



Sir Jean Henry Dunant



Bhai Ghanaiya Ji



Swami Vivekananda Ji



Indian Red Cross Society

PUNJAB STATE BRANCH, CHANDIGARH

Quarterly Newsletter

01st April, 2023 to 30th June, 2023





Universality



Humanity



Impartiality



Volunteer Services



Unity



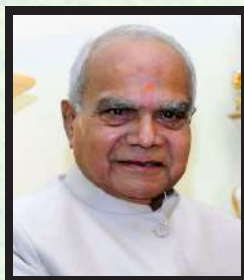
Neutrality



Independence

Seven Fundamental Principles





BANWARILAL PUROHIT
Hon'ble Governor Punjab

Message from the Hon'ble President of Punjab State Red Cross Branch

Banwarilal Purohit

*Governor of Punjab
and
Administrator
Union Territory, Chandigarh*



सत्यमेव जयते

*Raj Bhavan
Chandigarh.*

May 2, 2023

MESSAGE

My congratulations to all the people of Punjab, on the World Red Cross Day.

Red Cross is not only the largest but also the greatest and the most credible, humanitarian organisation in the world, Innumerable persons are passionately and enthusiastically associated with it.

This year, the theme for World Red Cross Day is Everything we do comes #fromtheheart. The primary aim is to celebrate the spirit of humanitarianism and to recognise the individuals who make a difference in their communities. Let us celebrate the people in our communities, "the person next door", who is often the first one to step up and support those in need around them and they do it with love and #fromtheheart.

I am particularly pleased that Punjab State Red Cross Branch and various District Red Cross Branches of the State are actively playing their role to fulfil the noble mission of service to humanity.

I extend my best wishes to you all and wish all of you a very happy World Red Cross Day.

[Banwari Lal Purohit]

CELEBRATION OF WORLD RED CROSS DAY



WORLD RED CROSS DAY CELEBRATION

The Indian Red Cross Society (IRCS) Punjab State Branch celebrated World Red Cross Day at Punjab Raj Bhawan. This State level function was presided over by Shri Banwarilal Purohit, Hon'ble Governor, Punjab & President of the Punjab State Red Cross. The theme for the World Red Cross Day is "Everything we do comes #fromtheheart". On this occasion, 10 battery operated motorised tricycles to the handicapped persons, 10 sewing machines to the deserving women and 10 nutrition kits to the TB patients were distributed by the Hon'ble Governor, Punjab. Also, Hon'ble Governor, Punjab flagged off a new hearse van. In addition to this, on the eve of World Red Cross Day, a voluntary blood donation camp was organised by Punjab State Red Cross Branch in collaboration with Chandigarh University, Mohali and 180 students, Red Cross volunteers donated blood. The Hon'ble Governor, Punjab, appreciated the activities being undertaken by Indian Red Cross Society, Punjab State like providing medicines to deserving patients, prosthetic aids and appliances to the handicapped and deserving women, services to the down trodden through various service centres such as homes and clubs for senior citizens, working women hostels, artificial limb fitting centres, drug de-addiction centres, providing nutrition kits to the TB patients and voluntary blood donation camps. He further appreciated the activities of the colleges and schools being undertaken by Youth Red Cross Wings and Junior Red Cross wings. Punjab Red Cross congratulates all the Red Cross State Branches of India and wish Happy World Red Cross Day "Everything we do comes #fromtheheart".

WORLD NO TOBACCO DAY CELEBRATION



INDIAN RED CROSS SOCIETY, PUNJAB STATE BRANCH CELEBRATED WORLD NO TOBACCO DAY

World No-Tobacco Day is a global celebration that helps people to get closer to their goal of quitting smoking and saying NO to all forms of tobacco consumption. Indian red Cross Society (IRCS), Punjab State Branch in collaboration with Strategic Institute for Public Health Education & Research (SIPHER), PGI Chandigarh celebrated World No -Tobacco Day on 28th May, 2023(Sunday). The event started with the Walkathon cum Cyclothon of 6 km from PGIMER, Chandigarh to Sukhna Lake, Chandigarh. The Cyclothon and Walkathon event was flagged off at 6:10 AM by the esteemed guest Dr. Adarshpal Kaur, Director, Department of Health and Family Welfare Punjab cum Vice-Chairman, Punjab Red Cross State Branch. S. Shivdular Singh Dhillon IAS (retd), Secretary Punjab Red Cross State Branch addressed the attendees at the Sukhna lake. He emphasized that, the collective effort of every individual is important to get rid of this dreadful menace from the society. Around 600 individuals either cycled or walked in the event showcasing the spirit of unity and determination and giving message to tobacco users to quit tobacco use. At the culmination point of walkathon, The Indian Red Cross Society, Punjab State Branch set up a First Aid Post, Free Medical Checkup Camp and an Oral Health Dental Checkup Camp. Also, an expert team of Indian Red Cross Society, Punjab State Branch Drug-Deaddiction Centre Patiala and Kurali briefed about tobacco consumption, addiction, its harmful effects on health and ways to treat this addiction to the attending visitors. They were also made aware about early signs and symptoms of addiction and the measures which could be life saving for severe addicts. The visiting individuals also availed the free medical check-up being rendered by the team of doctors. In addition to this camp set up by Indian Red Cross Society, Punjab State Branch, a Cancer screening camp was set up in collaboration with Homi Bhabha Cancer Hospital & Research Centre, New Chandigarh, Mohali. Indian Red Cross Society Punjab State Branch organized this event to raise awareness about the dangers of tobacco. The theme for this year is 'We need food, not tobacco'.

WORLD NO TOBACCO DAY GLIMPSES OF AWARENESS CAMPAIGN



WORLD NO TOBACCO AWARENESS CAMPAIGN HELD AT CHANDIGARH UNIVERSITY CAMPUS



WORLD NO TOBACCO AWARENESS CAMPAIGN HELD AT SEC-44 D MARKET, CHANDIGARH

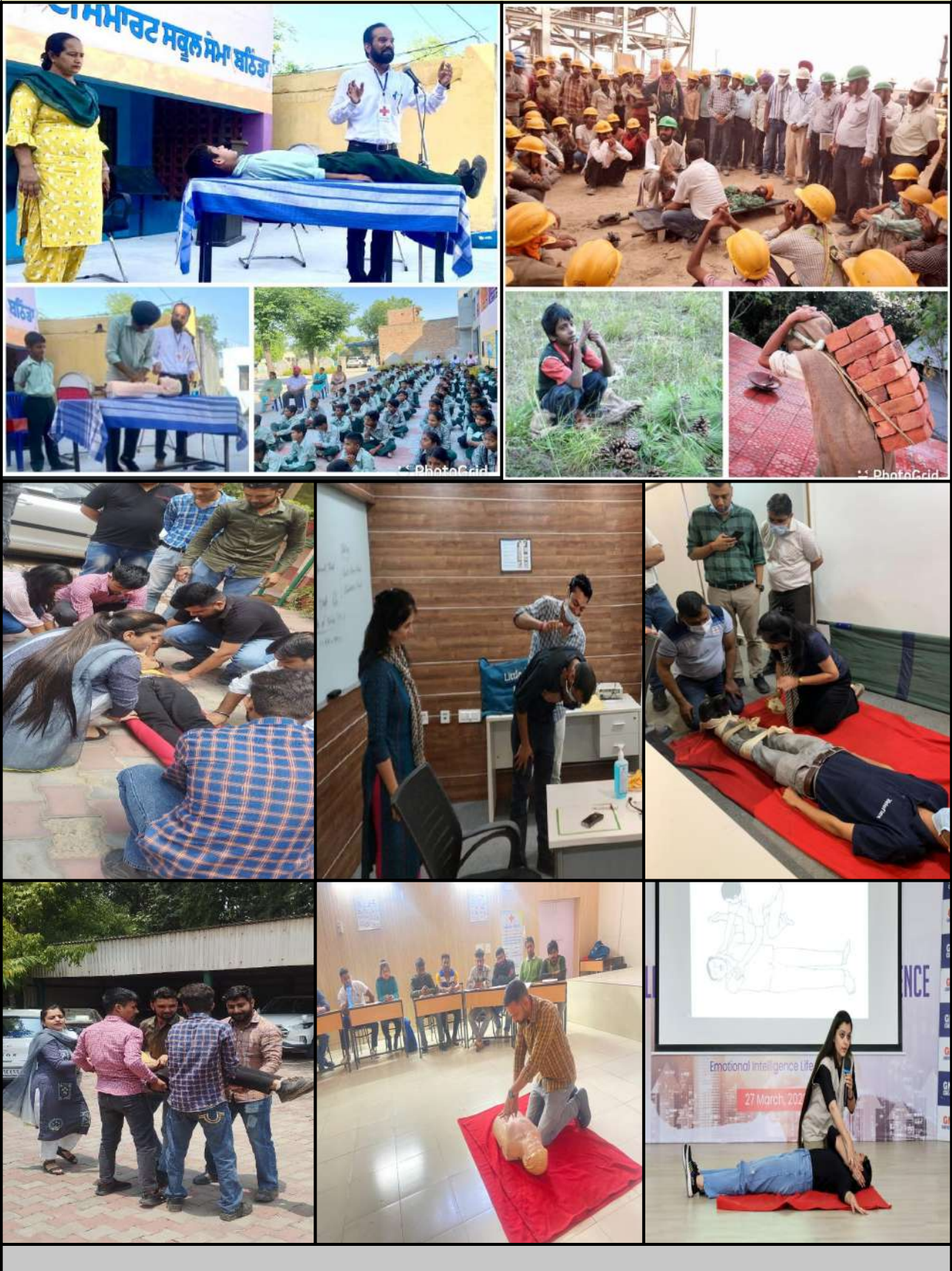


WORLD NO TOBACCO AWARENESS CAMPAIGN HELD AT CHITKARA UNIVERSITY CAMPUS



**WORLD NO TOBACCO AWARENESS CAMPAIGN HELD AT
RAYAT-BAHRA UNIVERSITY AND RADIALA VILLAGE KHARAR**

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





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

भास्कर न्यूज़ | बटिंडा

माता साहिब कौर गर्ल्स कॉलेज तलवंडी साबो की ओर से रेडक्रॉस सोसायटी कालेज कैम्पस में फर्स्ट एड संबंधी एक दिवसीय वर्कशॉप का आयोजन किया गया। जिसमें कालेज की छात्राओं को रेडक्रॉस के फर्स्ट एड ट्रेनर नरेश पठानिया ने प्राथमिक सहायता के विभिन्न विषयों का प्रशिक्षण दिया। छात्राओं को संबोधित करते हुए ट्रेनर नरेश पठानिया 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 सांस की रुकावट, सीपीआर देने के लिए, गमी या लू लगने पर, नकसीर, बेहोशी, बहते खून को रोकने, स्नेक बाइट,



जहरीले जीव जंतुओं के डंसने, जलने या छुलसने 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 वाशिंग के तरीके और सेहतमंद

रहने के लिए संतुलित भोजन लेने के बारे में भी जानकारी दी। कॉलेज प्रिंसिपल डॉ. कमलप्रीत कौर व मैडम हरजीत कौर ने छात्राओं से अपील की कि वे इस संबंधी जानकारी अपने परिवारक मेंबरों के साथ भी शेयर करें।



INDIAN RED CROSS SOCIETY, PUNJAB STATE ADOPTED FIRST AID TRAINING AND HOME NURSING TRAINING

ONLINE EXAMINATION SYSTEM

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 District Red Cross Branches impart First Aid Training. Such First Aid Trainings are conducted at School, Universities, factories, Corporate offices etc. Punjab State has piloted first aid and home nursing online registration and examination project. This online system allows digital automation registration, examination and certificates. Also, this system is user friendly and has increased the trainings in leap and bounds. Under this project, Punjab State and its district branches have imparted first aid and home nursing training to 3369 individuals till date.

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.

TUBERCULOSIS PROJECT **MEDICAL CHECKUPS AND AWARENESS CAMPS**



ACTIVITIES UNDER TUBERCULOSIS PROJECT

Under the activity of Tuberculosis Project, the volunteers of Tuberculosis project delivering awareness lecture on Tuberculosis, its spread, precautions to be taken to avoid Tuberculosis in the public areas like bus stand, auto stand, railway stations etc. Also, the eradication of disease is important. We are all aware of the fact that the tuberculosis is highly contagious and communicable disease. The infection is being spread easily by the air born droplets, by sneezing and coughing. So, maintaining hygiene is very important. In light of this, Indian Red Cross Society, Punjab State Branch Staff and Volunteers jointly organised these campaign and created awareness among individuals from April to June 2023.

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

**Compiled Quarterly Numeric Report Of Drug De-Addiction Centres
(Khanpur, Nawanshaher, Gurdaspur And Patiala) For The Period
From April To June 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	102	88	190	16	781
2.	Red Cross IRCA S.B.S.Nagar	Jan 2023 to March 2023	15	55	202	257	33	2401
3.	Red Cross IRCA Gurdaspur	Jan 2023 to March 2023	30	114	465	579	22	2110
4.	Red Cross IRCA Patiala	Jan 2023 to March 2023	30	111	445	556	54	6974
Total				382	1200	1582	125	12266

Drug addiction and disorders related to addiction are believed to have become rampant. They are said to have assumed epidemic proportions and are seen as a major public health concern. Tremendous burden can be expected on individual, the family, the society, and the state. This problem cause physical and mental health impairment, impairment of quality-of-life, economic hardship, lost productivity, accidents, and crimes etc. The aim of our "Integrated Rehabilitation Centres for Addicts "is to eradicate drug addiction. Our teams deputed at our drug-deaddiction centres identify the individuals, counsel them, admit them and manage their care and treatment. Also, our centres raise awareness about importance of treating people who use drugs with respect and empathy. Our centres run various awareness campaigns which aim to empower young individuals and communities to prevent drug use and addiction. Our campaigns also emphasize to combat stigma and discrimination against people who use drugs.

INDIAN RED CROSS SOCIETY, PUNJAB STATE BLOOD DONATION CAMPS



Detail of the Blood Donation Camps Organised by State

Sr . N o.	Date	Name of Organization/NGOs	Place of Camp	Name of the Blood Bank	No. of Blood Unit col-lected
1.	01.04.2023	Indian Red Cross Society, Punjab State Branch	Patel Market, Sector-15, Chandigarh	Blood Bank PGI, Chandigarh	48
2.	06.04.2023	Indian Red Cross Society, Punjab State Branch	Gurudwara Nada Sahib , Panchkula	GMCH Sector-16 Chandigarh	30
3.	09.04.2023	Indian Red Cross Society, Punjab State Branch	Blood Bank PGI, Chandigarh	Blood Bank PGI, Chandigarh	06
4.	13.04.2023	Vishwas Foundation Panchkula	Market, Sector-15, Chandigarh	Blood Bank PGI, Chandigarh	17
5.	14.04.2023	Indian Red Cross Society, Punjab State Branch	Village Chandiala, Derabassi	GMCH Sector-16 Chandigarh	59
6.	16.04.2023	Vishwas Foundation Panchkula	Village Fatehpur, Naraingarh (HR)	GMCH Sector-32 Chandigarh	41
7.	18.04.2023	Distt.Youth Clubs Coordination Committee, Ropar	IIT Ropar	Blood Bank, Civil Hospital, Ropar	90
8.	18.04.2023	Shree Shiv Kanwar Mahasangh Charitable Trust, panchkula	Dental College, sector 25, Chandigarh	GMCH Sector-16 Chandigarh	152
9.	21.04.2023	Shree Shiv Kanwar Mahasangh Charitable Trust, panchkula	Punjab & Haryana High Court, Chandigarh	Blood Bank PGI, Chandigarh	223
10	21.04.2023	Shree Shiv Kanwar Mahasangh Charitable Trust, panchkula	Chandigarh University, Chandigarh	Blood Bank PGI, Chandigarh	167
Total					833

Sr . N o.	Date	Name of Organization/NGOs	Place of Camp	Name of the Blood Bank	No. of Blood Unit col-lected
1.	03.05.2023	Indian Red Cross Society, Punjab State Branch	GMCH Sector-16 Chandigarh	GMCH Sector-16 Chandigarh	10
2.	06.05.2023	Vishwas Foundation Panchkula	Market, Sector-24D, Chandigarh	GMCH Sector-32 Chandigarh	30
3.	06.05.2023	Shree Shiv Kanwar Mahasangh Charitable Trust, panchkula	VR Punjab Mall, Kharar	IVY Hospital, Mohali	93
4.	08.05.2023	Indian Red Cross Society, Punjab State Branch	Chandigarh University, Gharuan (Punjab)	Rajindra Hospital, Blood Bank, Patiala	98
5.	08.05.2023	Indian Red Cross Society, Punjab State Branch	Chandigarh University, Gharuan (Punjab)	Blood Bank PGI, Chandigarh	78
6.	12.05.2023	Vishwas Foundation Panchkula	Market, Sector-24D, Chandigarh	Blood Bank PGI, Chandigarh	39
7.	21.05.2023	Aazad Chander Shekhar Welfare Society	Bus Stand, Saini Majra (H.P)	Blood Bank, Civil Hospital, Ropar	29
8.	28.05.2023	Indian Red Cross Society, Punjab State Branch	Manav Ruhani Kendra, Nawanagar	Blood Bank, Civil Hospital, Ropar	75
9.	05.06.2023	Ramgarhia Akal Jathebandhi, Distt.Mohali	Gurudwara Singh Shaeed Sahib, Sohana Mohali	Blood Bank PGI, Chandigarh	88
10	12.06.2023	Indian Red Cross Society, Punjab State Branch	PGI Hospital, Chandigarh	Blood Bank PGI, Chandigarh	22
11	14.06.2023	Indian Red Cross Society, Punjab State Branch	Govt. Medical Hospital, Sector-32, Vhandigarh	GMCH Sector-32 Chandigarh	78
12	14.06.2023	Indian Red Cross Society, Punjab State Branch	PGI Hospital, Chandigarh	Blood Bank PGI, Chandigarh	208
13	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

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Indian Red Cross Society

PUNJAB STATE BRANCH, CHANDIGARH

Red Cross Bhavan, Madhya Marg, Adjoining Rose Garden,
Sector-16 A, Chandigarh - 160016

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 Punjab Red Cross