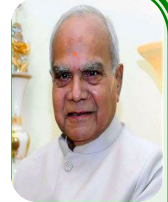




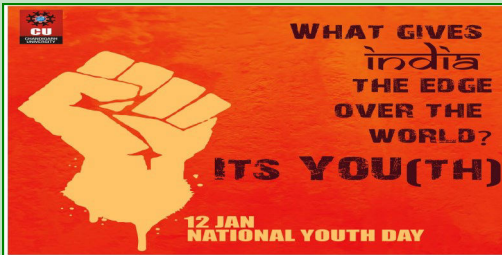
**Indian Red Cross Society**  
Punjab State Branch,  
CONSTITUTED UNDER ACT XV OF 1920  
THROUGH HUMANITY TO PEACE



## Quarterly Newsletter

Sh. Banwarilal Purohit  
Governor of Punjab

## CELEBRATION OF NATIONAL YOUTH DAY



The Red Cross celebrated National Youth Day on 12th January, 2022. As it is the beginning of new year and whole Country celebrates this day with full enthusiasm. This day is the birth anniversary of Swami Vivekananda whose life and philosophy has motivated the generation's youth to do good of the society. Swami Vivekananda personified the eternal energy of youth and their restless quest for truth. Punjab Red Cross Celebrated National Youth Day, this day was hosted by Chandigarh University at its campus. The event was held in the sweet memory of Swami Vivekananda. This day was celebrated to inculcate the spirit of humanitarianism among youth of the State. National Youth Day salute the indomitable energy and enthusiasm of our youngsters, who are the builders of New India. On this day, S. Shivdular Singh Dhillon, IAS (Retd.), Secretary, Punjab State Red Cross Branch addressed the students and said that "The life of Swami Vivekananda was devoted to National awakening and Swami ji has inspired the youth to work towards national renaissance". He motivated the youth with his speech by saying that all the youth should assimilate the thoughts of Swami Vivekananda and students should always work for their bright future, only then their all-round development is possible.

## Punjab Red Cross Celebrated 'Dheeyan Di Lohri'



**Lohri Celebration**

Lohri, is the Punjabi festival that follows the course of the sun on the north Indian cultural calendar. It marks the end of winter (Poh) and celebrates the beginning of pre-spring (Magh). Lohri is a popular festival predominantly observed among northern India and across the diaspora. The festival is celebrated on 13th January every year. This year Punjab Red Cross Celebrated 'Dheeyan Di Lohri' to promote Girl Child and to make people understand the importance of girl Child. On this occasion, S. Shivdular Singh Dhillon, IAS (Retd.), Secretary, Punjab State Red Cross Branch honoured the new born girls by distributing sweets and gifts to them. He said that it is the need of hour to promote girl child, to empower and educate them for making our country a frontrunner on the path of development.

## REPUBLIC DAY CELEBRATION

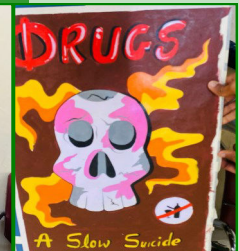


### Chief Minister Hands Over Sewing Machines and Tricycles

On the occasion of Republic Day, Punjab Red Cross District Branch, Bathinda distributed 55 Sewing Machines & 33 Tricycles in the presence of Hon'ble Chief Minister of Punjab S. Bhagwant Singh Maan. The objective of Punjab Red cross is to uplift the disabled in such a way that they not only become independent, but also productive in terms of economy. Mobility was difficult for them and hence, the Punjab Red Cross provided them with specially designed vehicles.

## CAMPS ORGANIZED BY PUNJAB RED CROSS

### YOUTH RED CROSS CAMP



The Punjab State Red Cross Branch organised State Level Youth Red Cross Camp from 27-31 March, 2023 at Chandigarh University, Gharuan, District Mohali. 92 Students (Boys & Girls) along with Teacher / Counsellors and Youth Red Cross volunteers from the Universities / Colleges of various Districts participated in the Camp. During the Camp, Training on First Aid and Fire Safety was imparted by the expert. Apart from this, lectures on food safety and hygiene, Art of living and Millets were also delivered by the Resource Persons. Visit to Kalpana Chawla Space Centre developed by the Chandigarh University was also arranged. Competitions viz. On the spot painting, Poem Recitation, Group Song, Group Dance, Folk Song and Written Quiz were held during the Camp and winners were awarded accordingly. The closing ceremony of the Camp was held on 31<sup>st</sup> March, 2023. S. Shivdular Singh Dhillon, IAS, Secretary-cum-Chief Executive of Punjab State Red Cross Branch was the Chief Guest on the occasion.

### LAY LECTURER CAMP



Indian Red Cross Society, Punjab State Branch, Chandigarh organised a First Aid & Home Nursing Lecturer Refresher Training Camp from 20. Feb.2023 to 24.Feb.2023 at Northern Railway Guide & Scout Training Centre, Jabli, District Solan (Himachal Pradesh). The camp was inaugurated by S.Shivdular Singh Dhillon, Secretary, Punjab State Red Cross. In this camp, an extensive training in First Aid and Home Nursing was imparted to the 43 candidates by the experts namely Sh. H.S. Kareer, lecturer, District Red Cross Branch, Patiala, having experience of 30 years, Sh. Naresh Pathania, District Training Supervisor, Bathinda cum Master Trainer, Ms. Nivedita Sharma (Expert Home Nursing). We hope that this camp will be helpful for the trainers to learn about new additions in skill.

### YOUTH RED CROSS COUNSELLORS WORKSHOP



In order to boost up the Youth Red Cross activity in the colleges, the Punjab State Red Cross Branch organised 2 days Youth Red Cross Counsellors Workshop from 14<sup>th</sup> March to 15<sup>th</sup> March 2023 at Mata Gujri College, Sri. Fageteahgarh Sahib. The professors (YRC Counsellors) from the 35 colleges of the various districts of Punjab participated in the workshop. Sh. Shivdular Singh Dhillon, IAS Retd.), Secretary, Punjab State Red Cross Branch was the Chief Guest of the closing ceremony. Apart from the other activities, training on First Aid and Fire Safety was also imparted during the workshop.

### STATE LEVEL JUNIOR RED CROSS CAMP

The Punjab State Red Cross Branch organised State Level Junior Red Cross camp from 21<sup>st</sup> March to 25<sup>th</sup> March at SD Saravhitkari Vidya Mandir Talwara District Hoshiarpur. Junior from various districts, including Amritsar, Gurdaspur, Moga and local Hoshiarpur participated in the camp. Sh. Shivdular Singh Dhillon, IAS Retd.), Secretary, Punjab State Red Cross Branch was the Chief Guest of the opening ceremony and Sh. Avinash Rai Khanna Former Vice-Chairman of Indian Red Cross Society, NHQ, New Delhi was the Chief Guest of Closing ceremony.



### BLOOD DONATION CAMPS



There is a constant need for a regular supply of blood because it can be stored only for a limited period of time before use. Regular blood donation by a sufficient number of healthy people is needed to ensure that blood will always be available whenever and wherever it is needed. With this motto, Punjab State Red cross organised various bloods donation camps from January to March. Total 1186 blood Units collected in first quarter. A special blood donation camp was organised during the "Rose Festival" in the premises of Punjab State Red Cross, Sec-16 Chandigarh. During this camp, various tourist who visited Rose Festival came forward and donated the blood.

### FIRST AID POSTS ESTABLISHED BY PUNJAB STATE RED CROSS



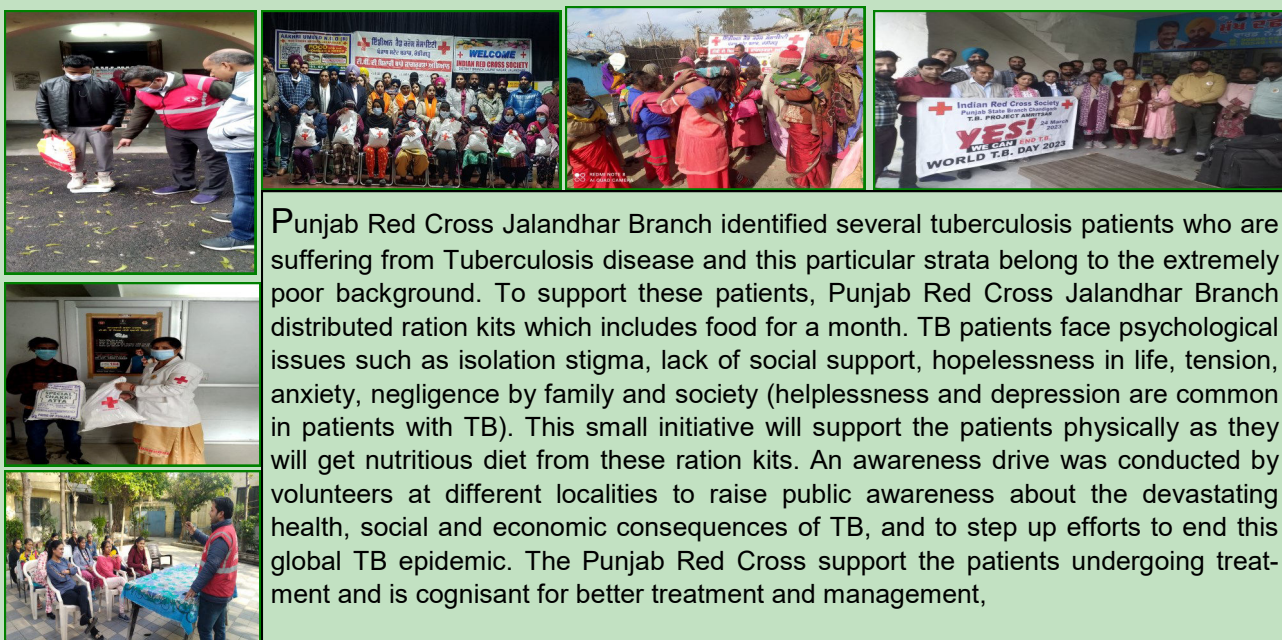
The Punjab State Red Cross Branch in collaboration with St John Brigade New Delhi and district Red Cross branches of Punjab State established FIRST AID POSTS during the Holla Mohalla Festival at Sri Anandpur Sahib. In these posts, services like MEDICAL CHECKUP, FIRST AID, and MEDICINES were offered to the visiting pilgrim's.

## PUNJAB STATE RED CROSS FIRST AID TRAINING



Accidents are unpredictable. There are chances to have Injuries, trauma and illness . So, it is better to know some basic principles of First Aid training , and it helps to reduce the risk of emergency. The basic principle of First Aid is prevention. Prevention is better than cure, proper preventive methods accelerate hope and reduce anxiety of patients. Training of First Aid advances the sense of safety and well being of people, and increases safety. The Punjab State Red Cross, Chandigarh as well as its District Red Cross Branches impart First Aid Training. Such First Aid Trainings are conducted at School, Universities, factories, Corporate offices etc. Punjab Red Cross imparted training to 587 individuals from January to March.

## PUNJAB STATE RED CROSS TUBERCULOSIS PROJECT



Punjab Red Cross Jalandhar Branch identified several tuberculosis patients who are suffering from Tuberculosis disease and this particular strata belong to the extremely poor background. To support these patients, Punjab Red Cross Jalandhar Branch distributed ration kits which includes food for a month. TB patients face psychological issues such as isolation stigma, lack of social support, hopelessness in life, tension, anxiety, negligence by family and society (helplessness and depression are common in patients with TB). This small initiative will support the patients physically as they will get nutritious diet from these ration kits. An awareness drive was conducted by volunteers at different localities to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end this global TB epidemic. The Punjab Red Cross support the patients undergoing treatment and is cognisant for better treatment and management,

## ACTIVITIES OF DRUG-DEADDICTION CENTERS

### Awareness Campaigns Organised by IRCA S.B.S Nagar



**Awareness Campaigns Organised by IRCA Patiala**



**Awareness Campaigns Organised by IRCA Gurdaspur**



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. Our centres have provided a conducive atmosphere for recovery of the patients from addiction along with facilities for formal education to young adults.

**Compiled Quarterly Numeric Report Of Drug De-Addiction Centres (Khanpur, Nawanshahar, Gurdaspur And Patiala) For The Period From January To March 2023.**

Sr . N o.	Name of the Centre	Period	No. of Beds of the Centre	No. of Indoor Patients Treated	No. of Outdoor patients Treated	Total Beneficiaries	No. of Medical/ Awareness Camps	No. of Ben-eficiaries in Medical/ Awareness camps
1.	Red Cross IRCA Khan- pur (Mohali)	Jan 2023 to March 2023	15	84	99	183	16	824
2.	Red Cross IRCA S.B.S.Nagar	Jan 2023 to March 2023	15	44	179	223	14	1925
3.	Red Cross IRCA Gurdaspur	Jan 2023 to March 2023	30	98	501	599	20	2540
4.	Red Cross IRCA Patiala	Jan 2023 to March 2023	30	107	394	501	32	4220
<b>Total</b>				<b>333</b>	<b>1173</b>	<b>1506</b>	<b>82</b>	<b>9509</b>

[illegible]

