



Goa University

Men's Hostel

Report on a talk on 'Empowering Youth for a Nasha Mukta Bharat: Building Awareness, Inspiring Change'

A talk titled "Empowering Youth for a Nasha Mukta Bharat: Building Awareness, Inspiring Change" was organized on 11th April 2025 at 5:00 PM in the Men's Hostel Meeting Room of Goa University, conducted in physical mode as part of the university's ongoing initiatives to promote student well-being and social responsibility.

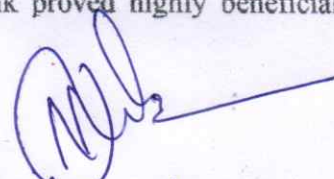
The session was delivered by Ms. Rebecca Coelho, the University Counsellor at Goa University, who has extensive experience in youth counselling, mental health support, and substance abuse prevention, and has been actively involved in organizing workshops and outreach programs aimed at strengthening student resilience and fostering healthier lifestyles.

A total of 8 participants attended the talk demonstrating interest in understanding the growing challenges related to substance abuse among youth. The primary objectives of the program were to create awareness about the adverse physical, psychological, and social effects of drug and substance misuse, to equip students with knowledge and strategies for resisting peer pressure, and to inspire them to contribute meaningfully to the national campaign for a Nasha Mukta Bharat. During the session, Ms. Coelho provided an in-depth explanation of the factors that make young individuals vulnerable to substance abuse, shared real-life case studies from her counselling experience, and discussed practical preventive measures such as early identification of warning signs, seeking timely support, and cultivating supportive peer networks. She also highlighted the pivotal role of youth as change-makers within families, campuses, and communities, encouraging them to advocate for healthy habits and responsible decision-making.

The event concluded with Mr. Abhinay Pai, Warden (Men's Hostel), delivering a vote of thanks, during which he expressed appreciation to all the participants and presented a token of appreciation to the resource person and students. Overall, the talk proved highly beneficial,


C. Warden, Men's Hostel




Chief Warden, Men's Hostel.

enhancing awareness, promoting responsible decision-making, and motivating students to support the vision of a drug-free campus and society.



Mr. Abhinay P. Pai
Warden, Men's Hostel
Coordinator of the Programme

Warden
Men's Hostel, Goa University
Taleigao Plateau 403 206



Prof. Nilesh Borde
Chief Warden, Men's Hostel

Chief Warden
Men's Hostel, Goa University
Taleigao Plateau 403 206



Asst. Prof. Vinod Kankonkar
Nasha Mukht Baharat (Nodal Officer)

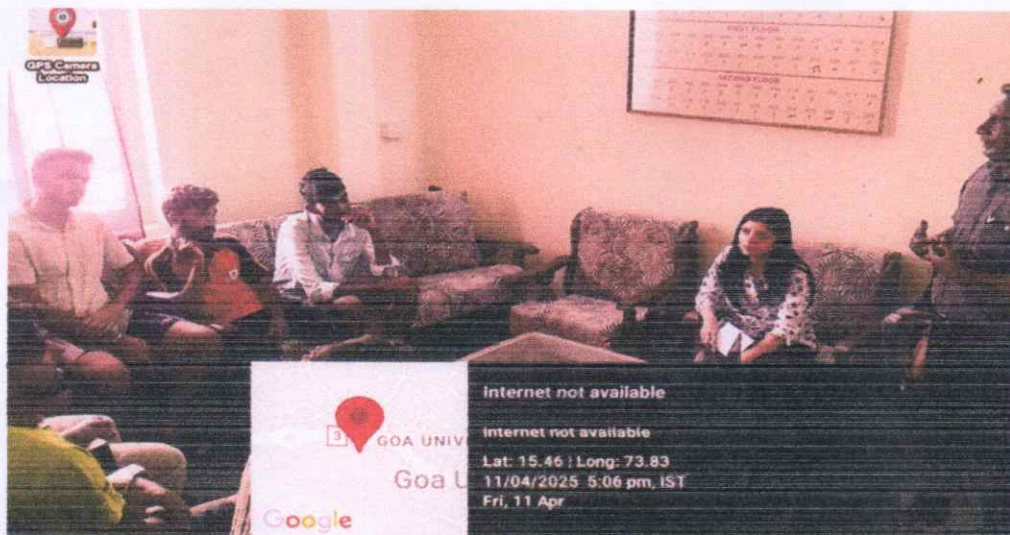
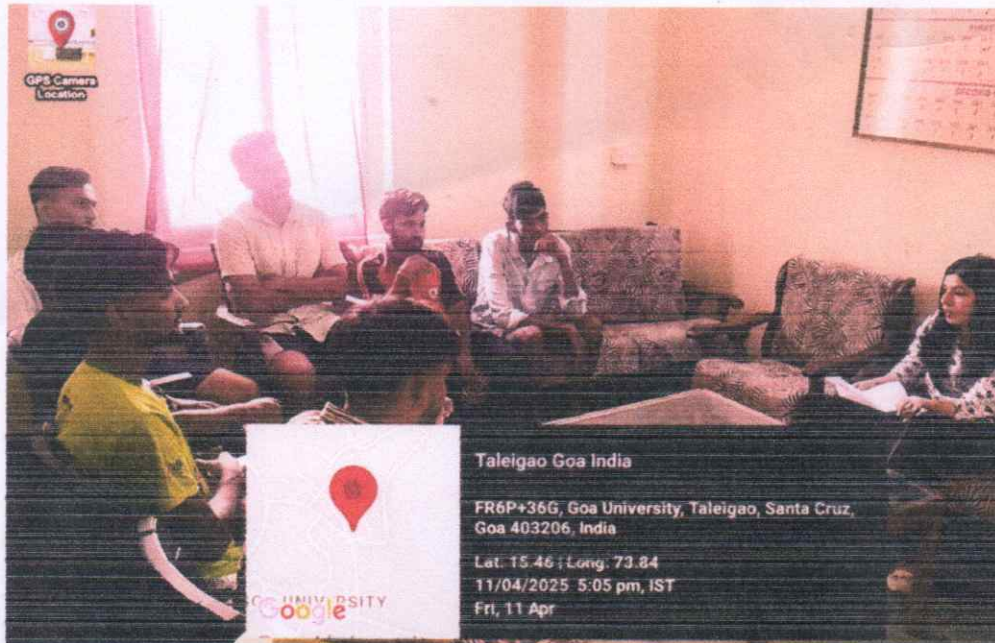


Date: 14th April 2025

Place: Goa University Campus

Enclosures: Geo-tag Photographs and Attendance

**Photographs of a talk on 'Empowering Youth for a Nasha Mukta Bharat:
Building Awareness, Inspiring Change'**



VA
Coordinator, Men's Hostel



MA
Chief Warden, Men's Hostel

Nasha Mukh Abhiyaan (NMBA)

Hostel Committee

Men's Hostel

Goa University

**A talk on Empowering Youth for a Nasha Mukh Bharat: Building Awareness,
Inspiring Change on 11th April 2025 at 5 pm in Men's Hostel Meeting Room**

Speaker: Rebecca Coelho (Counsellor, Goa University)

Attendance of Staff & Participants

Sr. No	Name of the student/ staff attendees	Contact No.	Signature
1.	Himanshu Raj	8936060073	Himanshu
2.	Riyansh Gupta	9060270687	Riyansh
3.	Rishabh Raj	7979961377	Rishabh Raj
4.	Vivek Saini	8814978215	Vivek
5.	Ashish Bordekar	9309707546	Ashish
6.	SUMIT KUMAR	9229720065	Sumit
7.	Sukhadev Yadav	8767114756	Sey
8.	FAAZIL	9822879904	Fazil
9.			
10.			
11.			
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15.			
16.			
17.			

Date :- 11th April 2025

Place: Goa University



Warden, Men's Hostel

Goa University
Men's Hostel
NOTICE

Date: 07.04.2025

Men's Hostel is organising an awareness talk titled 'Empowering Youth for a Nasha Mukta Bharat: Building Awareness, Inspiring Change' on 11th April 2025 at 5:00 PM in the Meeting/Visitors Room.

The session will be conducted by Ms. Rebecca Coelho, Goa University Counsellor.

All interested students are required to be present for the programme.



Warden, Men's Hostel