

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

ANTI - DRUG CELL

(Buddy Group)

SESSION (2024-25)

Odd Semester



Dr. Maneeta Kahlon

Principal

Dr. Parveen Arora

Coordinator

Dr. Madhu Bala

Co- 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)

ABOUT

The Anti-Drugs Cell at Guru Nanak Khalsa College for Women has formed a buddy group to help prevent students from using drugs and alcohol, both on and off-campus. The group's main aim is to educate students about the harmful impact of drugs on their health and society as a whole. By collaborating with government-recognized organizations, they organize various events to spread awareness. In addition, the buddy group promotes peer vigilance, encouraging students to support each other and report any instances of drug use to the college authorities. They host activities such as seminars and rallies to raise awareness about the dangers of alcohol, tobacco, and drugs, and work closely with law enforcement to underscore the serious legal and personal consequences of substance abuse. It's essential for both educators and parents to join forces in preventing the spread of drugs within the college community.

MISSION

- Organizing inspections for Anti-Drug Day.
- Hosting events at schools in collaboration with the government to raise awareness about drugs.
- Displaying posters, staging plays, and holding rallies at colleges to highlight the dangers of drug use.
- Participating in a pledge program to commit to staying drug-free.

OBJECTIVES

- Ensure a drug- and alcohol-free environment at college.
- Educate students on how to refuse drugs.
- Inspire students to participate in events that promote drug awareness.
- Provide support and guidance to students at risk of using drugs or alcohol.
- Prevent students from experimenting with drugs and assist those who are already struggling.
- Prevent the sale of drugs or alcohol on campus.
- Collaborate to maintain a healthy community and prevent the spread of drugs.
- Empower students to take action in eliminating drugs from their own lives.

INITIATIVES

- Host Anti-Drug Day on campus to educate new students about the risks of drug abuse.
- Organize poster exhibitions, slogan writing contests, street plays (Nukkad Nataks), street performances, and rallies to promote the message: "Say NO to Drugs."
- Inspire students to become lifelong volunteers in anti-drug activities.
- Offer counselling to students showing signs of drug or alcohol use.
- Encourage and motivate students to actively engage in awareness programs both on campus and in the wider community.

Activities

Oath-taking Ceremony at GNKCW

12 August, 2024

Under the guidance of the Deputy Commissioner of Ludhiana, the Anti-Drug Cell of Guru Nanak Khalsa College for Women, Ludhiana, organized a pledge-taking event under the theme "**Viksit Bharat ka Mantra: *Bharat ho Nasha se Veetantra.***" During the event, students and teachers took a pledge to neither consume nor promote drugs in society.

Principal Dr. Maneeta Kahlon initiated the pledge and educated the participants about the severe consequences of drug use, highlighting its detrimental effects on health, the destruction it causes to families, and its dangerous impact on social, mental, and economic development.

Link: <https://www.facebook.com/share/p/1B2fiq3Dts/>



Anti-Drug Campaign at GNKCW

17 August, 2024

Under the aegis of the IQAC, the Anti-Drug Cell of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, initiated an Anti-Drug Campaign today. The campaign began with an oath to "**Say No to Drugs.**" Students from the PGDCA classes expressed their views on how drug consumption destroys the lives of youth, their families, and the nation as a whole. Principal **Dr. Maneeta Kahlon** appreciated the students' efforts and encouraged them to spread this important message within their communities.

Link:

<https://www.facebook.com/share/p/1F1oua1K2Y/>



Anti-Drug Cell Meeting at Bachat Bhawan Ludhiana

12 September, 2024



Under the aegis of the Internal Quality Assurance Cell of GNKCW on 12th September 2024, a meeting was held under the chairmanship of ADC (D) at Bachat Bhawan Ludhiana along with senior officials from the Police Department and DEO to discuss the control of serious menace-Drug Addiction in society. During the meeting, various projects, programs, and surveys were discussed by different authorities. The meeting was attended by **Coordinator Dr Parveen Arora** and **Co-Cordinator Dr Madhu Dhawan** of Anti Drug Cell and Buddy Group.



World Environment Health and Safety Day

26 September, 2024

Under the aegis of the IQAC of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, the Red Ribbon Club and Eco Club, in collaboration with the Department of Fine Arts, organized a **Poster Making Activity** and an **Awareness Talk on Drug Abuse** Awareness and Environment Safety as part of a larger initiative to promote social responsibility among students. The event, held on September 26, 2024, was also celebrated as World Environment Safety Day, further emphasizing the need for action on both drug abuse prevention and environmental protection.

The Poster Making Activity saw 20 students creatively addressing the themes of drug abuse and environmental safety, highlighting the dangers of substance abuse and the importance of preserving the environment. The activity was convened by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, Coordinators of the Red Ribbon Club, along with Mrs. Harpreet Kaur and Mrs. Balwinder Kaur, Assistant Professors from the Department of Fine Arts.

Link: <https://www.facebook.com/share/p/12CtKthMt7i/>



International Day Against Drug Abuse and Illicit Trafficking

26 June, 2024

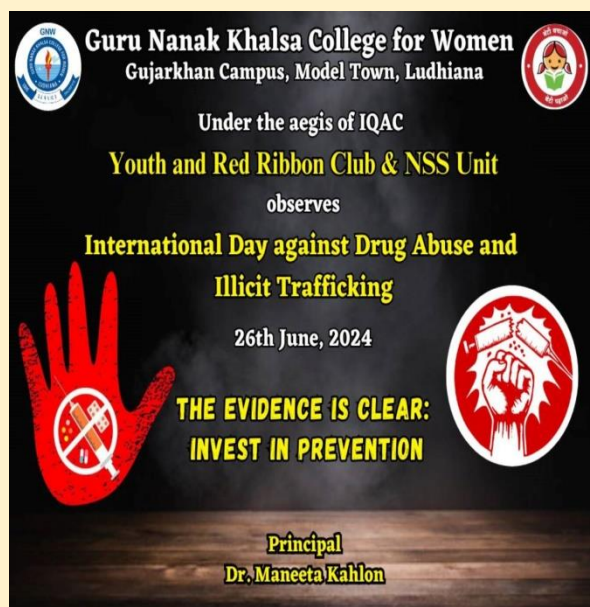
Under the aegis of the Internal Quality Assurance Cell, the Youth and Red Ribbon Clubs and NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized an awareness seminar on June 26, 2024 to mark the International Day Against Drug Abuse and Illicit Trafficking. The seminar aimed to raise awareness about the dangers of drug abuse and to emphasize the importance of investing in prevention measures.

Principal of the college, **Dr. Maneeta Kahlon**, was the resource person of the seminar. Dr. Kahlon delivered an insightful talk on this year's theme, "Invest in Prevention," highlighting the critical need for proactive measures to combat drug abuse and illicit trafficking. She emphasized the role of education, community involvement, and support systems in preventing substance abuse, urging students to stay informed and actively participate in awareness initiatives.

The event was convened by Dr. Nidhi Sharma and Ms. Daisy Wadhwa.


Link:

<https://www.facebook.com/share/p/15Mkv9WFnQ/>



Video Conference Regarding drug free India campaign

09 December, 2024



ਡਾਇਰੈਕਟੋਰੇਟ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਤੇ ਇਸਤਰੀ ਤੇ ਬਾਲ ਵਿਕਾਸ ਵਿਭਾਗ, ਪੰਜਾਬ
ਐਸ ਸੀ ਓ. ਨੰ. 102-103, ਸੈਕਟਰ 34-ਏ, ਚੰਡੀਗੜ੍ਹ।
ਟੈਲ ਨੰ. 0172-2602726, 2608746, ਈ-ਮੇਲ jds5.punjab@gmail.com

ਸੇਵਾ ਵਿਖੇ
ਵਧੀਕ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ (ਜ),
ਜਿਲ੍ਹਾ ਲੁਧਿਆਣਾ।
ਨੰਬਰ ਸ-34(ਸਸ)/2024/40243
ਮਿਤੀ. ਚੰਡੀਗੜ੍ਹ 09/12/24

ਵਿਸ਼ਾ:-
ਮਿਤੀ 10.12.2024 ਨੂੰ ਸਵੇਰੇ 11.00 ਵਜੇ, ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਅਭਿਆਨ ਸਕੀਮ ਸਬੰਧੀ ਮਾਨਯੋਗ ਵਿਸ਼ੇਸ਼ ਸਕੱਤਰ, ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਤੇ ਇਸਤਰੀ ਤੇ ਬਾਲ ਵਿਕਾਸ ਵਿਭਾਗ, ਪੰਜਾਬ ਜੀ ਈ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਵੀਡੀਓ ਕੰਨਫਰੈਂਸ ਰਾਹੀਂ ਹੋਣ ਵਾਲੀ ਮੀਟਿੰਗ ਸਬੰਧੀ।

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ ਭਾਰਤ ਸਰਕਾਰ ਵੱਲੋਂ ਨਸ਼ਾ ਮੁਕਤ ਭਾਰਤ ਅਭਿਆਨ ਸਕੀਮ ਤਹਿਤ ਰਾਜ ਪੱਧਰੀ ਪ੍ਰੋਗਰਾਮ ਜਿਲ੍ਹਾ ਲੁਧਿਆਣਾ ਵਿਖੇ ਕਰਵਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਜਿਸ ਦੇ ਸਬੰਧ ਵਿੱਚ ਮਾਨਯੋਗ ਵਿਸ਼ੇਸ਼ ਸਕੱਤਰ, ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਤੇ ਇਸਤਰੀ ਤੇ ਬਾਲ ਵਿਕਾਸ ਵਿਭਾਗ, ਪੰਜਾਬ ਜੀ ਈ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਮਿਤੀ 10.12.2024 ਨੂੰ ਸਵੇਰੇ 11.00 ਵਜੇ ਵੀਡੀਓ ਕੰਨਫਰੈਂਸ ਰਾਹੀਂ ਮੀਟਿੰਗ ਰੱਖੀ ਗਈ ਹੈ। ਇਸ ਲਈ ਆਪ ਜੀ ਨੂੰ ਬੇਨਤੀ ਹੈ ਕਿ ਉਕਤ ਅਨੁਸਾਰ ਮੀਟਿੰਗ ਵਿੱਚ ਭਾਗ ਲੈਣਾ ਯਕੀਨੀ ਬਣਾਇਆ ਜਾਵੇ ਜੀ। ਉਕਤ ਤੋਂ ਇਲਾਵਾ ਵੀਡੀਓ ਕੰਨਫਰੈਂਸ ਵਿੱਚ ਭਾਗ ਲੈਣ ਲਈ ਹੇਠ ਲਿਖੇ ਜਿਲ੍ਹਾ ਅਧਿਕਾਰੀਆਂ ਨੂੰ ਹਦਾਇਤ ਕਰਦੇ ਮੀਟਿੰਗ ਵਿੱਚ ਭਾਗ ਲੈਣਾ ਯਕੀਨੀ ਬਣਾਇਆ ਜਾਵੇ:-

1. ਵਾਈਸ ਚਾਂਸਲਰ, P.A.U, ਲੁਧਿਆਣਾ।
2. ਜਿਲ੍ਹਾ ਸਿਖਿਆ ਅਫਸਰ (ਸ.ਸ. ਐਲੀਮੈਂਟਰੀ), ਲੁਧਿਆਣਾ।
3. ਪ੍ਰਿੰਸੀਪਲ ਸਰਕਾਰੀ ਕਾਲਜ ਅਤੇ ਪ੍ਰਾਈਵੇਟ ਕਾਲਜ, ਲੁਧਿਆਣਾ।
4. ਜਿਲ੍ਹਾ ਲੋਕ ਸੰਪਰਕ ਅਫਸਰ, ਲੁਧਿਆਣਾ।
5. ਜਿਲ੍ਹਾ ਵਣ ਮੰਡਲ ਅਫਸਰ, ਲੁਧਿਆਣਾ।
6. ਜਿਲ੍ਹਾ ਯੁਵਕ ਸੇਵਾਵਾਂ, ਲੁਧਿਆਣਾ।
7. ਜਿਲ੍ਹਾ ਖੇਡ ਅਫਸਰ, ਲੁਧਿਆਣਾ।

ਮੀਟਿੰਗ ਦਾ ਲਿੰਕ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ:-
Start Time: 10 December 2024 11:00 AM
URL: <https://bharatvc.nic.in/join/4403282899>
Conference ID: 4403282899 Password: 984132
Join via H.323 Gateway
URL: 4403282899@164.100.174.44 / 164.100.174.44#4403282899
PIN: 700531
Join via SIP Gateway
URL: 4403282899@bhvc.nic.in / bhvc.nic.in PIN: 700531

ਵਧੀਕ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ (ਜ),
ਜਿਲ੍ਹਾ ਲੁਧਿਆਣਾ।

ਪਿ.ਐ.ਨੰ. ਸ-34(ਸਸ)/2024/ 40243 ਮਿਤੀ. ਚੰਡੀਗੜ੍ਹ. 09/12/24

ਉਪਰੋਕਤ ਦਾ ਇੱਕ ਉਤਾਰਾ ਜਿਲ੍ਹਾ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਫਸਰ, ਲੁਧਿਆਣਾ ਨੂੰ ਭੇਜਦੇ ਹੋਏ ਲਿਖਿਆ ਗਿਆ ਹੈ। ਉਕਤ ਅਨੁਸਾਰ ਮੀਟਿੰਗ ਵਿੱਚ ਭਾਗ ਲੈਣ ਵਾਲੇ ਜਿਲ੍ਹਾ ਅਧਿਕਾਰੀਆਂ ਨਾਲ ਤਾਲ-ਮੇਲ ਕਰਦੇ ਹੋਏ ਮੀਟਿੰਗ ਵਿੱਚ ਭਾਗ ਲੈਣਾ ਯਕੀਨੀ ਬਣਾਇਆ ਜਾਵੇ।

ਵਧੀਕ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ (ਜ),
ਜਿਲ੍ਹਾ ਲੁਧਿਆਣਾ।

