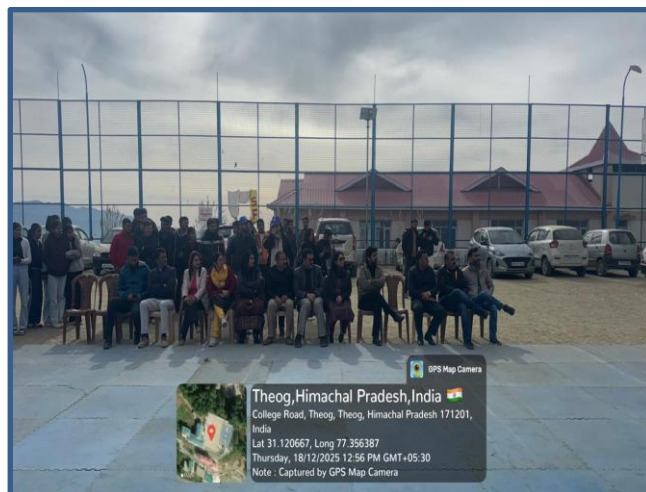
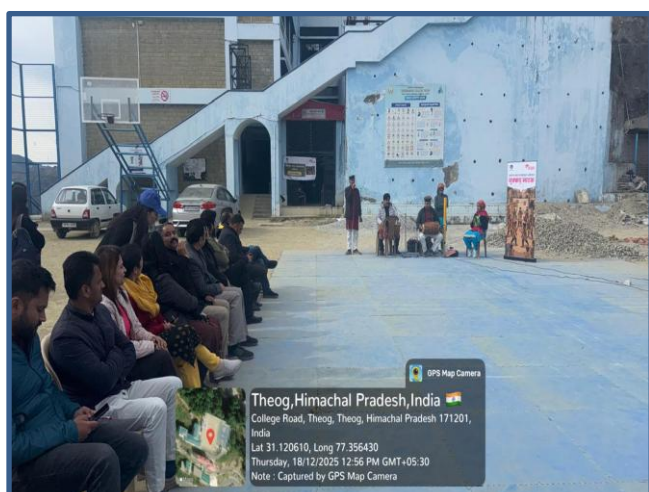


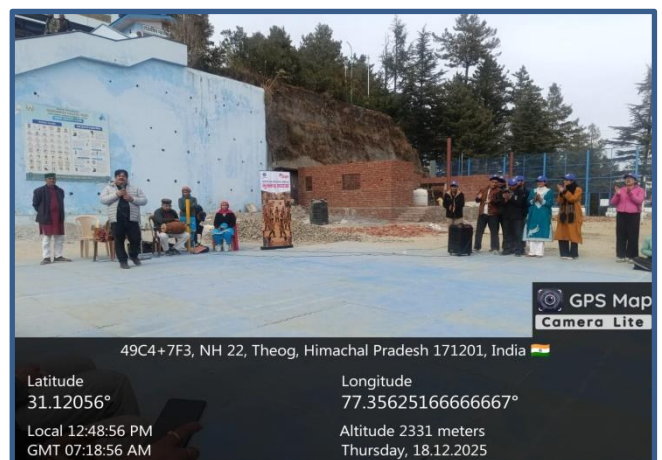
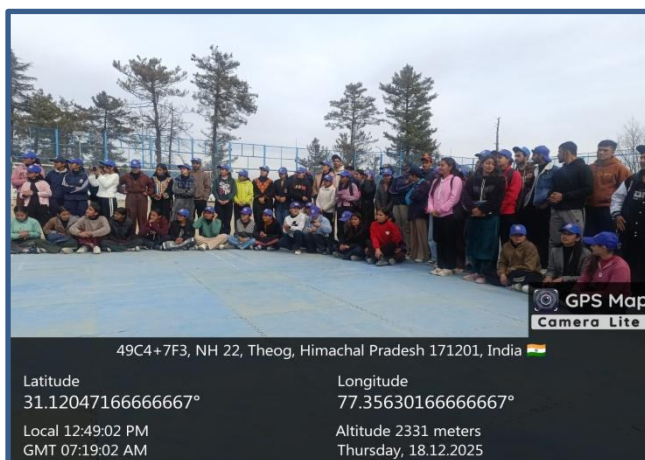
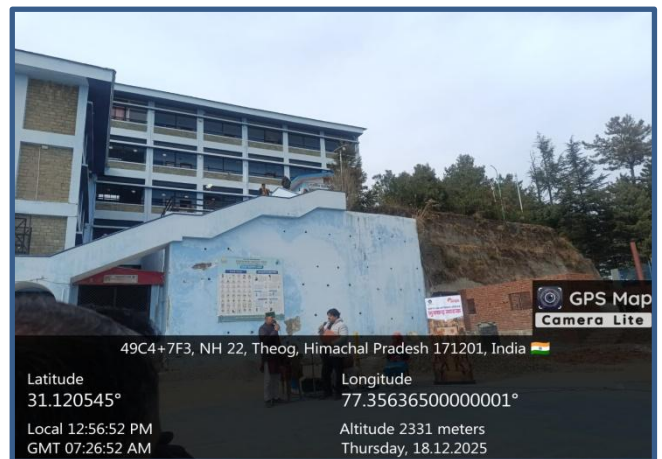
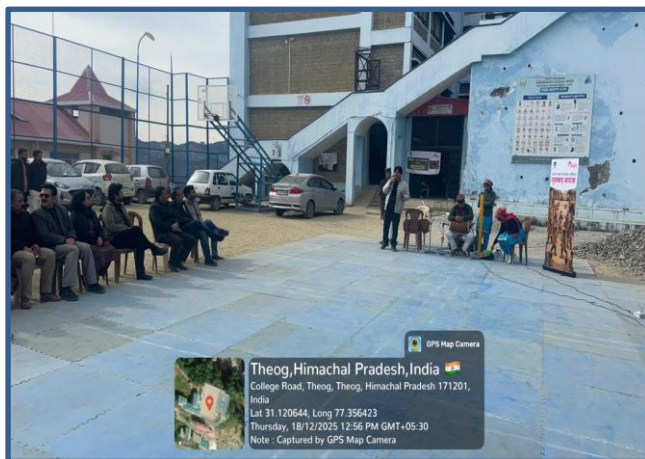
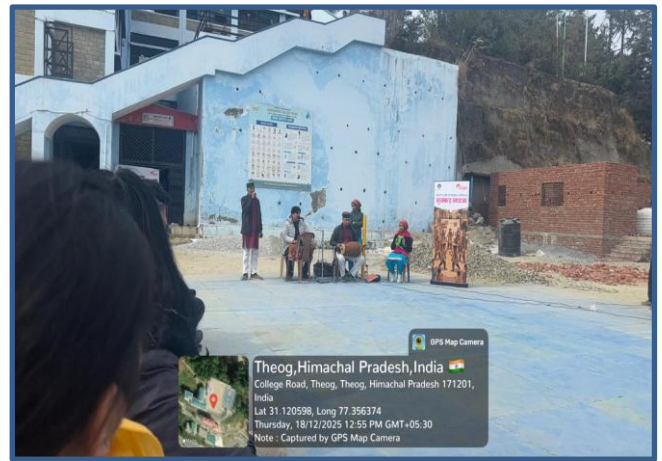
Report on Awareness Program on Non-Communicable Diseases

An Awareness Program on Non-Communicable Diseases (NCDs) was organized at Government Degree College Theog by the Women Cell of GDC Theog on 18th December 2025 in collaboration with NSS and the Mamta Institute for Mother and Child, with the objective of sensitizing students and the general public about the growing burden of lifestyle-related diseases and the importance of preventive healthcare. The program was conducted in the form of a Nukkad Natak (street play), which proved to be an effective and engaging medium for spreading awareness.

The program began with a brief introduction by the college authorities, who emphasized the relevance of such awareness initiatives among youth. The street play was performed by members working under the Mamta Institute for Mother and Child, who creatively highlighted major non-communicable diseases such as diabetes, hypertension, cardiovascular diseases, cancer, and respiratory disorders. The performance effectively depicted common risk factors including unhealthy diet, physical inactivity, tobacco use, stress, and lack of regular health check-ups. Through powerful enactment and relatable scenarios, the performers conveyed important messages related to early detection, timely medical intervention, and adoption of healthy lifestyle practices such as balanced nutrition, regular physical activity, adequate sleep, and stress management. The Nukkad Natak succeeded in capturing the attention of the audience and simplifying complex health issues in an easily understandable manner. Students and faculty actively engaged with the performers, making the program highly interactive and impactful. The initiative helped create awareness about maintaining physical and mental well-being and motivated participants to adopt healthier habits.

Dr. Bhupinder Singh Thakur, Principal, Government Degree College Theog, appreciated the performers for their commendable efforts and highlighted the importance of organizing such awareness programs to promote a healthy lifestyle among students and society at large. The event concluded with a vote of thanks proposed by Dr. Nidhi Dhatwalia, Convener, Women Cell, who expressed gratitude to the NGO members, NSS volunteers, performers, and organizers for making the program a success. Overall, the awareness program was highly successful in educating students and spreading awareness about Non-Communicable Diseases in an innovative and meaningful manner.





Dr.Nidhi Dhatwalia
Convenor Women Cell
GDC, Theog.

Principal
GDC, Theog