



One Day International Seminar



on

A Flagship Scheme of the Govt. of India

NASHA MUKT BHARAT ABHIYAAN



Tuesday
26 August, 2025



10 a. m. (IST) - 4 p. m. (IST)



Hybrid mode,
Sovarani Memorial College



Organized by

**the Department of Physical Education,
NCC, NSS Units**

&

IQAC

**Sovarani Memorial College
Jagatballavpur, Howrah-711408**

in collaboration with

**My Bharat (My Yuva Bharat), Howrah
Ministry of Youth Affairs & Sports,
Govt. of India**

&

Nirvik Ashray Charitable Trust

FOR REGISTRATION

<https://forms.gle/s9K8KxSvi8LbHw4EA>



About the Seminar

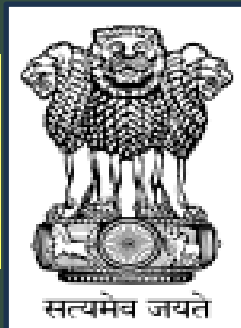
Drug and substance abuse has become one of the most pressing challenges in the 21st century, posing a severe threat to the health, well-being, and future of our youth. It not only hampers personal growth but also erodes the moral, cultural, and social fabric of society. Recognizing this growing menace, the Ministry of Social Justice and Empowerment, Government of India, under the initiative of My Yuva Bharat (MY Bharat), launched the flagship programme “Nasha Mukta Bharat Abhiyaan” on 15th August, 2020 to combat drug demand and to spread awareness and mobilize action at both community and institutional levels. The Government has initiated several Flagship Schemes to drive development and empower citizens, such as “Stand Up India”, “Beti Bachao, Beti Padhao”, “Har Ghar Jal Mission”, “Digital India”, “Skill India”.

This International Seminar seeks to emphasize not only the psychological, medical, and social dimensions of substance abuse but also the cultural, ethical, and spiritual values that can serve as guiding principles for a drug-free life.

The objectives of the seminar are:

- To understand the causes and consequences of substance abuse among the youth.
- To deliberate on the role of family, educational institutions, and community organizations in prevention.
- To explore the spiritual, cultural, and ethical approaches to building resilience against addiction.
- To highlight the role of NCC and NSS volunteers in spreading awareness at the grassroots level.
- To learn from international experiences and best practices in combating substance abuse.
- To discuss rehabilitation measures, counseling strategies, and government policies supporting the mission of a drug-free society.

The seminar is designed to bring together academicians, health experts, social workers, NCC and NSS cadets, and youth leaders on a common platform. This seminar aims to inspire collective responsibility and mobilize the youth toward the vision of a “Nasha Mukta Bharat”. It is a call to action — to create an empowered generation that can rise above addiction, preserve its physical and mental well-being, and contribute meaningfully to nation-building.



About the Organizing College

Sovarani Memorial College, established in 1971, is a renowned institution of higher education located at Jagatballavpur, Howrah, West Bengal. The college is affiliated with the University of Calcutta and has been serving as a center of academic excellence for more than five decades. Founded with the vision of empowering rural youth through education, the college is named in memory of Smt. Sovarani, reflecting the founders' commitment to knowledge, values, and social service. The college offers undergraduate courses in Arts, Science, and Commerce streams, and is known for providing a vibrant environment where traditional values meet modern educational practices.

This seminar is organized by the Department of Physical Education, NCC and NSS units of the college in collaboration with the IQAC, to bridge academic knowledge with social responsibility. Hosting the International Seminar on “Nasha Mukh Bharat Abhiyaan” is an institutional effort in promoting youth empowerment, ethical living, and the building of a healthier, addiction-free society.

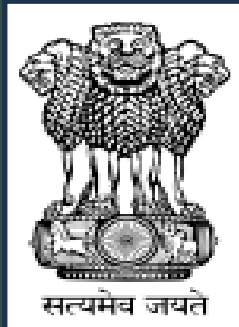
National Cadet Corps (NCC)

The NCC unit of Sovarani Memorial College is an active wing fostering discipline, leadership, and patriotism among students. Cadets of the college have participated in numerous awareness campaigns, social service activities, and national programmes.

National Service Scheme (NSS)

The NSS units of the college have been working tirelessly with the motto “Not Me, But You.” Volunteers actively participate in rural development programmes, environmental campaigns, health awareness drives, and community welfare activities.

Together, they form the backbone of youth-driven initiatives, extending their service beyond the classroom and connecting with the needs of the society. With a strong sense of responsibility and dedication to the nation, they are the key ambassadors for spreading the message of a “Nasha Mukh Bharat.”



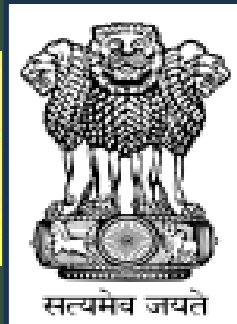
Programme List

- ❖ Flagship Programme
- ❖ Nasha Mukta Bharat Abhiyaan
- ❖ Ek Ped Maa Ke Naam

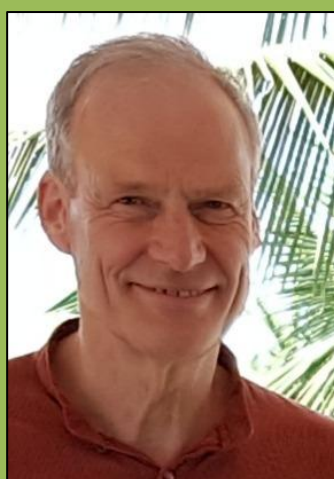
Event Schedule

Timing: 10 a.m. (IST) – 4 p.m. (IST)

- Flag Hoisting
- Starting of the seminar with lamp lighting
- Guest Reception:
 - Teacher-in-charge, President, OC (Jagatballavpur P.S.), Ms. Arunima (DYO, My Bharat Howrah) and others.
- Keynote Address by the Dr. Sumanta Chattopadhyay (Teacher-in-Charge, Sovarani Memorial College)
- **1st Session: 10:30 (IST) – 1 p.m. (IST)**
 - (10:30 a.m. IST – 11:30 a.m. IST) Lecture by Guest Speaker, Padmashri Rutger Kortenhorst (Vice-Principal, John Scottus Senior School, Dublin, Ireland)
 - Speech by Ms. Arunima (DYO, My Bharat Howrah)
 - Drawing Competition on Nasha Mukta Bharat
 - Speech by Mr. Basudev Mondal (NYC, My Bharat Howrah Secretary, Nirvik Ashray Charitable Trust)
 - Speech by the Officer-in-Charge, Jagatballavpur P.S.
 - Speech by Dr. Sreekumar Jyoti Banerjee (Honourable M. O., Dr. Mahendralal Sarkar Janakalyan Kendra)
 - Tree Plantation (Ek Ped Maa Ke Naam)
- **Lunch break: 1 p.m. (IST) – 2 p.m. (IST)**
- **2nd session: 2 p.m. (IST) – 4 p.m. (IST)**
 - Talk by Dr. Anil Kumar Jaiswal (Dermatologist, Kolkata)
 - Talk by Dr. Lokesh Mondal (Assistant Professor, Department of Sanskrit, Sailajananda Falguni Smriti Mahavidyalaya)
 - Talk by Dr. Samir Mandal (Assistant Professor & HOD, Department of Chemistry, Sovarani Memorial College)
- Prize Distribution (First Three) & Certificate Distribution



Distinguished Speakers



Padmashri Rutger Kortenhorst

Vice-Principal, John Scottus Senior School, Dublin, Ireland



Dr. Anil Kumar Jaiswal
Dermatologist, Kolkata



Dr. Samir Mandal
Assistant Professor & HOD,
Department of Chemistry, Sovarani Memorial College



Dr. Lokesh Mondal
Assistant Professor, Department of Sanskrit,
Sailajananda Falguni Smriti Mahavidyalaya



Dr. Sreekumar Jyoti Banerjee
Honourable M. O.,

Dr. Mahendralal Sarkar Janakalyan Kendra



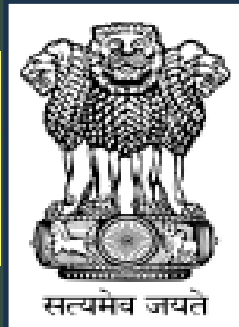
Dr. Sumanta Chattopadhyay
Teacher-in-charge
Sovarani Memorial College



Ms. Arunima
DYO,
My Bharat Howrah



Mr. Basudev Mondal
NYC, My Bharat Howrah
Secretary, Nirvik Ashray Charitable Trust



Organizing Secretary & Chief Patron

Dr. Sumanta Chattopadhyay, Teacher-in-Charge

IQAC Co-ordinator

Dr. Malay Saha

Associate Professor & Head, Dept. of Botany

Organizing Committee

Convener Mr. Goutam Mishra, Assistant Professor & Head, Dept. of Sanskrit and CTO of NCC Unit

Joint Mr. Suresh Mandal, Assistant Professor & Head, Dept. of Zoology (Member of IQAC)

Conveners Dr. Samir Mandal, Assistant professor & Head, Dept. of Chemistry

Mr. Abiral Subba, Assistant Professor & Head, Dept. of History and Programme Officer of NSS Unit

Dr. Subhendu Bhowmick, SACT & Head, Dept. of Physical Education

Members Ms. Urvashi Lama, Assistant Professor, Dept. of Botany (Member of IQAC)

Mr. Subhajit Pandit, Assistant Professor, Dept. of English

Dr. Soubhik Chattopadhyay, Assistant Professor, Dept. of Physics

Dr. Chaitali Pal, Assistant Professor, Dept. of Economics

Mr. Manabendra Pramanick, SACT, Dept. of English

Treasurer Mr. Somnath Sadhukhan, Cashier & Acting Head Clerk

Support Staff Mr. Kanailal Adak, Lab. Attendant, Dept. of Physics

Technical Support Mr. Sourav Ghosh, Electrician-Cum-Caretaker

Advisory Committee

Ms. Tabasum Akhtar, Assistant Professor, Dept. of Philosophy

Mr. Koushik Tarafdar, Head, Department of Mathematics

Mr. Sanjib Thapa, Assistant Professor, Dept. of History

Md. Yesaanur Hossain, Assistant Professor & Head, Dept. of Political Science

Mr. Dipro Sikhar Barman, Assistant professor and Head, Dept. of Economics

Ms. Sanchayaita Sen, Assistant Professor and Head, Dept. of Philosophy

Dr. Debashish Mondal, Assistant Professor and Head, Dept. of Physics

Ms. Poulami Mondal, Assistant Professor and Head, Dept. of English

Ms. Sutapa Jana, SACT, Dept. of History

Dr. Debojyoti Lahiri, SACT, Dept. of Economics