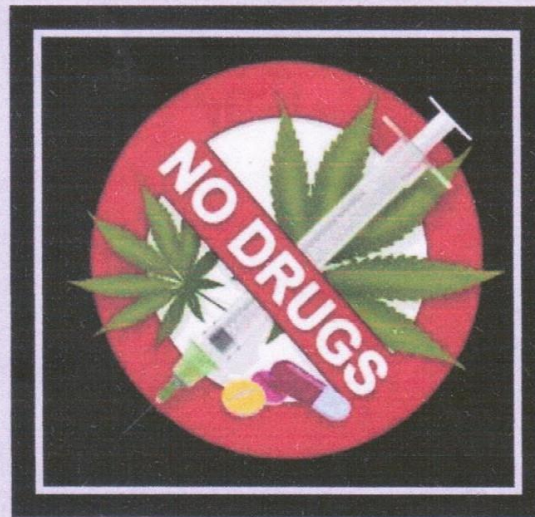


GURU NANAK KHALSA COLLEGE FOR WOMEN,  
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

**Anti-Drug Cell**  
**(Buddy Group)**

SESSION (2023-24)

Even Semester



**Dr. Maneeta Kahlon**

**Principal**

**Dr. MANEETA KHLON**

Principal

G.N.Kh. College for Women  
Gujarkhan Campus, Model Town,  
Ludhiana

**Dr. Parveen Arora**

**Coordinator**

**“BUDDY,  
SAY NO TO DRUGS”**



**COMMITTEE MEMBERS**

- Dr. Neetu Prakash (NSS)
- Mrs. Satwant Kaur (NSS)
- Mrs. Sukhjit Kaur (NCC)
- DR. Nidhi Sharma (Red Ribbon /Youth Club)
- Ms. Daisy Wadhwa (Red Ribbon /Youth Club)

**Student Representatives**

## **ABOUT**

The anti-drugs cell of Guru Nanak Khalsa College for Women has set up a buddy group to stop students from using drugs and alcohol. They don't want students to have or use drugs anywhere, even outside the college. This buddy group's main job is to teach students about how bad drugs are for them and for society. They do this by organizing events with the help of government-approved groups. The buddy group also educates students about the dangers of drugs and alcohol, encourages them to watch out for each other, and tells the college if they see anyone using drugs. They put on events like seminars and rallies to inform against using alcohol, tobacco, and drugs. They also work closely with the police to show students the serious consequences of using drugs. It's really important for teachers and parents to team up and stop drugs from spreading in college.

## **MISSION**

- Inspecting Anti-Drug Day.
- Having events at school with help from the government to teach about drugs.
- Showing posters, plays, and rallies at college to talk about how bad drugs are.
- Joining a program where we promise not to use drugs.

## **OBJECTIVES**

- Make sure nobody uses drugs or alcohol at college.
- Teach kids to say no to drugs.
- Get students excited about joining events that teach about drugs.
- Talk to students who might be starting to use drugs or alcohol.
- Stop kids from trying drugs and help those who already have.
- Don't let anyone sell drugs or alcohol at college.
- Work together to keep our community healthy and stop drugs from spreading.
- Encourage students to help stop drugs in their own lives.

## **Initiatives**

- Celebrate Anti-Drug Day at our campus to teach new students about the dangers of drug abuse.
- Poster displays, Slogan Writing competitions, Nukkad Nataks, street performances, and rallies to spread the message- **“Say NO to Drugs”**.
- To motivate the students to become volunteers of anti-drug activities during the course of their lives.
- To provide counselling to students who display tendencies towards drugs / alcohol use.
- To encourage and engage the students to actively participate in awareness programmes in the campus and outside.

## Activities

### Seminar on Mental Wellness at GNKCW

January 31, 2024

Students of Psychology Department prepared a 'Psychodrama', to show how therapy works. Students showcased therapies such as CBT, Gestalt Therapy, Behaviour Therapy, REBT, Psychoanalytical techniques and many more. Later Dr. Jaspreet Singh Gumber told students about various disorders such as Anxiety, Depression, Schizophrenia, Addiction of drugs or alcohol and many more. Dr. Jaspreet shared ways to cope up with everyday stress and how to maintain good mental health.

Link:

<https://www.facebook.com/gnwludhiana/posts/pfbid03xYJw1HFx9NBSosicvzZULeyc1HPTbCrDno1ruMVax5QmYPEhi7kszjwv3Ja98V3l>

