

Department of Psychology
Vallabh Govt. College (Mandi)

An educational visit to 'Come Back to Life' Drug De-addiction and Rehabilitation Centre, Village : Sambal (Chhipnu), P.O. Bijni, District: Mandi

Date:	07.09.2024.
Venue:	Village: Sambal (Chhipnu), P.O.: Bijni (Mandi - 175002)
Day:	Saturday
Time:	11:00AM to 1:30PM
Beneficiaries:	Patients and volunteers of the rehabilitation centre
Participants:	Students and faculty member of Department of Psychology

A team of nine students from B.A. III year (Psychology) and a faculty member from Department of Psychology paid a visit to '*Come Back to Life Drug De-addiction and Rehabilitation Centre*' at Village; Sambal, Post Office: Bijni (Mandi). After an introductory session with the fifteen patients and six volunteers at the rehab, the team conducted a session on relaxation techniques.



Picture 1: Students while assisting the patients in session one.

Each student was assigned two patients/volunteers to carry out the relaxation session. The counselor present in the rehab assisted the team and was assigned three patients.

General instructions were given about the particular relaxation technique by the faculty member from the Department of Psychology. Before beginning the main session, deep breathing exercise was executed by the patients and volunteers for a short while with the help of the team. Subsequent to deep breathing exercise, the students skillfully conducted the muscle relaxation session on the patients simultaneously in a hall.



Picture 2: Members from Department of Psychology while conducting session 1.

Patients took a break of about 15 minutes post session one. After that the second session was taken ahead by the faculty member which was an open house session regarding resolution of their queries. The patients asked various questions related to drug use, handling situations and relationships, attachment issues etc. In the end, they were told about a few techniques to avoid cravings and deal with the withdrawal symptoms.

The counselor present at the rehabilitation also made the students aware about the psychological techniques used in the process of counseling after the second session.

Outcome: Application of the subject matter of Psychology in the field and day to day life.



Picture:3 Students while diligently instructing and helping the patients learn the technique

Report prepared by:

**Vipasha Kashyap,
Assistant Professor (Psychology),
Vallabh Govt. College (Mandi)**



Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

Anti Drug Awareness Programmes

Sr. No.	Date	Event	No. of Students Involved	No. of Teachers Attended
1.	28th October, 2024	Anti-Drug Workshop	105	06

Sr. No.	Particulars	Remarks
1.	Date	28 th October
	Name of Activity	Anti Drug Awareness Programme
	Name of Collaborating Agency	Department of Journalism and Mass Communication, VGC Mandi
	No. of Students Participated	105
	No. of Teachers Participated	06
	Brief report with two printed photographs 1. Geo-tagged photo of activity 2. Newspaper cutting of the particular activity.	<p>A anti-drug workshop was conducted at Vallabh Government College, Mandi on 28th October, 2024 by Career Counselling and Placement Cell with the aim of raising awareness about the dangers of drug abuse and promoting a drug-free lifestyle among students. The students were educated about the various types of drugs, their effects, and the legal consequences of drug abuse by using multimedia presentations, videos, and real-life examples to engage the audience.</p> <p>A significant number of students reported increased awareness about the dangers of drug abuse. Many students expressed a stronger commitment to a drug-free lifestyle. Stronger Campus Community: The campaign fostered a sense of unity and support among students.</p>
		


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Skit "Yam ka Dum" which won the second prize in HPU Youth Festival was enacted during CSCA Function 2024 to spread awareness against use of drugs



Anti Drug Abuse Committee
2024-25 Activities detail

S.No	Particulars	Remarks
1.	Date	25 February 2025
	Name of activity	Minutes of the Meeting -Anti-Drug Committee Meeting
	Name of collaborating agency	
	No. of students participated	
	No. of teachers participated	15
	<p>Brief report with two printed photographs</p> <p>1. Geo-tagged photo of activity</p> <p>2. Newspaper cutting of the particular activity.</p>	<p>As per the directions from the Office of the Deputy Commissioner, Mandi, Vallabh Government College Mandi formulated an action plan to strengthen anti-drug measures on campus. Key initiatives include identifying sensitive areas such as the canteen's backside and washrooms for CCTV installation and placing complaint boxes in every block for anonymous reporting. A WhatsApp group for committee members will ensure swift communication. Regular anti-drug rallies and street plays will be organized, with the award-winning skit team performing periodically and during major events like the International Shivratri Festival. A poster and banner campaign themed "Zero Tolerance to Drugs" will educate students on addiction risks and available support services. Student organizations and CSCA members will actively participate in outreach. Plans include increasing security personnel, forming faculty surveillance teams, and displaying digital anti-drug messages near the library. The college will repair and heighten boundary walls, enforce mandatory ID cards, and restrict outsider entry. Concerns about unwanted activities in the Teachers' Colony and Shambhu Ghat will be addressed through coordination with the police for regular patrolling. The committee agreed to implement all measures promptly, with regular follow-ups and a review meeting scheduled to evaluate progress.</p>



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Report on NCC Cadets' Martial Arts Performance at the Closing Ceremony of the International Shivratri Fair 2025



The International Shivratri Fair 2025 in Mandi, Himachal Pradesh, concluded on **March 5, 2025**, with a vibrant closing ceremony presided over by the Governor of Himachal Pradesh. In compliance with the directives of Additional Deputy Commissioner (ADC) Mr. Rohit Rathour, Vallabh Government College, Mandi, actively participated by presenting a martial arts performance by its National Cadet Corps (NCC) volunteers.

Event Coordination and Training

The program was meticulously coordinated by Dr. Deepali Ashok and Prof. Suraj Mani, with the support of NCC officers Flying Officer (Dr.) Chaman Lal, Dr. Kavita, and Dr. Balbir Singh. Approximately 80 NCC cadets underwent a week-long intensive training regimen under the guidance of master trainers Ms. Santoshi Devi, General Secretary of the SAVATE Association HP, and Mr. Vinod Kumar, an ex-serviceman and coach at Krishna Physical Fitness Academy. This initiative was part of the '**NashaMuktMandi**' (Drug-Free Mandi) campaign, organized in collaboration with the District Welfare Department, led by District Welfare Officer Mr. Sameer.

Performance Highlights

The cadets delivered an impressive martial arts display during the closing ceremony, effectively showcasing self-defense techniques and promoting the anti-drug message. Their performance received widespread acclaim from dignitaries and attendees, reflecting the dedication and hard work invested by the cadets and their trainers.



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After the martial arts display, Mr. Vinod led everyone in taking a pledge to stay away from drugs and contribute to making society addiction-free.

Acknowledgments

The successful execution of this program was made possible through the collaborative efforts of the District Welfare Department, the college administration, and the unwavering commitment of the NCC cadets, trainers, and coordinators. Their collective endeavor not only highlighted the importance of martial arts in self-defense but also reinforced the significance of a drug-free society.

Submitted respectfully to Additional Deputy Commissioner (ADC) Mr. Rohit Rathour by Dr. Deepali Ashok and Prof. Suraj Mani.

The detailed list of candidates who participated in this event is attached to this report.

Vallabh Government College Mandi (H.P)
List of NCC Cadets Perform Martial Art in Maha Shivratri Mandi (H.P)

SR.NO	REGIMENTNO.	CADETS'NAME	PARENT'SNAME
1	HP2024SWIA5760499	REKHA	MEGHSINGH
2	HP2024SWIA5760500	HEENAKUMARI	PRAKASHCHAND
3	HP2024SWIA5760501	KANIKADEVI	BHOOPSINGH
4	HP2024SWIA5760502	NILAKSHIDEVI	OMDUTT
5	HP2024SWIA5760503	ANJALI	SURENDERKUMAR
6	HP2024SWIA5760506	DIVYASHARMA	GOPALSHARMA
7	HP2024SWIA5760507	SMRITITHAKUR	PADAMSINGH
8	HP2024SWIA5760508	NISHA	BHOGRAJ
9	HP2024SWIA5760510	KAVITATHAKUR	HARDEVSINGH
10	HP2024SWIA5760511	KASHISH	TEHALSINGH
11	HP2024SWIA5760513	KAVITATHAKUR	HEMRAJ
12	HP2024SWIA5760514	ANJLI	RAMESHKUMAR
13	HP2024SWIA5760516	PRIYASHARMA	MUKESHKUMAR
14	HP2024SWIA5760517	PRINCY	HEMRAJ
15	HP2024SWIA5760518	DARVINAKUMARI	KHEMSINGH
16	HP2024SWIA5760548	CHANDERKANTATHAKUR	VED PRAKASH
17	HP2024SWIA5760549	SARITATHAKUR	SITARAM
18	HP2024SWIA5760937	DIVANSHI	RAUNAKIRAM
19	HP2024SWIA5760938	INDUTHAKUR	GHANSHYAM
20	HP2023SWA011838	GUNJANKUMARI	SATISHKUMAR
21	HP2023SWA011840	SUNITA	BHUPSINGH
22	HP2023SWA011842	ANKITA	DEVINDERKUMAR
23	HP2023SWA011846	SAKSHIKUMARI	LABHSINGH
24	HP2023SWA011856	DUMESHKUMARI	GOPALKRISHAN
25	HP2023SWA011861	MUSKAN	LABHSINGH
26	HP2023SWA011864	HEENAKUMARI	SHIVRAM
27	HP2023SDF001629	GANESHBHARDWAJ	TARACHAND
28	HP2023SDF001625	ANSHBHABHORIA	NAVALKISHORE
29	HP2024SWF5630414	MUSKANVERMA	BHIMSINGHVERMA
30	HP2024SWF5630403	AKANSHA	RAMESHCHAND
31	HP2024SWF5630419	POOJA	UTTAM
32	HP2024SDAF5630396	SURYANSHTHAKUR	AMARSINGH
33	HP2024SDAF5630401	YATINDER	TARACHAND
34	HP2024SDAF5630396	MRIDUL	
35	HP2024SDAF5630396	PARITOSH	
36	HP2024SDAF5630389	MANDEEPSINGH	BHAGWANSINGH
37	HP2024SWIA5831695	MADHU	RAMESHKUMAR
38	HP2024SWIA5831704	KHUSHBUVERMA	HEMSINGH
39	HP2024SWIA5831699	ADITICHAUHAN	RAJENDERPAL
40	HP2024SWIA5831709	MANJUDEVI	NARENDERSINGH
41	HP2024SWIA5831713	LEENA	BHAGSINGH
42	HP2024SWIA5831696	ASHAKUMARI	GUMATRAM
43	HP2024SWIA5831712	ISHAKASHAV	MAHENDERSINGH
44	HP2024SWIA5831700	DIYAPATIYAL	PARDEEPKUMAR
45	HP2024SWIA5831731	PALAKSINGH	JAISINGH
46	HP2024SDIA5831701	PRAJWALCHANDEL	RUPSINGH
47	HP2024SDIA5831735	ABHISHEKKUMAR	SURENDERKUMAR
48	HP2023SWA012626	KOMAL	OMCHAND
49	HP2023SWA012625	TANIYATHAKUR	SURAJMANI

50	HP2023SWA012183	DIKSHATHAKUR	BHOPALSINGH
51	HP2023SDA012652	OM PRAKASH	NOK SINGH
52	HP2023SDA012623	PRASHANT	KHEM CHAND
53	HP2023SDA012909	PARAS	BHAGAT RAM
54	HP2023SDA012887	SURENDER PAL	HEM SINGH
55	HP2023SDA012617	HARSH	YOG RAJ
56	HP2023SDA012616	HEM RAJ	VINOD KUMAR
57	HP2023SDA013476	DIMPLE KUMAR	PAWAN KUMAR
58	HP2023SDA012654	DUPENDER KUMAR	DOLE RAM
59	HP2023SDA012643	VED PRAKASH	OM PRAKASH
60	HP2023SDA012640	PRAVEEN KUMAR	GHANSHYAM
61	HP2022SDA283236	BHARAT BHUSHAN	TEK CHAND

Master Trainer:-1.Santoshi Devi, Gen.Secretary SAVATE Association HP.
 2. Vinod Kumar (Ex Service Man) Coach Krishna Physical Fitness Acedemy.

Event Coordinator: Dr. Deepali Ashok and Prof. Suraj Mani.

NCCIncharge: FlyingOfficer(Dr.)ChamanLal, Dr.Kavita and Dr.BalbirSingh.

Report Submitted by:

Dr. Deepali Ashok
 NSS Program officer
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Report on One-Day Program on 'Nasha Mukt Mandi'

Organized by Anti-Drug Cell, Vallabh Government College Mandi in Collaboration with the Welfare Office, District Mandi.

Dated: 12 March 2025

Number of teachers Participated: 44

Number of Students Participated: 700

The Anti-Drug Cell of Vallabh Government College (VGC) Mandi, in collaboration with the Welfare Office, District Mandi, organized a one-day awareness program on NashaMuktMandi. The event aimed to spread awareness about the harmful effects of drug abuse and ways to combat addiction. The Chief Guest for the event was Additional Deputy Commissioner (ADC) **Mr. Rohit Rathore**.

Inaugural Session

The program began with a welcome address by the Principal of VGC Mandi, who emphasized the significance of drug awareness campaigns in shaping a better future for students. The Welfare Officer provided detailed insights into government initiatives and welfare programs aimed at drug prevention. ADC Mr. Rohit Rathore delivered a compelling speech, explaining how drug addiction begins as an indulgence but gradually takes over one's life. Using real-life examples, he stressed the importance of self-awareness and self-control, stating that "Even God helps only those who help themselves." He urged students to remain vigilant, as drug peddlers actively seek to lure young minds into addiction.

Keynote Addresses by Resource Persons

1. Spiritual Approach to De-addiction – BK Tina from Prajapita Brahma Kumaris Vishwavidyalaya highlighted the role of spirituality in overcoming addiction. She emphasized self-discipline, meditation, and inner strength as key elements in resisting substance abuse.

2. Medical Insights on Drug Abuse – Dr. Rajiv from Zonal Hospital, Mandi, explained how drugs affect the human body and brain. He provided crucial information on how drug peddlers manipulate and trap young individuals into addiction.

3. Psychological Aspects of Addiction – Professor Vipasha from the Department of Psychology, VGC Mandi, explained the psychological mechanisms behind drug addiction, particularly its link to dopamine release and behavioral patterns. She discussed how individuals struggling with addiction need emotional support, understanding, and proper guidance rather than isolation. Drawing from her experiences, she shared insights into her Himalaya NGO, which helps drug addicts through counseling and rehabilitation.

4. Mr. Panki Sood - Shared his personal journey of overcoming drug addiction. He spoke about how substance abuse had severely impacted his life, causing him to waste the golden years of his youth. However, he considered himself fortunate to have the unwavering support of his family, which played a crucial role in his recovery. His inspiring story served as a powerful reminder to the audience about the devastating consequences of addiction and the importance of a strong support system in the path to de-addiction.

During this program, ADC Mandi, the Chief Guest of the occasion, administered an oath to all attendees, affirming that they would never consume any form of intoxicants in the future and would not allow such

activities to take place in their surroundings. They also pledged to make every effort to help others break free from substance abuse.

All participants took the oath with full commitment and also signed the pledge as a mark of their dedication to the cause.

To enhance student engagement, the program included various competitions:

Quiz Competition – Conducted by Dr. Shivendra

Declamation Contest – Judged by Dr. Jyoti (Department of Sanskrit) and Dr. Jyotsna (Department of English)

Slogan Writing Competition – Judged by Professor Seema (Department of Chemistry) and Dr. Mujib (Department of Painting)

Students from the B.Ed Department presented a street play depicting real-life drug addiction cases in Mandi, which deeply resonated with the audience. The Dance Department performed a thematic dance highlighting the struggle against addiction, while the Music Department delivered a musical performance promoting a drug-free society.

Valedictory Session and Prize Distribution

At the end of the program, winners of all competitions were awarded prizes, recognizing their participation and efforts in spreading awareness.

Professor Anju Sharma, Convener of the Anti-Drug Cell, delivered a heartfelt vote of thanks, expressing gratitude to the Chief Guest, resource persons, faculty members, and students.

The event concluded with the National Anthem, leaving everyone with a strong message about the importance of a drug-free society.

Participation and Impact

The program witnessed active participation from around 500 students and the entire faculty of VGC Mandi. The insightful lectures, competitions, and cultural performances successfully emphasized the importance of staying away from drugs, making the event a resounding success.

Declamation competition:

1stJyoti Thakur (B.Ed.), 2ndUrmita Thakur Bsc 1st year, 3rdDeepanshi.

Slogan writing Competition:

1stDhruv Mehta, 2ndUrmita Thakur Bsc 1st year, 3rdRadhika Sharma.

Quiz Competition:

1stAman and team, 2ndAsha and team and 3rdChetan and Team



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Anju Sharma
Convener of Anti drug cell

Principal
VGC Mandi





