

**Press Release**  
**Date: April 28, 2026**

**Nasha Mukht Bharat Abhiyan Awareness Programme Conducted at Government High School, Barsoo**

An awareness programme under the Nasha Mukht Bharat Abhiyan was successfully organized today at Government High School Barsoo, one of the villages adopted under the Unnat Bharat Abhiyan (UBA). The programme aimed to sensitize students about the harmful effects of substance abuse and to promote a drug-free lifestyle.

The event saw enthusiastic participation from students and staff. The University Medical Officer, Dr. Zahida Rasool, addressed the gathering and highlighted the serious health consequences of drug abuse, emphasizing the need for early prevention and the adoption of healthy habits. Dr. Shaiqa Nasreen, Coordinator Outreach, also spoke on the occasion, underscoring the vital role of youth in building a drug-free society and encouraging students to act as change-makers within their communities. The UBA Coordinator, Dr. Romana Yousuf, was also present and motivated the participants to actively engage in community-driven awareness efforts. Tutors of Syed Mantaqi Memorial College of Nursing and Medical Technology, Ms. Ulfat Amin and Ms. Insha Rasool, emphasized on the issue of drug abuse and highlighted the preventive measures that should be taken.

The programme concluded with a pledge taken by the students to abstain from drugs and contribute towards realizing the vision of a Nasha Mukht Bharat.

Such initiatives are instrumental in raising awareness and instilling a sense of responsibility among young individuals, guiding them towards a healthier and safer future.