



Anti-Drug Squad *St. Bede's College, Shimla*

ANTI-DRUG SQUAD ACTIVITIES 2024-2025

ORIENTATION OF ANTI-DRUG SQUAD

Objective: To familiarize students with the Anti-Drug Squad of the college and raise awareness about the harmful effects of drug abuse.

Description: The Anti-Drug Squad of St. Bede's College organized an orientation program on September 21, 2024 for the students of the college, aimed at introducing them to the squad's mission, objectives, and strategies for combating the growing issue of substance abuse among young people. During the session, students learned about the various types of substances commonly abused, the signs of addiction, and the detrimental effects of drug use on physical and mental health. The program also included discussions on the legal implications of drug abuse and the resources available for students seeking help. Engaging activities and open dialogues encouraged students to share their thoughts and concerns, fostering a supportive environment for addressing this critical issue.

Outcome: As a result of the orientation, students felt empowered to take active roles in promoting anti-drug initiatives and spreading awareness within the college community. The program not only equipped them with knowledge but also inspired them to advocate for healthier choices and support their peers in making informed decisions about substance use.



Brochure



Anti-Drug Squad St. Bede's College, Shimla



Empowering Students to Combat Substance Abuse



Anti-Drug Squad
St. Bede's College, Shimla

HALF-MARATHON AGAINST DRUG –ABUSE ORGANISED BY -HIMACHAL PRADESH POLICE

Objective: Half-Marathon against Drug-Abuse to raise awareness regarding the harmful effects of drugs, encourage healthy lifestyle and create drug-free state.

Description: The Half-marathon against Drug-Abuse organised by the Himachal Pradesh Police on September 29, 2024, aimed at spreading awareness amongst people to stand united against drug addiction. The event took place at the Ridge, Shimla and focused on creating awareness, supporting rehabilitation and reducing drug-related crimes. The anti-drug squad of the college encouraged the students to participate in the marathon and raise awareness about drug menace. The marathon promoted both fitness and mental well-being as alternatives to substance abuse.

Outcome: The Half-Marathon against Drug Abuse successfully brought together the community, with enthusiastic participation from students and residents, fostering a united front against substance abuse. Participants not only raised awareness about the harmful effects of drugs but also promoted fitness and mental well-being as positive lifestyle choices. The event helped to strengthen community ties, support rehabilitation efforts, and encourage ongoing dialogue about drug prevention and awareness, contributing to the vision of a drug-free state.

**YOUR FUTURE IS BRIGHT – DON'T LET
DRUGS DIM THE LIGHT!**



**MARATHON AGAINST
DRUG ABUSE**

**THIS IS TO INFORM YOU ALL THAT A HALF-MARATHON
IS BEING ORGANISED BY HIMACHAL PRADESH POLICE
AGAINST DRUG ABUSE. THE DETAILS OF THE EVENT ARE AS FOLLOWS:**

DATE: 29TH SEPTEMBER, 2024
VENUE: THE RIDGE, SHIMLA
TIME: 7:00 A.M.

**MARATHON CATEGORIES: HALF-MARATHON (21.5 K.M.),
MINI –MARATHON (10 K.M.), DREAM-RUN (3 K.M.)**
REGISTRATION FEE – ₹50/ONLY

THE LAST DATE FOR REGISTRATION: 25TH SEPTEMBER, 2024

Brochure



*Anti-Drug Squad
St. Bede's College, Shimla*



Students of the College Securing Medals in the Half-Marathon



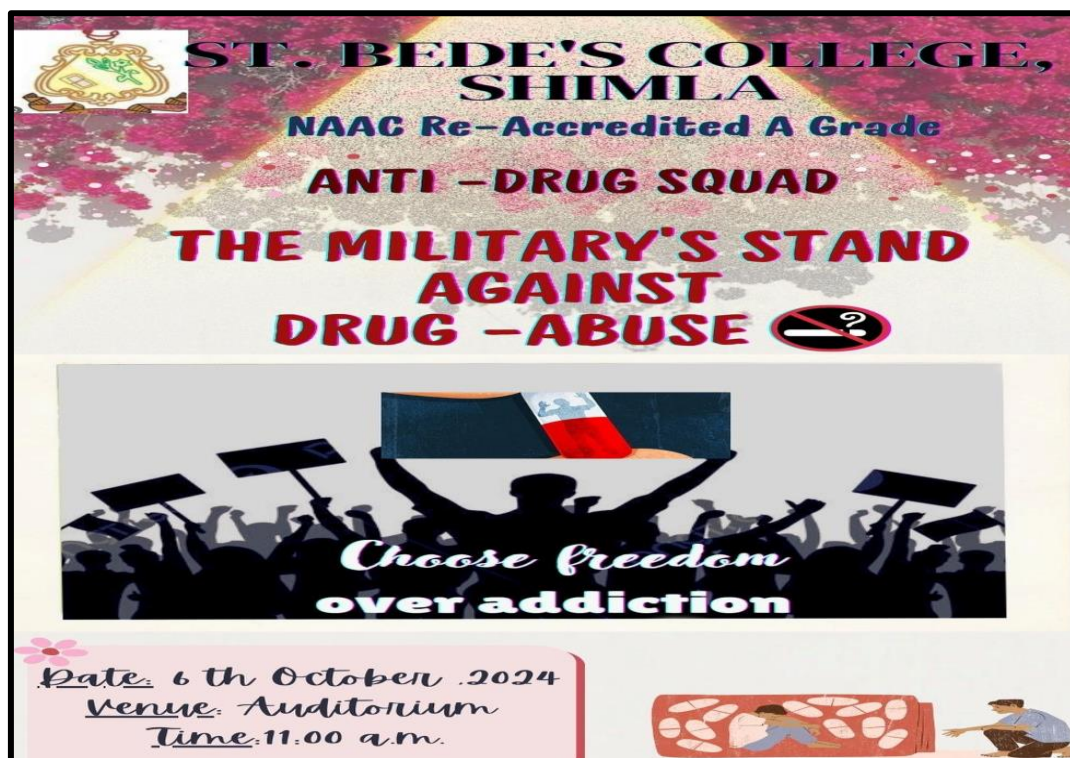
Anti-Drug Squad St. Bede's College, Shimla

THE MILITARY'S STAND AGAINST DRUG-ABUSE

Objectives: To raise awareness about the harmful effects of drug abuse, encourage youth to join the armed services, and promote a drug-free nation.

Description: An awareness program against drug abuse was organized by military personnel in collaboration with the anti-drug squad of the college, aiming to unite youth in the fight against drug addiction. The event took place in the college auditorium and focused on raising awareness, supporting rehabilitation, and reducing drug-related crimes. The session also provided information about military services and outlined the pathway for joining various armed forces in India.

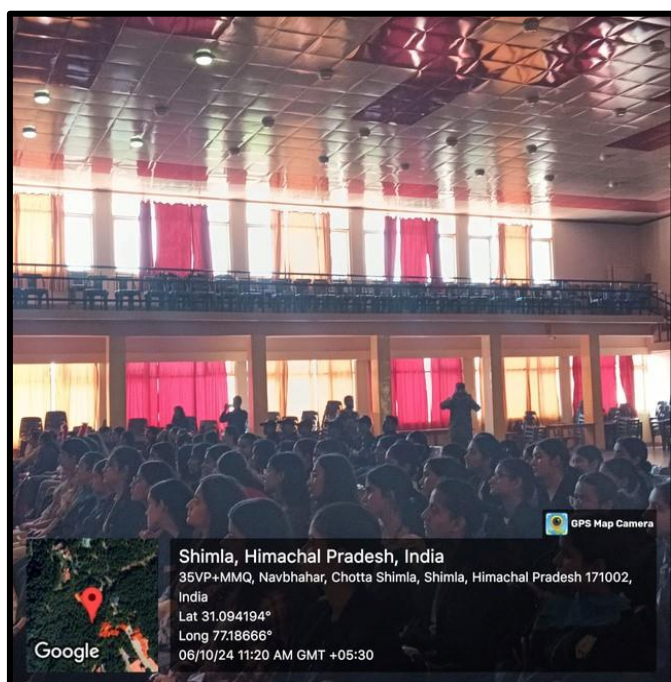
Outcome: The awareness program effectively engaged students, fostering a sense of responsibility and unity against drug abuse. Participants gained valuable insights into the dangers of substance use and learned about the opportunities available in the armed forces, motivating them to consider military service as a positive alternative. Overall, the event contributed to a broader dialogue on the importance of a drug-free nation and empowered youth to make informed choices.



Brochure



Anti-Drug Squad St. Bede's College, Shimla



Uniting for a Drug-Free Future: Inspiring Youth through Awareness and Opportunities in Military Service



Anti-Drug Squad *St. Bede's College, Shimla*

STATE WORKSHOP ON MATERNAL, INFANT AND YOUNG CHILD NUTRITION, DE-ADDICTION AND SLEEP APNEA

Objectives: On December 4, 2024 a state workshop on Maternal, Infant and Young Child Nutrition, De-Addiction and Sleep Apnea was organized by the National Health Mission, Himachal Pradesh at Armsdale building, H.P. Secretariat. The objective of the workshop was to provide a deep understanding of maternal and infant nutrition, raise awareness about the importance of de-addiction, and explore the link between sleep apnea and health. The workshop aimed to equip participants with knowledge and strategies to address these critical health issues in the community.

Description: The workshop focused on maternal and infant nutrition, de-addiction, and sleep apnea, offering participants valuable insights into these crucial health topics. Experts shared their knowledge on the importance of proper nutrition for mothers and infants, the need for effective de-addiction strategies, and the impact of sleep apnea on overall well-being. Attendees gained practical knowledge and strategies to tackle these health challenges, enhancing their ability to make a positive impact in their communities.

Outcomes: The workshop successfully enhanced participants' understanding of maternal and infant nutrition, de-addiction, and sleep apnea. Attendees gained valuable insights into effective strategies for addressing these health issues and were better equipped to raise awareness and implement solutions within their communities. The workshop fostered collaboration among healthcare professionals and community leaders, leading to a shared commitment to improving public health.





*Anti-Drug Squad
St. Bede's College, Shimla*



Participants gaining valuable insights on maternal and infant nutrition, de-addiction, and sleep apnea at the workshop.