



Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

ACTIVITY REPORT

Govt. Degree College Kargil Organizes Awareness Programme under Nasha Mukht Bharat Abhiyaan Kargil, June 19, 2026

Date	June 19, 2026	Category	Academic
Department	Department of Persian	Committee	Sports

As part of the ongoing Nasha Mukht Bharat Abhiyaan (NMBA) and in line with the campaign theme, “Nasha Mukht Bharat Abhiyaan – Viksit Bharat Ki Pehchaan,” Government Degree College Kargil organized an awareness programme on June 19, 2026, to educate students about the harmful effects of substance abuse and the importance of leading a healthy, drug-free life.

The programme featured expert talks by Mr. Stanzin Nurbu from the Department of Psychology and Dr. Imtiyaz Ali Kharpa from the Department of Sociology.

Addressing the students, Mr. Stanzin Nurbu spoke about the mental and emotional challenges that young people, particularly students, often experience during examinations and other stressful situations. He encouraged students not to turn to drugs or other harmful substances as a way of coping with stress. Instead, he demonstrated practical psychological relaxation techniques and stress-management exercises that can help maintain mental well-being.

Dr. Imtiyaz Ali Kharpa highlighted the far-reaching social consequences of substance abuse. He explained that addiction not only affects the individual but also places immense emotional and social burdens on families and communities. He also informed students about the role of social institutions and support systems that assist individuals in overcoming addiction and rebuilding their lives.

The programme was organized by Mr. Mustafa Ali, Department of Physical Education, and Mr. Syed Ali Mousavi, Department of Persian. In his concluding remarks, Mr. Syed Ali Mousavi encouraged students to seek guidance and support whenever needed and assured them that the college administration, Principal, teaching faculty, and staff remain committed to helping students address and prevent substance abuse and related challenges.

Around 65 students actively participated in the programme, reflecting the college’s continued commitment to promoting awareness, mental well-being, and a drug-free campus environment.

Photo Gallery (5 Photos)

