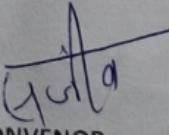
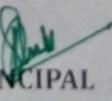


DETAILS OF PRAHARI CLUB ACTIVITIES: 2024-2025

| S.NO | NAME OF THE ACTIVITY | ORGANISING UNIT/ AGENCY/ COLLABORATING AGENCY | NAME OF THE SCHEME | YEAR OF ACTIVITIES | NUMBER OF STUDENTS PARTICIPATED IN SUCH ACTIVITIES |
|------|---|--|--------------------|-----------------------|---|
| 1. | INTERNATIONAL YOUTH DAY/PLEDGE ON ANTI-DRUG ABUSE | GOVERNMENT DEGREE COLLEGE BILASPUR | PRAHARI CLUB | 12-08-2024 | 1700 |
| 2. | HEALTH CHECK UP CAMP & GUEST LECTURE | GOVERNMENT DEGREE COLLEGE BILASPUR WITH DEPARTMENT OF COMMUNITY AND FAMILY MEDICINE AT AIMS BILASPUR | PRAHARI CLUB | 29-08-2024 | 160 |
| 3. | GUEST LECTURE ON SOCIAL STIGMA & STRESS MANAGEMENT | GOVERNMENT DEGREE COLLEGE BILASPUR WITH DEPARTMENT OF COMMUNITY AND FAMILY MEDICINE AT AIMS BILASPUR | PRAHARI CLUB | 06/11/2024 | 100 |
| 4. | AWARENESS PROGRAM ON DRUG AND SUBSTANCE ABUSE | GOVERNMENT DEGREE COLLEGE BILASPUR | PRAHARI CLUB | 06/12/2024 | 35 |
| 5. | EXPERT LECTURES IN JAM SESSION ON DRUG DEMAND REDUCTION | GOVERNMENT DEGREE COLLEGE BILASPUR WITH DEPARTMENT OF SOCIAL JUSTICE AND EMPOWERMENT | PRAHARI CLUB | 07/12/2024 | 310 |
| 6. | AWARENESS PROGRAM ON DRUG AND SUBSTANCE ABUSE | GOVERNMENT DEGREE COLLEGE BILASPUR WITH DAINIK JAGARAN NEWS PAPER | PRAHARI CLUB | 25/02/2025 | 340 |


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INTERNATIONAL YOUTH DAY

PLEDGE ON ANTI-DRUG ABUSE

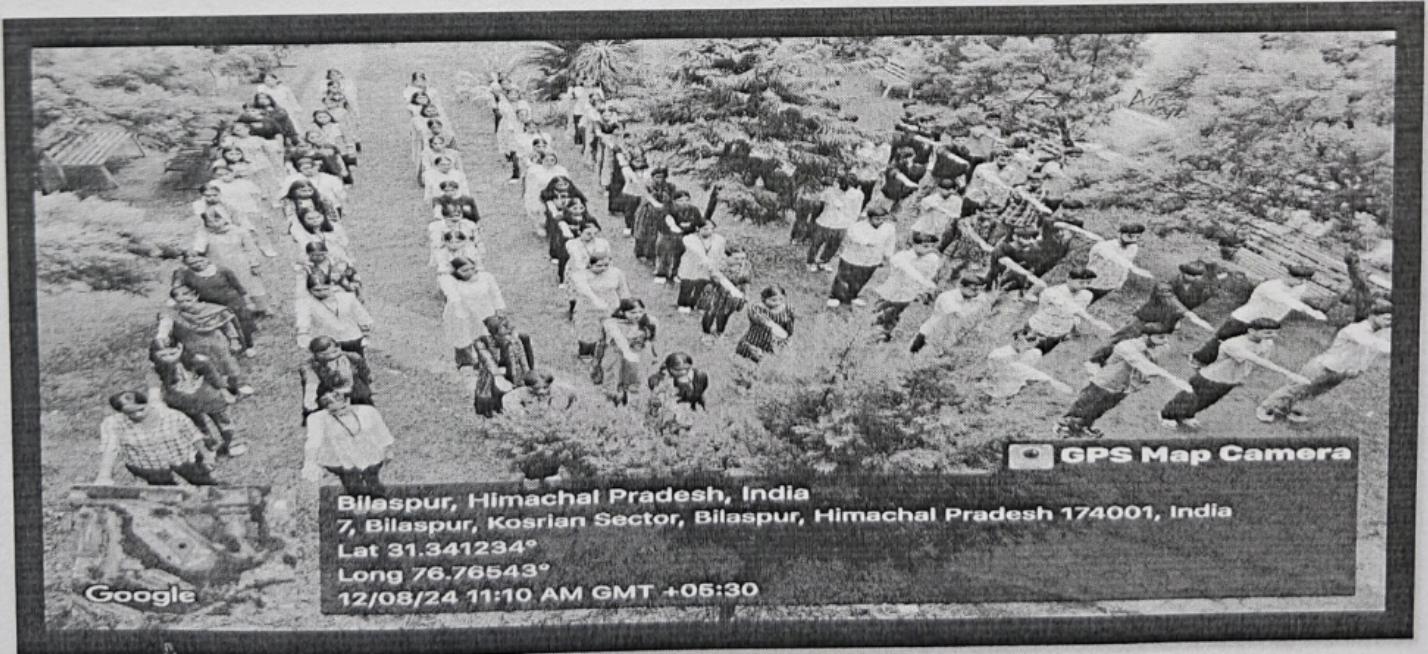
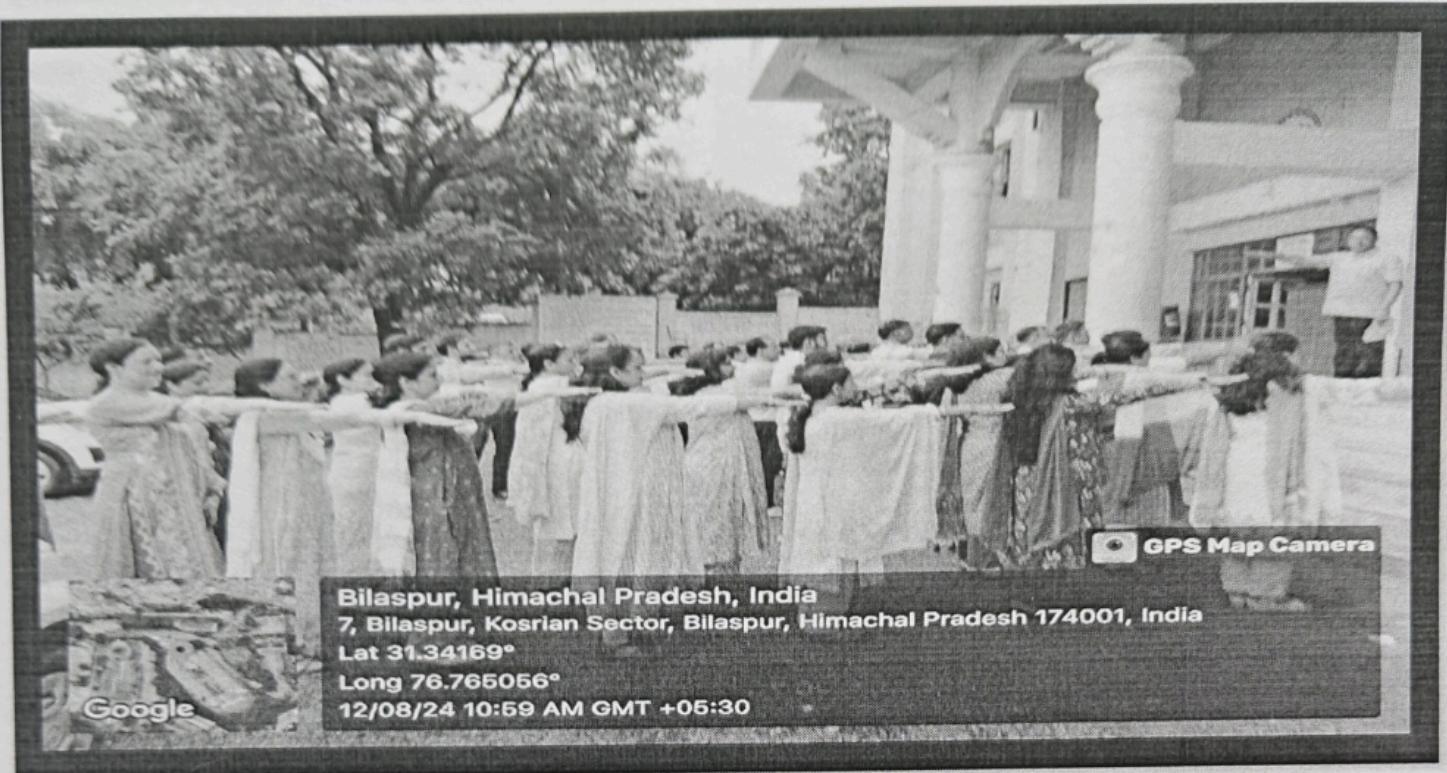
12/08/2024

Prahari Club of Government Degree College Bilaspur organised a mass pledge event on 12th, August ,2024 to combat drug abuse and illicit trafficking. The event marked the fifth anniversary of the NMBA, a nationwide initiative launched by the Government of India to eliminate drug abuse from society. Dr. P.S. Kutwal, Principal, addressed the gathering and spoke on the harmful effects of substance abuse and administered a pledge. The Nasha Mukt Bharat Abhiyaan is not just a campaign. It is a movement to save lives and secure a brighter future for our nation. Our youth must lead the way in this fight against drugs. The event witnessed enthusiastic participation from students of all streams around 1700, faculty, and non-teaching staff of college, all of whom came together to reaffirm their commitment to combating the scourge of drug abuse.

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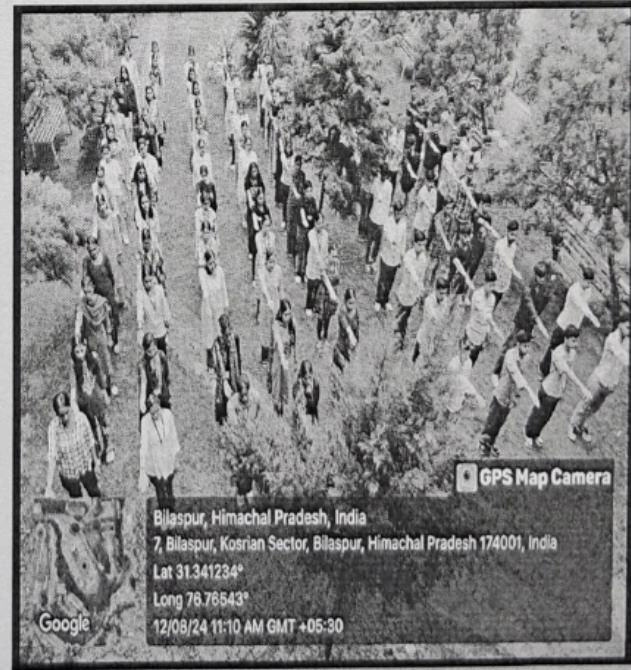
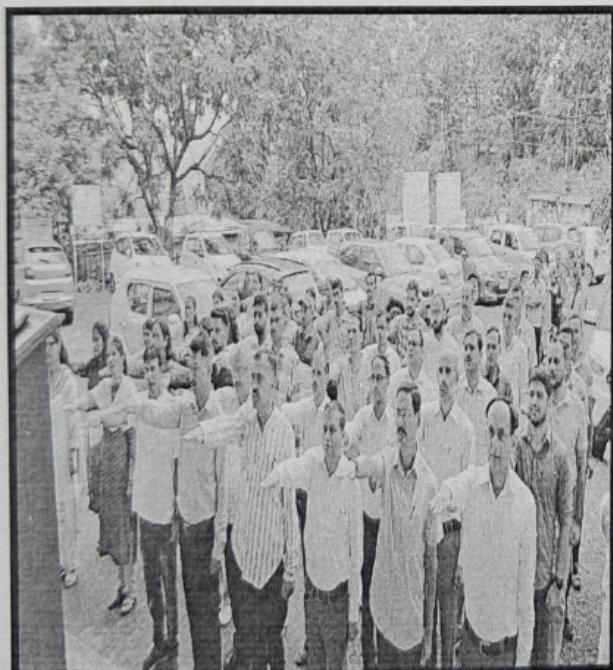
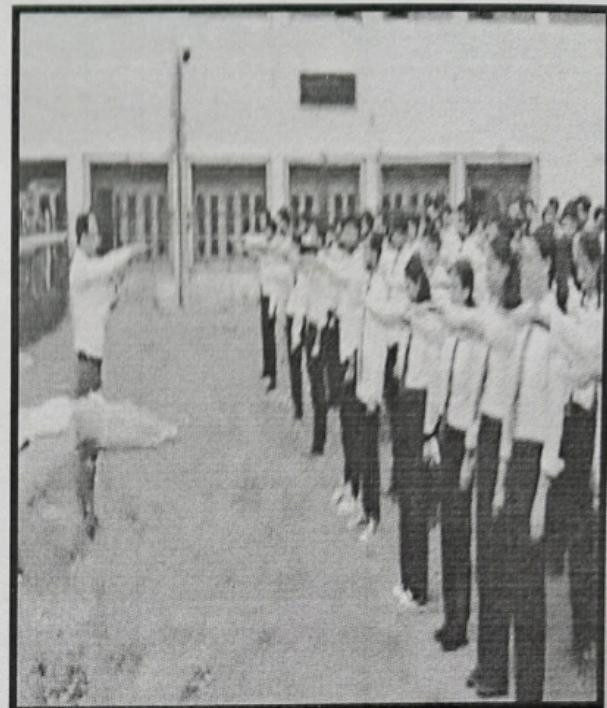
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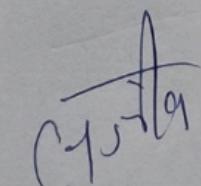
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HEALTH CHECK UP AND HEALTH TALK BY AIMS DOCTOR

29/08/20224

A free health checkup and guest lecture were organized under the joint initiative of the Prahari Club, Red Ribbon Club, Department of Computer Science, and the Department of Community and Family Medicine at AIIMS Bilaspur. The program was conducted under the leadership of the college principal, Dr. P.S. Kutwal. In this awareness campaign, Dr. Navpreet and Dr. Prateek Goyal provided detailed information to the students on topics such as "Health implications of sexual behaviour," HIV Stigma "Substance Abuse," and "Its Determinants." Dr. Navpreet spoke that HIV stigma refers to irrational or negative attitudes, behaviours, and judgments towards people living with or at risk of HIV. It can negatively affect the health and well-being of people living with HIV by discouraging some individuals from learning their HIV status, accessing treatment, or staying in care. HIV stigma can also affect those at risk of HIV by discouraging them from seeking HIV prevention tools and testing, and from talking openly with their sex partners about safer sex options. Populations disproportionately affected by HIV are also often affected by stigma due to, among other things, their gender, sexual orientation, gender identity, race/ethnicity, drug use, or sex work.

HIV stigma drives acts of discrimination in all sectors of society, including health care, education, the workplace, the justice system, families, and communities. Breaking down HIV stigma is a critical part of ending the HIV epidemic. As part of the event, over 150 students from the college underwent checks for blood sugar, blood pressure, general physical health.

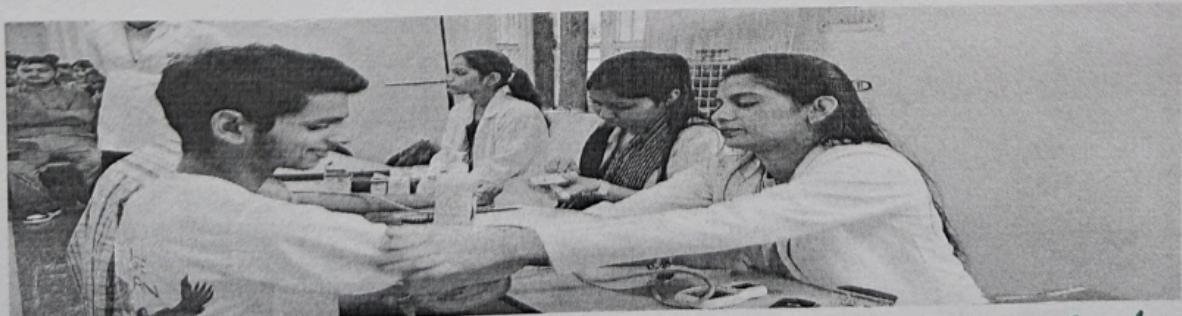
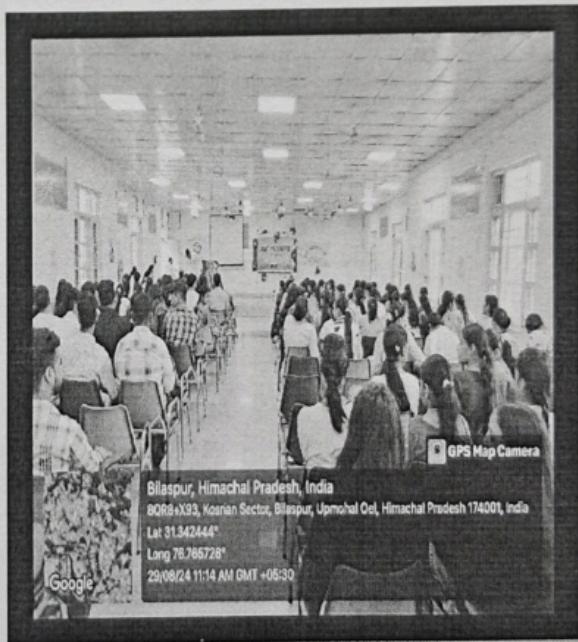


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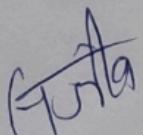
GUEST LECTURE ON SOCIAL STIGMA & STRESS MANAGEMENT

07/11/2024

A free health check-up and guest lecture on the theme of HIV and health awareness were organized under the joint aegis of the Red Ribbon Club, Prahari Club, Department of Biology, Department of Computer Science, and the Department of Community and Family Medicine, AIIMS Bilaspur, at Government College Bilaspur. The event was presided over by the Principal, Dr. P.S. Kutwal. As part of this awareness campaign, Dr. Navpreet and Dr. Prateek Goyal provided detailed insights to the students on topics such as "Health Issues for Youth" and "Substance Abuse and Its Determinants." Additionally, Mr. Rohit Gupta (M.S.S.O.) conducted a separate counselling session for the students on "Mental Health Awareness." During the campaign, the physical health parameters of 100 students, including blood sugar, blood pressure, general physical health, and height, were checked. The team from AIIMS, including Ms. Shalini, Ms. Punita, and Ms. Richa, played a pivotal role in conducting the health check-ups and sessions.

Faculty members from the college, including Dr. Sanjeev, Professor Jaswal, Professor Sonia Rathore, Professor Ashwani, Professor Aparna, Professor Rakesh, Professor Shyamlal, Junior Assistant Lecturer Mrs. Asha, and Mrs. Kamla, were also present to support the event.

The campaign highlighted the importance of early diagnosis, healthy habits, and mental well-being, encouraging students to adopt a holistic approach to health. This initiative aimed to empower the youth with the knowledge and resources to lead healthier lives while addressing prevalent issues such as stress and substance abuse.

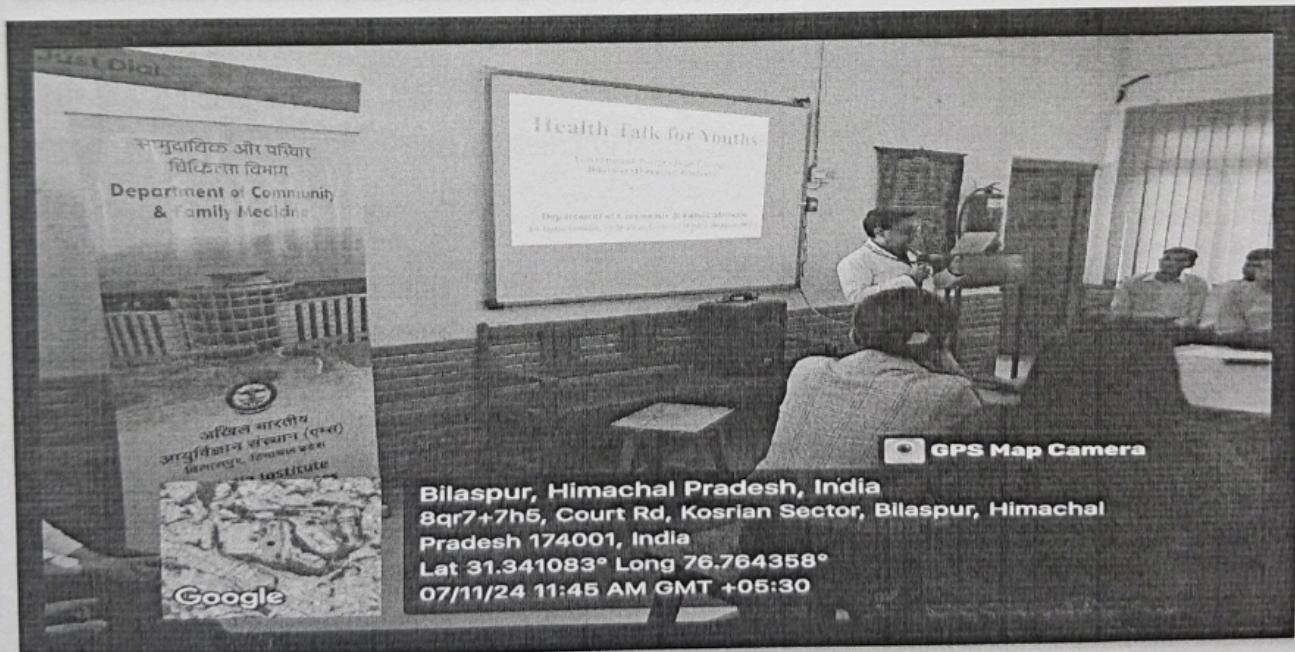
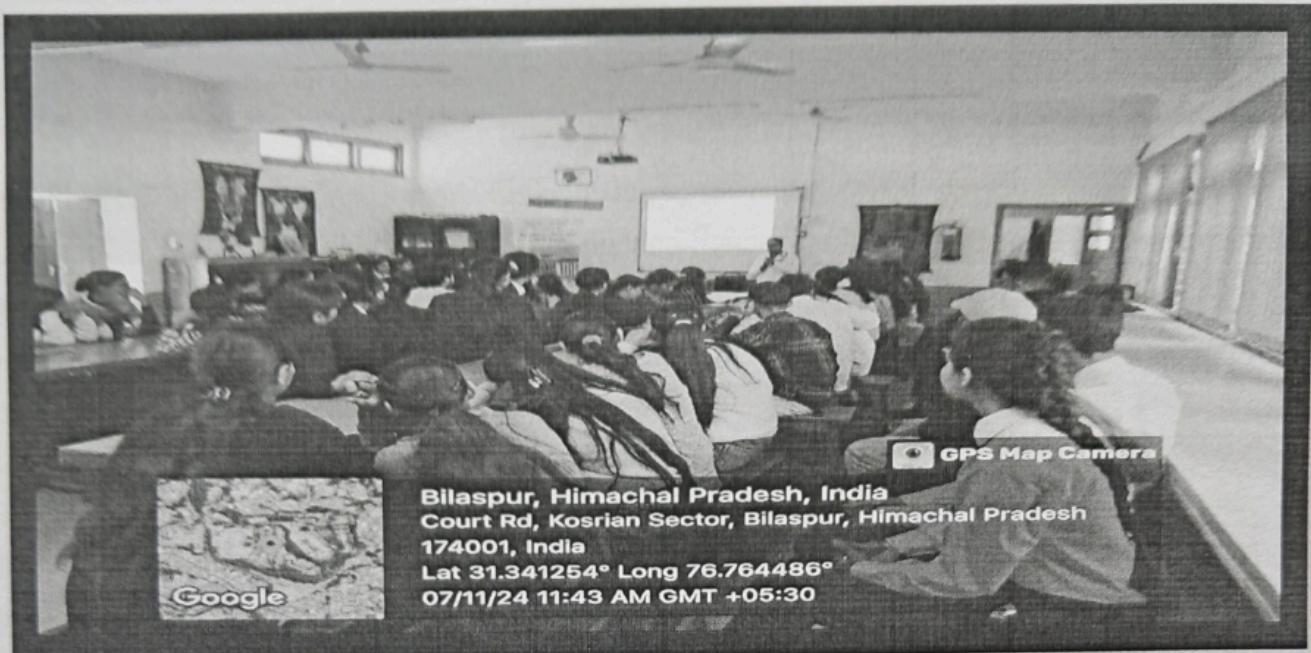


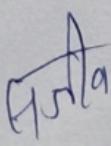
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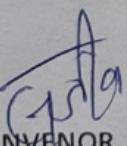

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AWARENESS PROGRAM ON DRUG AND SUBSTANCE ABUSE ON THEME "Ek Yudh Nashe Virudh"

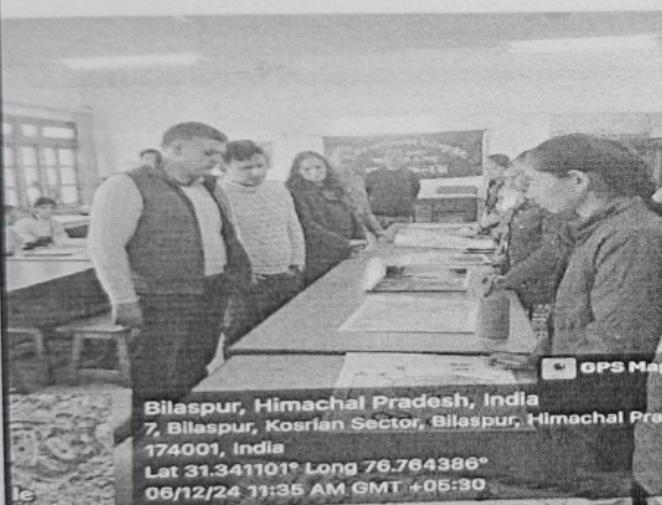
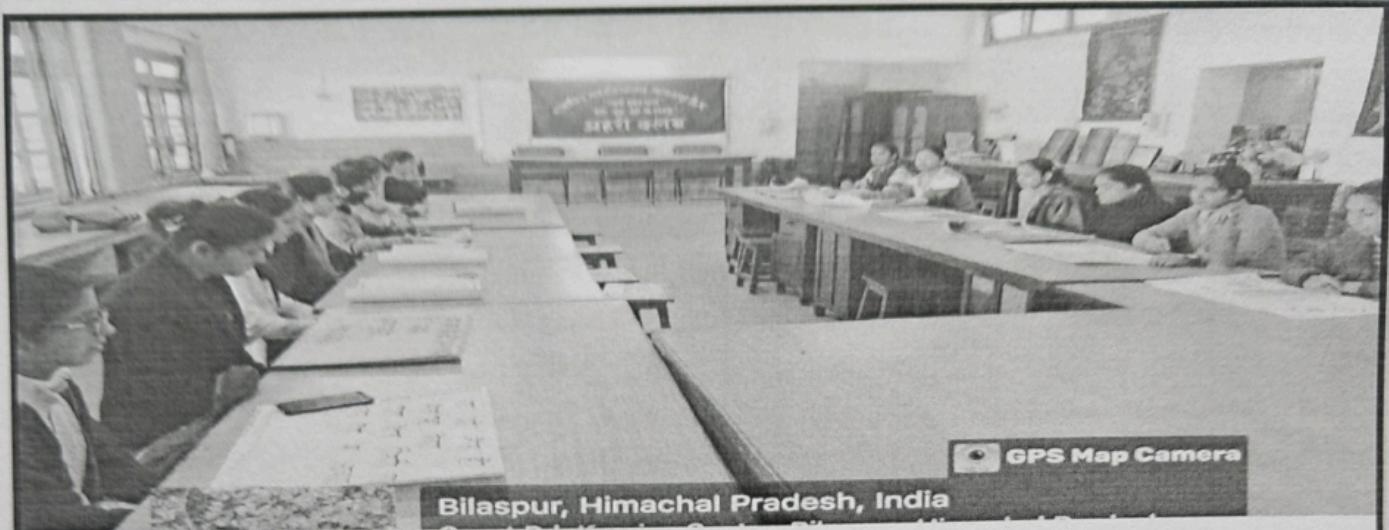
06/12/2024

The Prahari Club of Government College Bilaspur successfully organized a series of competitions – Poster Making, Slogan Writing, and Rangoli on 6th December 2024 under the theme "Ek Yudh Nashe Virudh" to raise awareness against drug and substance abuse among students. A total of 14 participants took part in the Poster Making competition, 12 participants participated in the Slogan Writing competition, and 9 participants showcased their creativity in the Rangoli competition. Each participant conveyed a strong message against drug abuse through their innovative and impactful creations. The principal, faculty members, and other dignitaries graced the event, encouraging the participants and appreciating their efforts in spreading awareness through creative means. The competitions aimed to sensitize the youth about the harmful effects of drugs and promote a healthy, drug-free life. The event concluded with a powerful message emphasizing the importance of staying away from drugs and making positive life choices. Overall, the competitions proved to be a great success, fulfilling the objective of educating and inspiring students to lead a drug-free life.


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JAM SESSION ON DRUG DEMAND REDUCTION

07/12/2024

A Jam Session on Drug Demand Reduction was organized at Government College Bilaspur on 7th December 2024, in association with the Department of Social Justice and Empowerment. The event aimed at creating awareness among youth regarding the harmful effects of drug abuse and promoting a drug-free lifestyle. The program was graced by Sh. Sandeep Dhawal, Superintendent of Police, Bilaspur, as the Chief Guest. Under the able chairmanship of Principal Dr. P.S. Kutwal, the session witnessed an overwhelming participation of 270 students and 40 staff members. The event featured insightful lectures delivered by esteemed speakers:

Dr. Jyotsna (RH Bilaspur)

Dr. Vijay (Gunjan NGO)

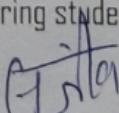
Sh. Anshuman Rattan (ADA Bilaspur)

Sh. Pankaj Pandit (Gunjan NGO)

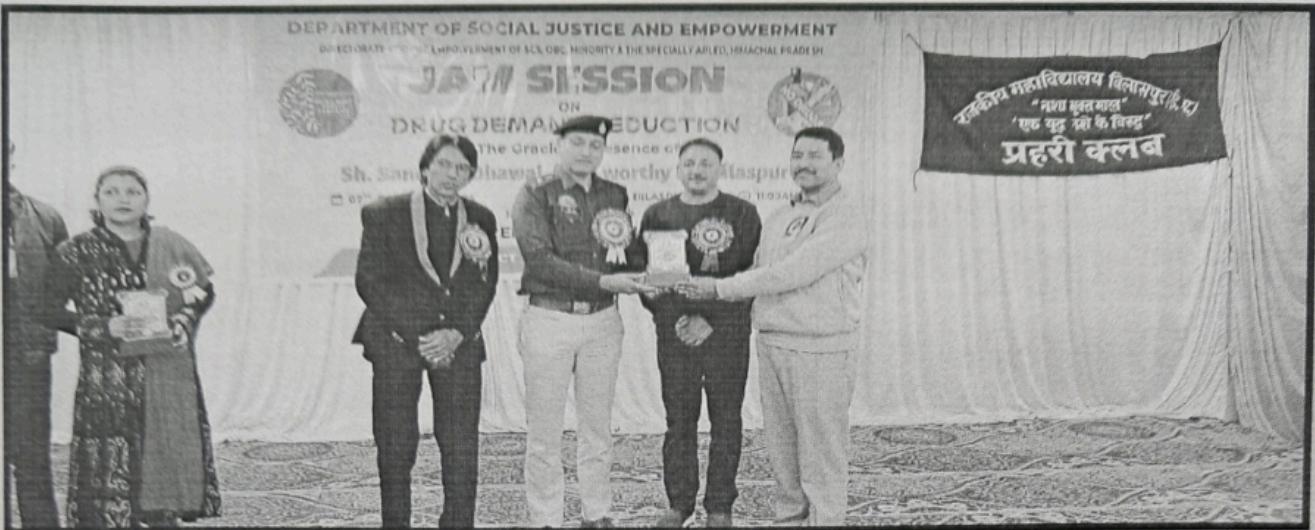
Sh. Prakash Bansal (Manav Seva Trust)

Sh. Ajay Sharma (NGO)

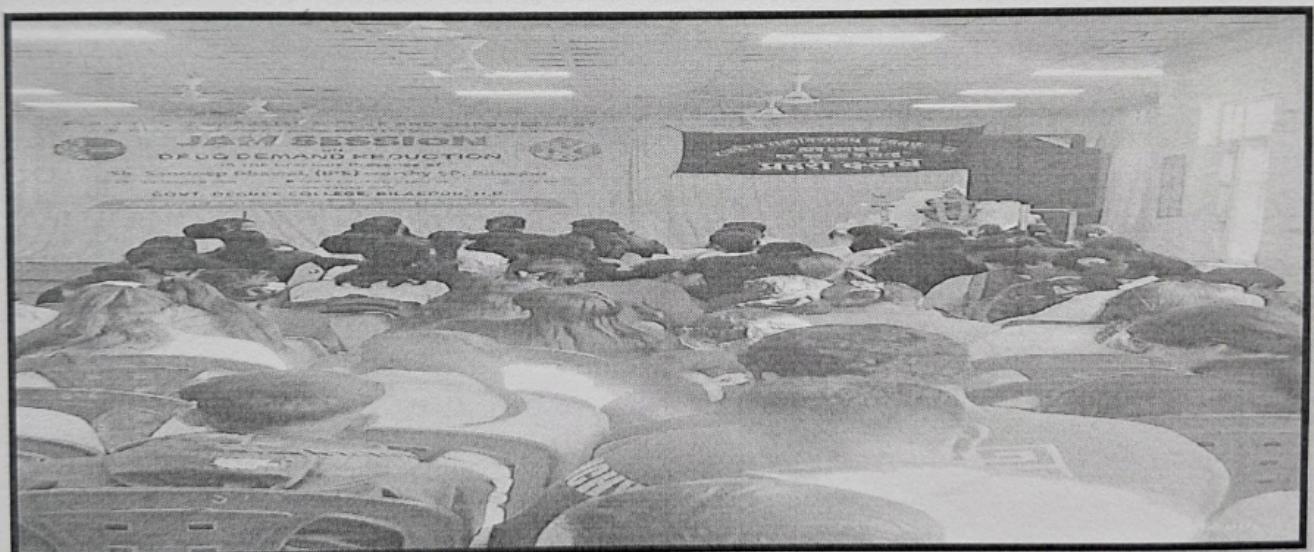
Additionally, seven students from our college contributed significantly by delivering lectures as Local Resource Persons, showcasing their knowledge and commitment to the cause. The event was further enriched with cultural performances. A song on "Nasha Mukt Bharat" was beautifully presented by students, spreading a powerful message of a drug-free India. The NSS volunteers of the college also performed a compelling skit titled "Ek Yudh Nashe ke Virudh", which was highly appreciated by the audience for its emotional impact and strong message. The jam session concluded on a positive note, inspiring students and staff alike to contribute actively towards a drug-free society.

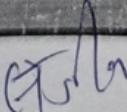

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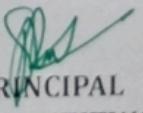

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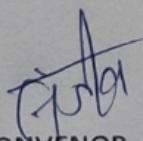

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AWARENESS PROGRAM ON DRUG AND SUBSTANCE ABUSE

25/02/2025

The Prahari Club of Government College Bilaspur organized an awareness program on drug and substance abuse on 25th February 2025, for the students of B.A./M.A. English, B.A. Political Science, B. Com, and M. Com Mathematics. This important initiative was conducted in association with Dainik Jagran Newspaper to educate young minds about the serious impacts of drug abuse on health, economy, and society. The program was honoured by the presence of SHO, Police Station Bilaspur, Sh. Harnam Singh, and was conducted under the able leadership of Principal Dr. P.S. Kutwal. Both dignitaries addressed the gathering and powerfully highlighted the harmful consequences of drug addiction on an individual's physical and mental health, as well as its devastating effects on families and the economy. The session saw enthusiastic participation with around 300 students and 40 staff members in attendance. The speakers encouraged the youth to make informed choices, stay vigilant, and contribute towards building a healthier, drug-free community. The program concluded with a call for collective efforts to eradicate the menace of drugs and the promotion of a responsible and aware student community.

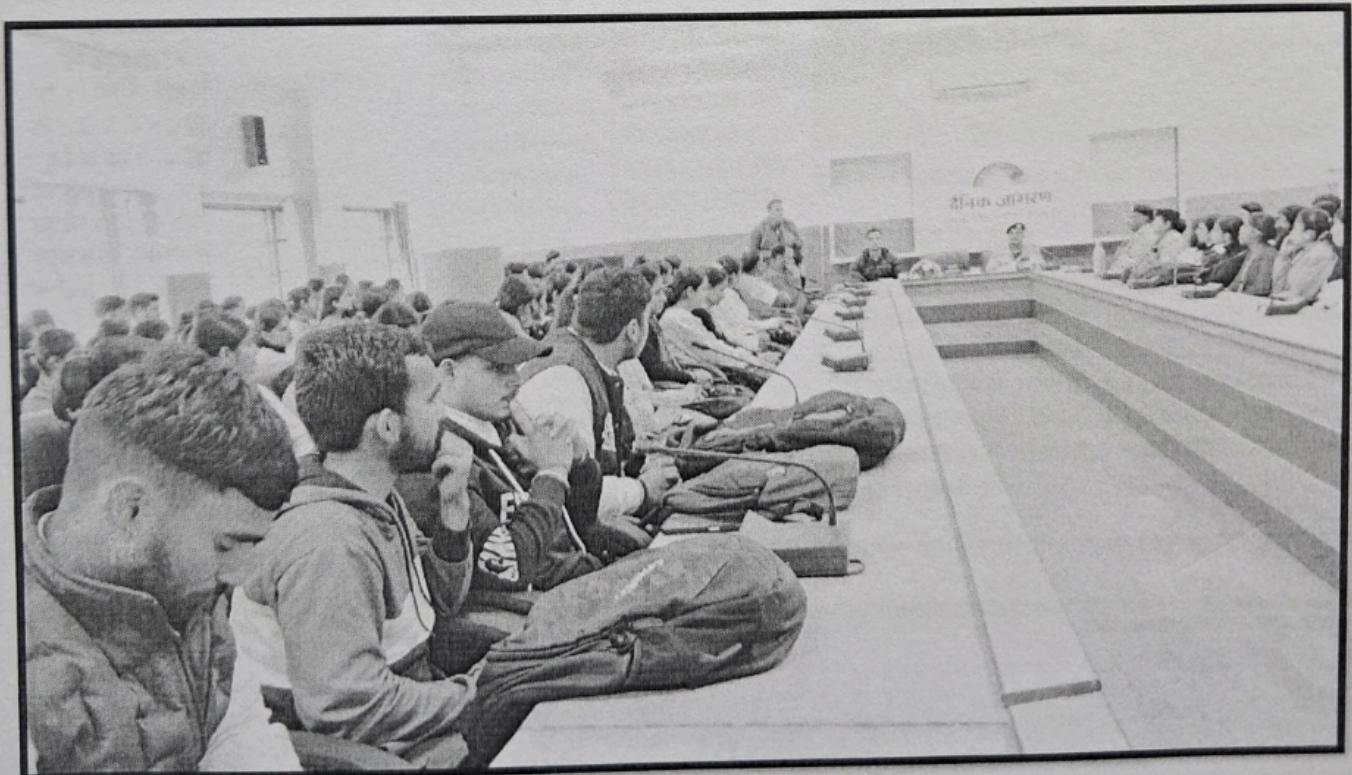


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