

DRUG FREE NATION AMONG YOUTH

Report: Mother Teresa Women's University, NSS initiated Anti-Drug club on 02.08.2022. A drug-free nation begins with its youth. Young people are the strength and future of society, and their health, values, and choices shape the nation's progress. Avoiding drugs is essential not only for personal well-being but also for building a strong, productive, and responsible community. Creating awareness, promoting healthy lifestyles, and encouraging positive peer influence can help prevent drug abuse among youth. Education, family support, and active participation in sports and cultural activities play a key role in guiding young minds toward a better path. By saying no to drugs and yes to life, youth can lead the way in building a safe, healthy, and drug-free nation.



