



DGTS Mumbai Zonal Unit organises Hybrid Outreach Programme on Tax Literacy, Mental Health Awareness and Nasha Mukht Bharat Abhiyaan

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The Directorate General of Taxpayer Services (DGTS), Mumbai Zonal Unit, under the Central Board of Indirect Taxes and Customs (CBIC), Department of Revenue, Ministry of Finance, Government of India, in association with the Garware Institute of Career Education and Development, University of Mumbai (UM-GICED), organised a hybrid outreach programme on “Empowered Youth, Responsible Citizens: Tax Literacy, Mental Health Awareness and Nasha Mukht Bharat Abhiyaan” on October 10, 2026, at the University of Mumbai.

The programme aimed to promote awareness of tax compliance, mental well-being and substance abuse prevention among young citizens, highlighting their importance in fostering informed decision-making and responsible citizenship.

Dr. Keyurkumar M. Nayak, Director, Garware Institute of Career Education and Development, University of Mumbai, delivered the welcome address. He highlighted the importance of holistic student development and emphasised the role of collaboration between educational institutions and government organisations in promoting tax literacy, mental well-being and social responsibility among students.

Shri Sumit Kumar, Principal Additional Director General, DGTS, Mumbai Zonal Unit, delivered the keynote address, highlighting the significance of tax literacy, mental health awareness and the Nasha Mukht Bharat Abhiyaan in promoting responsible citizenship. He emphasised the importance of mental well-being, stress management and seeking professional support when required. He also highlighted the role of the Nasha Mukht Bharat Abhiyaan, an initiative of the Ministry of Social Justice and Empowerment, in creating awareness about the harmful effects of substance abuse and promoting a drug-free society.



Addressing the tax literacy component, Shri Kumar explained the interlinkages between Customs and Goods and Services Tax (GST), particularly in relation to international trade, tax compliance, input tax credit, export procedures and refund mechanisms. He stressed the importance of taxpayer awareness, voluntary compliance and trade facilitation. He also acknowledged the support of the University of Mumbai and UM-GICED in organising the programme and encouraged students to make informed choices and contribute to a healthier, more responsible society.

The first session, on “Mental Health Awareness and Nasha Mukta Bharat Abhiyaan”, was conducted by Ms. Chaula Patel, Psychologist and Psychotherapist. She highlighted the connection between mental well-being and substance abuse, explaining how stress, anxiety, depression and emotional distress can contribute to substance use. She emphasised the importance of early identification, timely counselling and professional support. The session also covered early warning signs of mental health concerns, stress management strategies, the role of families in providing support and the need to reduce stigma surrounding mental health and addiction. She encouraged participants to seek timely help and promote a supportive, drug-free environment for young people.

The second session, on “Linkages between Customs and GST”, was delivered by Shri Deepak Mata, Deputy Commissioner, CC Office, CGST, Mumbai. He explained the relevance of Customs and GST provisions for Customs brokers, freight forwarders and logistics

professionals, particularly those preparing for the Customs Broker's examination. The session covered Customs procedures, the levy of Integrated GST (IGST) on imports, input tax credit and export refund mechanisms.

Shri Mata also highlighted how errors in GSTIN, declared values and discrepancies between shipping bills and GST returns could affect tax compliance and delay refunds. Through practical examples and case studies, he emphasised the importance of staying updated on Customs and GST provisions to facilitate smooth cargo clearance, promote voluntary compliance and enhance ease of doing business.

The hybrid programme witnessed participation from students, faculty members, officers and other stakeholders, providing a platform to exchange knowledge and strengthen awareness of taxation, mental well-being and substance abuse prevention.

On the occasion, Shri Sumit Kumar, Principal Additional Director General, DGTS, Mumbai Zonal Unit, released the book *"Duty in Suspension: Bonded Warehousing in India – Concept and Practice"*, authored by Shri Prakash Khatri, Programme Coordinator, GICED, University of Mumbai. The book offers practical insights into Customs bonded warehousing, including the Manufacture and Other Operations in Warehouse Regulations (MOOWR) and Free Trade Warehousing Zones (FTWZs).

With the successful organisation of this programme, DGTS, Mumbai Zonal Unit, has conducted or participated in a total of 61 outreach programmes from April 2026 to date, comprising 34 seminars, webinars and hybrid events and 27 interactive sessions. These initiatives aim to enhance awareness of tax laws and procedures, promote voluntary compliance and strengthen taxpayer engagement.

Source : Directorate General of Taxpayer Services Mumbai Zonal Unit

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