

## *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

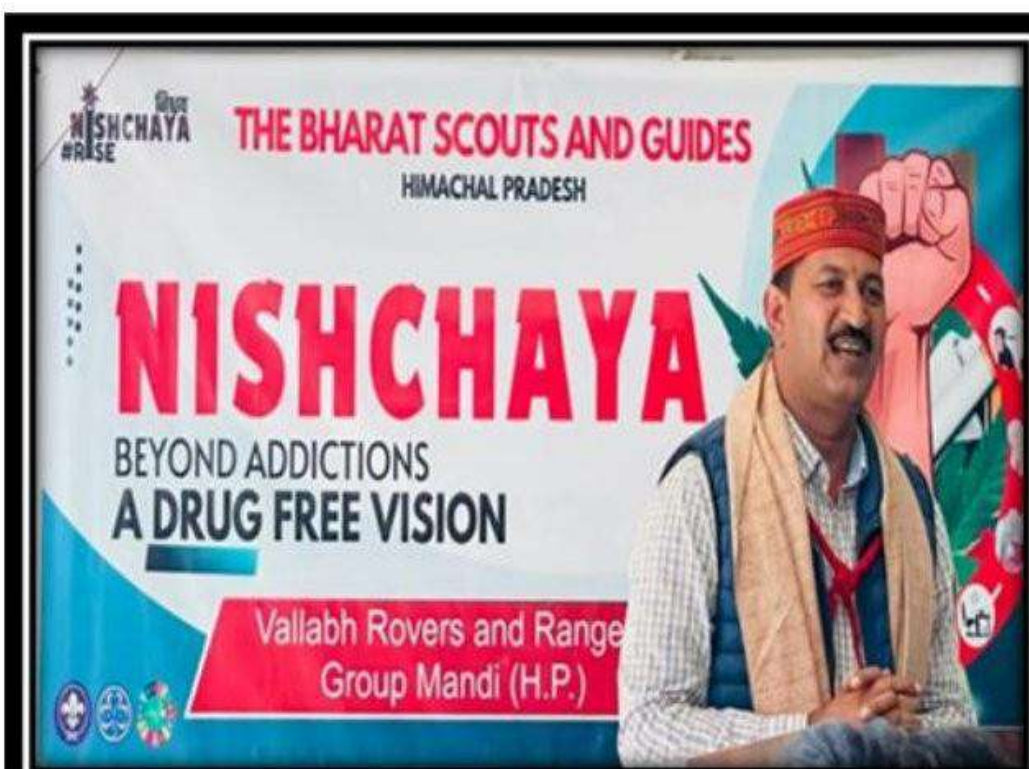
### **Activity 1: Seek Knowledge of Local Expert**

**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

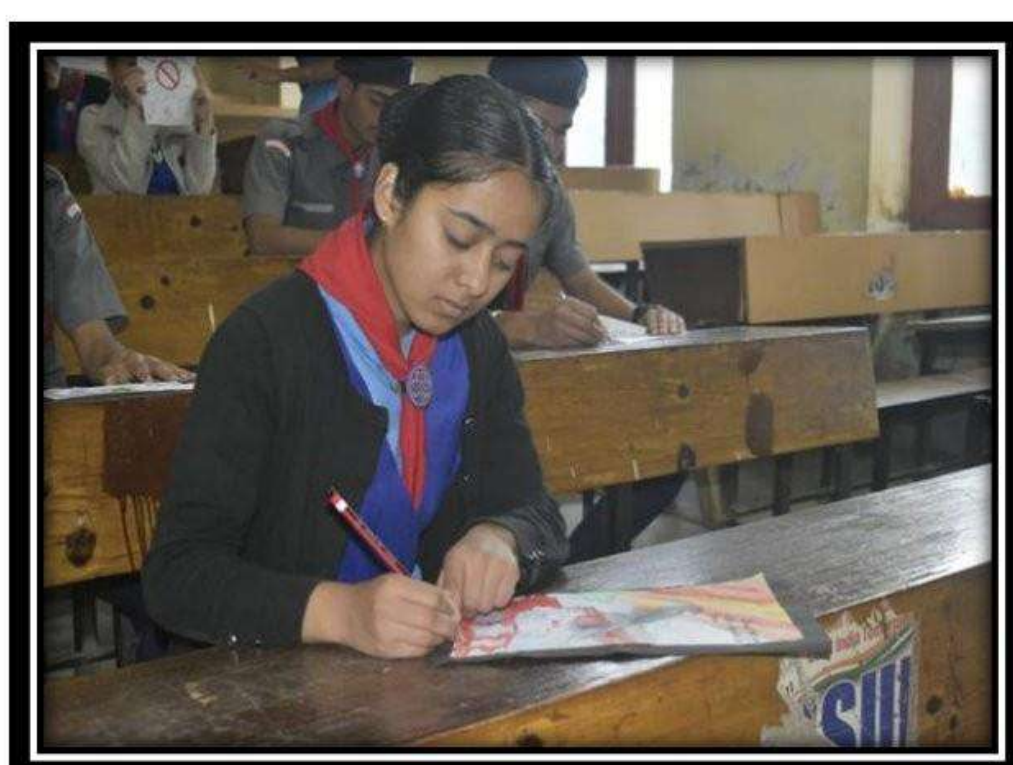
### Activity 3: Artistic Expression

**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.

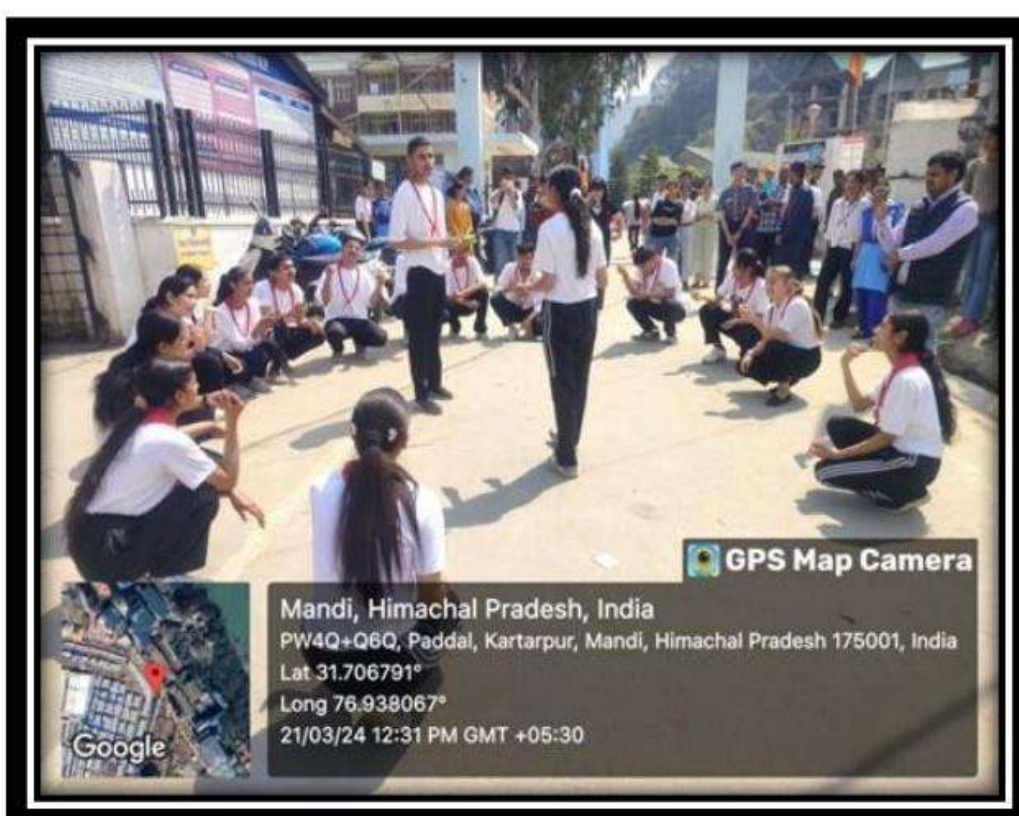


Note: Photographs of the activity

## 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/u8EqhRtePeCdJ1C4/?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। -स्रोत: संगठन

मंडी। वल्लभ कॉलेज मंडी के रोवर्स एंड रेंजर्स ग्रुप ने शुक्रवार को नशा पुनर्वास केंद्र बिजनी का भ्रमण किया। यह कार्यक्रम ग्रुप लीडर एवं कॉलेज प्राचार्य डॉ. सुरीना शर्मा, रोवर स्काउट लीडर प्रो. भेद राम और रेंजर लीडर वंदना चौहान की अगुवाई में हुआ। इस दौरान रोवर्स और रेंजर्स ने ड्रग पुनर्वास केंद्र में मरीजों और कार्यकर्ताओं से वार्तालाप कर और मरीजों की देखरेख की प्रक्रिया के बारे में जाना। इस दौरान मरीजों ने भी रोवर और रेंजर्स के साथ अपने विभिन्न अनुभवों को साझा किया। संवाद

## 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। -संवाद

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। वहीं, नाटक और पीपीटी के माध्यम से जागरूक किया। कार्यक्रम में महिलाओं को नशे के बारे में संक्षिप्त जानकारी रेंजर कृतिका ने दी। इसके बाद रेंजर ईशा ने जिला मंडी में नशे से संबंधित पांच ज्वलंत मामलों पर प्रकाश डालते हुए नशा मुक्त समाज के सृजन पर विस्तार से जानकारी दी। इस दौरान एक लघु नाटक को महिलाओं के समक्ष प्रोजेक्टर के माध्यम से प्रस्तुत किया। संवाद

## युवाओं को नशे पर किया जागरूक



मंडी। वल्लभ महाविद्यालय मंडी की रोवर एंड रेंजर इकाई की ओर से प्रोजेक्ट निश्चय की सातवों गतिविधि के तहत कॉलेज परिसर में नुककड़ 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 कैम्पस में मौजूद विद्यार्थियों ने भी युवाओं में बढ़ रहे नशे के कारणों और नशा निवारण के तौर पर अपने दृष्टिगत विचार भी साझा किए। संवाद

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



संवाददाता | गौहर मंडी अपडेट्स

मंडी : वल्लभ राजकीय महाविद्यालय मंडी की रोवर्स एवं रेंजर्स इकाई मंडी ने हिमाचल प्रदेश सरकार द्वारा The Bharat Scouts and Guides के तत्वावधान में प्रदेश में नशे के बढ़ते मामलों और इसके सामाजिक-आर्थिक, सांस्कृतिक एवं नैतिक दुष्परिणाम को कम करने हेतु एवं समाज में लोगों को नशे के खिलाफ जागरूकता फैलाने हेतु "प्रोजेक्ट निश्चय- beyond addiction -A drug free vision को गत वर्ष अक्टूबर माह में प्रारंभ किया था। जिसके तहत विभिन्न प्रकार की गतिविधियों का आयोजन महाविद्यालय की रेंजर्स और रोवर्स इकाई द्वारा किया गया। समाज में नशे के खिलाफ जागरूकता अभियान के अन्तर्गत आज 27 अप्रैल 2024 को महाविद्यालय की रेंजर्स और रोवर्स ने मझवाड़ में जाकर शिवशक्ति महिला मंडल मझवाड़ की महिलाओं को नशे के दुष्परिणाम के बारे में चर्चा-परिचर्चा, स्किट और PPT के माध्यम से जागरूक किया। इस अवसर महिला मंडल की सदस्यों के अतिरिक्त स्थानीय गांव की लगभग 30 महिलाओं ने भाग लिया। कार्यक्रम के प्रारंभ में महिलाओं को नशे के बारे में संक्षिप्त जानकारी रेंजर कृतिका के द्वारा दी गई। तदपश्चात् रेंजर ईशा के द्वारा महिलाओं को जिला मंडी में नशे से संबंधित पांच 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 सकती हैं। एक लघु नाटक को महिलाओं के समक्ष प्रोजेक्टर के माध्यम से प्रस्तुत किया। महिला मंडल की प्रधान गगनेश देवी ने वल्लभ महाविद्यालय मंडी रोवर्स व रेंजर्स का तहे दिल से स्वागत किया व आभार प्रकट किया और कहा कि आज हम सभी को इंटरनेट के दुरुपयोग से युवाओं में बढ़ते नशे के चलन के बारे में जानकारी प्रदान करना आवश्यक है। कार्यक्रम के अंत में रेंजर्स इन्चार्ज डॉ० वंदना चौहान ने अपने विचार प्रकट करते हुए सभी महिलाओं का आभार व्यक्त किया। इस अवसर पर महाविद्यालय के रोवर्स इन्चार्ज सहायक प्रो० भेद वर्मा और 24 रोवर्स और रेंजर्स ग्रुप मंडी के सदस्य उपस्थित थे।

## 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, स्किट 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 सकती 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 इन्चार्ज 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*

*Ravindra*

Principal  
Vallabh Govt. College Mandi H.P.