GOVERNMENT COLLEGE KARSOG
NATIONAL SERVICE SCHEME (NSS) UNIT

OFFICIAL ACTIVITY REPORT | 2026–27

# NEIGHBOURHOOD YOUTH PARLIAMENT

## UNDER THE THEME: NASHA MUKT YUVA

18 November 2026 • Government College Karsog

MY Bharat Kendra, Mandi | In collaboration with NSS Unit, Government College Karsog

**18 NOV 2026**
KARSOG

## YOUTH VOICES • EXPERT GUIDANCE • COLLECTIVE RESOLVE




## FROM INFORMED CHOICES TO A DRUG-FREE COMMUNITY

Drug-abuse prevention, healthy choices, youth participation and collective responsibility.

**MY Bharat Kendra, Mandi**
In collaboration with NSS Unit, Government College Karsog, District Mandi, Himachal Pradesh

01 / EXECUTIVE OVERVIEW

# A youth-led commitment to a drug-free society

Neighbourhood Youth Parliament | Government College Karsog

The **Neighbourhood Youth Parliament**, organised under the MY Bharat initiative at **Government College Karsog on 18 November 2026**, brought together students, NSS volunteers, public-service representatives, faculty members and invited guests to discuss the responsibility of young people in building a healthier, drug-free society. The programme was held under the theme **Nasha Mukt Yuva** and was organised by **MY Bharat Kendra, Mandi, in collaboration with the NSS Unit of Government College Karsog**.

The college-level programme combined an **awareness session, expert addresses and a collective pledge**. The activities centred on substance-abuse prevention, informed decision-making, the responsible use of social media, community participation and constructive youth leadership. These themes gave the Neighbourhood Youth Parliament a practical focus relevant to students and the wider community.

The proceedings began with the arrival and traditional welcome of the Chief Guest and other dignitaries. In the expert-interaction segment, **Dr. Gopal Chauhan, Block Medical Officer, Karsog**, discussed the harmful effects of substance abuse on physical and mental health. **Shri Sakini Kapoor, Station House Officer, Karsog**, addressed the gathering on the positive use of social media to spread awareness against drugs. **Advocate Shri Gopal Krishna** spoke about the purpose of MY Bharat, social participation and the role of youth in nation-building.

**A defining moment:** The programme culminated in a collective anti-drug pledge led by Dr. Gopal Chauhan, bringing students, NSS volunteers, invited dignitaries and faculty members together in a public expression of commitment to a drug-free society.

The event was supported by **Mrs. Bharti Mongra, District Youth Officer, MY Bharat, Mandi**, the Principal, **Dr. Gulshan Mahajan**, other dignitaries and the NSS volunteers who assisted with hosting, reception and programme facilitation. The concluding **Vote of Thanks was delivered by Dr. Ripan Sharma**.

## Three connected dimensions of the programme

**HEALTH**
Evidence-informed awareness of the effects of substance abuse and the value of healthy choices.

**YOUTH VOICE**
Responsible digital communication, civic participation and social commitment.

**ACTION**
A shared pledge and practical encouragement to remain drug-free and motivate others.

02 / EVENT PROFILE

# Programme at a glance

Verified event details and institutional participation

| PROGRAMME DETAILS AND KEY PARTICIPANTS | |
|---|---|
| **Programme** | Neighbourhood Youth Parliament (Academic Year 2026–27) |
| **Event theme** | Nasha Mukt Yuva – Youth Awareness for a Drug-Free Society |
| **Actual date** | Wednesday, 18 November 2026 |
| **Venue** | Government College Karsog, District Mandi, Himachal Pradesh |
| **Organising initiative** | MY Bharat Kendra, Mandi (Office of the District Youth Officer) |
| **Institutional collaboration** | NSS Unit, Government College Karsog |
| **Chief Guest** | Shri Sakini Kapoor, Station House Officer (SHO), Karsog |
| **Special Guests** | Dr. Gopal Chauhan, Block Medical Officer, Karsog; and Advocate Shri Gopal Krishna |
| **Principal (Present)** | **Dr. Gulshan Mahajan**, Principal, Government College Karsog |
| **District Youth Officer** | Mrs. Bharti Mongra, MY Bharat, Mandi |
| **NSS Programme Officers** | Ms. Sonia Chaudhary, Assistant Professor, Political Science; Dr. Virender Thakur, Assistant Professor, Physics |
| **Reference communication** | MY Bharat Kendra, Mandi, letter no. Mera Yuva Bharat/NYC/2026-27/156, dated 17 November 2026 |

**Theme: Nasha Mukt Yuva**

MY Bharat Kendra, Mandi • NSS Unit, Government College Karsog

03 / PROGRAMME BACKGROUND

# Institutional context and official reference

The MY Bharat initiative and the on-campus programme

The activity was developed within the framework of **MY Bharat (Mera Yuva Bharat)**, a national youth-engagement initiative connected to the **Ministry of Youth Affairs and Sports, Government of India**. At the district level, the Office of the District Youth Officer, **MY Bharat Kendra, Mandi**, communicated with the Principal of Government College Karsog about holding a *Neighbourhood Youth Parliament* at the college.

The official communication, bearing **reference number Mera Yuva Bharat/NYC/2026-27/156 and dated 17 November 2026**, requested the college's cooperation in providing a suitable venue, facilitating student participation and supporting the orderly conduct of the programme. The communication described the larger purpose as promoting democratic values, constitutional awareness, leadership and social responsibility among young people. The event documented here took place on **18 November 2026**.

**From the institutional framework to the selected theme:** The programme held at Government College Karsog adopted **Nasha Mukt Yuva** as its focus. Expert talks and an anti-drug pledge connected the wider aims of youth leadership and responsibility with the urgent social concern of substance abuse.

The collaboration with the **NSS Unit** gave the programme an established volunteer-support structure. Student volunteers helped welcome the guests, assisted with anchoring and hosting, and contributed to the coordination of activities. Other college students joined the awareness session and the concluding pledge. In this way, the event linked district-level youth mobilisation with the college's culture of community service.

## Why this form of engagement matters

Substance abuse is not simply an individual issue; it has consequences for personal well-being, family relationships, education and the wider community. A meaningful preventive response requires students to receive clear information, hear from experienced professionals and understand that their own everyday decisions can influence their peers. By bringing a medical officer, police officer and legal professional into the same forum, the programme offered **complementary public-health, civic and social perspectives**.

The sessions also reflected the spirit of the NSS motto, ***Not Me, But You***, by encouraging students to look beyond individual concerns and take responsibility for the health and well-being of others.

04 / PURPOSE AND APPROACH

# Objectives of the Neighbourhood Youth Parliament

Bringing information, dialogue and social responsibility together

The programme sought to create an accessible and meaningful forum in which young people could reflect on the challenges of substance abuse and their role in a healthy society. Its principal objectives were:

1. **Promote awareness of substance-abuse risks:** communicate the harmful consequences of drug use for physical health, mental well-being and personal development.
2. **Encourage responsible choices:** motivate students to remain drug-free and develop a positive, health-conscious approach to everyday life.
3. **Use social media constructively:** show how students can spread credible prevention messages and discourage harmful behaviour through responsible online communication.
4. **Strengthen youth leadership and civic responsibility:** connect the aims of MY Bharat and the Neighbourhood Youth Parliament with active community participation.
5. **Support institutional collaboration:** bring MY Bharat, the college administration and the NSS Unit together for an organised, student-facing awareness activity.
6. **Translate awareness into commitment:** close the proceedings with a collective pledge affirming personal and community responsibility toward a drug-free society.

## An integrated approach to youth awareness

| Engagement component | Purpose in the programme |
|---|---|
| **Traditional reception** | Build an atmosphere of respect and welcome for guests and participating students. |
| **Medical awareness** | Explain the health and well-being implications of substance abuse. |
| **Responsible digital outreach** | Encourage constructive use of social media in spreading prevention messages. |
| **MY Bharat orientation** | Motivate youth to take part in constructive community and nation-building initiatives. |
| **Collective pledge** | Express a shared commitment to a healthy and drug-free society. |

The event therefore joined **expert knowledge, student participation and a visible statement of resolve**, rather than presenting the theme only through a ceremonial address.

05 / CHRONOLOGY

# Proceedings in their documented order

The documented sequence from arrival to vote of thanks

The programme progressed from the arrival and welcome of invited dignitaries to expert addresses, youth-oriented awareness and a collective anti-drug pledge. The following sequence also includes the concluding Vote of Thanks.

| Stage | Programme activity | Documented proceedings |
|---|---|---|
| 01 | **Arrival of dignitaries** | The Chief Guest and invited dignitaries arrive at the programme venue with **Principal Dr. Gulshan Mahajan**. |
| 02 | **Formal welcome** | **Principal Dr. Gulshan Mahajan** welcomes the Chief Guest and invited dignitaries; NSS volunteers present ceremonial badges. |
| 03 | **Traditional felicitation** | The guests are honoured with badges and customary presentations, including shawls and a traditional Himachali cap, in the presence of the Principal. |
| 04 | **Medical awareness** | Dr. Gopal Chauhan addresses students on substance abuse and the importance of healthy living. |
| 05 | **Chief Guest's address** | SHO Shri Sakini Kapoor discusses using social media responsibly to amplify anti-drug awareness. |
| 06 | **Youth engagement** | Advocate Shri Gopal Krishna addresses MY Bharat, youth participation and responsibility toward society. |
| 07 | **Collective pledge** | Dignitaries, faculty, NSS volunteers and students take an anti-drug pledge led by Dr. Gopal Chauhan. |
| 08 | **Vote of Thanks** | Dr. Ripan Sharma expresses gratitude to guests, organisers, faculty and participants. |

**Programme focus:** Substance-abuse awareness, constructive youth leadership and a shared commitment to a drug-free society.

06 / OPENING PROCEEDINGS

# Arrival of the Chief Guest and dignitaries

An orderly beginning to the campus programme

The programme opened with the arrival of the Chief Guest, invited resource persons and other dignitaries at Government College Karsog. The visitors proceeded towards the programme venue accompanied by **Principal Dr. Gulshan Mahajan** and members of the organising team. The Principal welcomed the guests, setting a cordial tone for the college-level gathering organised under the MY Bharat initiative.




*The Chief Guest and invited dignitaries proceeding towards the programme venue, accompanied by Principal Dr. Gulshan Mahajan.*




*A second view of the Chief Guest and invited dignitaries arriving at the venue with Principal Dr. Gulshan Mahajan and the organising team.*

**Programme significance:** The presence of public-service representatives, the Principal and members of the college community established an institutional setting for a multi-perspective discussion on the prevention of substance abuse.

07 / WELCOME AND FELICITATION

# A respectful traditional reception

NSS volunteer support during the inaugural proceedings

The opening reception was supported by student volunteers, including NSS volunteers helping with programme hosting and hospitality. **Principal Dr. Gulshan Mahajan** welcomed the visiting dignitaries, and the volunteers presented ceremonial badges. **Mrs. Bharti Mongra, District Youth Officer, MY Bharat, Mandi**, subsequently facilitated the honouring of invited guests and other dignitaries. The programme included shawl and badge presentations, and a traditional Himachali cap was also presented as a mark of respect.




*A volunteer welcoming an invited dignitary with a ceremonial badge.*




*A traditional Himachali cap being presented during the felicitation of a dignitary.*

The ceremony expressed the customary warmth and respect associated with hosting guests in Himachal Pradesh. It also gave young volunteers a visible role in arranging and supporting the event, helping them practise teamwork, hospitality and confidence in formal settings.

08 / PUBLIC-HEALTH SESSION

# Expert guidance on substance-abuse prevention

The medical perspective on healthy choices and well-being

A key educational component of the Neighbourhood Youth Parliament was the address of **Dr. Gopal Chauhan, Block Medical Officer (BMO), Karsog**. In his address, he explained the growing concern of substance abuse and discussed how the use of intoxicating substances can adversely affect **physical and mental health**. He encouraged students to stay away from drugs, exercise good judgement and adopt a healthy lifestyle.

The message was particularly relevant to a college audience because the decisions made during student years can influence later education, employment, relationships and community participation. Dr. Chauhan's contribution connected the programme's social objective with a practical public-health perspective: prevention begins with awareness, informed choices and support for healthy behaviour.




*Dr. Gopal Chauhan, Block Medical Officer, Karsog, addressing students on substance-abuse prevention and healthy living.*




*A second view of Dr. Gopal Chauhan during his expert-awareness address to students.*

**Central health message:** Awareness of the risks of drug use must be accompanied by everyday decisions that protect physical health, emotional well-being and future opportunities.

09 / CHIEF GUEST'S ADDRESS

# Responsible social media for a drug-free society

Shri Sakini Kapoor, Station House Officer, Karsog

The **Chief Guest, Shri Sakini Kapoor, Station House Officer (SHO), Karsog**, addressed the gathering on the role of communication in preventing substance abuse. He emphasised that social media, when used positively and responsibly, can support public awareness and help young people carry anti-drug messages to their peers and the larger community.

This intervention gave a relevant contemporary dimension to the theme *Nasha Mukt Yuva*. Students spend a significant part of their social and educational lives in digital spaces. The address encouraged them to consider how their posts, messages and online networks can become channels for credible information and constructive peer influence, rather than merely entertainment or unverified claims.




*Chief Guest Shri Sakini Kapoor, SHO Karsog, addressing students on the positive role of social media in anti-drug awareness.*




*A second view of Shri Sakini Kapoor delivering his address during the awareness programme.*

**Digital citizenship takeaway:** Use online platforms constructively, share reliable awareness messages and encourage responsible behaviour among friends and peers.

10 / YOUTH LEADERSHIP

# MY Bharat and responsible youth engagement

An additional perspective from the invited resource persons

**Advocate Shri Gopal Krishna**, who attended as a Special Guest, discussed the purpose of **MY Bharat** and the opportunities it offers young people to engage in social activities. He encouraged students to participate actively in community programmes, public service and initiatives that contribute to society and the nation.

The address reinforced the broader meaning of a Neighbourhood Youth Parliament. A youth forum is most useful when it moves beyond passive attendance and encourages participants to identify social challenges, contribute ideas and consider what they can personally do to help. The programme linked this civic perspective directly to the aim of preventing substance abuse.




*An invited resource person addressing students during the MY Bharat youth-awareness session.*




*A second view from the guest address on youth participation and social responsibility.*

The combination of medical, public-safety and civic perspectives helped students see the anti-drug message as more than an isolated health instruction: it was also a matter of responsible communication, individual decisions, support for peers and shared responsibility for community well-being.

11 / INSTITUTIONAL COLLABORATION

# MY Bharat and NSS: working together

Student volunteers at the heart of programme facilitation

The programme was organised under the leadership of **MY Bharat Kendra, Mandi**, with the active collaboration of the **NSS Unit, Government College Karsog**. This arrangement joined the district-level MY Bharat network with the college's established volunteer structure, helping translate the theme of *Nasha Mukt Yuva* into an organised campus event.

The **NSS volunteers** assisted with reception, guest hospitality, anchoring and the smooth conduct of activities, while other students attended the awareness sessions and joined the pledge. The college administration and faculty supported the setting and facilitation of the programme. These contributions are significant because sustained awareness efforts depend on both credible resource persons and youth-led execution.

## Coordinating personnel and institutional participants

| | |
|---|---|
| **MY Bharat Kendra, Mandi** | Mrs. Bharti Mongra, District Youth Officer, with Neeraj and Dishalini. |
| **Karsog Block Volunteer** | Ms. Indira Sharma. |
| **College Principal** | Dr. Gulshan Mahajan, Principal, Government College Karsog. |
| **NSS Programme Officers** | **Ms. Sonia Chaudhary**, Assistant Professor, Department of Political Science; followed by **Dr. Virender Thakur**, Assistant Professor, Department of Physics. |
| **College Faculty** | Prof. Pankaj Gupta, Dr. Ripan Sharma and Prof. Lomeshwar, along with other faculty members. |
| **Other Invited Participants** | Social worker Shri Ajay Bharti and Shri Rohit Gupta from the Employment Office, along with other dignitaries. |
| **Student Support** | NSS volunteers and other college students participating in programme hosting, awareness activities and the collective pledge. |

**NSS motto – Not Me, But You:** The programme reflected volunteerism through practical service, responsible teamwork and student participation in activities designed for the good of the wider community.

12 / COLLECTIVE COMMITMENT

# The anti-drug pledge

A shared public commitment by students, faculty and dignitaries

The collective **Nasha Mukti Pledge** was a defining concluding activity. **Dr. Gopal Chauhan** administered the pledge to those assembled. The students, NSS volunteers, invited dignitaries and faculty members stood together and affirmed their commitment to keeping themselves free from drugs and contributing to a healthier, drug-free society.




*Dignitaries, faculty and other participants join the collective anti-drug pledge.*




*A wide view of students and participants taking the Nasha Mukti Pledge.*

13 / PARTICIPATION AND IMPACT

# What the programme demonstrably achieved

Documented activities, shared learning and responsible reporting

The programme brought complementary perspectives into one youth-facing forum. Its value rests in the sequence of actual activities: a respectful reception; an expert session on the health implications of substance abuse; a public-safety perspective on positive social media; a discussion of MY Bharat and youth engagement; and a collective pledge.

13 / PARTICIPATION AND IMPACT – CONTINUED

# Documented outcomes and continuing value

Key contributions and the message beyond the event

## Documented results and contributions

- **Direct youth engagement:** Students and NSS volunteers attended the talks and participated in the concluding anti-drug pledge.
- **Expert-supported awareness:** The programme included a medical perspective on the dangers of substance abuse and the importance of healthy choices.
- **Positive digital outreach message:** Students were encouraged to use social media responsibly to communicate against drug abuse.
- **Community responsibility:** The session connected the aims of MY Bharat with civic participation, leadership and shared social responsibility.
- **Institutional cooperation:** MY Bharat Kendra, the college administration, NSS volunteers, faculty and visiting guests contributed to a coordinated programme.
- **Visible collective resolve:** The anti-drug pledge brought the assembled participants together around a common commitment.

**Shared message:** A healthy society depends on informed choices, responsible communication and the active participation of young people.

## Continuing the message beyond the event

The longer-term meaning of the programme lies in the message carried by the participants after they leave the hall. The invited speakers encouraged young people to make informed decisions, communicate responsibly and take part in constructive community action. Such commitments can guide further student-led awareness, peer conversations and NSS service activities without treating a single event as proof of lasting behavioural change.

14 / CONCLUDING PROCEEDINGS

# Vote of Thanks and concluding reflections

From an awareness session to a shared civic responsibility

At the close of the programme, **Dr. Ripan Sharma** delivered the **Vote of Thanks**. He expressed gratitude to the Chief Guest, the Special Guests, the organisers, the Principal, faculty members, student volunteers and all participants whose presence and cooperation supported the successful conduct of the event.

The concluding proceedings brought together the different strands of the Neighbourhood Youth Parliament: public-health education, the constructive use of digital communication, engagement with MY Bharat, volunteerism and collective determination to oppose substance abuse. The programme's strength was not in any single speech but in the range of perspectives made available to young people during one coherent awareness activity.

## A message with significance beyond the campus

For students, the central takeaway was that a drug-free society cannot be built by institutions alone. Individual judgement, the support of families and peers, trustworthy information and sustained participation in positive social activities all have roles to play. By giving students direct access to medical, police and legal perspectives, the event aimed to make that responsibility more understandable and relevant to everyday life.

**HEALTHY YOUTH • RESPONSIBLE CHOICES**

**A SHARED COMMITMENT TO NASHA MUKT YUVA**

The **MY Bharat Kendra, Mandi–NSS Unit collaboration** demonstrated the value of linking government-supported youth initiatives with local academic institutions. The programme also reflected the participation of Principal Dr. Gulshan Mahajan, visiting dignitaries, invited speakers and college faculty in encouraging students toward healthier and more constructive paths.

## Conclusion

The **Neighbourhood Youth Parliament under the theme Nasha Mukt Yuva**, held at Government College Karsog on 18 November 2026, provided a structured opportunity for awareness, learning and collective commitment. It placed young people at the centre of the discussion and concluded with a visible pledge to build a healthy, responsible and drug-free community. The event stands as a documented example of district-level MY Bharat engagement supported by the service-oriented participation of the college's NSS Unit.

ANNEXURE / OFFICIAL REFERENCE

# Official programme communication

Letter dated 17 November 2026 | No. Mera Yuva Bharat/NYC/2026-27/156



माय भारत केंद्र
MYBHARAT KENDRA
Office of District Youth Officer, Mandi, Himachal Pradesh
जिला युवा अधिकारी कार्यालय, मण्डी, हिमाचल प्रदेश
(स्वायत्त निकाय) (Autonomous Body)

पत्र संख्या: मेरा युवा भारत/NYC/2026-27/156 दिनांक: 17.11.2026

सेवा में,
प्राचार्य महोदय,
राजकीय महाविद्यालय (GDC), करसोग,
जिला मंडी, हिमाचल प्रदेश।

**विषय: राजकीय महाविद्यालय करसोग में Neighbourhood Youth Parliament कार्यक्रम आयोजित करने हेतु अनुमति प्रदान करने बारे।**

महोदय,

उपर्युक्त विषय के संदर्भ में निवेदन है कि मेरा युवा भारत (MY Bharat), मंडी द्वारा युवाओं में लोकतांत्रिक मूल्यों, संवैधानिक जागरूकता, नेतृत्व क्षमता एवं सामाजिक उत्तरदायित्व की भावना विकसित करने के उद्देश्य से दिनांक **17 नवंबर 2026** को राजकीय महाविद्यालय (GDC), करसोग में *Neighbourhood Youth Parliament* कार्यक्रम आयोजित किया जाना प्रस्तावित है।

अतः आपसे अनुरोध है कि उक्त कार्यक्रम के सफल आयोजन हेतु महाविद्यालय परिसर में उपयुक्त सभागार/हॉल उपलब्ध करवाने तथा महाविद्यालय के विद्यार्थियों की सहभागिता सुनिश्चित करने की कृपा करें। साथ ही कार्यक्रम के सुचारू संचालन हेतु आवश्यक सहयोग प्रदान करने का कष्ट करें।

आपके सहयोग के लिए हम आभारी रहेंगे।

भवदीय,

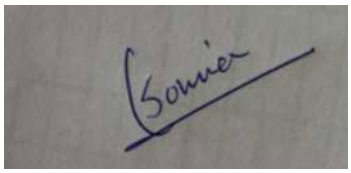
**जिला युवा अधिकारी**
मेरा युवा भारत (MY Bharat)
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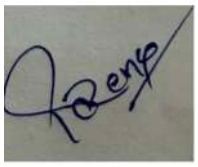
REPORT SIGNATORIES

# NSS Unit and institutional signatories

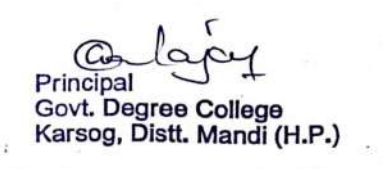
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**Dr. Gulshan Mahajan**
**Principal**
Government College Karsog