



## **Report on the Celebration of the 5<sup>th</sup> Anniversary of the Implementation of the Nasha Mukt Bharat Abhiyaan by the Nasha Mukt Bharat Abhiyaan Committee, Sikkim Alpine University**

As the nationwide culmination program marking the completion of the five years of the Nasha Mukt Bharat Abhiyaan, and as per the letter vide no. **1138/SJD/ SWD/25** (letter enclosed) from the Department of Social Welfare, Government of Sikkim, Gangtok. Sikkim Alpine University, Namchi, celebrated the 5<sup>th</sup> anniversary of the Nasha Mukt Bharat Abhiyaan on November 18, 2025, at both the Ghurpisey and Kamrang campuses.

The event was held under the Nasha Mukt Bharat Abhiyaan Committee of the university, where students actively took a pledge to create a drug-free society, especially in Namchi/ Sikkim. The celebration witnessed an active participation from all the students, faculty members, and the staff from across the departments, namely:

- i) Department of Management
- ii) Department of Geography
- iii) Department of Commerce
- iv) Department of Botany
- v) Department of Zoology
- vi) Department of Computer Science
- vii) Department of Special Education
- viii) Department of Limboo
- ix) Department of Political Science
- x) Department of Sociology
- xi) Department of English
- xii) Department of Economics
- xiii) Department of History
- xiv) Department of Nepali
- xv) Department of Lepcha
- xvi) Department of Library Sciences
- xvii) Department of Mathematics

NASHA MUKT BHARAT ABHIYAAN COMMITTEE  
SIKKIM ALPINE UNIVERSITY  
KAMRANG, NAMCHI  
SIKKIM-737126



Sikkim Alpine  
University



Government of Sikkim  
Social Welfare Department  
Lumsey, Gangtok

No 1138/SJD/SWD/25

Date: 17/11/25

To  
The Principal,  
Sikkim Alpine University  
Namchi.

Subject: Celebration of 5<sup>th</sup> Anniversary of Implementation of Nasha Mukt Bharat Abhiyaan

Sir/Madam,

I am directed to inform you that a nationwide culmination programme marking the completion of 5 years of the Nasha Mukt Bharat Abhiyaan (NMBA) is scheduled to be held on 18<sup>th</sup> November, 2025. The main national-level event will be organized at Amritsar in convergence with the Government of Punjab. Similarly, the State-level programme will be conducted at Gangtok.

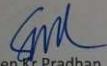
In this regard, all institutions, including yours, are requested to join VC link and take online pledge. Your participation will help to promote awareness and support for this important national initiative against substance abuse.

You are requested to organise the following activities.

1. Online pledge against drug abuse at the institution level (QR code enclosed).
2. Screening of the live telecast / recorded programme of the national-level event.
3. A similar pledge-taking programme is to be organised for all students and staff of the Institute of Hotel Management.
4. Photographs and videos of the programme conducted must be widely circulated on social media and to be shared on mail id nashamuktsikkim26@gmail.com and for further enquiry contact 9382272040.

Thanking you,

Yours faithfully,

  
Satyen Kr Pradhan, SCS  
Special Secretary  
Social Welfare Department

**Special Secretary  
Social Justice Division  
Social Welfare Department**



Plate1: Letter received from the Special Secretary, Social Welfare Department



### (Pledge in English)

Dear friends,

Youth is the energy of any nation and the power of youth has an important contribution in the development of society and country. Therefore, it is very important that maximum number of youth join the drug free India campaign. Accepting this challenge of the country, today we unite under the Nasha Mukt Bharat Abhiyan and take a pledge that not only the community, family, friends, but also ourselves will be drug free because change should start with ourselves.

So let us all together take a firm decision to make our district/state.....(name) drug-free. I pledge that I will do everything possible to the best of my ability to make my country drug-free.

**Jai Hind!**

Plate 2: Pledge for the event



The photos, videos, and certificates of the students and the faculty members of the program “Celebration of Five Years of Nasha Mukt Bharat Abhiyaan” are attached below:



**Plate 3: Pledge taken by the students of Department of Political Science, Ghurpishay campus, SAU**



**Plate 4: Pledge taken by the students of BBA, MBA, and BCA initiated by Ms. Deepa Sharma, faculty member**



**Plate 5: The students of the Department of Geography, SAU taking the pledge alongside their faculty members at Kamrang campus**



**Plate 6: The students of the Department of Management and Commerce, SAU, taking the pledge alongside their faculty members at Kamrang campus.**



Certificates of the students and the faculty members are attached below:





		
Department of Social Justice & Empowerment Ministry of Social Justice & Empowerment Government of India		
<b>Certificate of Pledge</b> <b>"Nasha Mukt Bharat, Khushaal Bharat"</b> Say 'No To Drugs'		
This is to certify that <b>Sonam Wangkee Lepcha</b>		
has taken a "Say no to drugs" pledge and committed himself/herself to consciously stay away from drug abuse and stay sober for a healthy lifestyle.		
BHNM1101890356 Certificate Number	18th-Nov-2025 Date	 Latha Ganapathy Joint Secretary Department of Social Justice & Empowerment

		
Department of Social Justice & Empowerment Ministry of Social Justice & Empowerment Government of India		
<b>Certificate of Pledge</b> <b>"Nasha Mukt Bharat, Khushaal Bharat"</b> Say 'No To Drugs'		
This is to certify that <b>Seomon Tamang</b>		
has taken a "Say no to drugs" pledge and committed himself/herself to consciously stay away from drug abuse and stay sober for a healthy lifestyle.		
BHNM1101830312 Certificate Number	18th-Nov-2025 Date	 Latha Ganapathy Joint Secretary Department of Social Justice & Empowerment

		
Department of Social Justice & Empowerment Ministry of Social Justice & Empowerment Government of India		
<b>Certificate of Pledge</b> <b>"Nasha Mukt Bharat, Khushaal Bharat"</b> Say 'No To Drugs'		
This is to certify that <b>Anuj Tamang</b>		
has taken a "Say no to drugs" pledge and committed himself/herself to consciously stay away from drug abuse and stay sober for a healthy lifestyle.		
BHNM1101834894 Certificate Number	18th-Nov-2025 Date	 Latha Ganapathy Joint Secretary Department of Social Justice & Empowerment

		
Department of Social Justice & Empowerment Ministry of Social Justice & Empowerment Government of India		
<b>Certificate of Pledge</b> <b>"Nasha Mukt Bharat, Khushaal Bharat"</b> Say 'No To Drugs'		
This is to certify that <b>Amisha Chhetri</b>		
has taken a "Say no to drugs" pledge and committed himself/herself to consciously stay away from drug abuse and stay sober for a healthy lifestyle.		
BHNM1101836870 Certificate Number	18th-Nov-2025 Date	 Latha Ganapathy Joint Secretary Department of Social Justice & Empowerment

		
Department of Social Justice & Empowerment Ministry of Social Justice & Empowerment Government of India		
<b>Certificate of Pledge</b> <b>"Nasha Mukt Bharat, Khushaal Bharat"</b> Say 'No To Drugs'		
This is to certify that <b>Abhay Kumar Gupta</b>		
has taken a "Say no to drugs" pledge and committed himself/herself to consciously stay away from drug abuse and stay sober for a healthy lifestyle.		
BHNM1101828993 Certificate Number	18th-Nov-2025 Date	 Latha Ganapathy Joint Secretary Department of Social Justice & Empowerment

		
Department of Social Justice & Empowerment Ministry of Social Justice & Empowerment Government of India		
<b>Certificate of Pledge</b> <b>"Nasha Mukt Bharat, Khushaal Bharat"</b> Say 'No To Drugs'		
This is to certify that <b>Satyam Dixit Registrar Sau</b>		
has taken a "Say no to drugs" pledge and committed himself/herself to consciously stay away from drug abuse and stay sober for a healthy lifestyle.		
BHNM1101702852 Certificate Number	18th-Nov-2025 Date	 Latha Ganapathy Joint Secretary Department of Social Justice & Empowerment



This program was organized by the N MBA committee, SAU, along with the IQAC and Sikkim Alpine University administration.



**SIKKIM ALPINE UNIVERSITY  
NAMCHI, SIKKIM**

**Report on World AIDS Day Marathon and Awareness Programme**

*Together We Move: Ending Stigma, Ending AIDS*

**Organised by: Department of Students' Welfare(SAU) in collaboration with Mental Health and Well-being Cell(SAU), Red Ribbon Club(SAU), Nasha Mukt Bharat Abhiyaan Committee(SAU), and Sikkim State AIDS Control Society (SSACS).**

**Date: 1st December 2025**

**Time: 6:00 AM**

To commemorate World AIDS Day 2025, the Department of Students' Welfare (DSW) of Sikkim Alpine University(SAU) organised a World AIDS Day Marathon on the theme “Together We Move: Ending Stigma, Ending AIDS.” The event was held in collaboration with the Mental Health and Well-being Cell, Red Ribbon Club, and the Nasha Mukt Bharat Abhiyaan Committee, all being university bodies committed to student welfare, health awareness, and community outreach, and also Sikkim State AIDS Control Society (SSACS).

The day's activities commenced at 6:00 AM at Central Park, Namchi, where members of the DSW committee, student volunteers, and participants gathered in high spirits. A registration desk,

managed efficiently by the Registration Committee of DSW, facilitated the enrolment of runners and allotted number tags to all participants.

Mr. Sonam Wangdi Dorjee Bhutia, Assistant Dean of Students' Welfare, extended a warm welcome to the participants and briefed them on the rules and regulations as well as the significance of the marathon. He also warmly welcomed the distinguished guest, Dr. Pratik Rasaily, DTO, Health Department, Government of Sikkim. Dr. Rasaily formally flagged off the marathon at around 7:00 AM.

The event witnessed an impressive participation of around a hundred(100) runners, including SAU students and faculty members, as well as students from Namchi Senior Secondary School, Loyola College of Education, and Namchi Government College. The marathon route began at Central Park and stretched up to Phung Dara, Maniram, before concluding back at the starting point. Student volunteers and faculty members were strategically stationed along the route to provide water, first-aid support, and encouragement, ensuring the safety and well-being of the participants.

After completing the marathon, refreshments were served at Central Park. This was followed by group photographs that captured the enthusiasm and solidarity of the day. The first segment of the programme served as a symbolic and physical demonstration of collective commitment to ending stigma and strengthening awareness around HIV/AIDS.

The second half of the event was held at the Sunakhari Campus Hall, where students, faculty, volunteers, and invited guests assembled for a structured awareness session on HIV/AIDS.

Dr. Nirmal Niroula, Head of the Department of Nepali, Assistant Professor, and member of the DSW, delivered the welcome address. He introduced and honoured the resource person of the day, Mr. Kishore Baniya Chettri, State Coordinator, Red Ribbon Club, SSACS, Sikkim.

Mr. Kishore delivered a compelling and insightful talk on the status of HIV/AIDS in Sikkim, emphasising the heightened vulnerability of young individuals aged 19–29. Drawing on real cases and experiences, he shed light on the socio-cultural factors contributing to stigma, misconceptions, and the urgency of regular testing. His talk highlighted preventive measures, modes of transmission, and the critical importance of informed awareness. An interactive quiz followed, in which students enthusiastically participated, demonstrating both curiosity and awareness. Mr. Kishore concluded

his session with a heartfelt appreciation of all marathon participants for actively contributing to the cause.

Following the awareness talk, Dr. Sareena Subba, Deputy Registrar, SAU, and Mr. Sonam Wangdi Dorjee Bhutia felicitated the resource person with khada and a token of appreciation in recognition of his contributions.

Awards were then distributed to the top three male and female runners from SAU, and the winners are as follows:

#### Male Category

Winner: Mr. Bhusan Chettri(Commerce)

First Runner-up: Mr. Bilash Gurung(Library and Information Sciences)

Second Runner-up: Mr. Sahil Rai(Sociology)

#### Female Category

Winner: Ms. Ringmet Lepcha(Special Education)

First Runner-up: Ms. Binita Limboo(Botany)

Second Runner-up: Sunu Hangma Limboo(Limboo)

The top three runners overall, including participants from other institutions, are:

Winner: Mr. Bhusan Chettri(SAU)

First Runner-up: Mr. Pranay Chettri(Namchi Government College)

Second Runner-up: Mr. Noel(Namchi Senior Secondary School)

Winners received certificates, medals, and khadas which were presented by Mr. Kishore Chettri. A special appreciation certificate was also awarded to Ms. Prashanti Pradhan, Nodal Teacher(Red Ribbon Club, SAU), Coordinator(Nasha Mukt Bharat Abhiyaan Committee), and DSW Member, for her exceptional support during the Mega Voluntary Blood Donation Camp held on 22nd August 2025 in association with Brahma Kumaris, Gangtok.

Simultaneously, a dedicated HIV/AIDS Testing Booth, facilitated by SSACS, Namchi District Hospital, Health and Family Welfare Department, Government of Sikkim, was set up at the venue. About 50 students and faculty members voluntarily underwent testing. The willingness of

participants to get tested played a crucial role in normalising HIV testing and dismantling stigma within the community.

The programme was successfully concluded with a formal Vote of Thanks delivered by Mr. Sonam Wangdi Dorjee Bhutia, followed by group photographs and lunch for the guests. The World AIDS Day Marathon and Awareness Programme at Sikkim Alpine University was not merely an event, it was a thoughtful and powerful endeavour taken up by DSW Committee to bring together physical endurance, community solidarity, and informed dialogue. Through collective participation and effort, open conversations, and a spirit of compassion, among all the university committee members and the sheer enthusiasm shown by the runners, the university community reaffirmed its commitment to creating a safer, healthier, and stigma-free society.



**Photo 1:** Marathon participants from SAU and locals along with SSACS team, Namchi District Hospital, Government of Sikkim.



**Photo 2:** Students checking their HIV status in the HIV Testing Booth at SAU campus set up by team of SSACS, Namchi District Hospital.



**Photo 3:** Marathon participants including students and faculties from Sikkim Alpine University and from localities.



**Photo 4:** Mr. Kishore Baniya Chettri, State Coordinator of Red Ribbon Club, Sikkim, felicitated by SAU as a Resource person for the event.



**Photo 5:** Mr. Kishore Baniya Chettri interacting with students with his insightful talk on HIV/AIDS



**Photo 5:** Winners of Marathon (Male and Female Category)