

QUARTERLY NEWSLETTER

01st October, 2023 to
31st December, 2023



THROUGH HUMANITY TO PEACE

Indian Red Cross Society

PUNJAB STATE BRANCH, CHANDIGARH



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Punjab Red Cross

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 leadership of Secretary Punjab State Red Cross S. Shivdular Singh Dhillon IAS ret'd. A state level Junior Red Cross camp held at Rewalsar (Mandi) from 15th November, 2023 to 20th November, 2023. 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 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 drug 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 Mukta 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 Mukta 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 Nawanshahr organized 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.



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 Mukta Bharat Abhiyan. The children were made aware to continue this campaign of Nasha Mukta in their surroundings as well.

**Compiled Quarterly Numeric Report Of Drug De-Addiction Centres (Kurali, Nawanshaher,
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) Nawanshahar (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

DETAILS OF THE BLOOD DONATION CAMPS FROM 1ST October,2023TO 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 he 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

ਨੌਜਵਾਨ ਇੱਕਠੇ ਹੋ ਕੇ ਕਰ ਸਕਦੇ ਹਨ ਨਸ਼ੇ ਦਾ ਅੰਤ - ਚਮਨ ਸਿੰਘ

ਮੁਕਤਸਰ, 23 ਨਵੰਬਰ 2023: ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ੇ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੇ ਕਾਮਯਾਬੀ ਨਾਲ ਕਾਰਜ ਕਰ ਰਿਹਾ ਹੈ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ੇ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੇ ਕਾਮਯਾਬੀ ਨਾਲ ਕਾਰਜ ਕਰ ਰਿਹਾ ਹੈ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ੇ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੇ ਕਾਮਯਾਬੀ ਨਾਲ ਕਾਰਜ ਕਰ ਰਿਹਾ ਹੈ।

ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ੇ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੇ ਕਾਮਯਾਬੀ ਨਾਲ ਕਾਰਜ ਕਰ ਰਿਹਾ ਹੈ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ੇ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੇ ਕਾਮਯਾਬੀ ਨਾਲ ਕਾਰਜ ਕਰ ਰਿਹਾ ਹੈ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ੇ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੇ ਕਾਮਯਾਬੀ ਨਾਲ ਕਾਰਜ ਕਰ ਰਿਹਾ ਹੈ।



ਦੇਸ਼ ਸੇਵਕ

ਆਈ ਸੀ ਐਸ ਡਬਲਯੂ ਨਵਾਂ ਬਹਿਰ ਵੱਲੋਂ ਵਿਸ਼ਵ ਏਡਜ਼ ਦਿਵਸ ਮਨਾਇਆ

ਮੁਕਤਸਰ, 23 ਨਵੰਬਰ 2023: ਆਈ ਸੀ ਐਸ ਡਬਲਯੂ ਨਵਾਂ ਬਹਿਰ ਵੱਲੋਂ ਵਿਸ਼ਵ ਏਡਜ਼ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਏਡਜ਼ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੂੰ ਸ਼ੁਕਰੀਆਜ਼ ਕੀਤੀ।

ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਏਡਜ਼ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੂੰ ਸ਼ੁਕਰੀਆਜ਼ ਕੀਤੀ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਏਡਜ਼ ਦੀ ਖੋਜ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਵਿੱਚ ਸਰਕਾਰ ਨੂੰ ਸ਼ੁਕਰੀਆਜ਼ ਕੀਤੀ।



ਰੋਡ ਕਰਾਸ ਨੇ ਬੋਸਰਾਹ ਲੋਕਾਂ ਨੂੰ ਕੰਬਲ ਵੰਡੇ

ਮੁਕਤਸਰ, 23 ਨਵੰਬਰ 2023: ਰੋਡ ਕਰਾਸ ਨੇ ਬੋਸਰਾਹ ਲੋਕਾਂ ਨੂੰ ਕੰਬਲ ਵੰਡੇ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਲੋਕਾਂ ਨੂੰ ਕੰਬਲ ਵੰਡੇ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਲੋਕਾਂ ਨੂੰ ਕੰਬਲ ਵੰਡੇ।

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ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿੰਮ ਤਹਿਤ ਸਕੂਲ ਦੇ ਬੱਚਿਆਂ ਨੂੰ ਕੀਤਾ ਜਾਗਰੂਕ

ਮੁਕਤਸਰ, 23 ਨਵੰਬਰ 2023: ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਮੁਹਿੰਮ ਤਹਿਤ ਸਕੂਲ ਦੇ ਬੱਚਿਆਂ ਨੂੰ ਕੀਤਾ ਜਾਗਰੂਕ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਬੱਚਿਆਂ ਨੂੰ ਜਾਗਰੂਕ ਕੀਤਾ।

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

VERMA GURDASPUR, DEC 15: Keeping this in view the Red Cross International Rehabilitation Centre for Addiction, Gurdaspur is organising various awareness seminars to make this message clear. Recently this centre organized an anti-drug awareness camp under 'Nasha Mukt Bharat Abhiyan' at Gurjeet Field International School, Gurdaspur. The camp was presided over by Principal Dr. Jagpreet Singh and School management. Students of high classes were present. The first objective of the camp was to create awareness among students about the dangers of drug addiction. They were made aware about how drug addiction creates a network and surely target students to make them addicted. Basically, the drugs are sold to the students first and gradually when they get addicted to it, their view being



ਦੇਵਸਰ ਨਗਰਮੁਖਿਤ ਏਚ ਯੂ ਐਨ ਏਚ ਸੈਮਿਨਾਰ ਵਿੱਚ ਕੈਂਪ ਆਫ ਆਰਜ਼ ਆਗਨ ਡਰਗਜ਼ ਲੇਮਿਨਾਰ

ਮੁਕਤਸਰ, 23 ਨਵੰਬਰ 2023: ਦੇਵਸਰ ਨਗਰਮੁਖਿਤ ਏਚ ਯੂ ਐਨ ਏਚ ਸੈਮਿਨਾਰ ਵਿੱਚ ਕੈਂਪ ਆਫ ਆਰਜ਼ ਆਗਨ ਡਰਗਜ਼ ਲੇਮਿਨਾਰ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਕੈਂਪ ਆਫ ਆਰਜ਼ ਆਗਨ ਡਰਗਜ਼ ਲੇਮਿਨਾਰ।

ਦੇਵਸਰ ਨਗਰਮੁਖਿਤ ਏਚ ਯੂ ਐਨ ਏਚ ਸੈਮਿਨਾਰ ਵਿੱਚ ਕੈਂਪ ਆਫ ਆਰਜ਼ ਆਗਨ ਡਰਗਜ਼ ਲੇਮਿਨਾਰ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ ਕੈਂਪ ਆਫ ਆਰਜ਼ ਆਗਨ ਡਰਗਜ਼ ਲੇਮਿਨਾਰ।



'ਅਧਿਕਾਰੀ' ਦੇ ਸਾਥ ਕਰਤਕੀਆਂ ਪ੍ਰਤਿ ਭੀ ਰਹਿੰਦੇ ਜਿੰਮੇਦਾਰ' ਹਿੰਦੂ ਨੇਗਰੀ ਸੈਨਿਕਾਂ ਨੇ ਜ

ਮੁਕਤਸਰ, 23 ਨਵੰਬਰ 2023: 'ਅਧਿਕਾਰੀ' ਦੇ ਸਾਥ ਕਰਤਕੀਆਂ ਪ੍ਰਤਿ ਭੀ ਰਹਿੰਦੇ ਜਿੰਮੇਦਾਰ' ਹਿੰਦੂ ਨੇਗਰੀ ਸੈਨਿਕਾਂ ਨੇ ਜ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ 'ਅਧਿਕਾਰੀ' ਦੇ ਸਾਥ ਕਰਤਕੀਆਂ ਪ੍ਰਤਿ ਭੀ ਰਹਿੰਦੇ ਜਿੰਮੇਦਾਰ'।

'ਅਧਿਕਾਰੀ' ਦੇ ਸਾਥ ਕਰਤਕੀਆਂ ਪ੍ਰਤਿ ਭੀ ਰਹਿੰਦੇ ਜਿੰਮੇਦਾਰ' ਹਿੰਦੂ ਨੇਗਰੀ ਸੈਨਿਕਾਂ ਨੇ ਜ। ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਨੇ 'ਅਧਿਕਾਰੀ' ਦੇ ਸਾਥ ਕਰਤਕੀਆਂ ਪ੍ਰਤਿ ਭੀ ਰਹਿੰਦੇ ਜਿੰਮੇਦਾਰ'।



Gurdaspur Diary

JUDICIARY TAKES UP FIGHT AGAINST DRUGS

Punish against Drug Addiction

Step a mile of business between your fingers, not a pace filled with tension, as drug raged Gurdaspur, no one understands this better than District and Sessions Judge Preetinder 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 comprehensive decision to ensure Gurdaspur district was not left behind. Last week, he asked the subordinate judges, officials of the district administration and school children to participate in a workshop against drugs. He was a little ahead and spent a good two hours at the Red Cross Drug Free Centre in Gurdaspur. He had a message to deliver, where he met, advised, warned in common, warned on 'addicts'. He wants people to know that just professions should be avoided because it tends to lead you to the dark alleys of drugs. Besides, the district's senior

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 Session Judge Gurdaspur and Sh. Sumit Bhatia, DLSA.com 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.



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01st October, 2023 to

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THROUGH HUMANITY TO PEACE

Indian Red Cross Society

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