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PRESS-RELEASE

IIT (ISM) Dhanbad promotes drug-free lifestyle through pledge drive and yoga session under Nasha Mukta Bharat Abhiyaan

IIT (ISM) Dhanbad is actively participating in the nationwide observance of the International Day Against Drug Abuse and Illicit Trafficking through a series of awareness activities being organized from June 17 to June 26 under the theme, *“Nasha Mukta Bharat Abhiyaan, Viksit Bharat ki Pehchaan.”*

As part of the campaign, the institute launched an online mass pledge drive across the campus. QR-code-enabled posters were displayed in hostels and other prominent locations, encouraging students, faculty members and staff to take a pledge for a drug-free society and spread awareness about the harmful effects of substance abuse.

Following the pledge-taking initiative, a special Yoga and Wellness Session on the theme *“Eradication of Drug Addiction through Yoga and Wellness”* was organized on the campus. The session highlighted the role of yoga in fostering a healthy mind and body while helping individuals resist substance abuse and lead balanced lives.

Participants actively practiced various yoga asanas and breathing exercises aimed at improving physical fitness, mental resilience and emotional well-being. The programme emphasized that adopting yoga as a way of life can serve as an effective tool in preventing addiction and promoting a disciplined and healthy lifestyle among youth.

The awareness campaign at IIT (ISM) Dhanbad also includes plantation drives, online poster-making, slogan-writing and essay competitions, along with other outreach activities designed to promote healthy living and strengthen collective responsibility towards building a drug-free India.

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