



Office of the Principal
Govt. Degree College Pampore
گورنمنٹ ڈگری کالج پانپور (کشمیر)
NAAC ACCREDITED GRADE B⁺ (CGPA= 2.6)

Tulbagh, Pampore - 192121 - (Distt. Pulwama)- Kashmir

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ATR on Pledge Taking Ceremony under Nasha Mukht Bharat Abhiyan (NMBA) 2025

Held at GDC Pampore on 18/09/2025 to Commemorate the 5th Anniversary of NMBA

Under the able leadership and guidance of Prof. Samina Yesvi Principal of the college, Government Degree College Pampore organized a Pledge taking Ceremony today on 18th September 2025 under the banner of the Nasha Mukht Bharat Abhiyan (NMBA) 2025 to mark the 5th Anniversary of the nationwide initiative aimed at building a drug-free society.

The event was held in the Mini Auditorium of the college and witnessed active participation from students, faculty members, and volunteers of the NSS Wing and NCORD Unit of the institution.

The program commenced with a brief introduction on the significance of the Nasha Mukht Bharat Abhiyan and its achievements over the last five years. This was followed by an address highlighting the role of youth in combating substance abuse and promoting healthy lifestyles within the community.

After the introductory session, the participants collectively took the Nasha Mukht Bharat Pledge, reaffirming their commitment to staying away from substance abuse and working towards spreading awareness among peers and the community. The event successfully reinforced the importance of a drug-free campus and strengthened the message of responsibility, awareness, and collective action against substance abuse.

The ceremony concluded with appreciation for the efforts of the NSS volunteers, NCORD team, and faculty members who contributed to the smooth conduct of the program.

Photo gallery



Sd/-
Principal
GDC Pampore

Essay Competition on the theme “Tobacco and Mental Health”
17 November 2025

On 17th November 2025, the college held an essay competition on **“Tobacco and Mental Health”**, aimed at raising awareness about how tobacco use affects psychological well-being. The theme is highly relevant: research shows a complex and bidirectional link — people with mental health conditions are more likely to use tobacco, and tobacco use in turn can worsen symptoms of depression, anxiety, and stress. Nicotine addiction can also interfere with psychiatric medications, reducing their effectiveness.

Many students participated and submitted thoughtful essays. The winners were: Shah **Areefa Ashraf** (1st), **Sabreena** (2nd), and **Muntazir** (3rd). The event fostered valuable reflection and discussion on a critical public-health issue. The Principal of the college Prof Samina Yesvi applauded the efforts put by the participants.

Government Degree College Pampore

Nasha Mukht Bharat Abhiyaan

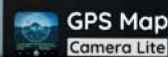
Essay Competition

Theme- Tobacco and Mental Health

17th November, 2025

Organized by

Debates and Seminars Committee &
Cultural Committee



Xwqh+wgp, Patal Bag, 192121

Latitude
33.9899636°

Longitude
74.9301936°

Local 11:38:58 AM
GMT 06:08:58 AM

Altitude 13.46 m
Monday, 17.11.2025



Gdc Tulbagh Pampore, Pampore, 192121



Gdc Tulbagh Pampore, Pampore, 192121

Latitude 33.9899636°
Longitude 74.93298166666666°
Altitude 13.46 m
Monday, 17.11.2025



Gdc Tulbagh Pampore, Pampore, 192121

Latitude 33.9899636°
Longitude 74.93358166666667°
Altitude 1607 m
Monday, 17.11.2025



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Report on Painting Competition in connection with 5 Years Celebration of Nasha Mukht Bharat Abhiyan organized on 17-11-2025

Under the able guidance of Prof. Samina Yesvi, Incharge Principal GDC Pampore, a painting competition was organized by the Cultural Committee in collaboration with the Department of Music to mark the 5-year celebration of the Nasha Mukht Bharat Abhiyan. The event was conducted under the guidance of the Convenor, Cultural Committee, Prof. Irtiza.

The main objective of the program was to create awareness among students about the harmful effects of drug addiction through creative expression. Students participated enthusiastically and presented paintings based on the theme "Drug-Free India". Their artworks reflected strong messages promoting a healthy and addiction-free society.

The judges appreciated the creativity, originality, and social message conveyed through the paintings. Raheek ul Makhtoom from 1st sem secured first position, Seerat Shabir from 1st Sem secured 2nd position and Taship Ahmad from 3rd Sem secured 3rd position in the competition. Winners were awarded certificates, and all participants were encouraged for their efforts.

The event successfully promoted awareness about the Nasha Mukht Bharat Abhiyan and highlighted the role of art in spreading social messages.

Photo gallery



Principal
GDC Pampore