

# Report on ToFEI Compliance Activities

Government Degree College, Theog, District Shimla

Date: 27-11- 2025

Subject: Implementation of "Tobacco-Free Educational Institutions (ToFEI) Guidelines

## 1. Interior Signage

On-campus "Tobacco-Free Area" / "Smoke-Free Area" signboards of the prescribed size **60 × 45 cm** have been installed at all major and frequently visited locations within the college. These include academic corridors, departmental entrances, prominent notice boards, the library entrance, the administrative block, and other common areas where student movement is high. The signboards are clearly visible, professionally printed, and placed at eye level to ensure maximum impact. Their placement serves as a constant reminder to students, staff, and visitors about the prohibition of tobacco inside the campus .





## 2. Exterior Boundary Signage

A large “**Tobacco-Free Educational Institution**” board was installed at the main gate of the college on **11-11-2025**. The board has been positioned in such a way that it is prominently visible to all students, staff members, parents, and visitors entering the campus. Its clear and bold display serves as a continuous reminder of the institution’s commitment to maintaining a tobacco-free environment and reinforces awareness about the strict prohibition of tobacco use within and around the college premises.



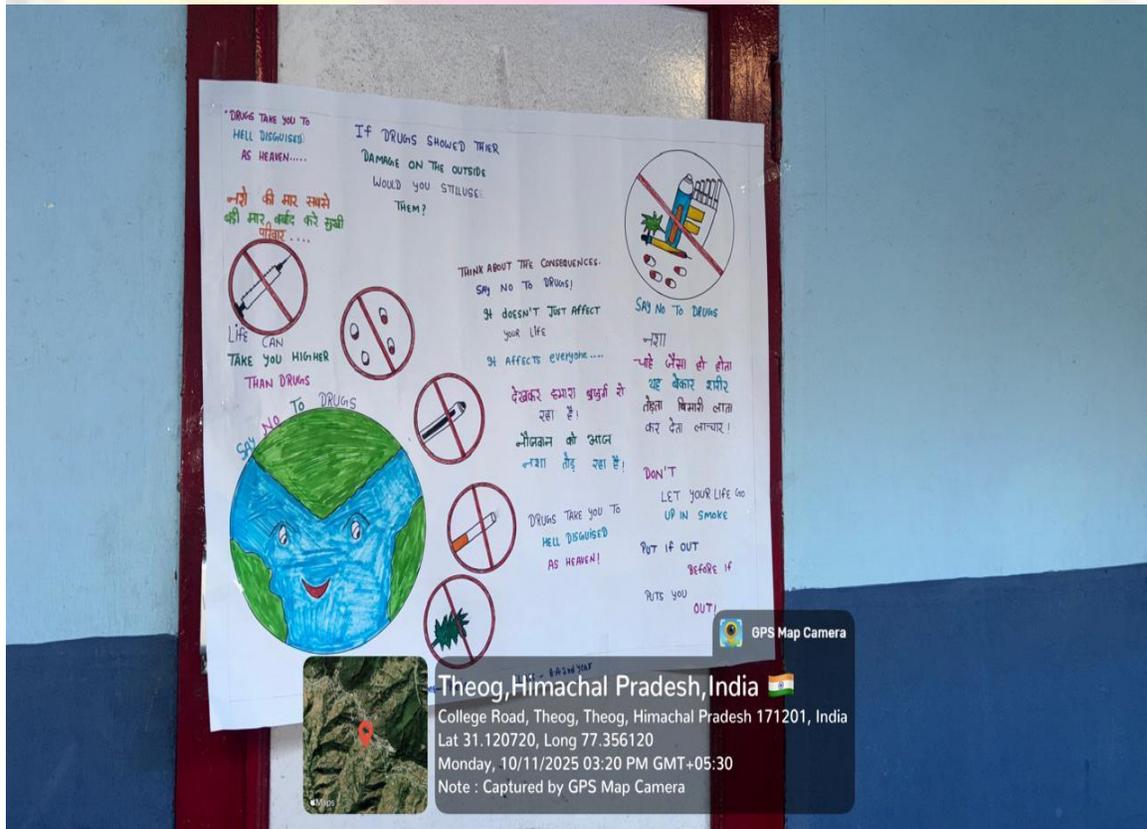
## 3. Clean Premises

A thorough cleanliness drive was conducted across the entire college campus to identify and remove any tobacco-related waste, including cigarette and bidi butts, empty gutka or pan masala packets, and spitting marks. Faculty members, non-teaching staff, NSS volunteers, and students participated actively in this drive to ensure that every corner of the institution reflected the standards of a Tobacco-Free Educational Institution. Following the drive, the college has reinforced a **strict zero-tolerance policy** towards the possession, use, or disposal of any tobacco products within the premises. Regular monitoring is being carried out by designated Tobacco Monitors, and strict disciplinary action has been announced for any violation. These efforts collectively contribute to maintaining a clean, healthy, and completely tobacco-free environment in the college.

#### 4. Awareness Materials

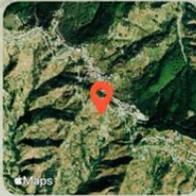
IEC materials, posters, banners, and wall charts highlighting the harmful effects of tobacco consumption have been **strategically displayed across the campus** to maximize visibility and awareness among students. These materials include information on the physical, psychological, and social consequences of tobacco use, and the benefits of adopting a tobacco-free lifestyle. The displays have been placed in **corridors, classrooms, the library entrance, administrative block, notice boards, and student gathering areas**, ensuring that every student encounters these messages regularly.

These visual aids serve as constant reminders of the college's commitment to maintaining a tobacco-free environment and play an important role in reinforcing preventive behaviour among students and staff.





GPS Map Camera



Theog, Himachal Pradesh, India 

College Road, Theog, Theog, Himachal Pradesh 171201, India

Lat 31.120839, Long 77.356168

Tuesday, 11/11/2025 10:49 AM GMT+05:30

Note : Captured by GPS Map Camera

**TOBACCO IS  
A SLOW  
POISON  
ENOUGH TO KILL  
YOUR LIFE**

IF DRUGS SHOWED THEIR  
DAMAGE ON THE OUTSIDE  
WOULD YOU STILL USE  
THEM?



LIFE CAN  
TAKE YOU HIGHER  
THAN DRUGS



नशी की मार  
सबसे बड़ी मार  
बर्बाद करे सुखी  
परिवार....

THINK ABOUT THE CONSEQUENCES.

SAY NO TO DRUGS!  
It doesn't just affect  
your life

It affects everyone.....



देखकर हमारा  
बुझा रो रहा है  
जीवन को आज  
नशा तोड़ रहा है।

DRUGS TAKE YOU TO  
HELL DISGUISED  
AS HEAVEN!

SAY NO TO DRUGS



नशा  
चाहे कैसा ही होत  
यह बेकार शरीर  
तैकता बिमारी लाता  
कर देता जानकार।

DON'T  
LET YOUR LIFE GO UP IN  
SMOKE

PUT IT OUT  
BEFORE IF  
PUTS YOU  
OUT!

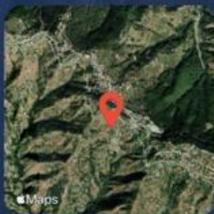
Roll no - 240116

English teacher

BR 2nd Year



GPS Map Camera



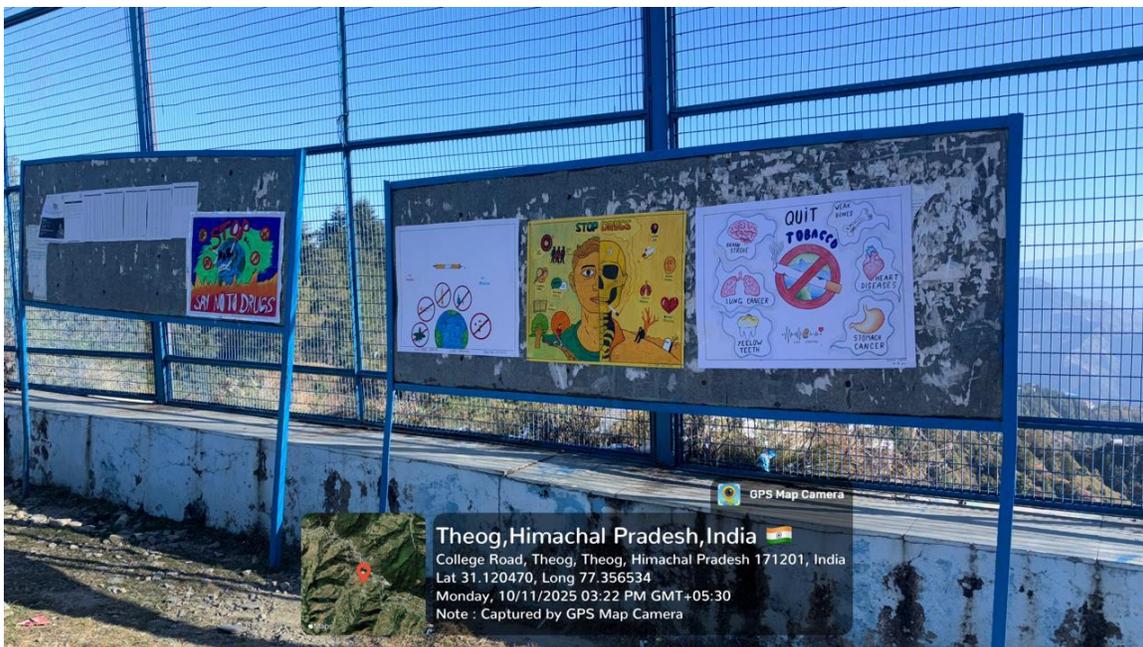
Theog, Himachal Pradesh, India

College Road, Theog, Theog, Himachal Pradesh 171201, India

Lat 31.120717, Long 77.356054

Monday, 10/11/2025 03:20 PM GMT+05:30

Note : Captured by GPS Map Camera



## 5. Awareness & Anti-Tobacco Activities

The College organized a **two-day awareness programme on 7th and 8th November**, during which various activities were conducted to sensitize students about the harmful effects of tobacco and to promote a healthy, tobacco-free lifestyle. The programme included **poster-making and slogan-writing competitions**, where students creatively expressed their understanding of the ill-effects of tobacco use and the importance of adopting preventive measures. A large number of students from different streams participated enthusiastically, making the event both impactful and engaging.

All activities were systematically documented, and **photographs have been maintained** as evidence of successful implementation as per ToFEI guidelines.

The Principal of the College, **Dr. Bhupinder Singh Thakur**, presided as the Chief Guest and encouraged the students to remain vigilant about the dangers of tobacco consumption. He appreciated the dedicated efforts of the **Anti-Drug and Cyber Crime Cell** in organizing the programme and emphasized the collective responsibility of students, staff, and society to create and sustain a tobacco-free environment.



दैनिक  
भास्कर

शिमला भास्कर 09-11-2025

## पोस्टर प्रतियोगिता में प्रिंस ठाकुर और नारा लेखन में रिमझिम रही अत्वल



शिमला | महाविद्यालय ठियोग में नशा विरोधी और साइबर क्राइम सैल की ओर से 7 और 8 नवंबर 2025 को तंबाकू विरोधी युवा अभियान व ठियोग बाजार में जागरूकता रैली निकाली गई। इसमें महाविद्यालय के प्राचार्य डॉ. भूपेंद्र सिंह ठाकुर मुख्यातिथि रहे। कार्यक्रम के तहत पोस्टर निर्माण, नारा लेखन, शपथ ग्रहण और रैली के माध्यम से विद्यार्थियों को तंबाकू के दुष्प्रभावों के प्रति जागरूक किया। पोस्टर निर्माण प्रतियोगिता में प्रथम स्थान प्रिंस ठाकुर (बीए तृतीय वर्ष) व द्वितीय स्थान अंकिता (बीए द्वितीय वर्ष) ने प्राप्त किया जबकि नारा लेखन प्रतियोगिता में प्रथम स्थान रिमझिम (बीए द्वितीय वर्ष) व द्वितीय स्थान तृषा (बीए द्वितीय वर्ष) ने हासिल किया। कार्यक्रम का समापन विद्यार्थियों द्वारा तंबाकू मुक्त जीवन का संकल्प लेने के साथ हुआ। प्रभारी ऋषिका शर्मा, श्रद्धा शांडिल, राजेश, मृत्यंजय शर्मा ने कार्यक्रम और रैली की अगुआई की।



Theog, Himachal Pradesh, India 🇮🇳  
College Road, Theog, Theog, Himachal Pradesh 171201, India  
Lat 31.120285, Long 77.356148  
Saturday, 08/11/2025 12:07 PM GMT+05:30  
Note : Captured by GPS Map Camera





## 6. Anti-Tobacco Pledge & MyGov QR-based Pledges

Students and staff actively participated in the **mass Anti-Tobacco Pledge Ceremony** conducted on the campus, reaffirming their commitment to maintaining a tobacco-free environment and

promoting healthy behavioural practices. Following the on-campus pledge, all students, teaching faculty, non-teaching staff, and even parents were encouraged to complete the **MyGov QR-based Anti-Tobacco Pledge** as well as the **Nasha Mukh Bharat Abhiyan Pledge** from their homes. The QR codes were circulated through class groups and notice boards, ensuring maximum outreach. A large number of participants successfully submitted their digital pledges, thereby strengthening the collective resolve of the college community to support national efforts towards tobacco and substance-free youth.





NARCOTICS CONTROL BUREAU

Say Yes to Life, No to Drugs

Certificate

This is to certify that

*Asperna*

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

7A22942557



November, 10 2025



नारकोटिक्स कंट्रोल ब्यूरो

जिन्दगी को हाँ और नशे को ना कहें

प्रमाण-पत्र

यह प्रमाणित किया जाता है कि

*Aspek*

जिन्दगी को हाँ और नशे को ना कहें संकल्प लिया है और नशीली दवाओं से दुरुपयोग को रोकने में सहयोग और इससे दूर रह कर एक स्वस्थ जीवन जीने के लिए खुद को प्रतिबद्ध किया है।

5485542492



November, 10 2025







## 7. Appointment of Tobacco Monitors

Through an official office order dated 6-11-2025 issued by the college administration, faculty members **Prof. Vikrant Gautam** and **Prof. Rashika Sharma** have been formally nominated as **Tobacco Monitors**. They have been entrusted with the responsibility of ensuring strict compliance with the ToFEI guidelines within the campus. Their duties include conducting periodic checks, monitoring adherence to the tobacco-free policy, coordinating awareness and outreach activities, guiding students regarding the harmful effects of tobacco, and reporting any violations to the college authorities. Their active involvement is instrumental in sustaining a disciplined, tobacco-free environment throughout the institution.



GOVERNMENT DEGREE COLLEGE  
THEOG, SHIMLA-171201  
HIMACHAL PRADESH  
Phone -01783237530  
getheog123@gmail.com

GDC-Theog/2025-

Dated 06-11-2025

### Office Order

In view of the observation of **Tobacco-Free Youth Campaign (TFYC) 3.0**, under the National Tobacco Control Program, the use of tobacco in any form is strictly prohibited within the campus.

The following faculty members are hereby appointed as **Tobacco Monitors** with immediate effect to ensure its implementation.

1. Prof. Vikrant Gautam
2. Prof. Rashika Sharma

Dr. Bhupinder Singh Thakur  
Principal  
Government Degree College, Theog



Principal  
Govt. Degree College,  
Theog, Distt. Shimla (H.P.)

### **8. Inclusion in Code of Conduct**

The 'No Tobacco Use' policy has been formally incorporated into the **College Code of Conduct** for both students and staff, thereby making tobacco prohibition an integral part of the institution's disciplinary framework. The updated Code of Conduct, highlighting the restrictions on the use,

possession, or promotion of any tobacco products within the campus, was officially notified and displayed on the **main notice board on 11-11-2025**. This measure ensures that every student, employee, and visitor is made aware of the college's strict commitment to maintaining a tobacco-free environment and adhering to the ToFEI guidelines.



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GDC-Theog/2025-

Dated 11-11-2025

### Institutional Code of Conduct on Tobacco Prohibition

Government Degree College, Theog is committed to maintain tobacco-free environment to safeguard the health, safety, and well-being of all individuals on the campus.

The use, sale, or distribution of tobacco products in any form—including cigarettes, bidis, e-cigarettes, gutka, khaini, and similar substances—is strictly prohibited within the college premises and within a 100-meter radius of the campus boundary.

All the students, faculty, staff, and visitors are required to adhere to this policy. Any violation shall invite disciplinary action in accordance with the provided college's code of conduct.

*BS Thakur*  
Dr. Bhupinder Singh Thakur  
Principal

Government Degree College, Theog  
Govt. Degree College,  
Theog, Distt. Shimla (H.P.)

## 9. Marking of 100-Yard Zone

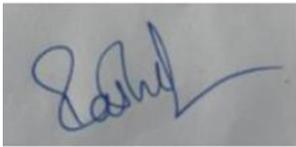
A 100-yard Tobacco-Free Zone has been demarcated through signage around the college boundary.



## 10. No Tobacco Shops within 100 Yards

The college has taken proactive measures to ensure that no tobacco-selling shops operate within **100 yards of the campus**. Regular checks were conducted around the institution, and nearby shopkeepers were clearly informed about the prohibition on selling tobacco products near educational institutions. As a result of these efforts, tobacco-related sales in the surrounding area have been stopped, thereby supporting the college's commitment to maintaining a safe and completely tobacco-free environment for all students and staff.

The detailed activity data has been submitted through the prescribed Google Sheet for uploading to the TFYC 3.0 Portal by the District Tobacco Control Cell.



### Convener

Anti-Drug and Cyber Crime Cell  
Government Degree College,  
Theog



### Principal

Government Degree College,  
Theog