



JUNE NEWSLETTER

A Monthly Newsletter from Team Well-Being Club,
MPTP, Shirpur

June, 2025

INTERNATIONAL DAY AGAINST DRUG ABUSE JUNE 26

**“People First: Stop Stigma and Discrimination,
Strengthen Prevention”**



A Global Call to Action : The International Day Against Drug Abuse and Illicit Trafficking is observed to raise awareness about the devastating impact of substance abuse and the importance of collective action in creating drug-free communities. This year, we reaffirm our commitment to empowering individuals and protecting futures.

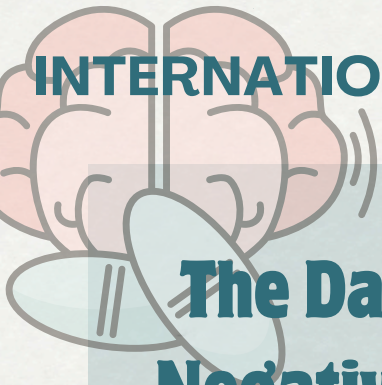




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The Dark Reality: Negative Impact of Drug Abuse

Drug abuse doesn't just affect the body—it erodes potential, breaks relationships, and hinders growth.

Some of the major consequences include:

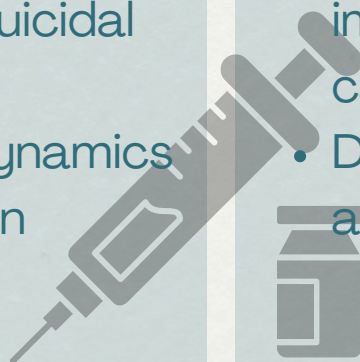
- Physical and psychological dependence
- Memory loss, impaired judgment, and aggression
- Increased risk of anxiety, depression, and suicidal tendencies
- Strained family dynamics and social isolation



When Grades Fall and Dreams Fade

Substance abuse has a direct effect on a student's academic performance and career trajectory:

- Declining focus and poor memory affect learning capacity
- Increased absenteeism leads to poor academic results
- Loss of professional reputation and trust, impacting long-term career prospects
- Diminished motivation and goal-setting ability





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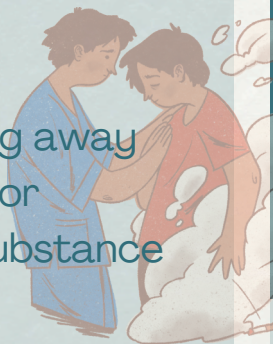
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Breaking Free: Techniques to Overcome Drug Abuse

Recovery is possible—with awareness, support, and consistent action. Key techniques include:

- Seeking professional help: Therapists, counselors, and rehabilitation programs
- Creating a structured daily routine: Helps reduce idle time and prevent relapse
- Building a support system: Trusted friends, mentors, or support groups
- Mindfulness & Yoga: To cope with cravings and regulate emotions
- Engaging in healthy alternatives: Sports, hobbies, or volunteering
- Setting short-term goals: Achievable milestones to stay motivated
- Avoiding high-risk environments: Staying away from people, places, or situations linked to substance use



Let's Create a Drug-Free Future

Every student deserves a chance to succeed without the burden of addiction. On this day, let us:

- Break the stigma
- Educate our peers
- Encourage open conversations
- Support those silently struggling



Say yes to life. Say no to drugs

The right choices today can protect the promise of tomorrow.



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INTERNATIONAL YOGA DAY SPECIAL EDITION : YOGA & MENTAL WELL-BEING

Embrace the Balance Within

Every year on June 21st, the world comes together to celebrate International Yoga Day, honouring the ancient Indian practice that harmonizes the mind, body, and spirit. Yoga is not just about flexibility or postures—it's a profound journey inward. It integrates breath control, mindfulness, and movement to cultivate a healthier and more centered life.

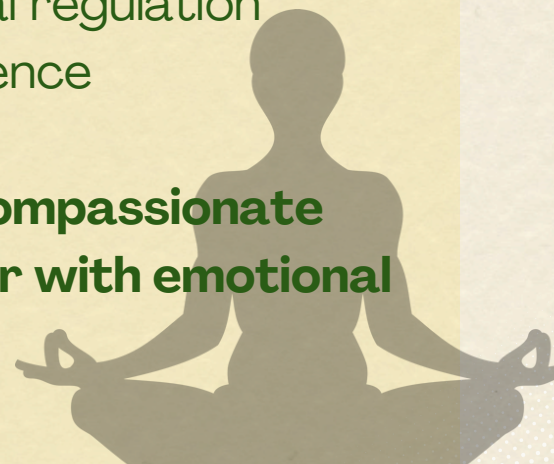
Yoga for Mental Health: The Inner Transformation

In today's fast-paced world, stress and anxiety have become part of daily life. Yoga offers a powerful, non-invasive approach to managing mental health.

Scientific research shows that regular yoga practice:


- Reduces cortisol levels (the stress hormone)
- Enhances mood through increased serotonin and dopamine
- Improves sleep quality and emotional regulation
- Promotes self-awareness and resilience

Yoga encourages a calm mind and a compassionate outlook, helping individuals cope better with emotional challenges.





INTERNATIONAL YOGA DAY SPECIAL EDITION : YOGA & MENTAL WELL-BEING



This International Yoga Day, Take a Moment for Yourself

Whether you're a beginner or a seasoned practitioner, dedicating a few minutes daily to yoga can bring lasting peace and mental clarity. Let this day be a reminder to prioritize your well-being—one breath at a time.

Breathe in calm. Breathe out stress. The journey to mental peace begins on the mat.



Two Powerful Poses to Combat Stress and Anxiety

1. Balasana (Child's Pose)

A deeply relaxing pose that helps calm the nervous system and relieve tension from the back, shoulders, and neck. It provides a sense of security and grounding, making it ideal for anxiety relief.

► **Tip: Focus on slow, deep breaths while in the pose to deepen relaxation.**



2. Viparita Karani (Legs-Up-the-Wall Pose)

This gentle inversion soothes the nervous system, reduces fatigue, and lowers stress levels. It's known to enhance circulation and bring a sense of peace.

► **Tip: Stay in this pose for 5–10 minutes, using a cushion under your hips for added comfort.**

Link: [UNODC](#)
[Healthline](#)

For more support, Reach out to us:
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