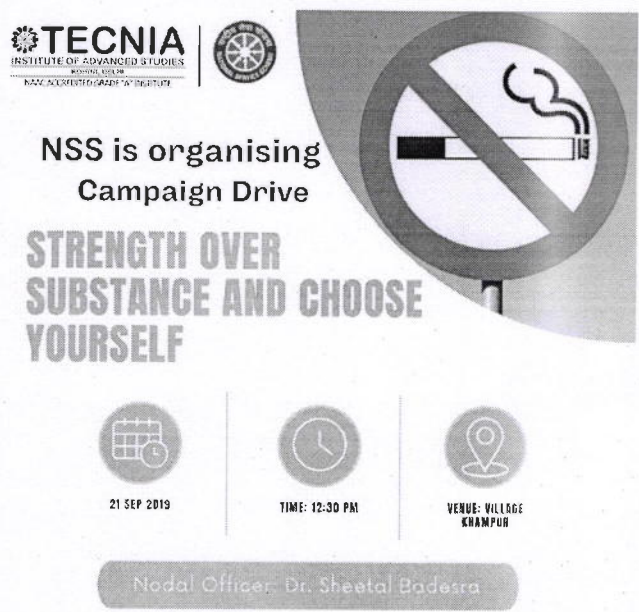


Outreach Activity Report on "Strength Over Substance and Choose Yourself"

Title of Activity	Strength Over Substance and Choose Yourself
Values	MULYA PARVAH: GLOBAL CITIZENSHIP Be a responsible global citizen; Resilience and Self-Mastery, Health and Well-being.
Learning Outcomes	<ul style="list-style-type: none"> Students were encourage reducing the use of harmful substances often leads to a decrease in associated social problems such as crime, domestic violence, and health issues. Student's campaigns can drive policy changes that improve access to rehabilitation, counseling, and support groups One of the most immediate outcomes is a decrease in the consumption of harmful substances.
Objectives	<ul style="list-style-type: none"> The core objective is to help individuals recognize and develop their own inner strength and resilience. "Strength over substance" encourages people to develop healthier coping strategies rather than using drugs or alcohol as a way to manage emotions or escape difficult situations. Choosing yourself over substances is an act of self-respect. It is a declaration that you are worthy of a life free from the control of substances, and that your mental and physical health are a priority. The objective here is to motivate individuals to focus on personal growth and healing instead of using substances as a means of avoidance. When you choose yourself, you choose to invest in your personal development and emotional healing.

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Organized by	National Service Scheme
Program Theme	Healing and Recovery, Empowerment, prioritizing mental, Breaking Free
Internal Expert	NA
Date	21th September 2019
Time	12:30PM-2:30PM
Venue	Adopted Village "Khampur"
Poster/Flyer/Notice/Brochure*	
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	NA
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	10
No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	00
No. of External Participants (students + faculty) [write NA if not applicable]	NA
Photograph*	
Photograph of the Event with the Caption	

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Students spreading Awareness



NSS Volunteers Participated in the Campaign

Report:

A "Strength over substance choose yourself" drive was organized by Tecnia Institute of Advanced Studies, Rohini area of Delhi on 21st September 2019.

Guidance and counselling: The participants Aware pupils in the designated areas. focuses on individual strength, self-determination, and the belief that people have the power to overcome addiction and adversity

Student Participation: Students from various departments actively participated, not only Counselling but also taking responsibility for Guiding them. The students expressed enthusiasm for their role in contributing to increase the awareness about drugs and other harmful substances consumption, seeing this as a hands-on learning experience.

The "Strength Over Substance, Choose Yourself" campaign aimed to empower individuals to prioritize their inner strength, well-being, and personal growth over the temporary relief provided by harmful substances like drugs and alcohol. The campaign focused on promoting healthier coping strategies, self-respect, and resilience, encouraging people to seek long-term healing and recovery instead of relying on substances to escape life's challenges. It engaged a broad audience, including youth, those in recovery, and the general public, through awareness campaigns, community outreach, and

Coordinator

	collaborations with healthcare providers. Key outcomes included increased public awareness of addiction and mental health resources, a rise in engagement with treatment services, and positive shifts toward healthier coping mechanisms. While challenges such as stigma and access to treatment remained, the campaign successfully fostered greater community support and highlighted the importance of choosing oneself for a fulfilling, substance-free life. Moving forward, there is a need for continued education, expanded access to treatment, and sustained community initiatives to ensure lasting impact.
Attendance Sheet*	<i>Attached at the end of Report</i>
Report Submitted by Convener (write faculty coordinator name)	Dr. Sheetal Badesra
For Office Use	
Signature of Event Coordinator	

List of Participants

S.No	Name	Course
1.	Gagan Goel	BBA
2.	Hardik Suneja	BJMC
3.	Tarini Aggarwal	BBA
4.	Varun Chopra	BJMC
5.	Jatin Kumar	BBA
6.	Manav Gupta	BCA
7.	Shivam Bhandari	BBA
8.	Anandita	BBA
9.	Yash Parashar	BCA
10.	Vanshita Verma	BBA

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