

“Say Yes to Life, No to Drugs” Pledge and Lecture on Drug Abuse at GDC Dehar

Dated: 13/08/2025

In compliance with the directive from the Office of the Deputy Commissioner, Mandi, vide letter No. 12-2/2022-Wel-MD-Drug Abuse-VII-3255-3383 dated August 5, 2025, Government Degree College (GDC), Dehar, actively participated in a mass pledge initiative against drug abuse as part of the 5th anniversary celebrations of the “Nasha Mukti Bharat Abhiyan” (NMBA) and International Youth Day. Under the esteemed leadership of Principal Dr. J. P. Singh, the National Service Scheme (NSS) Unit, Red Ribbon Club (RRC), and Parhari Club of GDC Dehar organised a significant awareness program titled “Say Yes to Life, No to Drugs.” This initiative, aligned with the Narcotics Control Bureau (NCB), Government of India, aimed to educate participants about the perils of drug abuse, promote healthy lifestyle choices, and encourage youth to champion the creation of a drug-free society.

The program featured a pledge ceremony, administered by Ms. Meera Sharma, Nodal Officer of the Parhari Club, and an insightful lecture on drug abuse delivered by Dr. Jai Kiran, NSS Program Officer. The event underscored the institution’s commitment to fostering a drug-free community through education and collective action.

Dr. Jai Kiran delivered a compelling and informative lecture, focusing on the detrimental physical, mental, and social consequences of substance abuse, particularly among young individuals. The lecture highlighted how drug addiction contributes to academic setbacks, health deterioration, and increased criminal behaviour. Dr. Kiran emphasised the importance of informed decision-making, resilience against peer pressure, and the creation of supportive environments within educational institutions and communities to address the escalating drug crisis. Practical guidance was provided to empower students to seek help and promote a culture of well-being and responsibility.

Ms. Meera Sharma led the “Say Yes to Life, No to Drugs” pledge, which was taken by students, faculty, and staff of GDC Dehar. The pledge symbolised a unified commitment to abstain from drug use, advocate for healthy lifestyles, and contribute to a drug-free society. Participants affirmed their dedication to protecting themselves, their families, and their communities from the scourge of drug abuse, aligning with the Government of India’s vision of a “Nasha Mukti Bharat” (Drug-Free India). The ceremony, marked by a collective raising of hands, was a powerful testament to the institution’s resolve. Participants were also encouraged to register their commitment online through the NCB’s e-pledge platform at pledge.mygov.in, which has garnered the support of over 37 million citizens nationwide.


The event was graced by the presence of Dr. Sunil Kumar, Dr. Sanya Kumari, Dr. Shivani Chaudhary, Dr. Nishu Sharma, Assistant Librarian Mr. Nanak Chand, and other esteemed faculty and staff members, whose participation reinforced the institution’s commitment to this noble cause. GDC Dehar remains steadfast in its mission to combat drug abuse and promote awareness. The institution plans to sustain the momentum of the NMBA initiative by organising similar programs and extending outreach to neighbouring institutions, fostering a broader impact in the fight for a drug-free society.







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