

Anti-Drug Cell

Guru Nanak Khalsa College for Women

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

**ANTI- DRUG CELL
(BUDDY GROUP)**

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



Dr. Maneeta Kahlon
Principal

Dr. MANEETA KAHLO... Princip...
G.N.Kh. College for Women
Gujarkhan Campus, Model Town
Ludhiana

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

DE-ADDICTION PROGRAMME UNDER THE NASHA MUKT

BHARAT ABHIYAAN

January 16, 2026

Nss camp, prajapita brahma kumaris ishwariya vishwa vidyalaya conducted a drug de-addiction programme under the nasha mukt bharat abhiyaan. A specially designed awareness vehicle was used under this campaign to spread the message of de-addiction among the masses.

The nss unit organized a yoga session conducted by mr. Shrey trikha from satyug darshan. The session focused on physical fitness, flexibility, and overall well-being of the students. It included a balanced combination of warm-up activities, strengthening exercises, and classical yoga postures.

An informative and awareness-oriented session was organised on women's health by nss unit in collaboration with women development cell. The session was conducted by Dr. Nidhi Malhotra Sobti (Mbbs Ma), a renowned gynaecologist. She sensitised the students about various menstrual health issues and problems related to pcos. Dr. Sobti also laid emphasis on the importance of maintaining a healthy diet and balanced lifestyle to prevent such disorders. She further highlighted the need for early medical check-ups and timely diagnosis to avoid complications related to thyroid disorders.

The nss unit, in collaboration with the art of living, organized a wellness and awareness session for volunteers. The session began with warm-up exercises followed by laughing activities that highlighted the physical and mental benefits of laughter. The art of living instructor discussed the importance of love for self and love for others, emphasizing emotional well-being and harmony.

The nss unit organized an awareness session for students on mental health and well-being. The session was conducted by ms. Shivali kalra, a professional mental health counselor. During the session, she sensitively addressed important issues related to mental health, focusing on various forms of addiction such as mobile phone addiction and social media addiction, which are increasingly affecting students' academic performance and personal lives.

Links:

Facebook: <https://www.facebook.com/share/p/17LwEGwEuv/>

Instagram: https://www.instagram.com/p/DTujew2EUdt/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



GPS Map Camera

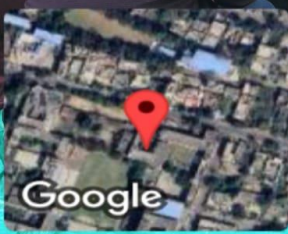
Ludhiana, Punjab, India



234r, Pritm Nagar, Model Town, Ludhiana, Punjab
141002, India

Lat 30.88716° Long 75.843568°

Friday, 16/01/2026 10:38 AM GMT +05:30



**SPREADING AWARENESS ON AIDS, DRUG ABUSE, AND BLOOD
DONATION**

February 03, 2026

Students of Department of Fine Arts of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana, participated in the Inter-College Slogan Making and Poster Writing Competition organized by BCM College of Education on 3rd February 2026 . The competition was organized with the objective of spreading awareness on important social issues such as AIDS, Drug Abuse, and Blood Donation.

A total of two students represented the college in this prestigious event. Kritika Sharma from B.Com 3rd Year participated in the Poster Making Competition, while Sukhman from BA 2nd Year took part in the Slogan Writing Competition. Both the participants were trained and prepared under the able guidance of Ms. Harpreet Kaur, Head of the Fine Arts Department, who motivated and mentored the students to perform to the best of their abilities. Their sincere efforts and dedication bore fruitful results as Sukhman secured the 2nd Prize in the Slogan Writing Competition, bringing laurels to the institution.

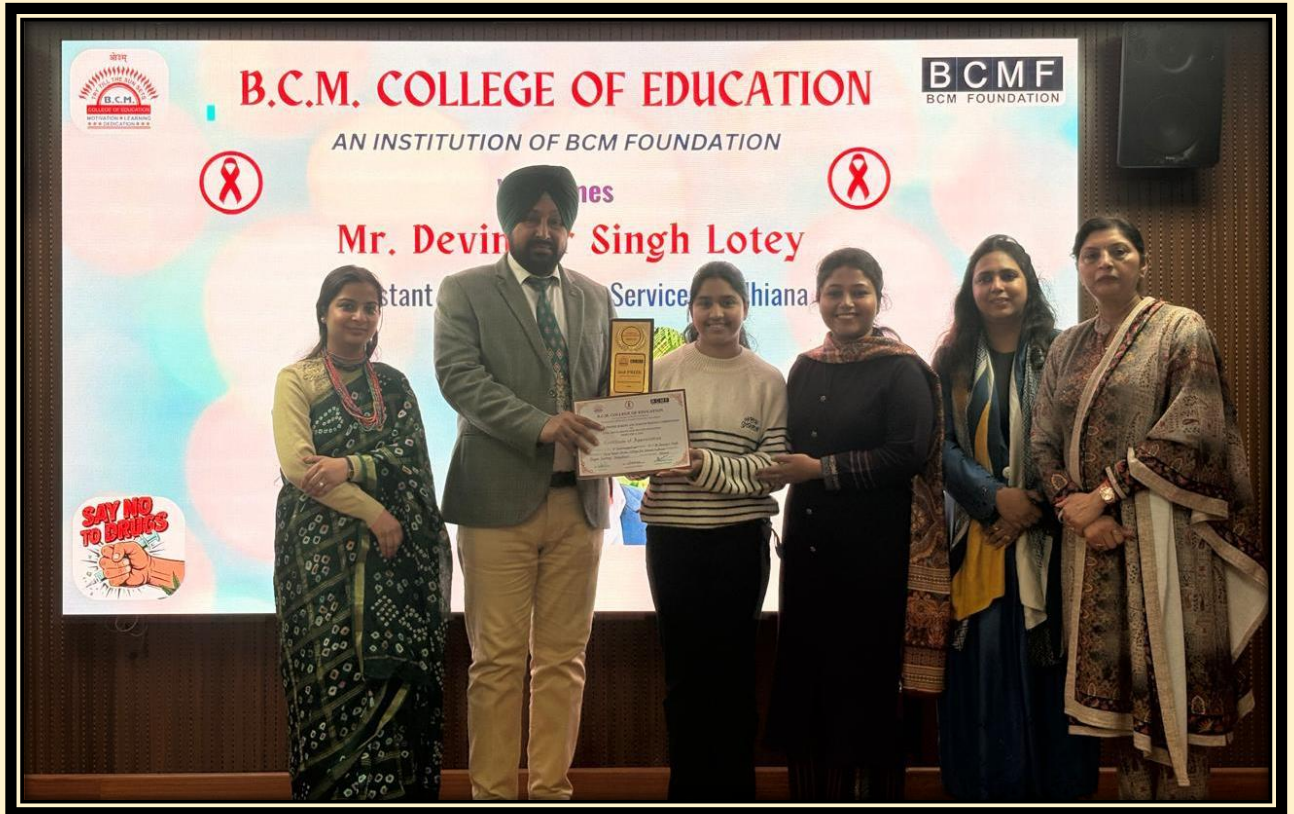
The participants were accompanied by Ms. Ramneek Kaur, Assistant Professor, PG Department of English, who guided and motivated them throughout the event.

Dr. Maneeta Kahlon, Principal of the College, appreciated the efforts of the participants and congratulated them on their commendable performance. She also encouraged students to continue participating in such academic and co-curricular activities in the future.

Links:

Facebook: <https://www.facebook.com/share/p/1HDiXSnt7Z/>

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NUKKAR NATAK TITLED "SULAGDI DHARTI"

February 25, 2026

The College organized a powerful and thought-provoking Nukkar Natak titled "Sulagdi Dharti" in the college campus today. The impactful street play was presented by the renowned theatre group Jai Ho Rangmanch.

The performance addressed the pressing social issues of drug abuse and female foeticide. Through strong dialogues and emotional enactments, Mr. Sukhdev Ladhar and Mr. Ashu Nayyar effectively highlighted the harmful consequences of drugs and emphasized the importance of valuing the girl child.

The presentation created deep awareness among students and inspired them to stand against social evils. Principal Dr. Maneeta Kahlon appreciated the efforts of the team and stated that such initiatives play a significant role in sensitizing young minds and promoting social responsibility.

Links:

Facebook:<https://www.facebook.com/share/p/16G62WJKDH/>

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