

**GURU NANAK KHALSA COLLEGE FOR WOMEN
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA**



**ANTI DRUG CELL
(Buddy Group)
2022-2023**



Dr. Maneeta Kahlon

Principal

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**“BUDDY,
SAY NO TO DRUGS”**



WHY YOU?

- Strong buildings are built on strong foundations
- You are the future
- Life is ahead of you
- To realize your potential
- Avoid drugs/intoxicants
- Develop positive skills
- Work hard

WHAT DO YOU GAIN?

- Beneficial learning through peers and teachers
- Peer support
- Mutual protection
- Awareness for drug prevention
- ‘upward filtering’ and parent partnership
- Positivity
- Cost free - your gift to yourself

THE BUDDY PROGRAM

- Provide a platform for positive thinking & action
- Create awareness to prevent use of drugs/intoxicants
- Combine with constructive activity
- Create a conducive environment
- Improve overall schooling experience
- Help - share - care - trust – partner

WHO IS A BUDDY?

- Term taken from the military/para-military
- Buddy is your friend
- Buddy does an activity with you so that you can support and encourage each other*
- Buddy is your classmate
- He/she will help, support and encourage you

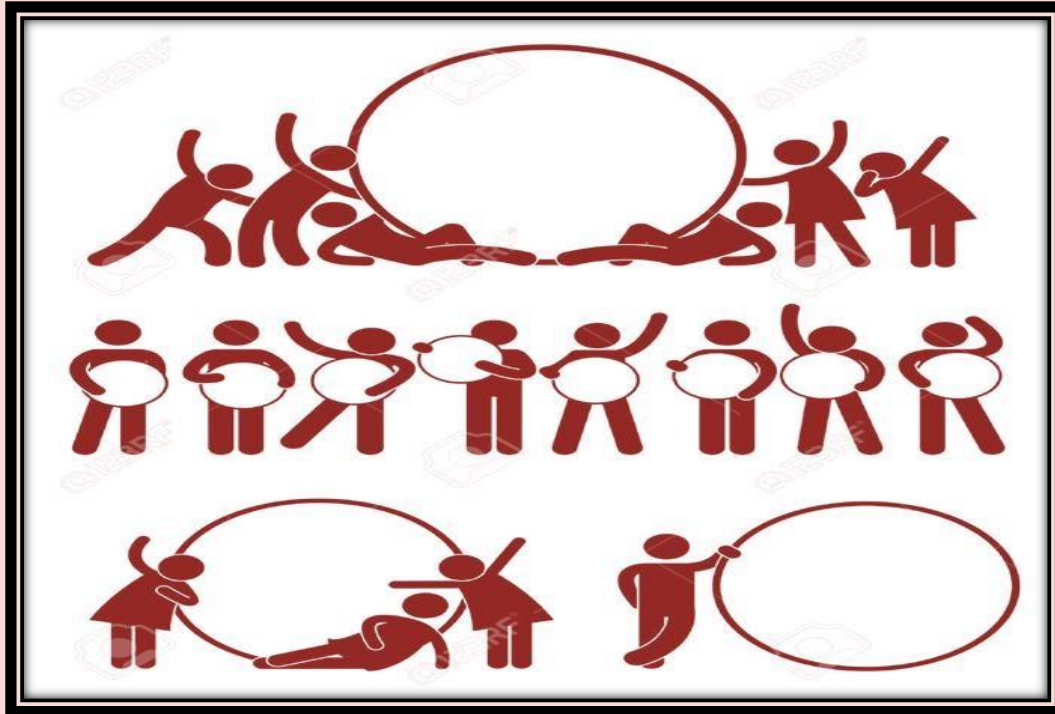
WELCOME YOUR BUDDY-M4

- Monitor each other
- Motivate each other
- Moral responsibility for each other
- Mutual safety and empowerment



CARE-HELP-SHARE-TRUST-PARTNER

- Buddy supports and guides
- Buddy helps avoid use of drugs/intoxicants
- Buddy protects
- Buddy listens to problems and concerns
- Buddy trusts you



ROLE OF A BUDDY

- Identify signs of drug/intoxicant use
- Provide support in academics
- Assist in co-curricular activities
- Communicate problems to one another and teacher
- Discuss harmful effects of drugs from time to time
- Regularly discuss positive activity

FUNCTIONING

- 5 classmates (max) of same section form group
- Fortnightly meeting during sup period or corresponding subject period
- 40 mins – 1 hour monthly awareness program
- Regularly discuss positive activity
- Regularly monitor that buddies are not using drugs

K-A-B-P

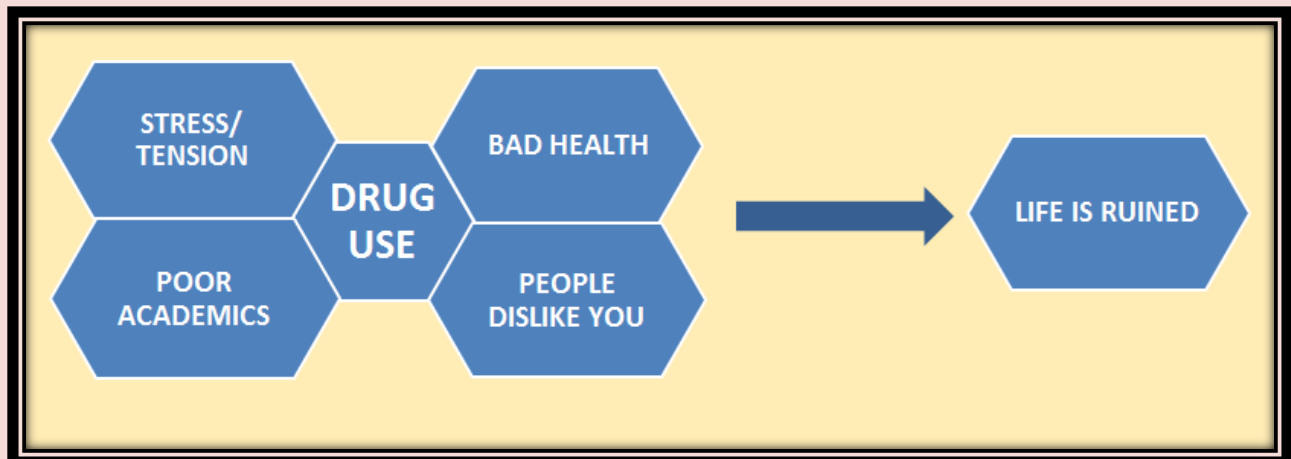
Knowledge: Drugs and their effects

Attitude: Preventing drug use

Belief: Confidence to refuse drugs

Practice: Convert belief into practice

DRUGS - CHEMICALS THAT ADVERSELY IMPACT MIND & BODY



RECOGNIZING THE SIGNS IN YOUR BODY

Physical indicators

- Bloodshot or watery eyes
- Slurred speech
- Poor motor coordination
- Easily fatigued
- Over-excitability

Physical indicators - 2

- Sudden weight loss or gain
- Tremors of the hands
- Unusual smells on breath/body/clothes

- Needle marks
- Shabby dressing
- Excessive use of deodorants/mouth fresheners

Academic indicators

- lower concentration
- Lower marks and grades
- Absenteeism
- Incomplete classwork/homework
- Non - participation in co-curricular activities

Behavioural indicators

- Change in friends and hobbies
- Secretive or suspicious behavior
- Forgetfulness

- Disobeying teachers and elders
- Sudden mood swings
- Frequent lying, cheating
- Stealing, blackmailing

Always remember!!

- drugs are harmful
- Drugs are dangerous
- Drugs will ruin health
- Drug use is criminal
- Drug use is sinful
- Drugs kill

I AM STRONG AND ASSERTIVE

- I will say 'no'
- I am confident
- I will achieve my goals
- I will do well in studies
- I will make my life a success
- I will be healthy
- I will never use drugs! And i will stop others from doing so too!!!

I WANT TO ACHIEVE MY GOALS

- I want to be a national level sports person
- I want to be an officer and serve my country
- I want to excel in my studies
- I want to remain fit and healthy
- I'm going to work hard and be successful (drugs
Will stop me)
- I want to be a good son /daughter
- I want to be happy

Saying 'no' to a known person

(Friend, classmate, relative, neighbor, etc.)

- **No!** It is not up for discussion
- **No!** I am against using drugs
- **No!** I know of people who died because they took drugs
- **No!** It is illegal!
- **No!** My family and friends will hate me
- **No!** God will punish me

Saying 'no' to a stranger

- **No!** It is not up for discussion
- **No!** I will not even talk about it
 - It should be a loud and clear **no!**
 - just run away from there as soon as possible after saying this
 - never take any eatables or drinks from any stranger as they may have drugs

If your buddy is taking Drugs/intoxicants, what to do next?

- Keep calm, do not panic
- Give your buddy moral support /help
- Inform your teacher
- Inform your parents

**If you are taking drugs/intoxicants,
What to do next?**

- Keep calm, do not panic
- Share with your buddy
- Share with your teacher
- Share with your parents
- Take corrective steps under supervision

BEWARE



HOW TO INFORM

- **Inform your teacher:** “madam/sir, someone tried to give me drugs. I said no to him and ran away”
- **Inform your buddy:** “buddy, someone tried to give me drugs. I said no to him and ran away from there. You also be careful of such people!”
- **Inform your parent:** “mummy/papa, someone tried to give me drugs. I said no to him and ran away from their”

BEWARE OF LIES AND MANIPULATIONS!!

Examples of how people can trap you

- Beta, come here. Try this! I have a magic pill for you.
- Take this, it is free of cost.
- Just try this once, you will feel excited and happy.

BEWARE OF LIES AND MANIPULATIONS-2!!

- This magic pill will help you relax completely.
- Your performance in studies and games will improve.
- It will build your muscles and make you look strong.
- You will look smart like a model and others will find you attractive.

DETAILS TO NOTE ABOUT THOSE OFFERING DRUGS

- Where did the person meet you (such as school gate, on the way home, Bus stop, etc.)
- What did he look like (hair color, height, weight, complexion, any identification mark, accent, etc.)
- What did he say?
- Details of vehicle if used
- Other details

Tell your teacher if.....

Your buddy regularly does the following:

- talks to suspicious strangers
- Misses classes
- Spends a lot of time in the toilet
- Spends time in isolated places
- Starts remaining alone



POSITIVE PRACTICES –

Do one of these every day

- help those in need - even the smallest act helps
- Sports activity daily
- Pursue a hobby
- Participate in national cadet corps
- Participate in national service scheme
- Participate in music, drama, etc.
- Participate in cleanliness drive



DO GOOD DEEDS

- Good deeds make you happy & responsible
- Do a good deed for somebody
- In return ask that person to do a good deed for some other person (3rd party)
- Pay it forward - give credit ahead

(menander- 317 bc, franklin -1784, hammond - 1916,

Heinlein -1951, hyde -2000)

Always remember!

- Avoid drugs - they will ruin you
- Have a strong attitude against drug use
- Always believe in yourself
- Convert your beliefs into practice



References

- <https://www.publicsafety.gc.ca/cntr/rsrchs/pblctns/sclbsd-drgbs/sclbsd-drgbs-eng.pdf>
- <http://www.apa.org/monitor/may02/researchers.aspx>
- https://www.rand.org/pubs/research_briefs/rb6009/index1.html
- <https://www.scientificamerican.com/article/why-just-say-no-doesnt-work/>
- http://www.prevenzionbasadaenlaevidencia.net/uploads/pdf/rp_reducing_adolescents_alcohol_abuse_tripodi.pdf

ACTIVITIES

To conduct a series of activities on Drug-abuse awareness

A poster-making competition, an extension lecture and a pledge ceremony were organized on Drug-abuse awareness in the college on November 14, 2022. The events were conducted under the guidance of Buddy group coordinator Dr. Parveen Arora and co-coordinator Dr. Madhu Dhawan.

In the poster making competition, students of Fine Arts made posters to create awareness on the Anti- Drug Campaign.

An extension lecture on “Drug dilemma in Contemporary society” was delivered by Dr. Annie Mattu, MBBS, MD Faculty, Department of Pharmacology, Dr. BR Ambedkar State Institute of Medical Sciences, Mohali.

An **Anti-Drug pledge** “Say yes to life, No to drugs” was also taken by members of Women Development Cell, Red Ribbon Club and NSS Unit of the college. Madam Principal Dr. Maneeta Kahlon appreciated the efforts made by various members of the clubs and motivated the students to live a healthy and drug free life.

Links-

1. <https://www.facebook.com/gnwludhiana/posts/pfbid04Y36gQaCGUnAEfcC9haH8BMwcDGdQ7C653TqngMDHbtc2xGo9zyRkzuowEmvJsGtl>

2 <https://www.instagram.com/p/Ck-VUHPPjoE/?igshid=MDJmNzVkMjY=>

Nukkad Natak on Drug Menace

In order to sensitize the youth against the menace of drugs a *Nukkad Natak* was staged by the Nukkad Natak Team of Moga on November 14, 2022. Speaking on the occasion, Madam Principal Dr. Maneeta Kahlon emphasized that the objective of this activity is to make the youth aware of the harmful effects of drug abuse. The event was attended by eminent dignitaries including Jasroop Kaur Batth, (IPS Batch 2020), ACP, Civil Lines, Ludhiana, Sub Inspector Hardayal Singh (Sanjh Zone Incharge), ASI Balwant Singh Bhikhi, ASI Sukhwinder Singh, SHO Gurshinder Singh, Dr. Davinder Singh Sidana (Consultant Emergency, Deep Hospital, Ludhiana) and Mr. Pardeep (President, Sports wing, AAP Ludhiana).

Links-

- 1.<https://www.facebook.com/gnwludhiana/posts/pfbid02eL91nff3DUC7e8s1zMPS2GZsgnDUdfXFRduU9eLiqU65LbmwXJ5CVvCZD6eGZcQ9l>
- 2.<https://www.instagram.com/p/Ck-YJ6EPqhP/?igshid=MDJmNzVkMjY=>
- 3.<https://fb.watch/gO3dmkbbC/>

Awareness Campaign against Drug Abuse

To commemorate the birth anniversary of the first Prime Minister of India, Jawaharlal Nehru, Children's Day was celebrated on the campus. On this occasion, the young, dynamic, youth icon, Jasroop Kaur Bath, (IPS Batch 2020), ACP, Civil Lines, Ludhiana was invited as the Chief Guest and the speaker. She motivated the students and also spoke at length about the menace of drugs. Students were made aware regarding the menace of drugs in Punjab and how women can play an active part in checking it by being aware and educating others at home. Details were given about the 'PP Sanjh Shakti App' in collaboration with Police Station Model Town Ludhiana. The event was attended by eminent dignitaries including Sub Inspector Hardayal Singh (Sanjh Zone Incharge), ASI Balwant Singh Bhikhi, ASI Sukhwinder Singh, SHO Gurshinder Singh, Dr. Davinder Singh Sidana (Consultant Emergency, Deep Hospital, Ludhiana) and Mr. Pardeep (President, Sports wing, AAP Ludhiana). Madam Principal Dr. Maneeta Kahlon thanked the chief guest of the day Jasroop Kaur Bath for motivating the students. She further added that it is pertinent to sensitize the youth about the ill-effects of drugs for a healthy and drug-free society. Madam Principal Dr. Maneeta Kahlon thanked the police for its prompt and quick response whenever the college approached the Model Town Police Station.

Links-

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02YgqWPjzgZvioDuQHKt8ERP3WhPQ9BXii5B9hNCsiDuRGa4SuDWUrtaNsPnzdneyTol>
2. <https://www.instagram.com/p/Ck-ZXU0vtDA/?igshid=MDJmNzVkMjY=>
3. <https://www.instagram.com/p/CIA2ulAv2xx/?igshid=MDJmNzVkMjY=>
4. <https://www.facebook.com/gnwludhiana/posts/pfbid02iLDBga7DqeY7va5VQo5bPgweEck1DnkuAZd8ib3qeyzAxFBMZvKJw32JZMKLv9CYl>

Interactive Sessions on Drug Abuse

July 27- August 05, 2022

On July 29, 2022, the NCC cadets attended their classes as per the schedule. The cadets participated in a rally to spread awareness on drug abuse. To explore and develop the oratory and creative abilities of cadets, an extempore competition was organized in which the cadets participated with great enthusiasm.

On August 2, 2022, the common and technical lectures were delivered by ANOs and PI staff. In addition, interactive sessions on drug abuse, women empowerment and gender sensitization were held. In the evening, handball, running, and tug of war competitions were held. A group song competition was also organized.

Links-

https://m.facebook.com/story.php?story_fbid=pfbid0FseQESrMF1Knc6XG3sSMx4VxJLjXYvqKuDNohmtrsFiWGH9Ma7G2iL8v8WdKX1Zxl&id=100057616412011&sfnsn=wiwspmo

World AIDS Day /Drug Abuse December 01, 2022

To mark this day, a lecture to create awareness among staff and students about HIV, its transmission, diagnostic testing, preventive measures, and treatment options was delivered by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, Coordinators of Red Ribbon Club.

In addition, a poster-making activity on HIV/ AIDS, and drug-abuse was organized in collaboration with the Department of Fine Arts. This activity was coordinated by Mrs. Harpreet Kaur, Head of Fine Arts department.

Madam Principal Dr. Maneeta Kahlon speaking on the theme of the day 'Equalize' stressed the need to eliminate discrimination against this dreaded disease and focus on practical solutions to end AIDS.

Links-

1.<https://www.facebook.com/gnwludhiana/posts/pfbid0jDDod9G9cLxhR7TYT5f3bBGywP47ohxPxj4qSDbTMCuRJUAcBEVCzmwWq5n96K8ql>

2.<https://www.instagram.com/p/ClnlyQePjTh/?igshid=ZTA1ZTQyMGU=>



