



INTEGRAL UNIVERSITY



Department of Humanities and Social Sciences

Session 2025-2026



Extension Activity Report

Community Awareness Program on " NASHA CHOHDO, SAPNE JODO" organized
by Department of Humanities & Social Sciences, Integral University, Lucknow

Title: "NASHA CHOHDO, SAPNE JODO"

Name of the Scheme: Nasha Mukta Bharat Abhiyan

Session and Date: 2025-2026, 21th April 2026

Place of the Event: Palka Slum, Kursi Road, Lucknow

Event Organized by the Department: Department of Humanities and Social Sciences

Name of the Collaborating Agency: NSS

Numbers of Faculty Members Involved: 04

Number of Participants: 95

Zeba Aqil
Prof Zeba Aqil

(Head) Department of Humanities & Social Sciences
Humanities & Social Science
Integral University, Lucknow



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Extension Activity Notice

Notice on Extension Activity: Community Awareness Program on “NASHA CHOHDO, SAPNE JODO”

The Department of Humanities & Social Sciences, in collaboration with NSS, is organizing a **Community Awareness Program on “NASHA CHOHDO, SAPNE JODO”** on 21 April 2026 at **Palka Slum, Lucknow**, under the *Nasha Mukta Bharat Abhiyan* in alignment with **Sustainable Development Goal 3: Good Health and Well-Being**. The programme aims to create awareness among the community regarding the harmful effects of substance abuse and to encourage youth towards a healthy, positive, and goal-oriented lifestyle. The event will include motivational talks, community interaction, and awareness activities.

All students and faculty members are encouraged to participate actively and contribute towards building a healthy and addiction-free society. The activity will be coordinated by Dr. Archana Pande, Dr. Tabinda Anjum, Dr. Jawed Akhatar, and Dr. Faizan Haque, under the guidance of Prof. Zeba Aqil, Head of the Department.

Prof. Zeba Aqil

Head, Department of Humanities & Social Sciences
Integral University Lucknow

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Report on Extension Activity: Community Awareness Program on “NASHA CHOHDO, SAPNE JODO”

The Department of Humanities and Social Sciences, Integral University, in collaboration with NSS, organized an awareness programme titled “**Nasha Chhodo, Sapne Jodo**” (Sustainable Development Goal 3: Good Health and Well Being) on 21 April, 2026 at **Palka Slum Lucknow**, under the nationwide campaign *Nasha Mukh Bharat Abhiyan*. The programme aimed to spread awareness about the harmful effects of drug addiction and encourage people, especially youth, to lead a healthy and positive life. Students Faculty members and NSS volunteers actively participated in the event and interacted with the local community. Through motivational talks and awareness activities, participants were informed about the physical, mental, and social impacts of substance abuse. The programme also emphasized the importance of education, self-discipline, and achieving personal goals instead of falling into addiction.

The event was coordinated by a team of dedicated faculty members, including Prof. Zeba Aqil (HoD, Humanities & Social Sciences), Dr.Tabinda Anjum, Dr. Faizan Hauqe, Dr. Archana Pande, Dr Farha Shoaib and Dr. Jawed Akhtar. Additional faculty members such as Dr. Anshal , Dr. Zeeshan Warshi, and Dr. Pallavi also participated in the program, lending their support to the initiative. These faculty members led the student volunteers, encouraging them to engage with the local community to spread awareness about the awareness program. Overall, the programme successfully conveyed the message of building a healthier, addiction-free society and inspired participants to choose dreams and aspirations over harmful habits.

A total of 95 students from various disciplines participated enthusiastically in this extension activity. Noteworthy student participants included Zahida Husain, Anas Rahmani, Abhishek Kanaujia, Aadrika Jeet, Sweta Pal, Insha Farooqui, Rishi Kumar Yadav, Kisa Fatima, Partibha Sharma, Afsar Ali, and Anu Yadav.

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Various awareness activities such as motivational talks, community interaction, and public awareness messages were carried out during the programme. Participants were encouraged to spread the message within their communities and contribute towards building a drug-free society. The programme created awareness among the local community regarding the adverse effects of substance abuse. Participants gained knowledge about the importance of maintaining physical and mental well-being and were motivated to adopt positive life goals.

This initiative also strengthened the social outreach activities of the Department and encouraged students to actively participate in community welfare programmes. This program reflected the university's commitment to social responsibility, youth empowerment, and public welfare through meaningful community engagement activities and demonstrating Integral University's dedication to sustainable development goals.


Prof Zeba Aqil
(Head) Department of Humanities & Social Sciences
Humanities & Social Science
Integral University, Lucknow

Glimpse of the Event



Faculty and Students are ready to move the destination (Palka Slum)



Awareness Rally with students on “Nasha Chhodo Sapne Jodo”

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(Head) Department of Humanities & Social Sciences
Humanities & Social Science
Integral University, Lucknow



HOD, Faculty members and Students marching towards the Palka Slum



An interactive session with the local community at Slum of Palka, Lucknow

Zeba Aqil
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 Humanities & Social Science
 Integral University, Lucknow