



2.6.i/ii : Anti-Drug Awareness Programme: Organized/Students Benefited:

	Anti-Drug Activities: 2024-25			
Sr. No	Name of Activity	Year	Key Speaker	Students Participated
1.	‘Pledge Against Drug Abuse’: Nasha Mukti Bharat Abhiyan	12 th Aug. 2024	Mr. Sandeep Kumar, NSS Programme Officer	357
2.	Anti-Drug Rally from College to Local Market	26 th June 2025	Mr. Sandeep Kumar, NSS Programme Officer	99
3.	Academic Session Against Drug Abuse	12 th August 2024	Mr. Manoj Kumar, Assistant Professor Phy. Education	54
4.	Academic Session Against Drug Abuse	3 rd Dec. 2024	Ms. Sumitra Sharma, Project Coordinat	51
5.	Health & Hygiene cum Drug Abuse	Feb, 2023	Ms.Kamala Sharma	

Anti-Drug Cell: 2024-25

Sr. No.	Name of Members	Convener/Member
01	Prof. Pramoj Kumar	Convener
02	Dr. Jagpal Singh (AP)	Member
03	Sh. Ajay Kumar (AP)	Member
04	Ms. Anita Devi	Member

शपथ ग्रहण सत्र : दिनांक 12-8-2024 को राजकीय महाविद्यालय संगडाह, सिरमौर में नशा निवारण हेतु एक शपथ ग्रहण सत्र का आयोजन महाविद्यालय की एन एस एस इकाई के नेतृत्व में परीक्षा हॉल में किया गया. इस सत्र में एन एस एस इकाई द्वारा अन्य क्लबों जैसे सी सी, रोवर रेंजर, एको क्लब, रेड रिबबन क्लब और महाविद्यालय के सभी विद्यार्थियों के साथ मिलकर के इस सत्र को सफल बनाया गया. इस सत्र में महाविद्यालय के 357 विद्यार्थियों ने भाग लिया.



Sangrah, Himachal Pradesh, India
MCWM+4XC, Nahan Rd, Jaogadhar, Sangrah, Mandoli, Himachal Pradesh 173023, India
Lat 30.695108°
Long 77.434191°
12/08/24 12:16 PM GMT +05:30

GPS Map Camera



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2. Certificate of Pledge Against Drug Abuse



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Report on Nasha Mukti Divas (Anti-Drug Awareness Day)

Date: 26th June 2025

Theme: "Say No to Drugs, Yes to Life"



In observance of Nasha Mukti Divas, also known as the **International Day Against Drug Abuse and Illicit Trafficking**, the Shaheed Bhagat Singh NSS Unit of Government College Sangrah organized a comprehensive **Anti-Drug Awareness Campaign** on 26th June 2025, reflecting its unwavering commitment to community service, youth empowerment, and the creation of a drug-free society. This year's theme, "Say No to Drugs, Yes to Life," emphasized the urgent need to engage youth and communities in proactive steps toward ending substance abuse.

Under the leadership of Programme Officer Prof. Sandeep Kumar Kanishk, the event was not only well-planned but also deeply impactful in terms of participation, outreach, and public response.



Day's Activities and Participation



The day began with the assembling of 37 dedicated NSS volunteers on the college campus. The volunteers, full of energy and a sense of social responsibility, prepared for the activities with banners, placards, and a spirit of unity. The first formal event of the day was a Pledge Ceremony, where all participants took a vow to **stay away from drugs and help**



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others do the same, administered by Programme Officer Prof. Sandeep Kanishk. The pledge echoed through the campus, resonating with sincerity and strength.

Following the pledge, a large-scale **Anti-Drug Awareness Rally** was flagged off from the college. The rally was led by Programme Officer Prof. Sandeep Kumar, Head Boy Shubham, and Head Girl Sonika, who guided the volunteers along the pre-decided route. The rally proceeded through Jaogdhar Colony and concluded at the Kaali Mitti market area, covering prominent public locations. Throughout the route, volunteers raised thought-provoking slogans, carried awareness placards, and engaged with bystanders to spread the message about the dangers of substance abuse. Some important slogans were chanted by the volunteers:



- "Say No to Drugs, Say Yes to Life!"
- "Stop Drugs Before They Stop You."
- "Be Smart, Don't Start."
- "नशा एक बुरा फंदा है, इससे बचना ही चंगा है।"
- "नरो को जीवन से हटाओ, देशहित में हाथ बंटाओ।"
- "देश तभी होगा आबाद, जब युवा होंगे नशे से अबाद।"
- "नशा छोड़ो... सुखियाँ जोड़ो।"

These slogans were not just chanted but felt, as they echoed through the streets and reached the hearts of local residents. The rally created an environment of awareness and inspiration, drawing attention from every passer-by.

Community Engagement and Appreciation

The rally garnered **overwhelming support and praise from the local community**. Shopkeepers, residents, and pedestrians paused to acknowledge the efforts of the NSS volunteers. Many expressed



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gratitude and shared personal experiences, reinforcing the relevance of such initiatives in semi-urban and rural belts like Sangrah. Several locals joined the rally route briefly, clapping in support and encouraging students to continue their service toward society. The rally became a **moving symbol of youth activism** against addiction, spreading the message that **change begins with awareness**.

Support from the College Administration

Principal Dr. Meenu Bhaskar, addressed the volunteers post-rally and also gave a strong media statement supporting the campaign. She highlighted the role of educational institutions in shaping responsible citizens and commended the NSS Unit for organizing such a powerful event. "Such awareness campaigns are the need of the hour, especially in areas where drug abuse is rising quietly. Appreciate our NSS Unit for taking this initiative and empowering our students to lead social change," said Dr. Meenu Bhaskar. Her presence and encouraging words added a significant boost to the morale of the volunteers and reinforced the college's commitment to youth welfare and public health.



Dr. Meenu Bhaskar
Principal



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ASI Satish Kumar, PS Sangrah: "Today's rally by the NSS Unit of Government College Sangrah is a commendable step towards building a drug-free society. I am proud to see the youth of Sangrah taking a strong stand against addiction. Drugs are silently destroying the future of many young people, and awareness is our first and strongest weapon. When students, teachers, and community members walk together with one voice, it sends a powerful message. This kind of initiative not only spreads awareness but also gives strength and courage to those who are struggling. I urge all youth to stay focused on their goals, stay away from harmful substances, and support their friends to do the same. Together, with continued efforts and community support, we can make Sangrah a model region in the fight against drug abuse."

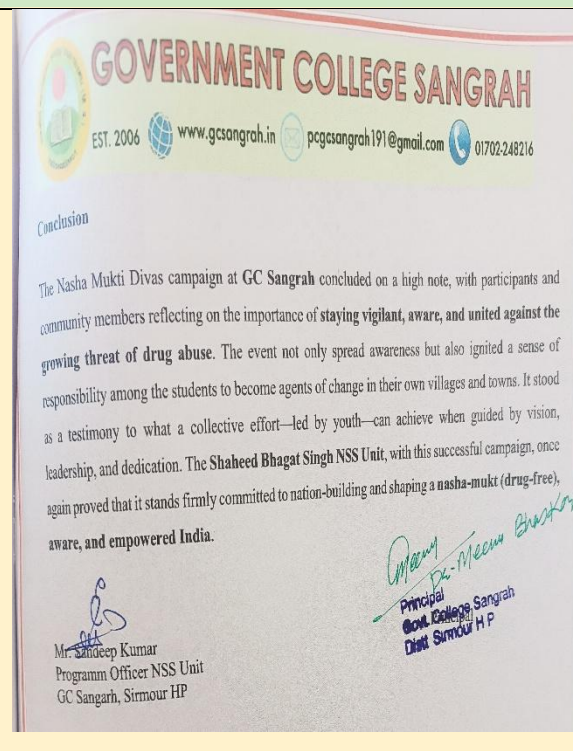
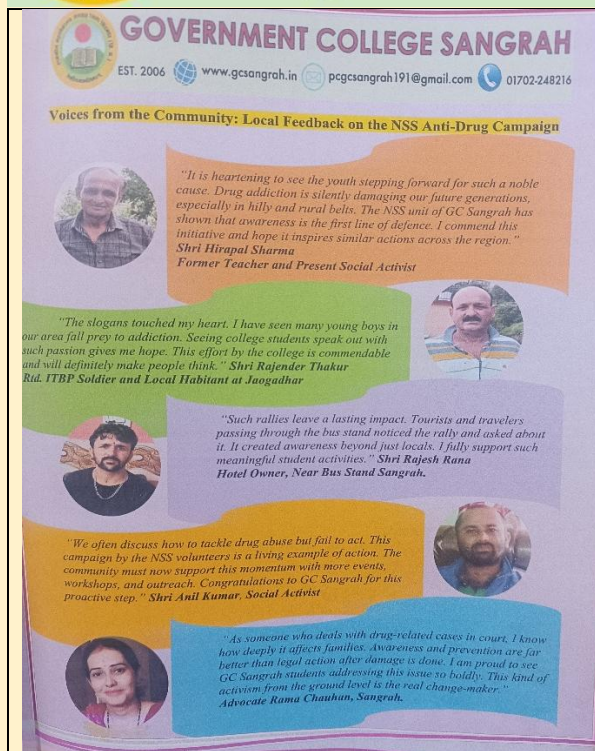


Sh. Satish Kumar
ASI P.S. Sangrah

Shri Chaman Lal Soni, Block Health Educator, Sangrah: "I wholeheartedly appreciate the efforts of the NSS Unit and the students of Government College Sangrah for organizing this impactful rally on Anti-Drug Awareness Day. The participation of our youth in such a noble cause gives us hope. Drug addiction is a serious threat, especially in rural and hilly regions like ours, where awareness is often limited. Through this rally, our students have shown that they are not only concerned about their own future but are also ready to shoulder the responsibility of building a healthier society. The energy, slogans, and determination displayed today reflect the strong willpower of our young generation. I assure full support in all such future initiatives. Together, we must create a protective environment around our children, where education, awareness, and moral strength guide their choices."



Sh. Chaman Lal Soni
Block Health Educator, Sangrah



3. International Youth Day & Anti-Drug Session



On 12 August 2024, a weekly session was organized at Government College Sangrah, Sirmour, under the guidance of the NSS Unit on the occasion of International Youth Day. The session was conducted under the leadership of NSS Programme Officer **Mr. Sandeep Kumar Kanishk**, Assistant Professor of History. The proceedings of the session were conducted by **Kinkari Devi House** of the NSS Unit. The House Leader, **Saloni Thakur**, warmly welcomed the chief speaker, the NSS Programme Officer, and all NSS volunteers. After the welcome, the volunteers sang the NSS

Song, followed by a brief presentation of the activities carried out by the NSS Unit during the past week, presented by **Nitesh Sharma** from Kinkari Devi House.

The chief speaker of the session was **Mr. Manoj Kumar**, Assistant Professor of Physical Education at the college. He delivered an insightful and impactful talk on the theme “**Anti-Drug Awareness and the Role of Youth in Building a Healthy Nation.**” He explained in detail how drug abuse is rapidly increasing among today’s youth and how it can destroy

personal, social, and academic life. He further guided the students about preventive measures, early warning signs, legal implications, and the responsibility of youth to stay away from drugs and help create a drug-free society. He also motivated students to adopt a healthy lifestyle and contribute positively to the nation’s progress.




 Principal
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4. Anti-Drug Session



During the National Service Scheme (NSS) camp at Government College Sangrah, on 03rd December 2024, a special educational session on **Anti-Drug Awareness** was conducted. In this session, **Ms. Sumitra Sharma**, Project Coordinator of PAPN, delivered an enlightening and thought-provoking lecture focused on the rising issue of drug abuse, the role of youth, and the social responsibilities of students in building a healthier society.



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The session was highly interactive, with 52 NSS **volunteers** enthusiastically participating and asking questions about the causes of addiction, preventive strategies, legal consequences, and the role of community in fighting this social menace.

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