



Hassan Khoyihami Memorial Degree College Bandipora

Kashmir - 193502

No: HKM/GDCB/24-25/

Dated:

NCC Cadets Spread Drug Awareness During Adventure Camp

Under the banner of the Nasha Mukta Bharat Abhiyan, the NCC cadets of HKM Government Degree College Bandipora, participating in the Adventure Camp organized under 7 J&K NCC Battalion Kupwara, actively spread awareness against drug abuse on 18 May 2026 during various camp activities. The cadets displayed banners carrying anti-drug messages and appealed to the youth to stay away from substance abuse and adopt a healthy, disciplined, and responsible lifestyle. Through interactions with participants from different institutions, the cadets highlighted the harmful effects of drugs and emphasized the importance of fitness, leadership, social responsibility, and nation-building. The awareness campaign was conducted alongside adventure and outdoor training activities, reflecting the commitment of NCC cadets towards community service and social awareness. The cadets carried out the programme with great enthusiasm and discipline while proudly representing HKM Government Degree College Bandipora. The college administration appreciated the sincere efforts of the cadets in promoting the message of a drug-free society during the camp activities.



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No: HKM/GDCB/24-25/

Dated:

Pledge Ceremony under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College NCORD Cell organized an Anti-Drug Pledge programme on 18 May 2026 in the college campus. The programme witnessed the participation of teaching and non-teaching staff members led by the Principal, Prof. Suresh Kumar Dogra. During the event, the participants collectively took a pledge to remain committed towards combating the menace of drug abuse and to work actively for spreading awareness about the harmful effects of substance abuse among students and society. The programme reflected the college's continued commitment towards promoting a healthy, disciplined, and drug-free educational environment through collective responsibility and awareness initiatives.



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No: HKM/GDCB/24-25/

Dated:

Awareness Lecture under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the Red Ribbon Youth Club of the college organized an awareness lecture on 18 May 2026 to educate students about the growing menace of drug abuse and its harmful social and psychological impacts. The lecture was delivered by Dr. Manzoor Ahmad Parey, Head of the Department of Education, who highlighted the importance of awareness, self-discipline, and collective social responsibility in combating substance abuse among the youth. He urged students to remain vigilant, adopt healthy lifestyles, and actively contribute towards spreading awareness in society. The programme witnessed enthusiastic participation from students and staff members and concluded with an interactive session focused on promoting a healthy and drug-free environment.



Awareness Program under NMBA

Under the ongoing awareness initiatives against drug abuse, the NSS Youth Club of HKM Degree College Bandipora organized an awareness programme at Lolab, Kupwara. The programme aimed to educate and sensitize the youth regarding the harmful effects of drug addiction and the importance of leading a healthy and responsible life. On the occasion, NSS Programme Officer Prof. Irfan Ahmad Wagay delivered an insightful lecture on the ill effects of drugs on the youth of Jammu & Kashmir. He highlighted how substance abuse negatively impacts the physical, mental, social, and economic well-being of young people and emphasized the need for collective efforts to eradicate this menace from society.



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Dated:

Anti-Tobacco Awareness Drive under NMBA

Under the guidance of the Principal, Prof. Suresh Kumar Dogra, and under the banner of the Nasha Mukht Bharat Abhiyaan, the College COTPA (Cigarette and Tobacco Products Act) Committee organized an anti-tobacco awareness drive on **19 May 2026** in the nearby market vicinity of the college. Students and volunteers, accompanied by COTPA Committee members Prof. Tariq Ahmad Bhat, Prof. Irfan Ahmad Wagay, Prof. Sadaf Shafi, and Dr. Wasia Hamid, interacted with local shopkeepers and residents to spread awareness about the harmful effects of tobacco consumption and related products. The participants appealed to shopkeepers not to sell tobacco products, particularly to the youth, and encouraged them to further spread the message of awareness throughout the locality. The initiative aimed to strengthen community participation in combating substance abuse and reflected the college's commitment towards promoting a healthy and drug-free society through active social outreach programmes.



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No: HKM/GDCB/24-25/

Dated:

Awareness Program under NMBA

Under the banner of Nasha Mukht Bharat Abhiyan, the NCORD Cell of HKM Degree College Bandipora organized an awareness programme on the ill effects of drug abuse on youth. On 19 May 2026. The programme aimed to sensitize students about the growing menace of drugs and to promote a healthy and drug-free society.

During the programme, NCORD Convener Prof. Irfan Ahmad Wagay delivered an insightful lecture highlighting the harmful effects of drugs on the physical, mental, social, and economic well-being of youth. He emphasized the vital role of students and society in combating drug abuse and encouraged the participants to stay away from all forms of addiction. The lecture also focused on the importance of awareness, counselling, and collective responsibility in eradicating the menace of drugs for



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Kashmir - 193502

No: HKM/GDCB/24-25/

Dated:

Awareness Lecture on the Harmful Effects of Drug Abuse under NMBA

Under the dynamic leadership of Principal Prof. Suresh Kumar Dogra, the Department of Botany, in collaboration with the Red Ribbon Youth Club of HKM Degree College Bandipora, organized an awareness lecture on the harmful effects of drug abuse on 19-05-2026 under the banner of Nasha Mukta Bharat Abhiyan. Dr. Mehrajuddin Talie, Head, Department of Botany, delivered an insightful lecture on the growing menace of drug addiction and its social, psychological and health-related impacts. He also shared a real-life incident of a deceased victim of drug abuse, which deeply moved the students. He urged the students to spread anti-drug awareness in their localities and friend circles. The programme concluded with a pledge to work towards a healthy and drug-free society.



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No: HKM/GDCB/24-25/

Dated:

Awareness Against Drug Abuse under NMBA

Under the banner of the Nasha Mukta Bharat Abhiyan, seven NCC cadets of HKM Government Degree College Bandipora participating in the Adventure Camp at Pahalgam under the aegis of 7 J&K NCC Battalion Kupwara actively spread awareness against drug abuse on 19 May 2026. During the camp, the cadets interacted with fellow NCC participants from different colleges and states, including Jharkhand and Gujarat, and held meaningful discussions on the objectives of the Nasha Mukta Bharat Abhiyan. The cadets highlighted the harmful effects of drug addiction and motivated youth to adopt disciplined, healthy, and responsible lifestyles. Alongside awareness activities, the cadets enthusiastically participated in trekking, group tasks, and adventure exercises that enhanced their leadership, teamwork, confidence, and endurance. The programme was conducted under the guidance of CTO Dr. Nasarul Islam, who encouraged the cadets to actively promote the message of a drug-free society during the camp interactions and activities. The awareness efforts and disciplined participation of the cadets were widely appreciated by fellow participants and camp officials.



AWAWARENESS & INTERACTION
Discussing the ill effects of drugs and motivating youth towards a better tomorrow.



NATIONAL INTEGRATION
Interacted and shared ideas with NCC Cadets from Jharkhand and Gujarat.



ADVENTURE ACTIVITIES
Participated in trekking, team tasks, river crossing and other adventure activities.



BUILDING VALUES
Strengthened values of discipline, unity, leadership and nation first.

DISCIPLINE | UNITY | LEADERSHIP | NATION FIRST



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No: HKM/GDCB/24-25/

Dated:

Painting Competition under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the NSS Units in collaboration with the College Wellbeing and Anti-Substance Abuse Cell organized a painting competition on 19 May 2026 to spread awareness about the harmful effects of drug abuse and the importance of a healthy lifestyle. The programme was conducted under the coordination of Dr. Wasia Hamid, NSS Programme Officer. Students participated enthusiastically in the competition and expressed their ideas and concerns regarding substance abuse through creative paintings, messages, and artistic themes promoting a drug-free society. The activity aimed to encourage awareness, creativity, and social responsibility among students while reinforcing the message of collective action against the growing menace of drugs.



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Dated:

Panel Discussion at GHSS Aloosa Bandipora under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College NCORD Cell in collaboration with the NSS Units organized a visit and panel discussion on **20 May 2026** at **Government Higher Secondary School Aloosa** on the theme “The Menace of Substance Abuse.” The programme witnessed active participation from college NSS volunteers and students of the Higher Secondary School, while the school administration extended full cooperation for the successful conduct of the event. The panel discussion was led by senior faculty member Dr. Mubashir Hamid Mir, who, along with the participants, engaged in a comprehensive and productive discussion on the growing problem of substance abuse and its underlying social and psychological causes, including stigma, alienation, poverty, negligence, failures, and the unhealthy influence of virtual social media-driven values and lifestyles. The interactive session encouraged students to openly reflect on the issue and collectively explore the importance of awareness, emotional support, and community responsibility in combating drug addiction. The programme concluded with a formal vote of thanks presented by Prof. Sadaf Shafi.



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No: HKM/GDCB/24-25/

Dated:

Plantation Drive under NMBA

Under the dynamic leadership of worthy Principal Prof. Suresh Kumar Dogra, the Red Ribbon Youth Club of HKM Degree College Bandipora, in collaboration with the Department of Botany organized a plantation drive under the NMBA initiative on 20 May 2026. The programme was conducted with the objective of creating awareness among students and youth regarding the harmful effects of drug addiction and encouraging their active participation in eco-friendly practices such as plantation drives and environmental cleanliness. Faculty members, volunteers, and students enthusiastically participated in the activity and planted various saplings within the college premises. On the occasion, Dr. Mehrajuddin Talie, Coordinator Red Ribbon Youth Club, motivated the volunteers to contribute towards a greener environment and work collectively for building a healthy, drug-free society. The programme concluded with a pledge by the participants to protect the environment and spread awareness against substance abuse.



Essay Writing Competition under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College Literary Youth Club organized an Essay Writing Competition on the theme “Prevention of Drug Addiction: Policy and Community Participation” on 20 May 2026 under the guidance of the Club Convener, Prof. Sadaf Shafi. The competition witnessed enthusiastic participation from students, who expressed their views on the role of government policies, educational institutions, families, and community participation in combating the growing menace of drug addiction. Through their essays, the participants highlighted the importance of awareness, collective responsibility, and social engagement in building a healthy and drug-free society. The programme aimed to encourage critical thinking, creativity, and social consciousness among students while promoting the message of the Nasha Mukht Bharat Abhiyaan.



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Dated:



The NCORD Cell of the college organized an awareness program on “Drug Addiction among Students” with the aim of educating students about the harmful effects of drug abuse and the importance of leading a healthy and responsible life on 20 May 2026. During the program, Convener NCORD Cell, Prof. Irfan Ahmad Wagay, delivered an insightful lecture on drugs and their adverse impact on college students and society. He highlighted the physical, psychological, social, and academic consequences of drug addiction and urged students to stay away from substance abuse. He also emphasized the role of youth in building a drug-free society and encouraged students to spread awareness among their peers and communities.



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Dated:

Panel Discussion at GHSS Quilmuqam Bandipora

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College NCORD Cell in collaboration with the NSS Units organized a visit and panel discussion on **20 May 2026** at Government Higher Secondary School Quilmuqam on the theme “The Menace of Substance Abuse.” The programme witnessed enthusiastic participation from college NSS volunteers as well as students of the Higher Secondary School, while the school administration extended full cooperation for the successful conduct of the event. The panel discussion was led by senior faculty member Dr. Mubashir Hamid Mir, who engaged the participants in a thoughtful and comprehensive discussion on the growing problem of substance abuse and its deep-rooted social and psychological causes, including stigma, alienation, poverty, negligence, emotional distress, failures, and the increasing influence of virtual social media-driven lifestyles and values. The session evolved into a productive and interactive debate where students openly shared their views and concerns regarding the issue and discussed the importance of awareness, counselling, family support, and community participation in addressing the menace of addiction. Adding a cultural dimension to the programme, a student of the school presented a traditional Kashmiri Ladi Shah performance based on the theme of anti-drug awareness, which was highly appreciated by the audience for creatively conveying the social message against substance abuse. The programme concluded with a formal vote of thanks delivered by Prof. Sadaf Shafi, who appreciated the active participation and cooperation of the students and school administration in making the event meaningful and impactful.



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Dated:

Public Outreach Programme under NMBA

The members of the Red Ribbon Youth Club, HKM Degree College Bandipora, under the supervision of Dr. Mehrajuddin Talie, organised an awareness-cum-outreach programme at Gulshan Chowk, Bandipora, to spread awareness about the harmful effects of drug abuse on 22 May 2026. The programme aimed to sensitise the general public, particularly the youth, about the social, psychological and health-related consequences of substance abuse and to promote the message of a healthy and drug-free lifestyle. During the outreach programme, volunteers interacted with members of the public and distributed awareness materials carrying anti-drug messages. The participants emphasised the collective responsibility of society in combating the growing menace of drug addiction. The programme witnessed active participation from the volunteers and received a positive response from the public.



Men's Badminton Competition under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College Sports Committee organized a Men's Badminton Competition on 22 May 2026 under the leadership of the Convener of the Sports Committee, Prof. Shahid Shafi. The event witnessed enthusiastic participation from students, promoting the spirit of sportsmanship, discipline, and healthy competition among the youth. The programme was personally viewed and appreciated by the Principal, Prof. Suresh Kumar Dogra, who encouraged the participants and highlighted the importance of sports and physical activities in building a healthy and drug-free society. The competition aimed to engage students in constructive extracurricular activities and to reinforce the message of fitness, wellbeing, and social responsibility under the ongoing Nasha Mukht Bharat Abhiyaan.



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Dated:



Awareness Program under NMBA

On 22 May 2026, the NCORD Cell of HKM Degree College Bandipora, in collaboration with the Department of Education, organized an awareness program on drug abuse. The program aimed to educate students about the harmful effects of drug addiction and the importance of building a drug-free society. During the program, Head of the Department of Education, Dr. Manzoor Ahmad Parey delivered an insightful lecture on the topic of drug abuse. He highlighted the increasing menace of drugs among youth and discussed its social, psychological, and health-related consequences. He also urged students to stay away from narcotics and contribute positively towards society.





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No: HKM/GDCB/24-25/

Dated:

Anti-Drug Pledge under NMBA (22 May 2026)

The NCORD Cell of HKM Degree College Bandipora, in collaboration with the Department of Education, organized an Anti-Drug Pledge Ceremony on the college campus under the ongoing campaign against drug abuse. The programme aimed to spread awareness among students about the harmful effects of drugs and to encourage them to contribute towards building a drug-free society. During the ceremony, students and faculty members collectively took a pledge to remain away from drugs and to actively support the mission of creating a healthy and addiction-free environment. The programme highlighted the importance of youth participation in combating the growing menace of drug abuse.



Essay Competition under NMBA

The NSS Units of HKM Degree College Bandipora, in collaboration with the NCORD Cell of the college, organised an essay competition on the topic “Ill Effects of Drug Abuse” as part of the ongoing awareness campaign against substance abuse among youth. The programme aimed to create awareness among students regarding the harmful social, psychological, and health-related consequences of drug addiction. A large number of students enthusiastically participated in the competition and expressed their views, ideas, and concerns through informative and thought-provoking essays. The participants highlighted various issues related to drug abuse, including its negative impact on individuals, families, and society. They also emphasised the



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importance of awareness, education, and collective responsibility in eradicating the menace of drugs from society.



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Dated:

Cleanliness Drive under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College Cleanliness and Beautification Committee, in collaboration with the Red Ribbon Youth Club, organised a cleanliness drive on 26 May 2026 under the convenorship of Dr. Mehrajuddin Talie. The programme witnessed active participation from students and volunteers who carried out cleanliness activities within and around the college campus to promote hygiene, environmental awareness, and social responsibility. The drive aimed to encourage students to adopt healthy habits and contribute positively towards building a clean, healthy, and drug-free society. The participants displayed great enthusiasm and commitment during the programme, reflecting the spirit of community service and collective responsibility.



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Dated:

Awareness-cum-Counselling Session under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College NCORD Cell in collaboration with the Admission Committee organized an awareness and counselling session on 26 May 2026 for fresh students seeking admission to the college for the academic session 2026–2027. The programme aimed to educate the newly admitted students about the harmful effects of drug abuse and the importance of maintaining a healthy, disciplined, and responsible lifestyle. During the session, students were counselled regarding the social, psychological, and academic consequences of substance abuse and were encouraged to actively contribute towards building a safe and drug-free educational environment. The programme reflected the college's continued commitment towards awareness, prevention, and student wellbeing through meaningful outreach and counselling initiatives.



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Dated:

Student Awareness Programme on Drug Abuse under NMBA

A Student Awareness Programme on Drug Abuse was organised on 30-05-2026 by the NSS Youth Club of HKM Degree College Bandipora, under the banner of the Nasha Mukta Bharat Abhiyan. The programme aimed to create awareness among students about the harmful effects of drug abuse and the importance of leading a healthy and responsible life. On the occasion, Convener NCORD Cell, Prof. Irfan Ahmad Wagay, delivered an insightful and informative session on drug abuse and its adverse impact on youth. He highlighted the growing menace of substance abuse in society and emphasized the need for collective efforts to protect young people from falling prey to addiction. He also discussed the physical, psychological, social, and economic consequences of drug abuse and encouraged students to stay away from harmful substances. The participants actively attended the programme and appreciated the awareness initiative. The event concluded with a strong message to the students to act as ambassadors of a drug-free society and contribute towards building a healthier and safer community.



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Dated:

Interactive Session under NMBA

Under the visionary leadership of Principal Prof. Suresh Kumar Dogra, the Red Ribbon Youth Club, HKM Degree College Bandipora organized an interactive awareness session on the drug menace for 4th Semester students under the Nasha Mukta Bharat Abhiyan 30 May 2026. The session aimed to sensitize students about the harmful effects of drug abuse and the importance of leading a healthy lifestyle. The programme was supervised by Dr. Manzoor Ahmad Parey and Dr. Mehrajuddin Talie.



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No: HKM/GDCB/24-25/

Dated:

Essay Writing Competition under NMBA 01 June 2026

Under the banner of the Nasha Mukht Bharat Abhiyaan, the Red Ribbon Youth Club in collaboration with the Literary Youth Club, organised an Essay Writing Competition on 01 June 2026 on the theme “Role of Social Institutions in Curbing Drug Menace.” The programme witnessed enthusiastic participation from a large number of students, who expressed their views on the crucial role played by educational institutions, families, religious organizations, community groups, civil society, and government agencies in preventing substance abuse and promoting healthy lifestyles among the youth. Through their essays, the participants critically examined the social, psychological, and economic factors contributing to drug addiction and suggested various preventive measures based on awareness, counselling, community engagement, and policy interventions. The competition provided students with an opportunity to reflect on one of the most pressing social challenges of contemporary society and encouraged them to think creatively and responsibly about solutions. The event successfully promoted awareness, critical thinking, and social responsibility among students while reinforcing the collective commitment to building a healthy, informed, and drug-free society.



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Dated:

Anti-Drug Pledge Taking Ceremony under NMBA 01 June 2026

Under the banner of Nasha Mukta Bharat Abhiyan (NAMBA), the NSS Youth Club of HKM Degree College Bandipora organised an Anti-Drug Pledge Taking Ceremony under the convenership of Prof. Irfan Ahmad Wagay, Convener, NCORD Cell. Students and NSS volunteers participated enthusiastically and took a pledge to remain free from drugs and to spread awareness about the harmful effects of substance abuse in society. The programme aimed to strengthen the commitment of youth towards a drug-free lifestyle and encourage them to play an active role in combating the menace of drug addiction. The event successfully conveyed the message of Nasha Mukta Bharat Abhiyan and inspired students to become responsible citizens dedicated to building a healthy and drug-free society



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No: HKM/GDCB/24-25/

Dated:

Ant-Drug Rally under NMBA 02 June 2026

Under the aegis of the Nasha Mukht Bharat Abhiyan, the Red Ribbon Youth Club in collaboration with the NSS Youth Club, HKM Degree College Bandipora, organized a rally on drug abuse awareness. The rally witnessed enthusiastic participation from students and faculty members who raised slogans highlighting the harmful effects of drug addiction and the importance of a drug-free society. The programme aimed to sensitize the youth about the growing menace of substance abuse and encourage them to adopt a healthy and responsible lifestyle.



Essay Writing Competition under NMBA

Under the banner of Nasha Mukht Bharat Abhiyan, the NSS Youth Club in collaboration with the Department of Kashmiri, HKM Degree College Bandipora, organized an Essay Writing Competition on the theme "Ill Effects of Drug Addiction on Youth." The programme was conducted under the supervision of the Convener, NCORD Cell, Prof. Irfan Ahmad Wagay. The competition aimed to create awareness among students about the harmful effects of drug addiction and its impact on youth, families, and society. A large number of students enthusiastically participated and expressed their views through thoughtful and informative essays. The event encouraged students to reflect on the importance of leading a healthy and drug-free life and contributed to the objectives of the Nasha Mukht Bharat Abhiyan.



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Dated:

Essay Writing Competition under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College Literary Youth Club organized an Essay Writing Competition on 02 June 2026 on the theme “Nasha: Socio-Economic Implications” under the guidance of the Club Convener, Prof. Sadaf Shafi. The competition witnessed enthusiastic participation from students, who examined the far-reaching social and economic consequences of substance abuse on individuals, families, and society. Through their essays, participants highlighted issues such as unemployment, poverty, family disintegration, declining productivity, crime, health-related expenditures, and the adverse impact of addiction on community wellbeing and social development. The competition provided a valuable platform for students to critically engage with a pressing social issue and articulate constructive measures for prevention and awareness. The programme successfully promoted critical thinking, social consciousness, and active participation among students while reinforcing the message of a healthy and drug-free society.



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Dated:

Counselling and Interactive Session under NMBA

Under the ongoing Nasha Mukht Bharat Abhiyan, the NCC Youth Club of HKM Government Degree College, Bandipora organised counselling and interaction sessions with students appearing in the mid-term examinations on **3 June 2026**. The activity was conducted under the guidance of Dr. Nasarul Islam, CTO, NCC Unit, HKM Government Degree College, Bandipora, and under the aegis of 7 J&K NCC Battalion, Kupwara. The primary objective of the program was to create awareness among students regarding the harmful effects of drug abuse and substance addiction while encouraging them to remain focused on their academic pursuits and personal development. During the interaction sessions, students were sensitized about the physical, psychological, social, and economic consequences of drug addiction and were motivated to adopt a healthy and disciplined lifestyle. Special emphasis was laid on stress management during examinations, mental well-being, positive peer influence, and the importance of making informed and responsible life choices.



Pledge Ceremony under NMBA

Under the umbrella of Nasha Mukht Bharat Abhiyan, the Red Ribbon Youth Club, HKM Degree College Bandipora, in collaboration with the Department of Botany, organised a pledge ceremony **3 June 2026** to promote awareness against drug abuse. The pledge was administered by Dr. Mehrajuddin Talie, Head, Department of Botany. Students participated enthusiastically and reaffirmed their commitment towards leading a healthy, drug-free life and contributing to a drug-free society.



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Dated:

Counselling Session for Girl Students under NMBA

Under the banner of the *Nasha Mukht Bharat Abhiyaan*, the College Literary Youth Club organized a counselling session for girl students on 03 June 2026 under the guidance of the Club Convener, Prof. Sadaf Shafi. The programme aimed to create awareness about the harmful effects of substance abuse and to empower young women with the knowledge and confidence to make healthy and informed life choices. During the session, participants were sensitized to the social, psychological, and health-related consequences of drug addiction and were encouraged to play an active role in promoting awareness within their families and communities. The interactive programme provided a platform for meaningful discussion on the importance of self-awareness, resilience, education, and responsible citizenship in combating the growing menace of substance abuse. The session witnessed enthusiastic participation from the students and reinforced the message of a healthy, safe, and drug-free society.



Interaction-cum-Counselling Session under NMBA

Under the banner of *Nasha Mukht Bharat Abhiyan*, the NCORD Cell in collaboration with the Department of Kashmiri, HKM Degree College Bandipora, organized an Interaction-cum-Counselling Session on "Drugs and Their Negative Impact on Society" on 03-06-2026. The programme aimed to create awareness among students about the harmful effects of drug abuse on individuals, families, and society. During the interactive session, students were encouraged to share their views and concerns regarding the growing menace of drugs. The speakers highlighted the social, psychological, and health-related consequences of substance abuse and emphasized the importance of making informed and responsible life choices. The programme was organized under the guidance of Prof. Irfan Ahmad Wagay, Convener, NCORD Cell and Head, Department of Kashmiri.



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Dated:

Signature Campaign under NMBA

Under the guidance of the Principal Prof. Suresh Kumar Dogra and under the aegis of Nasha Mukht Bharat Abhiyan, the Red Ribbon Youth Club, HKM Degree College Bandipora, in collaboration with the NCORD Cell, organized a signature campaign against drug abuse **4 June 2026**. The programme was supervised by Dr. Manzoor Ahmad Parey, Dr. Mehrajuddin Talie (Convenor, Red Ribbon Youth Club) and Prof. Irfan Ahmad Wagay. A large number of students actively participated in the campaign and pledged to contribute towards a drug-free society.



Book Reading Session under NMBA

Under the banner of the *Nasha Mukht Bharat Abhiyaan*, the College Literary Youth Club organized a Book Discussion Programme on 04 June 2026 under the guidance of the Club Convener, Prof. Sadaf Shafi. The programme witnessed active participation from students who engaged in a thoughtful discussion on selected literary works and the role of literature in shaping awareness, values, and social responsibility among the youth. During the discussion, participants reflected on how books and literary narratives can contribute to a better understanding of contemporary social challenges, including substance abuse, and promote informed decision-making and ethical conduct. The programme provided a platform for intellectual engagement, critical thinking, and constructive dialogue, while reinforcing the objectives of the *Nasha Mukht Bharat Abhiyaan* by encouraging students to adopt healthy, responsible, and socially conscious lifestyles. The event concluded with an interactive exchange of ideas and appreciation for the enthusiastic participation of the students.



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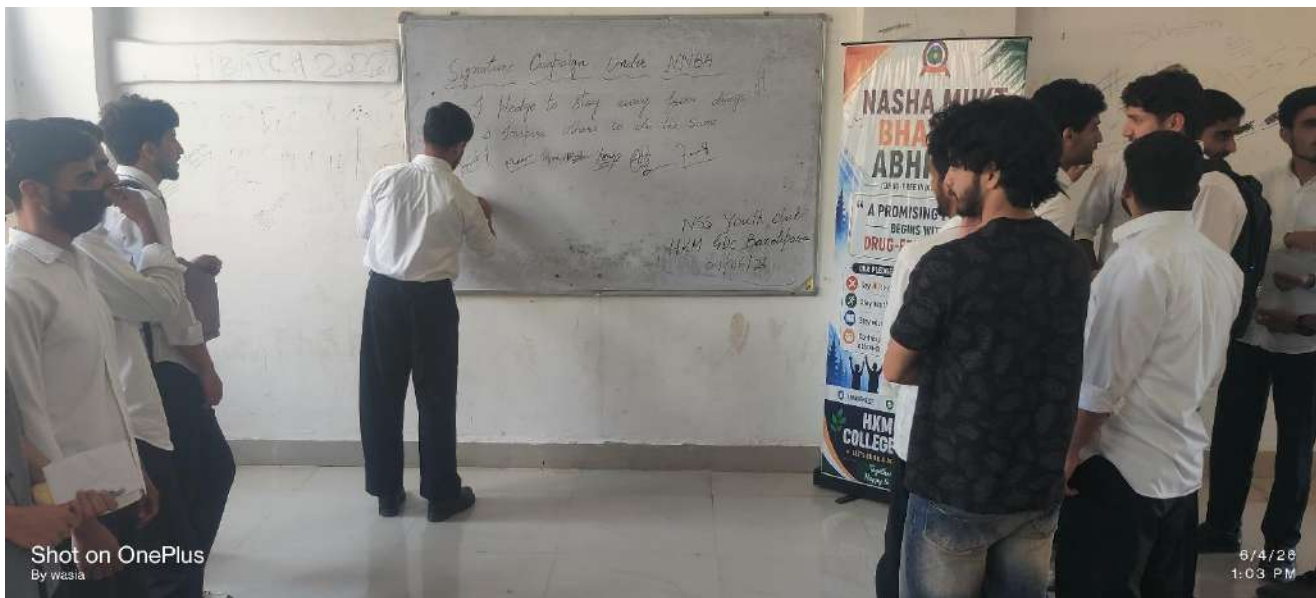
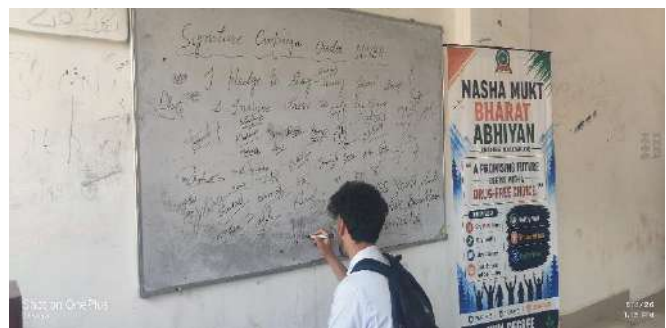
Dated:

Signature Campaign under Nasha Mukht Bharat Abhiyan

The NSS Youth Club of HKM Degree College, Bandipora organized a Signature Campaign under the aegis of Nasha Mukht Bharat Abhiyan (NMBA) on 04 June 2026 within the college campus.

The programme was conducted under the supervision of NSS Programme Officers Prof. Irfan Ahmad Wagay and Dr. Wasia Hamid. The campaign aimed to create awareness among students about the harmful effects of drug abuse and to encourage them to adopt a healthy, responsible, and drug-free lifestyle. Students, faculty members, and staff enthusiastically participated in the campaign by signing a pledge board, expressing their commitment towards a drug-free society.

The campaign successfully conveyed the message of "Say No to Drugs, Say Yes to Life" and reinforced the collective responsibility of youth in building a healthier and addiction-free nation. The programme concluded with a pledge to continue spreading awareness and supporting the vision of a Nasha Mukht Bharat.



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Dated:

Plantation Drive under NMBA to Celebrate World Environment Day-2026

Under the able guidance of Principal Prof. Suresh Kumar Dogra, the College Beautification and Cleanliness Committee, under the convenorship of Dr. Mehrajuddin Talie, in collaboration with the Department of Kashmiri, organized a plantation drive on the occasion of World Environment Day on 5 June 2026. Faculty members and students actively participated in the programme and planted saplings within the college campus to promote environmental awareness and sustainability. The event highlighted the importance of tree plantation and environmental conservation. On the occasion, participants were also sensitized about the harmful effects of drug abuse under the Nasha Mukt Bharat Abhiyan. Students were encouraged to adopt a healthy lifestyle, stay away from substance abuse, and contribute towards building a drug-free society.



Awareness Campaign under NMBA

On the occasion of World Environment Day, celebrated on 5 June 2026, the NCC cadets of HKM Government Degree College, Bandipora organized an awareness campaign under the Nasha Mukt Bharat Abhiyan. The activity was conducted under the guidance of CTO Dr. Nasarul Islam and under the banner of 7 J&K NCC Battalion, Kupwara. The programme aimed to promote environmental consciousness alongside awareness regarding the harmful effects of substance abuse. NCC cadets actively interacted with students and members of the local community, emphasizing the importance of maintaining both a clean environment and a drug free society. During the campaign, cadets highlighted how drug addiction adversely affects the health, productivity, and future of youth. They encouraged participants to adopt healthy lifestyles and contribute positively towards society. The activity also focused on the theme of World Environment Day 2026 by stressing the need to protect natural resources and preserve a healthy environment for future generations. The cadets conducted awareness interactions, shared motivational slogans, and administered a pledge encouraging participants to stay away from drugs and support the vision of a Nasha Mukt Bharat. The programme successfully conveyed the message that environmental protection and social wellbeing are interconnected and essential for sustainable development.



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Dated:



Essay Writing Competition under NMBA

Under the banner of the *Nasha Mukht Bharat Abhiyaan*, the College Literary Youth Club organized an Essay Writing Competition on 5 June 2026 on the theme "*Nasha: Causes and Control*" under the guidance of the Club Convener, Prof. Sadaf Shafi. The competition witnessed enthusiastic participation from students, who examined the far-reaching social and economic consequences of substance abuse on individuals, families, and society. Through their essays, participants highlighted issues such as unemployment, poverty, family disintegration, declining productivity, crime, health-related expenditures, and the adverse impact of addiction on community wellbeing and social development. The competition provided a valuable platform for students to critically engage with a pressing social issue and articulate constructive measures for prevention and awareness. The programme successfully promoted critical thinking, social consciousness, and active participation among students while reinforcing the message of a healthy and drug-free society.



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Dated:

Awareness-cum Anti-Drug De-Addiction Pledge under NMBA

The NCORD Cell, in collaboration with the Youth Club of NSS Units of HKM Degree College Bandipora, organised an Awareness-cum Anti-Drug De-Addiction Pledge on 05 June 2026 in the college campus. The programme aimed to create awareness among students about the harmful effects of drug abuse and to encourage them to adopt a healthy and drug-free lifestyle. During the event, students were sensitized about the social, psychological, and health-related consequences of substance abuse. A pledge against drug abuse was administered to the participants, reaffirming their commitment to stay away from drugs and to contribute towards building a drug-free society. The programme was organized under the supervision of the NSS Programme Officers, Prof. Irfan Ahmad Wagay and Dr. Wasia Hamid. A large number of students actively participated in the event and expressed their resolve to support the cause of a Nasha Mukht Bharat.



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Dated:

Awareness Lecture under NMBA

Under the patronage of the esteemed Principal, Prof. Suresh Kumar Dogra, the Red Ribbon Youth Club, HKM Degree College Bandipora, organised a lecture on the harmful effects of drug abuse under the convenorship of Dr. Mehrajuddin Talie on 6 June 2026. The lecture was delivered by Dr. G. M. Khan, who highlighted the adverse physical, psychological, and social consequences of substance abuse and stressed the need for awareness and prevention among youth. Students actively participated in the programme.



Awareness cum counselling Session on Drug De-addiction under NMBA

Bandipora, June 06, 2026: The Youth Club of NSS Units, HKM Degree College Bandipora, organized an awareness cum counselling session for the students of 6th Semester on the ill effects of drug abuse and the importance of a drug-free lifestyle. The programme aimed to sensitize students about the harmful physical, psychological, social, and economic consequences of substance abuse and to encourage them to play an active role in building a drug-free society. The session was organized under the guidance of NSS Programme Officers, Prof. Irfan Ahmad Wagay and Dr. Wasia Hamid, who highlighted the growing menace of drug addiction among youth and stressed the need for awareness, prevention, and collective responsibility in combating this social evil.



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Dated:

Declamation Contest under NMBA

The Youth Club of NSS Units of HKM Degree College, Bandipora, organised a Declamation Contest on the theme “Drug De-addiction and its Preventive Measures” on 8 June 2026. The event aimed to create awareness among students about the harmful effects of drug abuse and the importance of adopting a healthy and responsible lifestyle. Students actively participated in the contest and expressed their views on the growing menace of drug addiction, its impact on individuals and society, and various preventive measures to curb the problem. The participants highlighted the role of youth, educational institutions, families, and society in building a drug-free environment. The programme was organised under the dynamic leadership and guidance of NSS Programme Officers Prof. Irfan Ahmad Wagay and Dr. Wasia Hamid, who encouraged students to become ambassadors of the Nasha Mukt Bharat Abhiyan and contribute towards creating a healthy and drug-free society.



Essay Competition under NMBA

Under the guidance of Principal Prof. Suresh Kumar Dogra, the Red Ribbon Youth Club, HKM Degree College Bandipora, under the banner of Nasha Mukt Bharat Abhiyan and the convenorship of Dr. Mehrajuddin Talie, organized an Essay Writing Competition on 8th June 2026 on the theme “Social, Economic and Health Consequences of Drug Abuse.” The event aimed to raise awareness among students about the harmful effects of drug abuse and promote a drug-free society.



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Dated:

Awareness Program Against Drug Addiction by NCC Youth Club under NMBA

As part of the ongoing Nasha Mukht Bharat Abhiyaan, an awareness and interaction programme was organized by the NCC Youth Club of HKM Government Degree College, Bandipora for the newly admitted students of the college. The programme was conducted under the guidance of Dr. Nasarul Islam, CTO, NCC Unit, HKM Government Degree College, Bandipora, and under the aegis of 7 J&K NCC Battalion, Kupwara. During the interaction session, NCC cadets welcomed the newly admitted students and introduced them to the objectives and activities of the NCC Youth Club. The cadets highlighted the importance of youth participation in nation-building, social service, leadership development, discipline, and community welfare initiatives.



NCC YOUTH CLUB AWARENESS PROGRAM
— UNDER NASHA Mukht BHARAT ABHIYAN —

Interaction with Newly Admitted Students
 Awareness on Drug Free Lifestyle and NCC Enrollment
"SAY NO TO DRUGS, SAY YES TO DREAMS"

SAY NO TO DRUGS

- JOIN NCC, BUILD CHARACTER AND LEADERSHIP
- YOUTH AGAINST DRUG ABUSE
- DISCIPLINE, SERVICE AND NATION BUILDING
- HEALTHY YOUTH, STRONG NATION
- BE A PART OF NASHA Mukht BHARAT

EDUCATE EMPOWER TRANSFORM

UNDER THE AEGIS OF
7 J&K NCC BATTALION, KUPWARA

ORGANIZED BY
NCC UNIT & NCC YOUTH CLUB
HKM GOVERNMENT DEGREE COLLEGE
BANDIPORA

GUIDANCE
Dr. NASARUL ISLAM
CTO, NCC UNIT
HKM GOVERNMENT DEGREE COLLEGE
BANDIPORA

NASHA Mukht BHARAT ABHIYAN | DRUG FREE CAMPUS • DRUG FREE SOCIETY • DRUG FREE INDIA

Pledge Taking Ceremony under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College Literary Youth Club organized a pledge-taking ceremony on 08 June 2026 under the guidance of the Club Convener, Prof. Sadaf Shafi. The programme witnessed enthusiastic participation from students, who collectively pledged to stay away from drugs and to actively contribute towards creating awareness against substance abuse in society. During the ceremony, participants reaffirmed their commitment to promoting healthy lifestyles, responsible citizenship, and social harmony. The event aimed to strengthen awareness, encourage personal responsibility, and reinforce the objectives of the Nasha Mukht Bharat Abhiyaan by inspiring students to become ambassadors of a healthy, safe, and drug-free society.



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Dated:



Essay Writing and Poster Making Competition at HKM GDC Bandipora

Under the guidance of the Principal, **Prof. Suresh Kumar Dogra** and under the banner of the **Nasha Mukht Bharat Abhiyaan**, the College NCORD Cell organized an **Essay Writing Competition** on **08 June 2026** and a **Poster Making Competition** on **10 June 2026** under the coordination of **Prof. Irfan Ahmad Wagay** and **Dr. Wasia Hamid**. Both programmes were aimed at creating awareness among students about the growing menace of substance abuse and encouraging them to express their ideas through literary and creative means. A good number of students participated enthusiastically in both competitions, demonstrating a keen understanding of the social, psychological, and health-related consequences of drug addiction. Through their essays, participants reflected on the causes, impacts, and possible solutions to the problem of substance abuse, while the posters creatively conveyed powerful messages advocating a healthy and drug-free lifestyle. The competitions provided an effective platform for students to showcase their creativity, critical thinking, and social awareness while actively engaging with an issue of great contemporary significance. The programmes successfully promoted the objectives of the **Nasha Mukht Bharat Abhiyaan** by fostering awareness, responsibility, and community engagement among the student community.





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Dated:

Under the banner of the Nasha Mukht Bharat Abhiyaan, the Department of Education organized a counselling session for fresh students seeking admission to the college for the academic session 2026–2027 on 09 June 2026 under the guidance of Dr. Manzoor Ahmad Parey, Head of the Department of Education. The session aimed to sensitize the newly admitted students about the harmful effects of drug abuse and the importance of adopting a healthy, disciplined, and goal-oriented lifestyle. During the interaction, students were counselled on the social, psychological, and academic consequences of substance abuse and were encouraged to make informed choices and actively contribute towards creating a drug-free campus and society. The programme witnessed active participation from the students and served as an important awareness initiative in furthering the objectives of the Nasha Mukht Bharat Abhiyaan.



Interactive Session by Literary Youth Club under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College Literary Youth Club organized an interactive session on 09 June 2026 under the guidance of the Club Convener, Prof. Sadaf Shafi. The programme witnessed active participation from students, who engaged in meaningful discussions on the growing menace of substance abuse and the collective responsibility of society in addressing the issue. The session provided a platform for participants to share their views, experiences, and suggestions regarding awareness, prevention, and the promotion of healthy lifestyles among youth. Through constructive dialogue and exchange of ideas, the programme sought to enhance students' understanding of the social, psychological, and educational consequences of drug addiction while encouraging them to become active advocates of the Nasha Mukht Bharat Abhiyaan. The session concluded with a renewed commitment among the participants to contribute towards building a healthy, informed, and drug-free society.



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Dated:



Awareness Rally on Drug De-addiction and Preventive Measures under NMBA

Bandipora, June 2026: Under the banner of Nasha Mukta Bharat Abhiyan, the Red Ribbon Youth Club in collaboration with the NSS Units of HKM Degree College Bandipora organized an awareness rally on drug de-addiction and its preventive measures. The rally was conducted under the guidance of the Convener of the Red Ribbon Club, Dr. Mehraj-ud-Din Talie, and NSS Programme Officers Prof. Irfan Ahmad Wagay and Dr. Wasia Hamid. A large number of students and faculty members participated enthusiastically in the rally.



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Awareness Campaign under NMBA

As part of the ongoing Nasha Mukta Bharat Abhiyan awareness campaign, NCC cadets of HKM Government Degree College, Bandipora, under the banner of 7 JK NCC Battalion Kupwara, visited the Nasha Mukta Bharat Abhiyan Awareness Wall installed on the college campus. During the visit, the cadets carefully observed the various paintings, slogans, messages, and awareness materials displayed on the wall. The artwork highlighted the harmful effects of drug abuse, tobacco consumption, and substance addiction on individuals, families, and society. The cadets discussed the significance of the messages conveyed through the paintings and reflected upon the role of youth in building a drug free and healthy society. The cadets actively interacted with fellow students present at the site and shared their observations regarding the awareness displays. Discussions focused on the importance of staying away from drugs and other addictive substances, promoting healthy lifestyles, and encouraging positive habits among young people. Abhiyan.



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Dated:

Drug De-addiction Pledge Programme under NMBA

As part of the College Cultural Festival under Nasha Mukht Bharat Abhiyan (NMBA), the Youth Club of NSS Units, in collaboration with the Red Ribbon Club of HKM Degree College Bandipora, organised a Drug De-addiction Pledge Programme on 10-06-2026. The programme was conducted under the guidance of Prof. Irfan Ahmad Wagay. The programme concluded with a message encouraging students to act as ambassadors of the Nasha Mukht Bharat Abhiyan and spread awareness about the harmful effects of drugs.



Awareness Lecture under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the Department of Urdu organized a lecture and interactive session on drug addiction for the 8th Semester/outgoing students on 10 June 2026. The programme was conducted by the senior faculty members of the department, including Dr. Asima and Dr. Qaisar-ul-Haq, who addressed the students on the growing menace of substance abuse and its adverse impact on individuals, families, and society. During the session, the speakers highlighted the social, psychological, and health-related consequences of drug addiction and emphasized the importance of awareness, self-discipline, and informed decision-making. The interactive component of the programme encouraged students to actively participate in discussions, share their perspectives, and seek guidance on issues related to substance abuse and youth wellbeing. The programme proved highly informative and motivational, reinforcing the message of a healthy, responsible, and drug-free lifestyle among the outgoing students.



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Pledge under NMBA

Under the banner of the Nasha Mukht Bharat Abhiyaan, the College Literary Youth Club organised a pledge-taking ceremony for newly admitted students on 10 June 2026 under the guidance of the Club Convener, Prof. Sadaf Shafi. The programme aimed to sensitize fresh students about the dangers of substance abuse and to encourage them to uphold the values of a healthy and disciplined lifestyle. During the ceremony, the students collectively took a pledge to stay away from drugs, promote awareness against substance abuse, and contribute towards creating a safe and drug-free educational environment. The event witnessed enthusiastic participation from the students and served as an important step in instilling a sense of social responsibility and commitment to the objectives of the Nasha Mukht Bharat Abhiyaan.



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Dated:

Awareness Lecture on Drug Abuse and Preventive Measures under NMBA

As part of the College Cultural Festival under the Nasha Mukta Bharat Abhiyan (NMBA), the Department of Political Science, in collaboration with the NCORD Cell of the college, organised an awareness lecture on Drug Abuse and its Preventive Measures on 11-06-2026. The programme aimed to create awareness among students about the harmful effects of drug addiction and the importance of adopting a healthy and responsible lifestyle. On the occasion, Convener NCORD Prof. Irfan Ahmad Wagay delivered an informative lecture highlighting the growing menace of drug abuse, its impact on individuals and society, and various preventive measures to combat the problem



Essay Competition under NMA

On 11 June 2026, under the leadership of the worthy Principal, Prof. Suresh Kumar Dogra, the Red Ribbon Youth Club, HKM Degree College Bandipora, in collaboration with the Department of Botany, organized an essay writing competition on the theme of drug addiction under the convenorship of Dr. Mehrajuddin Talie. The event aimed to create awareness among students about the harmful effects of substance abuse and to encourage them to contribute towards a drug-free society. A large number of students participated enthusiastically and expressed their views through thoughtful essays.



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Dated:

Pledge Against Substance Abuse under NMBA

Under the banner of Nasha Mukta Bharat Abhiyan, the Youth Club of the Red Ribbon Committee of HKM Degree College Bandipora organized a Pledge Against Substance Abuse on 13-06-2026 under the convenership of Dr. Mehrajuddin Talie. The programme concluded with a strong message emphasizing the collective responsibility of youth in combating the menace of drug abuse and promoting a healthy and productive lifestyle.



Counselling Session on “Say Yes to Life and No to Drugs” under NMBA

Under the banner of Nasha Mukta Bharat Abhiyan, the Department of Political Science, in collaboration with the NCORD Cell of HKM Degree College Bandipora, organized a counselling session on the theme “Say Yes to Life and No to Drugs” on 13-06-2026. The programme was aimed at sensitizing students about the dangers of drug abuse and encouraging them to adopt a healthy and responsible lifestyle. During the session, Prof. Irfan Ahmad Wagay, Convener of the NCORD Cell, delivered an insightful lecture highlighting the causes and harmful effects of substance abuse. He emphasized the importance of self-discipline, positive thinking, and community support in preventing drug addiction among youth.



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Dated:

Interactive Session on Drug Abuse under NMBA

Under the banner of Nasha Mukht Bharat Abhiyan, the NSS Units of HKM Degree College Bandipora, in collaboration with the Department of Education, organized an interactive session on the causes, consequences, and remedial measures of drug abuse on 13-06-2026. The programme aimed to raise awareness among students about the growing menace of drug addiction and its adverse impact on individuals, families, and society. The Head of the Department of Education, Dr. Manzoor Ahmad Parry, delivered an insightful and impressive lecture on the subject. He elaborated on the major causes of substance abuse, its harmful consequences, and the preventive and remedial measures needed to combat this social evil.



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Dated:

Essay Writing Competition under NMBA

Under the banner of Nasha Mukht Bharat Abhiyan, the NCORD Cell of HKM Degree College Bandipora organized an Essay Writing Competition on the topic "Ill Effects of Drug Addiction" on 15-06-2026. The activity was conducted with the active participation of IGNOU learners residing in the Putushay area of Bandipora. The competition aimed to create awareness about the harmful consequences of drug abuse and encourage participants to express their views on the need for a drug-free society.



Teacher Training Programme on Drug De-addiction under NMBA

Under the banner of Nasha Mukht Bharat Abhiyan, the NCORD Cell, in collaboration with the Youth Club of NSS Units of HKM Degree College Bandipora, organised a Teacher Training Programme on Drug De-addiction on 15-06-2026. The programme was aimed at equipping teachers with the knowledge and skills necessary to identify, prevent, and address issues related to substance abuse among students. During the session, participants discussed the growing menace of drug addiction, its adverse effects on individuals and society, and the crucial role of teachers in creating awareness and guiding students towards a healthy and drug-free lifestyle. Dr. Manzoor Ahmad Parry, Head of the Department of Education, delivered an insightful lecture on drugs and their preventive measures. He highlighted the causes and consequences of substance abuse and emphasised the importance of awareness, counselling, and collective efforts in preventing drug addiction among youth.



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Pledge by the College Literary Youth Club under NMBA

Under the banner of the **Nasha Mukht Bharat Abhiyaan**, the College Literary Youth Club organized a **pledge-taking ceremony** on **15 June 2026** under the guidance of the Club Convener, **Prof. Sadaf Shafi**. The programme witnessed enthusiastic participation from students, who collectively reaffirmed their commitment to staying away from drugs and promoting awareness against substance abuse in society. During the ceremony, the participants took a solemn pledge to adopt healthy lifestyles, uphold moral and social values, and contribute actively towards creating a safe and drug-free environment.



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Dated:

Future Roadmap and Sustainability Planning Workshop under NMBA

Under the able leadership of Prof. Suresh Kumar Dogra, a Future Roadmap and Sustainability Planning Workshop was organized by the NCORD Cell of HKM Government Degree College Bandipora under the Nasha Mukht Bharat Abhiyan on 18 June 2026. The programme aimed at strengthening awareness initiatives and developing sustainable strategies to ensure long-term efforts toward creating a drug-free society. The workshop witnessed active participation from students and staff, who deliberated on future plans and collaborative measures for sustaining anti-drug awareness campaigns. During the programme, Dr. G. M. Khan, Faculty, Department of English, delivered an insightful lecture highlighting the harmful effects of drug addiction and emphasizing the need for preventive measures through awareness, education, and community engagement. The workshop also focused on preparing a future roadmap by identifying key action areas, strengthening institutional mechanisms, and encouraging community participation to ensure the sustainability of anti-drug initiatives under the Nasha Mukht Bharat Abhiyan.



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Dated:

Awareness Lecture on Drug De-addiction under NMBA

Under the banner of Nasha Mukta Bharat Abhiyan, the Department of Education, HKM Degree College Bandipora, organized an insightful awareness lecture on the harmful effects of drug addiction on 19-06-2026. The programme was conducted under the guidance of Dr. Manzoor Ahmad Parey. The programme concluded with a strong message encouraging students to stay away from drugs and contribute towards building a healthy and drug-free society



Interaction-cum-Awareness Session under NMBA

Under the esteemed guidance of Principal Prof. Suresh Kumar Dogra, the Red Ribbon Youth Club, Government Degree College Bandipora, organized an Interaction-cum-Awareness Session on Drug Addiction for the outgoing 8th Semester students. The session was mediated by Dr. Mehrajuddin Talie, Coordinator, Red Ribbon Youth Club, who sensitized the students about the harmful effects of drug abuse, its social and health consequences, and the importance of making informed and responsible life choices. The interactive session encouraged students to actively participate and share their views on the growing menace of substance abuse.



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Anti-Drug Pledge Ceremony

Under the banner of Nasha Mukht Bharat Abhiyan, the Youth Club of NSS Units, HKM Degree College Bandipora, organized an Anti-Drug Pledge Ceremony on 19-06-2026 under the convenership of Prof. Irfan Ahmad Wagay. The event witnessed enthusiastic participation from students and concluded with a collective resolve to contribute towards building a drug-free society.



Awareness Session under NMBA

Under the banner of the **Nasha Mukht Bharat Abhiyaan**, the College Literary Youth Club organized an **awareness session** on **19 June 2026** under the guidance of the Club Convener, **Prof. Sadaf Shafi**. The programme aimed to sensitize students about the growing menace of substance abuse and its adverse impact on individuals, families, and society. During the session, participants engaged in meaningful discussions on the social, psychological, educational, and health-related consequences of drug addiction and explored the importance of awareness, prevention, and community participation in addressing the issue. Students actively participated in the interaction and shared their views on the role of youth in promoting healthy lifestyles and resisting negative influences. The programme served as an important platform for spreading



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awareness and reinforcing the message of a healthy, responsible, and drug-free society in line with the objectives of the **Nasha Mukht Bharat Abhiyaan**.



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Dated:

HKM Government Degree College Bandipora Celebrates International Yoga Day with Great Enthusiasm

HKM Government Degree College Bandipora celebrated International Yoga Day with great zeal and enthusiasm on June 21, 2026, in the college premises. Centred around the official theme “Yoga for Healthy Ageing”, the event witnessed active participation from teaching and non-teaching staff members, students, and several alumni of the institution. The programme was organised with the objective of promoting physical well-being, mental health, and holistic development through the practice of yoga.

The celebrations were led by the worthy Principal, **Prof. Suresh Kumar Dogra**, who participated enthusiastically in the yoga session and encouraged all attendees to incorporate yoga into their daily lives for maintaining a healthy body and a balanced mind. The programme commenced in the early morning with a brief introduction highlighting the significance of International Yoga Day and the universal relevance of yoga in today's fast-paced world. Participants then engaged in a series of yoga exercises and asanas under expert guidance. Some of the prominent asanas performed during the session included Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), Vajrasana (Thunderbolt Pose), Trikonasana (Triangle Pose), and Padmasana (Lotus Pose). Breathing exercises and meditation techniques were also practised to promote mental relaxation and emotional well-being.

The yoga session and various asanas were ably led by the College Physical Training Instructor, Dr. Suhail Ahmad, along with Ms. Nazarana, a student of 4th Semester, whose guidance and demonstrations ensured enthusiastic participation and proper execution of the yoga practices by all attendees.

The participants displayed great enthusiasm and dedication throughout the session. The collective performance of yoga postures created an atmosphere of positivity, discipline, and harmony within the campus. The alumni present on the occasion appreciated the college administration for organising such a meaningful programme and expressed their delight in being part of the celebrations.

Addressing the gathering, Prof. Suresh Kumar Dogra emphasised the importance of yoga as an invaluable gift of India's ancient wisdom to the world. He highlighted how regular practice of yoga helps in reducing stress, improving concentration, enhancing physical fitness, and fostering overall well-being. He urged students and staff members to make yoga an integral part of their daily routine. The programme concluded with a pledge to adopt healthy lifestyle practices and to spread awareness about the benefits of yoga among the wider community. The event served as a reminder of the transformative power of yoga in nurturing a healthy, balanced, and peaceful life.



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Interactive Session under NMBA (23-06-2026)

The NCORD Cell of HKM Degree College Bandipora, under the convenership of Prof. Irfan Ahmad Wagay, organised an interactive session on Substance Abuse and Its Preventive Measures with the NSS students of the College. Prof. Irfan Ahmad Wagay highlighted the physical, psychological and social consequences of substance abuse and emphasized the role of youth in combating this challenge. He also discussed various preventive measures, including awareness, counselling, peer support and community participation.



Interactive Discussion under NMBA by Red Ribbon Youth Club

As part of the Nasha Mukta Bharat Abhiyan (NMBA), the Literary Club of Government Degree College Bandipora, in collaboration with the Red Ribbon Youth Club, organized an interactive discussion session on the health consequences of drug menace. The programme was conducted under the guidance of the esteemed Principal, Prof. Suresh Kumar Dogra, and coordinated by Prof. Sadaf Shafi and Dr. Mehrajuddin Talie. The session provided students with an opportunity to reflect on the adverse effects of substance abuse on physical, mental and social well-being, while reinforcing the message of a healthy, responsible and drug-free lifestyle.



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Pledge under NMBA

To promote a drug-free society, the Red Ribbon Youth Club, GDC Bandipora, organised a Pledge Ceremony on Drug Menace under the guidance of the esteemed Principal, Prof. Suresh Kumar Dogra. The programme was coordinated by Dr. Mehrajuddin Talie, Convenor of the Club. During the event, students solemnly pledged to abstain from substance abuse and to actively support initiatives aimed at combating the growing menace of drugs. The ceremony served as a meaningful step towards fostering awareness, responsibility and healthy lifestyle choices among the youth.



Awareness Interactions by NCC Cadets under NMBA

NCC cadets of HKM Government Degree College Bandipora are actively participating in the Annual Training Camp (ATC) at Nagrota under the aegis of 7 J&K NCC Battalion Kupwara. The camp provides an excellent platform for cadets to develop leadership qualities, discipline, teamwork, and a spirit of national integration. During the camp, the cadets enthusiastically participated in various training activities including drill, physical training, weapon training,



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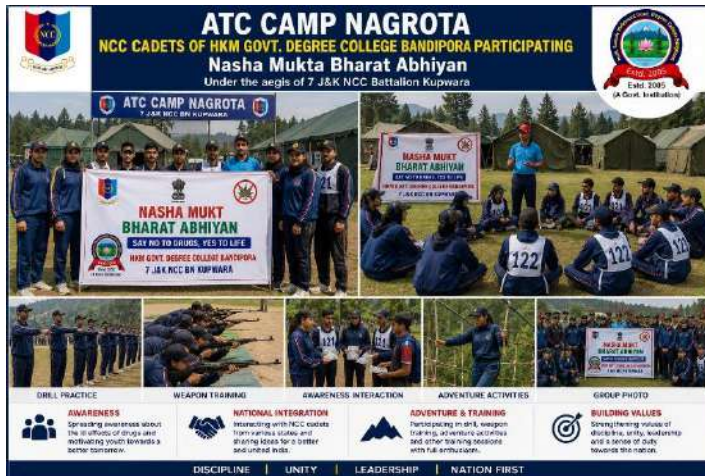
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personality development sessions, cultural interactions, and adventure-based activities. They also interacted with NCC cadets from different institutions and regions, exchanging experiences and strengthening the bonds of unity and brotherhood. As part of the Nasha Mukta Bharat Abhiyan, the cadets conducted awareness interactions with fellow participants and highlighted the harmful effects of drug abuse on youth and society. They encouraged their peers to adopt a healthy lifestyle and contribute towards building a drug-free nation.



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Awareness Rally under NMBA by Red Ribbon Youth Club (24-06-2026)

As part of the Nasha Mukta Bharat Abhiyan (NMBA), the Red Ribbon Youth Club, Government Degree College, Bandipora, organised an awareness rally to sensitise college students to the growing threat of drug abuse and its far-reaching consequences. Held under the inspiring leadership of the worthy Principal, Prof. Suresh Kumar Dogra, and coordinated by Dr. Mehrajuddin Talie, the rally witnessed enthusiastic participation from students carrying banners and raising awareness slogans, reinforcing the message of a healthy, drug-free, and responsible society.



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