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ESTD. 1875



GOVERNMENT MOHINDRA COLLEGE PATIALA

(Affiliated to Punjabi University, Patiala)



NAAC ACCREDITED GRADE A+ CYCLE-I

NAAC REACCREDITED GRADE A (CGPA 3.86) CYCLE-II

AISHE CODE: C-22146

INTERNAL QUALITY ASSURANCE CELL (IQAC)

AMARJIT SINGH (PES-I)
Principal

LOVELEEN PARMAR
IQAC Coordinator

MOHAMMAD SOHAIL
IQAC Co-Coordinator

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INTERNAL QUALITY ASSURANCE CELL

IQAC



GOVERNMENT MOHINDRA COLLEGE, PATIALA

Supporting Documents/Additional Information

Title- 7.2.1 Qlm- Describe two best practices successfully implemented by the Institution as per NAAC Format provided in the Manual.

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BUDDY PROGRAM
De-Addiction and Drug Prevention Program
(Govt. Of Punjab & STF)
GOVT. MOHINDRA COLLEGE , PATIALA

2018-2019



Buddy program 2018-2019 Govt. Mohindra
college , Patiala

GOVERNMENT MOHINDRA COLLEGE, BUDDY MONITORING COMMITTEE, PATIALA 2018-2019

- **BUDDY PROGRAM LEADER- DR. SANGEETA
HANDA**
- **MASTER TRAINERS- DR GURPREET KAUR
SANDHU ,DR. SHILPA MODI , PROF IQRA
FAROOQUI, PROF KULDEEP SINGH**
- **BUDDY GROUPS- 1647**
- **SENIOR BUDDIES- 168**
- **TOTAL STUDENTS -8215**

Anti-Drug Awareness Orientation conducted by Dr Gurpreet Kaur Sandhu : Deptt. Of Psychology 8/02/2018



Anti-Drug Awareness Program on 08-02-2018 conducted By Dr. Gurpreet Kaur Sandhu, Prof. Iqra Farooqui, Prof. Kuldeep Singh, Prof. Rittuparan Kaushal & Dr Meena Goyal

BA III English Hons school Students : Abhishek Saluja , Reshavsukhpreet , RS Bhangu
Technical Assistance Gaurav Gupta



Buddy program 2018-2019 Govt. Mohindra college , Patiala



MASTER TRAINERS

Department of Psychology, Govt.
Mohindra College, Patiala

-Dr. Gupreet Kaur Sandhu

-Dr. Shilpa Modi

-Prof. Iqra Farooqui

-Prof. Kuldeep Singh



PUNJAB GOVERNMENT LAUNCHES THE BUDDY PROGRAM

TACKLING THE DRUG ABUSE PROBLEM EARLY ON

Every school, Class 6 onwards and colleges to setup Buddy Groups

Teachers to become Senior Buddies and guide students

Government through its authorities and officials to coordinate the program

- REACH OUT TO THE STUDENTS WITH THE MESSAGE "BUDDY, SAY NO TO DRUGS"
- "EMPOWER BUDDY NETWORK"
- GENERATE AWARENESS FOR DRUG PREVENTION.
- HELP IN IDENTIFICATION OF DRUG ADDICTS.
- REHABILITATION /TREATMENT OF ADDICTS



Buddy program 2018-2019 Govt. Mohindra college , Patiala

Participation of 10 buddy groups (50 students) and faculty members of Govt. Mohindra College on 15 Aug, 2018 at the launch of Buddy program at YPS stadium Patiala



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Buddy program 2018-2019 Govt. Mohindra college, Patiala



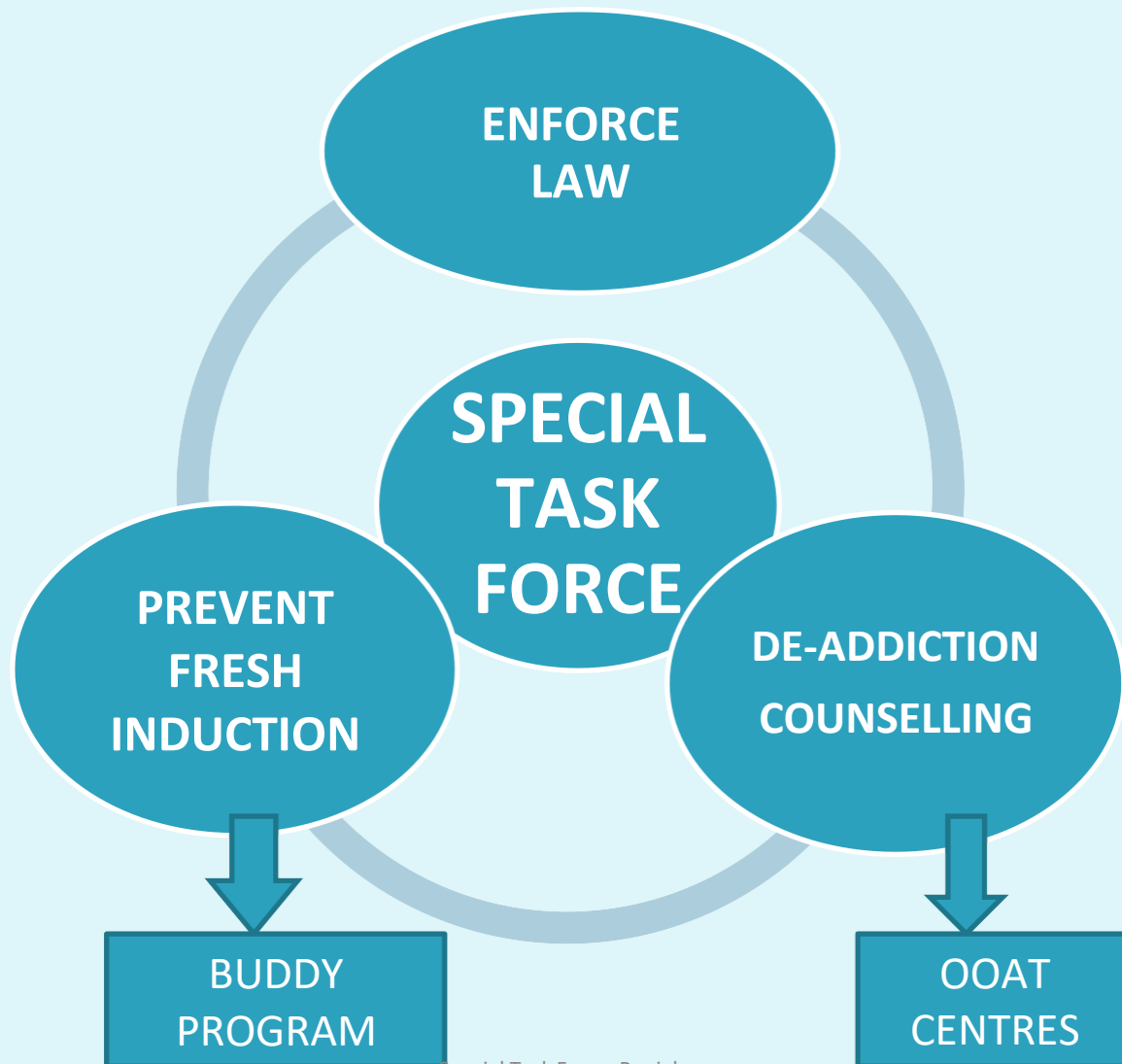
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Senior Buddies/ Faculty members Training By Master Trainer's of the buddy program on 25th Aug, 2018 –Sabha Bhawan

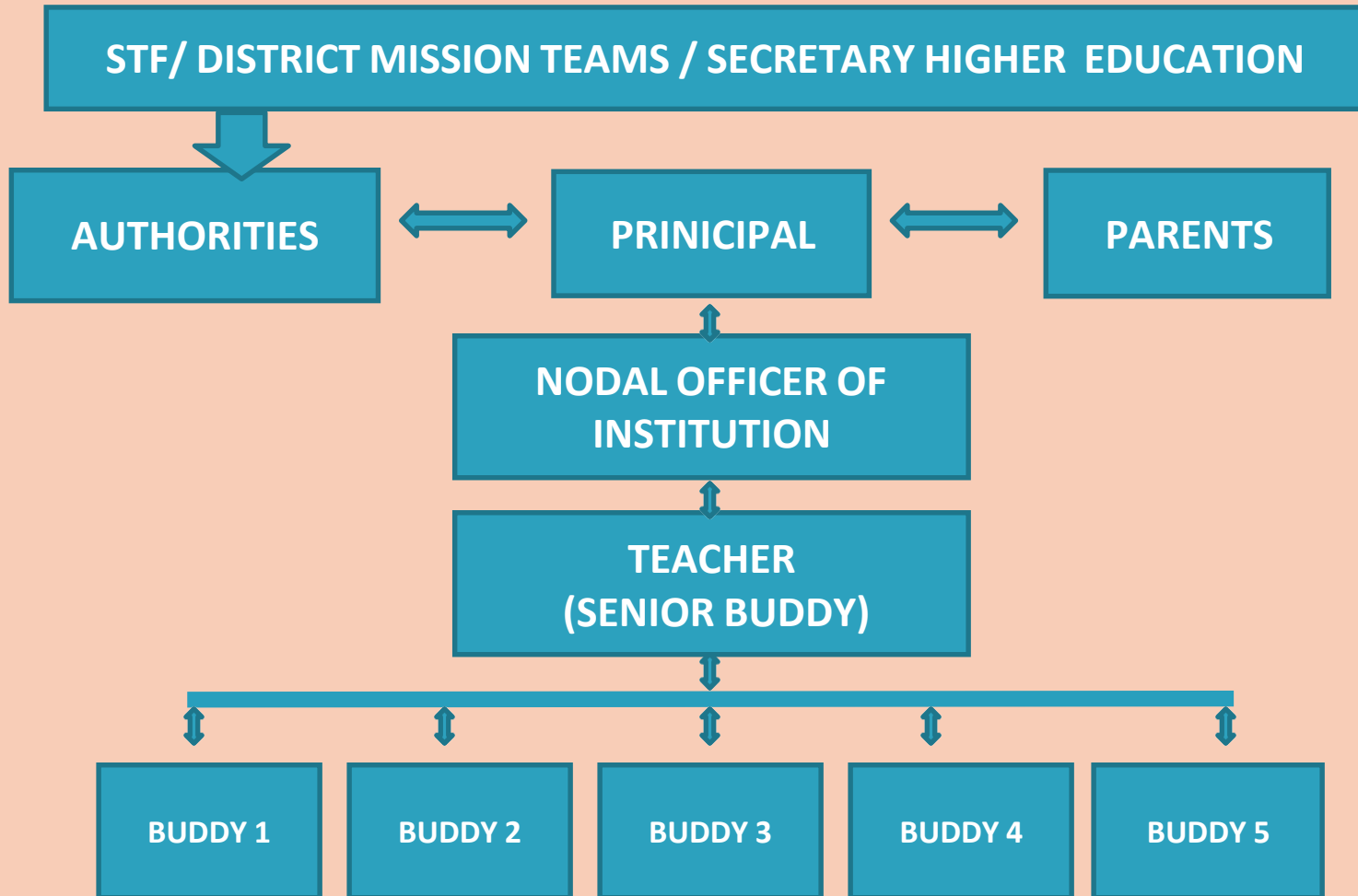


Buddy program 2018-2019 Govt. Mohindra
college , Patiala

COMPREHENSIVE ACTION AGAINST DRUG ABUSE : E-D-P STRATEGY : STF PUNJAB, 2018



THE BUDDY NETWORK



BUDDY GROUP FORMATION -5 STUDENTS EACH GUIDED BY TEACHER /SENIOR

BUDDY

BUDDY 1

BUDDY 2

BUDDY 3

BUDDY 4

BUDDY 5



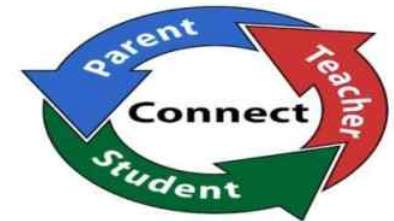
BUDDY GROUP FORMATION
EACH SENIOR BUDDY /TEACHER TO
SUPERVISE
10 BUDDY GROUPS (50 STUDENTS)

FORMING BUDDY GROUPS

- 5 CLASSMATES (MAX.) OF SAME SECTION
- BALANCED MIX
- TAKE INTO ACCOUNT TEMPERAMENT, ACADEMIC PERFORMANCE, ETC.
- MAY SHUFFLE AS PER NEED
- TEACHER IS THE BEST JUDGE - **SENIOR BUDDY**

Training Session on the Role of Senior Buddies in the Buddy program

- **MONITOR THAT STUDENTS ARE NOT USING DRUGS**
- **IF DRUG USE REPORTED, VERIFY TO CONFIRM**
- **OBSERVE FOR PHYSICAL, ACADEMIC AND BEHAVIOURAL INDICATORS**
- **IF CONFIRMED**
 - **COMMUNICATE WITH THE CHILD**
 - **COLLECT MAXIMUM DETAILS**
 - **TRY TO FIND OUT HISTORY & SOURCE OF DRUG USE**
- **INFORM NODAL OFFICER AND PRINCIPAL**
- **INFORM PARENTS**
- **REFERRALS TO DRUG ABUSE COUNSELLING**
- **INFORM THE OOAT CENTRES (OUT PATIENT OPIOD ASSISTANCE CENTRES)**



Training
BUILDING POSITIVE PEER INTERACTION AMONG BUDDY
GROUPS -25th August , 2018

- KNOWLEDGE SHARING REGARDING HARMFUL EFFECTS DRUGS
- PROACTIVE PEER INTERACTIONS : PEER SUPPORT
- PROVIDE SUPPORT IN ACADEMICS/ STUDIES
- TALKS ABOUT PREVENTION/ALTERNATIVES OF DRUGS
- ASSIST IN CO-CURRICULAR ACTIVITIES
- IDENTIFY SIGNS OF DRUG USE AMONG THE BUDDIES AND REPORT TO SENIOR BUDDIES (TEACHERS)
- DISCUSSION ABOUT TREATMENT AT OOAT CENTRES AND COUNSELLING

Buddy programme launched

Patiala: Buddy programme was launched at Government Mohindra College, Patiala, here on Sunday to create awareness against the use of drugs among students. The drive aims to create cohesive buddy teams and protect each other from drugs. While launching the programme, college Principal, Dr Sangeeta Handa, elaborated on the objective and action plan of Buddy system. She said, "It's the need of the hour that drug menace in the state is nipped in the bud." College nodal officer of the buddy programme, Dr Swinder Singh Rekhi, highlighted the steps to strengthen and empower peer buddy groups so that they could play a vital role in protection and prevention of drug addiction. The master trainers of the buddy programme, Dr Gurpreet Kaur Sandhu, Prof Shilpa Modi, Prof Iqra Farooqui and Prof Kuldeep Singh conducted the training sessions, enacted demonstrative role plays and interacted with students and faculty regarding the formation of buddy groups. — TNS

Buddy project launched at Govt Mohindra College

PATIALA: The Government Mohindra College launched Buddy project to create awareness against the use of drugs among students in Patiala on Sunday.

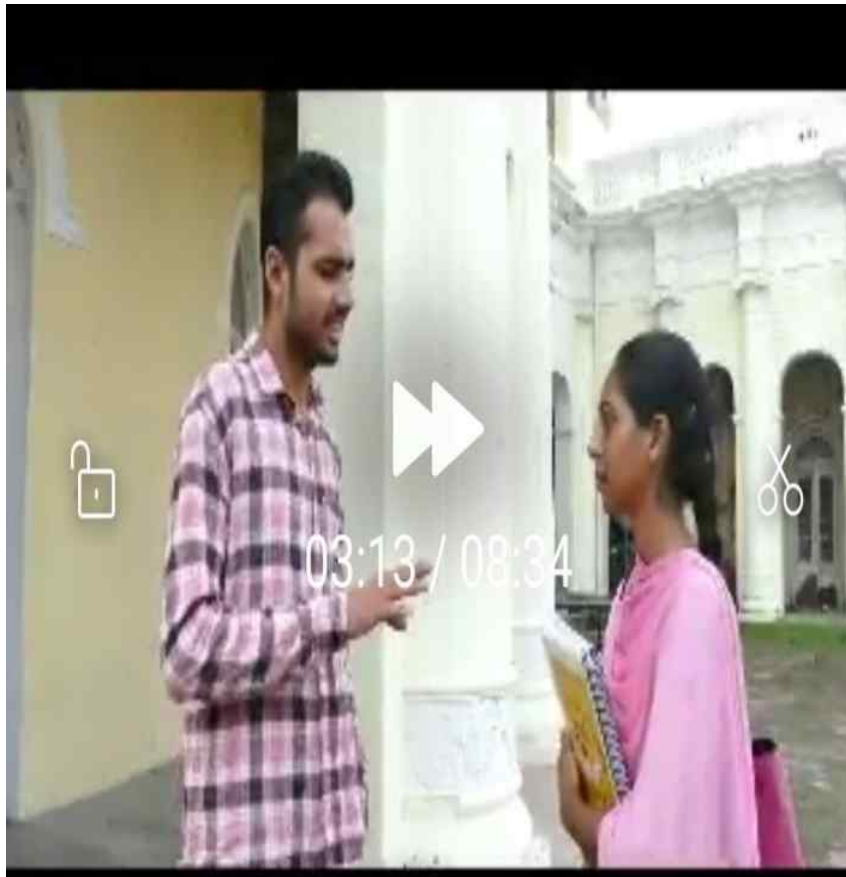
The aim is to create cohesive teams, the members of which will protect each other from drug abuse. Principal Dr Sangeeta Handa, while launching the programme, elaborated on the objective and action plan of Buddy project.

College's nodal officer of the Buddy programme, Dr Swinder Singh Rekhi, elaborated on techniques to strengthen and empower peers to prevent drug addiction.

Master trainers of Buddy programme — Dr Gurpreet Kaur Sandhu, Prof Shilpa Modi, Prof Iqra Farooqui, and Prof Kuldeep Singh — conducted training sessions, demonstrative role plays and interacted with the college students and faculty regarding formation of Buddy groups and implementation of the programme.

HTC

Master trainers & students of M.A. psychology recorded videos of drug refusal skills for the prevention of drug abuse 5th sept-25th Sept 2018



Role plays Buddy Team (MA I & MA II Psychology students), Master Trainers with Principal : Dr Sangeeta Handa



Buddy program 2018-2019 Govt. Mohindra college, Patiala

Drug refusal skills : Role Plays



Buddy program 2018-2019 Govt. Mohindra
college , Patiala

Drug resistance skill training : Buddy program Skill enhancement module: Dr Shilpa Modi Dr Gurpreet K Sandhu (1st oct-31st oct, 2018)

Assertiveness training
Drug refusal skills



DRUG REFUSAL SKILLS (role play)

- WALK AWAY FROM THE SITUATION
- CONFRONT THE PERSON
- CALL A FRIEND /BUDDY
- TELL YOUR TEACHER
- BE ASSERTIVE
- SHARE YOUR KNOWLEDGE ABOUT DRUGS
- CHANGE THE SUBJECT

S.T.O.P. STRATEGY

- SAY "NO" IN A FIRM VOICE
- TELL WHY NOT
- OFFER REASONS / SUGGESTIONS
- PROMPTLY LEAVE / EXIT THE SITUATION



Methodology

- Video graphed Role plays by students
- PPT presentations
- Situational analysis
- Group discussions
- Refusal skills worksheets

SKILLS TO BE DEVELOPED IN A BUDDY

- **ASSERTIVENESS SKILLS:** ABILITY TO STAND UP FOR ONE'S RIGHTS
- **REFUSAL SKILLS:** ABILITY TO SAY 'NO' EFFECTIVELY
- **CONFRONTATION SKILLS:** ABILITY TO DISCUSS DISAGREEMENTS WITHOUT FEAR OR ANGER

Dr Shilpa Modi : Master trainer : Buddy program



The Master trainers (Dr Gurpreet Kaur Sandhu & Prof Kuldeep Singh) conducted Buddy Program training of Govt. school teachers and buddy groups on 9/11/18 & 10/11/18 as per schedule given by Nodal Officer , District administration Patiala.



Prize winners of Poster Making activity to create awareness for Drugs prevention among college students . 14th Nov, 2018



Principal Dr. Sangeeta Handa
Dr. S S Rekhi
Master Trainers

Buddy program 2018-2019 Govt. Mohindra
college , Patiala

College Senior Buddies Training on Sociological and Psychological Determinants of Drug Addiction on 20th and 21st Nov, 2018 by Dr. Gurpreet Kaur Sandhu, Prof. Rittuparan



Nukkad Natak against use of drugs by Red Ribbon Club in the college campus on 23rd Nov, 2018



Brainstorming Session on Psychosocial Skills by Buddy program Master Trainer Prof. Iqra Farooqui 28th - 29th November , 2018



Group discussion on role of senior Buddies in the Buddy Program conducted by the Vice Principal Prof. Tripti Sharma and Master Trainers on 15th Dec, 2018



Role Plays of Drug Resistance skills by Buddies in the college campus on 22nd and 23rd Jan, 2019



Group Discussion of Buddy Groups on Drugs and its harmful effects by Master Trainer Dr. Shilpa Modi on 4th Feb, 2019



Feedback presented by students on Buddy Training under the guidance of Master Trainers (Dr. Gurpreet Kaur Sandhu, Dr. Shilpa Modi, Prof. Iqra Farooqui, Prof. Kuldeep Singh) held on 08th Feb 2019



Samples of Feedback Performa by the Students on the Buddy Program 8th Feb, 2019

FEEDBACK OF STUDENTS

1. Do you think buddy program has enhanced your knowledge about drugs & its harmful effects?
Ans: Buddy program is really very helpful to make us familiar about the harmful effects. As it is well known that drugs are very dangerous which directly impact on our brain and body. Mostly, it is started at the age of 16-20 while, the youngsters get attracted by the influence of the drugs on themselves and on others. It is very important to know about its effects but groups are reasonable for everything. For instance: - It can be beneficial or harmful if buddies can extract a person out of drugs and the same buddies can make the hell of one person if they are overdosing these drugs.

2. Has the Buddy program training changed your attitude towards drugs? Give reasons.
Ans: Yes, the Buddy program training changed your attitude towards drugs about to confront the person from taking drugs. It probably depends on the person who are taking drugs if they were taking it in an abusive manner it may affect on their philosophical and mind dis-order. Buddy program gives us a changed of not taking and influenced drugs in excessive manner. It may cause to the many leads toward death and caused our hormones also. It can be beneficial or it may be harmful effects towards the young generation.

Que 3. What life skills have you learnt during the buddy training?
Ans: We learn different types of life skills during the buddy training. In the program we learnt active and passive behaviour. We are gain how to free from drugs. We in a peer group, notice all the group members carefully. This program help us to overcome the drugs problem in the Punjab State. This is very helpful program for our people.

Que 4. How do you think life skill & knowledge about drugs will help you in drug prevention?
Ans: We can say 'no' to drugs holder. We have to told drug holder the harmful effects of drug. We must safe the students from drug holder. We can solve our problems by discuss with friends. not by drugs. We have to say no to drugs.

Drug Prevention Rally on the College Campus 25th Feb, 2019

Principal , Dr Sangeeta Handa with students



Buddy program 2018-2019 Govt. Mohindra college , Patiala

Faculty Members and Principal , Dr Sangeeta Handa
Master Trainers : Dr Gurpreet K Sandhu , Dr Shilpa Modi, Prof Iqra
Farooqui , Prof Kuldeep
Drug Prevention Rally on the College Campus 25th Feb, 2019



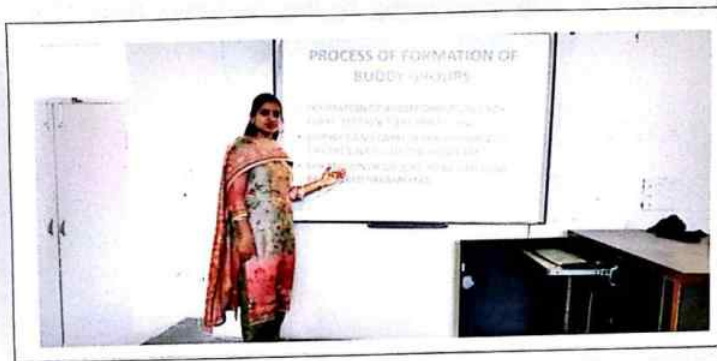
Buddy program 2018-2019 Govt. Mohindra
college , Patiala

Senior Buddies conducted PPT Presentations and showed role plays to their Buddy Groups from 1st October , 2018 to 31st March 2018 as per the Buddy Calendar

168 faculty members conducted training for 8215 students of the college



PHOTOGRAPHS OF THE PRESENTATIONS TO BE PASTED IN THE BOXES GIVEN BELOW:-



Buddy program 2018-2019 Govt. Mohindra college , Patiala

Samples of Feedback on Buddy Program by Senior Buddies/Faculty members during Buddy training and interaction sessions with students (Govt. Mohindra College, Patiala)

The buddy group program, an initiative by Govt. of Punjab, is very useful if delivered in a right way to the base level. It is a very good step taken by govt. against drug abuse.

Students became aware regarding the effects of drugs & how to say "no to drugs". It is very helpful program as the students come to know that how they can escape from the situation where they are forcefully given drugs by the peer group. Overall, it was advantageous program regarding drug abuse in Punjab.

The buddy group programme, that was held on 12th October was really an outstanding meeting with the students (Junior buddies). Students have participated in the talk regarding the social issues. They were very excited about the tutorial periods, so that they can share their views with us. According to my opinion, these kinds of programme makes the bonding b/w a teacher and a student strong apart from academics, which is very helpful for the social growth of the students.

Samples of Buddy training reports of buddy trainings conducted by the faculty members

THE BUDDY PROGRAM

BUDDY PROGRAMME TRAINING BY SENIOR BUDDIES AT GOVT. MOHINDRA COLLEGE, PATIALA 2018 :-

NAME OF THE SENIOR BUDDY: Dr. Anjandeep Kaur

DEPARTMENT: Department of Chemistry

BUDDY GROUPS: 11


COLLEGE BUDDY GROUP NO.S: 1482 - 1492

PLACE OF PRESENTATION: Room No. - 155

DATE AND TIME: 15 Oct. 2018, 9.30 am - 10.30 am.

MOBILE NO.: 9872666431

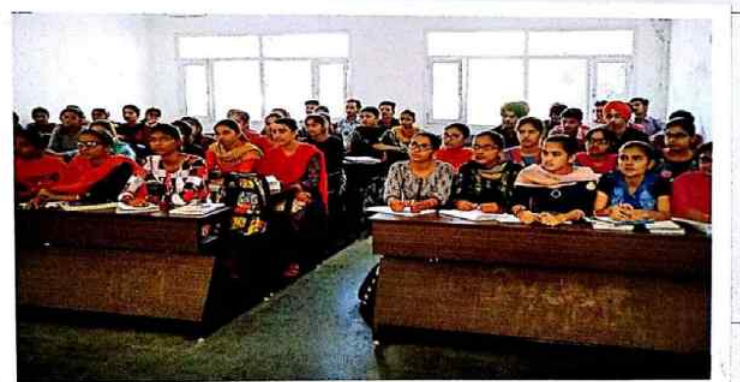
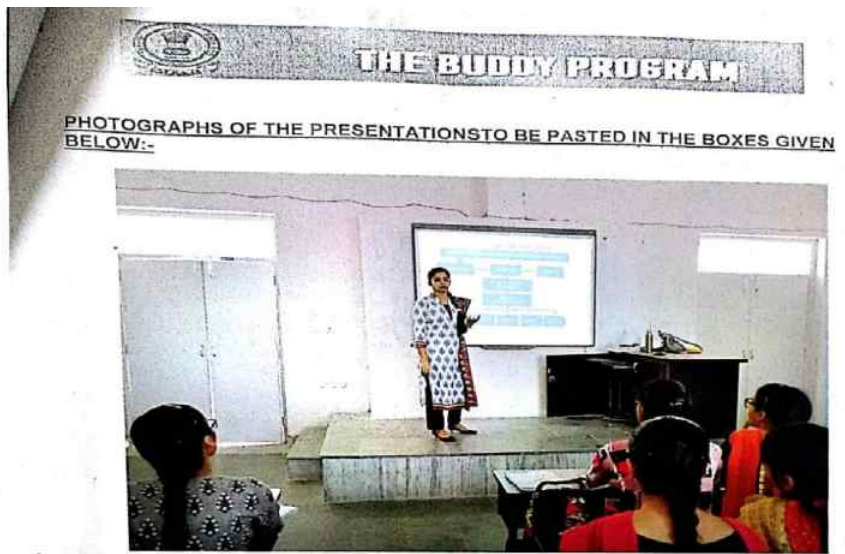
EMAIL: kauranjandeep@gmail.com



BRIEF REPORT OF THE BUDDY PROGRAM INTERACTION/TRAINING OF SENIOR BUDDIES WITH THEIR BUDDY GROUPS:

The buddy group program, an initiative by Govt. of Punjab is very useful if delivered in a right way to the base level. It is a very good step taken by govt. against drug abuse. Students became aware regarding the effects of drugs & how to say "no to drugs". It is very helpful program as the students come to know that how they can escape from the situation where they are forcefully given drugs by the peer group. Overall, it was advantageous program regarding drug abuse in Punjab.

SIGNATURE: Anjandeep Kaur
30/10/18





THE BUDDY PROGRAM



BUDDY

BUDDY PROGRAMME TRAINING BY SENIOR BUDDIES AT GOVT. MOHINDRA COLLEGE, PATIALA 2018 :-

NAME OF THE SENIOR BUDDY: Vandana Goyal

DEPARTMENT: Mathematics

BUDDY GROUPS: 05

COLLEGE BUDDY GROUP NO.S: ^{R.V. No.} (17801-17824) [1186-1190]

PLACE OF PRESENTATION: 155-Rm No.

DATE AND TIME: 16.10.18 (12:30 PM)

MOBILE NO.: 9464530248

EMAIL: Vandanagoyal04@gmail.com

BRIEF REPORT OF THE BUDDY PROGRAM INTERACTION/TRAINING OF SENIOR BUDDIES WITH THEIR BUDDY GROUPS:

Buddy groups well understood the discussion about Drug Awareness Program. The interaction brought a feeling of responsibility amongst them. The role plays benefitted them by making them understand how to say No to drugs and develop assertiveness and social skills in life. They were encouraged to indulge in some positive activities like sports, NCC, NSS etc.

They were advised to identify their buddies involved in drugs and inform the senior buddies so that they can help them. They also suggested their own views how to abolish and eradicate the menace of drug.

SIGNATURE [Signature]



THE BUDDY PROGRAM



BUDDY

BUDDY PROGRAMME TRAINING BY SENIOR BUDDIES AT GOVT. MOHINDRA COLLEGE, PATIALA 2018 :-

NAME OF THE SENIOR BUDDY: Amandeep Kaur

DEPARTMENT: Computer Science

BUDDY GROUPS: 13 groups

COLLEGE BUDDY GROUP NO.S: 917-941

PLACE OF PRESENTATION: MCA Lab

DATE AND TIME: 28 Sept 2018 Time:- 12pm to 1pm

MOBILE NO.: 9878792999

EMAIL: amanbarn8@gmail.com / amanbarn8@icloud.com

BRIEF REPORT OF THE BUDDY PROGRAM INTERACTION/TRAINING OF SENIOR BUDDIES WITH THEIR BUDDY GROUPS:

This program is a positive step to solve the problem of drug abuse and will help the youth of nowadays. From this program, we become aware of ill-effects of drugs. And this step will be a try to make our state - a drug-free state.

This program is very good for new generation to aware the youth. This program helps us a lot to deal with drug addiction problem. This information provide such a good way to success in our life and achieve the goals for successful person.

SIGNATURE Amandeep Kaur



Buddy Program Report 2018-2019



Master Trainers Buddy Program

Assistant Professor Dr Gurpreet Kaur
Sandhu

Assistant Professor Dr Shilpa Modi

Assistant professor Prof Iqra
Farooqui

Assistant Professor Prof Kuldeep
Singh

Department Of Psychology

Govt. Mohindra College , Patiala





BUDDY PROGRAM

GOVT. MOHINDRA COLLEGE , PATIALA

2019-2020

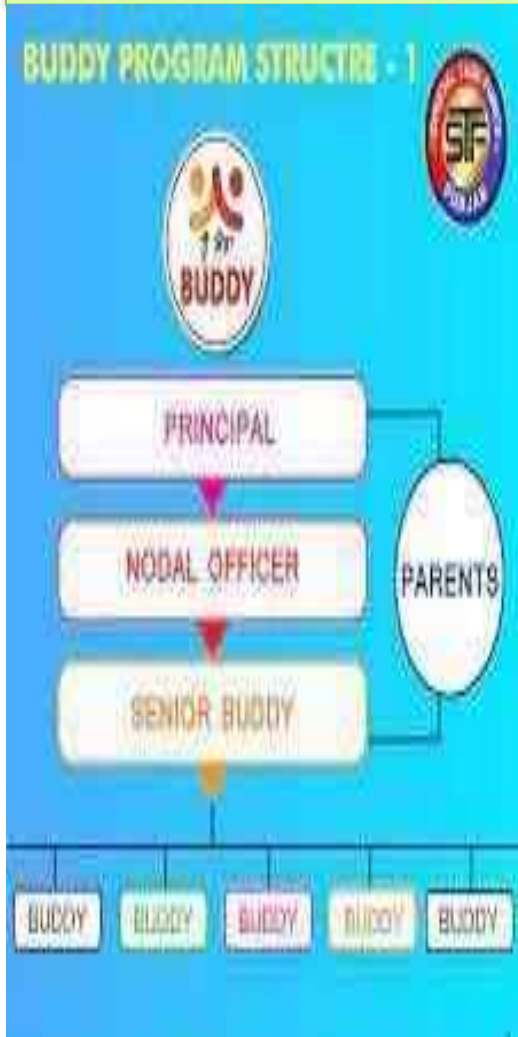


BUDDY PROGRAM (2018)
Government of Punjab & STF
De-Addiction and Drug Prevention Program for College Students



BUDDY PROGRAM

GOVERNMENT MOHINDRA COLLEGE : 2019-2020



- **PROGRAM LEADER-** DR. SIMRAT KAUR
- **BUDDY PROGRAM COMMITTEE-** PROF. TRIPTI SHARMA & PROF S.S REKHI
- **NODAL OFFICER :** DR GURPREET KAUR SANDHU
- **MASTER TRAINERS-** DR. SHILPA MODI
- **SENIOR BUDDIES-** PROF. AMANDEEP KAUR and PROF. RITTU PARAN KAUSHAL
- **BUDDY GROUPS- 1635 (GOVT. MOHINDRA COLLEGE)**
- **APPX : 9.5 BUDDY GROUPS PER SENIOR BUDDY**
- **SENIOR BUDDIES/ Faculty of the College - 169**
- **TOTAL STUDENTS -8175 APPX.**

LEVELS OF BUDDY PROGRAM (July 2019- May , 2020)

- **LEVEL 1-** (For 1st year students)- Formation of Buddy groups of the students of the college and interaction with senior buddies
- Introduction to the buddy program : PPT & Video presentations conducted by senior buddies , Nodal Officer , Master trainers
- **LEVEL 2-** (For 2ND and 3rd year students)- Role plays , Debates , Group discussions , Referrals to OOAT clinics , workshops and seminars , Video presentations on Drug Awareness, Treatment and prevention



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (26-June-2019)

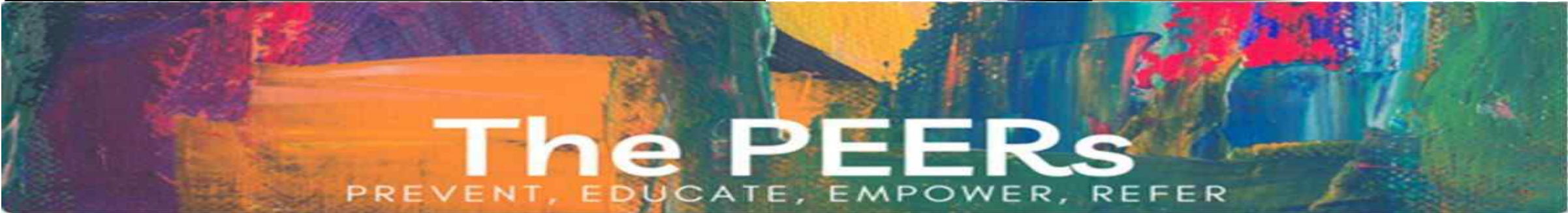
ANTI-DRUG AWARENESS RALLY ORGANISED BY THE BUDDY PROGRAM MASTER TRAINER (DR. GURPREET KAUR SANDHU, DR. SHILPA MODI, PROF. IQRA FAROOQUI, PROF. KULDEEP SINGH AND PROF. AMANDEEP KAUR) AND COLLEGE FACULTY



Video presentations on Harmful effects of drugs and Drug Abuse Awareness (26 to 31- August 2019) : Department of Psychology



Role of Peer educators in drug abuse awareness and Prevention : Peer educators trainings conducted by Dr Gurpreet K Sandhu 18th August -24th August , 2019



Peer Educators : Simratpal Singh , Varleen Kaur, Mansi Ahuja , Preeti ,
Ameek Kaur & Sukhmanpreet Kaur BALL Psychology Hons 2019-2020

The PEERs

PREVENT, EDUCATE, EMPOWER, REFER



Buddy Program 2019-2020 Govt. Mohindra college , Patiala

GROUP DISCUSSION AND ROLE PLAY SESSION
ON GROUP THERAPY FOR DRUG ADDICTION
Prof Amandeep Kaur : Department of psychology
27th to 28th Sept, 2019



DRUG ABUSE KNOWLEDGE and LIFE SKILL based BUDDY PROGRAM training conducted by Dr Shilpa Modi & Dr Gurpreet K Sandhu at Govt. State College of Education Patiala 26th -27th sept, 2019



Buddy program training conducted by Dr Shilpa Modi & Dr Gurpreet K Sandhu at Govt. State college of Education Patiala

**BUDDY PROGRAM TRAINING CONDUCTED BY
THE MASTER TRAINERS OF SENIOR BUDDIES OF
GOVT. SCHOOLS AND COLLEGES OF PATIALA
DISTRICT ON 26-27 SEPT 2019**



Drug Awareness rally by NCC Army wing under Lt. Dr. Manmohan Sammi on 30th Sept 2019



**GROUP DISCUSSION
ON DRUGS AND ITS EFFECTS ON THE HUMAN CAPITAL IN PUNJAB,
OCTOBER 16th and 17th 2019 (DEPT. OF MANAGEMENT AND
COMMERCE)**



Buddy Program 2019-2020 Govt. Mohindra college , Patiala

Staff Orientation on Treatment , Counselling and Rehabilitation of Drug Users Conducted by Dr Gurpreet Kaur Sandhu on 22nd , Oct 2019

- Identified students using drugs were referred to Buddy team of the College.
- The identified students referred to Opioid Centres / OOAT Clinics (Out patient Opioid assisted treatment centres). OOAT clinics set up at CHC in all districts of Punjab.
- Open 7 days a week 9.am to 3pm (Free treatment)
- Community Health Centre (CHC) Model Town , Patiala
- OOAT clinic Drug rehabilitation centre , Near Khalsa College Patiala
- Saket Hospital Drug Rehabilitation centre
- OOAT clinics coordinate with Drug De-addiction Clinics for Inpatient treatment
- Family counselling and drug users counselling at the clinics
- 8 students have been referred to OOAT clinics .
- Counselling of students and parents in the college : Drug addiction and Drug prevention

Patiala district- 12 OOAT Clinics

- 2170 drug addicts treated in 12 OOAT clinics in Patiala . Free of cost treatment , Outpatient treatment , MAT Medication Assistance treatment .
- 255 patients in registered –Saket Hospital
- 285 patients in Patiala Central Jail OOAT clinic
- 350 patients in Nabha Centre
- 457 patients in Samana Centre
- 306 patients in Rajpura Centre
- **517 patients in seven community health centres Patiala**
- 26th June 2019, TOI



Buddy Program 2019-2020 Govt. Mohindra college , Patiala

Drug addiction Treatment Rehabilitation & Counselling



What is MAT?

“ Medication-assisted treatment (MAT) refers to the use of certain **FDA-approved medications** to relieve drug and alcohol cravings and is an increasingly common rehab option for patients with alcohol and/or opiate use disorders. ”

Drug Addiction Treatment :OOAT Clinics

MAT for Opiate Use Disorder

- **Naltrexone**

- Blocking Medication
- Binds and blocks opioid receptors

- **Methadone**

- Replacement Medication
- Suppresses and reduces craving for abused drugs

- **Buprenorphine**

- Anti-Craving / Replacement Medication
- Suppresses and reduces craving for abused drugs

OOAT CLINIC
(OUT-PATIENT OPIOID) ASSISTED TREATMENT)
DRUG REHABILITATION CENTRE, PATIALA
BY MINISTRY OF HEALTH AND FAMILY WELFARE, GOVT. OF PUNJAB

ਨਸ਼ੇ ਦੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਇਲਾਜ ਲਈ ਰੁਠ ਦਾਖਲ ਹੋਣ ਦੀ ਲੋੜ ਨਹੀਂ ਹੈ।
ਸੇਵਾਵਾਂ

- ਮੁਢਲੇ ਤੌਰ 'ਤੇ ਖਾਣ ਵਾਲੇ ਨਸ਼ੇ (ਜਿਵੇਂ ਕਿ ਅਰੀਮ, ਫੁਰੀ, ਸਰੀਕ, ਮੁੰਗਰੀਕਨ ਕੈਮਬੁਲ, ਡੈਰੋਨਿਲ (ਕਿਰੀਲ), ਟਰਾਮਾਡੋਲ, ਟੈਪੈਂਟਾਡੋਲ, ਨੋਰਫਿਨ, ਮੋਰਫਿਨ ਦੇ ਟੀਕੇ) ਦਾ ਮੁਢਲੇ ਇਲਾਜ ਮਾਰਚ ਡਾਕਟਰਾਂ ਦੁਆਰਾ ਕੀਤਾ ਜਾਂਦਾ ਹੈ।
- ਮੁਖਰੀਕੀਟੀਨ + ਨੈਲੋਕਸੋਨ ਅਤੇ ਹੋਰ ਨਸ਼ੇਰੀ ਦਵਾਈਆਂ ਮੁਢਲੇ ਇਲਾਜ ਸਮੇਂ ਦੌਰਾਨ ਦਿੱਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ।
- ਮੁਢਲੇ ਡੋਜ਼ ਟੈਸਟ।
- ਮੁਢਲੇ ਵਿਆਕਰਿਕਟ, ਕਰੁੰਮ ਅਤੇ ਪਰਿਵਾਰਕ ਕਾਊਂਸਲਿੰਗ ਸੈਸ਼ਨ।

Services available

- Free treatment of opioid (Afcem, Pogy, Insk, Smock, Proxyvon, Heroin, Tramadol, Tapentadol, Norpine, Morphine (injections) dependence by expert doctors.
- Free Buprenorphine + Naloxone and other Medicines.
- Free Urine screening for drugs / Depo test.
- Free Individual, group and family counselling sessions.

**OOAT CLINIC, DRUG REHABILITATION CENTRE,
BADUNGAR ROAD, NEAR KHALSA COLLEGE,
PATIALA
CONTACT:0175-2302222**



Drug Addiction Counselling

Dr Gurpreet Kaur Sandhu , Dr Shilpa Modi , Prof Amandeep Kaur & Prof Iqra Farooqui

DRUG ADDICTION COUNSELING

An **intervention** which gives the client an opportunity to **explore his or her drug use** and consequences **confidentially**, and to **discuss available treatment options** most **appropriate** to his/her circumstances.

Counseling sessions help clients:

- reduce risk or stop drug use
- set goals and develop plans
- develop problem solving and refusal skills
- identify risky situations
- identify ways to deal with risk

PSYCHOLOGICAL THERAPY:

- Motivational Interviewing
- Group Therapy
- Aversive Conditioning / Therapy
- Cognitive Therapy
- Relapse Prevention Technique: This technique helps the patient to identify high-risk relapse factors & develop strategies to deal with them.
- Cue Exposure Technique: The technique aims through repeated exposure to desensitize drug abusers to drug effects, & thus improve their ability to Remain Abstinent.
- Assertive Training
- Behavior Counseling
- Supportive Psychotherapy
- Individual Psychotherapy

Counseling and Other Behavioral Therapies



**DECLAMATION CONTEST ON DRUG ABUSE PREVENTION
28th – 30th OCTOBER, 2019
(DEPARTMENT OF ENGLISH) BA I ,BAIII English Hons**



Buddy Program 2019-2020 Govt. Mohindra college , Patiala

**FIELD TRIPS/SURVEYS FOR DRUG ABUSE AWARENESS
28TH OCT-5TH NOV , 2019 (DEPT. OF SOCIOLOGY)**



Drug awareness and Prevention Camps organized in the villages by Prof Rittuparan Kaushal (DAPO: Drug Abuse Prevention Officer)



DRUG-FREE PUNJAB

ਤੰਦਰੁਸਤ ਪੰਜਾਬ



Capt. Amarinder Singh,
Chief Minister, Punjab

BUDDY
TO ALL
BUDDY
GROUPS

- State-level launch of Buddy Program by the Chief Minister, Punjab on Independence Day, 15th August, 2018 at Ludhiana
- Simultaneous launch of Buddy Program in districts by Cabinet Ministers
- 100 Buddy groups will participate in the Independence Day celebrations at each District Headquarters

CONCEPT

- Buddy Program will be implemented in all schools (Class VI to Class XII), all colleges, all universities and all technical/professional institutions in Punjab
- Buddy Program will cover all students in the State
- Buddy Program will impart knowledge, develop skills, generate positive peer influence and exercise a check to protect students from drug abuse
- A Buddy group consists of upto 5 students from same section/class
- Buddy group members help, care, trust, share and partner their Buddies
- The class teacher is the Senior Buddy
- Active involvement of Principal, Parents and the Administration

IMPLEMENTATION

- Buddy Program is being implemented by the Special Task Force, the Departments of School Education, Higher Education, Technical Education and the District Administration
- 350 school teachers/college lecturers already trained as Master Trainers at Mahatma Gandhi State Institute of Public Administration, Punjab, Chandigarh by the Special Task Force
- Comprehensive training of all school teachers/college lecturers in Districts will be undertaken by Master Trainers
- Trained school teachers/college lecturers will further impart knowledge and skills to the Buddy groups in all educational institutions



ਨਸ਼ੇ ਤੋਂ ਆਜ਼ਾਦੀ-ਨਸ਼ਾ ਮੁਕਤ ਪੰਜਾਬ

Contact STF : 7901939393, 7901959595 Email: buddyprogrampunjab@gmail.com Follow STF at: [f](#) STF Punjab India



**GOVERNMENT MOHINDRA COLLEGE,
PATIALA**

BUDDY DAY
(14 NOVEMBER 2019)

**GOVERNMENT OF PUNJAB'S & STF
DE-ADDICTION and DRUG
PREVENTION PROGRAM**
*(Primary and Secondary prevention
program)*



Buddy day
14th Nov 2019

DR GURPREET K SANDHU : NODAL OFFICER
DR SHILPA MODI : MASTER TRAINER
PROF RITTUPARAN KAUSHAL : DAPO
PROF AMANDEEP KAUR : COUNSELOR
GOVT. MOHINDRA COLLEGE , PATIALA

BUDDY
ਨਰਾ ਮੁਕਤ ਪੰਜਾਬ

ਬੱਚਿਆਂ ਦੇ ਸੁਰੱਖਿਅਤ ਭਵਿੱਖ ਲਈ
“ਤੂੰ ਮੇਰਾ ਬਡੀ”

Team: Govt. Mohindra College, Patiala (14

ਮੈਂ ਤੁਹਾਡਾ ਬਡੀ

ਆਉਂ ਆਪਾਂ ਸਾਰੇ ਮਿਲ ਕੇ ਸਾਡੀ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਨੂੰ ਨਸ਼ਿਆਂ ਦੇ ਦਲਦਲ ਵਿਚ ਡੁੱਬਣ ਤੋਂ ਬਚਾਈਏ ਅਤੇ ਜਿਹੜੇ ਨੌਜਵਾਨ ਇਸ ਦੀ ਗਿਫਤ ਵਿਚ ਆ ਚੁੱਕੇ ਹਨ ਉਨ੍ਹਾਂ ਨੂੰ ਨਸ਼ੇ ਤੋਂ ਆਜ਼ਾਦੀ ਦਿਵਾਈਏ।

Buddy Day Celebrations commemorating 1 year of buddy program : Govt. Of
Punjab's Anti Drug Campaign
Govt Mohindra College 14th Nov , 2019
Principal : Dr Simrat Kaur

Principal : Dr Simrat Kaur , Prof Tripti Sharma , Prof Amarjit Singh and Dr Manju Arora



Dr Shilpa Modi & Dr Gurpreet K Sandhu (Master trainers : Buddy program) Prof Rittuparan Kaushal : DAPO (Drug Addiction Prevention Officer) Signing Campaign for Drug free Punjab 14th Nov , 2019



Chief guest IPS AARTI VERMA SIGNING THE ANTI –DRUG CAMPAIGN



GOVT. OF PUNJAB'S ANTI DRUG CAMPAIGN 'SIGN UP FOR MAKING PUNJAB DRUG FREE'

BUDDY DAY (14 NOV. 2019)



"Dedicated to Empowered Buddy Groups"
 Sandhu Master trainer
 Let's make College DRUG FREE

NASHA CHADO NAME
 DEVS END
 AIC
 DREAMS

Life is better higher than Drugs
 Megha Sharma
 14/11/19

There is no difference b/w an animal and drug addicted human being.
 Kamlesh Sharma

Don't Be insane Drugs ruin the brain
 Put it out before it puts you out.
 The more you use, the less you live.
 Say no to drugs.
 Kaur
 14/11/19

life is more Precious than life NOT DRUGS
 Share Love NOT D.
 Gupta
 14.11.19

GOVT. MOHINDRA COLLEGE, PATIALA.

Buddy Program 2019-2020 Govt. Mohindra college , Patiala

SLOGAN WRITING AND POSTER MAKING Competition adjudged by Assistant Prof. Pushpinder Singh & Dr Jaspreet Dhillon : Deptt Of Fine Arts



Buddy Program 2019-2020 Govt. Mohindra college , Patiala

Slogan writing and poster making competition :
Theme : "say no to drugs "
Organized By Department of Fine arts Dr Jaspreet Dhillon &
Assistant Prof. Pushpinder Singh



Best Buddy Role play team 2019 : Proactive Buddy Interactions (Students of Deptt. of Psychology)



Buddy team: Govt. Mohindra College , Patiala (14/11/2019)

Best Senior buddy award for outstanding contribution in the Buddy Program : Dr Jaspreet Dhillon (Department of Fine Arts)



Buddy team: Govt. Mohindra College , Patiala (14/11/2019)

Certificates given to NCC cadets and Lt. Manmohan Sammi for Drug awareness Rally on Buddy Day -14th Nov , 2019



NCC Cadets : Army wing Awareness Campaign against Drug Addiction

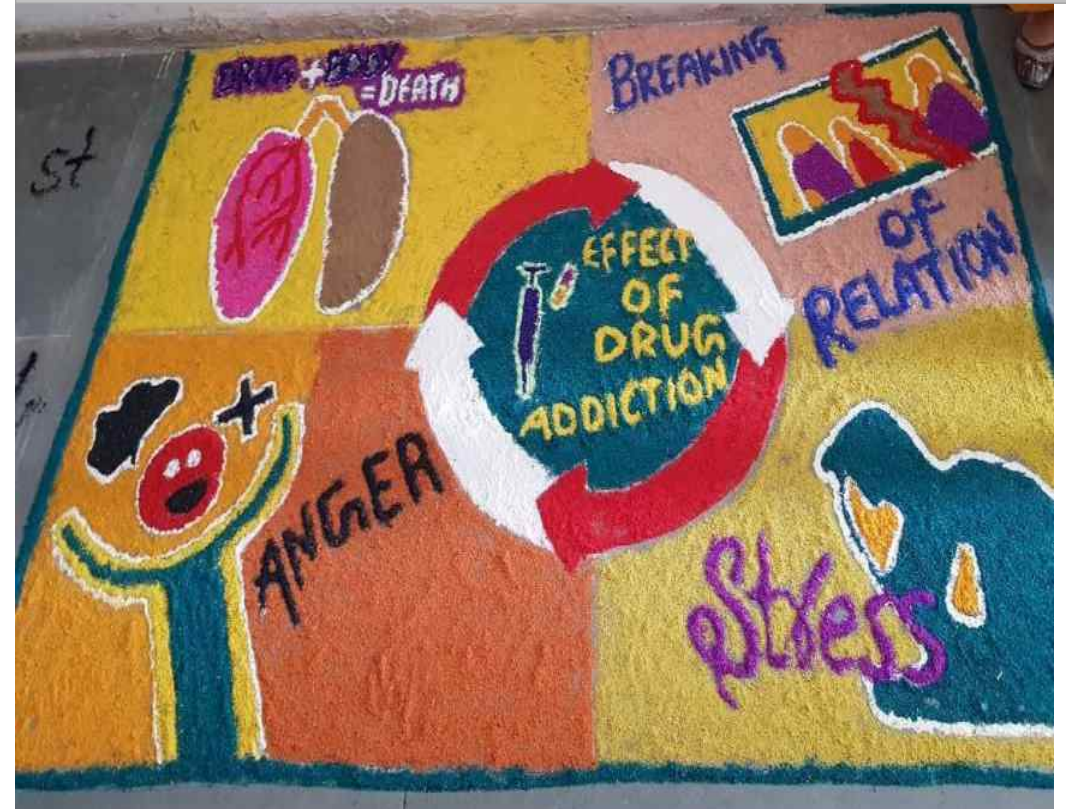


Best Poster : Awarded 1st prize





**POSTERS & RANGOLI
COMPETITION ON BIOCHEMISTRY
OF DRUGS AND ITS DETRIMENTAL
EFFECTS on Youth 14th Nov, 2019
DEPTT. OF CHEMISTRY**



Department of Chemistry



Street play team (nukkad-natak) on the consequences of Drug Addiction on youth and society
14th Nov, 2019 : college campus



Buddy team: Govt. Mohindra College , Patiala (14/11/2019)

Street play on menace of drug abuse 14 Nov ,2019



Buddy team: Govt. Mohindra College , Patiala (14/11/2019)

Nukkad Natak on Consequences of Drug Addiction : Psychosocial Narrative -14th Nov, 2019



Outstanding senior buddies and Best buddy groups
Awarded Certificates for their contribution in Buddy Program
Principal : Dr Simrat Kaur and Chief Guest Aarti Verma IPS



Dr Simrat Kaur Principal , Govt . Mohindra College
with Aarti Verma IPS , Chief Guest Buddy Day
14th November , 2019



Students stage street play to combat drug menace



Simrat Kaur, principal of Government Mohindra College, distributes certificates to participants of Buddy Programme on the school campus in Patiala on Sunday. TRIBUNE PHOTO: RAJESH SACHAR

TRIBUNE NEWS SERVICE

PATIALA, NOVEMBER 17

A buddy programme was organised at Government Mohindra College under the leadership of Principal Simrat Kaur. She motivated the buddy groups to combat the menace of drug abuse on the college campus.

Competitions such as

poster-making, slogan-writing and rangoli-making competitions were organised on the occasion.

The competitions were judged by the senior professors Jaspreet Kaur, Pushpinder Singh and Tripti Sharma.

A street play, supervised by professors Rekhi and Renu, was also staged to

highlight the role of buddy programme in fighting drug addiction in the state. The principal awarded certificates to meritorious students and senior buddies for their contribution in the programme.

The buddy function was organised by master trainers Gurpreet Kaur Sandhu and Shilpa Modi.

Buddy Program Team of Govt. Mohindra College awarded Parman Patra (certificates and citations) for exemplary contribution in Buddy Program (Punjab Govt. De-addiction and Drug prevention program for college students , 26th Jan , 2020)



- Honoured by Deputy Commissioner Patiala , Amit Kumar , Education minister , Vijayinder Singla and MP Preneet kaur
- Buddy Group of Govt. Mohindra College awarded Parman Patra for exemplary contribution as peer supportive educators for conducting knowledge and life skills based role plays among students for prevention of Drug Addiction
- Dr Gurpreet Kaur Sandhu awarded Parman Patra for exemplary contribution as Master Trainer and Nodal officer for the Buddy Program at Govt. Mohindra college, Patiala.

Best Buddy team Award: By Hon'ble Education Minister on 26th Jan, 2020 to Dr Gurpreet Kaur Sandhu (Nodal officer Buddy Program , Govt. Mohindra college , Patiala



Buddy Program 2019-2020 Govt. Mohindra college , Patiala

Kritika Goyal
Akshay Kumar
Amandeep kaur
Radha Yadav
MA II Psychology
(2010)
Yug
BA III Psychology
Hons (2020)

Award winning Buddy Team : Govt. Mohindra College, Patiala
Principal Dr Simrat Kaur and Faculty Members
Republic Day 26th Jan, 2020



Buddy Program 2019-2020 Govt. Mohindra college , Patiala

Buddy Program Team (2019-2020)

Govt. Mohindra College , Patiala

- Dr Gurpreet Kaur Sandhu : Nodal Officer & Drug abuse Counselling
Assistant Professor
Department of Psychology
- Dr Shilpa Modi : Master Trainer & Drug abuse Counselling
Assistant Professor
Department of Psychology
- Prof Rittuparan Kaushal : Drug Abuse Prevention Officer
Assistant Professor
Department of Sociology
- Amandeep Kaur : Drug Abuse Counsellor
Assistant Professor
Department of Psychology



GOVERNMENT MOHINDRA COLLEGE, Buddy Program 2020-2021

- **BUDDY PROGRAM LEADER - DR. SIMRAT KAUR**
- **NODAL OFFICER : Dr GURPREET KAUR SANDHU**
- **MASTER TRAINERS: DR. SHILPA MODI**
- **SENIOR BUDDIES: ASSISTANT PROF. AMANDEEP KAUR**
- **DAPO : ASSISTANT PROF. RITTUPARAN KAUSHAL**
- **BUDDY GROUPS- 1615 (GOVT. MOHINDRA COLLEGE)**
- **SENIOR BUDDIES- 164 (Faculty members)**
- **TOTAL STUDENTS - 8035**
- **Buddy groups in college : 1607**
- **Senior buddies/professors :164**
- **Each senior buddy : 9.7 buddy groups appx**



Buddy program 2020-2021 Govt. Of Punjab's De-addiction and Drug prevention Program Govt. Mohindra College, Patiala





Govt . Mohindra College (Virtual Buddy Program Activities 2020-2021)

The Blended Mode Buddy Program Calendar from 1st July , 2020 to 30th June, 2021 as follows: (zoom , Google meet , Microsoft teams, Webex

- **Online workshop on Drug refusal skill training (Dr Shilpa Modi Master Trainer)**
- **Webinars on economic cost of drug abuse by Dr Megha Thakur : Department of Commerce**
- **Webinar on drug abuse prevention by Prof Anupam Mishra : Department of Management**
- **Webinar on Peer support and Drug prevention (Prof Amandeep Singh Community Psychologists IIT Ropar)**
- **Webinar on role of life skill training and drug prevention by Dr Gurpreet Kaur Sandhu , 24th June , 2021**
- **Creative potpourri of posters , perspectives on International Day against Drug Abuse , 26th June, 2021 : Prof Loveleen Parmar (Department of English)**
- **Participation by The NCC Cadets on the international Day against Drug Abuse and Illicit Trafficking on 26th June , 2021 in the Virtual Presentations on the Digital Media**
- **Drug abuse counselling : Dr Shilpa Modi , Dr Gurpreet Kaur Sandhu & Assistant Prof Amandeep Kaur (Department of Psychology)**
- **Webinar on Drug Refusal Skills on 27th Nov, 2020 by Dr Shilpa Modi**

Online activities from 21st June -27th June , 2021
International Day against Drug Abuse , 26th June , 2021 UN Theme “share facts , save lives ”

- Webinars on life skills training in Drug Prevention.
- Online posters, slogans , pictorial illustrations on Themes “Say no to drugs , Peer Support and Drug Prevention and Share facts , Save Lives ” (Digital media)
- Creative potpourri of poems, poster and perspectives
- Launch of Buddy Program on Instagram





On International day against Drug Abuse
and illicit trafficking , 26th June 2021
Govt.Mohindra College, Patiala
organized
webinars and virtual presentations
of pictorial illustrations
and messages against Drug Addiction

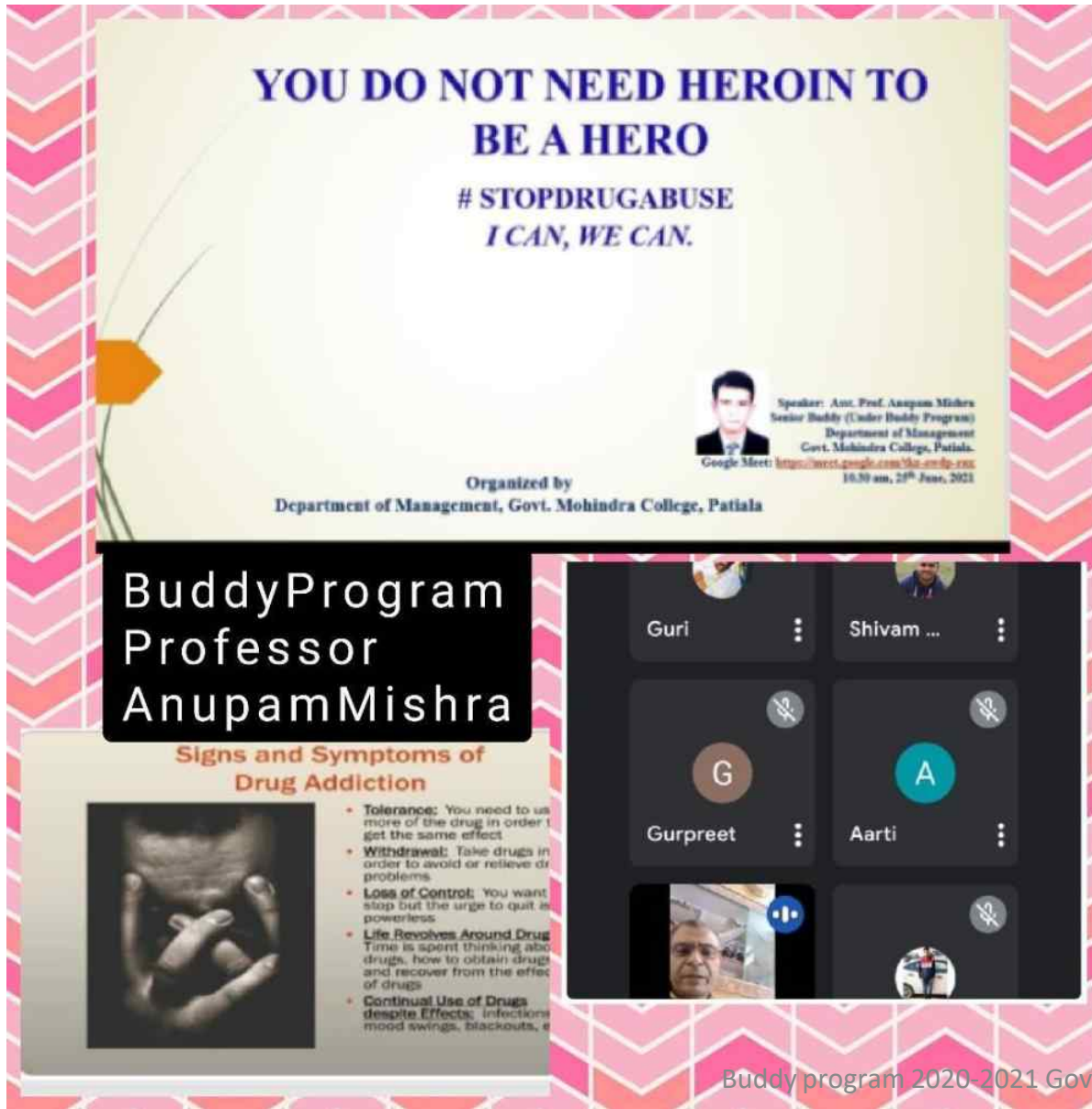
**“Our buddy Program is committed
to strengthen and empower buddy
groups and senior buddies with
drug prevention knowledge and
psychosocial skills to achieve the
goals of Drug free Punjab ”**

Principal: Dr Simrat Kaur

Buddy program
Nodal Officer
Dr Gurpreet Kaur Sandhu



Webinar on Drug abuse prevention : Department of Management



YOU DO NOT NEED HEROIN TO BE A HERO
#STOPDRUGABUSE
I CAN, WE CAN.

Speaker: **Ans. Prof. Anupam Mishra**
Senior Buddy (Under Buddy Program)
Department of Management
Govt. Mohindra College, Patiala.
Google Meet: <https://meet.google.com/ha-ndfu-rxc>
10:30 am, 25th Jan, 2021

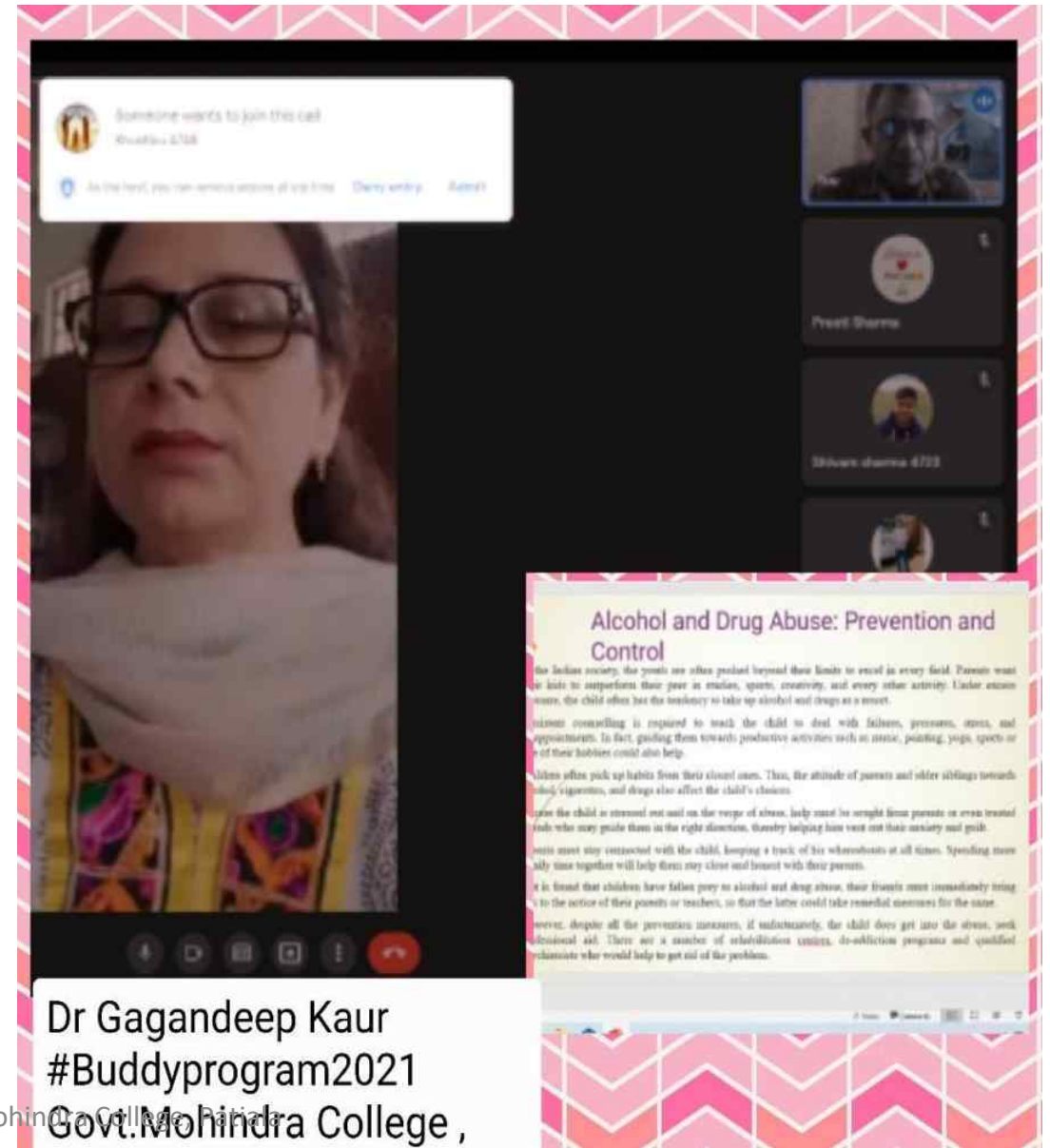
Organized by
Department of Management, Govt. Mohindra College, Patiala

Buddy Program
Professor
Anupam Mishra

Signs and Symptoms of Drug Addiction

- **Tolerance:** You need to use more of the drug in order to get the same effect.
- **Withdrawal:** Take drugs in order to avoid or relieve drug problems.
- **Loss of Control:** You want stop but the urge to quit is powerless.
- **Life Revolves Around Drug:** Time is spent thinking about drugs, how to obtain drugs and recover from the effect of drugs.
- **Continual Use of Drugs despite Effects:** Infections, mood swings, blackouts, etc.

Participant list: Guri, Shivam ..., Gurpreet, Aarti



Someone wants to join this call
@shubhu_4728

As the host, you can remove anyone at any time. [Dismiss ending](#) [Admin?](#)

Participant list: Praveen Sharma, Shivam sharma 4728

Alcohol and Drug Abuse: Prevention and Control

In Indian society, the youth are often pushed beyond their limits to excel in every field. Parents want their kids to surpass their peers in studies, sports, creativity, and every other activity. Under such pressure, the child often has the tendency to take up alcohol and drugs as a result.

Proactive counselling is required to teach the child to deal with failures, pressure, stress, and appointments. In fact, guiding them towards productive activities such as music, painting, yoga, sports or any of their hobbies could also help.

Children often pick up habits from their closest ones. Thus, the attitude of parents and other siblings towards alcohol, cigarettes, and drugs also affect the child's choices.

When the child is stressed out and on the verge of abuse, help must be sought from parents or even trusted individuals who may guide them in the right direction, thereby helping him vent out their anxiety and push them away from the drug.

Parents must stay connected with the child, keeping a track of his whereabouts at all times. Spending quality time together will help them stay close and honest with their parents.

It is found that children have fallen prey to alcohol and drug abuse, their friends must immediately bring it to the notice of their parents or teachers, so that the latter could take remedial measures for the same.

However, despite all the preventive measures, if unfortunately, the child does get into the stress, seek professional aid. There are a number of rehabilitation centers, de-addiction programs and qualified counsellors who would help to get out of the problem.

Dr Gagandeep Kaur
#Buddyprogram2021

Buddy program 2020-2021 Govt. Mohindra College, Patiala


Webinar on Role of drugs in devastating the economic setup

THE ROLE OF DRUGS IN DEVASTATING THE ECONOMIC SETUP

Presented by:
Dr. Megha Thakur
Member of Buddy team
Department of Commerce
Government Mohindra college,
Patiala
26th June,2021 (3:00 pm)

Zoom Meeting
Meeting id: 696 875 9514
Passcode: 2nW5E9

**Our Speaker:
Dr. Megha Thakur**



Webinar
Drug refusal Skills
Join on Google meet
meet.google.com/cyz-
fghi-ryk
Nov 27, 2020
10.30am



DRUG REFUSAL SKILLS
TRAINING CAN CREATE

WONDERS:


- LEARNING TO SAY "NO"
- ASSERTIVE TRAINING
- SELF ESTEEM
- STOP STRATEGY N
- MANY MORE.....

DR. SHILPA MODI
MASTER TRAINER-BUDDY PROGRAM
DEPARTMENT OF PSYCHOLOGY
GOVERNMENT MOHINDRA COLLEGE, PATIALA
CONTACT- BUDDYPROGRAMGMC@GMAIL.COM

Dr Gurpreet Kaur Sandhu: Nodal officer Buddy program organised digital presentations to motivate students to Share facts on drugs and save lives (21st June -26th June ,2021)

International Day against Drug Abuse and Illicit Trafficking 26th June , 2021

Peer support and Drug prevention "virtual presentation of the students "



Submit Entries by 26th June , 2021

Buddy Program@Govt.MohindraCollege#2021

Pictorial illustrations , Messages , Graphics
(Image file Formats)

Email at buddyprogram2018@yahoo.com with Name ,
Class, Department

Buddy Team : Department of Psychology Govt.Mohindra College, Patiala



Webinar on role of Drug Addiction by Amandeep Singh Community Psychologist IIT –Ropar

EVERYONE HAS A LIMIT.
KNOW YOURS.


DRUG ADDICTION OR DRUG DEPENDENCY?


The Role of Peer Support Volunteers in the Prevention of Drug Addiction

Our speaker

Amandeep singh

A Suicide Prevention Researcher and community psychologist,
IIT-Ropar.




Join us on 

[https://zoom.us/j/95114807277?](https://zoom.us/j/95114807277?pwd=cTZ1UWFvK2RsaDVQRiRUYic2ZkdVU09)
pwd=cTZ1UWFvK2RsaDVQRiRUYic2ZkdVU09


Meeting ID: 951 1480 7277
Password: mohindra

Hosted by
Department of Psychology, Govt. Mohindra College,
Patiala

 **June 23, 2021**
3:00pm


Drug Addiction or Drug Dependency?

The Role of Peer Support Volunteers in the Prevention of Drug Addiction




What does the Statistics say?

- World Health Organization estimated 350 million people aged 10 to 24 years are suffering from drug addiction disorders (WHO, 2020)
- More than 18 lakh individuals aged 18-25 years died in 2019, over 3000 every day mostly from drug addiction in India (NCB, 2020).
- Punjab is reported as highest in drug abuse 40 per cent of youth age 15-25 years victims of drugs (NCRB, 2020)



Zoom meeting interface showing participants: Amandeep Singh, Dr. Garpreet Kaur, Vanshika Kapoor, Mohit Kumar 215, and Amandeep Singh.

LET'S DEVELOP
OUR LIVES
OUR COMMUNITIES
OUR IDENTITIES
WITHOUT DRUGS


JUNE 24th, 2021
10.AM

Role of Life Skills Training in Drug Prevention

Join us on 
Meeting ID: 8951199816
Password: GKS

Speaker
Dr Gurpreet Kaur Sandhu
Nodal Officer: Buddy Program
Department of Psychology
Govt. Mohindra College, Patiala



Primary Prevention (Risk reduction before abuse)

- Small Group factors
 - peer mentoring, counseling, outreach, modeling
 - conflict resolution
 - curriculum infusion
 - activities demonstrating misperception of peer norms
 - alternatives to drug use: recreational, cultural, athletic, strengthening families

Life Skills Prevention

- ✓ Critical thinking
- ✓ Decision-making
- ✓ Creative thinking
- ✓ Effective communication
- ✓ Relationship skills
- ✓ Self-awareness
- ✓ Empathy
- ✓ Coping with emotions
- ✓ Normative beliefs



Reinforce existing	Prevent or reduce
Knowledge Positive attitudes and values Pro-social and healthy skills and behaviour	Myths and misinformation Negative attitudes Risky behaviours

*Source (UNICEF. Life Skills-Based Education Drug Use Prevention Training Manual)

Drug Prevention Programs

- ◆ Life Skills Training (Botvin, et al., 1990)
- ◆ Project STAR (Pentz, et al., 1989)
- ◆ Strengthening Families Program (Kumpfer, et al., 1994)
- ◆ Reconnecting Youth Program (Eggert, et al., 1994)

MOTIVATIONAL
POSTER PRESENTATION
MANSI AHUJA BA III
#BUDDYPROGRAM 2021



**LIFE
CAN
TAKE
YOU
HIGHER
THAN
DRUGS**

#InternationalDayAgainst
DrugAbuseand
IllicitTrafficking

#BUDDYPROGRAM



**ALISHA
NAVAL-WING-NCL**





Samsung Quad Camera
Govt. Mohindra College Patiala

CREATIVE POTPOURRI
POEMS, POSTERS, PERSPECTIVES
THEME OF THE
INTERNATIONAL DAY AGAINST DRUG
ABUSE AND ILLICIT TRAFFICKING
, 26TH JUNE 2021

SHARE FACTS ON DRUGS , SAVE LIVES ”

DEPARTMENT OF ENGLISH
GOVT.MOHINDRA COLLEGE, PATIALA

#buddyprogram2021

Senior Buddy

Prof. Loveleen Parmar





Instagram account
 Buddy Program
 Govt. Mohindra College Patiala
 @buddyprogramgmc





Change profile photo

Name
 Govt. Mohindra College , Patiala

Username
 buddyprogramgmc

Website
<http://www.govtmohindracollege.in/>

Bio
 Government De-addiction and Drug Preve

Switch to Professional account

Personal information settings

Buddy program 2020-2021 Govt.Mohindra College, Patiala



Instagram account

Buddy Program

Govt. Mohindra College Patiala

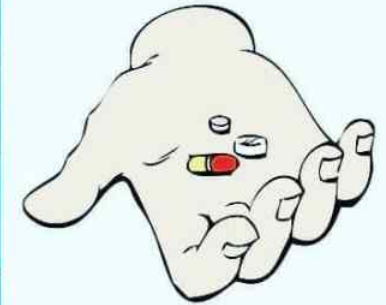
@buddyprogramgmc



buddyprogramgmc



Peer Support & Drug Prevention



Peer support can be defined as the process of giving and receiving nonprofessional, nonclinical assistance from individuals with similar conditions or circumstances to achieve long-term recovery from psychiatric, alcohol, and/or other drug-related problems.



buddyprogramgmc



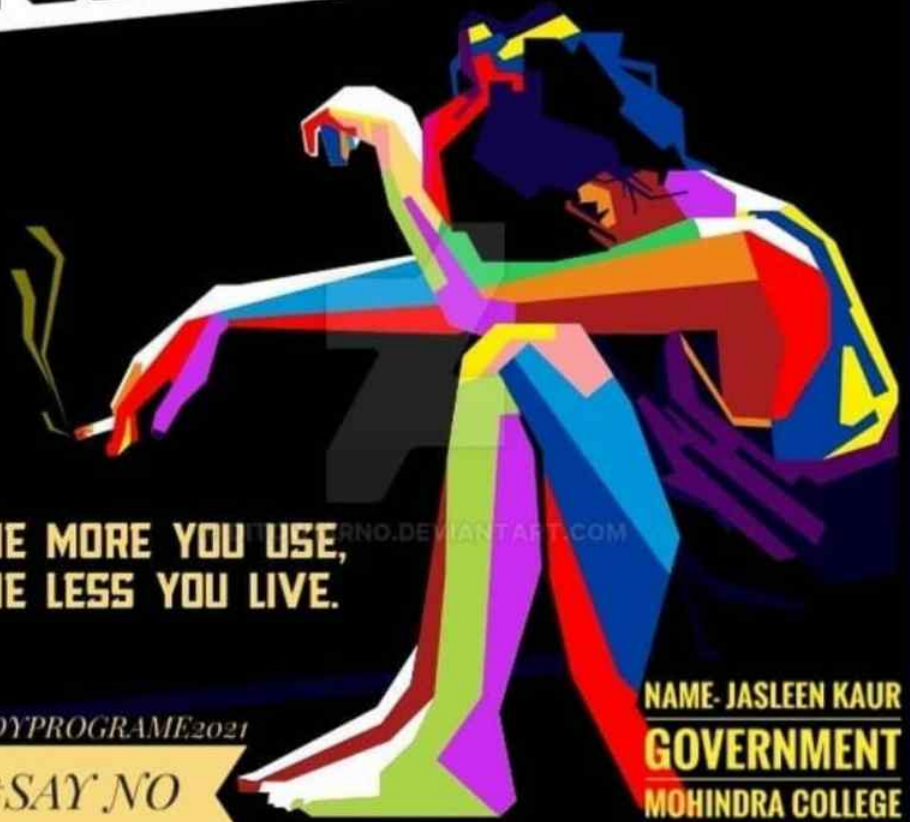
**BECOME A
PRIORITY IN
YOUR LIFE STOP
DRUGS AND LIVE
A HEALTHY
LIFE**

By - Varleen kaur
BAIII psychology (honrs)
Government Mohindra college,
patiala

Name-Gursimran Kaur
Class-B.A 3rd Year
Department-Psychology Department
(Government Mohindra College)



DRUGS : YOU USE, YOU LOSE!



THE MORE YOU USE,
THE LESS YOU LIVE.

#BUDDYPROGRAM2021

#SAY NO
TO DRUGS

NAME- JASLEEN KAUR
GOVERNMENT
MOHINDRA COLLEGE
NCC-NAVAL-WING
LAW DEPARTMENT



NO-DRUG
ABUSE

2021

#ਬਡੀ_ਪ੍ਰੋਗਰਾਮ



ਮੈਂ ਨਸ਼ਾ ਬੋਲਦਾ ।

ਮੇਰਾ ਰੋਗ ਨਾ ਲਾ ਲੱਤਾ ਤੋਂ ਤੁਰਿਆ ਨਹੀ ਜਾਣਾ ਰੋੜੀਆ ਚ ਆਵੇਗਾ।

ਨਾ ਛੋੜ! ਬੰਦਿਆ ਮੈਨੂੰ ਨਾ ਛੋੜ !

ਨਹੀ ਤਾਂ ਤੂੰ ਵੀ ਨਸ਼ੇੜੀਆਂ ਚ ਆਵੇਗਾ।

ਜੇ ਮੇਰੀ ਤੋੜ ਲੱਗ ਗਈ ਮੈ ਦਰਦ ਸਹਿਣ ਨਹੀ ਦੇਣਾ ।

ਭਾਵੇਂ ਸੇ ਕਿੱਲਾਂ ਭਾਵੇਂ ਇਕ ਕਿੱਲਾਂ ਮੈਂ ਕੁੱਛ ਰਹਿਣ ਨਹੀ ਦੇਣਾ।

ਛੱਡ ਦੇ! ਬੰਦਿਆ ਛੱਡ ਦੇ!

ਮੈਂ ਤੈਨੂੰ ਇਹ ਹੀ ਆਵਾਜ਼ ਕਰੂੰ ਜੇ ਨਾ ਸਮਝੇ ਤਾਂ ਦੁਨੀਆ ਤੇ ਮੈਂ ਕੱਲਾ ਰਾਜ ਕਰੂੰ।

ਮੈਂ ਨਸ਼ਾ ਬੋਲਦਾ ਆਪਣੇ ਭੇਤ ਖੋਲ ਦਾ।।



Certificate of Appreciation awarded to Abhishek Singh for musical composition on the adverse effects of opium addiction on the Youth of Punjab and role of Buddy program in Prevention by Dr Simrat Kaur : Principal Govt. Mohindra College , Patiala

ਪੰਜਾਬ ਦੀ ਅਜੋਕੀ
ਸਥਿਤੀ ਨੂੰ ਬਿਆਨ ਕਰਦਾ
'ਗੀਤ'
Buddy Program 2021
Song lyrics & Composition
by Abhishek Singh (Abhi Kapial)
BA 1st , SEM II , Roll No.11002
Govt.Mohindra College , Patiala
Sung by Jagsir Singh



Dr Simrat Kaur Awarded Certificate of Appreciation to Assistant Professor Amandeep Kaur for Drug Abuse Counselling (2019-2021) and Assistant professor Loveleen Parmaar for organising Creative Potpourri on Drug prevention (2021)



Certificates of appreciation awarded to Assistant professor Anupam Mishra , Assistant professor Megha Thakur & Assistant Professor Amandeep Kaur for commendable contribution in Buddy program by Dr Simrat Kaur : Principal Govt. Mohindra college , Patiala .



Buddy program
Govt . Mohindra College , Patiala
Dr Gurpreet K Sandhu –Nodal Officer &
Master Trainer (Department Of
Psychology)Dr Shilpa Modi-Master
trainer (Department of Psychology)Prof.
Rittuparan Kaushal (Department of
Sociology) Prof Amandeep Kaur
(Department of Psychology)



Buddy program 2020-2021 Govt.Mohindra

Govt . Of Punjab (2018-2021)

De-addiction and Drug prevention Program : Punjab
Government .

Session 2022 – 2023

INTERNATIONAL DAY AGAINST DRUG ABUSE

AT

Govt Mohindra College, Patiala

PRESS NOTE

Under the able guidance of Prof Amarjit Singh, Principal Govt Mohindra College, Patiala, the department of Psychology organized Poster making, slogan writing, signature campaign, E-pledge and webinar on the International Day against Drug Abuse and Illicit Trafficking on 26th June 2023.

The principal and the faculty members of the college enthusiastically participated in the Anti-Drug Signature Campaign to raise awareness about risks of drug abuse and available interventional support for rehabilitation. Dr Gurpreet Kaur Sandhu, HOD and Asst. Prof Amandeep Kaur motivated students to participate in the slogan writing and poster making competition on the theme "STOP STIGMA AND DISCRIMINATION AND STRENGTHEN DRUG PREVENTION".

The webinar on "Sensitizing youth of Punjab about the risks of drug abuse and Harmful effects of drugs on college students" was jointly conducted by Dr Akanksha Soni and Dr Amrinder Singh. The students from Govt Mohindra College, Patiala, Govt Ripudaman college, Nabha and Govt Kirti College, Nial Patran attended the webinar.

Joining hands with the Nasha Mukta Bharat Campaign launched by Ministry of Social Justice and empowerment, Principal, faculty members and students took the E-pledge and downloaded the certificate to stay away from drugs.

We extend heartfelt gratitude to Dr Jaspreet Dhillon and Asst. Prof Pushpinder Singh (Department of Fine Arts) for their support in organizing the event.

Principal

Prof Amarjit Singh

ਦਫ਼ਤਰ ਪ੍ਰਿੰਸੀਪਲ, ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ

ਰਿਪੋਰਟ

ਪ੍ਰਿੰਸੀਪਲ ਪ੍ਰੋ. ਅਮਰਜੀਤ ਸਿੰਘ ਜੀ ਦੀ ਯੋਗ ਅਗਵਾਈ ਹੇਠ ਮਨੋਵਿਗਿਆਨ ਵਿਭਾਗ, ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ ਵੱਲੋਂ ਮਿਤੀ 26 ਜੂਨ, 2023 ਨੂੰ "International Day against Drug Abuse and Illicit Trafficking" ਦੇ ਮਹੱਤਵ ਨੂੰ ਸਮਝਦੇ ਹੋਏ ਨਸ਼ੀਲੇ ਪਦਾਰਥਾਂ ਦੀ ਦੁਰਵਰਤੋਂ ਵਿਰੁੱਧ ਵਿਸ਼ੇਸ਼ ਉਪਰਾਲਾ ਕੀਤਾ ਗਿਆ। ਇਨ੍ਹਾਂ ਉਪਰਾਲਿਆਂ ਹੇਠ ਵੱਖ-ਵੱਖ ਵਿਭਾਗਾਂ ਵੱਲੋਂ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ ਜਿਸ ਵਿਚ ਮਨੋਵਿਗਿਆਨ ਵਿਭਾਗ ਵੱਲੋਂ ਪੋਸਟਰ ਮੇਕਿੰਗ, ਸਲੋਗਨ ਰਾਇਟਿੰਗ ਕਰਵਾਈ ਗਈ ਅਤੇ ਹਸਤਾਖਰ ਮੁਹਿੰਮ ਵਿਚ ਮਨੋਵਿਗਿਆਨ ਵਿਭਾਗ ਅਤੇ ਫਾਈਨ ਆਰਟਸ ਵਿਭਾਗ ਨੇ ਸਮੂਹਿਕ ਤੌਰ ਤੇ ਸ਼ਮੂਲੀਅਤ ਕੀਤੀ। ਨਸ਼ਾ ਵਿਰੁੱਧ ਮੁਹਿੰਮ ਤਹਿਤ ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ, ਸਰਕਾਰੀ ਰਿਪੁਦਮਨ ਕਾਲਜ, ਨਾਭਾ ਅਤੇ ਸਰਕਾਰੀ ਕਿਰਤੀ ਕਾਲਜ, ਨਿਆਲ ਪਾਤੜਾ ਨੇ ਸਾਂਝੇ ਰੂਪ ਵਿਚ, ਵਿਦਿਆਰਥੀਆਂ 'ਤੇ ਨਸ਼ੇ ਦੇ ਮਾੜੇ ਪ੍ਰਭਾਵਾਂ ਅਤੇ ਨਸ਼ੇ ਨੂੰ ਰੋਕਣ ਲਈ ਰਣਨੀਤੀ ਵਿਸ਼ੇ ਤੇ ਵੈਬੀਨਾਰ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ ਵਿਸ਼ੇਸ਼ ਬੁਲਾਰੇ ਵਜੋਂ ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ ਦੇ ਮਨੋਵਿਗਿਆਨ ਵਿਭਾਗ ਦੇ ਪ੍ਰੋ. ਡਾ. ਆਕਾਂਸ਼ਾ ਸੋਨੀ ਅਤੇ ਸਰਕਾਰੀ ਰਿਪੁਦਮਨ ਕਾਲਜ, ਨਾਭਾ ਦੇ ਹਿਸਟਰੀ ਵਿਭਾਗ ਦੇ ਪ੍ਰੋ. ਡਾ. ਅਮਰਿੰਦਰ ਸਿੰਘ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਪ੍ਰੋ. ਡਾ. ਆਕਾਂਸ਼ਾ ਸੋਨੀ ਨੇ ਨਸ਼ਿਆਂ ਦੇ ਦੁਰਪ੍ਰਭਾਵਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੰਦੇ ਹੋਏ ਬੱਚਿਆਂ 'ਤੇ ਪੈ ਰਹੇ ਮਾਨਸਿਕ ਪ੍ਰਭਾਵਾਂ ਅਤੇ ਇਹਨਾਂ ਦੀ ਰੋਕਥਾਮ ਬਾਰੇ ਵਿਚਾਰ ਸਾਂਝੇ ਕੀਤੇ। ਇਸ ਹੀ ਲੜੀ ਦੇ ਅੰਤਰਗਤ ਪ੍ਰੋ. ਡਾ. ਅਮਰਿੰਦਰ ਸਿੰਘ ਨੇ ਨਸ਼ਿਆਂ ਦੇ ਰੁਝਾਨਾਂ 'ਤੇ ਚਿੰਤਾ ਜਾਹਿਰ ਕਰਦਿਆਂ ਵੱਧ ਰਹੇ ਨਸ਼ਿਆਂ ਦੇ ਪ੍ਰਭਾਵ ਅਤੇ ਨੌਜਵਾਨ ਪੀੜੀ ਵੱਲੋਂ ਦੁਰਵਰਤੋਂ ਸੰਬੰਧੀ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਨਸ਼ੇ ਵਿਰੁੱਧ ਮੁਹਿੰਮ ਵਿਚ "Ministry of Social Justice and Empowerment, Govt. of India" ਵੱਲੋਂ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਲਿੰਕ ਭੇਜ ਕੇ ਸਹੁੰ ਚੁੱਕ ਮੁਹਿੰਮ ਦਾ ਯੋਗਦਾਨ ਪਾਇਆ ਗਿਆ ਜਿਸ ਰਾਹੀਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਸ਼ੇ ਵਿਰੁੱਧ ਸਹੁੰ ਚੁਕਵਾ ਕੇ ਜਾਗਰੂਕ ਕਰਵਾਇਆ ਗਿਆ। ਇਨ੍ਹਾਂ ਯਤਨਾਂ ਦੇ ਸਦਕਾ "International Day against Drug Abuse and Illicit Trafficking" ਨੂੰ ਸਫਲਤਾਪੂਰਵਕ ਨੇਪਰੇ ਚਾੜ੍ਹਿਆ ਗਿਆ।


ਪ੍ਰਿੰਸੀਪਲ

ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ
ਪਟਿਆਲਾ

Department of Psychology



Govt. Mohindra College, Patiala



Cordially invites Students
to

Participate in Drug Abuse Awareness Program

"International Day Against Drug Abuse"

On June, 26, 2023

Theme: "People first: stop stigma and discrimination, strengthen prevention".



Last date for
submission
of posters :
June 25, 2023 in
Dept. Of Psychology

Competitions :

- *Poster making*
- *Slogan Writing*

Organizers:

Dr. Gurpreet Kaur Sandhu
Dr. Akanksha Soni
Asth. Prof. Amandeep Kaur

For digital submissions, mail at
psychodeptgmcpatjala@gmail.com

Note:

Certificates will be awarded to deserving candidates

Let's pledge to root out this evil from our society



GOVT MOHINDRA COLLEGE, PATIALA
&
GOVT KIRTI COLLEGE, NIAL PATRAN
&
GOVT RIPUDAMAN COLLEGE, NABHA



COLLABORATE
ON
THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING
TO ORGANIZE A WEBINAR
ON
SENSITIZING YOUTH OF PUNJAB ABOUT THE RISKS OF DRUG ABUSE: A PSYCHOSOCIAL ANALYSIS

Speaker: **DR AKANKSHA SONI,**

Department of Psychology, Govt Mohindra College, Patiala

THE HARMFUL EFFECTS OF DRUGS ON THE COLLEGE STUDENTS': STRATEGIES TO PREVENT DRUG ABUSE

Speaker: **DR AMRINDER SINGH,**

Department of History, Govt Ripudaman College, Nabha

Google Meet Link: <https://meet.google.com/xsu-jbhd-cui>

Time: 10.00 am to 11.00 am

Date: 26th June 2023 (Monday)

JUNE 26
INTERNATIONAL DAY
AGAINST DRUG ABUSE
AND ILLICIT TRAFFICKING



PROF AMARJIT SINGH
PRINCIPAL

GOVT MOHINDRA COLLEGE, PATIALA
GOVT KIRTI COLLEGE, NIAL PATRA

DR HARVINDER SINGH

VICE- PRINCIPAL

GOVT RIPUDAMAN COLLEGE, NABHA





International Day against Drug Abuse and Illicit Trafficking ,26th June , 2023

**Signature Campaign against Drug abuse at Govt.
Mohindra college, Patiala**

Theme 2023

**“People first: stop stigma & discrimination,
strengthen prevention”**



UNODC
United Nations Office on Drugs and Crime

This year's World Drug Day is a call to:

- Raise awareness about the negative impact of stigma and discrimination on people who use drugs and their families.
- Educate about drug use disorders, available treatments and the importance of early intervention and support.
 - **Combat stigma and discrimination by promoting language and attitudes that are respectful and non-judgmental.**
- Empower young people and communities to prevent drug use and addiction.

Organised By:

Dr Jaspreet Dhillon, Dr Gurpreet Kaur Sandhu & Asst. Prof Pushpinder Singh
Department of Fine Arts & Department of Psychology , Govt Mohindra College , Patiala



Webinar, Poster making, slogan writing and Signature Campaign for Nasha Mukh Bharat Abhiyan (NMBA)

at

Govt. Mohindra College, Patiala to

make students

aware about

causes, effects

and prevention of substance abuse.

International Day against Drug Abuse

and Illicit

Trafficking , 26th

June , 2023



Mohindra Co

**Principal, Staff and Students
Govt. Mohindra College, Patiala, 2023**



ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ

Who will call the Culture of Drugs, since since From Life

INTERNATIONAL DAY AGAINST DRUG ABUSE

Handwritten text on the banner includes:
"A Toxic dose seriously affects the brain & chemicals"
"Don't let your kids be drug addicts"
"Say No To Drugs"
"It's better to be a drug addict than a drug dealer"
"Don't let your kids be drug addicts"



College Patiala



ESTD 1975

ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING



ESTD 1975

Drugs are not an escape

They're a trap

Don't let them

Take you down

They're a trap

Don't let them

Take you down

They're a trap

Don't let them

Take you down

They're a trap

Don't let them

Take you down

They're a trap

Don't let them

Take you down

They're a trap

Don't let them

Take you down

They're a trap

Don't let them

Stop stigma and

WORLD
DRUG
26
JUNE



GPS Map

Camera Lite

898W+3MJ, Lower Mall, Patiala, Punjab 147001, India

Latitude

30.31513881°

Longitude

76.39702922°

Local 12:29:54 PM

GMT 06:59:54 AM

Altitude 254 meters

Monday, 26.06.2023

LISTEN TO YOUR INNER VOICE' SAY NO TO DRUGS'

TRUST YOURSELF AND BELIEVE IN YOURSELF



**EVERY LIFE IS
PRECIOUS
DON'T WASTE
IT BY
CONSUMING
DRUGS**

**Make a change by first changing
yourself SAY NOO TO DRUGS by first
stopping yourself and then others
Make a difference because if one can
stop it others can too!**



 **GPS Map**
Camera Lite

898W+3MJ, Lower Mall, Patiala, Punjab 147001, India

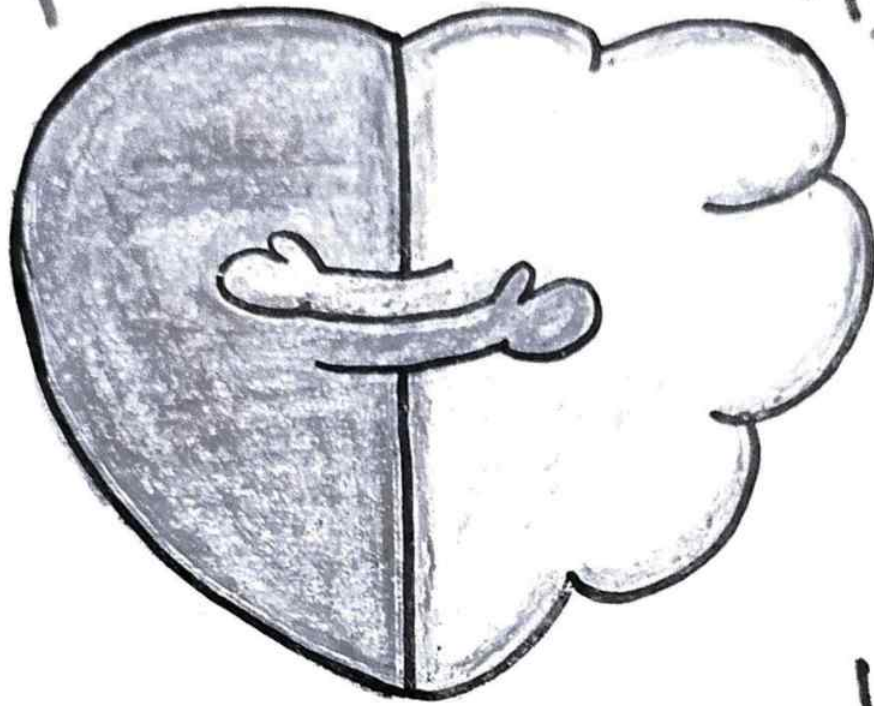
Latitude
30.31513123°

Longitude
76.39700351°

Local 12:26:01 PM
GMT 06:56:01 AM

Altitude 254 meters
Monday, 26.06.2023

BE KIND TO YOUR MIND



LIVE DRUG FREE LIFE...

Be Smart,

Don't Start!!!

Presented by :-
Khushi Yadav
M.A. (98t)
Psychology Dept.

Let's educate & make everyone
aware

INTERNATIONAL DAY AGAINST

DRUG ABUSE

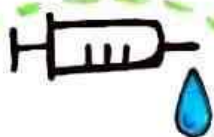
AND ILLICIT TRAFFICKING



Lung
Disease



Premature
Death



Blood borne
Infections
Such as
HIV & Hepatitis



Psychoactive &
Dependence-
Producing
Properties



Cancer

AT
THE
FIRST
GLANCE
DRUGS
SEEMS
COLORFUL
BUT IT'S
NOT AS
COLORFUL
AS IT
SEEMS





Say no to drugs

DRUGS
END
ALL
DREAMS

Name :- Amanpreet Kaur
Class :- BSC (Non-medical)-1st year
Roll no :- 1417



आज की नई पीढ़ी को नशे से दूर रखना बहुत जरूरी: डा. अमरिंदर

संवाद सूत्र, नाभा (पटियाला): सरकारी रिपुदमन कालेज, नाभा, सरकारी महिंद्रा कालेज, पटियाला और सरकारी कीर्ति कालेज ने संयुक्त रूप से छात्रों पर नशे के दुष्प्रभावों और नशे की लत को रोकने के लिए रणनीतियों पर एक वेबिनार का आयोजन किया।

इस अवसर पर विशिष्ट वक्ता के रूप में सरकारी रिपुदमन कालेज, नाभा के इतिहास विभाग के प्रोफेसर डा. अमरिंदर सिंह एवं सरकारी महिंद्रा कालेज, पटियाला के मनोविज्ञान विभाग के प्रो. आकाश सोनी ने भाग लिया।

डा. अमरिंदर सिंह ने युवाओं में नशे की बढ़ती प्रवृत्ति पर चिंता व्यक्त की और कहा कि आज की नई पीढ़ी को नशे से दूर रखना बहुत जरूरी है और इसमें माता-पिता की भूमिका अधिक है। उन्होंने कहा कि माता-पिता को अपने बच्चों को बचपन से ही अच्छे और बुरे में अंतर करना सिखाना चाहिए।

इस मौके पर सरकारी कीर्ति कालेज के प्रिंसिपल प्रो. अमरजीत सिंह और सरकारी रिपुदमन कालेज, नाभा के वाइस प्रिंसिपल डा. हरविंदर सिंह और सभी छात्र उपस्थित थे।

ਵਿਧਾਇਕ ਦੇਵ ਮਾਨ ਨੇ ਭਾਈ ਬੁੱਧੂ ਸ਼ਾਹ ਕਮਿਊਨਿਟੀ ਸੈਂਟਰ ਵਿਖੇ ਵੱਡੇ ਲੜਕੀਆਂ ਨੂੰ ਸਿਲਾਈ ਦੇ ਸਿਖਲਾਈ ਸਰਟੀਫਿਕੇਟ

ਨਿਰਭੈ ਸੋਚ/ ਤਰੁਟ ਮਹਿਤਾ

ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਨਸ਼ੇ ਦੇ ਮਾੜੇ ਪ੍ਰਭਾਵਾਂ ਵਿਸ਼ੇ ਤੇ ਕਰਾਇਆ ਵੈਬੀਨਾਰ

ਨਾਭਾ, ਪ੍ਰਜਾਪਤ ਸਭਾ ਵਲੋਂ ਸਰਬਤ ਦਾ ਭਲਾ ਚੈਰੀਟੇਬਲ ਟਰੱਸਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਭਾਈ ਬੁੱਧੂ ਸ਼ਾਹ ਕਮਿਊਨਿਟੀ ਸੈਂਟਰ ਮਾਡਰਨ ਸਿਟੀ ਚੌਧਰੀ ਮਾਜਰਾ ਰੋਡ ਵਿਖੇ ਗਰੀਬ ਲੋੜਵੰਦ ਲੜਕੀਆਂ ਲਈ ਸਿਲਾਈ ਸੈਂਟਰ ਜੋ ਸਵ: ਭਾਈ ਬਲਜੀਤ ਸਿੰਘ ਮੱਖਣ ਟੋਡਰਵਾਲ ਨੇ ਸ਼ੁਰੂ ਕਰਵਾਇਆ ਸੀ, ਜਿਸ ਵਿਚ 20 ਲੜਕੀਆਂ ਨੂੰ 6 ਮਹੀਨੇ ਦੀ ਸਿਲਾਈ ਦੀ ਸਿਖਲਾਈ ਦਿੱਤੀ ਗਈ। ਇਹ ਸਭ ਪ੍ਰੋਗਰਾਮ ਭਾਈ ਬਲਜੀਤ ਸਿੰਘ ਮੱਖਣ ਵਲੋਂ ਹੀ ਉਲੀਕੇ ਗਏ ਸਨ ਪੰਤੂ ਉਨ੍ਹਾਂ ਦੇ ਅਚਾਨਕ ਅਕਾਲ ਚਲਾਣਾ ਹੋਣ ਕਾਰਨ ਇਹ ਪ੍ਰੋਗਰਾਮ ਨਹੀਂ ਹੋ ਸਕੇ। ਹੁਣ ਇਹ ਪ੍ਰੋਗਰਾਮ ਭਾਈ ਬਲਜੀਤ ਸਿੰਘ ਮੱਖਣ ਟੋਡਰਵਾਲ ਦੇ ਸਪੁੱਤਰ ਜਸਕੀਰਤ ਸਿੰਘ ਟੋਡਰਵਾਲ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਹੋਇਆ ਹੈ, ਜਿਸ ਵਿਚ 20 ਲੜਕੀਆਂ ਨੂੰ ਸਿਲਾਈ ਸਿਖਲਾਈ ਦੇ ਵਿਧਾਇਕ ਦੇਵ ਮਾਨ ਜੀ ਵਲੋਂ ਸਰਟੀਫਿਕੇਟ ਵੰਡੇ ਗਏ ਇਸ ਮੌਕੇ ਉਨ੍ਹਾਂ ਹੋਰ ਨਵੀਆਂ ਸਿਲਾਈ ਮਸ਼ੀਨਾਂ ਦੇਣ ਦਾ ਐਲਾਨ ਕੀਤਾ ਗਿਆ ਇਸ ਮੌਕੇ ਪ੍ਰਜਾਪਤ ਸਭਾ ਨਾਭਾ ਵਲੋਂ ਵਿਧਾਇਕ ਦੇਵ ਮਾਨ ਦਾ ਵਿਸ਼ੇਸ਼ ਸਨਮਾਨ ਕਰਦਿਆਂ ਭਾਈ ਬੁੱਧੂ ਸ਼ਾਹ ਕਮਿਊਨਿਟੀ ਸੈਂਟਰ ਵਿਖੇ ਗਰੀਬ

ਗਿਆ ਸਮੇਂ ਸ. ਤੇਜਾ ਸਿੰਘ ਸੀ. ਮੀਤ ਪ੍ਰਧਾਨ, ਸੰਤ ਰਾਮ ਮੀਤ ਪ੍ਰਧਾਨ, ਗੁਰਜੀਤ ਸਿੰਘ ਰਵੀ, ਵਰਿੰਦਰ ਸਿੰਘ ਘੋਨਾ, ਬਲਜੀਤ ਸਿੰਘ ਫੌਜੀ, ਤਰਲੋਕ ਕੁਮਾਰ, ਹਰਪ੍ਰੀਤ ਸਿੰਘ, ਜਰਨੈਲ ਸਿੰਘ, ਜਸਪਾਲ ਸਿੰਘ, ਦਰਸ਼ਨ ਸਿੰਘ ਅਲੌਹਰਾਂ, ਮੋਤੀ ਲਾਲ, ਬਲਜੀਤ ਸਿੰਘ ਰਾਜਗੁਰੂ, ਜਗਦੇਵ ਸਿੰਘ, ਵੇਚ ਚੰਦ, ਹਰਬੰਸ ਸਿੰਘ, ਦਲਵਾਰਾ ਸਿੰਘ, ਜੋਗਿੰਦਰ ਸਿੰਘ ਜੇ. ਈ. ਚੇਅਰਮੈਨ ਦੀਪਾ ਰਾਮਗੜ੍ਹ, ਤੇਜਿੰਦਰ ਸਿੰਘ ਚੋਧਰੀਮਾਜਰਾ, ਭੁਪਿੰਦਰ ਕੱਲਰਮਾਜਰੀ, ਜਸਵੀਰ ਸਿੰਘ ਛਿੰਦਾ ਵਜੀਦਪੁਰ ਆਦਿ ਮੌਜੂਦ ਸਨ।

ਨਿਰਭੈ ਸੋਚ/ ਤਰੁਟ ਮਹਿਤਾ

ਨਾਭਾ, ਸਰਕਾਰੀ ਰਿਪੁਦਮਨ ਕਾਲਜ, ਨਾਭਾ, ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ ਅਤੇ ਸਰਕਾਰੀ ਕਿਰਤੀ ਕਾਲਜ ਨੇ ਸਾਂਝੇ ਰੂਪ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਨਸ਼ੇ ਦੇ ਮਾੜੇ ਪ੍ਰਭਾਵਾਂ ਅਤੇ ਨਸ਼ੇ ਨੂੰ ਰੋਕਣ ਲਈ ਰਣਨੀਤੀ ਵਿਸ਼ੇ ਤੇ ਵੈਬੀਨਾਰ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ ਵਿਸ਼ੇਸ਼ ਬੁਲਾਰੇ ਵਜੋਂ ਸਰਕਾਰੀ ਰਿਪੁਦਮਨ ਕਾਲਜ, ਨਾਭਾ ਦੇ ਹਿਸਟਰੀ ਵਿਭਾਗ ਦੇ ਪ੍ਰੋਫੈਸਰ ਡਾ. ਅਮਰਿੰਦਰ ਸਿੰਘ ਤੇ ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ ਦੇ ਮਨੋਵਿਗਿਆਨ ਵਿਭਾਗ ਦੀ ਪ੍ਰੋਫੈਸਰ ਡਾ. ਅਕਾਸ਼ਾ ਸੋਨੀ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਡਾ. ਅਮਰਿੰਦਰ ਸਿੰਘ ਨੇ ਨੌਜਵਾਨਾਂ ਵਿੱਚ ਵੱਧ ਰਹੇ ਨਸ਼ੇ ਦੇ ਰੁਝਾਨ ਤੇ ਚਿੰਤਾ ਜਾਹਰ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਅੱਜ ਦੀ ਨਵੀਂ ਪੀੜੀ ਨੂੰ ਨਸ਼ੇ ਤੋਂ ਦੂਰ ਰਖਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ ਅਤੇ ਇਸ ਵਿੱਚ ਮਾਪਿਆਂ ਦਾ ਰੋਲ ਵੱਧ ਹੈ। ਮਾਪਿਆਂ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਬਚਪਨ ਤੋਂ ਹੀ ਬੱਚਿਆਂ ਨੂੰ ਚੰਗੇ-ਮਾੜੇ ਵਿੱਚ ਅੰਤਰ ਕਰਨਾ ਸਿਖਾਉਣ, ਤਾਂਕਿ ਨੌਜਵਾਨ ਇਸ ਅੰਤਰ ਨੂੰ ਸਮਝਦੇ



ਬੁਲਾਰੇ ਵੱਜੋਂ ਡਾ. ਅਮਰਿੰਦਰ ਸਿੰਘ ਤੇ ਡਾ. ਅਕਾਸ਼ਾ ਸੋਨੀ ਨੇ ਕੀਤੀ ਸ਼ਿਰਕਤ



ਲੜਕੀਆਂ ਦੇ ਵਿਆਹ ਅਤੇ ਹੋਰ ਸਮਾਜ ਭਲਾਈ ਕਾਰਜਾਂ

ਬਚਿਆਂ ਦਾ ਧਿਆਨ ਖੇਡਾਂ ਵੱਲ ਜ਼ਿਆਦਾ ਕਰਵਾਉਣ। Patiala ਇਸ ਮੌਕੇ ਸਰਕਾਰੀ ਮਹਿੰਦਰਾ ਕਾਲਜ, ਪਟਿਆਲਾ ਤੇ