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Report on Activities Conducted under "Nasha Mukht Jammu & Kashmir" 100 Days Programme

Government Degree College Kishtwar, Jammu & Kashmir

Government Degree College Kishtwar actively participated in the "Nasha Mukht Jammu & Kashmir" 100 Days Programme, aimed at strengthening public awareness and collective commitment towards a drug-free society.

The entire programme was conducted under the able supervision and guidance of Prof. Basharat Iqbal, Principal, GDC Kishtwar, whose leadership ensured the successful and impactful execution of all events. The NCORD Committee played a pivotal role in planning and execution, with Prof. Waseem Rasheed (Convener, NCORD Committee) and Dr. S. M. Usman (Member, NCORD Committee) rendering their immense contribution in organizing and coordinating the activities. Faculty members, non-teaching staff, and students participated enthusiastically in all the events.

Details of Activities Conducted:

1. 18-04-2026 – Awareness Programme (Pledge, Quiz & Seminar/Debate):

The programme commenced with the administration of the "Nasha Mukht Jammu & Kashmir" pledge during which students and staff pledged to remain committed towards a drug-free lifestyle. This was followed by an intra-college quiz competition on drug abuse awareness. A seminar/debate competition was also organized to sensitize students about the harmful effects of substance abuse and promote healthy lifestyles.

2. 20-04-2026 – Mock Drill & Awareness Session:

In collaboration with the Fire & Emergency Services Department, a mock drill was conducted. Simultaneously, awareness sessions were held to sensitize students about substance abuse under the "Nasha Mukht Jammu & Kashmir" campaign.

3. 27-04-2026 – Yoga Session:

A yoga session was organized to promote physical and mental well-being as a preventive measure against drug addiction. Students and staff actively participated and were encouraged to adopt a healthy lifestyle.

4. 28-04-2026 – Unity March & Short Marathon:

A Unity March and Short Marathon were organized to spread awareness in the local community. Students carried placards and raised slogans advocating for a drug-free society under the campaign.



5. 30-04-2026 – Wall Painting Activity:

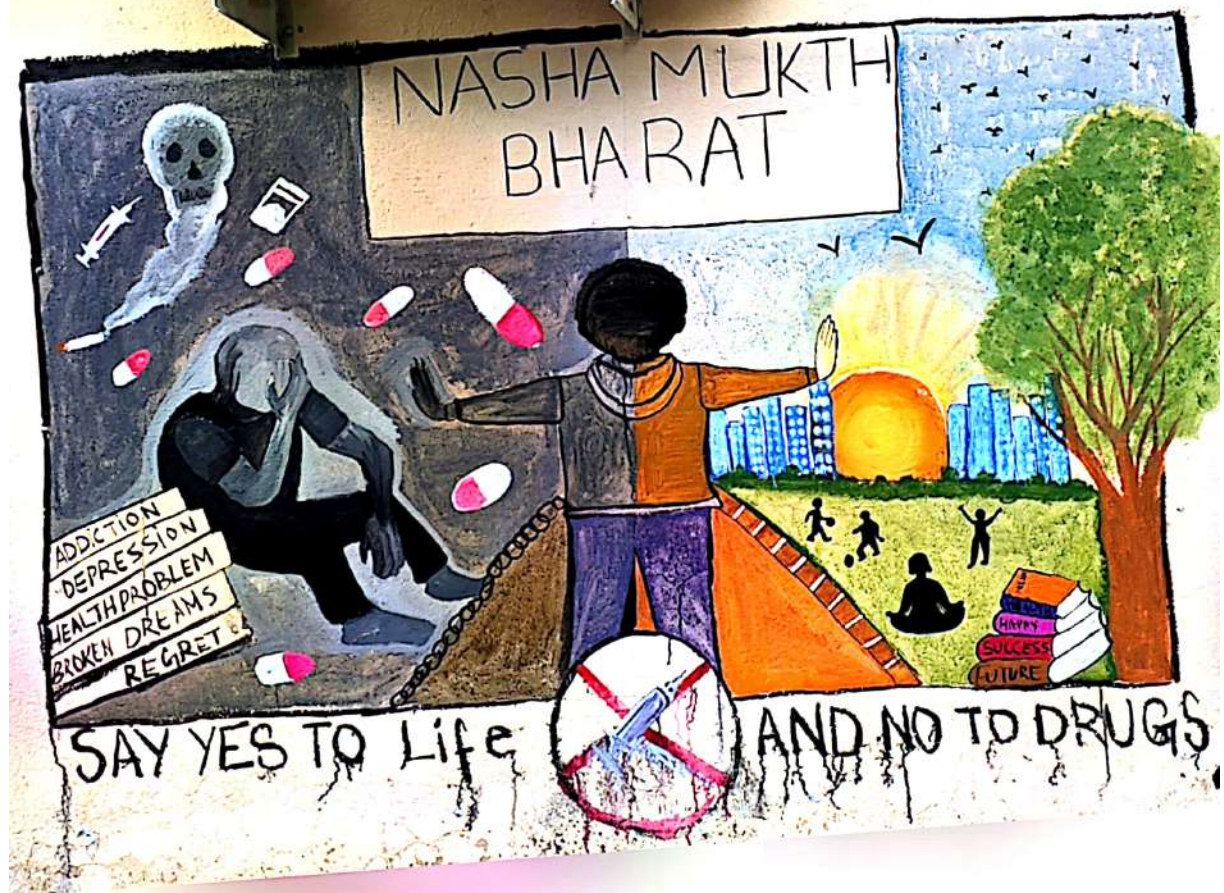
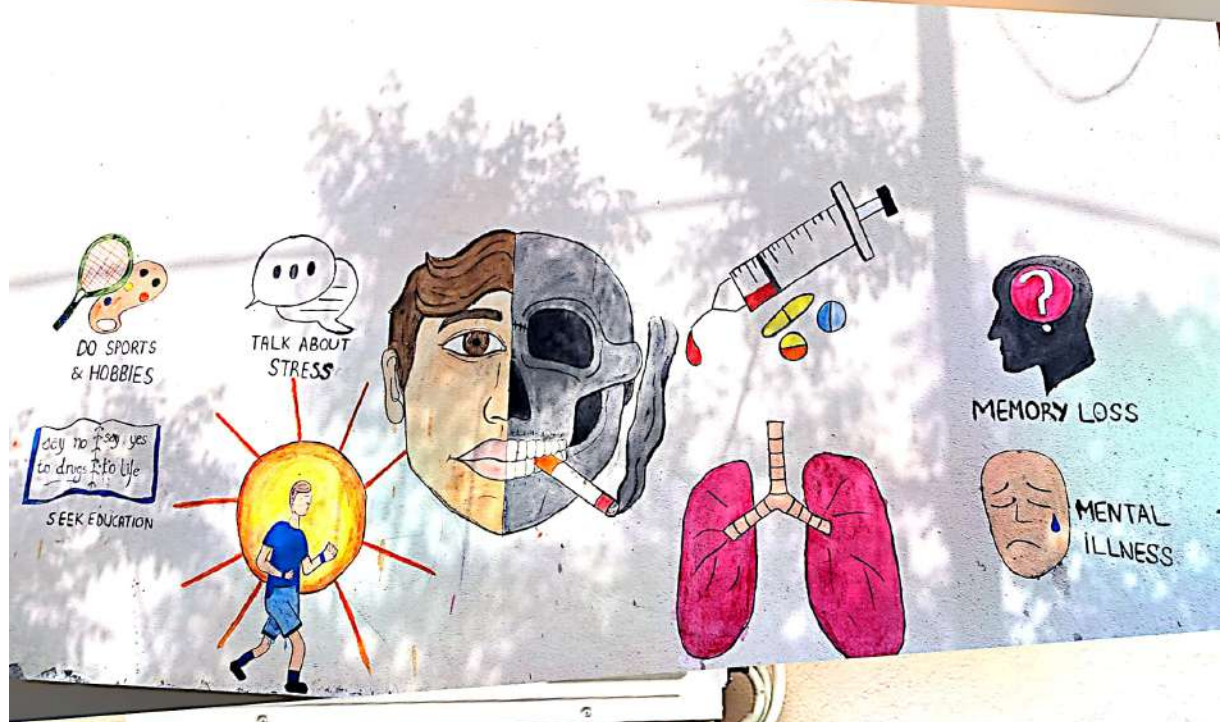
A wall painting activity was conducted in the college premises where students creatively depicted messages against drug abuse, reinforcing the objectives of the programme.

The activities conducted under the “Nasha Mukht Jammu & Kashmir” 100 Days Programme were highly effective in promoting awareness and fostering a sense of responsibility among students. The dedicated efforts of the NCORD Committee, especially Prof. Waseem Rasheed and Dr. S. M. Usman, along with active participation from staff and students, significantly contributed towards the success of the campaign.

The college remains committed to continuing such initiatives to build a healthier and drug-free society.

Principal
Govt. Degree College
Kashmir

02 / 05 / 2026





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