

NEWSLETTER

July 2026

ONE-DAY ORIENTATION-CUM-EXPOSURE VISIT TO ZONAL HOSPITAL MANDI

A one-day Orientation-cum-Exposure Visit to Zonal Hospital Mandi was organized under the guidance of the CMO and DAPO Mandi. The programme was attended by the Nodal Officer of the Red Ribbon Club, Mr. Sourabh Thakur, along with two students from the college.

During the visit, the CMO, DAPO, and other medical staff conducted informative sessions on HIV/AIDS, Hepatitis, and Blood Donation. They explained the causes, modes of transmission, preventive measures, available treatment facilities, and the importance of awareness and early diagnosis. Special emphasis was laid on voluntary blood donation and its role in saving lives.

The participants also visited the ICTC (Integrated Counselling and Testing Centre) laboratory, where they were given practical exposure to counselling services, HIV testing procedures, laboratory functioning, and confidentiality practices followed at the centre.



Summary of Celebration of International Yoga Day and Anti-Chitta Campaign

International Yoga Day was celebrated with great enthusiasm in the institution. The programme began with a brief introduction highlighting the importance of yoga for physical health, mental well-being, and a balanced lifestyle. Students, teachers, and staff actively participated in various yoga asanas and breathing exercises under the guidance of instructors. The event encouraged every one to adopt yoga as a regular practice for a healthy life.

On the same occasion, an Anti-Chitta Rally was organized to spread awareness against drug abuse and other harmful addictions. Students carried placards and raised slogans promoting a drug-free and healthy society. The rally passed through nearby areas, conveying the message of staying away from intoxicants and adopting positive habits. The programme concluded with a pledge to maintain good health, practice yoga regularly, and work towards a drug-free community.



SUMMARY OF CAMPUS BEAUTIFICATION AND TREE PLANTATION PROGRAMME

A tree plantation programme was organized jointly by the NSS Unit and Eco Club of the college for the beautification and environmental improvement of the campus. NSS volunteers, Eco Club members, and faculty members actively participated in the programme and planted various saplings in different parts of the college campus. The activity aimed to promote environmental awareness, increase greenery, and encourage students to take responsibility for the conservation of nature.



The Registration and First Annual Orientation Meet of the Red Ribbon Club was organized in the college with enthusiastic participation of students. During the programme, new members were registered and introduced to the activities of the club.

An orientation lecture was delivered on the objectives of the Red Ribbon Club, highlighting awareness about HIV/AIDS, prevention of drug abuse, promotion of healthy lifestyles, voluntary blood donation, and youth participation in health awareness programmes.



A career counselling and health and mental wellbeing session was organized at Government College Kotli for students. Experts guided students about career opportunities, higher education, skill development, and future planning. The session also emphasized physical health, mental wellness, stress management, and emotional balance, encouraging students to maintain a healthy and positive lifestyle.



Induction Session for New Students 2026-2027

An induction session for the newly admitted students of the college was organized in view of the implementation of the National Education Policy (NEP) in the institution. The programme aimed to familiarize students with the academic structure, multidisciplinary opportunities, and various facilities available in the college.

During the session, students were addressed by different faculty members, who explained the objectives of NEP, the choice-based curriculum, skill development opportunities, and the importance of holistic education. Nodal officers of various committees also interacted with the students and provided information regarding student support services, cultural activities, sports, NSS, Red Ribbon Club, anti-ragging measures, and other co-curricular activities.

The session helped the new students understand the functioning of the college and encouraged them to actively participate in academic and extracurricular activities for their overall development.

