



# THE BHARAT SCOUTS & GUIDES



## ROVERS & RANGERS GROUP OF

### VALLABH GOVERNMENT COLLEGE MANDI (H.P.)

#### Annual Report 2023-24

#### 1. Specialised Course at State Training Centre, Rewalsar

A specialised course has been organised by 'The Bharat Scout & Guide', State Headquarters, Shimla, at State Training Centre, Rewalsar from 14<sup>th</sup> to 19<sup>th</sup> June 2023. In this specialised course, two rovers and two rangers of Vallabh Govt. College, Mandi participated in it. Rover Vivek participated in mapping and star gazing, rover Dixit participated in pioneering courses, ranger Kanika participated in first-aid, and Ranger Isha participated in signalling courses. After completing this course, the rovers and rangers also taught the key learning of these courses to the other group members of the college.





## 2. Participation in the World Scout Jamboree at SaeManGeum, Jeollabuk-do, South Korea, 2023



Rover scout Balvir, a passed-out student of Vallabh Govt. College, Mandi participated in the World Scout Jamboree-2023 at SaeManGeum, Jeollabuk-do, South Korea, from 28th July 2023 to 13th August 2023. It was a matter of pride and privilege for the college and the entire scout family of the state. In this international event, the rover

Balvir Singh rendered his service as a staff member in the World Scout Jamboree.

Rover Balvir Singh was selected for this event in 2021 when he was a student and an active member of the college's rovers and ranger unit. Also, he was the only rover from Himachal Pradesh who got this opportunity to participate in the event.

Link: <https://www.facebook.com/share/p/iJbALamrFQ9PStoa/?mibextid=qi2Omg>

[https://fb.watch/l\\_uKbgzkh4/?mibextid=6aamW](https://fb.watch/l_uKbgzkh4/?mibextid=6aamW)

## 3. The Scout Scarf Day and Sunrise Day

On 1st August 2023, the Scout Scarf Day and Scout Sunrise Day were organised by rovers and rangers' group of Vallabh Govt. College, Mandi. In this

programme, the group leader/Principal of the college, Prof. Surina Sharma, was the chief guest. During the programme, a skit was presented by the rovers and rangers of the group on how to provide primary treatment to an injured person in a disaster situation? and how to use the scout scarf in disaster situations, mainly on the wounded spot. There was also a display of the scarf exhibition by the rovers and rangers.

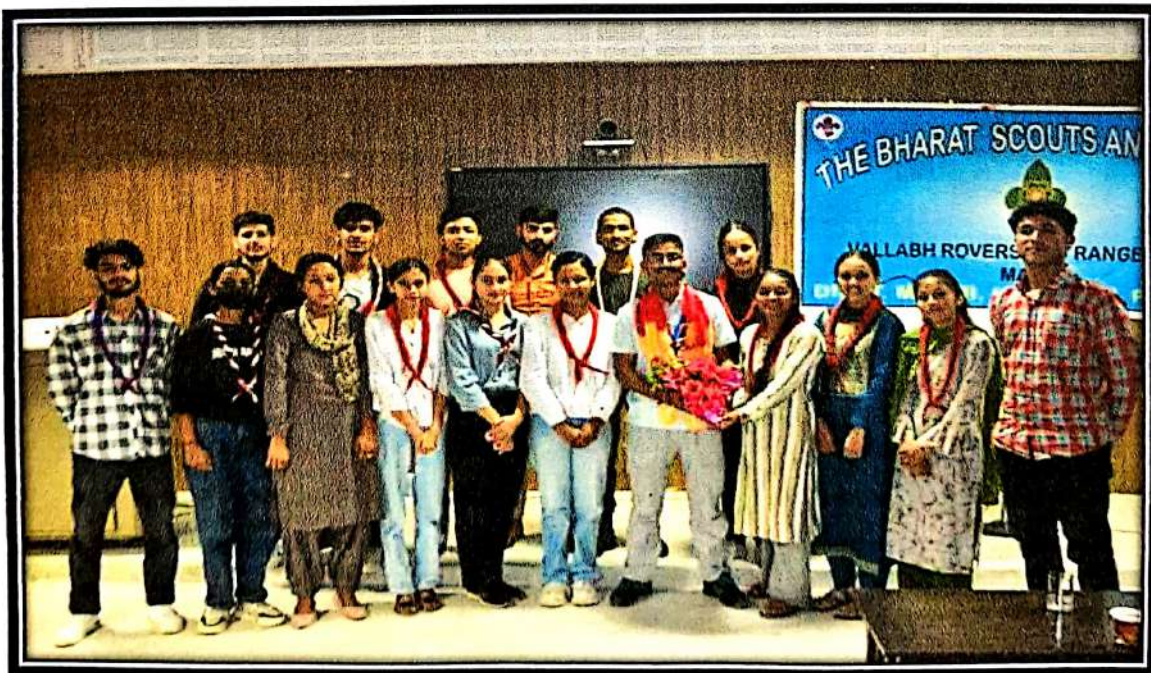
In addition, a detailed explanation of scouting has been presented, and other students were also made aware of it. After that, a report of all the activities conducted in the previous session, 2022-23, was presented through Power-Point Presentation. The college Principal highlighted the scarf's potential benefits, encouraging rovers and rangers to stay connected with scouting. Including 48 rovers and rangers, nearly 50 other students, the Rover scout leader and the Ranger leader of the college were also present at the event.





#### 4. Celebration of Interaction Session with Rover Balvir Singh

On 22<sup>nd</sup> August 2023, an interaction session was organised on the college campus with Rover Balvir Singh, who recently participated in the 25<sup>th</sup> World Scout Jamboree-2023 in South Korea. All the Rovers and Rangers Group officials of the college welcomed Rover Balvir Singh and congratulated him for his remarkable achievement. In this session, rover Balvir Singh also shared his scouting experience with the rovers and rangers of the college and motivated them to excel in the scouting activities.





## 5. Proficiency Badge for Rajya Puraskar- Ambulance Man Badge

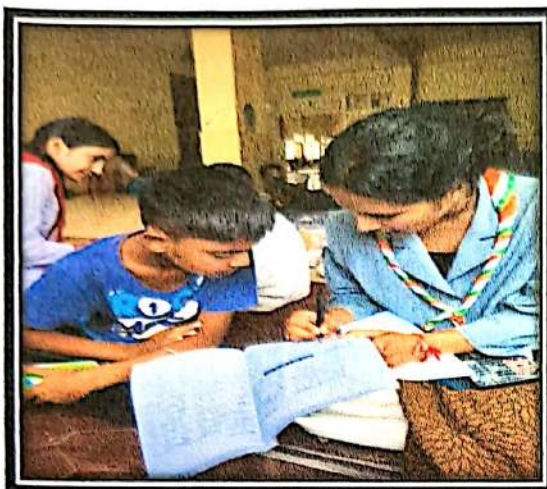
From 1<sup>st</sup> September 2023 to 19<sup>th</sup> September 2023, Rovers Vivek, Nitish and Ranger Sanjana successfully received/earned an 'Ambulance Man Badge' after completing 15 days of first-aid training at the Zonal Hospital in Mandi. This proficiency badge or first-aid training was mandatory for the rovers and rangers who were going to participate in the Rajya Puraskar.



## 6. Proficiency Badge for Rajya Puraskar- Literacy Badge

From 5<sup>th</sup> to 15<sup>th</sup> September 2023, rovers and rangers of Vallabh Govt. College Mandi rendered their services in a slum area. To earn a literacy badge, they taught the children of the slum area for ten days with great enthusiasm and fun. On 15<sup>th</sup> September 2023, various activities have been organised to make learning easy for the children. The Rovers and Rangers gave them valuable items like pens, notebooks, etc. It was observed that the children had a lot of potential

and the will to study, but due to limited resources, they failed to receive an efficient education.



#### **7. Nipun Testing Camp and Rajya Puraskar Testing Camp for Rangers at STC Rewalsar**

From 20<sup>th</sup> to 25<sup>th</sup> September 2023, the 8 Rangers of Vallabh Government College Mandi participated in the Nipun Testing Camp, and 01 Ranger participated for Rajya Puraskar in the Nipun and Rajya Puraskar Testing Camp 2023 at State Training Centre, Rewalsar. In this camp, all rangers worked hard for their testing camp organised for both Nipun and Rajya Puraskar.



#### **8. Nipun Testing Camp and Rajya Puraskar Testing Camp for Rovers at STC Rewalsar**

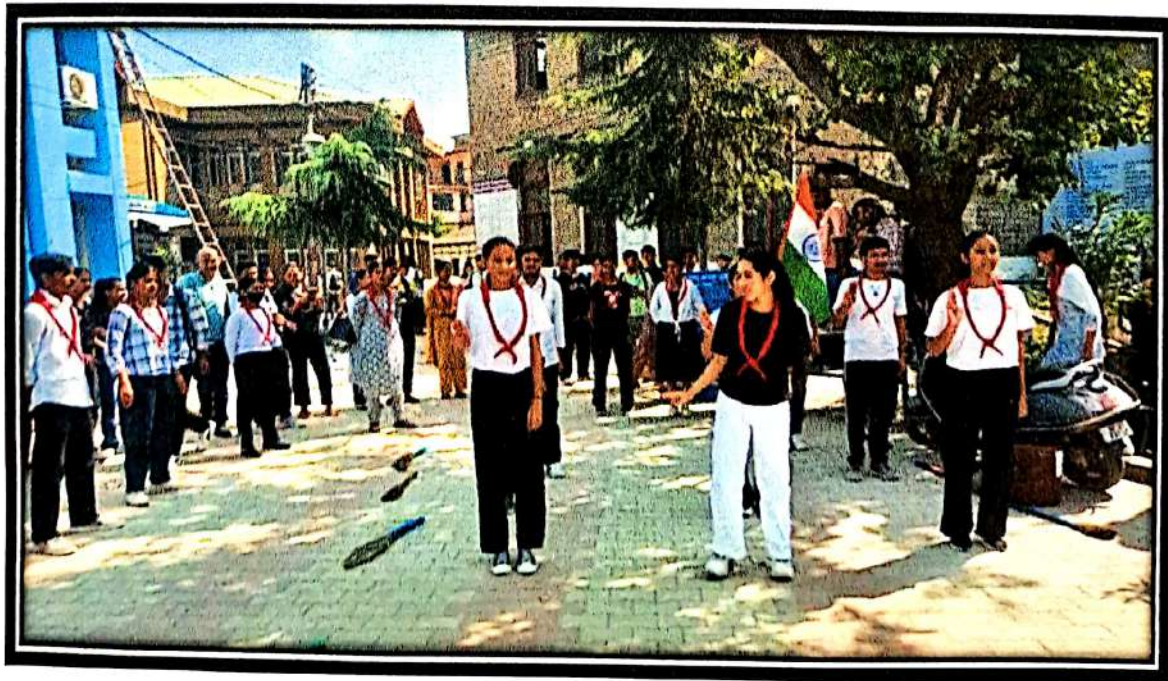
From 25<sup>th</sup> to 30<sup>th</sup> September 2023, the 6 Rovers of Vallabh Govt. College Mandi participated in the Nipun Testing Camp, and 02 Rovers participated in Rajya Puraskar in the Nipun and Rajya Puraskar Testing Camp 2023 at State

Training Centre, Rewalsar. In this camp, all rangers worked hard for their testing camp organised for both Nipun and Rajya Puraskar.



### 9. Nukkad Natak on Swach Bharat

On 2nd October 2023, the Rovers and Rangers group of Vallabh Govt. College Mandi organised a Nukkad Natak presentation on Swach Bharat on campus premises. The natak was performed by 14 rovers and rangers of the group, who delivered an influential message on cleanliness and hygiene. The performance effectively conveyed the importance of Swach Bharat and encouraged the audience to contribute actively to the cause. The Nukkad natak received positive feedback from the audience and successfully raised awareness about the significance of cleanliness in our surroundings.



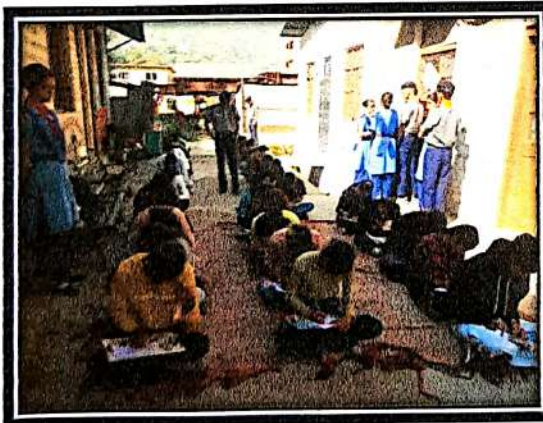
## 10. Service Camp for Rangers

The WOSM & WAGGGS initiative programme was organised from 9<sup>th</sup> to 14<sup>th</sup> October 2023 at the State Training Centre in Rewalsar—two Rangers of Vallabh Govt. College Mandi, Ranger Kanika, and Ranger Isha took part in this camp as staff and provided valuable services.



## 11. Pravesh Testing Camp

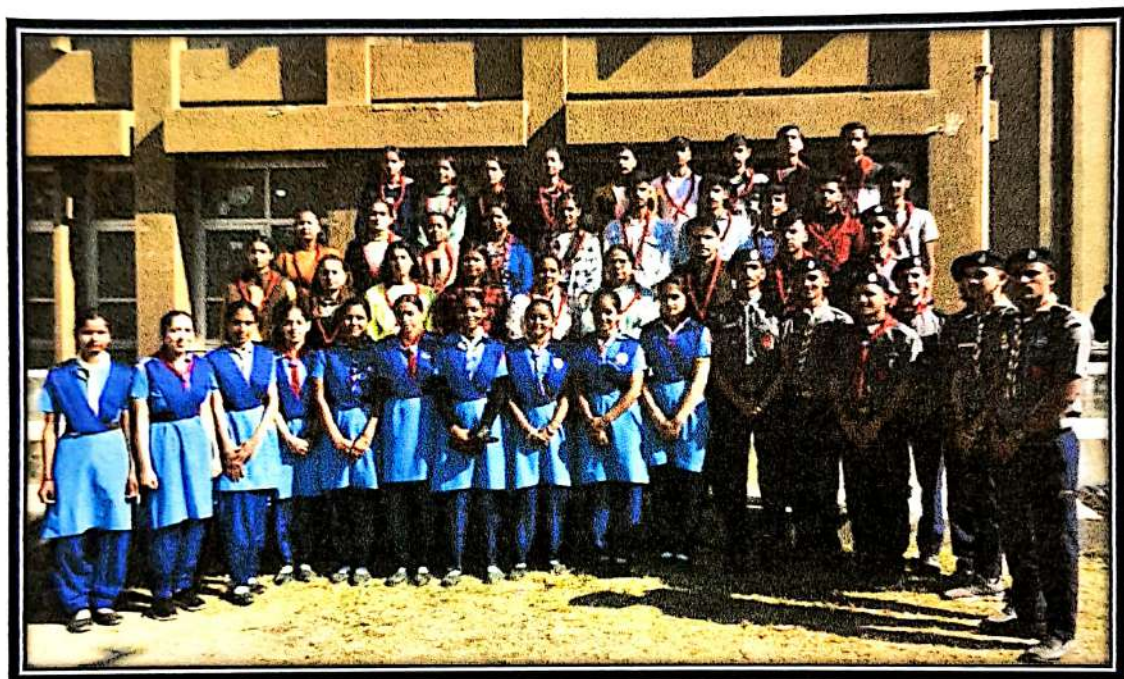
On 30<sup>th</sup> November 2023, Pravesh Testing Camp was organised by the Rovers and Rangers group of Vallabh Government College Mandi under the guidance of Group leader/Principal Prof. Surina Sharma, Rover scout leader Mr Bhed R. Verma and Ranger leader Dr Bandna Chauhan.



In this camp, 34 aspirants of scouting were present to perform for Pravesh testing. Firstly, the aspirants were divided into patrols, and they were given a detailed explanation of the patrol system. Then, an entrance test was conducted for the aspirants. Aspirants were preparing for this test for three months, and then STA was taken by the senior rovers and rangers in which scouting prayer, law, flag song, pledge and national anthem listened to them.

## 12. Investiture Ceremony

On 3<sup>rd</sup> November 2023, the investiture ceremony of rovers and rangers at Vallabh Govt. College Mandi has been organised under the guidance of Group leader/Principal Prof. Surina Sharma, Rover scout leader Mr Bhed R. Verma and Ranger leader Dr. Bandna Chauhan. The event began with a flag ceremony, followed by the group leader honouring aspirants as official members of the organisation. Aspirants were presented with the pravesh badge and Scout scarf, symbolising their membership.



## 13. Participation in the Rajya Puraskar Rally

On the eve of Foundation Day on 7<sup>th</sup> November 2023, two Rovers, Vivek and Nitesh of Vallabh Government College Mandi, were awarded by the Governor of Himachal Pradesh, Mr Shiv Pratap Shukla who is the patron of *The Bharat Scouts and Guides*. Both rovers were qualified for the Rajya Puraskar Testing Camp at STC Rewalsar, Mandi. On this occasion, 20 Rovers were awarded from all over the Himachal Pradesh.



#### 14. The State Level Pre-RDC Selection Camp 2024 for Rangers

From 23<sup>rd</sup> to 28<sup>th</sup> November 2023, eight rangers of Vallabh Govt. College Mandi participated in the state-level pre-RDC selection camp at STC Rewalsar, Mandi. Out of eight, four rangers were selected for the RDC-2024 Shimla.



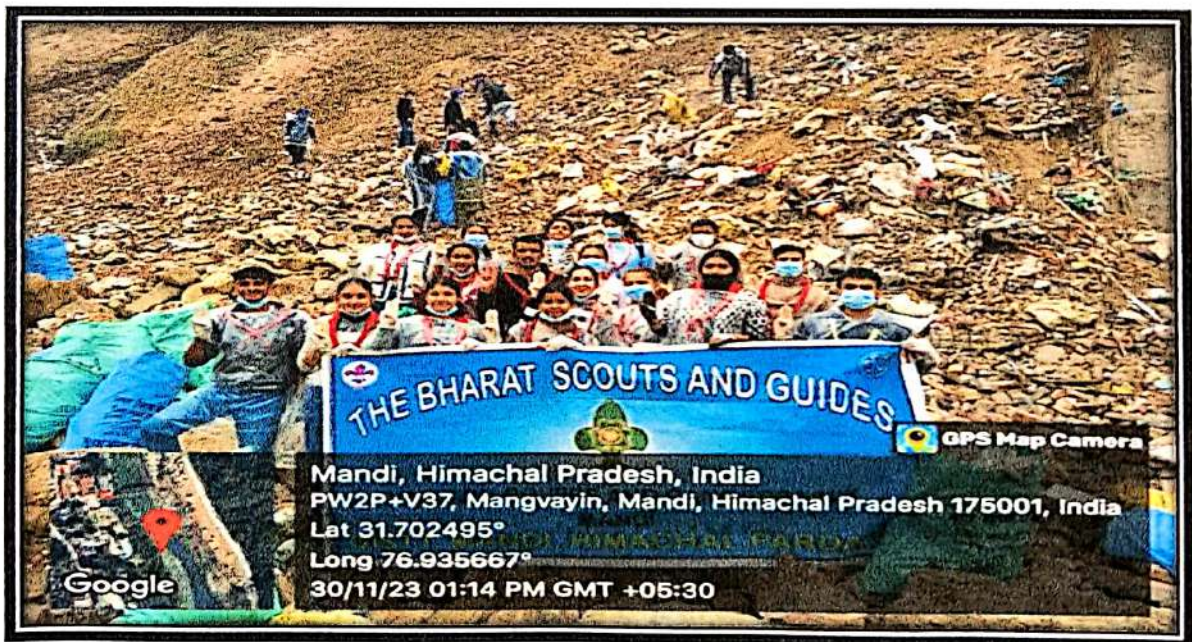
#### 15. The State Level Pre RDC-Selection Camp 2024 for Rovers

From 28<sup>th</sup> November to 3<sup>rd</sup> December 2023, eight rovers of Vallabh Govt. College Mandi participated in the state-level pre-RDC selection camp at STC Rewalsar, Mandi. All eight rovers were selected for the RDC-2024 Shimla.



## 16. Participation in 'Healing Mother Suketi', Movement

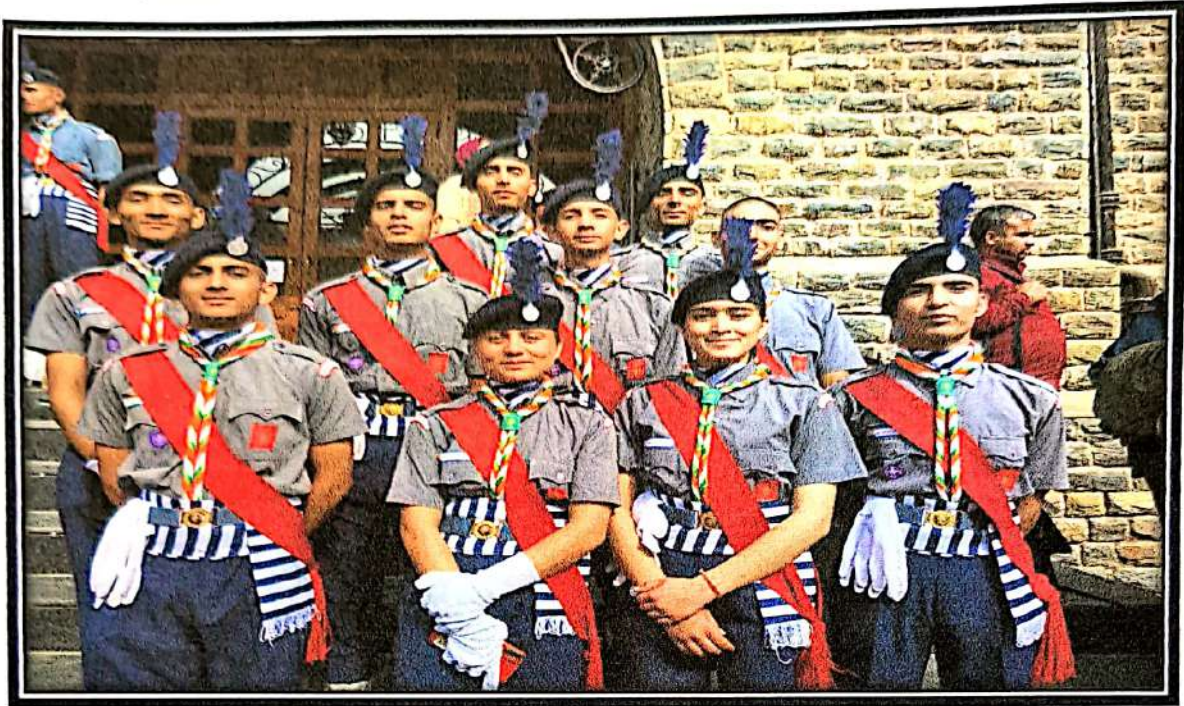
"Healing Mother Suketi," a 7-day campaign, was organised by NSS volunteers of Vallabh Govt. College, Mandi, in November 2023, on 30<sup>th</sup> November 2023, 18 Rovers and Rangers of the group participated alongside the NSS volunteers to heal the mother Suketi, a tributary stream of river Beas. They took part in the cleanliness initiative and ensured the proper disposal of the collected garbage.



## 17. Participation in Republic Day Parade Camp 2024

Eight rovers and four rangers successfully participated in the Republic Day Parade 2024 at Shimla. All participants have been selected after qualification for

the Pre-RDC camp, which was held from November to December 2023 at STC Rewalsar, Mandi.



#### **18.National Level Advocacy Workshop on SDG's**

Two rangers from Vallabh Govt. College Mandi was selected for the National Level Advocacy Workshop on SDG for Rovers, Rangers, and Young Leaders. This camp was held at Dr. Annie Besant Training & Camping Centre, Doddaballapur, Karnataka State, from 28<sup>th</sup> February 2024 to 3<sup>rd</sup> March 2024. Ranger Isha and Ranger Soumya Vaidya actively participated in this workshop.



### 19. Service Camp at STC Rewalsar

Rovers and Rangers of Vallabh Govt. College was deputed for service rovers/rangers in the State Executive Committee Meeting held at STC Rewalsar on 3<sup>rd</sup> May 2024 under the chairmanship of Worthy Chief Commissioner BSGHP cum Director of Higher Education (H.P.). Four rovers and rangers and two rangers were deputed from the college.



### 20. Annual Prize Distribution

On 22<sup>nd</sup> March 2024, the rovers and rangers of Vallabh Govt. College Mandi was honoured for their remarkable achievements in the academic session of 2023-24. The volunteers who participated in the Rovers and Rangers Nipun Testing Camp, National Advocacy Workshop on SDGs in Karnataka, Rajya Puraskar, and RDC Camp 2024 were honoured with an appreciation letter and a token of remembrance.



## 21. Other Miscellaneous Activities and Media Highlights

### *Project Nishchaya: Beyond Addictions-A Drug-Free Vision*

Completed the “*Project Nishchaya: Beyond Addictions-A Drug-Free Vision*”, in which various activities have been organised by the Rovers and Rangers group of Vallabh Govt. College, Mandi. A complete project report is attached at the end of the report in **Annexure I (pp. 17-30)**



Rovers and Rovers Group of Vallabh Govt. College, Mandi, with Director Of Higher Education cum State Commissioner of BSGHP.



## साउथ कोरिया में स्काउट जंबूरी का हिस्सा बनेंगे मंडी कालेज के बलबीर

दिव्य हिमाचल व्यूरो — मंडी

वल्लभ राजकीय महाविद्यालय मंडी के विद्यार्थी बलबीर सिंह साउथ कोरिया में अंतरराष्ट्रीय स्काउट जंबूरी में महाविद्यालय का प्रतिनिधित्व करेंगे। महाविद्यालय के मीडिया समन्वयक सहायक प्रोफेसर फ्लाईंग ऑफिसर डा. चमन ने कहा कि स्काउटिंग की 25वीं अंतरराष्ट्रीय स्काउट जंबूरी का आयोजन साउथ कोरिया में किया जा रहा है। इसमें पूरे विश्व के लगभग 160 देशों से स्काउट्स भाग लेने जा रहे हैं। अंतरराष्ट्रीय स्काउट जंबूरी में भारत से स्काउट्स साउथ कोरिया जाकर अंतरराष्ट्रीय मंच पर प्रतिनिधित्व करेंगे। स्काउट जंबूरी में वल्लभ राजकीय महाविद्यालय मंडी के बलबीर सिंह का चयन उत्तरी अंतरराष्ट्रीय सर्विस टीम मेंबर के रूप में हुआ है। बलबीर 27 जुलाई से 13 अगस्त 2023 तक साउथ कोरिया में भारत का प्रतिनिधित्व करेंगे। मीडिया समन्वयक सहायक प्रोफेसर डा. चमन ने कहा कि बलबीर सिंह की प्रारंभिक शिक्षा राजकीय वरिष्ठ



माध्यमिक विद्यालय देवभार मोहर से हुई है। बलबीर ने छठी कक्षा से स्काउटिंग की शुरुआत की थी। बलबीर सिंह के पिता टमर चंद कारपेंटर व माता श्रीमती भावना कुमारी गृहिणी हैं। बलबीर सिंह ने अपनी सफलता का श्रेय अपने अभिभावकों व प्राध्यापकों को देते हुए कहा कि वल्लभ राजकीय महाविद्यालय मंडी के सेवानिवृत्त प्राचार्य डा. योगेंद्र पाल शर्मा, रैंजर लीडर सहायक प्रोफेसर ज्योति ठाकुर, रोवर लीडर डा. दासक राम, डा. हेमराज व फ्लाईंग ऑफिसर डा. चमन लाल क्रांति सिंह के मार्गदर्शन व प्रोत्साहन की वजह से स्काउटिंग में जुड़े रहे।



## वल्लभ कॉलेज मंडी के 7 रोवर्स और 2 रेंजर्स ने लिया गणतंत्र दिवस प्रेड में भाग



शुक्रवार, 26 जनवरी 2024

गोहर मंडी अपरेटिव्स (मंडी) गौरवलेख है की र वर्ष की भूमि इस वर्ष भी टी भारत स्वाज्त् और रेंजर्स सोनाक्षी, करिश्मा ने 26 जनवरी 'ड रेंजर्स के लिए नवम्बर, 2023 में राज्य शिक्षण संस्थान रिवाल्वर (मंडी) में हुआ था जिसमें वल्लभ कॉलेज मंडी के 16 रोवर्स, जर्स में भाग लिया था जिसमें से 12 रोवर्स, जर्स का चयन 26 जनवरी, 2024 गणतंत्र शर्मा ने इस उपलब्धि के लिए रोवर्स रेंजर्स व प्रेड्स, तैयारी शिबिर के लिया हुआ जिसका आयोजन 20 से 26 जनवरी, 2024 के मध्य उमंग, सकारात्मकता और घेतना के साथ आ राजकीय कन्या महाविद्यालय शिमला में हुआ। अंतिम रूप से चयनित रोवर्स देशराज चैतन्य, हिमाशु, भूषेन्द्र, प्रियं, तुलसीराम, निशु प्र गाइड प्री RDC शिबिर का आयोजन रोवर्स 2024 गणतंत्र दिवस प्रेड में भाग लिया वल्लभ रोवर्स एंड रेंजर्स ग्रुप मंडी के रोव लीडर प्रो भेद राम, रेंजर्स लीडर प्रो वंदन जोहान एव ग्रुप लीडर (प्रचारार्थी) डा० सुरीन शर्मा ने इस उपलब्धि के लिए रोवर्स रेंजर्स व शुभकामनायें देते हुए एक दृढ़ इच्छा शक्ति, न उमंग, सकारात्मकता और घेतना के साथ आ बढते हुए उत्कृष्ट भविष्य की कामना की।।

Incharge  
Rovers and Rangers Group  
VGC Mandi (HP)

- 1.
- 2.

Principal  
Principal  
Vallabh Govt. College  
Mandi - 175001 (H.P.)

## *Annexure I*

### **Project Nishchaya: Beyond Addictions – A Drug-Free Vision**

#### **Introduction**

In response to the growing challenge of drug addiction among youths in Himachal Pradesh, the State Headquarters of 'The Bharat Scouts and Guides' Himachal Pradesh has launched a transformative initiative "Project Nishchaya: Beyond Addictions - A Drug-Free Vision" on 15th October 2023. The aim and objective of the project is to empower the youths through this project initiated for fostering a drug-free vision and cultivating a resilient generation committed to combating addiction, building strong communities, and creating a brighter future for Himachal Pradesh. It is a commitment to create a drug-free society where young minds will be inspired, educated, and engaged in fighting against drug addiction forever. Therefore, "Project Nishchaya" aims to address the urgent issue of drug addiction through a comprehensive approach that encompasses awareness, education, prevention, and advocacy. The project aligns with the core values of Scouting and Guiding and empowers the youth to become agents of positive change in their communities.

In scouting, collective efforts are believed to drive significant changes. So, all members and volunteers have been encouraged to actively participate in "Project Nishchaya" and contribute to the mission of creating a healthier and drug-free society. Hence, the dedication and commitment of all members and volunteers will play a crucial role in the success of this initiative.

The project has been structured around a competitive framework, wherein participating units are engaged in various activities and tasks, as mentioned in the Activity Pack. Upon successfully completing and submitting each designated activity, the participating unit is eligible to receive rewards in accordance with the instructions and guidelines established for this competition. Therefore, by following the guidelines directed by the State Headquarters of 'The Bharat Scouts and Guides' Himachal Pradesh, to all educational institutions, the Rovers

and Rangers Unit of Vallabh Govt. College, Mandi actively took part in all the activities listed by the state headquarter. The details of various activities with their commencing date are given in the following table.

**Table: The Details of Various Activities**

<b>Number of Activities</b>	<b>Types of Activities</b>	<b>Activity Commenced on</b>
Activity 1	Seek Knowledge of Local Expert	4 <sup>th</sup> November 2023
Activity 2	Pledge Taking Ceremony	7 <sup>th</sup> November 2023
Activity 3	Artistic Expression	4 <sup>th</sup> December 2023
Activity 4	Community Walk	5 <sup>th</sup> December 2023
Activity 5	Peer Education Workshop	27 <sup>th</sup> April 2024
Activity 6	Community Visit	29 <sup>th</sup> December 2023
Activity 7	Community Drug Awareness Campaign	21 <sup>st</sup> March 2024

### **Activity 1: Seek Knowledge of Local Expert**

**Objective:** To engage with the local professionals to learn about the effects of drug misuse and prevention strategies in your community.

To fulfil the objective of activity 1, the Rovers and Rangers unit of Vallabh Govt. College Mandi initiated an interaction session on 4th November 2023 as part of the project "Nishchaya, a drug-free vision". Under the guidance of the Group Leader/Principal of the college, Prof. Surina Sharma, Rover Scout Leader Mr. Bhed R. Verma, and Ranger Leader Dr. Bandna Chauhan, the activity has been initiated by sharing knowledge on drug abuse by the local expert. Mr. Rajesh Yadav, a health educator from the office of the chief medical officer at NSCB Zonal Hospital Mandi, was invited to give a guest lecture to provide intensive knowledge about the impact of drug abuse in society. In this lecture session, the health educator emphasized the serious consequences, root causes, and processes of becoming addicted to a drug substance. The health educator also highlighted how to tackle such cases in the family, society, and educational institutions.



Further, it was suggested that drug addicts should be treated equally by giving them supportive space to rehabilitate from the catastrophe. Along with family members, the volunteers of Rovers and Rangers can play a leading role in controlling the addictions to multiple drugs among youths in the community. Students from various departments were present in the session and took an oath to stay away from the drugs for a better society.



Note: Photographs of the activity

## Activity 2: Pledge Taking Ceremony

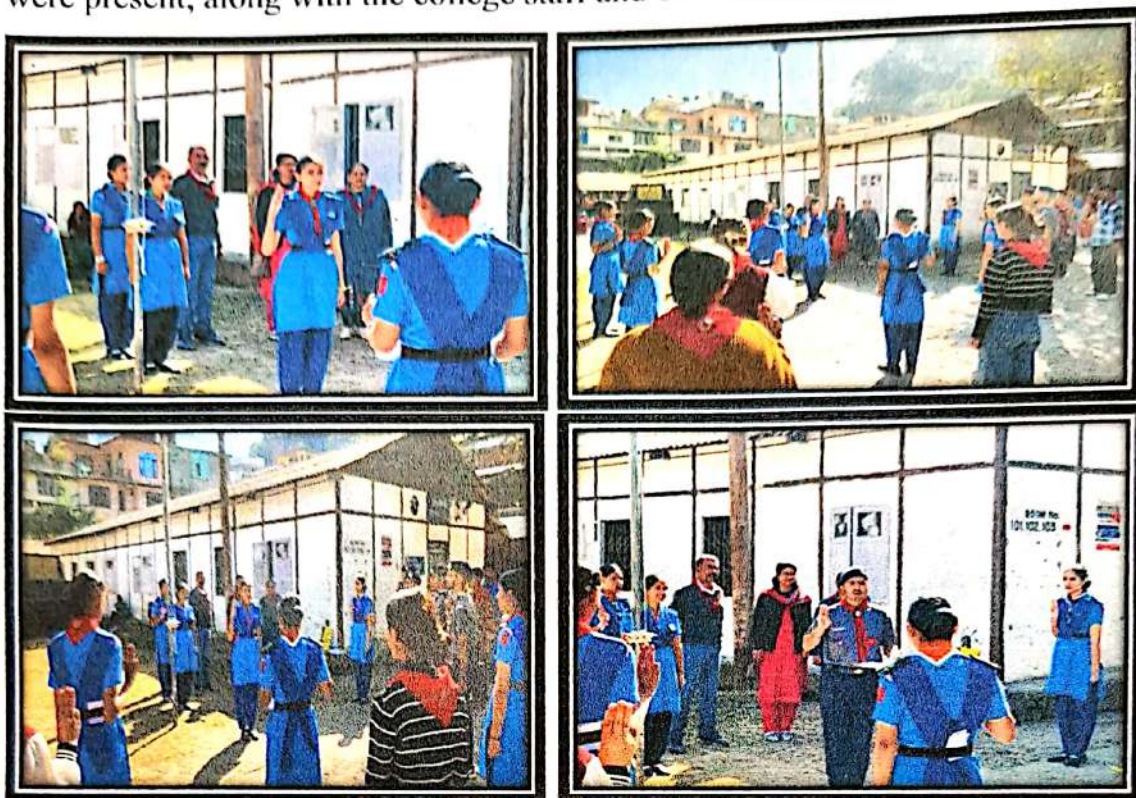
**Objective:** To organize a pledge-taking ceremony to publicly commit to a drug-free lifestyle and raise awareness about the dangers of drug misuse within the institution.

To fulfil the objective of activity 2, the Rovers and Rangers Group of Vallabh Govt. College Mandi organized a pledge-taking ceremony under the “Project Nishchaya” on 7th November 2023. This activity was organized under the guidance of the Group Leader/Principal Prof. Surina Sharma, Rover scout leader Mr. Bhed R. Verma, and Ranger leader Dr. Bandna Chauhan. In this activity, all volunteers of the Rovers and Rangers group, students and staff of the college assembled at the front yard of the college for the pledge-taking ceremony. Pledge cards were distributed to everyone, and a pledge against substance abuse was recited.



The pledge was as follows: *“On my honour, I promise that I will work against the disease of drug addiction in society by working with Project Nishchaya and fulfil the duty of an aware citizen to promote a healthy lifestyle by creating awareness against the drug and encourage others to spread the same.”* Where everyone has sworn to stay away from any drug or substance

abuse and will try to keep others from it. In this activity, 48 Rovers and Rangers were present, along with the college staff and other students.



Note: Photographs of the activity

### Activity 3: Artistic Expression

**Objective:** Encourage participants to use artistic forms of expression to convey messages about drug awareness, prevention, and the importance of a drug-free lifestyle.

On 4th December 2023, the Rovers and Rangers group of Vallabh Govt. College Mandi organized an event on Drug abuse in which a painting competition was organized and a slogan competition in college. This activity was organized under the guidance of Group Leader/Principal Prof. Surina Sharma and the college's Rover Scout leader and Ranger leader. Students made various eye-catching slogans and paintings. Drug abuse was strongly criticized through the paintings, bearing messages such as *"drugs take you to hell disguised as heaven."*

Slogans displaying lines like – "नशे की आदत छोड़ो, सुखी जीवन से नाता जोड़ो" and "नशे में युवा सड़ रहा है कहां ये युवा बढ़ रहा है" were displayed in the college campus by the students. Lastly, the scouts clicked photographs and displayed

banners, which left a significant impact on the hearts of youngsters against drug abuse. All members of the group, along with the college staff and other students, were present for this activity.



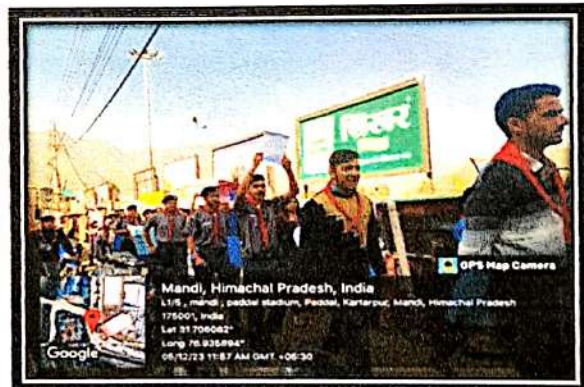
Note: Photographs of the activity

#### Activity 4: Community Walk

**Objective:** To observe and document drug-related concerns in your neighbourhood (nearby 01 KM of radius), promoting awareness about the local impact of drug misuse.

In continuation with the "Project Nishchaya", the Rovers and Rangers group of Vallabh Govt. College Mandi organized a 'Community Walk' on 5<sup>th</sup> December 2023 to spread awareness among the local inhabitants about drug addiction and drug abuse in society. The program was inaugurated by college Principal Prof. Surina Sharma, who flagged off the event. In this program, Rover

scout leader Mr. Bhed R. Verma and Ranger leader Dr. Bandana Chauhan were also present. The rally was organized by the Rovers and Rangers, along with students from the college and other organizations such as the Siraj Student Welfare Association.



Note: Photographs of the activity

The rally, which aimed to raise awareness against substance abuse, commenced from the college campus, passing through Panchvaktra Temple in Paddal Colony, Tibetan Market, and ISBT Bus Stand Mandi, and concluded

back at the college campus. At the end of the rally, the Ranger leader, Dr. Bandana Chauhan, administered an oath against substance abuse to all Rovers, Rangers, and other volunteers present.

#### **Activity 5: Peer Education Workshop**

**Objective:** Conduct a workshop at Gram Panchayat/Nagar Panchayat/ Nagar Nigam/ Mahila Mandal/ Yuvak Mandal Level, where participants educate their peers about the dangers of drug misuse and how to make informed decisions.

The Rovers and Rangers group of Vallabh Government College, Mandi, initiated the peer education workshop on drug abuse with the local community. The main aim of the workshop was to address the increasing cases of substance/drug abuse in the state and its socio-economic, cultural, and moral impacts and also to spread awareness among people against addiction in society. As part of the campaign against substance abuse, on April 27, 2024, the Rovers and Rangers of the college visited the nearby village to seek and share knowledge with the “Shivshakti Mahila Mandal” at Majhwar. They conducted discussions, skits, and presentations to raise awareness among women about the adverse effects of substance/drug abuse. About 30 women from the local village also participated in the program. The session began with a brief introduction presented by Ranger Kritika about drug addiction and abuse.

Further, Ranger Isha shed light on the five burning cases related to substance abuse in Mandi district. They discussed how we can create a substance-free society, establish healthy and substance-free families, and how women can bring positive change in society. A short play was presented to the women through a projector. The chair of the “Shivshakti Mahila Mandal”, Mrs. Gaganesh Devi, warmly welcomed the Rovers and Rangers of Vallabh Government College, Mandi, expressing gratitude and emphasizing the importance of providing information about the growing trend of substance abuse among youths through the internet. At the end of the program, Ranger’s leader Dr. Bandana Chauhan, expressed gratitude to all the women, sharing her

thoughts. Rover Scout leader of the college, Mr. Bhed R. Verma, along with 24 Rovers and Rangers of the group, were present in the workshop.



Note: Photographs of the activity

### Activity 6: Community Visit

**Objective:** Organize a community visit to nearby rehabilitation centres or non-governmental organizations (NGOs) that work on drug awareness and rehabilitation. This visit aims to provide participants with firsthand insights into the challenges of drug misuse and the efforts taken to address them.

Under the banner of the "Project Nishchaya", the Rovers and Rangers group of Vallabh Govt. College Mandi visited the nearby rehabilitation centre on 29<sup>th</sup> December 2023. The program was organised under the guidance of the group leader/Principal, Prof. Surina Sharma, the Rover scout leader, and the Rangers leader of the college. During the drug rehabilitation centre visit, Rovers and Rangers engaged in discussions with patients and staff members. They were

briefed on the structured approach to patient care, including sessions such as *"Just for Today" (Discipline), Sharing Sessions, Games Sessions, Reflection Sessions, and Counseling Sessions.*



In addition, Rovers and Rangers had meaningful conversations with the patients, who shared their journeys and experiences and highlighted their progress towards better health since arriving at the centre. Notably, some staff members were former patients who had successfully completed their rehabilitation and were now contributing to the centre's services.

Overall, the Community visit provided valuable insights into the rehabilitation process and emphasized the importance of support in overcoming addiction. Such initiatives play a vital role in raising awareness and promoting a healthier, drug-free lifestyle.

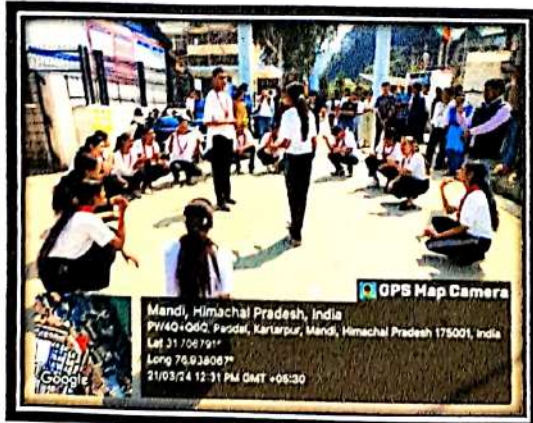


Note: Photographs of the activity

## Activity 7: Community Drug Awareness Campaign

**Objective:** Organize a comprehensive event combining a drug awareness campaign and a community discussion forum with the assistance and permission of the local/Distt. administration.

On 21st March 2024, the Rovers and Rangers group of Vallabh Govt. College Mandi initiated an awareness campaign among youth against substance/drug abuse through street play. It was the seventh activity of "Project Nishchaya" directed by Group leader/Principal Prof. Surina Sharma, Rover scout leader, and Rangers leader of the college. A street play was performed outside of the college campus. The play aimed to raise awareness among youth about the harmful effects of growing drug/substance abuse habits and its prevention.





Note: Photographs of the activity

Link: - <https://www.facebook.com/share/v/u8EqhRtePeCdJlC4/?mibextid=jmPrMh>

At the end of this activity, other students of the college campus present during the play also shared their perspectives on the causes of increasing substance abuse among youth and their views on substance prevention. Everyone admired the efforts of the Rovers and Rangers group of the college to promote people for a healthy and drug addiction-free lifestyle.

## News Highlights

News coverages of the activities commenced by the Rangers and Rovers Group of Vallabh Govt. College Mandi under the Project Nishchaya: Beyond Addictions – A Drug-Free Vision



### रोवर्स एंड रेंजर्स ने नशा मुक्ति केंद्र का किया भ्रमण



नशा मुक्ति केंद्र में पहुंचे रोवर्स एंड रेंजर्स ग्रुप के सदस्य। जगत / संजय

बंशी। जलन्धर कॉलेज ग्रुप के रोवर्स एंड रेंजर्स ग्रुप ने शुक्रवार को नशा मुक्ति केंद्र विज्ञानी का भ्रमण किया। यह कार्यक्रम ग्रुप लीडर एवं कॉलेज प्राचार्य डॉ. सुरेश शर्मा, रोवर स्काउट लीडर प्रो. भेद राम और रेंजर स्लीडर वंदना मीशान की अगुवाई में हुआ। इस दौरान रोवर्स और रेंजर्स ने ड्रग पुनर्वास केंद्र में मरीजों और कार्यकर्ताओं से बातचीत कर और मरीजों की संश्लेषण पर प्रकाश डालने के बारे में जाना। इस दौरान मरीजों ने भी रोवर और रेंजर्स के साथ अपने विभिन्न अनुभवों को साझा किया। संजय

### नाटक और पीपीटी से बताए नशे के दुष्परिणाम



मंडी के वल्लभ राजकीय महाविद्यालय के रोवर्स एवं रेंजर्स इकाई के सदस्य शिक्षकों और अन्य के साथ। संजय

मंडी। वल्लभ राजकीय महाविद्यालय मंडी की रोवर्स एवं रेंजर्स इकाई ने नशा रोकने को चलाए अभियान के तहत मझवाड़ में कार्यक्रम आयोजित किया। इस दौरान शिव शक्ति महिला मंडल मझवाड़ की महिलाओं को नशे के दुष्परिणाम के बारे में जानकारी दी और उनसे चर्चा-परिचर्चा की। यहाँ नाटक और पीपीटी के माध्यम से जागरूक किया। कार्यक्रम में महिलाओं को नशे के बारे में अधिक जानकारी रेंजर कृतिका ने दी। इसके बाद रेंजर ईशा ने जिला मंडी में नशे से संबंधित अन्य ज्वलंत मामलों पर प्रकाश डालते हुए नशा मुक्त समाज के सृजन पर विचार से जानकारी दी। इस दौरान एक लघु नाटक को महिलाओं के समक्ष प्रोजेक्टर के माध्यम से प्रस्तुत किया। संजय

### युवाओं को नशे पर किया जागरूक



मंडी। वल्लभ महाविद्यालय मंडी की रोवर एंड रेंजर इकाई की ओर से प्रोजेक्ट निरचय की सातवीं गतिविधि के तहत कॉलेज परिसर में नुक्कड़ नाटक का आयोजन किया। इसमें युवाओं में बढ़ रही नशे की बुरी प्रवृत्तियों और इसके प्रभावों पर जागरूक किया गया। इस गतिविधि के अंत में कॉलेज कैपस में मौजूद विद्यार्थियों ने भी युवाओं में बढ़ रहे नशे के कारणों और नशा निवारण के तौर पर अपने दृष्टिगत विचार भी साझा किए। संजय

### मंडी की रेंजर्स और रोवर्स इकाई ने शिवशक्ति महिला मंडल मझवाड़ की महिलाओं को नशे के खिलाफ किया जागरूक



मंडी। वल्लभ राजकीय महाविद्यालय मंडी की रोवर्स एवं रेंजर्स इकाई ग्रुप ने शिवशक्ति महिला मंडल मझवाड़ में नशे के दुष्परिणाम के बारे में जानकारी दी और उनसे चर्चा-परिचर्चा की। यहाँ नाटक और पीपीटी के माध्यम से जागरूक किया। कार्यक्रम में महिलाओं को नशे के बारे में अधिक जानकारी रेंजर कृतिका ने दी। इसके बाद रेंजर ईशा ने जिला मंडी में नशे से संबंधित अन्य ज्वलंत मामलों पर प्रकाश डालते हुए नशा मुक्त समाज के सृजन पर विचार से जानकारी दी। इस दौरान एक लघु नाटक को महिलाओं के समक्ष प्रोजेक्टर के माध्यम से प्रस्तुत किया। संजय

## समाज से नशे के खात्मे के लिए महिलाओं को किया जागरूक

• खबरनामा ब्यूरो। मंडी



वल्लभ कॉलेज की रोवर्स एवं रेंजर्स इकाई ने नशे के बढ़ते मामलों और लोगों को नशे के खिलाफ जागरूकता फैलाने के लिए विभिन्न गतिविधियों का आयोजन किया जा रहा है। रेंजर्स और रोवर्स इकाई द्वारा अभियान के अन्तर्गत शनिवार को मझवाड़ में शिव शक्ति महिला मंडल मझवाड़ की महिलाओं को नशे के दुष्परिणाम के बारे में चर्चा-परिचर्चा, स्कट के माध्यम से जागरूक किया।

महिलाओं को नशे के बारे में जानकारी रेंजर कृतिका द्वारा दी गई। रेंजर

ईशा के द्वारा महिलाओं को जिला में नशे से संबंधित 5 ज्वलंत मामलों पर विस्तार से प्रकाश डाला गया कि हम किस प्रकार नशा मुक्त समाज का सृजन कर सकते हैं, किस प्रकार हम एक स्वस्थ व नशा मुक्त परिवार स्थापित कर सकते हैं और किस प्रकार एक महिला समाज में सकारात्मक परिवर्तन ला सकते हैं। महिला मंडल की प्रधान गगनेश देवी ने कहा कि आज हम सभी को इंटरनेट के दुरुपयोग से युवाओं में बढ़ते नशे के चलन के बारे में जानकारी प्रदान करना आवश्यक कार्यक्रम में रोवर्स इन्वार्ज सहायक प्रो. भेद वर्मा और 24 रोवर्स और रेंजर्स ग्रुप मंडी के सदस्य उपस्थित रहे।



*In the end, let us join hands to ignite a transformation, foster awareness, and empower the youth to combat drug addiction in Himachal Pradesh. Together, we can make a lasting impact and build a brighter future for our state.*

*"Remember, it is not what you have but what you give that gives happiness"*

*-Lord Baden Powell*

Incharge  
Rovers and Rangers Group  
VGC Mandi (HP)

1.

2.

Principal  
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