GUJARAT TECHNOLOGY UNIVERSITY

NATIONAL SERVICE SCHEME

Vidyabharti Trust College of Master in Computer Application (MCA, MBA & IMSc.IT), Umrakh

Report on workshop "Nasha Mukt Bharat Abhiyan" Inspired by GOI (Ministry of Youth Affairs and Sports) and GTU, organized at Vidyabharti Trust College of Master in Computer Application, Umrakh

NSS Unit Name/College Name: Vidyabharti Trust College of Master of Computer Application, Umrakh

Event Name: Report on Nasha Mukt Bharat Abhiyan "Fit Youth, Addiction Free Youth"

Invited Speakers:

1. **Mr. Shihan Rushiraj Parekh**, Gujarat Chief of Dadi Bulsara Karate Foundation-World (Gold Medallist in Taekwondo International)
2. **Mrs. Daxa Chauhan**, Yoga Trainer at the Gujarat State Yog Board

Faculty Name: Prof. Mihirraj Thakor

Event Date, Time and Location: 16th October 2026, Vidyabharti campus

Brief Description of the Event:

The NSS Unit of Vidyabharti Trust College of Master in Computer Application, organized various awareness activities under the Nasha Mukt Bharat Abhiyan "**Fit Youth, Addiction**

Free Youth" on 16 October 2026. Inspired by the **Ministry of Youth Affairs and Sports, Government of India**, the programme aimed to promote a healthy, fit, and addiction-free youth community by creating awareness about yoga, self-defence, mental well-being, and the importance of a drug-free lifestyle.

The programme featured **Mr. Shihan Rushiraj Parekh**, Gujarat Chief of Dadi Bulsara Karate Foundation-World and an international gold medallist in Taekwondo, and **Mrs. Daxa Chauhan**, Yoga Trainer at the Gujarat State Yog Board. Their guidance and expertise helped motivate students to prioritize physical fitness, mental health, personal safety, and healthy lifestyle practices.





As part of the programme, a yoga session was conducted to highlight the importance of yoga in maintaining physical fitness, reducing stress, improving concentration, and promoting mental well-being. A total of 106 participants, comprising 35 male and 71 female participants, took part in the yoga activities. The session encouraged students to incorporate yoga into their daily routines for a healthier and more balanced life.

A workshop on Self-Defence and Mental Well-being for Girls was organized to create awareness about personal safety, basic self-defence techniques, confidence-building, and emotional well-being. Mr. Shihan Rushiraj Parekh shared his expertise to encourage girls to develop self-confidence and learn the importance of protecting themselves. A total of 102 participants attended the workshop.





Additionally, a session on the Importance of Yoga emphasized the role of yoga in managing stress, improving concentration, maintaining physical health, and achieving mental balance. The session encouraged students to adopt yoga as a regular practice for their overall well-being. A total of 106 participants participated in the session.





As part of the campaign, 102 participants took the Nasha Mukt Bharat pledge, expressing their commitment to staying away from substance abuse and supporting the vision of an addiction-free India. The pledge motivated students to adopt healthy habits, spread awareness about the harmful effects of addiction, and contribute towards building a healthier society.





The programme witnessed enthusiastic participation and helped reinforce the importance of physical fitness, mental well-being, self-defence, and freedom from addiction. Through these activities, the NSS Unit encouraged students to become responsible citizens and actively contribute to the objectives of the Nasha Mukt Bharat Abhiyan.



Conclusion:

The programme successfully promoted awareness about yoga, self-defence, mental well-being, and the importance of leading an addiction-free life. It reaffirmed the institution's commitment, through the NSS Unit, to empowering youth and contributing to the vision of a healthy, confident, and drug-free India.