

Activities of Anti-Drug Awareness & Anti-Cybercrime Committee (2024-25)

1. Lecture on Anxiety & Stress

A lecture on “Anxiety & Stress” was organized on October 23, 2024, in the college Conference Hall. Mr. Akshay Azad, Assistance Professor from Department of Psychology, C.O.E., Govt. College Sanjauli was the speaker. He also discussed various strategies to manage Stress and Anxiety, which includes practicing relaxation techniques, engaging in physical activities, seeking social support, self-awareness, internal motivation and taking a step out for healthy distraction (Beneficial Distraction), Breathing exercises, time managements, etc.



2. Attendance in District Level Coordination Committee (DLCC) Meeting under COPTA Act, 2003

Dr Girish Kapoor, Convener Anti-Drug Awareness & Anti-Cybercrime Committee of Centre of Excellence, Govt, College Sanjauli, Shimla-6, had represented the college in District Level Coordination Committee (DLCC) meeting under the chairmanship of Deputy Commissioner Sh. Anupam Kashyapheld on 18/11/2024 at his office chamber, convened under the provisions of the Cigarettes and Other Tobacco Products Act (COTPA), 2003. The meeting focused on reviewing the implementation status of the Act within the district, discussing enforcement strategies, inter-departmental coordination, and planning awareness activities aimed at reducing tobacco use.

Himachal Pradesh
Department of Health and Family Welfare
OFFICE OF THE CHIEF MEDICAL OFFICER,
SHIMLA, DISTRICT SHIMLA.
No. HFW-SML-COTPA (NTCP) 2024-25—8082



Dated:- 13/11/2024

To

1. The Superintendent of Police, Distt. Shimla
2. The Deputy Commissioner, State Taxes & Excise, Shimla
3. The Deputy Director Higher Education, Shimla
4. The Deputy Director Elementary Education, Shimla
5. The District Panchayat Officer, Shimla
6. The Principal DIET Shamla, Shimla
7. The Principal Govt. Degree College Sanjauli
8. The District Public Relation Officer, Distt. Shimla
9. The District Health Officer, Distt Shimla
10. The District Programme Officer (NTCP), Distt. Shimla
11. The District Drug & Food Supply Officer, Shimla
12. The Assist. Commissioner Food Safety, Distt. Shimla
13. The Drug Inspector (Urban), Distt Shimla
14. The Clinical Psychologist DDUZH Shimla
15. The President, Rotary Club Shimla
16. The Secretary HPVHA, New Shimla
17. The President, Inner wheel

Subject:- Regarding meeting of District Level Coordination Committee(DLCC)
under COTPA Act.2003.

Sir,

The meeting of the DLCC Constituted for the implementation of the COTPA Act. 2003 in the District has been scheduled on 18-11-2024 at 10:30AM under the Chairmanship of Deputy Commissioner Shimla in his office chamber. You are accordingly requested to make it convenient to attend the same at the said venue, date and time please.

Yours faithfully,

Chief Medical Officer,
Shimla, District Shimla
Dated:-

Enst.- As above
Copy to: -

1. The Deputy Commissioner Shimla(HP) for information please.

Chief Medical Officer,
Shimla, District Shimla

3. Skit Performed by College Students on Anti-Drug Awareness

To create awareness among the youth and the community about the harmful effects of drug addiction, a Skit was performed by College Students on the theme “Say No to Drugs – Yes to Life!” was organized on 10th September, 2025 at Dr YS Parmar, Garden, The Ridge Shimla. The event aimed to educate people about the physical, psychological, and social consequences of drug abuse and to motivate individuals to live a healthy, drug-free life.



4. Report on participated in State Level event on International Day against Drug Abuse and Illicit Trafficking

On June 26, 2025. Dr Girish Kapoor, Convener, Anti-drug Squad & Anti-cybercrime Committee Centre of Excellence, Govt. College Sanjauli, Shimla, along with 20 students of Centre of Excellence, Govt. College Sanjauli, Shimla participated in State Level event on International Day against Drug Abuse and Illicit Trafficking held at Armsdale Conference Hall, phase-III, Himachal Pradesh Secretariat, Shimla. Honourable Chief Minister Himachal Pradesh Thakur Sukhvinder Singh ji was the chief guest of this programme.



5. A Report on the Lecture on Anti-Drug Awareness

A lecture on "**Drug Awareness and Psychological Impact of Substance Abuse**" was organized on December 6, 2024, in the college Conference Hall to raise awareness among students about the harmful effects of drug use. The session was conducted by **Dr. Deepa**, a renowned clinical psychologist with extensive experience in youth mental health and substance abuse counselling.



6. A Report on the Lecture on Anti-Drug Awareness

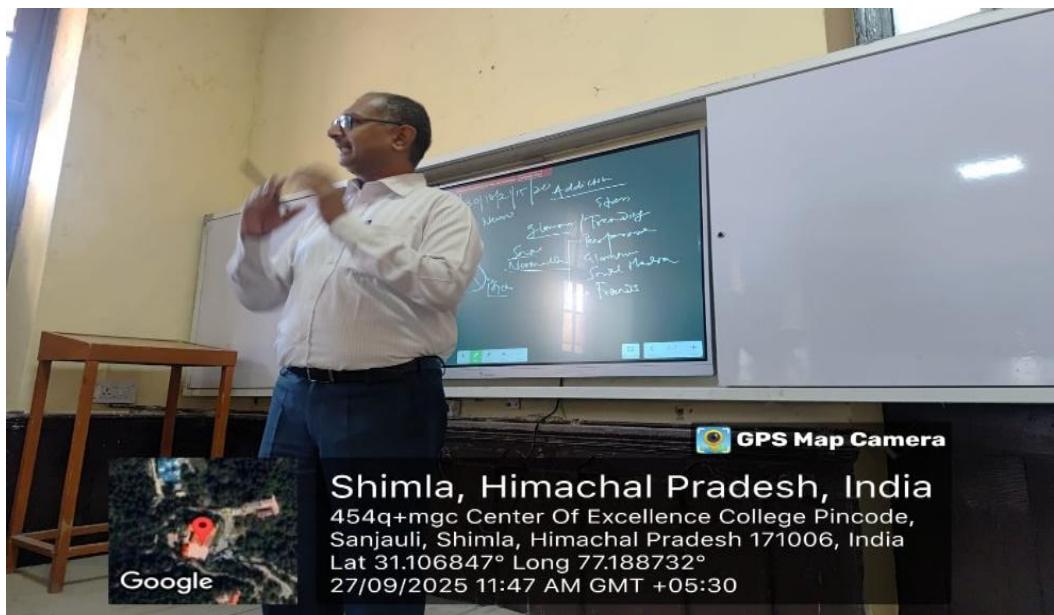
On 11th August, 2025, A lecture on Anti-Drug awareness was organised by Anti-drug Squad & Anti-cybercrime Committee, Centre of Excellence Govt. College Sanjauli, Shimla-6. Mr Ashok Tiwari, Director General of Police, Himachal Pradesh was the chief guest/Speaker. The key objectives of the program were to educate the public, especially students and youth, about the harmful effects of drugs and encourage community support in reporting and preventing drug abuse. Number of participants are 310.





7. Anti-Drug Awareness Programme

On September 9, 2025 Gunjan Organisation for Community Development, under the Nasha Mukt Bharat Abhiyan, organised an awareness programme on drug abuse prevention for college students. The session was led by Mr. Vijay Kumar, Director of Gunjan Foundation, and Dr. Sachin Sharma, Principal of Dehri College. The speakers explained how thoughts shape behaviour, behaviour shapes emotions, and emotions shape actions. Students actively participated, sharing challenges of adolescence such as competition, curiosity, experimentation, and pressure to follow social trends. Mr. Kumar highlighted that addictions often arise from influences like glamour, social media, and peer pressure, noting how drinking and smoking have been normalised. He explained that the prefrontal cortex—responsible for judgment and rational thinking—continues to develop until about 24 years of age. Substance abuse damages neurons, halts brain growth, and impairs cognitive abilities, leading to poor decision-making and loss of self-control. The programme covered types of drugs, including stimulants and depressants, and described how these substances slow the mind and disrupt neurological processes. Mr. Kumar emphasised three levels of prevention: Primary: Never start substance use. Secondary: Stop immediately if use has begun. Tertiary: Seek help to recover if already dependent. He urged students to value themselves and others, keep their brains active and drug-free, and take responsibility for reducing demand. The interactive session concluded with a strong message: prevention is the key to a healthy body, mind, and society. Number of participants are 180.





8. Nukkad Natak on Anti-Drug Awareness

To create awareness among the youth and the community about the harmful effects of drug addiction, a **Nukkad Natak (Street Play)** on the theme “*Anti-Drug Awareness*” was organized on 10th September, 2025. The event aimed to educate people about the physical, psychological, and social consequences of drug abuse and to motivate individuals to live a healthy, drug-free life.

The play was performed by the college students, who creatively presented the story of a young person who falls prey to drug addiction and how it destroys his life and relationships. Through powerful dialogues, emotional acting, and thought-provoking scenes, the play highlighted the importance of saying “**No to Drugs**” and seeking help in time.

The performance attracted a large audience, including students, teachers, local residents, and shopkeepers. The message was delivered effectively through humour, songs, and slogans such as “*Zindagi Se Pyar Karo, Nasha Se Inkaar Karo.*” The audience responded enthusiastically and appreciated the efforts of the performers.

The event concluded with a motivational address by Principal, Prof. Bharti Bhagrawa who urged everyone to stay away from drugs and help those who are struggling with addiction. Pamphlets containing information on the ill effects of drugs.

Overall, the Nukkad Natak successfully spread awareness about the dangers of drug abuse and emphasized the collective responsibility of society to fight against this menace.

Outcome:

- Increased awareness about drug abuse among youth and the community.

- Encouraged positive lifestyle choices.
- Promoted community participation in anti-drug initiatives.

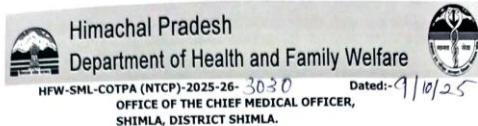


9. Attendance in District Level Coordination Committee (DLCC)



Meeting under COPTA Act, 2003

Dr Girish Kapoor, Convener Anti-Drug Awareness & Anti-Cybercrime Committee of Centre of Excellence, Govt, College Sanjauli, Shimla-6, had represented the college in District Level Coordination Committee (DLCC) meeting under the chairmanship of Deputy Commissioner Sh. Anupam Kashyap held on 09/10/2025 at his office chamber, convened under the provisions of the Cigarettes and Other Tobacco Products Act (COTPA), 2003



To,

1. The MC Commissioner, Distt. Shimla or their representative
2. Superintendent of Police, Distt. Shimla
3. Deputy Commissioner, State Taxes & Excise
4. Deputy Director Higher Education
5. Deputy Director Elementary Education
6. District Panchayat Officer
7. Principal DIET Shimla
8. Principal Govt. Degree College Sanjauli
9. District Public Relation Officer, Distt. Shimla
10. District Health Officer, Distt. Shimla
11. District Programme Officer (NTCP), Distt. Shimla
12. District Drug & Food Supply Officer
13. Assistant Commissioner Food Safety, Distt. Shimla
14. Drug Inspector (Urban), Distt. Shimla
15. Clinical Psychologist DDUZH Shimla
16. President, Rotary Club Shimla
17. Secretary HPVHA, New Shimla
18. President, Inner Wheel

Subject: - Regarding District Level Coordination Committee (3rd DLCC), meeting to be held on 09 October 2025 along with launch of Tobacco Free Youth Campaign 3.0 (w.e.f 9th October 2025 to 8th December 2025).

Sir,

This is to inform you that the District level coordination committee(NTCP Tobacco Control) along with launch of Tobacco Free Youth Campaign 3.0 (w.e.f 9th October 2025 to 8th December 2025) for implementation and progress of NTCP programme and COTPA Act 2003 (Cigarettes and other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) is scheduled to be held on dated 09/10/2025 at 12.45 P.M under the Chairmanship of Worthy Deputy Commissioner Shimla in the Chamber of the Deputy Commissioner Shimla.

Therefore all the members of DLCC are requested to attend the same on the scheduled date time & venue. Kindly share your action taken report with this department before meeting.

Yours faithfully,

Chief Medical Officer,
District Shimla, Shimla.

Ends: As above
Copy to: -

Dated:-

1. The MD, NHM, Shimla for, information please.
2. The Deputy Commissioner, Distt. Shimla for information please.
3. The MOH & DPO NTCP attached staff O/o CMO Shimla for, information with direction to attend the said meeting.
4. The Distt. MEIO O/o CMO Shimla, for information with direction to attend the said meeting.
5. The Actt. NHM O/o CMO Shimla for, information with direction to arrange the refreshment and stationery for above said meeting.

Chief Medical Officer,
District Shimla, Shimla.

10. Anti-Chitta Awareness Programme

Govt. College Sanjauli actively participated in an Anti-Chitta Awareness Programme organised by the Himachal Pradesh Government Police on 15th November 2025. The event aimed to spread awareness about the growing threat of "Chitta," a harmful synthetic drug affecting the youth and society at large.

The programme began with an inaugural address by Chief Minister Mr Sukhwinder Singh Sukhu, who highlighted the rising cases of drug abuse in the state and stressed the need for collective responsibility to combat the issue. He encouraged students to take a strong stand against drugs, spread awareness in their communities, and act as ambassadors of a drug-free Himachal.

The programme concluded with a pledge ceremony where all participants vowed to stay away from drugs and contribute towards building a healthier and safer society.





11.Dr Shusheel Sharma, member Anti-Drug Awareness & Anti-Cybercrime Committee of Centre of Excellence, Govt, College Sanjauli, Shimla-6, had represented the college in District Level Coordination Committee (DLCC) meeting under the chairmanship of Deputy Commissioner Sh. Anupam Kashyap held on 29/11/2025 at his office chamber, convened under the provisions of the Cigarettes and Other Tobacco Products Act (COTPA), 2003.



Himachal Pradesh
Department of Health and Family Welfare



HFW-SML-COTPA (NTCP)-2025-26- 8058
To,

Dated:- 28-11-2025

- 1. The MC Commissioner, Distt. Shimla or their representative
- 2. Superintendent of Police, Distt. Shimla
- 3. Deputy Commissioner, State Taxes & Excise
- 4. Deputy Director Higher Education
- 5. Deputy Director Elementary Education
- 6. District Panchayat Officer
- 7. District Rural Development Officer
- 8. Principal DIET Shamlaghat
- 9. Principal Govt. Degree College Sanjauli
- 10. District Public Relation Officer, Distt. Shimla
- 11. District Health Officer, Distt Shimla
- 12. District Programme Officer (NTCP), Distt. Shimla
- 13. District Food Safety Officer (FSO)
- 14. Assist. Commissioner Food Safety, Distt. Shimla
- 15. Drug Inspector (Urban), Distt Shimla
- 16. Clinical Psychologist DDUZH Shimla
- 17. President, Rotary Club Shimla
- 18. Secretary HPVHA, New Shimla
- 19. President, Inner wheel
- 20. Distt. Nodal Officer Tourism Distt. Shimla

Subject: - Regarding Invitation for review meeting of TFYC 3.0 District Level Coordination Committee DLCC is meeting to be held on 29th Nov 2025.

Sir,

This is to inform you that the District level coordination committee (NTCP Tobacco Control) for implementation and progress of NTCP programme and COTPA Act 2003 (Cigarettes and other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) is scheduled to be held on dated 29/11/2025 at 12:30 PM under the Chairmanship of Worthy Deputy Commissioner Shimla in the Chamber of the Deputy Commissioner Shimla. Therefore all the members of DLCC are requested to attend the same on the scheduled date time & venue. Kindly share your action taken report with this department before meeting.

Yours faithfully,


Chief Medical Officer,
District Shimla, Shimla.