

Anti-Drug Cell

Guru Nanak Khalsa College for Women

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

ANTI - DRUG CELL (Buddy Group)

**SESSION (2025-26)
Odd Semester**



Maneeta

Dr. Maneeta Kahlon

Principal

**Dr. MANEETA KAHLON
Principal
G.N.Kh. College for Women
Gujarkhan Campus, Model Town,
Ludhiana.**

Parveen Arora

Dr. Parveen Arora

Coordinator

“BUDDY, SAY NO TO DRUGS”



Principal: Dr. Maneeta Kahlon

Coordinator: Dr. Parveen Arora

Co-Coordinator: Dr. Madhu Dhawan

Members: Mrs. Harpreet Kaur

Mrs. Shikha Kalra

DUTY:

To organize Community Involvement programs specific to Buddy Program.

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

Observance of Mass Pledge against Drug Abuse

13 August, 2025

Under the aegis of IQAC, Department of Environment science and **Anti-Drug & Buddy's Cell** of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, observed Mass **Pledge against Drug Abuse** on **August 13, 2025** in which 160 students participate with enthusiasm. The initiative, conducted under of the Ministry of Social Empowerment, Government of India, aimed to raise awareness about the harmful effects of drug abuse and to foster a healthy, drug-free environment in campus.

The orientation and pledge ceremony were led by Dr. Parveen Arora and Ms. Amanpreet Kaur, with the esteemed presence of our Principal, Dr. Maneeta Kahlon. The event included a brief orientation session to educate students about the dangers of drug abuse, the preventive measures in place.

Principal, **Dr. Maneeta Kahlon** also addressed the students, emphasizing the dedication of the students to maintaining a safe and supportive campus. She encouraged students to come forward and report any concerns, ensuring a collective effort to combat drug abuse.

160 members participated in the mass pledge.

Link: <https://www.facebook.com/share/p/1ADUtw8MJ6/>



Promoting Mental Health Awareness on World Mental Health Day

10 October, 2025

Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana, under the aegis of IQAC, celebrated **World Mental Health Day** with a special initiative by the Department of Psychology to foster emotional well-being on campus. In collaboration with COPE, an Aditya Birla-led mental health initiative, students took a *#PledgeforMentalHealth*, reinforcing their commitment to mental wellness. The programme began with a student-performed play highlighting mental health challenges faced by rural women, including social stigma, limited access to care, and emotional burdens. Principal **Dr. Maneeta Kahlon** appreciated the initiative and inspired students and faculty to cultivate a nurturing and supportive campus community that values both mental health and academic growth.

28 club members celebrated World Mental Health Day.

Link: <https://www.facebook.com/share/p/1HFH2rJHAc/>



Data Intelligence and Technical Support Unit, visited GNKCW

4 November, 2025

Sh. Shaleen Mitra, Officer on Special Duty (OSD) – **War against Drugs**, along with his team from the **Data Intelligence and Technical Support Unit (DITSU)** under the **Yudh Nasheyen Virudh** initiative of the Government of Punjab, visited Guru Nanak Khalsa College for Women, Gujarkhan Campus, on **November 4, 2025**. Principal **Dr. Maneeta Kahlon** shared valuable suggestions on expanding COPE's outreach to benefit a greater number of students. She also discussed potential strategies for improving care related to the substance use crisis and associated mental health challenges. The interaction marked a significant step toward fostering collaborative efforts between educational institutions and government initiatives to promote mental health awareness and combat substance abuse among the youth of Punjab.

39 members participated in the activity.

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



Spiritual Enrichment Session by Brahma Kumaris at GNKCW

18 November, 2025

Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organized a spiritually enriching session led by the Code of Conduct and Professional Ethics Committee under the aegis of IQAC. Members of the **Brahma Kumaris guided the faculty on cultivating positivity, mental well-being, forgiveness, inner peace, and emotional stability**. Practical meditation exercises were conducted to help participants experience mindfulness and calm. Principal **Dr. Maneeta Kahlon** appreciated the initiative, noting that such sessions strengthen emotional resilience, moral values, and inner harmony among students.

60 faculty members participated in the spiritual enrichment session by Brahma Kumaris.

Link: <https://www.facebook.com/share/p/17VuuTo6RM/>

