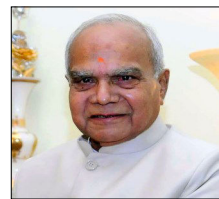




PUNJAB STATE RED CROSS

E-Bulletin

Date: 01.June.2023 to 30.June.2023



International Day Against Drug Abuse And Illicit Trafficking



International Day Against Drug Abuse And Illicit Trafficking

On 26-06-23, The International Day Against Drug Abuse And Illicit Trafficking Celebrated and this years theme People first : stop stigma and discrimination , strengthen prevention . An awareness event was organized in Govt. I.T.I model town Patiala. IRCS, Punjab State Branch Drug De-addiction Centres have vigorously generated public awareness on health and measures for staying healthy by abstaining from intake of intoxications. Our centers have provided a conducive atmosphere for recovery of the patients from addiction along with facilities for formal education to young . In this program, awareness lecturers were delivered by the dignitaries present in the function. At last, whole members took a pledge under nasha mukt bharat abhiyaan to give up drugs and walk on a right path for a bright future. Around 250 individuals participated in this campaign.

INTERNATIONAL YOGA DAY CELEBRATION



Indian Red Cross Society, Punjab Branch celebrates International Yoga Day

The Indian Red Cross Society, Punjab State Branch celebrated “International Yoga Day” on 21st June, 2023 with full sagacity and enthusiasm. Mr. Shivam joined the session as an instructor. The session began with a brief introduction of Yoga and its importance. He explained that regular practice of yoga will help to achieve better mental and physical health. Mr. Shivam started yoga demonstrations with the yoga prayer. After which a few warm up and simple Asanas were performed by the staff members enthusiastically and the importance of these Asanas was explained simultaneously.

INTERNATIONAL YOGA DAY CELEBRATIONS BY DDC CENTRES



ACTIVITIES OF DRUG-DEADDICTION CENTRES



ACTIVITIES OF DRUG-DEADDICTION CENTRE PATIALA



ACTIVITIES OF DRUG-DEADDICTION CENTRE GURDASPUR

ACTIVITIES OF DRUG-DEADDICTION CENTRE NAWASHEHER



ACTIVITIES OF DRUG-DEADDICTION CENTRE KURALI



INDIAN RED CROSS SOCIETY, PUNJAB STATE BLOOD DONATION CAMPS



Detail of the Camps held in the month of June

Sr . N o.	Date	Name of Organization/NGOs	Place of Camp	Name of the Blood Bank	No. of Blood Unit collected
1.	05.06.2023	Ramgarhia Akal Jathebandhi, Distt.Mohali	Gurudwara Singh Shaced Sahib, Sohana Mohali	Blood Bank PGI, Chandigarh	88
2	12.06.2023	Indian Red Cross Society, Punjab State Branch	PGI Hospital, Chandigarh	Blood Bank PGI, Chandigarh	22
3	14.06.2023	Indian Red Cross Society, Punjab State Branch	Govt. Medical Hospital, Sector-32, Vhandigarh	GMCH Sector-32 Chandigarh	78
4	14.06.2023	Indian Red Cross Society, Punjab State Branch	PGI Hospital, Chandigarh	Blood Bank PGI, Chandigarh	208
5	15.06.2023	District Youth Club Talmail Committee (Regd) Ropar	Gurudwara Head Darbar Kot Puran Sahib, Ropar	Blood Bank, Civil Hospital, Ropar	49
Total					897

INDIAN RED CROSS SOCIETY PUNJAB STATE FIRST AID & HOME NURSING TRAINING



माता साहिब कौर गर्ल्स कालेज के स्टूडेंट्स को दी फर्स्ट एड की ट्रेनिंग

भारत न्यूज़ | खटिडा

माता साहिब कौर गर्ल्स कालेज तलवंडी साबो की ओर से रेडक्रॉस सोसायटी कालेज कैम्प में फर्स्ट एड संबंधी एक दिवसीय वर्कशॉप का आयोजन किया गया। जिसमें कालेज की छात्राओं को रेडक्रॉस के फर्स्ट एड ट्रेनर सौरा पटनिवा ने प्राथमिक सहायता के विभिन्न विषयों का प्रशिक्षण दिया। छात्राओं को संबोधित करते हुए ट्रेनर नरेश पटनिवा ने कहा कि हादसों के दौरान घबराने की बजाए हमें हिम्मत के साथ फर्स्ट एड के जरूर मदद करनी चाहिए। उन्होंने छात्राओं को प्राथमिक सहायता की महत्ता, चोकिंग भाव रसस की रकबाट, सीपीआर देने के लिए, गर्मी या लु लगाने पर, नकसीर, खेदोरी, बहते खून को रोकने, स्नेक बाइट,



जखीले जिले जंगलों के डंगने जलने या खुदसे आदि मामलों में दी जाने वाली फर्स्ट एड के बारे में मौखिक व प्रैक्टिकल तौर पर जानकारी दी गई। उन्होंने छात्राओं को निजी साफ सफाई के लिए हैंड वॉशिंग के तरीके और सेहतमंद



First Aid Can Save Lives

First aid refers to the initial medical attention given immediately after an injury or an accident. It's a short-term treatment that doesn't require special training or technology to administer. Many of the individuals don't know the importance of first aid because they think it's a job exclusive to medical professionals. In fact, it's a life skill we all should try to learn. Many people sustain grave injuries or die yearly because of people's lack of first aid knowledge. Heart attack and choking endanger thousands of lives on a yearly basis. We can reduce these life-threatening situations by learning the prompt care needed in such situations. That said, no one can predict when or where disaster may strike. These accidents can happen at home, at work, or while in transit. That's why basic first aid skills like CPR, disinfecting wounds, and learning to stop bleeding can go a long way. In first aid, every second counts, the first few minutes are the most critical in the case of a medical emergency. It's a vital step that prevents injuries from worsening until full medical help arrives. For instance, when a person experiences cardiac arrest, they only have 3 to 4 minutes before the brain is deprived of oxygen, what we do in these minutes will impact the patient's condition. Calling for an ambulance is, of course, our priority. However, if one can administer CPR, it could mitigate the damage and significantly increase the victim's chances of survival. A prompt first-aid response can mean life or death for those who need it. It helps alleviate pain, reduce injuries, and can prevent permanent damage. First-aid attests to how basic medical knowledge can go a long way to help people in cases of accidents and medical emergencies. It can even save your and your near one's life.

[illegible]

