

Government Degree College Sidhra Jammu

Report on activities conducted under Nasha Mukht Bharat Abhiyan from April-June 2026

#Nasha Mukht Bharat

#Nasha Mukht Jammu & Kashmir

1. Mega Awareness Padyatra under Intensive 100 Days Nasha Mukht Bharat Abhiyan

Date: 11 April 2026

Venue: M.A. Stadium, Jammu

Participants: 62

Collaborating Departments: NCORD Committee and NSS Unit GDC Sidhra

In compliance with the directions issued by the Directorate of Colleges, Higher Education Department, Government of Jammu and Kashmir, Government Degree College Sidhra, Jammu, actively participated in the Nasha Mukht Bharat Abhiyan (NMBA) awareness programme held on 11 April 2026 at M.A Stadium, Jammu. A mega awareness padyatra was organized under the leadership of the Hon'ble Lieutenant Governor of Jammu and Kashmir, commencing from M.A. Stadium and culminating at Parade Ground, Jammu. The enthusiastic participation of the college in the rally reflects the unwavering commitment of Government Degree College Sidhra towards building a drug-free society and promoting a healthy, responsible youth community.



2. NMBA Policy Orientation Programme

Date: 13 April 2026

Venue: Government Degree College, Sidhra

Participants: 50

Collaborating Departments: NCORD Committee and NSS Unit

As a part of its commitment to creating a safe, informed and responsible student community, Government Degree College, Sidhra, organized a crucial awareness lecture on the alarming social issue of drug addiction and substance abuse. The primary objective of this lecture was to sensitize students about the causes, ill effects, and the urgent need to refrain from harmful substances. The lecture also featured an interactive session, where students actively shared their views and personal experiences, fostering a thoughtful dialogue on this pressing societal concern. The activity was in line with the objectives of the UT-wide 100-Day Nasha Mukta Jammu & Kashmir Abhiyaan launched on 11 April 2026.



3. Nasha Mukta Bharat Pledge Ceremony

Date: 15 April 2026

Venue: Government Degree College, Sidhra

Participants: 50

Collaborating Departments: NCORD Committtee

Government Degree College, Sidhra, organized a Drug free Oath against drug addiction, where students, faculty, and staff united in a collective commitment to abstain from harmful substances and foster a drug-free community. The event was meticulously coordinated by Prof. Deepa Kak, Nodal Officer NCORD, along with active support from other committee members and staff. Together, they took a stand to build a healthier, safer campus and a drug-free future.



The ceremony also highlighted the significance of youth participation in national campaigns and encouraged students to become role models for positive social change. The event created a sense of unity and strengthened the collective resolve of the college community to support the vision of a Drug-Free India and Drug-Free Jammu and Kashmir.

4. Plantation Drive

Date: 18 April 2026

Venue: Government Degree College, Sidhra

Participants: 20

Collaborating Departments: NCORD Committee and NSS Unit

In a proactive step towards fostering environmental awareness and sustainability, The Anti Drug and Rehabilitation Cell and NCORD Committee GDC Sidhra organized a vibrant plantation drive within its campus. The initiative was formally inaugurated by the Principal, Dr. Archana Kaul, who led by example by planting the first sapling, inspiring students and staff to actively contribute to the cause. The event witnessed enthusiastic participation from faculty members and administrative staff, all coming together with a shared vision of promoting a greener and healthier environment. The plantation drive aimed to instill a sense of environmental awareness and social responsibility among the youth.



5. Community Awareness Session and Rally Against Drug Abuse

Date: 21st April 2026

Venue: Government Degree College, Sidhra

Participants: 60

Collaborating Departments: NCORD Committee, NSS Unit and ICDS department Bain Bajalta

An awareness rally and community outreach programme were organized in collaboration with the Anganwadi Centre, Ward No. 3, Bain Bajalta. Students and NSS volunteers carried placards displaying anti-drug messages and raised slogans promoting a healthy and drug-free lifestyle.

The rally traversed various localities where participants interacted with community members and disseminated information regarding the adverse effects of substance abuse. The programme highlighted the importance of family support, social vigilance and community cooperation in addressing the drug menace. The activity successfully strengthened the connection between the college and the local community while spreading awareness about the objectives of the Nasha Mukta Bharat Abhiyan.



6. Awareness Lecture on Drug Abuse

Date: 22nd April 2026

Venue: Government Degree College, Sidhra

Participants: 30

Collaborating Departments: NCORD Committee

Government Degree College (GDC) Sidhra, through its NCORD Committee, organized an awareness Lecture on drug abuse aimed at sensitizing students to the growing menace of substance abuse, particularly among the youth.

The session, titled “Awareness and Prevention of Drug Abuse Among Youth,” was conducted to educate students about the dangers of drug addiction and the urgent need for collective

action. Dr. Meesha Bhagat from the Department of Political Science and a member of the NCORD Committee delivered an insightful lecture on the issue. She highlighted the alarming prevalence of drug abuse among young people, especially college students, who are often vulnerable and considered soft targets. She highlighted the profound social, psychological, and economic repercussions of addiction, encouraging students to make informed and responsible decisions. She also apprised them of the ongoing 100-day campaign in Jammu and Kashmir aimed at combating drug trafficking, elaborating on its key components designed to foster a drug-free society in the region.



7. Community Engagement and Awareness Programme

Date: 24th April 2026

Venue: Government Degree College, Sidhra

Participants: 45

Collaborating Departments: NCORD Committee GDC Sidhra, Lower High School Bain Bajalta and Department of Agriculture Production and Farmers Welfare, Sidhra Zone

Joint Awareness Drive Addresses the Rising Threat of Drug Abuse at GDC Sidhra.

As part of the 100-day intensive anti-drug campaign under the Nasha MukT Jammu & Kashmir Abhiyan, launched on April 11, 2026, the NCORD Committee and NSS Unit of Government Degree College, Sidhra, in collaboration with the Department of Agriculture Production and Farmers Welfare, Sidhra Zone, and Government Lower High School, Bain Bajalta, organized an Informative session on the pressing issue of drug abuse.

The session was delivered by Mr. Jasvinder Singh, I/C AEO, Sidhra Zone, who sensitized students to the alarming rise of substance abuse, particularly among the youth. Mr. Singh further highlighted the importance of early intervention, education, and community participation in combating this menace. He encouraged students to adopt a healthy lifestyle, remain focused on their goals, and act as responsible citizens by spreading awareness among their peers.



8. Nasha MukT Pledge and Video Podcast “From Addiction to Recovery” Circulation

Date: 27th April 2026

Venue: Government Degree College, Sidhra

Participants: Pledge 60 , Video Podcast (150)

Collaborating Departments: NCORD Committee GDC Sidhra

Link of Podcast: <https://www.facebook.com/share/v/1DzupbgfN/>

Nasha MukT Pledge and A video Podcast featuring the Recovery Journey of a Drug Addict from addiction to Recovery was circulated among students’ wats app groups. A digital awareness initiative was undertaken through the circulation of anti-drug podcast and awareness video on social media platforms. The initiative utilized digital platforms to maximize outreach and

ensure wider dissemination of anti-drug messages. The video highlighted the dangers of substance abuse, the importance of rehabilitation and the role of youth in promoting healthy lifestyles. Through this activity, students became active contributors to online awareness campaigns and helped extend the impact of the Nasha Mukta Bharat Abhiyan beyond the college campus.



9. Symposium on Eradication of Drug Menace

Date: 28th April 2026

Venue: Government Degree College, Sidhra

Participants: Pledge 70

Collaborating Departments: NCORD Committee and IQAC GDC Sidhra

Government Degree College, Sidhra, through NCORD and IQAC organized a symposium on “Eradication of the Menace of Drugs: The Need of the Hour.” Students from various semesters actively participated and shared insightful views on the causes, consequences, and prevention of drug abuse. The symposium provided a platform for meaningful discussions on the increasing prevalence of substance abuse and the measures required to address this challenge. Faculty members also highlighted the social and psychological dimensions of the issue and stressed the need for awareness and collective action. Students took a pledge to stay away from drugs and promote a drug-free society.



10. Unity March and Pledge Against Drug Abuse

Date: 29th April 2026

Venue: Government Degree College, Sidhra

Participants: 70

Collaborating Departments: NCORD Committee and Lower High School Bain Bajalta

As a part of 100 day campaign against drug abuse for Drug Free Jammu & Kashmir The NCORD Committee of GDC Sidhra, in collaboration with Government Lower High School Bain Bajalta, organized an anti-drug pledge ceremony followed by a Unity March to raise awareness about drug addiction. Students of college and School along with staff pledged to stay away from drugs and support those affected. The march saw active participation from college and school students, who raised slogans promoting a drug-free life. Faculty members

and school teachers also joined the initiative. The activity highlighted the importance of collective action and social solidarity in combating substance abuse. The march also served as a platform for sensitizing the public about the harmful consequences of drug addiction and encouraging individuals to support preventive efforts. Through this initiative, the college reinforced its commitment to community outreach and social responsibility.



11. Interaction and sensitization of College students with School students regarding substance abuse

Date: 04 May 2026

Venue: Government Degree College, Sidhra

Participants: 30

Collaborating Departments: NCORD Committee and Lower High School Bain Bajalta

As a part of 100 day campaign against drug abuse for Drug Free Jammu & Kashmir, the NCORD Committee of GDC Sidhra, in collaboration with Government Lower High School Bain Bajalta organized an interaction and sensitization session on drug abuse on 4th of May 2026. The programme witnessed active participation from both students and staff of Government Degree College (GDC) Sidhra, who engaged with the school students in a meaningful and impactful manner. During the session, the students of GDC Sidhra highlighted the growing concern of drug abuse as a serious social menace affecting individuals, families, and society at large. Through interactive discussions, real-life examples, and awareness-based activities, students were educated about the harmful physical, psychological, and social consequences of substance abuse. Faculty members also interacted with the school students and laid emphasis on building resilience, making informed choices, and resisting peer pressure.



12. Signature Campaign (B.A./B. Com Semester VI)

Date: 08 May 2026

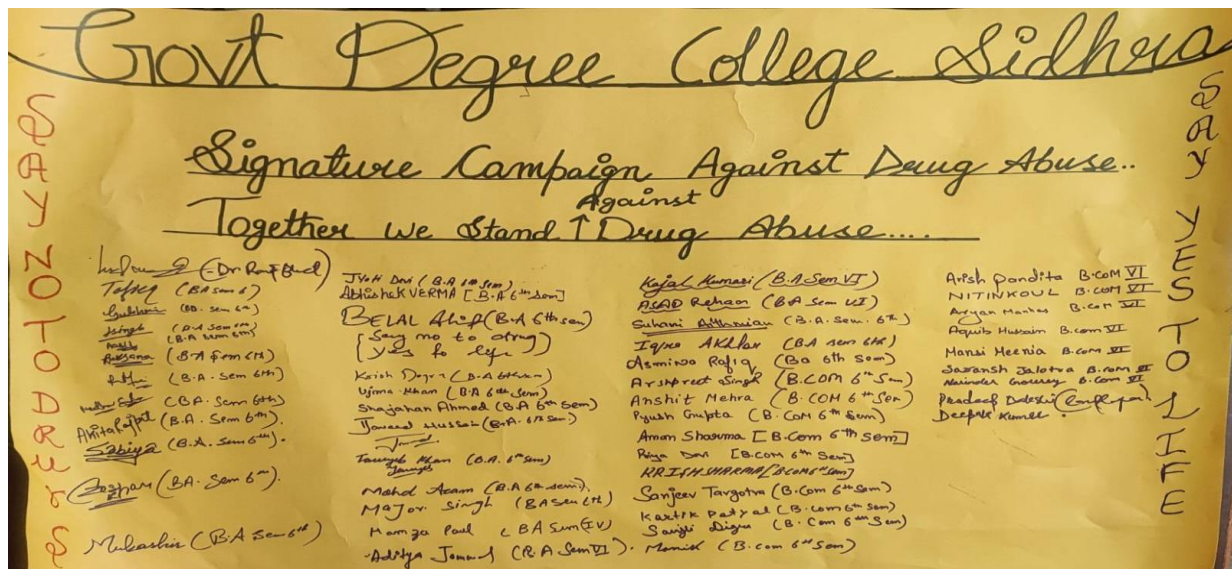
Venue: Government Degree College, Sidhra

Participants: 55

Collaborating Departments: NCORD Committee

A signature campaign was organized to encourage students to publicly express their commitment towards a drug-free lifestyle. Students of B.A/ B.COM Sem VI enthusiastically participated by signing a pledge banner carrying anti-drug message. The activity served as a

symbolic expression of solidarity against substance abuse and reinforced the importance of individual responsibility in addressing social challenges. Through this initiative, students demonstrated their willingness to contribute towards building a healthy and responsible society free from substance abuse.



13. Nasha Mukta Pledge Programme

Date: 12 May 2026

Venue: Government Degree College, Sidhra

Participants: 50

Collaborating Departments: NCORD Committee

The pledge programme was organized with the objective of strengthening students' commitment towards the ideals of a drug-free society. Participants collectively took an oath to refrain from substance abuse and to actively promote awareness regarding the harmful effects of drugs. The programme emphasized the importance of informed choices, self-discipline and positive peer influence in preventing addiction among youth. Students were encouraged to spread the anti-drug message within their families and communities and to support those affected by substance abuse through empathy and awareness. The event created a sense of collective responsibility and reinforced the role of educational institutions in nurturing socially conscious citizens committed to the welfare of society.



14. Women Led Nasha Mukta Awareness Drive

Date: 18 May 2026

Venue: Government Degree College, Sidhra

Participants: 25

Collaborating Departments: NCORD Committee

Women Led Nasha Mukta awareness drive under the ongoing 100 Days Nasha Mukta Bharat Campaign was organised by the NCORD Committee of the college to sensitise girl students about the harmful effects of drug abuse and the importance of leading a healthy and drug-free life. Prof. Shonima Malhotra, member NCORD committee sensitised the students about the serious social, psychological and health-related consequences of substance abuse and encouraged them to act as responsible ambassadors in spreading awareness against this growing menace. The programme focused on the unique vulnerabilities faced by women and highlighted the importance of awareness, education and empowerment in addressing substance abuse-related issues. Discussions also focused on women's leadership in social reform initiatives and the crucial role played by mothers, sisters and young women in promoting healthy lifestyles. The programme successfully motivated participants to contribute actively towards creating safer and healthier communities.



15. Signature Campaign (B.A./B. Com Semester IV and II)

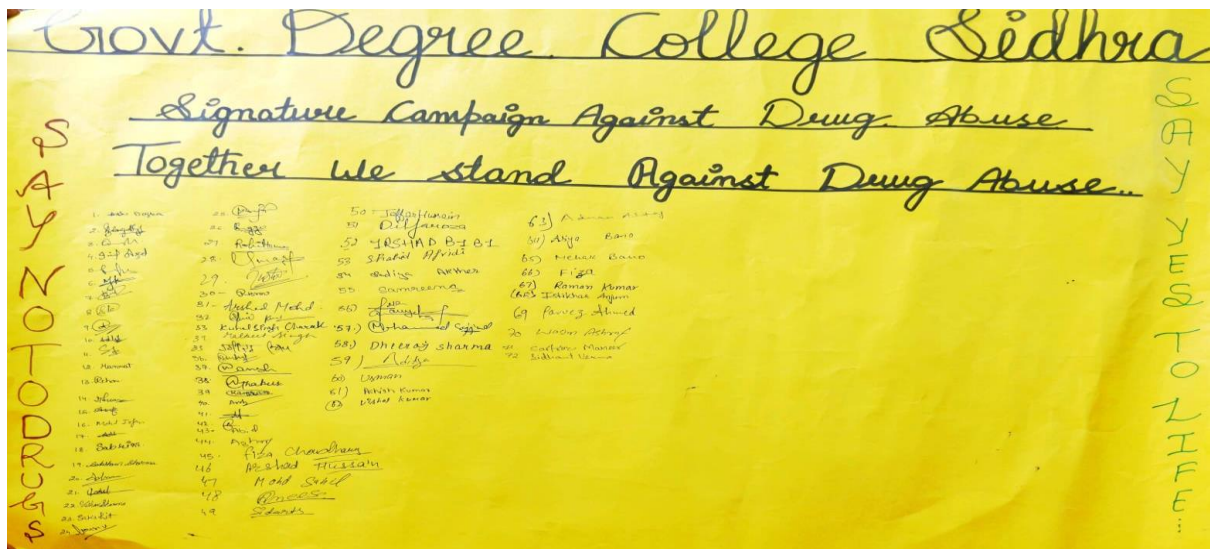
Date: 20 May 2026

Venue: Government Degree College, Sidhra

Participants: 72

Collaborating Departments: NCORD Committee

The signature campaign witnessed enthusiastic participation from students of Semester II and IV who joined the anti-drug movement by endorsing the message of a Drug-Free India. Through their signatures, participants expressed support for awareness initiatives and pledged to discourage substance abuse in their surroundings. The campaign fostered a sense of ownership and responsibility among participants and provided an opportunity for constructive dialogue regarding addiction prevention. The initiative contributed significantly towards enhancing awareness and promoting collective action against drug abuse.



16. Outreach /Awareness Programme at Lawrence Public School, Sidhra

Date: 22 May 2026

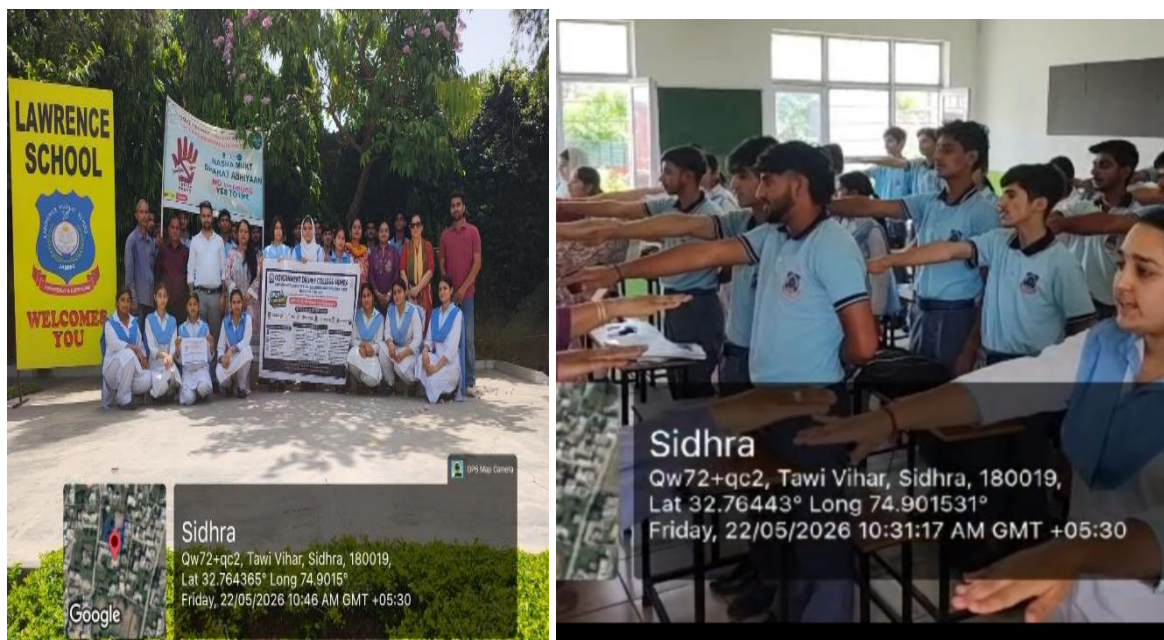
Venue: Lawrence Public School Sidhra

Participants: 50

Collaborating Departments: NCORD Committee and Lawrence Public School

The NCORD Committee & NSS Unit of Government Degree College Sidhra organized an awareness lecture and pledge-taking ceremony at Lawrence Public School, Sidhra, in collaboration with the Principal of the school, Ms. Shivani Joshi. The initiative was undertaken under the able guidance of the Principal of the College, Dr. Farooq Ahmed. The programme aimed to sensitize students about social responsibility, ethical values, and the importance of fostering a safe, respectful, and inclusive environment in society. During the awareness lecture, Prof. Shonima Malhotra, Head Department of Sociology spoke extensively about the vicious circle of drug abuse and its devastating impact on individuals, families, and society. The speaker also highlighted how drug addiction can make individuals, especially young people, more vulnerable to violence, exploitation, and other social problems.

As a part of the programme, a pledge-taking ceremony was conducted wherein students and staff collectively pledged to uphold the values of dignity, respect, equality, and social responsibility in their daily lives. The outreach initiative strengthened collaboration between educational institutions and extended the impact of the Nasha Mukta Bharat Abhiyan to younger learners.



17. Interaction with civil Society and parents regarding awareness about the growing menace of substance abuse

Date: 23 May 2026

Venue: GDC Sidhra

Participants: 20

Collaborating Departments: NCORD Committee, IQAC and Civil Society

In a significant move towards 100 day's campaign against drug abuse for Drug Free Jammu & Kashmir, Internal Quality Assurance Cell (IQAC) and NCORD Committee of Government Degree College, Sidhra, organized an awareness program with civil society and parents to eradicate the menace of drugs from the society under the able guidance of worthy principal GDC Sidhra, Professor (Dr) Farooq Ahmed. The event organised as a part of 100 Days campaign for Nasha Mukta Jammu Kashmir Abhiyan from 11th April 2026 onwards. A large number of civil society members including Mr. Shamir Ahmed Sarpanch, Mr. Bishan Dass panch ward no.4, Mr. Harpreet Singh Agriculture Extension Assistant were present on the event. Mr Shamir Ahmed spoke on the eradication of drugs from the society he congratulated GDC Sidhra for conducting such awareness programs, Mr Harpreet spoke on the parental awareness for drug abuse & Dr Rouf Bhat (lecture Commerce) presented an insightful lecture on the topic 'Say no to Drugs'. The entire program was organised by Team IQAC, Team NCORD and other members. The Civil Society Interaction Programme brought together

community representatives, local stakeholders and members of the college fraternity to discuss strategies for addressing the growing menace of drug abuse.



18. Awareness Lecture on Drug Abuse and Women Safety

Date: 25 May 2026

Venue: GDC Sidhra

Participants: 30

Collaborating Departments: NCORD Committee, ICC and POSH Committee GDC Sidhra

The Internal Complaints Committee (ICC), SHE-Box, POSH along with NCORD Committee of Government Degree College Sidhra organized an awareness lecture on the theme “Drug Abuse and Increased Vulnerability of Women to Sexual Harassment” with the objective of sensitizing students about the social, psychological, and safety-related consequences of substance abuse, particularly among young women. The initiative was undertaken under the able guidance of the Principal of the College, Dr. Farooq Ahmed. During the lecture, the resource person, Prof. Shonima Malhotra, HOD Sociology and Dr. Rudrika Khajuria, HOD English elaborated upon the growing concern of substance abuse among youth and emphasized that women under the influence of drugs often become more susceptible to manipulation, coercion, and unsafe environments. The speakers highlighted that intoxication can weaken one’s ability to recognize danger, resist misconduct, or seek timely help, thereby increasing the risk of sexual harassment and other forms of violence.



19. E-Pledge Campaign

Date: 17 June 2026

Venue:

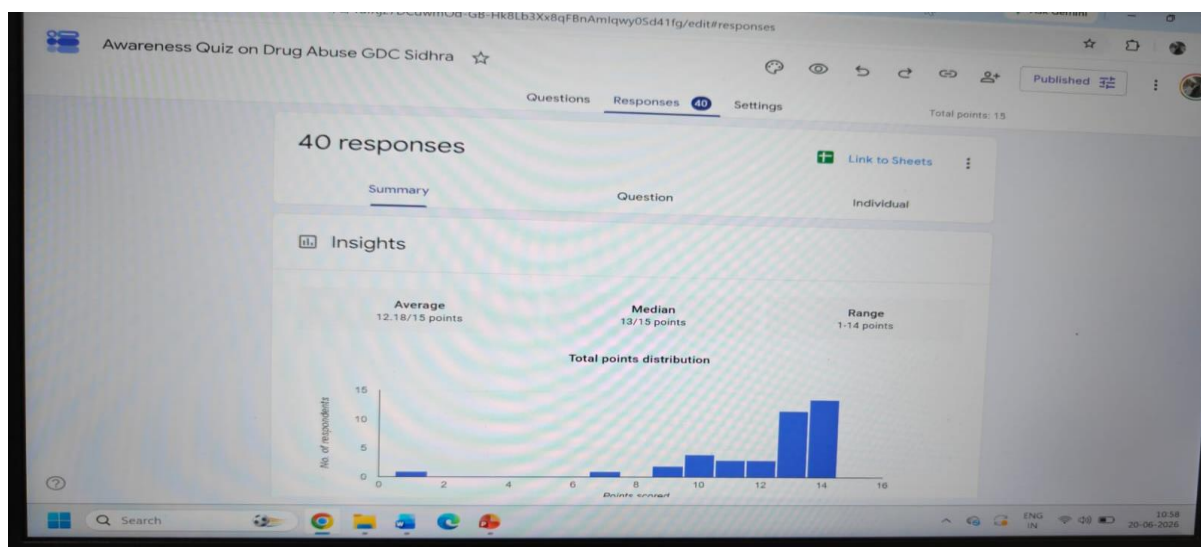
Participants: 60

Collaborating Departments: NCORD Committee

As part of the observance of the International Day Against Drug Abuse and Illicit Trafficking, an online E-Pledge Campaign was organized to encourage students and staff to commit themselves to a drug-free lifestyle. Participants registered their support through digital platforms and pledged to spread awareness regarding the harmful effects of substance abuse. The activity enabled wider participation and ensured outreach beyond the physical

Collaborating Departments: NCORD Committee

An online quiz was conducted to aware and enhance participants' knowledge regarding drug abuse, addiction prevention and rehabilitation. Students actively participated and demonstrated enthusiasm in learning about various aspects of substance abuse and its consequences. The quiz encouraged self-learning and helped participants gain factual information regarding health risks, legal implications and preventive strategies. The activity promoted awareness in an engaging and interactive manner while fostering healthy competition among students.



21. Yoga for Mental Health Session

Date: 20 June 2026

Venue: GDC Sidhra

Participants: 15

Collaborating Departments: NCORD Committee, NSS Unit and Physical Education

Department GDC Sidhra

A Yoga for Mental Health session was organized to promote physical fitness, emotional balance and psychological well-being. Participants performed various yogic exercises and breathing techniques under expert guidance. The resource person explained how yoga helps in stress management, emotional regulation and the development of healthy coping mechanisms. The session highlighted the importance of mental well-being as a protective factor against substance abuse and encouraged participants to adopt yoga as part of their daily routine. The programme

reinforced the message that healthy lifestyles contribute significantly towards addiction prevention.



22. Video "Nayi Subah" screening the journey from addiction to Recovery shared in students' WhatsApp groups for information and Awareness. Also, video message on Drug addiction and recovery shared by Deputy Commissioner Jammu was circulated among students' WhatsApp groups.

Date: 22 June 2026

Venue:

Participants: 150

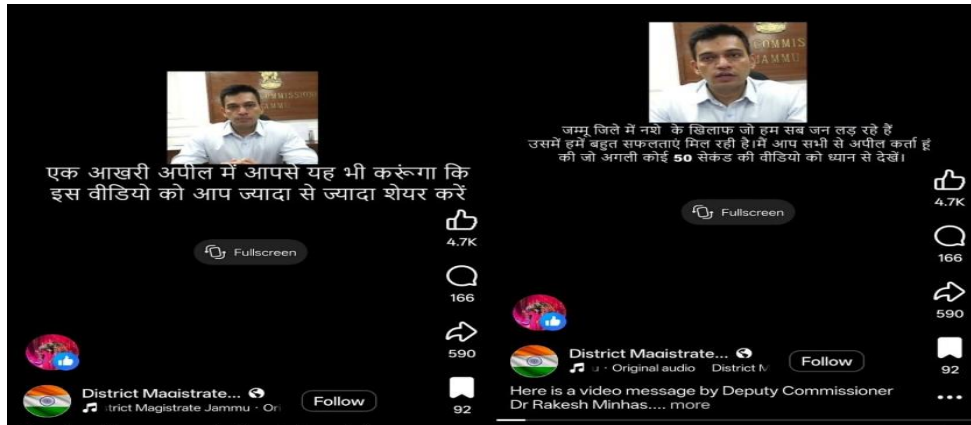
Collaborating Departments: NCORD Committee

Links of Video: <https://www.facebook.com/dmjammuofficial/videos/presenting-a-short-film-navi-subah-which-powerfully-depicts-the-issue-of-drugs-i/27081010734828484/>

Link of video Message: <https://www.facebook.com/share/v/1EKyfoNXBq/>

The awareness video "Nayi Subah" along with other video message was shared among students' WhatsApp groups to sensitize students regarding the dangers of substance abuse and the importance of rehabilitation. The videos depicted real-life challenges faced by individuals affected by

addiction and highlighted pathways towards recovery and social reintegration. The activity proved highly effective in generating awareness and encouraging empathy towards individuals undergoing rehabilitation.



23. Essay Writing Competition

Date: 23 June 2026

Venue: GDC Sidhra

Participants: 04

Collaborating Departments: NCORD Committee

An essay writing competition was organized to provide students with an opportunity to express their views on drug abuse prevention, youth empowerment and social responsibility. Participants reflected upon contemporary challenges associated with addiction and proposed practical solutions for addressing the issue. The activity encouraged critical thinking, creativity and awareness while enabling students to articulate their perspectives effectively. The activity served as an educational platform for promoting informed dialogue on substance abuse prevention.

24. Poster Making and Slogan Writing Competition

Date: 24 June 2026

Venue: GDC Sidhra

Participants: 10

Collaborating Departments: NCORD Committee

Students participated enthusiastically in a Poster Making and Slogan Writing Competition designed to encourage creative expression and awareness generation. Participants produced innovative posters and impactful slogans highlighting the dangers of drug addiction and the importance of adopting a healthy lifestyle. The activity provided students with an opportunity to communicate anti-drug messages through visual and artistic means. The displayed entries attracted considerable attention and contributed significantly towards spreading awareness within the college community.



25. Plantation Drive – “Ek Ped Nashe Ke Khilaaf”

Date: 25 June 2026

Venue: GDC Sidhra

Participants: 15

Collaborating Departments: NCORD Committee

The plantation drive titled “Ek Ped Nashe Ke Khilaaf” symbolically linked environmental conservation with the promotion of healthy lifestyles. Worthy Principal of the college Dr. Farooq Ahmed and staff planted saplings within the campus and pledged to nurture them as symbols of growth, hope and positive change. The programme highlighted the importance of constructive engagement and encouraged participants to contribute towards both environmental sustainability and social well-being. The activity reinforced the message that positive habits and community involvement are essential in preventing substance abuse.



26. Selfie with Caption Against Drug Abuse Campaign

Date: 26 June 2026

Venue:

Participants: 25

Collaborating Departments: NCORD Committee

A “Selfie with Caption Against Drug Abuse” campaign was organized to engage students in digital awareness advocacy. Participants clicked selfies carrying anti-drug messages and uploaded them on social media platforms with creative captions promoting healthy and drug-free lifestyles. The campaign generated enthusiasm among students and enabled anti-drug messages to reach a wider audience. Through this activity, students emerged as active advocates of the Nasha Mukta Bharat Abhiyan and utilized digital platforms to contribute towards awareness generation and social change.





All the activities were conducted under the able guidance of Worthy Principal Dr. Farooq Ahmed. Activities were coordinated by Ms. Deepa Kak, Nodal Officer, NCORD Committee, with the active support of Prof. Shonima Malhotra, Dr. Meesha Bhagat, Dir. Deepak Kumar and Dr. Rudrika Khajuria, Members, NCORD Committee. The successful conduct of the programmes was further facilitated by the valuable contributions of faculty members Dr. Harpreet Kour, Dr. Purvaiya Hans, Dr. Shehnaz Qadri, Dr. Pooja Sharma and Prof. Gurjeet Singh.

Events also received wholehearted cooperation from the non-teaching staff, including Mr. Vikram Singh, Mr. Jai Raghubir Singh, Mr. Pradeep Kumar, Mr. Satish Kumar, Mr. Rahul Sharma, Mr. Vinod Randhawa and Mr. Fazal whose support contributed significantly to the smooth execution of all activities.

Sd/-

Principal