD UNIVERSITY SERVICE (WUS)
&
HEALTH AWARENESS COMMITTEE**
OF
Shyam Lal College (Evening)
University of Delhi
Organizes
**AWARENESS &
SENSITIZATION PROGRAMME**
ON
**PREVENTION OF ILLEGAL DRUG USE
AND RELATED ACTIVITIES**
A Step Towards a Healthy, Safe & Drug-Free Campus

**PATRON**

Prof. Nachiketa Singh
Principal
Shyam Lal College (Evening)

**RESOURCE PERSON**

Dr. Saru Sirohi
Expert in Mental Health & Wellness,
De-addiction Counsellor
& Facilitator

**GUEST SPEAKER**

Dr. Ankit Kumar
Assistant Professor
Department of Physical Education
Shyam Lal College (Evening)

**DATE**
28th September, 2026

**TIME**
4:00 PM Onwards

**VENUE**
Seminar Hall
Shyam Lal College (Evening)

Let's come together to build awareness,
make responsible choices and create
a healthier, safer tomorrow. ♥

Ms. Rekha Kashyap
Convenor
WUS & Health Awareness Committee

Vedant Kumar Singh
President
WUS & Health Awareness Committee

**EMAIL**
wushealth@shyamlaledu.ac.in

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