



ANTI-DRUG SQUAD ACTIVITIES 2025-2026

A CHOICE: THE DOMINO EFFECT OF SAYING YES OR NO

Objective: To raise awareness among students about the far-reaching consequences of choices regarding substance use, and to equip them with knowledge and conviction to say “no” to drugs, thereby fostering a healthier, safer community.

Description: The Anti-Drug Squad of St. Bede’s College, in collaboration with the Himachal Pradesh Police, hosted an awareness seminar titled “A Choice: The Domino Effect of Saying Yes or No” on August 13, 2025, at the college auditorium. The event was graced by Mr. Ashok Tiwari, Director General of Police (DGP), Ms. Geetanjali Thakur, Deputy Superintendent of Police (DSP), Lady Constable Ms. Nikita, Dr. Animesh Tiwari, and Dr. Puja Banshtu, Additional District Attorney, PHQ. The guest speakers addressed the students, sharing compelling insights on the realities of substance abuse, its social and legal repercussions, and the critical role of personal decision-making in preventing addiction. Their narratives underscored how one choice—whether to say “yes” or “no”—can set off a chain reaction shaping an individual’s future and community well-being.

The program further highlighted preventive strategies, the importance of vigilance among youth, and the support systems available for those seeking help. Students were encouraged to engage in open dialogue, ask questions, and share their perspectives, ensuring a participatory and impactful session.

Outcome: The seminar left students more informed, aware, and motivated to act as ambassadors for drug prevention within and beyond the campus. By combining real-life case insights with actionable guidance, the event reinforced the message that a firm “no” to drugs is not just a personal safeguard but a collective responsibility toward a healthier society.



*Anti-Drug Squad
St. Bede's College, Shimla*

St. Bede's College
NAAC Re-Accredited A Grade

Anti-Drug Squad

In collaboration with
H.P. Police

Cordially invites you all to attend
'A Choice: The Domino Effect of Saying Yes or No'
An awareness talk on Drug Prevention

Guest Speakers :

Mr. Ashok Tiwari
Director General of Police(DGP)

Ms. Geetanjali Thakur
Deputy Superintendent of Police(DSP)

Date: 13 August 2025
Time: 11.30 A.M.
Venue: Auditorium

Brochure of the Event



Some Glimpses of the Event



AWARENESS SESSION: QUESTION & ANSWER AND DOCUMENTARY SCREENING

Objective: To address students' queries regarding substance abuse through an interactive question-and-answer session, and to screen a documentary highlighting the Himachal drug war, thereby fostering awareness and equipping students with knowledge to resist drugs.

Description: The Anti-Drug Squad of St. Bede's College, in collaboration with the Himachal Pradesh Police, hosted an awareness program on September 10, 2025, at the college auditorium. The event was graced by Ms. Geetanjali Thakur, Deputy Superintendent of Police(DSP) , Dr. Puja Banshtu, Additional District Attorney(ADA), and Lady Constable Ms. Nikita. A thought-provoking documentary "Chitta: Heroin in the Hills", crafted by Akshay Chauhan from Shimla through his platform @fablehousepictures, was screened. The film unveiled the grim reality of heroin silently corroding the paradise of Himachal Pradesh, compelling the audience to confront the crisis. Following the screening, students of St. Bede's College engaged in an interactive Q&A session with the guest speakers. The discussion shed light on the dangers of substance abuse, its social and legal repercussions, and the urgent need for preventive action. The program concluded with a collective pledge by students to reject drugs and contribute to a healthier community. The session further underscored the importance of awareness, vigilance, and youth participation in the fight against drugs. By providing both knowledge and a platform for dialogue, the event became a meaningful step in empowering young voices to stand firm against addiction.

Outcome: The session left students more aware, engaged, and inspired to act as ambassadors for drug prevention within and beyond the campus. Through the documentary, expert insights, and open dialogue, the program reinforced the message that saying "no" to drugs is not merely a personal safeguard but a collective responsibility toward building a drug-free society.



*Anti-Drug Squad
St. Bede's College, Shimla*



Brochure of the Event



Glimpses of the Event



SAY YES TO LIFE AND NO TO DRUGS

Objective: To raise awareness among school students regarding substance abuse at Government Senior Secondary School, Dhalli, and to educate and inspire young minds to lead a drug-free life.

Description: On October 15, 2025, the Anti-Drug Squad of St. Bede's College, in collaboration with the Department of Psychology, organized a *Nukkad Natak* titled "*Say Yes to Life and No to Drugs.*" The event took place at Government Senior Secondary School, Dhalli, with the primary aim of sensitizing students to the dangers of substance abuse and the importance of making conscious and healthy choices.

To convey the message effectively, a *Nukkad Natak* (street play) was performed by eleven students from St. Bede's College. The play revolved around the theme "*Say Yes to Life, No to Drugs,*" dramatizing real-life situations to highlight how substance abuse can derail young lives and how awareness, resilience, and community support can bring positive change. The performance captivated the school audience and initiated a dialogue among students about the significance of self-control, mental health, and peer influence in decision-making. The collaborative effort between the Anti-Drug Squad and the Department of Psychology made the session both educational and emotionally impactful.

Following the *Nukkad Natak*, the students of the school took a pledge to abstain from consuming any harmful substances and to encourage their peers to stay away from drugs. A short interactive session was also conducted, allowing students to ask questions about drugs and their ill effects.

Outcome: The event successfully enhanced awareness among school children about the harmful effects of drug abuse. The interactive nature of the *Nukkad Natak* encouraged them to reflect, question, and commit to saying "no" to drugs. The students who performed in the *Nukkad Natak* emerged as confident advocates for a drug-free society, spreading the message that choosing life over addiction is the first step toward a stronger, healthier community. The school students also took a pledge to never consume any harmful substances.



*Anti-Drug Squad
St. Bede's College, Shimla*


St. Bede's College
NAAC RE-ACCREDITED A GRADE

ANTI DRUG SQUAD


In collaboration with


DEPARTMENT OF PSYCHOLOGY

Where we aim to spread awareness by presenting a

 **Nukkad Natak**

Theme: Say yes to life & no to drugs

 **15th October**



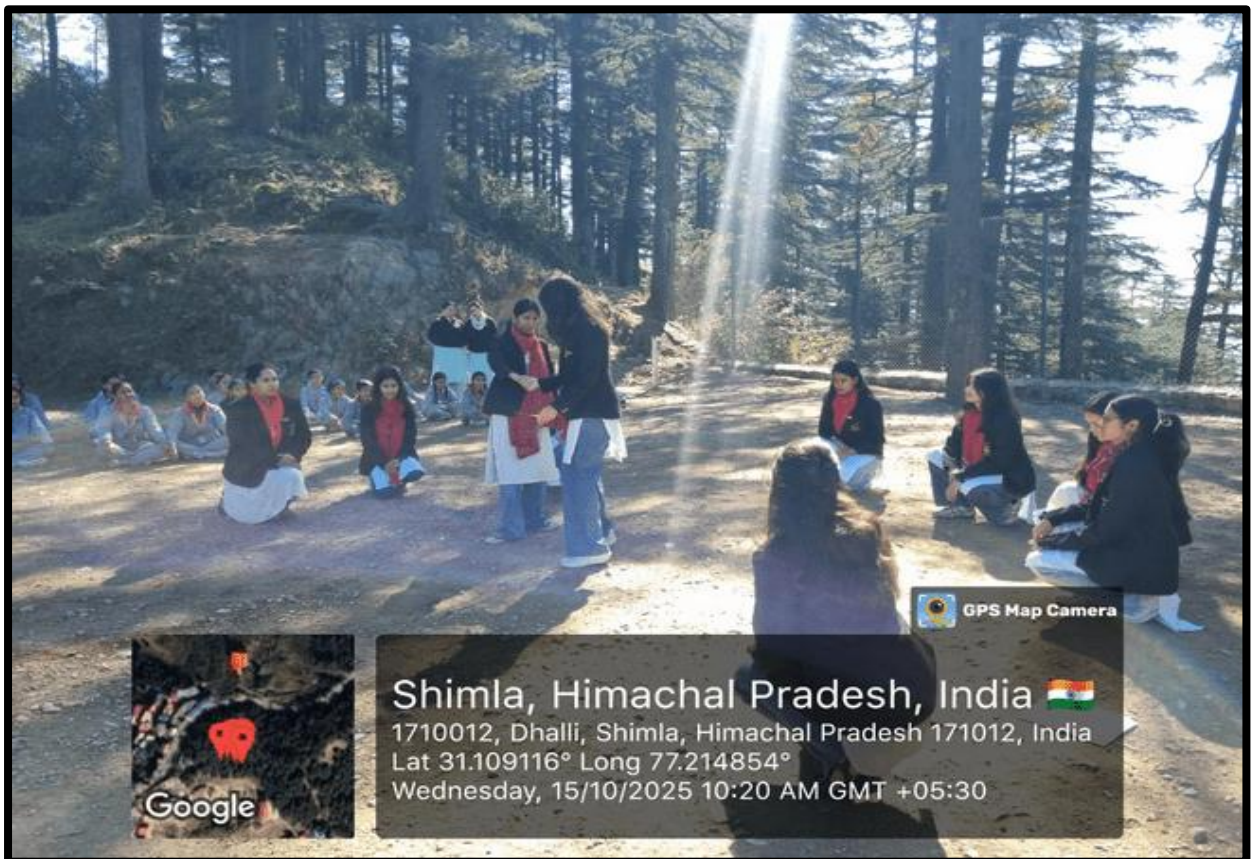
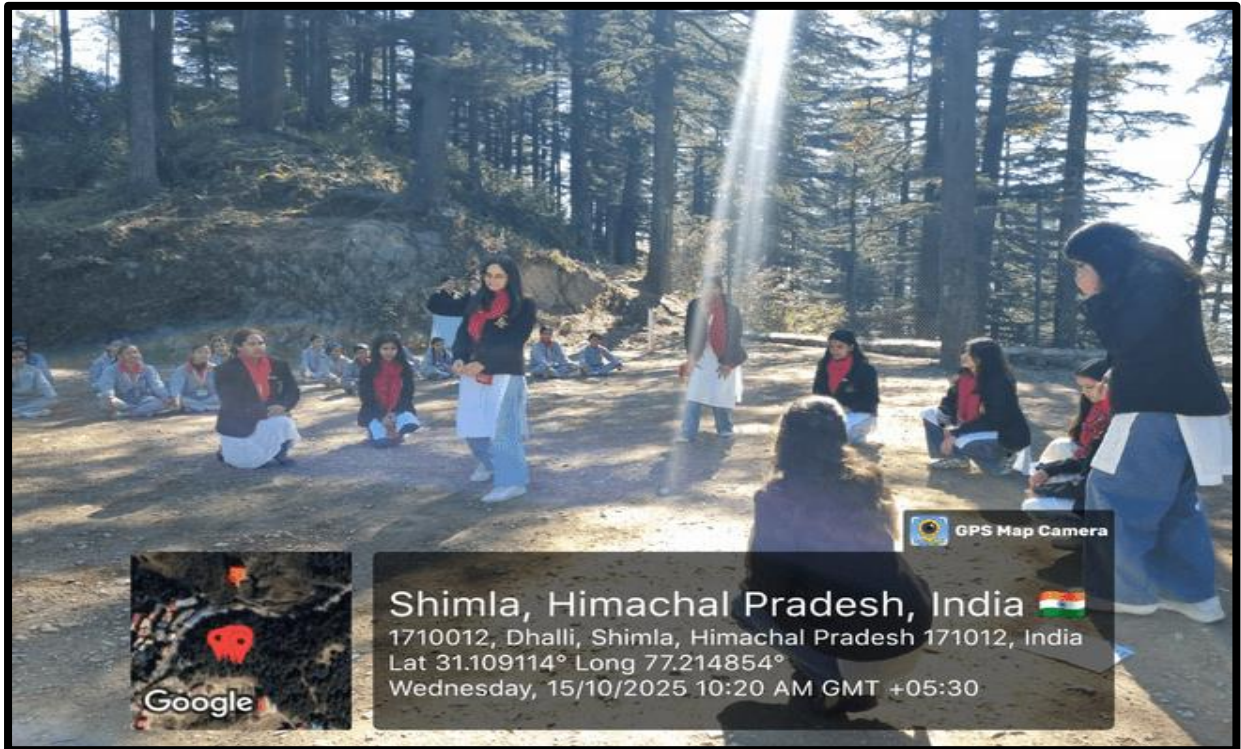
TIME: 10 AM

VENUE: GOVERNMENT SENIOR SECONDARY SCHOOL DHALLI

Brochure

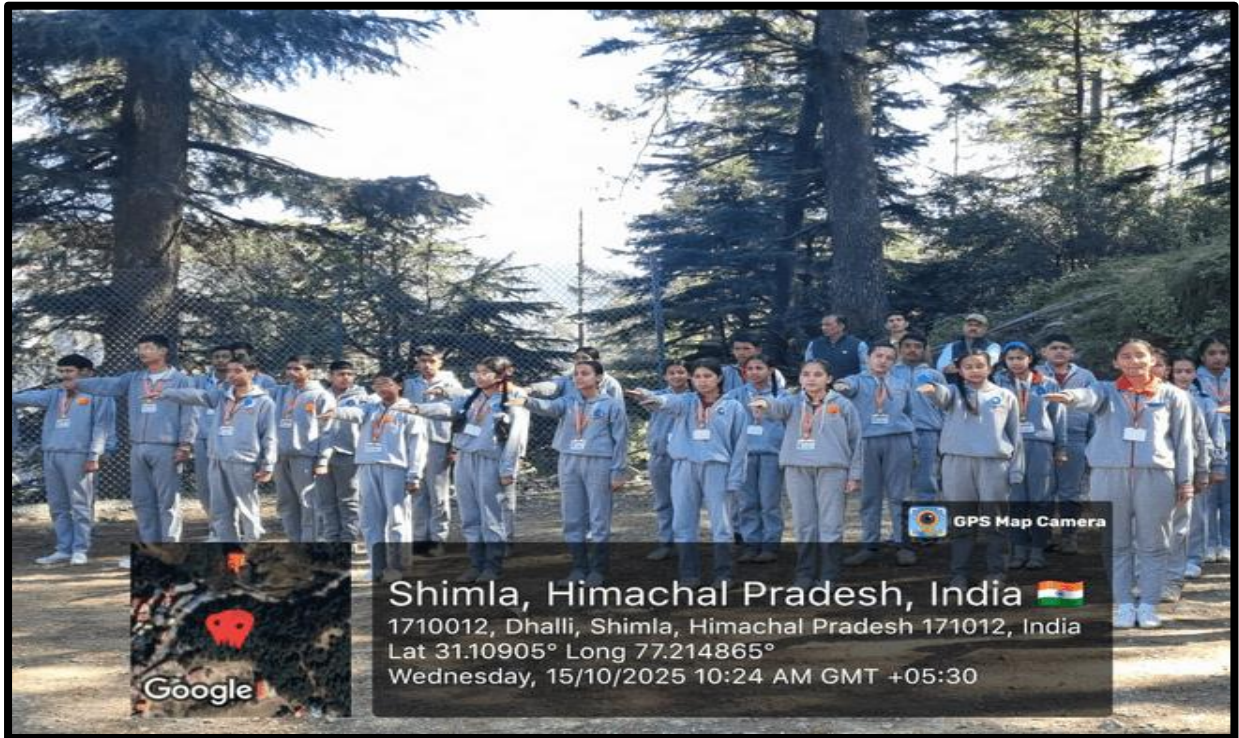


*Anti-Drug Squad
St. Bede's College, Shimla*





*Anti-Drug Squad
St. Bede's College, Shimla*



Say Yes to Life, No to Drugs: St. Bede's Students Inspire Young Minds through an Impactful Nukkad Natak at GSSS Dhalli



ANTI-CHITTA AWARENESS WALKATHON

Objective: The walkathon aimed to raise awareness among youth about the harmful effects of drug addiction and to promote a collective commitment toward building a safer, drug-free community.

Description: On 15 November 2025, the Himachal Pradesh Police Department organised a large-scale rally against drug abuse, with a special focus on the rising threat of *Chitta* in the region. The walkathon began at The Ridge and progressed to Chaura Maidan in Shimla, drawing significant public attention along the route. The initiative sought not only to highlight the immediate risks associated with substance use but also to educate young people about its long-term physical, psychological, and social consequences.

Students from St. Bede's College, Shimla, participated with notable dedication and enthusiasm. Their presence brought vibrancy and momentum to the rally, demonstrating their awareness of the issue and their willingness to engage in meaningful social action. By actively joining the march, they helped amplify the message and inspired their peers to reflect on the importance of staying away from drugs.

Outcome: The rally proved to be an effective awareness-building exercise. It strengthened public understanding of the dangers of drug addiction, sparked constructive discussions among the youth, and encouraged greater community involvement in addressing the issue. The event also reinforced the idea that preventing substance abuse is a shared responsibility—one that requires cooperation among educational institutions, law enforcement agencies, and the community at large.



*Anti-Drug Squad
St. Bede's College, Shimla*

अशोक तिवारी, भा.पु.से.
Ashok Tewari, IPS



D.O. No. *Leto D.P. 25 799*
अर्थ सरकारी पत्रांक
Director General of Police, Himachal Pradesh
पुलिस महानिदेशक, हिमाचल प्रदेश
Dated, Shimla the *13.11 Nov. 2025*
दिनांक, शिमला

**Subject: Participation of College Students in Anti-Chitta Awareness Walkathon
on 15th November, 2025**

The Himachal Pradesh Police has adopted a policy of zero tolerance towards the drug menace, in alignment with the Hon'ble Chief Minister's visionary initiative "Nasha Mukh Himachal Samridh Himachal", aimed at completely eradicating the threat of Chitta and other narcotics from the State. Under this flagship campaign, consistent efforts are being made to strengthen enforcement, enhance awareness, and mobilize community participation to build a healthy, drug-free society.

In pursuance of this commitment, the Himachal Pradesh Police has launched several proactive measures to curb the spread of narcotics and promote awareness especially among the youth. One of the major steps in this direction is the "Anti-Chitta Volunteer Scheme", under which students from various educational institutions are actively engaged in awareness generation, peer counselling, and community outreach, contributing significantly to the mission of a Drug-Free Himachal Pradesh.

To further amplify this movement and reaffirm collective resolve against drug abuse, Himachal Pradesh Police is organizing an "Anti-Chitta Awareness Walkathon" on 15th November, 2025, at The Ridge, Shimla. The event will be graced by senior dignitaries and aims to spread a strong message of unity, vigilance, and responsibility among citizens, particularly the youth, against the menace of drugs.

In this regard, it is requested that your esteemed institution may kindly ensure the participation of at least 250 students in this important awareness event. The enthusiastic involvement of your students will not only strengthen this initiative but also serve as an inspiration for others to take an active stand against substance abuse.

Your continued cooperation and leadership in supporting this noble cause are deeply valued. Together, under the guidance of the Hon'ble Chief Minister and with the active participation of our youth, we can make Himachal Pradesh a true example of a "Nasha Mukh - Samridh Pradesh." It is also requested that all students be made aware of the **ERSS-112 Helpline**, which provides immediate assistance in emergencies and drug-related distress situations. Further, college are encouraged to motivate students to follow and engage with the following official social media platforms of Himachal Pradesh Police:

Instagram: https://www.instagram.com/himpolice?utm_source=chatgpt.com

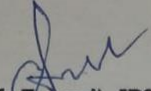
X (formerly Twitter): https://x.com/himachalpolice?utm_source=chatgpt.com

Facebook: https://www.facebook.com/himachalpradeshpolice?utm_source=chatgpt.com

Threads: https://www.threads.com/@himpolice?utm_source=chatgpt.com

W/appChannel: https://www.whatsapp.com/channel/0029VbBDCzsAYIULZ0uhas2h?utm_source=chatgpt.com

to stay informed about ongoing awareness campaigns, community initiatives, and safety advisories.



(Ashok Tewari), IPS

Sr. (Dr.) Rosily T.L.
Principal, St. Bede's College, Sanjauli, Navbhar Shimla.

Letter for the Participation in Anti-Chitta Awareness Walkathon



*Anti-Drug Squad
St. Bede's College, Shimla*

**St. Bede's College**
NAAC Re-Accredited A Grade

Anti Drug Squad

Invites you all to a movement of change

ANTI-CHITTA WALKATHON

Organised by

HP POLICE

DATE: 15th November 2025
TIME: 10:00 A.M.
VENUE: Ridge

Brochure

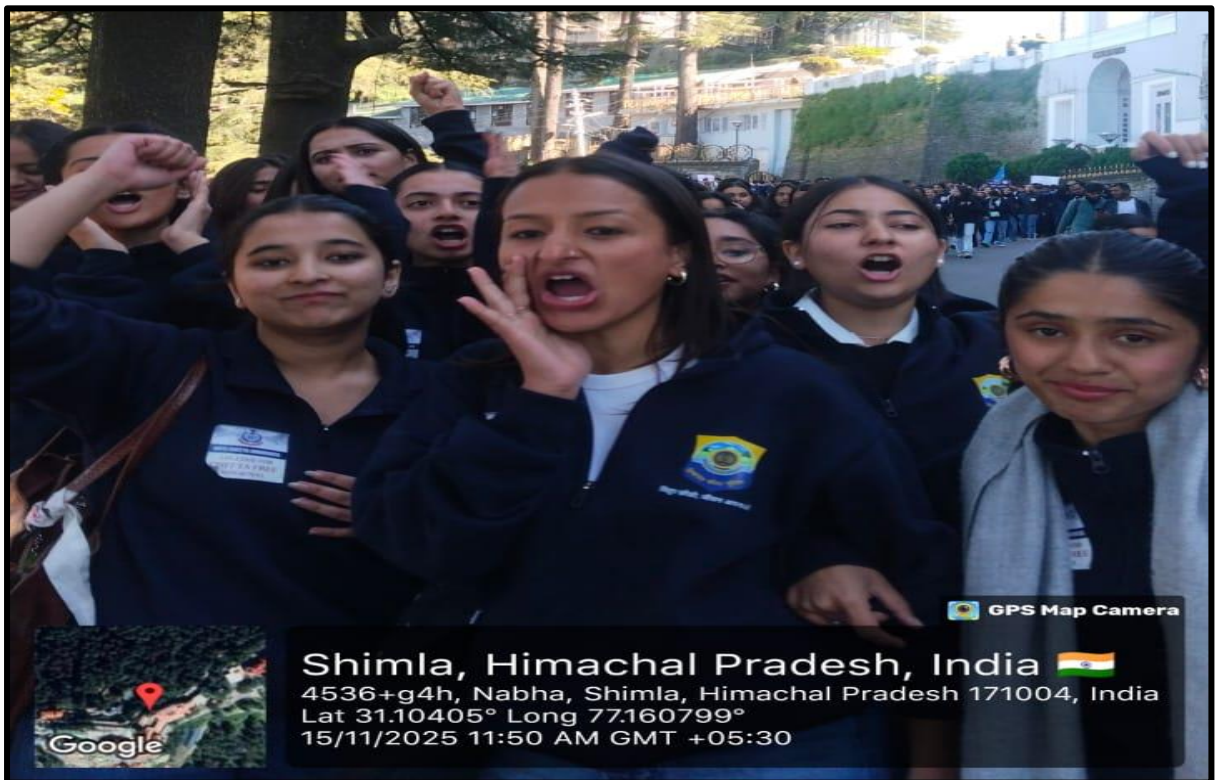


*Anti-Drug Squad
St. Bede's College, Shimla*





*Anti-Drug Squad
St. Bede's College, Shimla*



Standing Strong against Substance Abuse, Students Marched in Solidarity for a Healthier and Safer Community



EMPOWER, EDUCATE, ACT: Break the Silence on Crime against Women

Objective: To create awareness among students about crimes against women through an impactful session and to educate them about legal rights, safety measures, and support systems, thereby empowering young women to speak up and take action against injustice.

Description: The Anti-Drug Squad of St. Bede's College, in collaboration with Himachal Pradesh Police, organized an impactful awareness program on the theme "Empower, Educate, Act: Break the Silence on Crimes Against Women" at the college auditorium on February 26, 2026. The event was graced by Inspector Reena, who addressed the students on the growing concerns related to crimes against women and emphasized the importance of awareness, courage, and timely reporting. She encouraged students not to remain silent in the face of harassment, abuse, or discrimination and highlighted the role of police in ensuring women's safety. Mrs. Monika Sharma, Supervisor ERSS (Emergency Response Support System), explained the functioning of emergency helplines and the immediate assistance available to women in distress. She guided students on how to access emergency services and reassured them of prompt response and confidentiality. Lady Constable Nikita and Lady Constable Aanandni actively interacted with the students, sharing practical safety tips, self-protection strategies, and information about legal provisions related to crimes against women. The speakers discussed various forms of violence, including cybercrime, domestic violence, stalking, and harassment, and elaborated on the legal remedies available.

Outcome: The session left students more informed, confident, and motivated to assert their rights and support others in times of need. Through expert guidance and open dialogue, the program successfully strengthened awareness and encouraged students to become proactive advocates for women's safety and dignity within and beyond the campus.



*Anti-Drug Squad
St. Bede's College, Shimla*

St. Bede's College
NAAC Re-Accredited 'A' Grade

Anti-Drug Squad
In collaboration with
H.P. Police

Is organizing an Impactful Session on the theme

**EMPOWER, EDUCATE, ACT:
BREAK THE SILENCE ON CRIME AGAINST WOMEN**

*Date: 26 February 2026
Time: 10:30 A.M.
Venue: Auditorium*

The poster features a pink and yellow gradient background with silhouettes of diverse people at the bottom. It includes the college's NAAC 'A' grade accreditation and the H.P. Police logo.

Brochure

A group of approximately 20 people, including women in traditional Indian attire and police officers in uniform, are standing on a stage in front of a large screen. The screen displays the same event poster as above. The setting is an auditorium with flags on the left and a red chair on the right.

Shimla, Himachal Pradesh, India

35vp+mmq Navbahar, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171006, India
Lat 31.094105° Long 77.186622°
Thursday, 26/02/2026 11:43 AM GMT +05:30

Google

RUSA-68
GPS Map Camera

Glimpses of the Session