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REPORT ON NASHA MUKT YUVA – MERA SWASTHYA, MERA GARV

Health & Awareness Camp

Organised by: NSS Unit, Hooghly Mohsin College

In collaboration with: Chief Medical Officer of Health (CMOH), Hooghly

Date: 25 September 2026

Venue: Hooghly Mohsin College Campus, Chinsurah

The NSS Unit of **Hooghly Mohsin College**, in collaboration with the **Office of the Chief Medical Officer of Health (CMOH), Hooghly**, organised a “**Nasha Mukh Yuva – Mera Swasthya, Mera Garv**” **Health & Awareness Camp** on **25 September 2026** at the College campus. The programme was organised as part of the **100 Weeks Nasha Mukh Yuva Abhiyan for Viksit Bharat**, with emphasis on health awareness, prevention of substance abuse and the mental well-being of young people.

The programme was graced by **Dr Sisir Kumar Das, Former Superintendent, Bandel ESI Hospital and a prestigious alumnus of Hooghly Mohsin College**, as the **Chief Guest**.

A team of medical and health professionals attended the camp. The team included a **Psychiatrist, mental-health professional/psychological support personnel, Nutritionist and other doctors and paramedical staff**. The official medical team included **Dr. Debasis Das, Psychiatrist, DMHP; Mrs. Jhilam Bandyopadhyay, Psychiatric Social Worker, DMHP; and Smt. Purna Gangopadhyay, Nutritionist, Pandua RH, Hooghly**.

A major component of the camp was the **health screening of students and NSS volunteers**, including **Body Mass Index (BMI) assessment**. BMI was checked for every participating student and volunteer, helping them understand the importance of maintaining healthy body weight and lifestyle.

An **awareness programme on “Nasha Mukh Yuva”** was also conducted, focusing particularly on the **mental health of students**, the harmful effects of substance abuse, healthy lifestyle practices and the importance of seeking appropriate professional support when required.

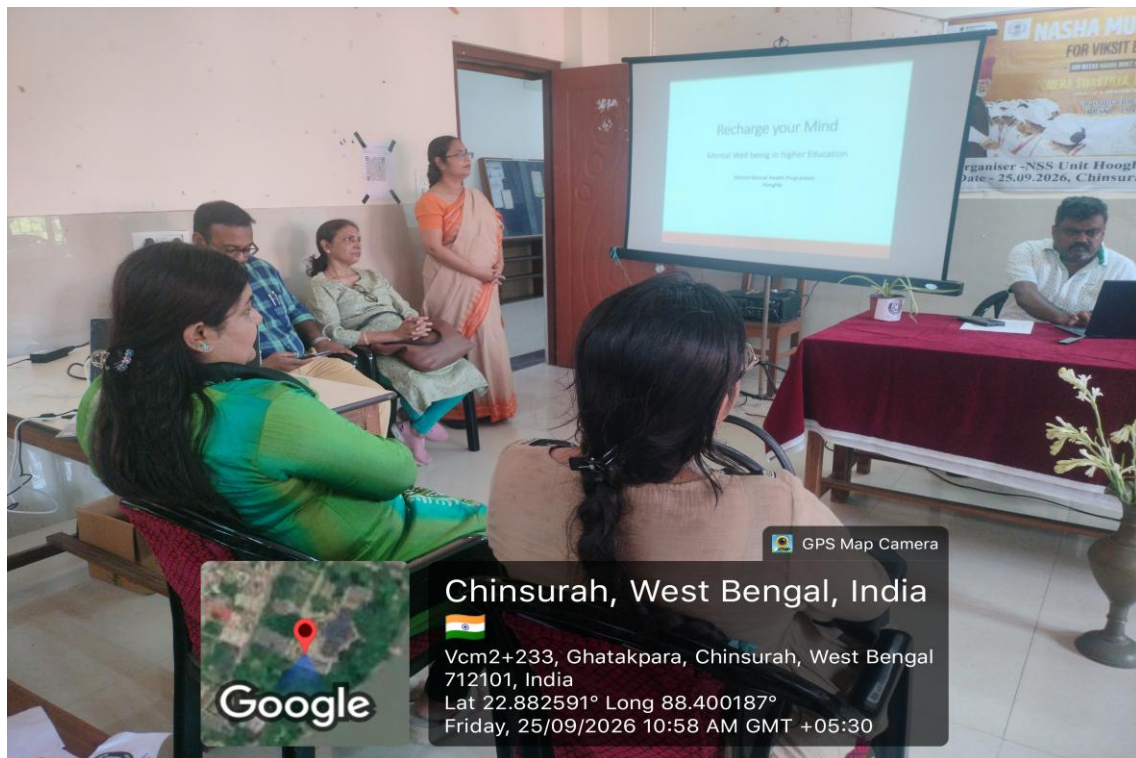
A total of **58 NSS volunteers** participated in the programme. The camp provided the students and volunteers with an opportunity to receive basic health assessment, nutrition-related guidance and mental-health awareness from qualified professionals.

The programme concluded with a renewed commitment towards building a **healthy, aware and substance-free youth community**, in keeping with the objectives of the *Nasha Mukta Yuva Abhiyan*.

NSS Programme Officer
NSS Unit, Hooghly Mohsin College
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Some Glimpses of the events





[Signature]
The Principal
Hooghly Mohsin College
Principal
HOOGHLY MOHSIN COLLEGE