



SWAMI RAMA HIMALAYAN UNIVERSITY
Himalayan Institute of Medical Sciences
Department of Clinical Research

Event Report: Pledge Ceremony on "Say No to Drugs, Yes to Life"

Date: 23rd August 2025

Venue: Sushruta Lecture Theatre-3

Organized by: Department of Clinical Research, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University.

No. of Participants: 54

The Department of Clinical Research gathered Allied Health Sciences students for a meaningful occasion that carried both weight and hope. On this day, the focus was not on textbooks or lectures, but on a collective commitment to life itself. The theme was simple yet powerful—*"Say No to Drugs, Yes to Life."*

The program began with a short address from the faculty, who spoke about the alarming rise of substance abuse in society and the responsibility young people carry in shaping a healthier future. Students listened attentively, the message resonating deeply with their role as future healthcare professionals.

Soon, the hall filled with a sense of unity as the pledge was announced. Students stood together, raising their voices in unison to declare that they would stay away from drugs, encourage their peers to make healthy choices, and uphold the values of life, health, and well-being. The words of the pledge, repeated with conviction, seemed to bind them together in a promise larger than themselves.

The students were asked to scan a QR code displayed at the venue. Through this, they could enter their initials on a dedicated website and instantly download their personalized pledge certificates. This not only served as a token of their participation but also as a tangible reminder of their promise.

As the ceremony drew to a close, there was a quiet but firm sense of determination among the participants. It was more than just a ritual; it was a reminder that every choice matters and that a single pledge can ripple outwards into families, communities, and society. With renewed commitment, the students carried forward the message—*life is stronger, brighter, and far more rewarding without drugs.*

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