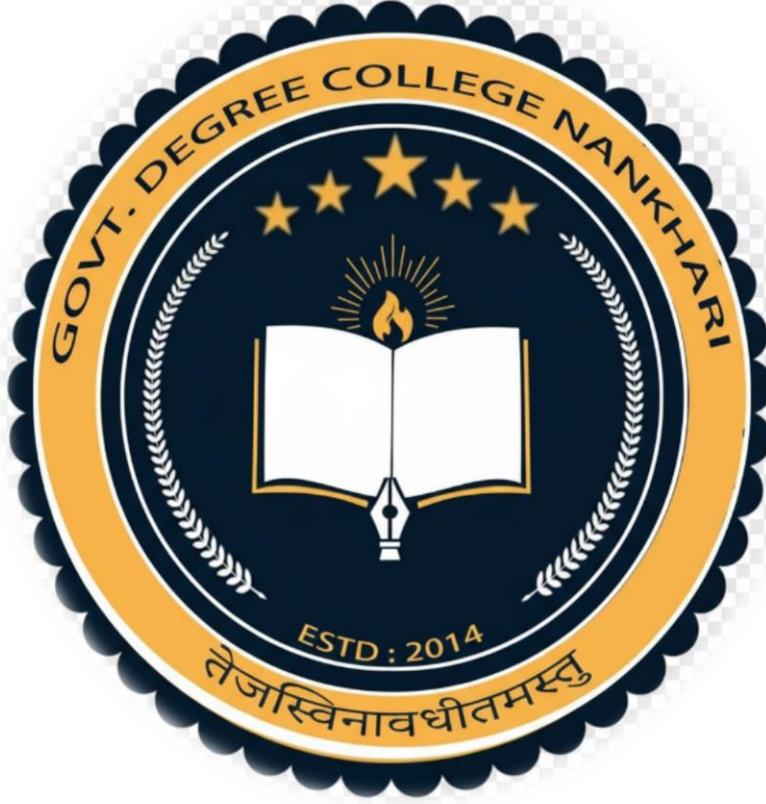


# Govt. Degree College Nankhari



## SELF-EVALUATION SCORECARD FOR TOBACCO- FREE EDUCATIONAL INSTITUTION

2025-26

## Self-Evaluation Scorecard for Tobacco Free Education

**Name of the Education Institution: - Govt. College Nankhari**

**Name and Designation of Evaluator: - Block Medical Officer Nankhari**

**Date of Evaluation: - 29/11/2025**

**Final Score of the Education Institute: 100**

S. No.	Criteria	Weightage Points	Scored points by the Institution
1	Display of "Tobacco Free Area" Signature inside the premise of Education institute at all prominent place(s).	Mandatory (10)	10
	The name/designation/contact number are mentioned/updated in the signage	Mandatory (10)	10
2	Display of "Tobacco Free Education Institution" Signature at entrance/boundary wall of Educational Institution	Mandatory (10)	10
	The name/designation/contact number are mentioned/updated in the signage	Mandatory (10)	10
3	No evidence of use of tobacco products inside the premise i.e. cigarette/beedi butts or discarded gutka/tobacco pouches, spiting spots.	Mandatory (10)	10
4	Poster or other awareness materials on harms of tobacco displayed in the premise.	09	09
5	Organisation of at least one Tobacco control activity during last 6 months.	09	09
6	Designation of Tobacco Monitors and their names, designations, and contact number are mentioned on the signage	09	09
7	Inclusion of "No Tobacco Use" norm in the EI's code of conduct guidelines	09	09
8	Marking of 100 yards area from the outer limit of boundary wall/fence of the EI.	07	07
9	No shops selling tobacco products within 100 yards of the Educational Institute.	07	07

मूल्यांकन में यदि कोई शिक्षण संस्थान 80 या उससे अधिक अंक प्राप्त करता है तो उसे संबंधित जिला कार्यक्रम अधिकारी द्वारा तम्बाकू मुक्त शिक्षण संस्थान का प्रमाण पत्र निम्न दर्शाये गये प्रारूप पर जारी किया जायेगा।

## तम्बाकू मुक्त शिक्षण संस्थान



प्रमाण पत्र



TFYC-3.0

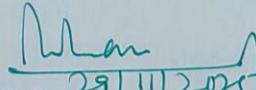
प्राधिकृत समिति द्वारा किये गए सर्वेक्षण के

अनुसार Govt Degree College Nankeharri (शिक्षण संस्थान का नाम)

ने 100/100 अंक अर्जित किये हैं।

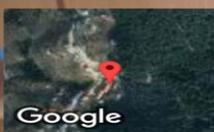
अतः इस शिक्षण संस्थान को तम्बाकू मुक्त संस्थान प्रमाणित किया जाता है।

दिनांक: 29/11/2025

  
29/11/2025  
खंड चिकित्सा अधिकारी, जिला शिमला  
हिमाचल प्रदेश  
के हस्ताक्षर मोहर सहित

यह प्रमाण पत्र जारी करने के उपरांत एक वर्ष तक मान्य होगा।

**Recognition of our commitment to a tobacco-free campus—Certificate received from BMO Nankhari.**

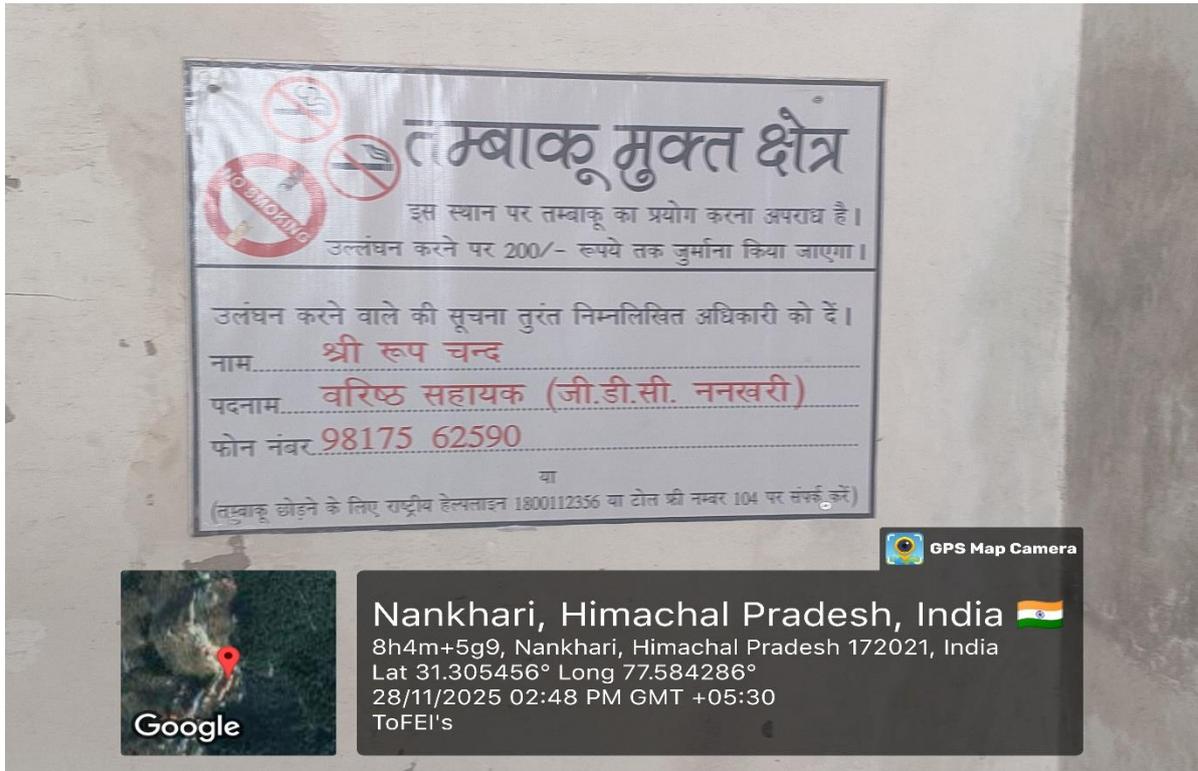


**Nankhari, Himachal Pradesh, India**   
8h4m+5g9, Nankhari, Himachal Pradesh 172021, India  
Lat 31.305475° Long 77.58435°  
29/11/2025 12:47 PM GMT +05:30  
ToFEI's

 GPS Map Camera

**Criteria No. 01.**

Display of "Tobacco Free Area" Signature inside the premises of the Education institute at all prominent places.

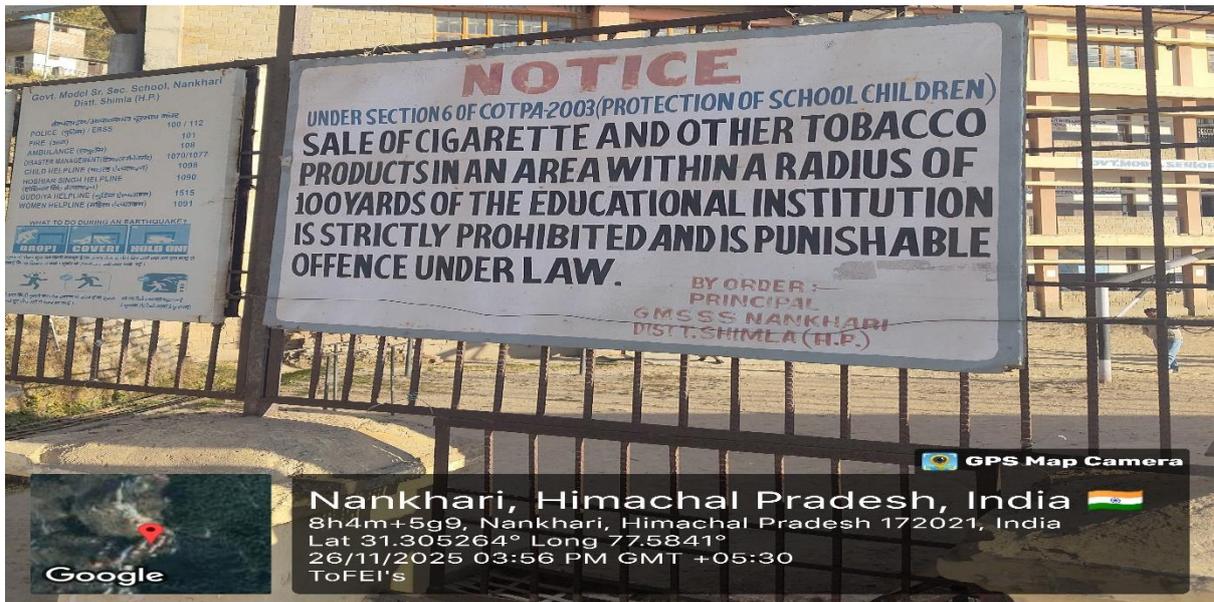


The name/designation/contact number are mentioned/updated in the signage

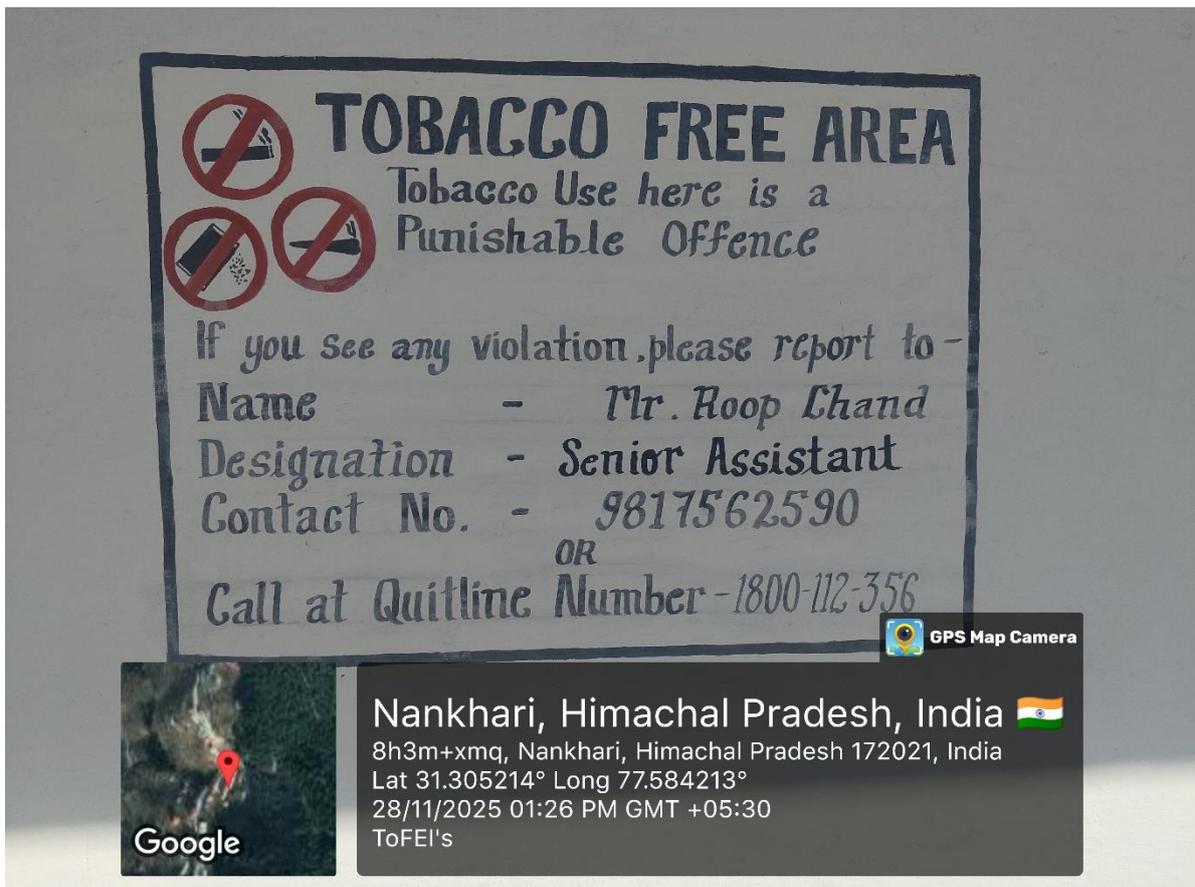


**Criteria No. 02.**

Display of "Tobacco Free Education Institution" Signature at entrance/boundary wall of Educational Institution.

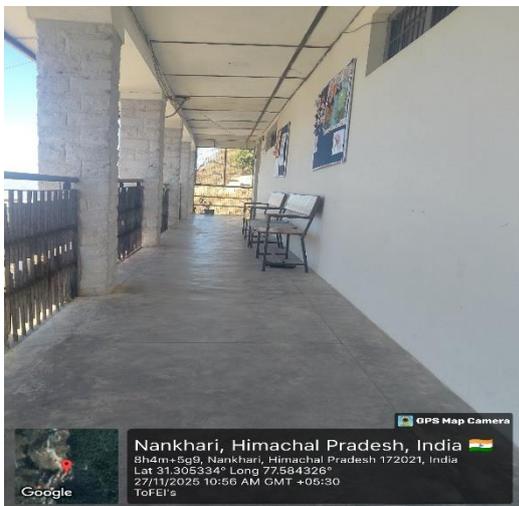


The name/designation/contact number are mentioned/updated in the signage.



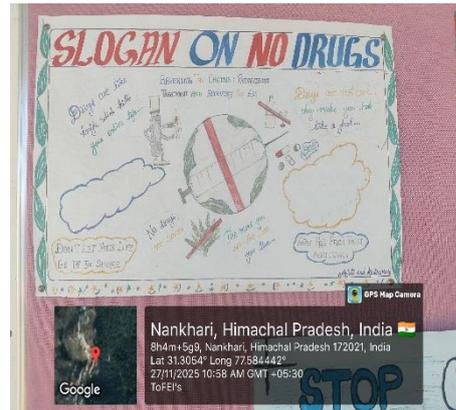
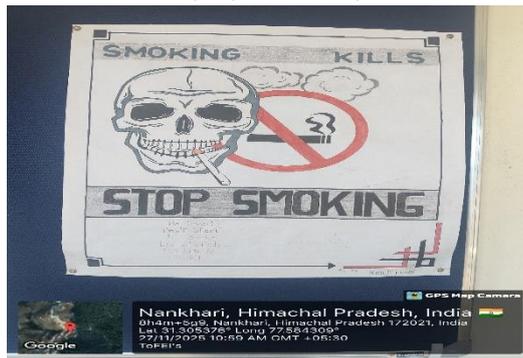
**Criteria No. 03.**

No evidence of use of tobacco products inside the premise i.e. cigarette/beedi butts or discarded gutka/tobacco pouches, spitting spots.



**Criteria No. 04.**

Poster or other awareness materials on harms of tobacco displayed in the premise.



**Criteria No. 05.**

Organisation of at least one Tobacco control activity during last 6 months.

### **About the Anti-Drug Committee**

The Anti-Drug Committee of **Government Degree College, Nankhari** is a dedicated institutional body committed to promoting a healthy, safe, and drug-free learning environment. The committee functions with the primary objective of making the campus completely free from tobacco, drugs, and all forms of substance abuse. In alignment with national guidelines and institutional values, the committee undertakes proactive measures to safeguard the well-being of students and staff.

Beyond the confines of the college, the committee also extends its outreach to the surrounding communities. Through continuous engagement and awareness initiatives, it strives to create a socially responsible and informed society. Key activities include organising awareness rallies, declamation contests, poster-making competitions, sensitisation drives, identification and counselling of suspected addicts, and installing informative signages within the campus and nearby areas. These programmes are designed to encourage positive behavioural change, enhance awareness, and discourage the use of addictive substances.

To strengthen monitoring and adherence to tobacco-free guidelines, the college has appointed **Mr. Roop Chand, Senior Assistant**, as the official *Tobacco Monitor*. He plays an important role in ensuring that the campus remains compliant with anti-tobacco norms and supports the committee in implementing preventive measures.

Overall, the Anti-Drug Committee is committed to fostering a health-conscious academic atmosphere and contributing meaningfully to the larger community by spreading awareness and advocating a drug-free lifestyle.

# **ACTION TAKEN REPORT BY ANTI-DRUG COMMITTEE GDC NANKHARI**

## **Formation of Anti-Drug Committee**

In line with our institution's commitment to combating drug abuse and fostering a healthy environment, the Anti-Drug Committee has been established for the academic session 2025-26. The composition of the committee for this session is as follows:

Nodal Officer: Prof. Dev Kumar Negi  
Email: [devsjourney0127@gmail.com]  
Member: Prof. Sharmila Nalwa  
Member: Prof. Lalit Kumar Mehta

## **1. Drug Awareness Program**

### **Observance of International day against drug abuse and Illicit Trafficking**

**Date: 27<sup>th</sup> June 2025**

**Venue: GMSS School Nankhari**

The Anti-Drug Committee of Government College Nankhari observed the International Day Against Drug Abuse and Illicit Trafficking on 27th June 2025. This year's theme was "Break the Cycle. #StopOrganizedCrime." In alignment with the global initiative to raise awareness and promote preventive actions against drug abuse, the committee organized an informative lecture in collaboration with GMSS School Nankhari, as part of the Memorandum of Understanding (MoU) signed between the two institutions.

Due to ongoing admission procedures at the college, students were not present on campus. Additionally, although the World Drug Day is officially observed on 26th June, the event was conducted on 27th June owing to a local holiday on the 26th.

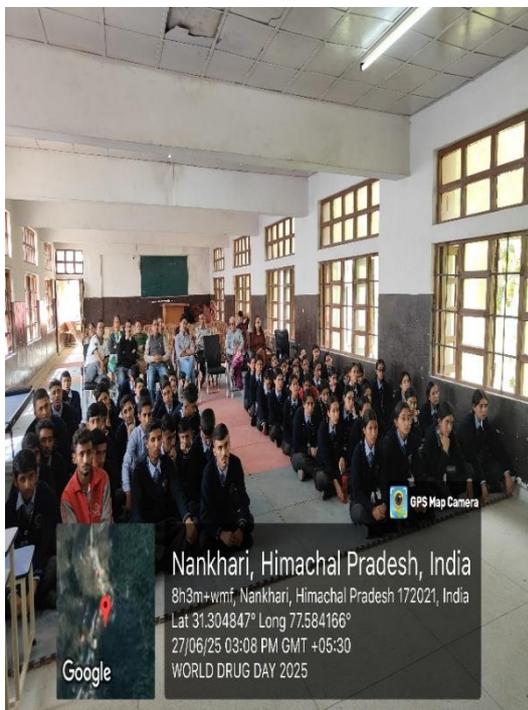
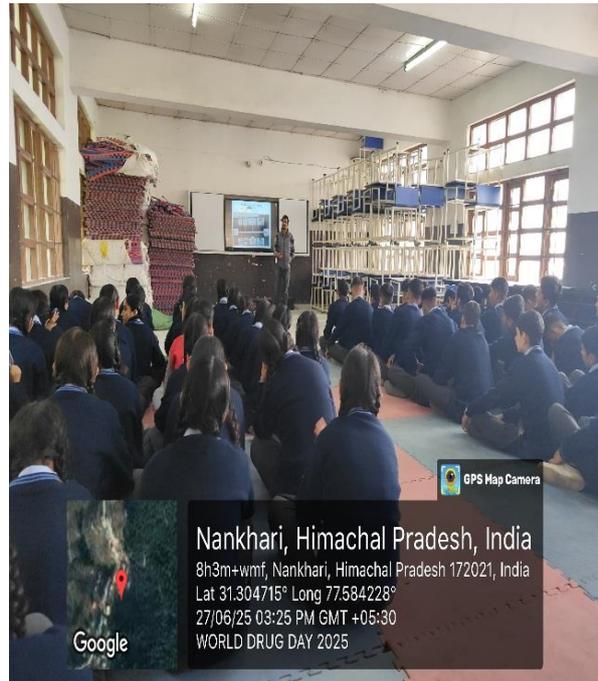
The session was chaired by the Convener of the Anti- Drug Committee, assistant Professor Dev Kumar, who addressed the gathering and shared insightful information on the theme. He emphasized the significance of breaking the chain of drug abuse and highlighted the detrimental effects of organized crime associated with drug trafficking.

The resource person for the session was Assistant Professor Lalit Kumar, who delivered an engaging and informative lecture aimed at students. He elaborated on topics such as:

- What are drugs and how they affect individuals and society.
- Early signs of drug abuse.
- Strategies for prevention and how students can stay safe.

The event was attended by staff and students from both Govt. College Nankhari and GMSS School Nankhari. The session proved to be highly interactive and beneficial, especially for the youth, in raising awareness and encouraging a healthy, drug-free lifestyle.

**Images:-**



## 2. Activity to create campus Drug Free

### Report on E-Pledge Campaign against Drugs

Date- 01/08/2025

The Anti-Drug Committee of Government Degree College, Nankhari, organized an E-Pledge Campaign against Drugs on 1st August 2025, to mark the observance of the International Day Against Drug Abuse and Illicit Trafficking, which is commemorated globally on 26th June every year.

This initiative was part of a Nationwide Mass Pledge Campaign conducted from 26th June to 26th July 2025. The objective of the campaign was to spread awareness about the harmful effects of drug abuse and to motivate individuals to stay away from drugs and promote a drug-free society.

The entire campaign was carried out under the supervision of Principal sir Dr. Prem Prakash Chauhan, GDC Nankhari. All teaching and non-teaching staff members, as well as a large number of students, actively participated in the campaign. Participants took both online (E-Pledge) and offline pledges affirming their commitment to stay away from drugs and contribute to the national fight against drug abuse. The campaign was successfully conducted under the guidance of the Convener of the Anti-Drug Committee, Assistant Professor Dev Kumar. The event reflected the college's strong commitment to social responsibility and the promotion of a healthy, drug-free academic environment.

### Images:-






**नारकोटिक्स कंट्रोल ब्यूरो**  
**जिन्दगी को हाँ और नशे को ना कहें**  
**प्रमाण-पत्र**  
 यह प्रमाणित किया जाता है कि

*Sureshwar*  
 'जिन्दगी को हाँ और नशे को ना कहें' संकल्प लिया है और नशीली दवाओं के दुरुपयोग को रोकने में सहयोग और इससे दूर रह कर एक स्वस्थ जीवन जीने के लिए खुद को प्रतिबद्ध किया है।

3262653734  
  
 August, 01 2025






**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**  
**Certificate**  
 This is to certify that

*Uday Suresh*  
 has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

4449589456  
  
 August, 01 2025






**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**  
**Certificate**  
 This is to certify that

*Uday Suresh*  
 has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

4449589456  
  
 August, 01 2025






**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**  
**Certificate**  
 This is to certify that

*Pavul*  
 has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

7324488358  
  
 August, 01 2025






**नारकोटिक्स कंट्रोल ब्यूरो**  
**जिन्दगी को हाँ और नशे को ना कहें**  
**प्रमाण-पत्र**  
 यह प्रमाणित किया जाता है कि

*Kanishk*  
 'जिन्दगी को हाँ और नशे को ना कहें' संकल्प लिया है और नशीली दवाओं के दुरुपयोग को रोकने में सहयोग और इससे दूर रह कर एक स्वस्थ जीवन जीने के लिए खुद को प्रतिबद्ध किया है।

3266428537  
  
 August, 01 2025






**नारकोटिक्स कंट्रोल ब्यूरो**  
**जिन्दगी को हाँ और नशे को ना कहें**  
**प्रमाण-पत्र**  
 यह प्रमाणित किया जाता है कि

*Yashika*  
 'जिन्दगी को हाँ और नशे को ना कहें' संकल्प लिया है और नशीली दवाओं के दुरुपयोग को रोकने में सहयोग और इससे दूर रह कर एक स्वस्थ जीवन जीने के लिए खुद को प्रतिबद्ध किया है।

8987838463  
  
 August, 01 2025






**नारकोटिक्स कंट्रोल ब्यूरो**  
**जिन्दगी को हाँ और नशे को ना कहें**  
**प्रमाण-पत्र**  
 यह प्रमाणित किया जाता है कि

*Rajni*  
 'जिन्दगी को हाँ और नशे को ना कहें' संकल्प लिया है और नशीली दवाओं के दुरुपयोग को रोकने में सहयोग और इससे दूर रह कर एक स्वस्थ जीवन जीने के लिए खुद को प्रतिबद्ध किया है।

8246734288  
  
 August, 01 2025






**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**  
**Certificate**  
 This is to certify that

*Pavleen*  
 has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

7740556224  
  
 August, 01 2025






**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**  
**Certificate**  
 This is to certify that

*Pavul*  
 has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

7324488358  
  
 August, 01 2025






**नारकोटिक्स कंट्रोल ब्यूरो**  
**जिन्दगी को हाँ और नशे को ना कहें**  
**प्रमाण-पत्र**  
 यह प्रमाणित किया जाता है कि

*Kanishk*  
 'जिन्दगी को हाँ और नशे को ना कहें' संकल्प लिया है और नशीली दवाओं के दुरुपयोग को रोकने में सहयोग और इससे दूर रह कर एक स्वस्थ जीवन जीने के लिए खुद को प्रतिबद्ध किया है।

3266428537  
  
 August, 01 2025



### 3. Report on Poster and Slogan Writing Competition

**Organized by Anti-Drug Committee, GDC Nankhari**

**Date: 14th August 2025**

The Anti-Drug Committee of Government Degree College, Nankhari organized Poster Making and Slogan Writing Competitions on 14th August 2025 on the theme “**Say No to Drugs**” to spread awareness among students regarding the harmful effects of drugs and to motivate them to adopt a healthy and drug-free lifestyle.

The event was inaugurated by the worthy Principal of GDC Nankhari, who appreciated the initiative of the committee and encouraged the students to actively participate in such awareness programs. The Convener of the Anti-Drug Committee, Assistant Professor Dev Kumar, coordinated the entire event successfully.

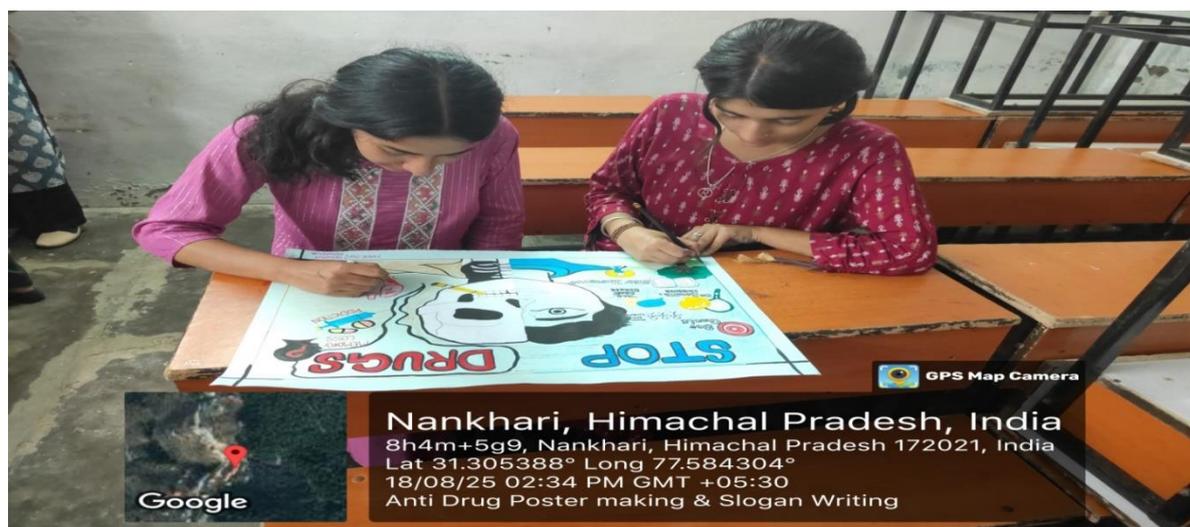
A large number of students enthusiastically participated in both competitions, showcasing their creativity, talent, and concern for social issues. After evaluation, the following students secured the first positions:

- Slogan Writing Competition –
- Poster Making Competition –

The Principal congratulated the winners and participants for their efforts and emphasized the role of youth in creating a drug-free society.

The event concluded with a vote of thanks by the Convener of the Anti-Drug Committee.

**Images:-**





## 4. Report of the Anti-Drug Committee Event

**College:** Government Degree College (GDC), Nankhari

**Committee:** Anti-Drug Committee

**Date:** November 15, 2025

The Anti-Drug Committee of Government Degree College, Nankhari successfully organized a special lecture on “**Coping with Stress and Emotions**” on Saturday, November 15, 2025, as part of its ongoing awareness campaign.

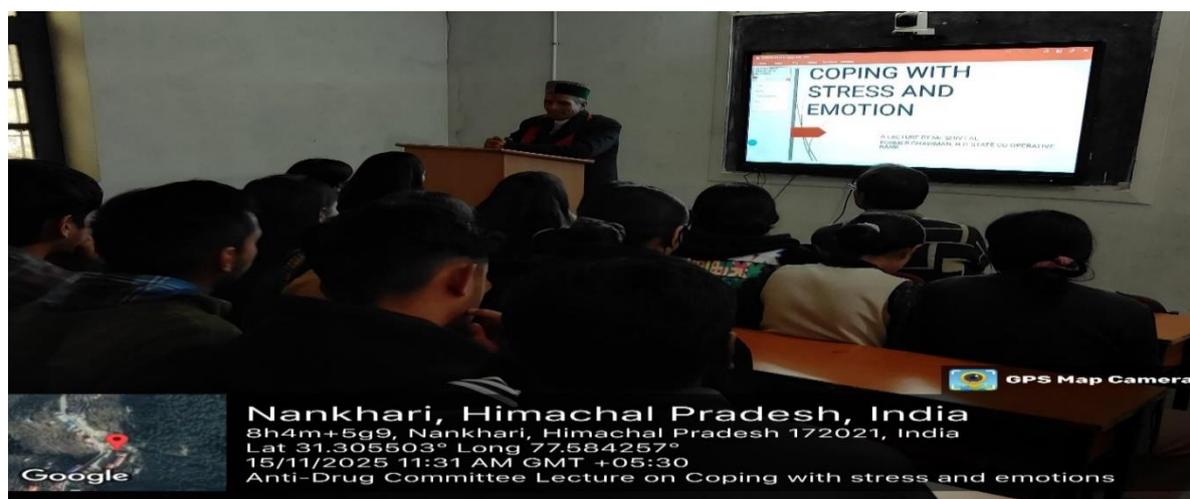
The committee had the honor of welcoming Mr. Shiv Lal, Ex-Chairman, HP State Co-operative Bank, as the Guest Lecturer for the event. In his insightful and highly engaging address, Mr. Lal highlighted the crucial connection between emotional distress and substance abuse. He explained how unmanaged stress often becomes a major contributing factor to drug dependence.

During his lecture, Mr. Lal also shared practical, easy-to-implement strategies for managing stress effectively. He emphasized the significant role of Yoga and Pranayama Kriya (breathing exercises) as natural and powerful tools for emotional regulation and stress reduction.

The session witnessed full participation from the college community, with all teaching and non-teaching staff members attending the program. Principal Dr. Prem Parkash Chauhan also addressed the gathering, offering valuable insights that further underscored the institution’s commitment to promoting holistic well-being and maintaining a drug-free campus.

The event concluded on a positive and meaningful note, equipping attendees with actionable techniques and deepening their understanding of stress management as a key preventive measure against drug abuse.

### Images:





GPS Map Camera

**Nankhari, Himachal Pradesh, India**  
 8h3m+xmq, Nankhari, Himachal Pradesh 172021, India  
 Lat 31.305356° Long 77.584395°  
 15/11/2025 11:32 AM GMT +05:30  
 Anti-Drug Committee Lecture on Coping with stress and emotions



GPS Map Camera

**Nankhari, Himachal Pradesh, India**  
 8h4m+5g9, Nankhari, Himachal Pradesh 172021, India  
 Lat 31.30542° Long 77.58433°  
 15/11/2025 11:32 AM GMT +05:30  
 Anti-Drug Committee Lecture on Coping with stress and emotions

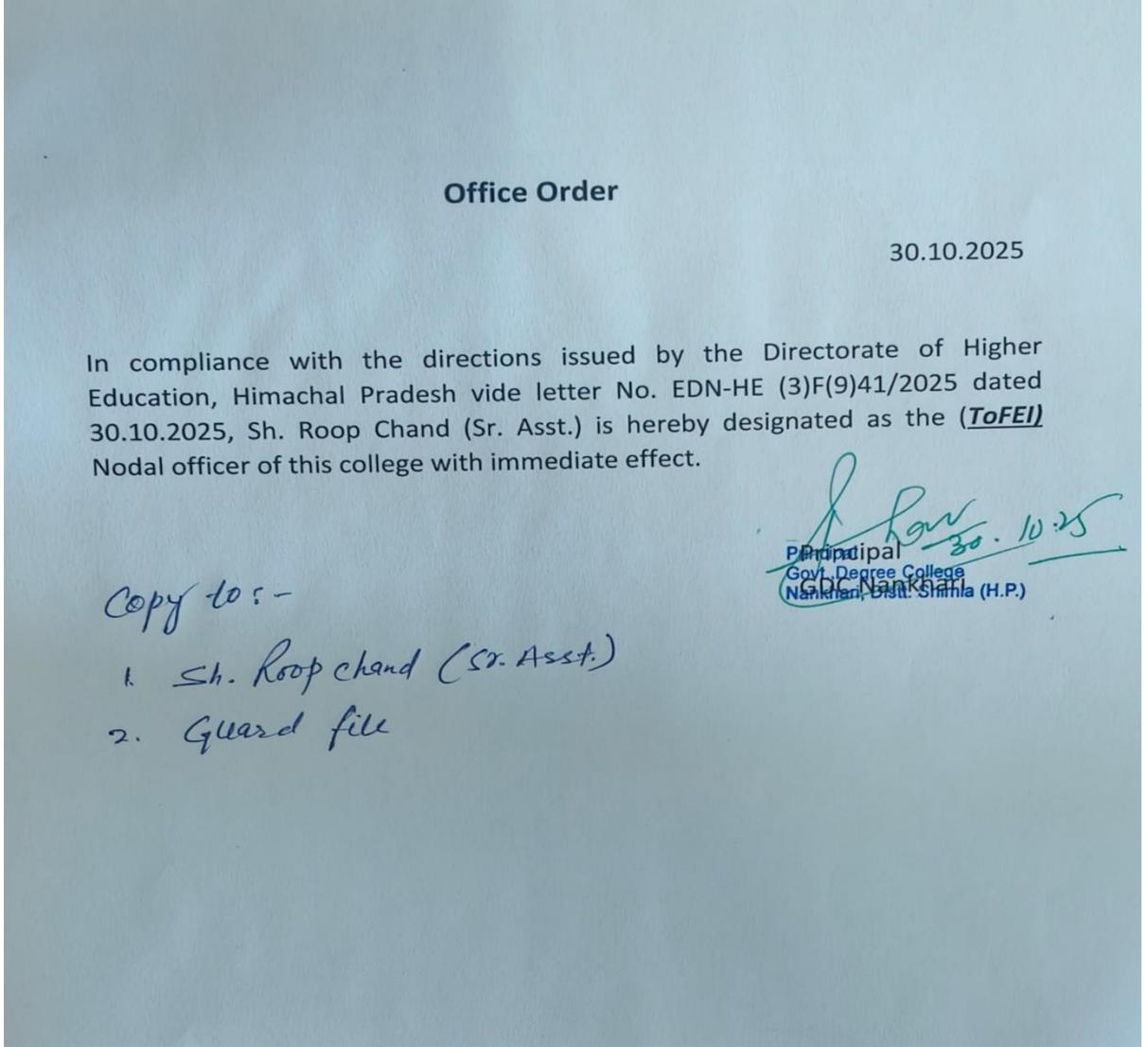


GPS Map Camera

**Nankhari, Himachal Pradesh, India**  
 8h3m+xmq, Nankhari, Himachal Pradesh 172021, India  
 Lat 31.305369° Long 77.584381°  
 15/11/2025 11:30 AM GMT +05:30  
 Anti-Drug Committee Lecture on Coping with stress and emotions

**Criteria No. 06.**

Designation of Tobacco Monitors and their names, designations, and contact number are mentioned on the signage.



 **तम्बाकू मुक्त क्षेत्र**  
इस स्थान पर तम्बाकू का प्रयोग करना अपराध है।  
उल्लंघन करने पर 200/- रुपये तक जुर्माना किया जाएगा।

उल्लंघन करने वाले की सूचना तुरंत निम्नलिखित अधिकारी को दें।  
नाम **श्री रूप चन्द**  
पदनाम **वरिष्ठ सहायक जी.डी.सी. ननखरी**  
फोन नंबर **98175 62590**

या  
(तम्बाकू छोड़ने के लिए राष्ट्रीय हेल्पलाइन 1800112356 या टोल फ्री नम्बर 104 पर संपर्क करें)

**तम्बाकू मुक्त शिक्षण संस्थान**

इस शिक्षण संस्थान के बाहर 100 गज के दायरे में किसी भी प्रकार के तम्बाकू पदार्थ बेचना गैर कानूनी और दण्डनीय अपराध है।

उल्लंघन करने वाले की सूचना तुरंत निम्नलिखित अधिकारी को दें।  
नाम **श्री रूप चन्द**  
पदनाम **वरिष्ठ सहायक जी.डी.सी. ननखरी**  
फोन नंबर **98175 62590**

(तम्बाकू छोड़ने के लिए राष्ट्रीय हेल्पलाइन 1800112356 या टोल फ्री नम्बर 104 पर संपर्क करें)  
आदेशानुसार

### Criteria No. 07.

Inclusion of “No Tobacco Use” norm in the EI’s code of conduct guidelines.

Our institution has incorporated the ‘No Tobacco Use’ norms into the official Code of Conduct. The updated Code of Conduct has also been uploaded on the college website for public reference. Here is the link to the document: - <https://gcnankhari.edu.in/iqac/coc/>



## Code of Conduct

Govt. Degree College Nankhari, Distt. Shimla HP-172021

1. Students should wear identity cards on campus.
2. All the students are directed to note that the use of mobile phones on the college campus, except in the zones where access to phones is permitted, is strictly banned as per the H.P. Govt. Norms (vide letter no. EDN-HE(21)B(15)15/2017-V Directorate of Higher Education H.P. Shimla-1).
3. College fees & other charges are to be paid on the dates according to the schedule notified by the college office.
4. Property of the institute needs to be carefully handled & looked after. Wilful damage to property shall be punishable.
5. No students should take the law into his/her own hands. Any kind of physical/mental violence is not permitted in the college.
6. Possession or use of weapons, explosives, or destructive devices is strictly prohibited in the college.
7. Groupism, processions, protestations, mobbing, movements, etc., are strictly prohibited in the college premises.
8. Students shall behave in a disciplined manner and follow all the instructions issued to them by the college.
9. Roaming about on the campus, in the corridors and outside during class hours will be considered an act of indiscipline.
10. Students are not allowed to put the notices on the college notice board without proper authorisation from the college authorities.
11. Students must be aware of all the notices that are put on the notice boards by the college.
12. The students should follow the timetable strictly
13. Every student shall be regular and punctual in attending classes, practicals, and submission of assignments.
14. Anti-Ragging: Ragging is prohibited as per the order of the Hon'ble Supreme Court of India & Himachal Pradesh Institution (Prohibition of Ragging) Act 2009. Ragging includes any type of physical or mental torture inflicted by the individual or group, either by words or by conduct, which creates an apprehension in the mind of the person that he/she cannot pursue his/her studies free from any mental disturbance or torture created thereby. Any

person who aids or abets such an action shall also be guilty of ragging. Ragging in & around the college premises is strictly prohibited. If any student is found indulging in ragging directly or indirectly, the college authorities shall be obliged under Rule 22, 17 (a), (b), (c) of H.P. University to expel the guilty student from the college. Any student found involved in the ragging will be punished appropriately, which may include:

- a) Expulsion from the college
- b) Suspension from the college
- c) Fine with public apology
- d) Withholding a scholarship or other benefits
- e) Debarring from the representations in the events
- f) Legal proceedings under criminal law shall be initiated

### No substance Use

GC Nankhari is committed to upholding the National Policy on Narcotic Drugs & Psychotropic Substances (NDPS), which deals with steps to tackle the problem of the sale of drugs and tobacco to school and college students. We also adhere to all the provisions of the COTPA 2003 relevant to educational institutions. Smoking, drinking alcohol & use of drugs, gutka, etc, within the premises of the institute is strictly prohibited. The college is committed to promoting a substance-abuse-free environment for its student community. The college regularly conducts awareness campaigns to sensitise and inform - faculty, non-teaching staff and students - about the adverse effects of drug addiction, tobacco consumption and alcohol abuse. All stakeholders are urged to lead healthy lives and avoid these abuses. The college conducts orientation programmes for freshers in collaboration with the health and police departments. Besides this, NSS and Rovers & Rangers volunteers are involved in disseminating the message of no substance use and its ill effects through rallies, poster competitions and through anti-drug drives with local bodies.



*[Signature]*  
Principal  
GC Nankhari College  
Nankhari, Distt. Shimla (H.P.)

**Criteria No. 08.**

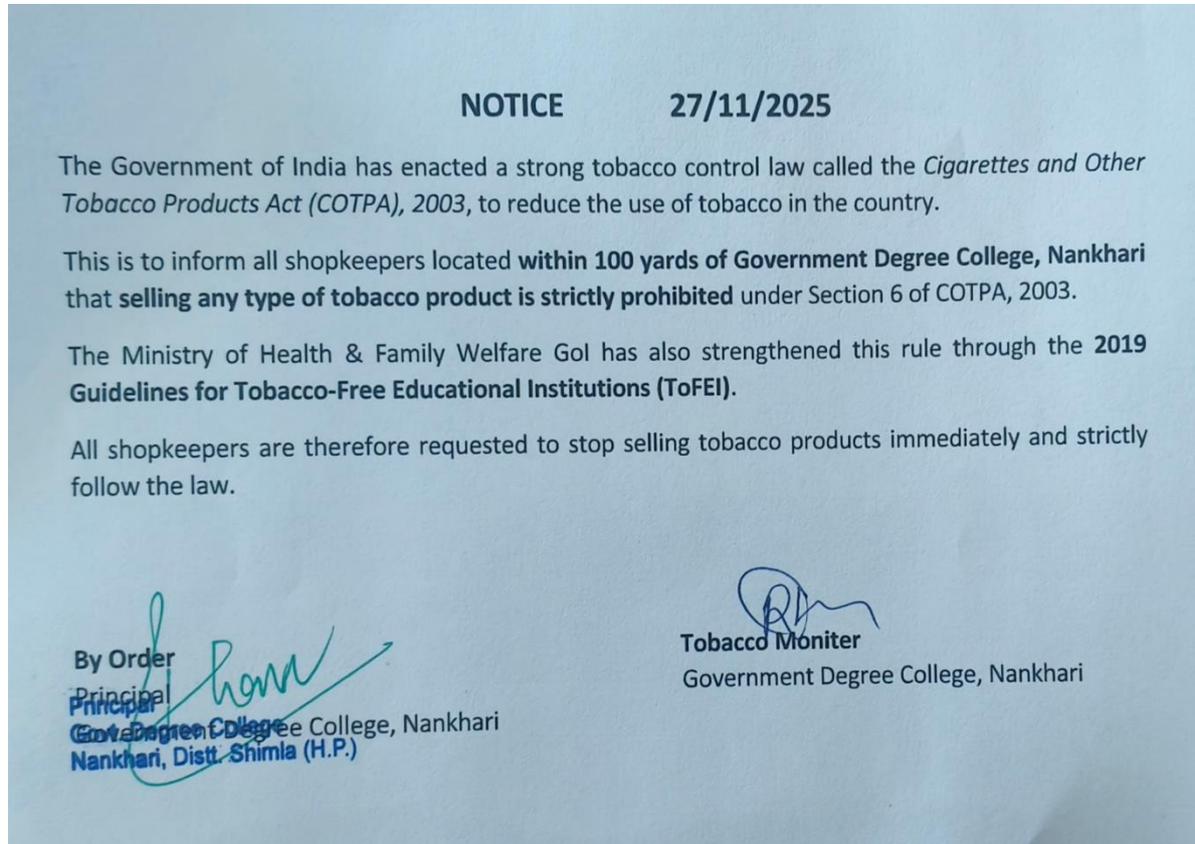
Marking of 100 yards area from the outer limit of boundary wall/fence of the EI.



**Criteria No. 09.**

No shops selling tobacco products within 100 yards of the Educational Institute.

Our institution has issued a notice to all shopkeepers located within 100 yards of the college regarding the prohibition of selling tobacco products. The notice also provides essential information about the provisions of the COTPA Act, 2003.





GPS Map Camera  
Nankhari, Himachal Pradesh, India 🇮🇳  
8h4m+7fh, Nankhari, Himachal Pradesh 172021, India  
Lat 31.305655° Long 77.583936°  
27/11/2025 01:18 PM GMT +05:30  
ToFEI's  
Google



GPS Map Camera  
Nankhari, Himachal Pradesh, India 🇮🇳  
8h4m+7fh, Nankhari, Himachal Pradesh 172021, India  
Lat 31.305784° Long 77.583888°  
27/11/2025 01:19 PM GMT +05:30  
ToFEI's  
Google



GPS Map Camera  
Nankhari, Himachal Pradesh, India 🇮🇳  
8h4m+7fh, Nankhari, Himachal Pradesh 172021, India  
Lat 31.305661° Long 77.583868°  
27/11/2025 01:17 PM GMT +05:30  
ToFEI's  
Google



GPS Map Camera  
Nankhari, Himachal Pradesh, India 🇮🇳  
8h4m+5g9, Nankhari, Himachal Pradesh 172021, India  
Lat 31.305439° Long 77.583923°  
27/11/2025 01:16 PM GMT +05:30  
ToFEI's  
Google