

NEWSLETTER

October 2025

PLEDGE FOR TUBERCULOSIS AND HIV/AIDS FREE HIMCHAL

On 8th October 2025, the Red Ribbon Club and NSS Unit of the college jointly organized a pledge ceremony dedicated to the cause of making India free from Tuberculosis (TB) and HIV/AIDS. The event aimed to raise awareness among students and faculty about the importance of prevention, early diagnosis, and treatment of these diseases. During the ceremony, all participants took a solemn pledge to contribute towards spreading awareness in society, supporting those affected, and eliminating social stigma associated with these illnesses. The program highlighted the role of youth in building a healthy and responsible nation. Faculty members appreciated the initiative, emphasizing that collective action and informed communities are key to achieving the goal of a TB-free and HIV/AIDS-free . The event concluded with a commitment from everyone to adopt healthy practices and encourage others to do the same.



Health Awareness and Wellness Session for Empowered Living on 01/10/2025

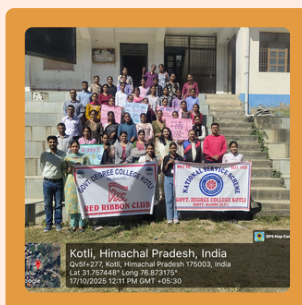
A session on "Swasth Nari, Shashakt Nari" was organized jointly by the Red Ribbon Club, Women Cell, and NSS Unit of the college to promote awareness about women's health and empowerment. A Health Educator was invited as the guest speaker, who delivered an informative lecture on women's health, nutrition, and heart health. The resource person highlighted the importance of balanced nutrition, regular exercise, and preventive healthcare for women's overall well-being. The session motivated female students to take charge of their health and emphasized that a healthy woman contributes to a strong and progressive society.

Following this, the Career Counselling Cell of the college organized an enlightening lecture on drug de-addiction and living a stress-free life in collaboration with the Ishwariya Vishwavidyalaya. The resource persons guided the students on developing self-control, mental discipline, and positive thinking as essential tools to overcome addiction and stress. The session encouraged students to adopt a balanced lifestyle, avoid harmful habits, and nurture emotional well-being through mindfulness and positive attitude.



VIKSIT BHARAT YOUNG LEADERSHIP DIALOGUE

On 15th October 2025, the NSS Unit of the college organized a special programme under the banner of "Viksit Bharat Young Leadership Dialogue." The event aimed to inspire students to become responsible and visionary leaders contributing to the nation's progress. Various sessions and discussions were held focusing on youth participation in nation-building, leadership qualities, and innovative thinking for a Viksit Bharat (Developed India). Resource persons highlighted the importance of integrity, social responsibility, and skill development in shaping future leaders. Students actively participated in interactive discussions, sharing their ideas and aspirations for India's development. The programme also emphasized the role of youth in achieving sustainable goals and strengthening democratic values-reliant, and progressive India



No Tobacco Future under Nasha Mukta Abhiyan on 17/10/2025

Under the Nasha Mukta Abhiyan, the college organized a "No Tobacco Future" pledge and awareness session to educate students about the harmful effects of tobacco consumption. The programme began with a pledge ceremony where students and faculty members took an oath to stay away from tobacco and promote a healthy, addiction-free lifestyle. An HB testing camp was also organized to promote regular health monitoring and well-being.

A motivational lecture was delivered by Mr. Megh Singh Ji, who spoke about the ill effects of tobacco use, the diseases caused by it, and the need to spread awareness to curb this habit. He emphasized the importance of self-control, healthy living, and making informed choices to protect oneself and others.

The event concluded with a rally in Kotli Bazaar, where students raised slogans and displayed placards spreading the message of a tobacco-free and healthy society



SCHOLARSHIP TEST FOR GOVERNMENT EXAM ASPIRANTS



The Career Counselling Club, in collaboration with Crack Academy, organized a scholarship test for students aspiring to prepare for government examinations. The test aimed to identify talented students and provide them with financial assistance and guidance to help them achieve their career goals in the public sector

REEL MAKING COMPETITION ON HIV/AIDS AWARENESS



The Red Ribbon Club organized a Reel Making Competition on 8th–9th October 2025 to spread awareness about HIV/AIDS among students. Participants created informative and creative reels highlighting prevention, care, and social responsibility, encouraging youth to promote a healthy and stigma-free society through digital media



World Mental Health Day Celebration and Awareness Programme

On 9th October 2025, the college observed World Mental Health Day with the objective of spreading awareness about the importance of mental well-being and breaking the stigma surrounding mental illnesses. The event was organized under the joint collaboration of the Red Ribbon Club, NSS Unit, and Women Cell of the college.

The programme began with an insightful lecture by Mr. Megh Singh Ji, who discussed various aspects of mental health, related disorders, their causes, and available treatments. He emphasized the importance of early intervention, self-awareness, and seeking timely help to maintain psychological balance. He also spoke about the social stigma associated with mental health and the need for compassion and understanding toward those struggling with such issues.

A declamation contest was also held as part of the event, where students enthusiastically expressed their views on topics related to mental health, stress management, and emotional well-being. Their speeches reflected sensitivity and awareness about the subject.