SAY NO TO DRUGS, YES TO LIFE : An Anti-Drug Awareness Programme

The Department of Humanities and Sciences, PVKK Institute of Technology (Autonomous), Anantapuramu, organised an Anti-Drug Awareness Programme on **27th October 2026** at the Seminar Hall, Gandhi Bhavan, under the inspiring theme **"Say No to Drugs, Yes to Life."** The initiative aimed to sensitise students to the harmful consequences of drug abuse and encourage them to make informed, responsible, and healthy lifestyle choices.

The programme highlighted the growing importance of substance abuse prevention among young people, particularly students, whose physical health, mental well-being, academic progress, and future aspirations can be seriously affected by drug misuse. With the involvement of the Andhra Pradesh Police, the initiative emphasised the importance of awareness, prevention, self-discipline, and collective responsibility in creating a drug-free campus and society.

Creating Awareness for a Healthier Future

The awareness programme focused on educating students about the adverse effects of substance abuse on physical and psychological health, concentration, memory, judgement, academic performance, and social relationships. Students were encouraged to recognise the importance of making responsible decisions and developing the confidence to resist peer pressure and avoid harmful influences.

Special emphasis was placed on adopting healthy habits, including regular physical activity, adequate sleep, balanced nutrition, constructive hobbies, and positive social interactions. The programme also reinforced the importance of seeking timely guidance and professional support whenever individuals encounter substance-related difficulties.

Empowering Youth Through Responsible Choices

The initiative conveyed that preventing drug abuse is not merely an individual responsibility but a collective commitment involving educational institutions, families, and society. Students were encouraged to become responsible ambassadors of awareness by sharing reliable

information with their peers and promoting a supportive environment free from substance misuse and stigma.



Key Takeaways and Outcomes

The programme reinforced five important messages:

- **Awareness and Prevention:** Understanding the harmful consequences of drug abuse and the importance of preventing substance misuse.
- **Responsible Decision-Making:** Developing self-confidence and the ability to resist peer pressure.
- **Healthy Lifestyle:** Embracing positive habits that promote physical and mental well-being.
- **Seeking Support:** Recognising the importance of guidance from trusted individuals and qualified professionals.
- **Social Responsibility:** Contributing to a safe, healthy, and drug-free campus and society.

A Commitment to a Drug-Free Society

The Anti-Drug Awareness Programme served as an important educational initiative in promoting student welfare, responsible behaviour, and preventive awareness. Through this initiative, the Department of Humanities and Sciences reaffirmed its commitment to nurturing socially responsible individuals who value their health, education, and future aspirations.

The programme concluded with a strong and meaningful message that every student has the power to make choices that protect their future.

"Drugs steal your dreams, destroy your health and rob your future. Choose life, choose success, choose to be drug-free."

Say NO to Drugs! Say YES to Life!