

NASHA MUKTI ABHIYAAN

AT GOURI DEVI INSTITUTE OF MEDICAL SCIENCES AND HOSPITAL



As part of the Nasha Mukti Bharat Abhiyaan, an interactive wellness session was organised at Gouri Devi Medical College by the Brahma Kumaris and their Medical Wing. The session focused on addiction, mental well-being, emotional balance and the importance of making conscious and healthy choices.



The programme adopted an interactive and conversational approach rather than a conventional lecture. The speakers addressed issues such as stress, fear, anxiety and overthinking, while highlighting that nasha or addiction is not limited to substance abuse. Unhealthy habits, excessive attachments can also become forms of dependency that affect an individual's well-being.

The discussion also explored the importance of happiness over materialism, the impact of comparison on contentment, and the choice between “complaint mode” and “gratitude mode.” Students were encouraged to appreciate what they have and consciously cultivate gratitude.

A five-minute guided meditation provided students with a peaceful opportunity to pause, reflect and relax. The session concluded with students taking a pledge towards sobriety and an addiction-free life, reaffirming their commitment to healthier and more mindful choices.



The programme ended on a warm and meaningful note, with the members of the Brahma Kumaris tying rakhis on the students’ wrists, symbolising care, protection, responsibility and a shared commitment towards a healthier, addiction-free society.

