



**AMBALIKA INSTITUTE OF MANAGEMENT AND TECHNOLOGY
MOHANLALGANJ, LUCKNOW**

POST-EVENT SUMMARY

Name of Event: Seminar on Strategies for Building a Resilient Substance-Youth

Date of Event: 30/03/2026

Duration: 1:30 Hours

Location of Event: AIMT, Seminar Hall

Number of Internal participants: No. of Students: 120 No of Faculties: 05

Mode of Session: Offline

Keynote Speaker (if any):

- Dr. Mukesh Matanheliya – State Nodel Officer for National Tobacco Control Program, U.P
- Mr. Surya Prakash Pathak – State Advisor for the Mental Health Program, U.P
- Mr. Vivek Awasthi – Executive Director – Uttar Pradesh Voluntary Health Association, U.P
- Mr. Satish Tripathi – State Consultant National Tobacco Control Program, U.P

Objectives of the event:

- To teach students how to identify stress triggers and practice healthy coping mechanisms
- To encourage the development of strong, positive interpersonal relationships
- To provide tools for setting realistic, incremental goals



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AMBALIKA INSTITUTE
OF MANAGEMENT & TECHNOLOGY

NEP COMMITTEE PRESENTS

STRATEGIES FOR BUILDING A RESILIENT SUBSTANCE-FREE YOUTH



📅 DATE
30 MARCH 2026

🕒 TIME
11:30 AM ONWARDS

📍 VENUE
SEMINAR HALL, AIMT

In association with Uttar Pradesh Voluntary Health
Association (UPVHA) under UBA Initiative

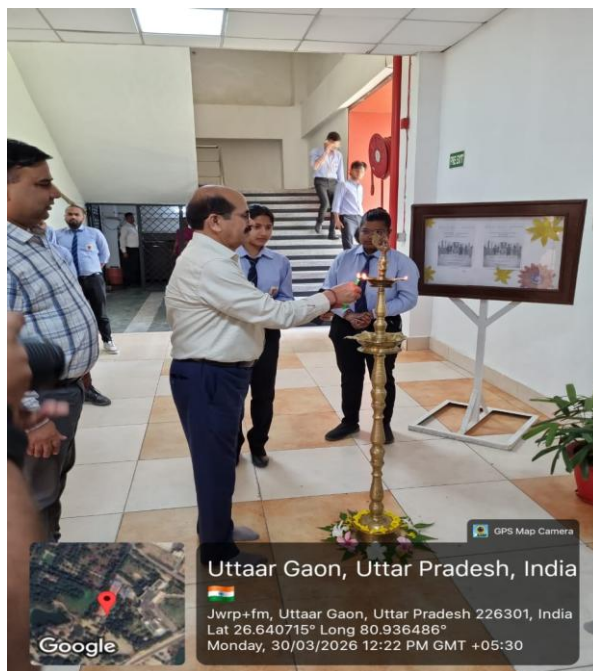
**Join the Movement for a
Drug-Free Future**

www.aimt.edu.in

Summary of Event (Approx. 100 words)

The program commenced with the lighting of the ceremonial lamp and by the esteemed guests and Dr. S.Q. Abbas, Director General. The seminar "Strategies for Building a Resilient Substance-Youth" focused on empowering the next generation to navigate the complexities of modern life without relying on harmful substances. Key discussions centered on protective factors, such as fostering strong family bonds, enhancing emotional intelligence, and providing safe community spaces. Experts highlighted the shift from reactive intervention to proactive resilience-building, teaching youth healthy coping mechanisms for stress and peer pressure. By integrating mental health support with skill-based workshops, the event underscored that a

resilient identity is the strongest deterrent against substance use. The takeaway was clear: resilience is grown through connection and self-efficacy.



Speaker: Mr. Surya Kumar Pathak – State Consultant (NMHP – U.P)

Mr. Pathak provided critical insights into the role of the National Mental Health Programme (NMHP), Uttar Pradesh, in fostering a drug-free environment for the younger generation. The NMHP serves as the backbone for mental health and substance abuse prevention at the state level. The District Mental Health Programme (DMHP) is the operational arm that ensures mental health services reach every district in U.P., providing counseling and early intervention for substance use. The use of the 24/7 toll-free helpline (14416) allows youth to seek help anonymously, which is crucial in reducing the stigma associated with drug addiction.



Speaker: Mr. Vivek Awasthi – Executive Director (UPVHE – U.P)

Mr. Awasthi emphasized the critical role of institutional and community frameworks in fostering a drug-free environment for the youth. His insights focused on transforming the youth from vulnerable targets of substance abuse into resilient, informed individuals capable of resisting social pressures. As a leader in public health for over 20 years, Mr. Awasthi discussed the enforcement of COTPA (Cigarette and Other Tobacco Products Act) and PECA (Prohibition of Electronic Cigarettes Act). The UPVHA, in collaboration with the National Tobacco Control Programme (NTCP), regularly launches campaigns like Tobacco-Free Youth Campaign 3.0 to reduce usage through state-level sensitization.



Vote of Thanks and Conclusion:

The seminar was concluded with a vote of thanks by Prof. Priya Verma to the esteemed guests and the students, and the organizers.

The program's comprehensive approach, which covered physical, mental, and social health, provided students with a well-rounded understanding of the interconnectedness of these aspects. The sessions, led by expert speakers, effectively highlighted the importance of making conscious choices to maintain a healthy lifestyle in a new and challenging environment. The program went beyond theoretical knowledge by offering practical, actionable advice on nutrition, stress management, and building a supportive social network.