



GOVERNMENT DEGREE COLLEGE SHIVNAGAR, KANGRA (H.P.)

Organizes

BRAHM KUMARI LECTURE

on

NASHA MUKTI and MENTAL HEALTH

Choose a Better Life, Choose a Better You



Date
10.08.2026



Time
11.00 am



Venue
Room No. 2

A Step Towards a Healthy & Happy Life

- ❖ Say No to Addiction
- ❖ Manage Stress & Anxiety
- ❖ Build Positive Thinking
- ❖ Live with Peace & Purpose



**Brahma
Kumaris**



Speaker
Brahma Kumari Sister
Brahma Kumaris, Kangra



Say No to
Addiction



Mental
Well-being



Inner Peace
& Happiness



Strong Mind
Better Life



All Students, Faculty & Staff are Cordially Invited



Organised by:

**MENTAL HEALTH AND WELLNESS CELL
GDC SHIVNAGAR, KANGRA (H.P.)**

Healthy Mind, Happy Life – Choose Positivity, Choose You!



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GPS Map Camera

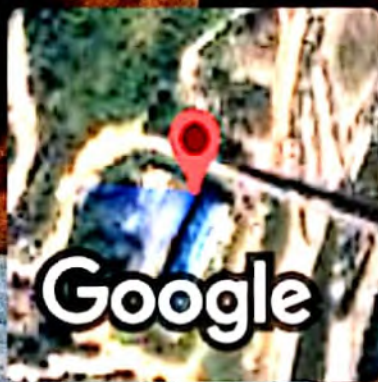
Shivnagar, Himachal Pradesh, India



Xg47+frp, Shivnagar, Himachal Pradesh 176086, India

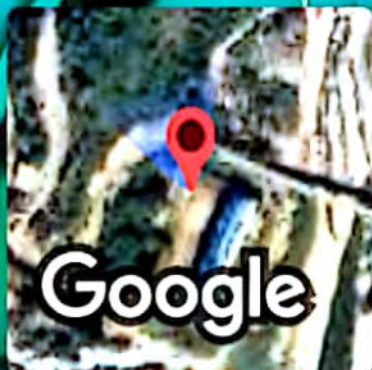
Lat 31.95668° Long 76.515924°

Monday, 10/08/2026 11:57 AM GMT +05:30





GPS Map Camera



Shivnagar, Himachal Pradesh, India



Xg47+frp, Shivnagar, Himachal Pradesh 176086, India

Lat 31.956679° Long 76.515736°

Monday, 10/08/2026 11:56 AM GMT +05:30



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GPS Map Camera



Shivnagar, Himachal Pradesh, India



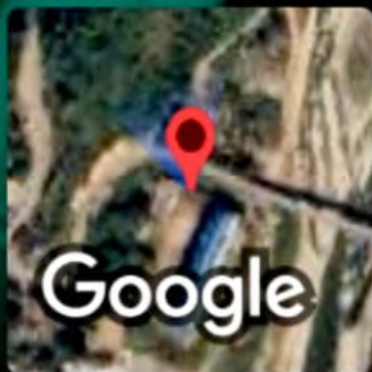
Xg47+frp, Shivnagar, Himachal Pradesh 176086, India

Lat 31.956662° Long 76.515957°

Monday, 10/08/2026 11:55 AM GMT +05:30



GPS Map Camera



Shivnagar, Himachal Pradesh, India



Xg47+frp, Shivnagar, Himachal Pradesh 176086, India

Lat 31.956749° Long 76.515834°

Monday, 10/08/2026 11:35 AM GMT +05:30



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Govt. Degree College Shivnagar District Kangra H.P

svggcollegeshivnagar@gmail.com

01894-297281

Activity Report Proforma

Title of the Event: *Brahm Kumari Lecture on Nasha Mukti and Mental Health.*

Date: *10/08/26*

Time: *11:00 am*

Organized By: *Mental Health and Wellness Cell.*

Venue: *R.No-2*

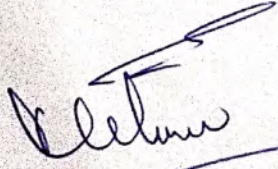
No. of Participants: *35*

No. of Student Attendees: *35*

No. of Teacher Attendees: *08*

Detail of activity: *Lecture covered following points:*

- 1. Nasha Mukti Pratigya Maha Abhiyan*
- 2. Developing positive and balanced thinking.*
- 3. Cultivating inner peace, self-control and emotional strength.*
- 4. Making healthy and responsible choices.*
- 5. Encouraging students to become ambassadors of a healthy, addition free society.*


Teacher's Signature


Principal
Govt. College Shivnagar
Distt. Kangra (H.P.)-176086
DDO Code 230
Principal



Attendance Sheet for Students

Activity : Nasha Mukti Pratigya Maha Abhiyan by Brahm, Kumari.Date and Time : 08/08/2026

Sr. No.	Name	Roll No.	Class	Signature
1.	Ridhi	24BC04	B.com III year	Ridhi
2.	Tanya	24PS01	B.A. 3rd year	Tanya
3.	Sonakshi	24PS02	B.A final year	Sonakshi
4.	Palak Choudhary	24BC05	B.com 3rd year	Palak
5.	Bince sharma	26 BC04	B.com I st	Bharna
6.	Aditya	26 BC02	B.com 1st	Aditya
7.	Vanshika	26 HT01	B.A 1st year	Vanshika
8.	Ridhika	26 HT02	B.A 1st year	Ridhika
9.	Aniket	26 BC01	B.COM 1st year	Aniket
10.	Rohit	26 BC07	B.COM 1st year	Rohit
11.	Manish	25 HT01	B.A 1st year	Manish
12.	Manvi Rana	24 HS02	B.A 1st year	Manvi
13.	Aarushi	24 HT01	BA 3rd year	Aarushi
14.	Deepika	24 HS01	B.A 3rd year	Deepika
15.	Aarti	25 HS06	B.A 2nd year	Aarti
16.	Mehak	25 BC02	B.com 2nd year	Mehak
17.	Sakshi Sakshi	25 HS05	B.A 2nd year	Sakshi
18.	Muskan	25 HS04	B.A 2nd year	Muskan
19.	Palaksamya	25 HS03	B.A 2nd year	Palak
20.	Trishita	25 HT02	B.A 2nd year	Trishita
21.	Manish	25 HT01	B.A 2nd year	Manish
22.	Shastika. roach.	26 BC03	B.COM 1st year	Shastika
23.	Manisha Kumari	26 HT03	B.A 1st year	Manisha
24.	Aditi	26 HS01	B.A 1st year	Aditi
25.	Amit	26 HT04	B.A 1st year	Amit

1.	Tamanna	23HS04	B.A 3rd	Tamanna
2.	Suhani	23BC10	B.Com III	Suhani
3.	Tamanna	24BC03	B.Com III	Tamanna
4.	Pallavi	24BC09	B.Com III	Pallavi
5.	Kamru	26SK01	B.A 1st Year	Kamru
6.	Palak	25BC06	B.Com 2nd year	Palak
7.	Vanshika	25HI03	B.A 2nd year	Vanshika
8.	Siya	25BC05	B.Com 2nd year	Siya
9.	Ritika	25BC01	"	Ritika
10.	Nency	25BC07	"	Nency
11.	Shikha	25BC03	"	Shikha
12.	Sakshi Sakhal	25HS05	B.A 2nd year	Sakshi
13.	Muskan	25HS04	B.A 2nd year	Muskan
14.	Palak Samyral	25HS03	B.A 2nd year	Palak
15.	Trishla	25HI02	B.A 2nd year	Trishla
16.	Manishi	25HI01	B.A 2nd	Manishi
17.	Swastika Katoch	26BC03	B.Com 1st Year	Swastika
18.	Amit	26HI04	B.A 1st	Amit
19.	Abhishek	26HS03	B.A 1st	Abhishek
20.	Vishal	24HS04	B.A 3rd Year	Vishal
21.	Manisha Kumar	26HI03	B.A 1st Year	Manisha
22.	Aditi	26HS01	B.A 1st Year	Aditi
23.	Aryan	26HS02	B.A 1st Year	Aryan
24.	Aditya Awasthi	26HI05	B.A 1st Year	Aditya
25.	Vansh Hoke	24BC10	B.Com 2nd Year	Vansh
26.	Vaaru	24BC01	B.Com 2nd	Vaaru

Teacher's Signature

Principal
Govt. College Shrinagar
Distt. Kangra (H.P.)-176086
DDO Code 230

नशा मुक्त
भारत अभियान

एक भारत, श्रेष्ठ भारत
DRUG FREE INDIA
FOR VIKSIT BHARAT



BRAHMA KUMARIS

MOUNT ABU, RAJASTHAN, INDIA

MoU PARTNER

In alignment with
Nasha Mukta Bharat Abhiyan
an initiative associated with the
Ministry of Social Justice &
Empowerment, Government of India.
(MoU Partner)

MEDICAL WING
CERTIFICATE
OF APPRECIATION

10 CRORE NASHA MUKTI PRATIGYA MAHA ABHIYAN 2026

This is to certify that Government Degree College, Shimnagar (Kangra)
(Name of Participating Institution / Organization / Community)

has actively participated and extended valuable cooperation in conducting the
10 Crore Nasha Mukti Pratigya Maha Abhiyan 2026 – Awareness & Pledge Programme
in collaboration with Brahma Kumaris Medical Wing.

Your dedication towards building a Drug-Free, Healthy and Empowered Nation is sincerely appreciated.



Date of Programme : 10/8/2026



No. of Participants : 35

B.K. Singh

Centre Incharge
Jaisinghpur Centre
Brahma Kumaris

TOGETHER FOR A
DRUG FREE BHARAT

P.K. Bansi Lal

Secretary
Brahma Kumaris Medical Wing
(Mount Abu Headquarters)

Let us unite to create a Nasha Mukta Bharat and Viksit Bharat.
ONE NATION • ONE VISION • ONE COMMITMENT



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