



PUNJAB STATE RED CROSS

E-Bulletin

01st,October 2023 to 31st December, 2023



RED CROSS AT “SERVICE TO HUMANITY”



Indian Red Cross Society, Punjab State Celebrates Diwali with Patients

Ahead of Diwali, the festival of lights, Punjab State Red Cross State Branch Chandigarh distributed fruits and blankets to the needy indoor patients at Mata Kaushalya Hospital (Govt.), Patiala for helping the underprivileged and downtrodden sections of the society. Also, gowns and masks were given to the Hospital for providing better services to the needy patients. The Secretary Punjab State Red Cross Branch Chandigarh, Sh. Shivdular Singh Dhillon IAS (retd) himself went to the Hospital at Patiala and distributed blankets and fruits to the needy patients.



INDIAN RED CROSS SOCIETY, PUNJAB STATE BRANCH ORGANISED JUNIOR RED CROSS CAMP



Indian Red Cross Society, Punjab State Branch Organized Junior Red Cross Camp



Under the visionary leadership of Secretary Punjab State Red Cross S. Shivdular Singh Dhillon IAS *retd.* A state level Junior Red Cross camp held at Rewalsar (Mandi) from 15th November, 2023 to 20th November, 2023. The Propose of this camp was to promote the Red Cross objectives. In this camp various inter School activities like group song competition, poster making competition, solo song competition and written quiz were held. Apart from this, students were also apprised about Red Cross activities like practice of health habits, cleanliness of School premises (Swachta Abhyiyan), health awareness campaign in the nearby areas, blood grouping camps for JRC members and Blood donation open demonstration by JRC counselor and first aid training. In this camp, the Secretary of Red Cross also addressed the students and motivated them by saying that an education system that develops the imagination of the child is richer than the one that does not. The imagination is where new ideas are created and progress becomes possible. Imagination is more important than knowledge” because knowledge is about what we already know, whereas imagination is what moves individuals and cultures forward

INTER STATE JRC TRAINING CUM STUDY CAMP



An Inter state level Junior Red Cross camp held at Moga. The Purpose of this camp was to promote the Red Cross objectives. In this camp various inter School activities like group song competition, poster making competition, solo song competition and written quiz were held. Apart from this, students were also apprised about Red Cross activities like practice of health habits, cleanliness of School premises (Swachta Abhiyan), health awareness campaign in the nearby areas, blood grouping camps for JRC members and Blood donation open demonstration by JRC counselor and first aid training. In this camp, the Secretary of Red Cross also addressed the students and motivated them by saying that childhood is the best phase of life which should be healthy and happy for every child so that they can be ready to lead their nation ahead. If the children are unhealthy from mind and body, they cannot give their best to their nation in future. So, the childhood phase of life is the most significant phase which every parent and teacher should nourish with their love, care and affection. As being the citizens of the country, we should understand our responsibilities and secure the future of the nation. Thus, it becomes important not only to impart conventional education and knowledge, but it also becomes necessary to teach certain principles in life which would support you all in your future endeavours.

GLIMPSES OF INTER STATE JRC TRAINING CUM STUDY CAMP



CELEBRATION OF INTERNATIONAL VOLUNTEERS DAY



INDIAN RED CROSS SOCIETY, PUNJAB STATE CELEBRATED INTERNATIONAL VOLUNTEERS DAY

International Volunteer Day, observed annually on December 5, is a celebration that highlights the contributions of volunteers worldwide and recognizes the impact of their selfless actions on communities and societies. With this thought, Indian Red Cross Society, Punjab State Branch celebrated International Volunteer Day with full zeal. The programme started with the inaugural ceremony by paying tribute to Bhai Ghanayia Ji by the dignitaries. Further, Dr. Vandita Pahwa, Consultant Preventive Oncology Department of Tata Memorial Centre Homi Bhabha Cancer Hospital, New Chandigarh gave presentation on volunteership and togetherness. After this, Mr. Pritam, Sr. Volunteer, Tata Memorial Centre shared experience of his journey. Then Secretary of the State Branch S. Shivdular Singh Dhillon addressed and congratulated the volunteers who have been continuously serving humanity irrespective of colour, caste, creed and religion. He highlighted the role of volunteers during natural calamities, accidents and other emergencies. He appreciated the volunteers for rendering services for the noble causes to be more effective during natural calamities. At last, the programme concluded with award ceremony and National Anthem.

GLIMPSES OF AWARENESS CAMPAIGNS BY DRUG DE-ADDICTION CENTRES IN SCHOOLS





INDIAN RED CROSS SOCIETY, PUNJAB STATE ACTIVITIES OF RED CROSS DRUG DE-ADDICTION CENTREs



Mega Awareness Seminar Organized by Indian Red Cross Society, Punjab State Drug De-addiction Centre Patiala

On 20-11-23 , Mega Awareness Seminar against drugs organised by Drug De-addiction Centre in collaboration with Saanjh Kendra Patiala (Punjab police), in Thappar University. This seminar was organised with an aim to provide insights to the students about substance abuse and its side effects in life. The attendees found it really interesting and informative.



An awareness session was organized at education study centre at Slum area of village Maan Kaur Gurdaspur in which about 100 students of B.Ed including their staff members of Swami Sarvanand college of education visited the preliminary education study centre at Slum area of village Maan Kaur Gurdaspur. At this moment, taking advantage of large gathering of students, the team of dru de-addiction centre Gurdaspur also stressed upon students gathered over there to make awareness about the ill effects of drugs amongst their families, neighbours and work hard to make Punjab Nasha Mukta. They were administered pledge to become ambassadors of Indian Red Cross Society to eradicate Drug abuse under the Nasha mukt Bharat Abhiyan launched by MSJE Government of India.

INDIAN RED CROSS SOCIETY, PUNJAB STATE ACTIVITIES OF RED CROSS DRUG DE-ADDICTION CENTRES



Indian Red Cross Society Integrated Rehabilitation Center for Addicts, Gurdaspur organized an anti-drug awareness camp under "Nasha Mukht Bharat Abhiyaan" at the little flower convent Sr. Sec. School Gurdaspur



A glimpse of celebration of "Children's Day" at Government Primary School, Shri Guru Ravidas Nagar, Nawanshahr with the support of Indian Red Cross Society Drug de-addiction and Rehabilitation Center Nawanshahr.

INDIAN RED CROSS SOCIETY, PUNJAB STATE ACTIVITIES OF RED CROSS DRUG DE-ADDICTION CENTREs



Inculcating family values in youth can save Punjab from the menace of drugs Indian Red Cross Society Drug de-addiction and Rehabilitation Center Nawanshahrorganized an drug awareness camp under "Nasha Mukat Bharat Abhyan" at Government High School, Chandiani Khurd Nawanshahr



Drug De-addiction Centre Patiala Organized Awareness Activity

On 10-10-23 , Indian Red Cross Society, Punjab State Drug De-addiction Centre Patiala organized an awareness activity in the form of competition,. In this activity. the students from different schools participated in the competition and spoke on mental health and emphasized on the theme - **Mental Health is a Universal Human Right**. The students from different Schools participated in this activity. After the competition, , participation and appreciation certificates were given to the students.

INDIAN RED CROSS SOCIETY, PUNJAB STATE ACTIVITIES OF RED CROSS DRUG DE-ADDICTION CENTREs



Indian Red Cross Society, Punjab State Drug De-addiction Centre Patiala organized Recreational Activity

On 07-10-23, Indian Red Cross Society, Punjab State Drug De-addiction Centre Patiala organized an awareness activity. The students of Ashoka Group of Nursing institute, Patiala represented handmade paintings. Through these paintings, the students created awareness against drugs. The paintings were demonstrated by each student to inmates to motivate them to give up these poisonous substances. Whole staff and admitted inmates were present.

INDIAN RED CROSS SOCIETY, PUNJAB STATE

ACTIVITIES OF RED CROSS DRUG DE-ADDICTION CENTRES



IRCS, Punjab State DDC Gurdaspur Rehabilitation Activity

Mrs Asawari Pawar, hailed as Dancing jewel of India. She visited Red Cross Integrated and Rehabilitation centre for Addicts GURDASPUR. She motivates the clients with her great kathak dance performance. It was a joyful day for the centre. She appreciates the working of this DDC centre. She also asked the patients to shun addiction and join mainstream in life.

IRCS, Punjab Drug De-addiction Centre Gurdaspur Awareness Campaign

An awareness seminar under the banner of Nasha Mukta Bharat Abhiyan was organised today on 19th October 2023 at Govt. Senior Secondary school, village Lala Nangal, District Gurdaspur with the active support and coordination of its Principal and staff. The motive to organise such camps is to strengthen the Nasha Mukta Bharat Abhiyan campaign and to make aware more and more youngsters about this drug abuse. Keeping this in view the team of IRCA Gurdaspur put more efforts towards drug abuse, its causes and prevention. The students have been requested to become the Ambassadors of Indian Red Cross Society to spread message against the drugs in their respective areas/ villages.



INDIAN RED CROSS SOCIETY, PUNJAB STATE ACTIVITIES OF RED CROSS DRUG DE-ADDICTION CENTRES



Indian Red Cross Society Drug De-Addiction and Rehabilitation Centre, Gurdaspur- organized a rally on 12/10/2023 against drug addiction at Behrampur. The main objective of this rally was to make people aware about the ill effects of drug abuse and its prevention. People were made aware by children holding banners in their hands and chanting slogans. The school teachers were also participated in the rally. The Project Director of the centre addressed the children and teachers at the school about Nasha Mukht Bharat Abhiyan. The children were made aware to continue this campaign of Nasha Mukht in their surroundings as well.

Compiled Quarterly Numeric Report Of Drug De-Addiction Centres (Kurali, Nawanshaheer, Gurdaspur and Patiala) for The Period From 01 October, 2023 to 31st December, 2023.

Sr. No.	Name of the Centre	Period	No. of Beds of the Centre	No. of Indoor Patients Treated	No. of Outdoor patients Treated	Total Beneficiaries (Indoor & Outdoor patients)	No. of Medical/Awareness Camps	Total Beneficiaries from Medical/Awareness camps
1.	Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Kurali	October 2023 to December 2023	15	87	39	126	17	1196
2.	Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Nawanshaheer (S.B.S.Nagar)	October 2023 to December 2023	15	44	191	235	17	4092
3.	Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Gurdaspur	October 2023 to December 2023	30	105	466	571	16	2530
4.	Red Cross Integrated Rehabilitation Centre for Addicts (IRCA) Patiala	October 2023 to December 2023	30	99	518	617	34	7143
Total				335	1214	1549	84	14961

BLOOD DONATION CAMPS



DETAILS OF THE BLOOD DONATION CAMPS FROM
1ST October, 2023 TO 31st Dec 2023

Months	Blood Units	No. of Camps
October 2023	779	15
November 2023	1565	22
December 2023	2457	31
Total	4801	68

Glimpses of Medical checkup & Blood Donation Camps at Shri Fatehgarh Sahib



First Aid Medical Camp and Blood Donation Camps were organised by Indian Red Cross Society, Punjab State Branch. In these camps, the team Drug De-addiction Centre Patiala was present. These camps were organised in the memory of Baba Zorawar Singh Baba Fateh Singh and Mata Gujri ji for continuous 3 days for helping the needy. The days ranging from 21 to 27 December are dedicated as the Sacrificial Week in memory of the four Sahibzadas and Mother of Sri Guru Gobind Singh Ji, tenth Guru of Sikhs who made sacrifices for the protection of Sikhism and Hinduism. Mata Gurjri Ji, Sahibzada Baba Ajit Singh, Sahibzada Baba Jujhar Singh, got assassinated in the battle of Chamkaur and the two younger Sahibzada Baba Zorawar Singh and Sahibzada Baba Fateh Singh were bricked alive in the walls at Sirhind, while saving their religious faiths against forceful conversion. By organising such camps Red Cross pays tribute to the sacrifices of the Sikh figures who sacrificed themselves for the welfare of humanity and hoped that the future generations would also remember and commemorate their sacrifices with greater devotion. During these 3 days, about 30 lac people congregate at Fatehgarh Sahib.



Medical Camp at Shri Chamkaur Sahib



Red Cross Integrated Rehabilitation Centre for Addicts, Punjab Siswan Road, Kurali organized an anti-drug awareness and medical check up camp under "Nasha Mukta Bharat Abhiyaan" in Shaheedi Sabha at Shri Chamkaur Sahib. The objective of this event was to spread awareness on the issue of contagious diseases and facilitate health checkups for the villagers. In this camp, a free treatment was given to various patients with Hypertension, Diabetics, Common Flu n Viral and patients who required Orthopaedic care. Total Beneficiaries:55

AWARENESS CAMPAIGN ON WORLD AIDS DAY



Welfare Activities of District Branches



Wings: An Initiative by Indian Red Cross Society, Punjab State

Indian Red Cross Society, Punjab District Hoshiarpur launched first of its kind initiative in Punjab named “Wings” Project for Special Children to enable them to earn their livelihood through opening of 4 Tuckshops in educational institutes of Hsp wherein total 8 Special Children trained for almost 3 months to learn Hospitality & Service Skills to run these canteens and now these kids have started running these tuck shops successfully and these hits have become centre of attraction in colleges.

INDIAN RED CROSS SOCIETY PUNJAB STATE FIRST AID TRAINING SESSIONS



MEDIA COVERAGE

Saving young generation from drugs need of hour: Romesh Mahajan

VERMA
GURDASPUR, OCT 14

Advocate K. K. Malhi, District Court Gurdaspur in compliance with the direction of Sh Rajinder Aggarwal, Honourable District and Sessions Judge Gurdaspur and Sh. Sumit Bhatia, D.S.A cum CFM Gurdaspur delivered very impressive lecture on drug addiction while addressing the youngsters getting treatment at Red Cross Drug De-Addiction Centre Gurdaspur, he stressed the need to curb fast growing addiction amongst the youngsters. As per UNSEF report published in the tribune 6.07Lac children aged 10-17 years in Punjab are indulged in addiction which is quite alarming.



He also advised them to leave addiction and serve the humanity after becoming drug free. They should persuade other colleagues involved either in drug peddling or taking addiction to make themselves drug free by getting free treatment in this Centre where there is a homely atmosphere and every facilities for their comfortable stay like multipurpose gym, well stocked library, cinema hall, computer training Centre and

free food, free medicines and indoor games. Romesh Mahajan, Project Director also addressed the gathering and took a pledge from them not to touch any kind of addiction in their lives as it spoils not only their health but also their reputation.

He stressed that if we really want Punjab State to be drug free we have all to unitedly fight against addiction as we did during terrorism.

If we all fight unitedly against drug addiction as we did during terrorism only then will be Drug free State: Romesh

VERMA
GURDASPUR, DEC 13

Keeping this in view the Red Cross Integrated Rehabilitation Center for Addicts, Gurdaspur is organising various awareness seminars to make this sentence true. Recently this centre organized an anti-drug awareness camp under "Nasha Mukh Bharat Abhiyan" at Speing field International School, Gurdaspur. The camp was presided over by Principal S. Jagtar Singh and School management. Students of high classes were present. On this occasion the team of director Romesh Mahajan, National Awarded, delivered an impressive lecture on drug abuse and its illicit trafficking. They were made aware about how drug peddlers create a network and mainly target students in order to make them addicted. Initially, the drugs are sold to the students for free and gradually when they get addicted to it, they start buying



and consuming it. In fact, the students also eventually become a part of their network and start dealing in it. The team also stressed upon building moral values and to be a good human being. Also they were informed about the activities of the centre and free treatment/accommodation provided to the patients. At this event students took oath not to touch any kind of drug and to become the part of this abhayan to spread relevant information.

'अधिकारों के साथ कर्तव्यों प्रति भी रहें जिम्मेदार'

हिंदू नृत्य की सेइणको ने ज

महान कीर्तन दरबार के सफल समापन पर सजारा

29/12/2023

Gurdaspur Diary

JUDICIARY TAKES UP FIGHT AGAINST DRUGS



Slip a roll of success between your fingers, not a joint filled with heroin. In drug ravaged Gurdaspur, no one understands this better than District and Sessions Judge Rajinder Aggarwal. When the Punjab State Legal Services Authority decided to come out all guns blazing against the drug menace in Punjab by initiating a movement — Punjab against Drugs — Aggarwal took a conscientious decision to ensure Gurdaspur district was not left behind. Last week, he asked his subordinate judges, officials of the district administration and school children to participate in a walkathon against dope. He went a step ahead and spent a good two hours at the Gurdaspur Red Cross De-addiction Centre, Sri Hargobindpur road, where he met addicts, known in common parlance as 'patients'. He wants people to know that peer pressure should be avoided because it tends to land you in the dark alleys of drugs. Besides, the district's senior

most judicial officer has planned some more ventures in an attempt to tell youngsters that dreams never come alive in a snuff or a puff! The 'Punjab against Drugs' movement will go on till October 31. During the walkathon, it was clear that Aggarwal's message to children was that "you are bound for success, if you are not bound to drugs". The jurist knows that every third household in this border district, where drugs are delivered at your doorstep through Pakistani drones, is on poppy hush, a form of drug which is the staple diet of rural folk. One thing is for sure, and this is the message that the judge wants to pass on to everybody: drugs do not let you cope, instead they tie your neck to a rope! The rule is that it is the duty of the state to wage a war against dope. By bringing in the judiciary in this fight, Aggarwal has made an exception. And as they say, it is always an exception that proves a rule. Carry on, your lordship!

युवा पीढ़ी को नशे से बचाना समय की प्रमुख जरूरत : रोमेश



गुरुदaspur पवन वमी। एडवोकेट केके मल्ली, जिला अदालत गुरुदaspur, श्री राजेंद्र आग्रवाल, मनमोह जिला एवं सत्र न्यायाधीश गुरुदaspur, एस के दिग्विजयों का पालन करते हुए। डीपलरसा सह सचिव गुरुदaspur सुमित भल्ला ने रेट क्रॉस नशा मुक्ति केंद्र गुरुदaspur में इलाज करा रहे युवाओं को संबोधित करते हुए जो पर बहुत ही प्रभावी व्याख्यान दिया, युवाओं में तेजी से बढ़ रही नशी की लत को रोकने की जरूरत पर जोर दिया। परिवर्तन निदेशक रोमेश महाजन ने भी भाषी दिया कि संबोधित किया और उनसे किसी भी प्रकार का नशा न करने का संकल्प लिया। उनका जम चली जाती है क्योंकि हमसे न सिर्फ उनकी संख्या बढ़ती है बल्कि उनकी प्रतिभा भी खराब होती है। उन्होंने इस बात पर जोर दिया कि अगर हम सत्य में पलायन रास्ता को नशा मुक्ति बना सकते हैं तो हम सभी को एकजुट होकर नशी के खिलाफ लड़ना होगा जैसे कि हमने अंतकवद के दौरान किया था। मैं नशीली युवाओं के खिलाफ युद्ध के लिए न्यायपालिका विशेषकर मनमोह जिला एवं सत्र न्यायाधीशों का आभारी हूँ। इस अभियान में न्यायपालिका के समित होने से निकित रूप से सार्वक परिणाम मिलेंगे। इस मौके पर डेकलिन के मानिक रंजित सिंह एवं स्टायफ के सभी सदस्य उपस्थित थे।



रौंड कराम ने बेसहारा लोकां नुं कंबल वंडे

अभियंता, 28 दसंबर (रोमेश) राणीनीजिक बिंटां दी वंड ब्रीजे सिध-सुी धटमाम बोरि डिपटी वरिअनर-राम-पुधान जिला रौंड कराम सुजाएटी बल रौंड चीरवीं लुंछ नुं वंघटे गुंछे गुरु नानक देव रसपताल दे धारुण धरगारा, लंघर अंड अंरडां नुं 80 बेंचलां दी वंड टरापीसाएडल, वडोल बेअर, बेंनां बौंडी गंधी। इस रौं विलावा धेबे नानकी (बंघा वारड) गुरु नानक देव रसपताल विंधे अंरडां नुं 82

राणीनीजिक बिंटां दी वंड ब्रीजे गांधी। इस मॅके अगोसएडल सिध कारनकापी सक्डर रौंड कराम सुजाएटी अंडे सुगु रौंड कराम सटाव मंजुद सन। रौंड कराम वल्लं अंगरीट विअवर्तीनां नुं मुडड अंड अंरडां नुं 80 बेंचलां दी वंड टरापीसाएडल, वडोल बेअर, बेंनां दीआ मशीन, बेंडोआ, तकली अंग, विंधवां अंरडां नुं सिलापी मशीन दिंडोनां नां दीआ हन।

