



PUNJAB STATE RED CROSS

E-Bulletin

Date: 01.March, 2024 to 31st March, 2024



Indian Red Cross Society, Punjab State Branch organized First Aid & Home Nursing Lecturer Refresher Training Camp from 8th to 12th March, 2024. at Bharat Scout & Guide Camp Site at Raiwala Uttrakhand

Indian Red Cross Society, Punjab State Branch organized First Aid & Home Nursing Lecturer refresher training camp from 8th to 12th March, 2024. at Bharat Scout & Guide Camp Site at Raiwala, Uttrakhand. Total 42 individuals from different districts of Punjab participated in this camp. The experts imparted the training on first aid in emergency condition and evacuation. Also, a lecture on Home Nursing and its importance was delivered by the expert. The Secretary of Punjab State Red Cross Branch S. Shivdular Singh Dhillon IAS (retd) also visited the camp and stressed in his address that first aider plays crucial role to provide immediate first aid response in emergencies and take action in emergency situations can alleviate panic and improve decision-making, ultimately leading to more effective assistance for those in need. Our lay lecturer camps are always focused to contribute significantly towards public health and safety by empowering individuals with the knowledge and skills needed to respond effectively to emergencies in various settings.

Indian Red Cross Society, Punjab State Branch Celebration of International Women's Day



Indian Red Cross Society, Punjab State Branch Organised International Women's Day. The celebration was held in the premises of Punjab Red Cross State Branch. The program was attended by around 130 females, as well as some special guests. The chief guest of the program was Mrs. Prajakta Avhad, Chairperson Child Welfare Council Punjab. The program started with a welcome speech by highlighting the importance of Women's Day and how it helps to highlight the role of women in society. This was followed by a keynote address by Dr. Smita Sharma, Chairperson Department of Economics, Punjab University, Chandigarh. She spoke about the challenges faced by women in our society and the need for collective action to bring about change. After the keynote address, there were several other activities. These included a cultural program, in which students of different educational institutes showcased their talents in singing, dancing, and acting. Further, Secretary of the State Branch S. Shivdular Singh Dhillon, IAS (retd) also addressed the audience and said that women are independent and self-confident in every aspect and is capable of doing everything equal to men. He also said that we should respect each of them not because of gender, but for their own identity. Further, at the end of the event, hygiene kits were distributed to all the attendees of the event.

FIRST AID POSTS ESTABLISHED BY PUNJAB STATE REDCROSS in HOLLA MOHALLA, AT SHRI ANANDPUR SAHIB



The Punjab State Red Cross Branch in collaboration with District Red Cross Branch Ropar organized social service camp for providing services to the visiting pilgrimages during Hoola Mohalla at Shri Anandpur Sahib. Total 150 volunteers associated with District Red Cross Branches in the State rendered their services by establishing various posts. In these posts, services like medical check up, First Aid, and medicines were offered to the visiting pilgrim's.

Indian Red Cross Society, Punjab State Branch Celebration of Special Days by District Branches



Indian Red Cross Society, Punjab district Jalandhar Celebrated International Women Day Women Empowered through Distribution of Sewing Machines by Indian Red Cross Society, Punjab district Jalandhar. These sewing machines were distributed to widows who were selected based on their skills and financial status. This distribution was intended to empower women by providing them with a livelihood.



Awareness Campaign by Drug De-addiction Centre Patiala on “NO SMOKING DAY”

Indian Red Cross Society, Punjab State Branch, Drug De-addiction Centre, Patiala organized No Smoking Day to create awareness about the destructive impacts of smoking and also motivate individuals to quit smoking, and also discussed about the harmful effects of smoking and its life-threatening causes like mouth cancer and many more. Finally, the day was concluded after declaring the area no smoking zone. The day was a huge success.

State Level Youth Red Cross Training cum Study Camp



The Punjab State Red Cross Branch of the IRCS organized State Level Youth Red Cross Training cum Study Camp from 17th to 22nd March, 2024 at SD Saravhitkari Vidya Mandir Talwara District Hoshiarpur. In this camp, total 172 Youth Red Cross Volunteers from Govt and Non Govt Colleges from the various Districts of Punjab participated actively. S.Shivdular Singh Dhillon IAS (ret'd), Secretary Punjab State Red Cross was the Chief Guest. Apart from the other activities, First Aid Training and demonstration on CPR were also conducted.

Awareness Activities by Punjab State Red Cross through its Drug De-addiction Centres



Work helps you gain a sense of pride and self-satisfaction by reaffirming that you can support yourself- S. Shiv Dular Singh Dhillon IAS Retd: To keep this in mind a very energetic and motivational lecture for promoting work culture in youngsters of Punjab state was given by Secretary, Punjab State Branch S. Shiv Dular Singh Dhillon, IAS Retd, in an awareness seminar organized at Sardar Beant Singh State University Gurdaspur on 20th March 2024. Besides drug abuse he gave more emphasis to do hard work and face challenges that come to your life on the way to success. He also awared youth to refrain themselves from drug abuse and live a happy life. The students took more interest in this lecture and it left a great impact on their minds. His lecture became the talk of a town which was spread by the entire audience consisting of students and faculty members and the team of Indian Red Cross Society, Drug De-addiction Centre Gurdaspur. At this event, the Project Director of the centre thanked the entire administration for their full cooperation and support to organize this seminar at their prestigious institute. Overall, it was an enlightening seminar.

Awareness Activities by Punjab State Red Cross through its Drug De-addiction Centres



An Awareness Lecture organised by Indian Red Cross Society, Punjab State Drug De-addiction Centre Patiala at PRTC Headquarters, Driving Training School, Patiala to aware drivers, conductors and students. The session witnessed an encouraging interactive response from the attendees.



An awareness seminar against drug addiction was organised by IRCA Gurdaspur at Government High School, Talwandi Nahar, GURDASPUR. In this session, the team Red Cross emphasized more about diseases that are caused due to heavy usage of drugs. The team focused on the innocent minds of children that they should keep themselves away from drugs and drug paddlers. They were suggested to follow good habits and obey their parents. All students also took the pledge not to touch any kind of addiction in their life and they will become ambassadors of Indian Red Cross society in order to spread this awareness in their respective areas.

Awareness Activities by Punjab State Red Cross through its Drug De-addiction Centres



Indian Red Cross Society, Punjab State Drug De-addiction Center Nawanshahr organized a drug awareness camp at Baba Balraj Punjab University Constituent College Balachaur



Indian Red Cross Society, Drug Addiction and Rehabilitation Center Nawanshahr organized an awareness camp at Aur(Shaheed Bhagat Singh Nagar). The programme was aimed at promoting awareness and encouraging people to be responsible and active in promoting mental health as mental illness can be a crucial risk factor in developing a drug addiction problem.



Indian Red Cross Society, Drug De-Addiction and Rehabilitation Centre, Punjab District Nawanshahr organised a drug awareness camp at Health Centre, Toansa.

Awareness Campaign by Punjab State Red Cross Under Tuberculosis Project



