

Report
of the Workshop on
“HEALTHY LIFESTYLE
&
MENTAL WELLBEING”
to celebrate the 6th anniversary of
Akhil Bharatiya Shiksha Samagam 2026
19 AUGUST 2026



Organized By:
Anti-Drug Cell
Govt. Post Graduate College Berinag, Pithoragarh
SSJ University Almora Uttarakhand
262531

WORKSHOP HIGHLIGHTS

- A one-day awareness programme on the theme “**Healthy Lifestyle and Mental Wellbeing**” was organized by the Anti-Drug Cell under the guidance of Prof. B. M. Pandey, Principal, Govt. Post Graduate College Berinag, Pithoragarh on August 19th 2026 to celebrate the completion of six years of the National Education Policy (NEP) 2020 as part of the “*Akhil Bharatiya Shiksha Samagam 2026*”.
- The programme was organized with the objective of creating awareness among students about the importance of maintaining a healthy lifestyle and promoting mental wellbeing. More than 60 students from different classes, including B.A. and B.Sc. programmes, actively participated in the programme. The event focused on the importance of physical health, mental wellbeing, healthy habits, stress management, self-discipline, and the prevention of substance abuse among young people.
- During the programme, the participants were addressed by Dr. Leeladhar Mishra, Assistant Professor (English), and Dr. Sunil Pant, Assistant Professor and Member of the Anti-Drug Cell. They highlighted the importance of maintaining good physical and mental health and discussed the adverse effects of unhealthy habits and substance abuse. The speakers emphasized that drug addiction and other harmful lifestyle practices can adversely affect an individual's physical health, mental stability, academic performance, family life, and social relationships. Students were encouraged to develop positive habits and make responsible choices for a healthy and meaningful life.
- The Chief Speaker, Major Dhanalaxmi of the Armed Medical Corps (AMC), delivered an insightful address on the importance of a healthy lifestyle and mental wellbeing. She explained the harmful effects of drug abuse and other intoxicating substances and encouraged students to remain free from all forms of addiction. She motivated the students to adopt a positive attitude

towards life, develop self-confidence, and contribute actively towards creating a healthy and drug-free society.

- The Chief Speaker also highlighted the significant impact of daily routine and lifestyle habits on overall physical and mental health. She explained that irregular routines, lack of physical activity, unhealthy dietary habits, inadequate sleep, excessive stress, and substance abuse can lead to several health problems. These may include heart-related diseases, high blood pressure (hypertension), obesity, diabetes, stress-related disorders, anxiety, and other lifestyle-related health problems.
- She emphasized the importance of maintaining a balanced and disciplined daily routine, consuming nutritious food, engaging in regular physical exercise, getting adequate sleep and rest, and effectively managing stress. The students were encouraged to develop healthy habits from an early age and to understand the close relationship between physical health and mental wellbeing. She stressed that a healthy body, a peaceful mind, positive thinking, and emotional balance are essential for leading a successful and meaningful life.
- Addressing the students, Prof. B. M. Pandey, Principal, emphasized the importance of adopting a healthy, disciplined, and balanced lifestyle. He encouraged students to take proper care of their physical and mental wellbeing by maintaining healthy food habits, engaging in regular exercise and sports activities, and developing constructive daily routines. He further motivated the students to channel their energy towards education, personality development, sports, creative activities, and other positive pursuits.
- The Principal also emphasized that the holistic development of students is one of the important objectives of the National Education Policy 2020. He encouraged students to focus not only on academic excellence but also on their physical fitness, emotional wellbeing, moral values, and overall personality development. He motivated them to develop self-discipline,

resilience, confidence, and a positive outlook to successfully face the challenges of life.

- As an important part of the programme, the students and other participants took a pledge to remain free from drugs and intoxicating substances and to adopt a healthy lifestyle. They also committed themselves to promoting awareness about physical health, mental wellbeing, and the prevention of substance abuse among their friends, families, and society.
- As a gesture of appreciation and in recognition of the Chief Speaker's valuable contribution to the programme, Prof. B. M. Pandey, Principal, along with the faculty members, presented Major Dhanalaxmi with a diary and a pen as a token of remembrance. The Principal also conveyed his sincere gratitude for her insightful and informative address, which provided valuable guidance to the students on maintaining physical health and mental wellbeing.
- The college also expressed its sincere gratitude to the Armed Medical Corps (AMC) personnel for their valuable cooperation and support in making the programme successful. Their contribution and expert guidance greatly enriched the awareness programme and benefited the participating students.
- Finally, Dr. Aman Verma, Assistant Professor and Nodal Coordinator of the Anti-Drug Cell, expressed his sincere gratitude to the Chief Speaker, the Armed Medical Corps personnel, the Principal, faculty members, and all the students and participants for their valuable support and active participation in the programme.
- The programme concluded successfully with the message that a healthy lifestyle and sound mental wellbeing are essential for the holistic development of students and for building a healthy and progressive society. The event proved to be highly informative and meaningful and successfully encouraged students to adopt healthy habits, maintain emotional balance, avoid substance abuse, manage stress effectively, and become responsible citizens. The programme also contributed to the broader objectives of **NEP 2020** by promoting the holistic development, wellbeing, and overall growth of students.



Dr. Leeladhar Mishra, Assistant Professor (English), anchoring the program



Welcome of the Chief Speaker, Major Dhanalaxmi, Army Medical Corps (AMC), by the Prof. B. M. Pandey, Principal, G.P.G.C. Berinag



Welcome of the Major Piyush Pandey, Army Medical Corps (AMC), by the Prof. B. M. Pandey, Principal, G.P.G.C. Berinag



Welcome of the Personnel, Army Medical Corps (AMC), by Dr. Vinita Tamta, Assistant Professor (Geography), G.P.G.C. Berinag



A gesture of appreciation and recognition of the Chief Speaker's valuable contribution to the programme



Chief Speaker, Major Dhanalaxmi, Army Medical Corps (AMC), addressing the students and faculty members

OUTCOMES OF THE PROGRAMME

The one-day programme on “Drug Abuse Awareness and Healthy Lifestyle” proved to be highly informative and beneficial for the participating students. The following outcomes were achieved:

1. **Enhanced awareness about drug abuse:** Students gained a better understanding of the harmful physical, mental, social, and economic consequences of drug and substance abuse.
2. **Promotion of a drug-free lifestyle:** The programme motivated students to stay away from intoxicating substances and adopt responsible behaviour for a healthy and productive life.
3. **Awareness of lifestyle-related health issues:** Participants developed an understanding of how unhealthy daily routines, physical inactivity, poor dietary habits, inadequate sleep, stress, and substance abuse can contribute to health problems such as heart-related diseases, hypertension, obesity, diabetes, and other lifestyle-related disorders.
4. **Encouragement towards healthy habits:** Students were encouraged to adopt a balanced daily routine, nutritious diet, regular physical exercise, adequate rest, stress management, and other healthy practices for maintaining physical and mental well-being.
5. **Development of responsible behaviour:** The programme encouraged students to make informed and responsible decisions and to channel their energy towards education, sports, personality development, and other constructive activities.
6. **Strengthened commitment against substance abuse:** By taking the pledge to remain free from drugs and intoxicating substances, the participants demonstrated their commitment to a drug-free lifestyle and to spreading awareness among others.
7. **Increased awareness of social responsibility:** Students were motivated to raise their voices against drug abuse and contribute

actively towards creating awareness in their families, peer groups, and society.

8. **Promotion of physical and mental well-being:** The programme emphasized the importance of self-discipline, healthy food habits, regular exercise, sports activities, and a positive lifestyle for overall well-being.
9. **Active student participation:** The enthusiastic participation of more than 60 students from different B.A. and B.Sc. classes strengthened the reach and effectiveness of the awareness programme.
10. **Institutional collaboration and learning:** The interaction with the resource person from the Armed Medical Corps (AMC) provided students with valuable expert guidance on drug abuse prevention and healthy lifestyle practices.
11. **Overall positive impact:** The programme successfully created awareness, strengthened students' commitment to avoiding substance abuse, and inspired them to become responsible citizens and active contributors towards building a healthy, disciplined, and drug-free society.

NEWS REPORT

नशे से दूर रहकर स्वस्थ जीवनशैली अपनाने के लिए विद्यार्थियों को किया जागरूक



रुद्र टाइम्स/ बेरीनाग (पिथौरागढ़)। राजकीय स्नातकोत्तर महाविद्यालय बेरीनाग में प्राचार्य प्रोफेसर बी.एम. पाण्डेय की अध्यक्षता में एंटी ड्रग प्रकोष्ठ के तत्वावधान में नशे के दुष्प्रभावों एवं स्वस्थ जीवनशैली के प्रति जागरूकता बढ़ाने के उद्देश्य से गोष्ठी आयोजित की गई। गोष्ठी में मुख्य वक्ता मेजर धनलक्ष्मी ने नशीले पदार्थों के सेवन के कारणों और उनके दुष्परिणामों की जानकारी देते हुए नशे से होने वाली विभिन्न शारीरिक एवं मानसिक समस्याओं पर प्रकाश डाला। उन्होंने विद्यार्थियों को नशीले पदार्थों से दूर रहने तथा स्वस्थ जीवनशैली अपनाने के लिए प्रेरित किया। प्राचार्य प्रोफेसर बी.एम. पाण्डेय ने कहा कि विद्यार्थियों को स्वयं नशे के प्रति जागरूक रहने के साथ-साथ समाज में भी इसके खिलाफ जागरूकता फैलानी चाहिए। उन्होंने स्वस्थ जीवनशैली को अपनाने और नशे से दूरी बनाए रखने पर जोर दिया। कार्यक्रम का संचालन डॉ. लीलाधर मिश्र ने किया। अंत में एंटी ड्रग सेल के संयोजक डॉ. अमन वर्मा ने मुख्य वक्ता सहित सभी प्रतिभागियों का आभार व्यक्त किया। गोष्ठी में महाविद्यालय के समस्त प्राध्यापक एवं विद्यार्थी उपस्थित रहे।

Organizing Secretary

Dr. Aman Verma

Nodal Coordinator, Anti-Drug Cell

Govt. Post Graduate College Berinag

Principal

Govt. Post Graduate College Berinag

आज दिनांक 14/08/2026 को रा. स्ना. महा. बेरीनाग में प्राचार्य प्रो. बी. एम. पांडेय की अध्यक्षता में संजी-ड्रग प्रोब्लेम के तत्वावधान में नशीले दुरुपयोग एवं स्वास्थ्य जीवशैली के प्रति जागरूकता बढ़ाने हेतु एक व्याख्यान का आयोजन किया गया। जिसमें मुख्य वक्ता मेजर धनलक्ष्मी द्वारा नशीले पदार्थों का परिचय, कारण व उनके दुरुपरिणामों पर विस्तार से जानकारी दी गयी। उन्होंने घराब जीवशैली से होने वाली बीमारियाँ एवं उनके निवारण पर प्रकाश डालते हुये शारीरिक एवं मानसिक स्वास्थ्य संबंधी प्रभावों पर भी विस्तारपूर्वक जानकारी दी। प्राचार्य महोदय द्वारा भी विद्यार्थियों को बताया गया कि स्वास्थ्य जीवशैली अपनाने एवं नशीले पदार्थों से दूरी बनाए रखने से प्रति सजग रहने की आवश्यकता है। कार्यक्रम में समस्त प्राध्यापकगण एवं विद्यार्थी उपस्थित रहे।

क्रम सं.	नाम	पिता का नाम	कक्षा	दस्तावेज
(1)	सोहित कुमार	श्री संतोष कुमार	B.A.	सोहित कुमार
2	अमिता पन्नात	प्रगत राम	B.A. 1 st	Archita
(3)	कुरन कुमार	कुलेश राम	11	Karan
4	नेहा छानक	गोपाल सिंह	11	Neha
5	Neha Mehra	दान सिंह मेहरा	11	Neha Mehra
6	Anjali Kehali	Mr. Devenohra Kumar	B.Sc. 1 st sem	Anjali
7	Jyoti Pathak	Mr. Mahesh Pathak	B.Sc. 1 st sem	Jyoti
8	Gunjan Bora	Mr. Khark Singh	B.Sc. 1 st sem	Gunjan
9	Sneha Bora	Mr. Jay Singh	B.Sc. 1 st sem	Sneha
10	Harshita Rathour	Mr. Sanjay Ku. Rathour	B.Sc. 1 st sem	Harshita

क्र.सं.	नाम	पिता का नाम	पढ़ाई	हस्ताक्षर
11	Shikha	Diwan Ram	B.Sc. Vsem	Shikha
12	HIMANI MANCAL	MR. DEEPAK SINGH	"	<u>himani</u>
13	Ashi Arya	Mr RAJESH RAM	B.Sc Isem	<u>Ashi</u>
14	Anjali Bora	Mr Kohdan SINGH	B.Sc. Isem	Anjali Bora
15	Diya Bhandari	Mr. Jaswant Bhandari	B.A Isem	Diya
16	Shivani Dhami	Mr. Manoj Dhami	B.A Isem	Shivani Dhami
17	Shalini Dhami	Mr. Manoj Dhami	B.A. Isem	shalni
18	namita	Mr. Bhupendra Singh Dhami	B.A. Isem	<u>namita</u>
19	Priya Pant	Mr. Pawan Chandra Pant	B.A. Isem	<u>Priya</u>
20	Keishaa Singh	Mr. Rajendra Singh	B.A Isem	<u>Keishaa</u>
21	Garshan Singh	Bhagat Singh	B.A Isem	<u>Garshan</u>
22	Saurav Khatu	Dev Singh	B.A Isem	<u>Saurav</u>
23	Tribhuvan Puxan Singh	Puxan Singh	B.A Isem	<u>Tribhuvan</u>
24	Shakti Singh Mahara	Mr. Teewari	BA "	<u>Shakti</u>
25	Jayendra Kumar	Mr. Lalit	BA "	<u>Jayendra</u>
26	Akshay Kumar	Chandesh Ram	BA I Sem	<u>Akshay</u>
27	Hemant Singh	Chandesh Singh	BA I Sem	<u>Hemant</u>
28	Teg Prakash	Trilok Mahara	B.Sc Ist	<u>Teg</u>
29	Ashima Singh	Kharak Singh	B.Sc Isem	<u>Ashima</u>

- 30 Amit Bafila Mr. Pushkar Singh B.Sc^{1st} Sem Amit
- 31 Brijanka Bhandari Mr. Bhupendra Singh B.Sc^{III} Sem Brij
- 32 Mangla Routela Mr. Teewah Singh BSC^{III} Sem M
- 33 Sneha Mr. Lalit Singh BSC Ist Sem Sneha
- 34 Kanika Pathani Mr. Suresh Singh B.Sc Ist Sem Kanika
- 35 Sneha Pathani Mr. Harish Singh B.Sc Ist Sem Sneha
- 36 Navya Tamta Mr. Bhagwati Prasad B.Sc. Ist sem Navya
- 37 Lovely Tamta Mr. Bhupendra Ram B.Sc Ist Sem Lovely
- 38 Priyanka Dhami Mr. Rajendra Singh B.Sc^{Ist} sem Priyanka
- 39 Bhawana Kanyal Mr. Basant Lal BSC^{Ist} sem Bhawana
- 40 Aarushi Dobal Mr. Mahipal Dobal BSC^{Ist} sem Aarushi
- 41 Diya Mr. Joga Singh BSC^{Ist} Sem Diya
- 42 Sneha Dhami Mr. Nandan Singh Dhami BSC^{Ist} sem Sneha
- 43 Simran Palgal Mr. Lal Singh Palgal BSC^{Ist} sem Simran
- 44 Samiya Kohli Mr. Sanjay Kumar BSC^{III} sem Samiya
- 45 Sneha Kathayat Mr. Divan Singh BSC^{II} sem Sneha
- 46 Sumit Kumar Mr. Nand Lal BSC^{Ist} sem Sumit
- 47 Arjun Kumar Mr. Mahesh Kumar B.Sc^{III} Sem Arjun
- 48 Anushi Barot Mr. Hem Ch. Barot B.Sc^{Ist} Anushi
- 49 Nitin Kohli Mr. Khem Ram BSC^{Ist} Nitin
- 50 Rohit Singh Mr. Samsher Singh BSC^{Ist} Rohit
- 51 Jyoti Mr. Rajendra Singh BSC^{Ist} Jyoti
- 52 Seharvi Mr. Gurdial Ram BSC^{Ist} Seharvi
- 53 Dimpal Karki Mr. Harra Singh Bse 1st Dimpal
- 54 INDU Mr. POROSHOTTAM KANDPAL B.A. 1st Indu
- 55 Anju Mr. Pan Singh B.A^{III} Anju
- 56 Babita Joshi Mr. Modan Mahandoti PA^{III} Babita
- 57 Usha Mr. Mohan Ram BA^{III} sem Usha
- 58 NISHA Mr. SURESH RAM D.A. 5th sem NISHA

59	KumKum	Mr. Lalit Bhatt	BAVsem	KumKum
60	Kanchan	Mr. Bahadur Singh	BAVsem	Kanchan
61	Kalpna	Mr. Khadak Singh	B.Sc III rd sem	Kalpna
62	Meghalant	Mechalit Pant	"	Megha

S.No

63.	Ms. Rashmi	Department of Economics	Sis.
64.	Mrs. Kalpana	Deptt. of Economics	Lup
65.	Tanya Tamta	" " English	Tanya
66	Dr. Pradeep Durgopal	Chemistry	P.D.
67	Mrs. Renu Tamta	" " Mathematics	Renu
68	Kaundm Singh Bora	" " Sociology	Kaundm
69.	Garima Dey	" " Sociology	Garima
70.	Dr. Mahesh Ranby	" Music	Mahesh
71	Dr. J.P. Tugel	" Pottery	J.P.
72	Dr. Santoshini	" "	Santoshini
73	Dr. Arun Kr. Yadav	Deptt. of Sociology	Arun
74.	डॉ. लीला पंत -	अभिलेख विभाग -	
75.	डॉ. दीप्ति काकी	संस्कृत विभाग	दीप्ति

प्राचार्य

पुष्पा
नोडल
हंदी इंग्रजी समिति