



INDIAN RED CROSS SOCIETY PUNJAB STATE BRANCH, CHANDIGARH

Quarterly Newsletter : April to June 2022



RED CROSS AT "SERVICE TO HUMANITY"

World Red Cross Day Celebration



Every year, the day is celebrated under a particular theme, and the theme for 2022 is 'Be Human Kind'. WORLD RED CROSS DAY 2022: In a bid to commemorate the principles of the International Red Cross and Red Crescent Movement, every year on May 08, World Red Cross day is celebrated. The day also marks the birth anniversary of Henry Dunant, who was the founder of the International Committee of the Red Cross (ICRC) and the recipient of the first Nobel Peace Prize. Following the theme, the day was celebrated under the able guidance of Sh.C.S Talwar, Retd IAS, Secretary Punjab Red Cross State Branch. The Chief Guest of the day Sh. SURESH ARORA IPS Retd, State Information Commissioner released the Red Cross Flag. He addressed the staff and the team of Volunteers from Rayat-Bahra Nursing College. While addressing he said that it is enlightening us all that despite the world appearing scary and extremely tough, there is hope and humanity that can be found in the act of kindness. Sh.C.S Talwar Secretary Punjab Red Cross State Branch also addressed the audience on the occasion and explained the significance of the day. He said that, this day is extremely significant as it reminds all of us to never step back when it is their turn to show a gesture of kindness towards human being. There is a high need to spread kindness amidst a world that faces problems like the shortage of food, several natural calamities, war, and epidemic disease. With his speech he motivated the staff and the team of volunteers.

World Red Cross Day Celebration by Districts Branches



Govt. Bikram College of Commerce Patiala observed World Red Cross Day under the supervision of Principal Madam Dr. Kusam. Sh Kaka Ram verma DTS (Retd) Red Cross explained about history, dedication, devotion kindness and duties done by Bhai Ghaniya jee, Sir Jeans Henry Dunant Florence Nightingale and others. Mrs. Parminder Kaur Manchanda Director Punjab Red Cross Saket Hospital DDC Patiala talked about theme of this year which was "BE KIND HUMAN". She explained and gave a message to the youth that in our surroundings there are many human beings who are suffering from drugs intoxication, road accidents and struggling with many other problems. We all should support each other being human and also show kindness, patience ,humanity. We must co-operate to help the victims and save the life of human being.



Under the able guidance of Worthy Deputy Commissioner Jal., On the eve of World Red CROSS DAY , Hygiene kits distributed to the families of poorest of the poor in slum habitants of Jalandhar These kits were distributed by the Red Cross Society Jalandhar. This activity has been done to commemorate AZADI KA AMRIT MAHAUTSAV.



Focusing on strength, flexibility and breathing, yoga is one of the oldest forms of exercise. Originating in India more than 5,000 years ago, yoga has been changed over the years and is now a common activity in many gyms and fitness centres across the world. Yoga is mental, physical and spiritual practice with the goal to attain tranquillity in both mind and spirit. It is open to interpretation. People will do yoga for a range of reasons. It is often used to improve flexibility, whether that is by someone who is extremely active, or someone recovering from injury who needs physiotherapy. Others will practise it for its holistic benefits. Although yoga is now something that people do in their spare time, it was once a way of life. Anyone who practiced it was dedicating themselves to a particular lifestyle. This is the reason why many people ask if yoga is a religion. It once extended itself into how you ate, interacted with other people, worked and even bathed. Comparisons can be made to those who practise yoga today, who also adopt an overall healthier way of living.

The Punjab Red Cross Branch celebrated "International Yoga Day" on 21st June, 2022 with full seriousness, sagacity and enthusiasm. Various banners and charts with different messages on importance & usefulness of 'Yoga' were displayed in the vicinity of Punjab Red Cross Bhawan. Sh. Sushil Kumar & Dr. Vipender Negi were the guest of honour on the day. They shed lights on the important yoga exercises and various Asanas. The background and concept of Yoga was explained to the staff members by Mr. Sushil Kumar and then Yogic Exercises were done by the participants for about 1 hour. Mementoes and hygiene kits were presented to the guests as token of love and respect by Punjab Red Cross.

Activities held during celebration of “World Red Cross Day” in Punjab State Red Cross Branch & its District Branches



A free medical checkup camp was organised in village Gola Dhola block Dera Baba Nanak by Red Cross and Health department Gurdaspur. Chairperson Red Cross Hospital Welfare Section Gurdaspur visited the medical camp. In this camp, the BP, all other vitals were examined by the team of medical experts.

In the another camp was organised by the Red Cross Society Gurdaspur in International Border village Block-A at Dera Baba Nanak. The team of medical experts examined the patients who visited the camp. Free medicines to the needy patients were also distributed.

BONE DENCITY CAMP: This camp was based on Orthopedic checkup, the camp was organised by Red Cross Jalandhar at Red Cross School for Deaf in which inmates of School, old age home and Paryas School were tested by experts . Free medicines were also distributed to the needy ones.



Nasha Mukht Bharat Campaign

The Punjab State Red Cross has regularly been monitoring and supervising by its four Integrated Rehabilitation Centres for Addiction (IRCA's in the State. These Centres are located at Patiala, Khanpur, Nawanshahar, and Gurdaspur). Set up with the basic aim of mainstreaming the people who have fallen victim of intoxication under different circumstances, the Punjab State Red Cross has been initiating its best efforts to fetter the spread of the drug abuse through these centres. The Punjab State Red Cross Drug De-addiction Centres have vigorously generated public awareness on health and measures for staying healthy by abstaining from intake of intoxications. With the continuous efforts of Punjab Red Cross Drug De-addiction Centres as many as 8826 individuals have been benefitted from 01st April, 2022 to 30th June, 2022. Our centres have provided a conducive atmosphere for recovery of the patients from addiction along with facilities for formal education to young adults. With the continuous efforts of Punjab Red Cross Drug De-addiction Centres many sufferings have been benefitted.

COMPILED QUARTERLY NUMERIC REPORT OF DRUG DE-ADDICTION CENTRES (KHANPUR, NAWANSHAHER, GURDASPUR AND PATIALA) FOR THE PERIOD FROM APRIL 2022 TO JUNE 2022.

| S r. No. | Name of the Centre | Period | No. of Beds of the Centre | No. of Indoor Patients Treated | No. of Outdoor patients Treated | Total Beneficiarie s | No. of Medical / Awaren ess Camps | No. of Beneficia ries in Medical/ Awarene ss camps |
|----------------|---|-------------------------|------------------------------------|---|--|----------------------------|--|---|
| 1 | Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Khanpur (Mohali) | April 2022 to June 2022 | 15 | 56 | 105 | 161 | 17 | 637 |
| 2 | Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Nawanshahar (S.B.S.Nagar) | April 2022 to June 2022 | 15 | 50 | 176 | 226 | 15 | 895 |
| 3 | Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Gurdaspur | April 2022 to June 2022 | 30 | 118 | 558 | 676 | 17 | 1850 |
| 4 | Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Patiala | April 2022 to June 2022 | 30 | 126 | 157 | 283 | 56 | 5444 |
| Total | | | | 350 | 996 | 1346 | 105 | 8826 |



Punjab Red Cross Volunteers Helping the Poor patients at Hospital Welfare Section, PGI Chandigarh

| Month | No. of beneficiaries | Medicine provided from stock in ₹ | Medicine provided from Chemist shop ₹ | Total in ₹ |
|-------------|----------------------|-----------------------------------|---------------------------------------|------------|
| April, 2022 | 132 | 8,056 | 1,53,385 | 1,61,441 |
| May, 2022 | 151 | 3,598 | 1,82,952 | 1,86,550 |



As per the directions of Worthy Deputy Commissioner Jalandhar, Hygiene Kits were distributed to the inmate girls of Sanjeevani Home Jal. As per orders of Learned Deputy Commissioner, Kapurthala, Sh. Ranjit Singh Bhullar AC (G)/SDM, Kapurthala alongwith Sh. R.C.Birah, SRC, Kapurthala and Sh. Pardeep Kumar Tehsildar, Kapurthala providing ration kits, Hygienic kits and tarpals to 29 families as their temporary shelters met with fire accident at village Gore, near Kapurthala on 23.05.2022. Two Wheel Chairs given to deserving ladies of the district by Secretary Red Cross Bathinda Sh. Darshan Bansal ji. Celebrating World Red Cross day at Homi Bhabha Cancer Hospital, Sangrur. the able guidance of Worthy Deputy Commissioner sangrur., On the eve of World Red CROSS DAY, Ventilator Hygiene kits, Wheel Chairs, Ambulance handed over for cancer and Tuberculosis patients Distt Sangrur by Red cross society Sangrur. This activity has been done to commemorate AZADI KA AMRIT MAHAUTSAV

District Red Cross society HOSHIARPUR donate hygiene kits and tents to fire victims

Celebration of World Blood Donor's Day



CELEBRATION OF WORLD BLOOD DONOR'S DAY

Every year, World Blood Donor Day is celebrated on June 14. The day is celebrated to create a global awareness of the need for safe blood and blood products for transfusion and highlight how the donation of blood is very important. The day is also celebrated to thank the blood donors for their voluntary deed. World Blood Donor Day is celebrated on the birth anniversary of Karl Landsteiner. Landsteiner was awarded the Nobel Prize for his discovery of the ABO blood group system. Every year blood donation day is celebrated with a slogan. The slogan for World Blood Donor Day 2022 was **"Blood donation is an act of solidarity, Join the effort and save lives"**. This year, the slogan was launched to draw attention to the roles that voluntary blood donations play in saving lives and enhancing solidarity within communities. A donation of blood means a few minutes to you, but a lifetime for somebody else. We all are given the ability to save someone's life and we must use it to bring smiles on faces. Blood transfusion saves lives and improves health, but many patients requiring transfusion do not have timely access to safe blood. Providing safe and adequate blood should be an integral part of every country's National health care policy and infrastructure. The Punjab Red Cross and its district branches run blood donation camps not only on this particular day but every single day we make our best efforts to collect good number of blood units to save the life of Human. With this enthusiasm, the Punjab Red Cross and its State Branches have celebrated this day with full zeal.

Blood Donation Camps Organized by State Branch

| Sr. No | Date | Name of Organization/NGOs | Place of Camp | No.of Blood Unit collected |
|---------------|-------------|----------------------------------|---------------------------------|-----------------------------------|
| 1. | 02.04.2022 | Rotary Blood Bank, Chandigarh | Baddi | 60 |
| 2. | 03.04.2022 | Rotary Blood Bank, Chandigarh | Nawangoan | 60 |
| 3. | 08.04.2022 | Rotary Blood Bank, Chandigarh | Baddi | 101 |
| 4. | 13.04.2022 | Shiv Kanwar, Panchkulla | Rayat & Bahra University, Chd. | 107 |
| 5. | 14.04.2022 | Rotary Blood Bank, Chandigarh | Gurudwara Tibbi Sahib, Ropar | 41 |
| 6. | 15.04.2022 | Pb. Red Cross | CTU Workshop, Chd. | 90 |
| 7. | 16.04.2022 | Rotary Blood Bank, Chandigarh | Sec-37, Chandigarh | 61 |
| 8. | 16.04.2022 | Rotary Blood Bank, Chandigarh | Mohali | 70 |
| 9. | 17.04.2022 | Rotary Blood Bank, Chandigarh | Kalka, HR | 106 |
| 10. | 20.04.2022 | Shiv Kanwar, Panchkulla | Vill. Ghruhan | 65 |
| Sr. No | Date | Name of Organization/NGOs | Place of Camp | No.of Blood Unit collected |
| 11. | 22.04.2022 | Vishwas Foundation | Sec-24-D, Chandigarh | 78 |
| 12. | 24.04.2022 | Rotary Blood Bank, Chandigarh | Shiv Mandir, Ropar | 23 |
| 13. | 01.05.2022 | Rotary Blood Bank, Chandigarh | Bassi Pathana, Fatehgarh Sahib | 60 |
| 14. | 28.04.2022 | Rotary Blood Bank, Chandigarh | Baddi | 123 |
| 15. | 03.05.2022 | Vishwas Foundation Panchkulla | Ram darwar, Chandigarh | 34 |
| Total | | | | 985 |
| 16. | 06.05.2022 | Rotary Blood Bank, Chandigarh | Baddi (H.P) | 111 |
| 17. | 08.05.2022 | Rotary Blood Bank, Chandigarh | Kainour, Ropar | 89 |
| 18. | 13.05.2022 | Rotary Blood Bank, Chandigarh | Sec-37, Chandigarh | 29 |
| 19. | 15.05.2022 | Rotary Blood Bank, Chandigarh | Sec-22 Market, Chandigarh | 50 |
| 20. | 20.05.2022 | Vishwas Foundation Panchkulla | Sec-17, Chandigarh | 38 |
| Sr. No | Date | Name of Organization/NGOs | Place of Camp | No.of Blood Unit collected |
| 21. | 24.05.2022 | Vishwas Foundation Panchkulla | Sec-28, Chandigarh | 56 |
| 22. | 31.05.2022 | Rotary Blood Bank, Chandigarh | Baddi (H.P) | 52 |
| Total | 04.06.2022 | Rotary Blood Bank, Chandigarh | Rail Majra S.B.S.Nagar | 499 |
| 23. | 08.06.2022 | Vishwas Foundation Panchkulla | Bus Satnd, Sec-43, Chandigarh | 81 |
| 24. | 11.06.2022 | Vishwas Foundation Panchkulla | Mobile Market, Sec-22, Chd. | 23 |
| 25. | 14.06.2022 | Rotary Blood Bank, Chandigarh | Sec-37, Chandigarh | 85 |
| 26. | 14.06.2022 | Vishwas Foundation Panchkulla | Sec-15, Chandigarh | 55 |
| 27. | 17.06.2022 | Rotary Blood Bank, Chandigarh | I.T.Park, Chd. | 34 |
| 28. | 18.06.2022 | Vishwas Foundation Panchkulla | Bank Square, Sec-17, Chandigarh | 34 |
| 29. | 20.06.2022 | Pb. State Red Cross | Phase-6, Mohali | 03 |
| 30. | 22.06.2022 | Pb.State Red Cross | Red Cross Bhawan, Sec-16, Chd. | 08 |
| 31. | 22.06.2022 | Rotary Blood Bank, Chandigarh | Sec-17, Chandigarh | 27 |
| 32. | 23.06.2022 | Vishwas Foundation Panchkulla | Sec-11, Chandigarh | 44 |
| 33. | 25.06.2022 | Rotary Blood Bank | Baddi (H.P) | 50 |
| 34. | 26.06.2022 | Rotary Blood Bank | Ropar | 47 |
| 35. | 27.06.2022 | Human Care Charitable Trust | Aggarwal Bhawan, Sec-16, Pkl | 16 |

Media Coverage

ਸਾਕੇਤ ਹਸਪਤਾਲ 'ਚ ਦਾਖਲ ਮਰੀਜ਼ ਲਈ ਸ਼ੁਰੂ ਕੀਤੀ 'ਜਾਵੇਗੀ' ਹੁਨਰ ਵਿਕਾਸ ਟ੍ਰੇਨਿੰਗ-ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ

ਪ੍ਰਸ਼ਾਂਤ ਕੁਮਾਰ, ਜਗਨ ਸ਼ਹਿਰ, 22 ਮਈ (ਬੀਜੀ) - ਜਗਨ ਸ਼ਹਿਰ ਦੇ ਸਾਕੇਤ ਹਸਪਤਾਲ 'ਚ ਦਾਖਲ ਮਰੀਜ਼ ਲਈ ਸ਼ੁਰੂ ਕੀਤੀ 'ਜਾਵੇਗੀ' ਹੁਨਰ ਵਿਕਾਸ ਟ੍ਰੇਨਿੰਗ-ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ ਨੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਹੁਨਰ ਸਿੱਖਣ ਦੀ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਇਹ ਉਪਰਾਲਾ ਸ਼ੁਰੂ ਕੀਤਾ।



ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ ਨੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਹੁਨਰ ਸਿੱਖਣ ਦੀ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਇਹ ਉਪਰਾਲਾ ਸ਼ੁਰੂ ਕੀਤਾ।

ਪਟਿਆਲਾ ਬਾਣੀ

ਪਟਿਆਲਾ ਬਾਣੀ ਦੇ ਸਾਥੀਆਂ ਨੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਹੁਨਰ ਸਿੱਖਣ ਦੀ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਇਹ ਉਪਰਾਲਾ ਸ਼ੁਰੂ ਕੀਤਾ।



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ਨਸ਼ਾ ਏਕ ਮਾਨਸਿਕ ਬੀਮਾਰੀ ਹੈ

ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ ਨੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਹੁਨਰ ਸਿੱਖਣ ਦੀ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਇਹ ਉਪਰਾਲਾ ਸ਼ੁਰੂ ਕੀਤਾ।



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ਰੋਡ ਕਰਾਸ ਨਿਭਾ ਰਿਹੇ ਅਹਿਮ ਭੂਮਿਕਾ : ਬਹਿਲ

ਸਟਾਫ਼ ਹਿਥਰਤ, ਗੁਰਦਾਸਪੁਰ : ਸਟਾਫ਼ ਹਿਥਰਤ, ਗੁਰਦਾਸਪੁਰ ਦੇ ਰੋਡ ਕਰਾਸ ਨਿਭਾ ਰਿਹੇ ਅਹਿਮ ਭੂਮਿਕਾ : ਬਹਿਲ।



ਸਟਾਫ਼ ਹਿਥਰਤ, ਗੁਰਦਾਸਪੁਰ ਦੇ ਰੋਡ ਕਰਾਸ ਨਿਭਾ ਰਿਹੇ ਅਹਿਮ ਭੂਮਿਕਾ : ਬਹਿਲ।

25 June 2022

ਦੈਨਿਕ ਜਾਗਰਾ



ਦੈਨਿਕ ਜਾਗਰਾ ਦੇ ਸਾਥੀਆਂ ਨੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਹੁਨਰ ਸਿੱਖਣ ਦੀ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਇਹ ਉਪਰਾਲਾ ਸ਼ੁਰੂ ਕੀਤਾ।

ਗੁਰਦਾਸਪੁਰ ਬਟਾਲਾ ਬਾਣੀ

ਗੁਰਦਾਸਪੁਰ ਬਟਾਲਾ ਬਾਣੀ ਦੇ ਸਾਥੀਆਂ ਨੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਹੁਨਰ ਸਿੱਖਣ ਦੀ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਇਹ ਉਪਰਾਲਾ ਸ਼ੁਰੂ ਕੀਤਾ।



ਗੁਰਦਾਸਪੁਰ ਬਟਾਲਾ ਬਾਣੀ ਦੇ ਸਾਥੀਆਂ ਨੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਹੁਨਰ ਸਿੱਖਣ ਦੀ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਇਹ ਉਪਰਾਲਾ ਸ਼ੁਰੂ ਕੀਤਾ।

ਸਕੂਲ 'ਚ 'ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ' ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ

ਸਕੂਲ 'ਚ 'ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ' ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।



ਸਕੂਲ 'ਚ 'ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ' ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।

ਗੁਰਾ ਵਿਖੇ ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ

ਗੁਰਾ ਵਿਖੇ ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।



ਗੁਰਾ ਵਿਖੇ ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।

ਵਿਸ਼ਵ ਰੋਡ ਕਰਾਸ ਦਿਵਸ ਮਨਾਇਆ

ਵਿਸ਼ਵ ਰੋਡ ਕਰਾਸ ਦਿਵਸ ਮਨਾਇਆ।



ਵਿਸ਼ਵ ਰੋਡ ਕਰਾਸ ਦਿਵਸ ਮਨਾਇਆ।

ਜਮੀਤਗੜ੍ਹ ਭੱਲਾ ਵਿਖੇ ਜਾਗਰੂਕਤਾ ਕੈਂਪ

ਜਮੀਤਗੜ੍ਹ ਭੱਲਾ ਵਿਖੇ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।



ਜਮੀਤਗੜ੍ਹ ਭੱਲਾ ਵਿਖੇ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।

ਰੋਡ ਕਰਾਸ ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ

ਰੋਡ ਕਰਾਸ ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।



ਰੋਡ ਕਰਾਸ ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿਮ ਤਹਿਤ ਜਾਗਰੂਕਤਾ ਕੈਂਪ।

ਫੋਟੋ ਨਸ਼ਿਆਂ ਤੋਂ ਹੀ ਸ਼ੁਰੂ ਹੋ ਜਾਂਦੇ ਨਸ਼ੇਬੰਦੀ ਦੀ ਬਰਬਾਦੀ ਦਾ ਸਿਨਲਿਸ਼ਾ : ਚਮਨ ਸਿੰਘ

ਫੋਟੋ ਨਸ਼ਿਆਂ ਤੋਂ ਹੀ ਸ਼ੁਰੂ ਹੋ ਜਾਂਦੇ ਨਸ਼ੇਬੰਦੀ ਦੀ ਬਰਬਾਦੀ ਦਾ ਸਿਨਲਿਸ਼ਾ : ਚਮਨ ਸਿੰਘ।



ਫੋਟੋ ਨਸ਼ਿਆਂ ਤੋਂ ਹੀ ਸ਼ੁਰੂ ਹੋ ਜਾਂਦੇ ਨਸ਼ੇਬੰਦੀ ਦੀ ਬਰਬਾਦੀ ਦਾ ਸਿਨਲਿਸ਼ਾ : ਚਮਨ ਸਿੰਘ।