

ACTIVITY REPORT 2025-26

VIMUKTHI CLUB, NAM COLLEGE, KALLIKKANDY

International day against drug abuse & illicit trafficking on 26th june 2025

On the day 26th June 2025, The International day against drug abuse and illicit trafficking, Vimukthi club of NAM college, Kallikkandy conducted various programmes to aware all students and staffs of our college about drug abuse and promote a drug free life-style. Vimukthi club conducted all the programmes by associating various clubs and organizations of our college including NSS, NCC, Jeevani counselling cell, women cell, college union etc.

Programme Report

1. Pledge taking ceremony – “Together we fight for drug-free society”

Date & Time : 26.06.2025 at 10.00am

Number of participants: 710

All the students and staffs of our college took pledge on 26.06.2025 to confirm their strong commitment to build a drug-free society.

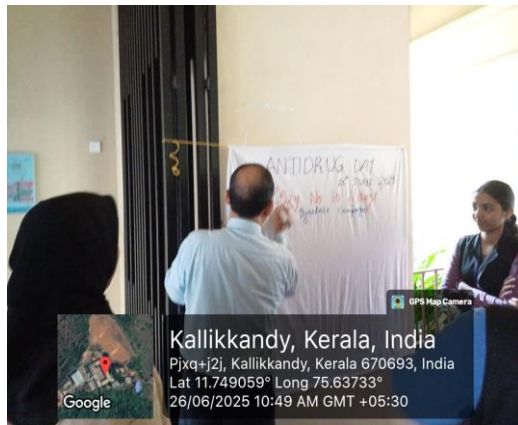


2. Signature campaign – “Say No to drugs”

Date & Time : 26.06.2025 at 10.45am

Number of participants : 580

All the students and faculties of our college put their signature on 26.06.2025 with a strong decision to stand against drug abuse and promote a healthy, addiction-free life style. The Principal K S Musthafa inaugurated the programme.



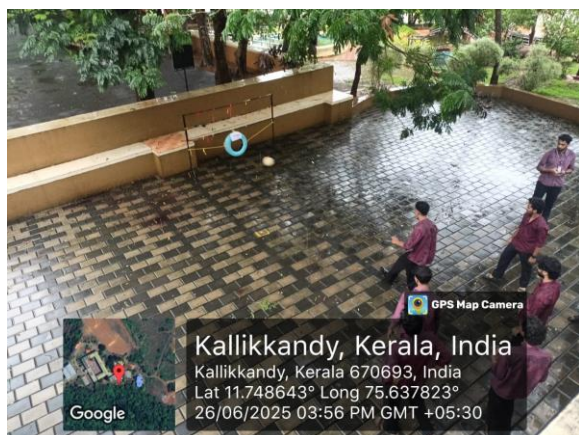
3. Penalty shoot-out – “ Say no to drugs, score for life”

Date & Time : 26.06.2025 at 03.45pm

Number of participants : 30

In association with Physical education department and college union, vimukthi club conducted penalty shoot-out event on the theme “Say no to drugs, score for life” at college

ground on 26.06.2025. This event aimed to promote a drug-free healthy life-style through sports.



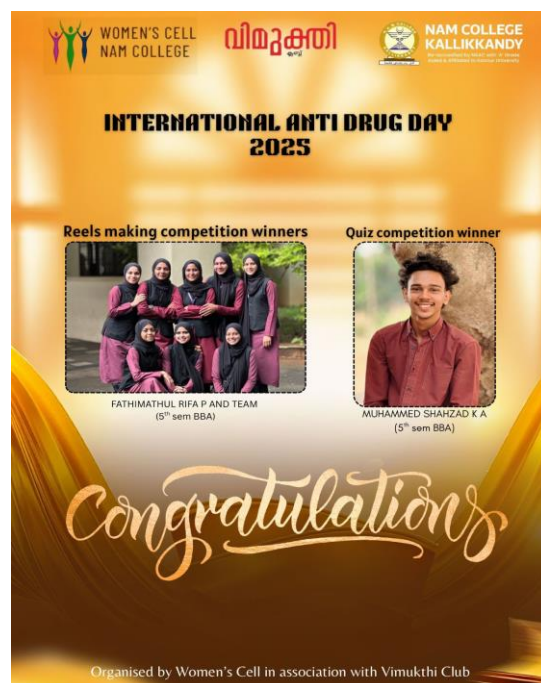
4. Quiz competition

Date & Time: 26.06.2025 at 08.00pm

Number of participants: 50

In association with NSS and NCC , vimukthi club conducted quiz competition on 26.06.2025.

Muhammed Shahazad K A of fifth semester BBA won the first prize.

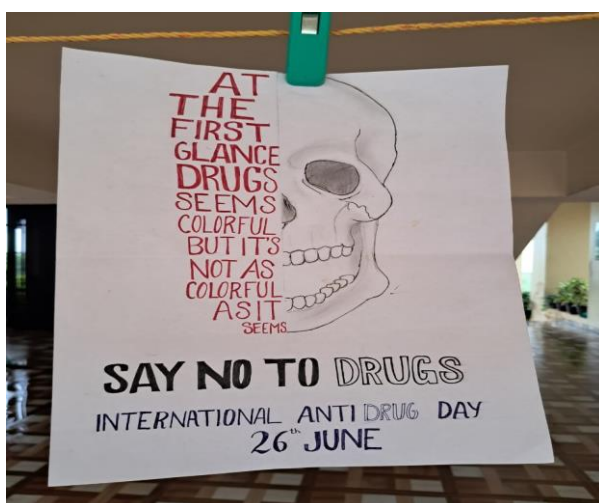


5. Poster making -“Drugs- The hidden dangers”

Date & Time : 26.06.2025 at 10.45am

Number of participants: 100

In association with NSS, Vimukthi club club conducted poster making based on the theme, “Drugs- The hidden dangers” on 26.06.2025. Students made posters with the objective of raising awareness about harmful effects of drug use and promoting a healthy life style.



6. Reels making competition – “ Together we can make a difference”

Date & Time : 26.06.2025 at 02.00pm

Number of participants: 25

In association with Women cell, Vimukthi club conducted reel making competition on the theme “Together we can make a difference” on 26.06.2025. Fathimath Rifa and team of fifth semester BBA won the first prize.



7. Whatsapp status setting – “ Stay together for promising future for Youth”

Date & Time : 25.06.2025 at 08.00pm onwards

Number of participants: 780

A poster with a reminder of the day with messages, “Let us unite to build a drug-free society, ensuring promising future for our Youth” and “Say no to drugs”, shared to all class groups. All students and staffs set this poster as their whatsapp status on the whole anti-drug day.



8. Orientation class on Drug abuse

Date & Time : 27.06.2025 at 11.00am

Number of participants: 80

On 27.06.2025, Vimukthi club in association with Jeevani, conducted an orientation class on drug abuse. The college Principal K S Musthafa inaugurated the programme. Sri. Suresh kumar vandichalil, Assistant Excise Inspector, Excise Intelligence and Investigation Bureau, Kannur delivered the keynote address. He covered all the aspects of drug abuse including its physical, mental and social impacts. He also gave information about strict laws and legal punishments under NDPS act.



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Say NO DRUGS

Jeevani



9. I AM DRUG FREE- Awareness campaign

Vimukthi club in association with national service scheme units 31 and 32 of N.A.M college, Kallikkandy conducted anti-drug campaign on 24 th September 2025. This program aimed at sensitizing students about the harmful effects of drug abuse, its physical, mental and social consequences and the importance of leading a drug-free healthy life.

The NSS volunteers are divided into four groups and these group of students went to the classrooms and conducted the activities as part of the campaign. The campaign began with awareness session led by the NSS volunteers where they conveyed the harmful effects of drug use highlighting the physical, mental and social impacts of drug use. They focused on to spread the importance of leading a drug-free healthy life. This is followed by pledge-taking where all the students and faculties who are engaging the classes at that time took the pledge to stay away from drugs and to fight against drug abuse for a drug-free society.

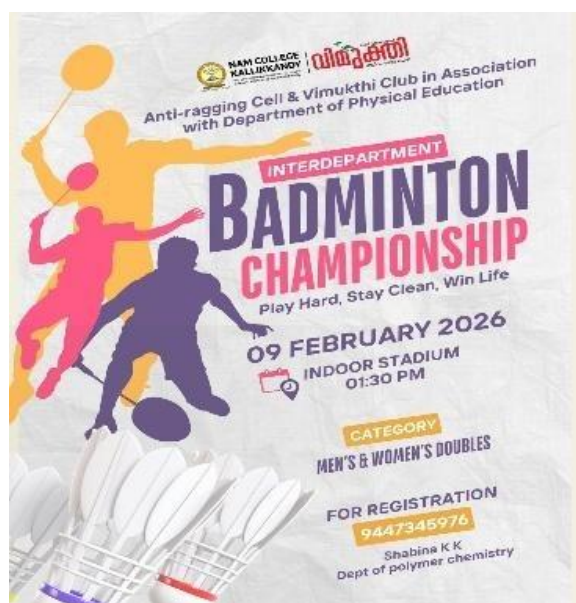
Through these activities Vimukthi club and NSS units gave a message that collective efforts help to irradiate drug abuse from campus and society.



10.Play Hard, Stay Clean, Win Life- Inter Department Badminton Championship

The Department of Physical Education, in association with the Vimukthi Club (Anti-Drug) and Anti-Ragging Cell, organized an Interdepartmental Badminton Tournament on 9 February 2026 at 2.00 PM at the Indoor Stadium of NAM College, Kallikkandy. A total of 7 teams (14 players) from different departments

participated in the doubles category. The programme was inaugurated by Dr. Shameer A.P., Principal, NAM College, Kallikkandy. The event was coordinated by Abdul Ahad, Assistant Professor of Physical Education and in charge of the Anti-Ragging Cell, and Shabina K.K., Assistant Professor, Department of Polymer Chemistry and in charge of the Vimukthi Club. The matches were held in a competitive and friendly atmosphere, and Sajad and Imran won the championship. The programme concluded successfully with active participation and cooperation from students and the organizing departments.



11. “Jeevithaman lahari, lahariyalla jeevitham”- Awareness program

An Anti-Drug Awareness Programme was organized by Vimukthi club of NAM college in association with PHC, Tripangottur and Health department, Kannur with the aim of educating students about the harmful effects of drug abuse and promoting a healthy, drug-free lifestyle. The programme encouraged students to become responsible citizens by raising awareness through educational and creative activities.

Programme Details

1. Pencil Drawing Competition

A pencil drawing competition was conducted on the theme "Say No to Drugs – Choose Life." Students creatively expressed the dangers of drug addiction and the importance of leading a healthy life through their artwork. The competition provided an opportunity for students to communicate powerful anti-drug messages using their artistic skills.

2. Anti-Drug Pledge

Students, faculty members, and staff participated in an anti-drug pledge. The pledge emphasized the commitment to stay away from drugs, promote healthy habits, and encourage others to live a drug-free life. The activity reinforced the participants' sense of responsibility towards building a healthier society.

3. Awareness Class

An awareness session was conducted by Mahesh Korora, Health Inspector, PHC Tripangottur to educate students on various aspects of drug abuse, including its causes, health effects, psychological and social consequences, legal implications, preventive measures, and the importance of seeking timely help. The interactive session enabled students to clarify their doubts and understand the long-term impact of substance abuse.



12.Road show - Awareness program

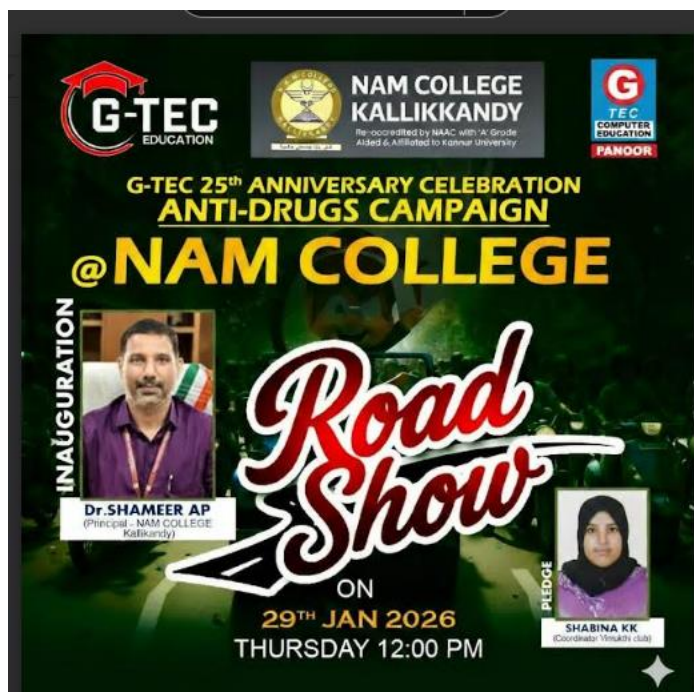
An Anti-Drug Awareness Campaign was organized by the **Vimukthi Club** in association with **G-TECH Education, Panoor**, on 29.01.2026 with the objective of creating awareness among students and the public about the harmful effects of drug abuse and promoting a healthy, drug-free lifestyle.

The campaign commenced with a **pledge-taking ceremony**, where students, faculty members, and participants collectively pledged to stay away from drugs and to encourage others to lead a drug-free life. The pledge reinforced the importance of individual responsibility in preventing substance abuse and building a healthier society.

As part of the campaign, a **road show** was conducted at the college. Students actively participated by carrying placards, displaying awareness messages, and raising slogans highlighting the dangers of drug addiction and the importance of making positive life choices.

A **quiz competition** was also organized to enhance students' knowledge about drug abuse, its physical, psychological, and social consequences, preventive measures, and legal aspects. The competition encouraged active participation and helped students improve their understanding of substance abuse prevention in an engaging manner.

The campaign witnessed enthusiastic participation from students and faculty members. The collaborative efforts of the **Vimukthi Club** and **G-TECH Education, Panoor** made the program informative, interactive, and impactful.





13. Poster display

Poster Display on Notice Boards – Anti-Drug Awareness Programme

As part of the ongoing anti-drug awareness initiatives, the volunteers of the **Anti-Drug Protection Army** organized a **Poster Display Campaign** across the notice boards of various academic departments, college office, canteen, library, indoor stadium etc on 10.10.2025. The programme aimed to educate students and staff about the harmful effects of drug abuse and to promote a healthy, drug-free lifestyle.

The volunteers displayed informative poster highlighting the physical, mental, social, and legal consequences of substance abuse. The posters also conveyed main contact numbers of authorities concerned.

The campaign served as an effective visual awareness programme, reinforcing the institution's commitment to creating a safe and healthy educational environment.

