

Youth urged to choose sports over drugs

STAFF REPORTER

GUWAHATI, Sept 5: Sports and constructive engagement of young people were projected as key tools to keep them away from substance abuse at an anti-drug awareness programme held at Dispur College recently.

Organised by the Youth Against Drugs Foundation (YADF) in association with the NSS Unit of Dispur College, the 'Yuva Manthan' programme focused on the physical, psychological, social and academic consequences of drug abuse, particularly among students.

An awareness poster carrying the message 'Say No to Drugs, Say Yes to Sports' was launched on the occasion, with speakers stressing the need to create positive alternatives for young people vulnerable to substance abuse.

YADF vice chairperson Minakshi Singha said prevention through awareness was among the most effective ways of protecting young people from drugs. Secretary Rajveer Singha said 'Yuva Manthan' was part of YADF's continuing effort to involve students and educational institutions in the anti-drug campaign.

Dispur College vice principal Indrani Choudhury Mahanta, dean of students' welfare Dr Sashi Mohan Das, Serlin Engjaipi, Sutibra Malakar, faculty members, NSS volunteers and students attended the programme.