

Academic Calendar Wise Schedule¹

S. No.	Month	Theme based on Days of National and International Importance ²	List of Activities ³
1.	August	Independence Day: Freedom from Substance Dependence	i. Theme based Events ii. Pledge- NSS volunteers will take pledge against drugs and ensure that pledges are taken by students with whom they interact and work with.
2.	September	International Literacy Day: Foster the habit of books not drugs	iii. Skit/ Nukkad Natak iv. Marathon
3.	October	National Unity Day: United against substance use	v. Walkathon vi. Rallies vii. Awareness Activities viii. Educational Outreach
4.	November	National Education Day: Educate to Liberate	for underprivileged section of society ix. IEC Distribution x. Wall Painting in nearby community areas

			xi. Presentations
			xii. Social Media Campaign through the already existing social

5.	December	Human Rights Day: Break the stigma. Support, don't punish.	media accounts of the NSS unit if any.
6.	January	Youth Day: Youth for Change	xiii. Competitions: Poster making, Slogan Writing, Painting
7.	February	World Day of Social Justice: Breaking the barriers for inclusive growth	xiv. Community Outreach Programme
8.	March	International Women Day: Women leading against substance use	xv. Awareness Sessions
9.	April	World Health Day:	xvi. Meditation
			xvii. Yoga
			xviii. Lectures by Experts
			xix. Workshops
			xx. Stall for exhibitions of recovered users may be designated in annual NSS fests (if any) of the Educational

		Substance use Reduction through Healthy Youths	Institutions.
10.	May	World Anti Tobacco Day:	xxi. Promotion of the National toll free deaddiction helpline number 14446 (through painting in the community gathering areas,

		Ensuring a healthy future and tobacco free generation	banners, pamphlets etc.)
11.	June	International Day against Drug Abuse and Illicit Trafficking	xxii. Special event on 26 th June.
12.	July	World Youth Skills Day: Appreciating the talent of youths	xxiii. Camps related to physical and mindfulness activities during vacations.

¹ Any event (relevant to the theme) from the column of list of activities may be conducted, such that one activity per week is dedicated to Nasha Mukta Bharat Abhiyaan.

² Any other day of National and International Importance may