

**Unnat Bharat Abhiyan**  
**Sree Narayana College, Nattika**  
and  
**ViswaSanthi Development Foundation**  
In association with IQAC

A one-day Anti-Drug Awareness Workshop titled “Be a Hero – Say No to Drugs” was organized by UBA – Sree Narayana College, Nattika, in association with ViswaSanthi Foundation and IQAC. The programme was conducted on 27<sup>th</sup> November 2025 (Thursday) at GHSS Peringottukara, Thrissur. The workshop aimed to create awareness among students about the harmful effects of drug abuse and to inspire them to take a strong stand against substance use. It is noteworthy that GHSS Peringottukara is located in Kizhakkumuri, one of the adopted villages under the UBA project of Sree Narayana College, Nattika, making the programme more impactful and relevant to the community.

**UNNAT BHARAT ABHIYAN**  
**SREE NARAYANA COLLEGE, NATTIKA**  
AISHE CODE: C-8024  
and  
**ViswaSanthi Foundation**  
In association with  
**IQAC**

Organises  
**One - Day Workshop**  
**“Be a Hero-Say No to Drugs”**  
*Together for a drug-free future.*

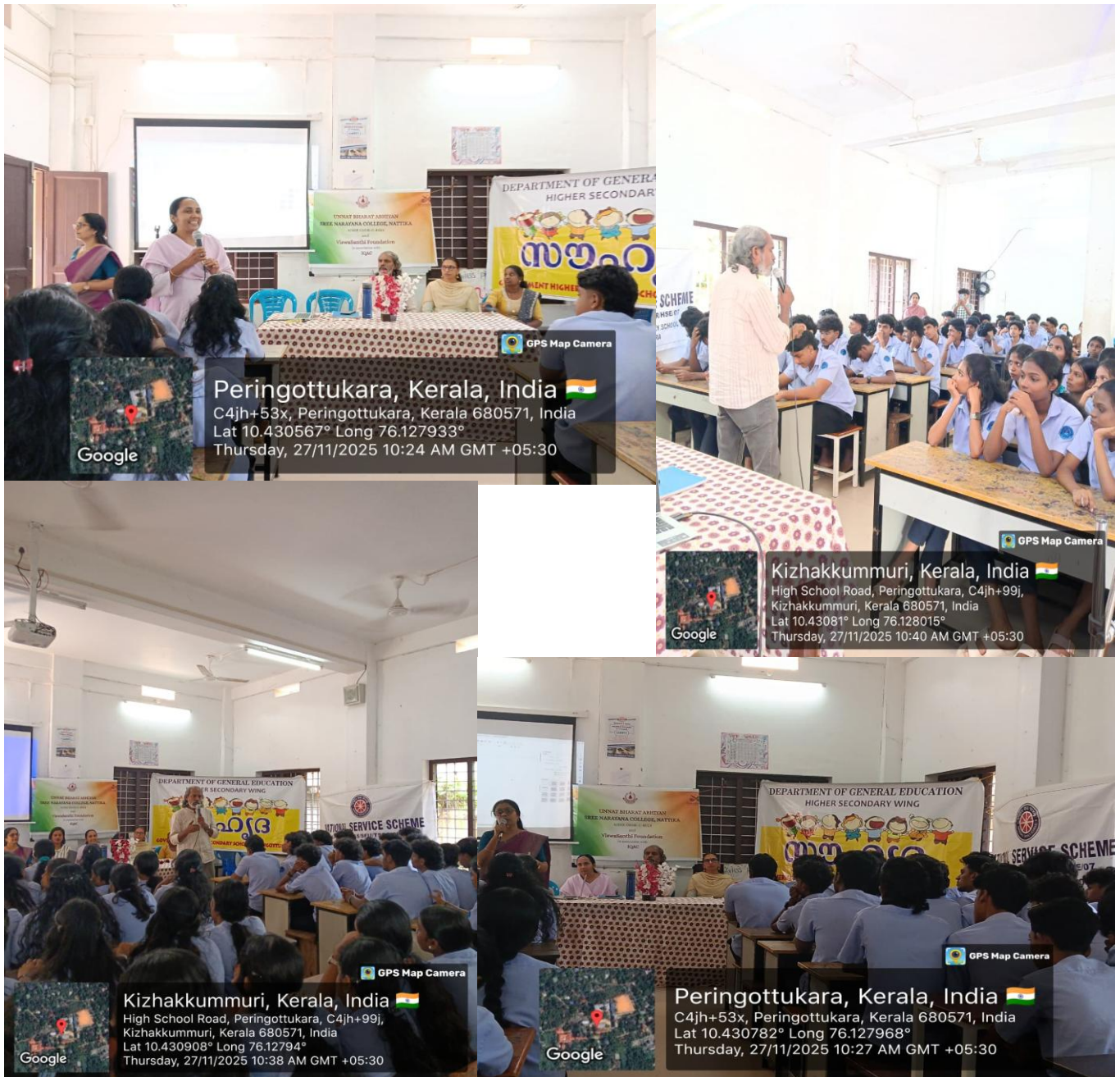
**27/11/2025**  
GHSS Peringottukara,  
Thrissur  
**10:00 AM**

**“BREAKING THE CHAINS:  
PREVENTION, TREATMENT AND  
RECOVERY FOR ALL”  
- WORLD DRUG DAY THEME 2025**

GHSS Peringottukara Principal Bindu P S    UBA Coordinator Ms. A S Priyanka    IQAC Coordinator Dr. Sankaran K K    Principal Prof.(Dr)Anitha C T



The programme was organized in three separate sessions to ensure better interaction and focused learning for each group of students. The first and second sessions were conducted in the morning for the students of Class 12 (Commerce and Science) and Class 11 and 12 (Humanities) respectively. The third session was held in the afternoon for the students of Class 11 (Science and Commerce). Conducting the programme in multiple segments proved beneficial for creating deeper understanding, meaningful interaction, and better engagement with the students, enabling the resource persons to address their queries more effectively and understand their perspectives closely.

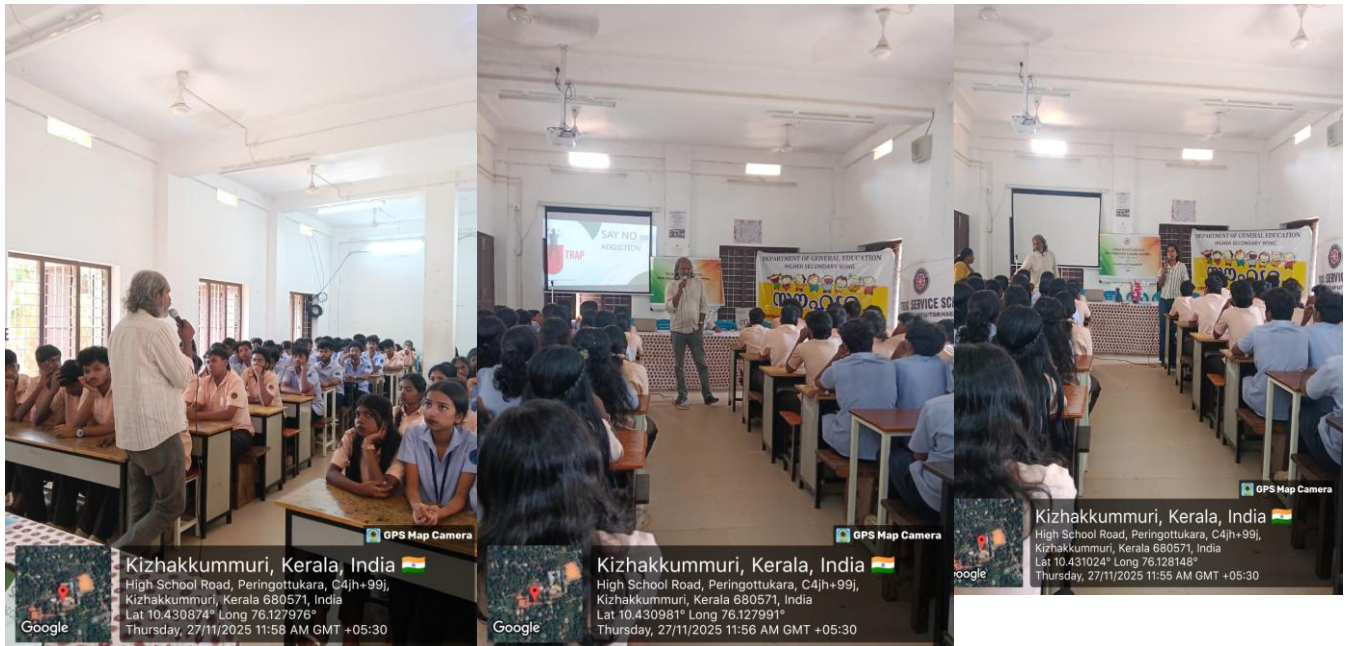


The session began with an introductory speech by Ms. A. S. Priyanka, UBA Coordinator, Sree Narayana College, Nattika, who highlighted the objectives of the workshop and emphasized the significance of creating drug-free educational spaces. This was followed by a welcome address by Ms. Bindu P. S., Principal, GHSS Peringottukara, who appreciated the collaborative efforts of UBA and ViswaSanthi Foundation in organizing such meaningful initiatives for the holistic development of students. The presidential address was delivered by Smt. Sunitha Jayarajan, PTA President, GHSS Peringottukara, who stressed the vital role of parents and teachers in guiding students towards a healthy and disciplined lifestyle. She encouraged students to make responsible decisions and stay away from habits that could destroy their future. A felicitation speech was presented by Ms. Raji K. R., Psycho-Social School Counsellor,

GHSS Peringottukara, who spoke about the importance of emotional support systems at home and in school, and the need for open communication to prevent children from falling into addiction. Ms. Athira Wilson Programme Coordinator “Be a Hero Project”. ViswaSanthi Development Foundation, also offered felicitations, expressing gratitude for the opportunity to collaborate and highlighting the importance of collective responsibility in preventing substance abuse among youth.



First session for class 12<sup>th</sup> grade of Science and Commerce.



Second session for the class 11<sup>th</sup> and 12<sup>th</sup> Humanities.



Third session for the class 11<sup>th</sup> Science and Commerce.



The keynote address was given by Mr. Siji Antony, Psychotherapist, National and International Trainer, Director of ASK (Academy for Attitude Skills Knowledge) and Vice Principal, TRADA Institute of Social Science, Kottayam. He highlighted the role of youth in nation-building and explained how education, skills, and employment contribute to achieving demographic dividend. He discussed the common reasons that lead young people towards drug use such as reducing stress, anxiety, and boredom. He emphasized the importance of controlling one's mind, thoughts, and emotions, and motivated students to develop creative and



List of Participants.

S.No	Name of Students	Class	Signature
1	Amrta P.H	B <sub>2</sub>	<i>[Signature]</i>
2	Alhaja M.O	B <sub>2</sub>	<i>[Signature]</i>
3	Faseela Parveen	B <sub>2</sub>	<i>[Signature]</i>
4	Anaswara N.Baju	B <sub>2</sub>	<i>[Signature]</i>
5	Dhanika K.N	B <sub>2</sub>	<i>[Signature]</i>
6	Abhijith N.J	B <sub>2</sub>	<i>[Signature]</i>
7	Shahabaz V.G	B <sub>2</sub>	<i>[Signature]</i>
8	Anli	B <sub>2</sub>	<i>[Signature]</i>
9	Arifa N.A	B <sub>2</sub>	<i>[Signature]</i>
10	Saija Jay	B <sub>2</sub>	<i>[Signature]</i>
11	Ananthakrishnan A.S	B <sub>2</sub>	<i>[Signature]</i>
12	ABIN BNOY	B <sub>2</sub>	<i>[Signature]</i>
13	Gaiha K.A	B <sub>2</sub>	<i>[Signature]</i>
14	Sana A.N	B <sub>2</sub>	<i>[Signature]</i>
15	Saija	B <sub>2</sub>	<i>[Signature]</i>
16	Jahna N.N	B <sub>2</sub>	<i>[Signature]</i>
17	Devi K.U	B <sub>2</sub>	<i>[Signature]</i>
18	Shik	B <sub>2</sub>	<i>[Signature]</i>
19	Riya C.B	B <sub>2</sub>	<i>[Signature]</i>
20	Mahamed Rafi	H <sub>2</sub>	<i>[Signature]</i>
21	Jiswin T.J	H <sub>2</sub>	<i>[Signature]</i>
22	Muhammed Riyas N.M	H <sub>2</sub>	<i>[Signature]</i>
23	Akash ma	H <sub>2</sub>	<i>[Signature]</i>
24	Anandharishma L.P	H <sub>2</sub>	<i>[Signature]</i>
25	NANDHU KRISHNAN K.R	H <sub>2</sub>	<i>[Signature]</i>
26	Adwaita Krishna T.P	H <sub>2</sub>	<i>[Signature]</i>
27	Anya N.G	H <sub>2</sub>	<i>[Signature]</i>
28	Phani T.R	H <sub>2</sub>	<i>[Signature]</i>
29	Devarasulha m.R	H <sub>2</sub>	<i>[Signature]</i>
30	Olya K.S	H <sub>2</sub>	<i>[Signature]</i>
31	RUBY PRINCE	H <sub>2</sub>	<i>[Signature]</i>

S.No	Name of student	Class	Signature
1	VASUDEV K.S	C <sub>2</sub>	<i>[Signature]</i>
2	ANFAS BASITH K.S	C <sub>2</sub>	<i>[Signature]</i>
3	Muhammed Pathan V.R	C <sub>2</sub>	<i>[Signature]</i>
4	Naveen Krishna V	C <sub>2</sub>	<i>[Signature]</i>
5	Jishnu olev	C <sub>2</sub>	<i>[Signature]</i>
6	Anjith C.K	C <sub>2</sub>	<i>[Signature]</i>
7	Sankhan	C <sub>2</sub>	<i>[Signature]</i>
8	Minkaj M.S	C <sub>2</sub>	<i>[Signature]</i>
9	Shree Phin Sunny	C <sub>2</sub>	<i>[Signature]</i>
10	Ruthin Raj	C <sub>2</sub>	<i>[Signature]</i>
11	Aathigan M.S	C <sub>2</sub>	<i>[Signature]</i>
12	Mishra V.L.E.C.S	C <sub>2</sub>	<i>[Signature]</i>
13	Amarnath K.R	C <sub>2</sub>	<i>[Signature]</i>
14	ADHISH K.S	C <sub>2</sub>	<i>[Signature]</i>
15	Muhammed Althaf	C <sub>2</sub>	<i>[Signature]</i>
16	Anurutha K.B	C <sub>2</sub>	<i>[Signature]</i>
17	Jaganprajay A.P	C <sub>2</sub>	<i>[Signature]</i>
18	Hari Prayag K.P	C <sub>2</sub>	<i>[Signature]</i>
19	Jeevikrishna K.S	C <sub>2</sub>	<i>[Signature]</i>
20	Asisha K. Pradeep	C <sub>2</sub>	<i>[Signature]</i>
21	Didhi K.M	C <sub>2</sub>	<i>[Signature]</i>
22	KRISHNAJAYA A.S	C <sub>2</sub>	<i>[Signature]</i>
23	Anurha M.H	C <sub>2</sub>	<i>[Signature]</i>
24	Vaiga Ak	C <sub>2</sub>	<i>[Signature]</i>
25	Sireelakshmi pu	C <sub>2</sub>	<i>[Signature]</i>
26	Adithya Praseon	C <sub>2</sub>	<i>[Signature]</i>
27	Nayana P. Vnnikrishnan	C <sub>2</sub>	<i>[Signature]</i>
28	Avanik m	C <sub>2</sub>	<i>[Signature]</i>
29	Abhisha K.G	C <sub>2</sub>	<i>[Signature]</i>
30	Sangita P.Prasad	C <sub>2</sub>	<i>[Signature]</i>
31	Abhinav K.S	C <sub>2</sub>	<i>[Signature]</i>
32	Leo George	C <sub>2</sub>	<i>[Signature]</i>

S.No	Name of student	Class	Signature
33	Abiqas K.L	C <sub>2</sub>	<i>[Signature]</i>
34	Syara P.S	C <sub>2</sub>	<i>[Signature]</i>
35	Abus K.S	C <sub>2</sub>	<i>[Signature]</i>
36	Abhinav m	C <sub>2</sub>	<i>[Signature]</i>
37	Asadulha T.m	C <sub>2</sub>	<i>[Signature]</i>
38	Snabil O.S	C <sub>2</sub>	<i>[Signature]</i>
39	Anaswar N.S	C <sub>2</sub>	<i>[Signature]</i>
40	Hisham A.S	C <sub>2</sub>	<i>[Signature]</i>
41	Adhish V.S Achary	C <sub>2</sub>	<i>[Signature]</i>
42	Ishraa Krishna Pu	C <sub>2</sub>	<i>[Signature]</i>
43	Athul Krishna V.V	C <sub>2</sub>	<i>[Signature]</i>
44	Amit K.B	C <sub>2</sub>	<i>[Signature]</i>
45	Shivraj m.R	C <sub>2</sub>	<i>[Signature]</i>
46	Arjananda	A <sub>2</sub>	<i>[Signature]</i>
47	Permaty T.R	A <sub>2</sub>	<i>[Signature]</i>
48	Anjusha S.S	A <sub>2</sub>	<i>[Signature]</i>
49	Anchana V.S	A <sub>2</sub>	<i>[Signature]</i>
50	Sireelakshmi T.B	A <sub>2</sub>	<i>[Signature]</i>
51	Mitha K.Das	A <sub>2</sub>	<i>[Signature]</i>
52	Aysha m.m	A <sub>2</sub>	<i>[Signature]</i>
53	Vismaya Rajesh	A <sub>2</sub>	<i>[Signature]</i>
54	Geeya Subeesh	A <sub>2</sub>	<i>[Signature]</i>
55	Safa E.A	A <sub>2</sub>	<i>[Signature]</i>
56	Durga Rajeev	A <sub>2</sub>	<i>[Signature]</i>
57	ANARA P.V	A <sub>2</sub>	<i>[Signature]</i>
58	Dhanika P.S	A <sub>2</sub>	<i>[Signature]</i>
59	Biribhav B	A <sub>2</sub>	<i>[Signature]</i>
60	Anagha A.M	A <sub>2</sub>	<i>[Signature]</i>
61	Nandana P.P	H <sub>2</sub>	<i>[Signature]</i>
62	Suyathya I.S	H <sub>2</sub>	<i>[Signature]</i>
63	Isha sheni	H <sub>2</sub>	<i>[Signature]</i>
64	Bhadra M.R	H <sub>2</sub>	<i>[Signature]</i>

S.No	Name of student	Class	Signature
65	Sireelakshmi O.S	H <sub>2</sub>	<i>[Signature]</i>
66	Nahidha K.N	H <sub>2</sub>	<i>[Signature]</i>
67	Sajila K.V	H <sub>2</sub>	<i>[Signature]</i>
68	Argeetase T.J	H <sub>2</sub>	<i>[Signature]</i>
69	Anurha M.A	H <sub>2</sub>	<i>[Signature]</i>
70	Nandana V.K	H <sub>2</sub>	<i>[Signature]</i>
71	Ramadhana E.N	H <sub>2</sub>	<i>[Signature]</i>
72	Angel T.J	H <sub>2</sub>	<i>[Signature]</i>
73	Anisha P.S	H <sub>2</sub>	<i>[Signature]</i>
74	Ananya P.A	H <sub>2</sub>	<i>[Signature]</i>
75	Hanikuttan K.S	H <sub>2</sub>	<i>[Signature]</i>
76	Abhishek P.P	H <sub>2</sub>	<i>[Signature]</i>
77	Sreevaidya T.M	H <sub>2</sub>	<i>[Signature]</i>
78	Goutham A.M	H <sub>2</sub>	<i>[Signature]</i>
79	Sachin Srinivas	H <sub>2</sub>	<i>[Signature]</i>
80	Anirudh Rajesh	H <sub>2</sub>	<i>[Signature]</i>
81	Sank	H <sub>2</sub>	<i>[Signature]</i>
82	Bhanu	H <sub>2</sub>	<i>[Signature]</i>
83	Kishan	H <sub>2</sub>	<i>[Signature]</i>
84	Deepthi M.P	H <sub>2</sub>	<i>[Signature]</i>
85	Ashil M.R	H <sub>2</sub>	<i>[Signature]</i>
86	Sanjay M.B	C <sub>1</sub>	<i>[Signature]</i>
87	Syara Prabha C.S	C <sub>1</sub>	<i>[Signature]</i>
88	Vishvika V.B	C <sub>1</sub>	<i>[Signature]</i>
89	Dhaheeb H.S	C <sub>1</sub>	<i>[Signature]</i>
90	Neejith	C <sub>1</sub>	<i>[Signature]</i>
91	Mohammed zamsii	C <sub>1</sub>	<i>[Signature]</i>
92	Lukhi Komar K.S	C <sub>1</sub>	<i>[Signature]</i>
93	Adhyanath K.S	C <sub>1</sub>	<i>[Signature]</i>
94	Nathaniel K.S	C <sub>1</sub>	<i>[Signature]</i>
95	Hafid E.H	C <sub>1</sub>	<i>[Signature]</i>
96	Anaswar P.S	C <sub>1</sub>	<i>[Signature]</i>

S.No	Name of student	Class	Signature
97	Jefro Jajo	C1	[Signature]
98	Abhinav P.N.S	C1	[Signature]
99	Rahul Krishna P.R	"	[Signature]
100	Devarish C.D	"	[Signature]
101	Ashuk C.A	"	[Signature]
102	Livid K Rajesh	"	[Signature]
103	Abhijith K.B	"	[Signature]
104	Anusree Sambasikumar	"	[Signature]
105	Lakshmi K.S	"	[Signature]
106	Groami Nandana	"	[Signature]
107	Thingal Krishna	"	[Signature]
108	Deeka K.M	"	[Signature]
109	Anusree M.S	C1	[Signature]
110	prathvika Sonu	"	[Signature]
111	Sreenidhi K.V	"	[Signature]
112	Sweetha P.S	"	[Signature]
113	Hamsa Nibha	"	[Signature]
114	Ananya Krishna	"	[Signature]
115	AVANTHIKA T.S	C1	[Signature]
116	NAVIN KRISHNA A.J	H1	[Signature]
117	SARBHARIRAJESH	H1	[Signature]
119	Aditya Vilas	H1	[Signature]
119	Isam Muhammad	H1	[Signature]
120	Jijo Dineesh	H1	[Signature]
121	Sarika V.S.A	H1	[Signature]
122	Kishan T.B	H1	[Signature]
123	Ashar A.S.	H1	[Signature]
124	Bhizum	H1	[Signature]
125	Akshay U.T	H1	[Signature]
126	ANAY.N.S	H1	[Signature]
127	ADHIL DEV.T.S	H1	[Signature]
128	Anagudh.P.A	H1	[Signature]

S.No	Name of student	Class	Signature
129	Heidrik N.S	H1	[Signature]
130	Devichandana C.T	H1	[Signature]
131	Sreelakshmi C.R	H1	[Signature]
132	Vismaya P.V	H1	[Signature]
133	Safa.P.S	H1	[Signature]
134	Harika P.M	H1	[Signature]
135	Amvitha	H1	[Signature]
136	Bhadra.K.V	H1	[Signature]
137	Ahulya P.L	H1	[Signature]
138	Manna.P.S	H2	[Signature]
139	Ashika P.E	H2	[Signature]
140	Bhavana Sasi	H1	[Signature]
141	Dhitya K.S	H1	[Signature]
142	Devika Raji	H1	[Signature]
143	Devika Gopi	H1	[Signature]
144	Elba Maria	H1	[Signature]
145	Noushiya A.M	H1	[Signature]
147	Sinca A.A	H1	[Signature]
148	Ashaya Vinod	B1	[Signature]
149	Irene babamen	B1	[Signature]
150	Uthara V.P	B1	[Signature]
151	Krishnendu.E.P	B1	[Signature]
152	Nveetha prajithan	B1	[Signature]
153	Anica P. Manoj	B1	[Signature]
154	Cruga Sunil	B1	[Signature]
155	Bhadra NR	B1	[Signature]
156	Catharine.NJ	B1	[Signature]
157	Abinaya.K.S	B1	[Signature]
158	Sruya Sojan	B1	[Signature]
159	Radhika P.K	B1	[Signature]
160	Hana Fatima.P.M	B1	[Signature]
161	A.Afiana	B1	[Signature]
162	Afiana.K.S	B1	[Signature]

S.No	Name of student	Class	Signature
163	Isha Nazim .K.S	B1	[Signature]
164	shimra shaharha v.A	B1	[Signature]
167	Diya Lavitha L.S	B3	[Signature]
168	Aysha.K.A	B3	[Signature]
169	Nivedhya K.B	B1	[Signature]
170	Ahulya .K.P	B1	[Signature]
171	SAFA .P.I	B1	[Signature]
172	parvathy vinod.V	B1	[Signature]
173	parvathy.P	B1	[Signature]
174	Anagh.T.S	B1	[Signature]
175	Shaheem	B1	[Signature]
176	Anandh Krishna	B1	[Signature]
177	Meibamed Binan	B1	[Signature]
178	Ananthu.P.J	B1	[Signature]
179	Adwaith.V.J	B1	[Signature]
180	Niranjana.P.M	B1	[Signature]
181	Pawan chand V.S	B1	[Signature]
182	Adhinath .K.G	B1	[Signature]
182	Ishan .M.S	B1	[Signature]
183	Sreeram Shine	B1	[Signature]
184	Rahul PR	B1	[Signature]
185	Abn Joseph	B1	[Signature]
186	Ashil jith P	B1	[Signature]
187	Basudev.T.S	B1	[Signature]
188	Harikrishnan K.S	B1	[Signature]
189	Jijin vengopal	B1	[Signature]
190	Abhinav.P.S	B1	[Signature]
191	P.S manha nassrin	A1	[Signature]
192	Amna Fatima V.H	A1	[Signature]
193	Nazim.P.A	A1	[Signature]
194	Husna.P Shamsudheen	A1	[Signature]
195	An zaina fatima.P.S	A1	[Signature]
196	Aleesha .K.J	A1	[Signature]

S.No	Name of student	Class	Signature
197	Sanjya.p.s	A1	[Signature]
198	Samin	A1	[Signature]
199	Niveditha.V.S	A1	[Signature]
200	Ragapriya	A1	[Signature]
201	Sreenanda.K.S	A1	[Signature]
202	Abhinami.V.B	A1	[Signature]
203	Sreenidhi	A1	[Signature]
204	aadhilsha	A1	[Signature]
205	Nandha.krishna	A1	[Signature]
206	Heran .P.K	A1	[Signature]
207	Ashay shine	A1	[Signature]
208	Adithyan .T.A	A1	[Signature]
209	Sreedev V.S	A1	[Signature]
210	ALAN.E.P	A1	[Signature]
211	Sreedev KR	A1	[Signature]
212	ADHITHYAN P.D	A1	[Signature]
213	Devadath.p.n	A1	[Signature]
214	Arun chandria M.D	A1	[Signature]
215	Amit Krishna.K.G	A1	[Signature]
216	Abhinami.P.H	A1	[Signature]
217	Athira.A.R	A1	[Signature]
218	Anaswara Renjith T	A1	[Signature]
219	Ahulya.K	A1	[Signature]
220	Krishna priya.v.s	A1	[Signature]
221	Devananda.V.S abhani	A1	[Signature]
222	Devananda K. Ratheshk	A1	[Signature]
223	Nivedya .P.M	A1	[Signature]
224	Niveditha.K.K	A1	[Signature]
225	Lakshmi Renjith	A1	[Signature]
226	Maya vikram.C	A1	[Signature]
227	Gowri nandha	AK	[Signature]
228	Sreenidhi Suresh	A1	[Signature]
229	Ashika Afsal	A1	[Signature]

230	Sreelakshmy Binoy	A1	Lakshmi
231	Kalyani Deepu	A1	Kalyani
232	Aswin Shaju P	A2	<del>Aswin</del>
233	FIDHAL RINESH	A2	<del>Fidhal</del>
234	Abhijith K.M	A2	<del>Abhisar</del>
235	Adhnaan K.S	A2	<del>Adhnaan</del>
236	Christo Iansu	A2	<del>Christo</del>
237	Radevin C.J	A2	<del>Radevin</del>
238	Rafeeq	A2	Rafeeq
239	Anamika R.A	A2	Anamika
240	Josmi P.J	A2	Josmi
241	Angel Sebipo	A2	Angel
242	Anjali V.B	A2	Anjali



