

Report
of the Workshop on
“DRUG ABUSE AWARENESS
RALLY”

15 SEPTEMBER 2026



Organized By:

Anti-Drug Cell

Govt. Post Graduate College Berinag, Pithoragarh

SSJ University Almora Uttarakhand

262531

WORKSHOP HIGHLIGHTS

- A **Drug-Free Awareness Rally** (04-09-2026 0800-1200) was organized on 15 September 2026 at Government Post Graduate College, Berinag, Pithoragarh, under the guidance of Prof. B. M. Pandey, Principal, with the active involvement of the Anti-Drug Cell.
- More than 30 students participated in the program and the primary objective of the rally was to create awareness among students, youth and the general public about the harmful effects of substance abuse and to encourage them to adopt a healthy, responsible and drug-free lifestyle.
- The programme was organized with the aim of sensitizing young people and the general public towards the serious physical, mental, social and economic consequences associated with the use of intoxicating and addictive substances. The initiative also emphasized the important role of educational institutions in creating awareness and promoting a healthy and responsible society.

Organization of the Rally

- The rally witnessed enthusiastic participation by students of the college. Students carried **placards and posters bearing different awareness messages and slogans against drug abuse**. Through these messages, they appealed to young people and members of the public to stay away from drugs and other intoxicating substances.

- The rally proceeded through the town, providing an opportunity for the students to interact indirectly with the local community and disseminate the message of a **drug-free society**.
- The students participated with enthusiasm and demonstrated their commitment towards creating awareness about the dangers of substance abuse.
- The awareness messages highlighted during the rally focused on the need to prevent substance dependence, particularly among young people. The students conveyed that drug abuse can adversely affect an individual's physical health, mental wellbeing, family and social relationships, education, employment and financial condition. The rally therefore served as an important platform for communicating the broader consequences of substance abuse to the community.

Key Messages of the Rally

The major messages conveyed through the placards, posters and awareness campaign included:

- Avoid the use of drugs and other addictive substances.
- Young people should remain aware of the harmful consequences of substance abuse.
- Drug abuse can adversely affect **physical and mental health**.

- Substance dependence can negatively influence **family and social relationships**.
 - Drug abuse may interfere with **education, career and economic stability**.
 - Students should encourage their peers to adopt a **healthy and drug-free lifestyle**.
 - Collective awareness and community participation are essential for preventing substance abuse.
- Finally, Dr. Aman Verma (Assistant Professor), Nodal Coordinator of the Anti-Drug Cell, expressed his gratitude and thanked all participants.





OUTCOMES OF THE PROGRAMME

The rally helped in creating awareness among students and the local community regarding **the** multidimensional adverse effects of drug and substance abuse. The active participation of students provided them with an opportunity to become awareness ambassadors and communicate the message of prevention to the wider community.

The programme also strengthened students' understanding that prevention of substance abuse requires not only individual responsibility but also family, educational and community-level participation. By taking the message beyond the college campus and into the town, the rally contributed to spreading awareness among the general public.

The activity further encouraged students to reflect on the importance of maintaining a healthy lifestyle, making informed choices and supporting their peers in staying away from addictive substances. It reinforced the role of the Anti-Drug Cell and the college in promoting awareness, responsible citizenship and a healthier society.

Conclusion

The □□□-□□□□□ □□□□□□□□□□ □□□□ was conducted successfully with enthusiastic participation from students and the active support of teachers and other members of the college. The rally effectively communicated the message that substance abuse can have serious physical, mental, social and economic consequences and that collective awareness is essential for preventing its spread.

NEWS REPORT

दैनिक
रुद्र टाइम्स

नैनीताल

नशे के खिलाफ युवाओं ने बुलंद की आवाज, निकाली जागरूकता रैली

रुद्र टाइम्स
बेरीनाग (पिथौरागढ़)। राजकीय
स्नातकोत्तर महाविद्यालय बेरीनाग में

मार्गदर्शन एवं प्रभारी प्राचार्य डॉ. महेश
चंद्र पाण्डेय की अध्यक्षता में किया
गया।



मंगलवार को एंटी-ड्रग प्रकोष्ठ एवं
रोवर्स-रेंजर्स के संयुक्त तत्वावधान
में नशा मुक्ति जागरूकता रैली
निकाली गई। रैली का आयोजन
प्राचार्य प्रो. बी.एम. पाण्डेय के

रैली में महाविद्यालय के विद्यार्थियों
ने उत्साहपूर्वक भाग लेते हुए हाथों
में नशा विरोधी संदेशों से युक्त पोस्टर
व प्लेकार्ड लेकर नगर क्षेत्र में
जनजागरूकता अभियान चलाया।

विद्यार्थियों ने लोगों से नशीले पदार्थों
से दूर रहने तथा स्वस्थ एवं नशामुक्त
जीवन अपनाने की अपील की।

इस दौरान युवाओं को नशे के
शारीरिक, मानसिक, सामाजिक एवं
आर्थिक दुष्प्रभावों की जानकारी देते
हुए नशे के खिलाफ समाज में
जागरूकता फैलाने का संदेश दिया
गया। कार्यक्रम के अंत में प्रभारी
प्राचार्य डॉ. महेश चंद्र पाण्डेय ने
विद्यार्थियों, शिक्षकों एवं सहयोगी
सदस्यों की सक्रिय सहभागिता की
सराहना की और युवाओं से नशे से
दूर रहकर समाज में सकारात्मक
संदेश प्रसारित करने का आह्वान
किया। एंटी-ड्रग सेल के संयोजक
डॉ. अमन वर्मा एवं रोवर्स-रेंजर्स की
संयोजक डॉ. गरिमा देव ने सभी
सहयोगियों का आभार व्यक्त किया।

Organizing Secretary

Dr. Aman Verma

Nodal Coordinator, Anti-Drug Cell

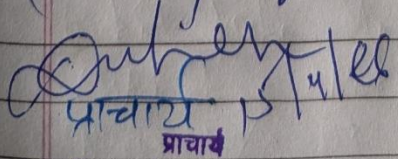
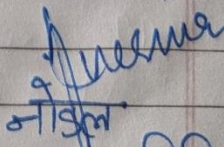
Govt. Post Graduate College Berinag

Principal

Govt. Post Graduate College Berinag

आज दिनांक 15/09/2026 को रा. स्ना. महा. बरेनग में प्राचार्य प्रो. बी. एम. पांडेय की अध्यक्षता में रंगी-रंग प्रकाश के तत्वावधान में विद्यार्थियों द्वारा युवाओं एवं आम-जन मानस को नशील पदार्थों के दुष्प्रभावों के प्रति जागरूक करने के लिये बरेनग नगर क्षेत्र में नशा-मुक्ति जागरूकता रैली का आयोजन किया गया। रैली में विद्यार्थियों ने उत्साहपूर्वक प्रतिभाग किया। विद्यार्थियों ने अपने हाथों में विभिन्न संदेशों एवं नारों से युक्त प्लेकार्ड एवं पोस्टर लेकर नगर क्षेत्र में रैली निकाली। रैली के माध्यम से युवाओं को नशील पदार्थों के सेवन से दूर रहने का शारीरिक, मानसिक, सामाजिक एवं आर्थिक दुष्प्रभावों के प्रति अवगत किया। अंत में प्रभावी प्राचार्य प्रो. महेश चंद्र पांडे ने रैली में सक्रिय सहभागिता करने वाले विद्यार्थियों, शिक्षकों एवं सहयोगी सदस्यों के प्रति आभार व्यक्त किया।

1.	Soreli Prabha	B.Sc Isem	Soreli
2	Rasna	B.Sc Vsem	Rasna
3	Rekha	B.A Isem	Rekha
4	Pritya	B.A Isem	Pritya
(5)	Mamta Dasila	B.A Isem	Mamta
(6)	Suman D	B.A Isem	Suman
7	Archita	B.A Isem	Archita
8	Arti Gurusow	B.A Isem	Arti
9.	Neema Mahara	B. & I sem	Neema
10	Ritika Tamra	B. Sc I sem	Ritika
11.	Amah mahra	B. Sc V th Sem	Amah

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		DATE	
12-	Somit Singh Bora	B.Sc V th sem	<u>Somit</u>
13.	Devanand	B.Sc. V th sem	Devanand
14.	Anjali	B.Sc V th sem	Anjali
15	Jyoti	B.Sc V th sem	Jyoti
16-	Rajyukta	B.Sc	Rajyukta
17	Tanuja	BA-I Sem	Tanuja
18	Nikita	BA-I sem	Nikita
19	Chetna Rathour	B.Sc V th sem	Chetna
20	Harshita Rathour	B.Sc V th sem	Harshita
21	Gunjan Bora	"	Gunjan
22	Sneha Bora	"	Sneha
23.	Meenakashi Arya	"	Meenakshi
24-	Tarun Kothari	B.A III sem	Tarun
25-	Tanuja Lohani	B.Sc. I sem	Tanuja Lohani
26	Anjali Bora	B.Sc. I sem	Anjali Bora
27	Arpita	B.Sc I st sem	Arpita
28.	Sneha Dhami	B.Sc I st sem	Sneha
29.	Tanuja	B.A II nd sem	Tanuja
30.	Hansa	B.A. II nd sem	Hansa
31.	Kashish	B.A. III rd sem	Kashish
32.	Bhauwama	B.Sc III rd sem	Bhauwama
33	Bhumi Ra	B.Sc III rd sem	Bhumi Ra
34	Greetanjali Pant	B.Sc III rd sem	Greetanjali
35	Akshita Bora	B.Sc III rd sem	Akshita
36	Kanya Pant	B.Sc III rd Sem	Kanya
37.	Dheeraj Singh	M.Sc. I st sem.	Dheeraj Singh
 प्राचार्य 15/4/22 प्राचार्य  सौ. संगीता सै. इ. ग. समिति			
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