

11483, MUTHAYAMMAL COLLEGE OF ARTS AND SCIENCE, RASIPURAM
ANTI-DRUGS CLUB – JUNE MONTH REPORT 2025-2026

PRINCIPAL : Dr.S.P.VIJEIKUMAR

1. Yoga for Body, Mind and Soul

1. Title of the Event: Anti-Drugs Awareness Program (**Yoga for Body, Mind and Soul**)

2. Date: 20.06.2025

3. Venue: Yoga Hall, MCAS

4. No. of Participants: 150

5. Resource Person: Mr.U.Periyasamy, Yoga Master

6. About Event:

- To spread awareness about the harmful effects of drug abuse.
- To promote yoga as a natural way to relieve stress and improve mental health.
- To encourage individuals, especially youth, to adopt a drug-free lifestyle.
- To provide an alternative method for coping with peer pressure, anxiety, and depression.

- **Inauguration & Awareness Talk**
 - Guest speakers (health experts, yoga instructors, former addicts) discuss the dangers of drug abuse and the benefits of yoga.
- **Yoga & Meditation Session**
 - Guided yoga postures for stress relief and body detoxification.
 - Breathing exercises (Pranayama) to enhance mental clarity.
 - Meditation techniques to improve self-control and emotional stability.
- **Pledge for a Drug-Free Life**
 - Participants take an oath to stay away from drugs and encourage others to do the same.

7. Highlighted Photos:



8. Student Feedback:

- The pledge made us feel responsible to stay drug-free.
- Yoga session was useful and refreshing.
- Helped in understanding the importance of a drug-free life.
- Reduced stress and improved concentration.
- Motivated to practice yoga regularly.
- Inspired to choose a healthy lifestyle.

2. World No Tobacco Day (WNTD) 2025 Celebration

1. Title of the Event: World No Tobacco Day (WNTD) 2025 Celebration

2. Date: 25.06.2025

3. Venue: MCAS –Campus.

4. No. of Participants: 200

5. Resource Person: Dr.S.P.VIJEIKUMAR , Principal, MCAS

6. About Event:

In order to create a Drug-Free Tamil Nadu, The honorable Tamil Nadu chief minister led a large-Scale Pledge-taking event (05-08-2024) conducted under the collectorate of namakkal, at the same time in our college, Students and Teachers jointly took Pledge to

As part of the event, students created a 300-square-foot Tobacco-Free Zone by marking a yellow line and, along with staff and the Principal, took a pledge to build a drug-free society and promote a healthy lifestyle.

7.Highlighted Photos :



8. Student Feedback:

- It helped us understand the dangers of drug use.
- The pledge made us feel responsible to stay drug-free.
- Many students and teachers took part actively.
- It was a good step to create a healthy society.
- More activities like this can help spread the message better.