



Session: 2026-27

Report

Drug-Free and Health Awareness Session Inspires Students at Birla Public School Ganganagar

Sri Ganganagar, July 25, 2026

Birla Public School, Sri Ganganagar, organised a comprehensive **Drug-Free and Health Awareness Session** for students of Classes IX to XII with the objective of promoting a healthy lifestyle and creating awareness about the harmful effects of substance abuse. The informative programme aimed to equip students with the knowledge and motivation needed to make responsible life choices and contribute towards building a drug-free society.

The session was conducted by **Mr. Mayank Rajpal** from the Health Department, who served as the keynote speaker. Addressing the gathering, he highlighted the devastating physical, psychological, social, and emotional consequences of drug addiction. He emphasised that substance abuse not only affects an individual's health and academic performance but also disrupts family life and weakens society as a whole. Encouraging students to become ambassadors of change, he urged them to remain free from all forms of addiction and actively spread awareness among their peers, families, and communities to help realise the vision of a healthy and drug-free India.

The programme was attended by **Principal Dr. Nitesh Kumar Singh**, **Vice Principal Mrs. Sushila Saharan**, and **Headmistress Mrs. Akanksha Khullar**, whose inspiring addresses reinforced the significance of health, discipline, and ethical living.

In his address, **Dr. Nitesh Kumar Singh** stated that good health and positive thinking are the cornerstones of success. He encouraged students to cultivate self-discipline, uphold strong moral values, and make wise decisions that would help them lead meaningful and addiction-free lives.

Speaking on the occasion, **Mrs. Sushila Saharan** observed that awareness is the strongest defence against social evils such as drug abuse. She motivated students to stay focused on their aspirations and adopt a healthy, disciplined, and responsible lifestyle.

Mrs. Akanksha Khullar appealed to students to become informed and responsible citizens by promoting the message of health awareness and drug prevention within society and inspiring others through their actions.

An engaging interactive session followed the address, during which students enthusiastically posed questions to the resource person and gained valuable insights into health-related issues and the long-term consequences of substance abuse. Their active participation reflected a keen interest in understanding the importance of making informed and healthy choices.

As a mark of appreciation, the school administration presented **Mr. Mayank Rajpal** with a memento in recognition of his valuable contribution to the awareness initiative. The administration also commended the students for their enthusiastic participation and reaffirmed its commitment to organising such educational programmes that foster healthy living, social responsibility, self-discipline, and moral values.

The awareness session concluded on a highly positive note, leaving students inspired and better equipped to lead healthy, responsible, and addiction-free lives while contributing meaningfully to society.





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