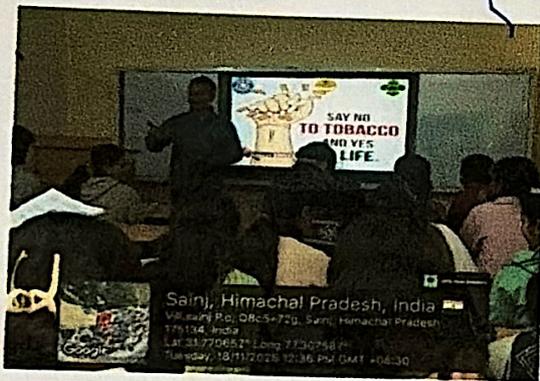


Sr. No.	Particulars	Remarks
1	Date	18 th November 2025
2	Name of Activity	Lecture on Say No to Tobacco and Yes to Life
3	Name of Unit/Agency/Department Organizing the Activity	Drug Abuse Prevention & Counselling Club, NSS Unit and Rover and Ranger
4	Name of Collaborating Agency (If Any)	---
5	No. of Student Participants	42
6	No. of Teacher Participants	3

Brief Report:

A lecture on 18th November 2025 was conducted in the college on the topic "Say No to Tobacco and Yes to Life." The resource person Prof Suresh Kumar explained the harmful effects of tobacco and encouraged students to adopt a healthy, tobacco-free



lifestyle. Students listened attentively and



interacted actively. Overall, the session was informative and motivating.

Organizer
Drug Abuse Prevention & Counselling Club
NSS Unit
Rover and Ranger

Principal
Govt. Degree College Sainj
Govt. District Kullu (H.P.)
Sainj, Distt Kullu (H.P.)

NISS Unit, Rover and Ranger and Drug Abuse Prevention and Counseling

Govt. Degree College Sainj

Attendance Chart

Activity: Lecture on 'Say No to Tobacco and Yes to Life' Date: 18th November 2025

Sr. No.	Name	Roll. No.	Sign.
1.	Uamila	25401008	Uamila
2.	Kushpa Devi	25401003	Kushpa
3.	Anjali	25401007	Anjali
4.	Pooja	201062	Pooja
5.	Parvati	202301300201024	Parvati
6.	Sivani	202413002010027	Sivani
7.	Sheha	25401014	Sheha
8.	Lata Devi	25401047	Lata
9.	Tinkari	25401010	Tinkari
10.	Samxiti Thakur	25401011	Samxiti
11.	Prima Thakur	25401035	Prima
12.	Rabi Vishal	25401096	Rabi
13.	Kaishma Thakur	25401037	Kaishma
14.	Giovinda Devi	202413002010005	Giovinda
15.	Charabi Devi	202301002010006	Charabi
16.	Chanel	202301002010003	Chanel
17.	Nyay	202413002010051	Nyay
18.	Ritika	202413002010018	Ritika
19.	Muskan	202413002010010	Muskan
20.	Bavita	202413002010041	Bavita
21.	Parvati Devi	201022	Parvati
22.	Kirna	202301300201013	Kirna
23.	Kamal Kumar	25401044	Kamal
24.	Nem Singh	25401020	Nem Singh
25.	Anjali	254010412	Anjali
26.	Ritika	202301300201028	Ritika
27.	Suman	B.Com. 1st	Suman
28.	Berna Devi	202401300201015	Berna
29.	Vinay Singh	202413002010025	Vinay
30.	Tara Devi	202413002010024	Tara
31.	Ankita Bharti	202413002010002	Ankita
32.	Anshul Kumar	2540629	Anshul
33.	Vishu Kumar	202301300201061	Vishu
34.	Vitay Kumar	202301300201042	Vitay
35.	Amrit Kumar	202301300201046	Amrit
36.	Arjun Kumar	202301300201004	Arjun
37.	Rahul Kumar	202301300201053	Rahul
38.	Ranish Kumar	202413007040100	Ranish
39.	Rakesh Kumar	202413002010079	Rakesh
40.	Chandrapati	202413002010004	Chandrapati
41.	Suman Kumari	25401001	Suman
42.	Kajal Kumari	04	Kajal

Teacher
(P.O N.S.S.)

Principal
Govt. Degree College
Sainj, Distt Kullu (H.P.)