



BUDDY CELL

OF

MALWA CENTRAL COLLEGE OF EDUCATION FOR WOMEN

CIVIL LINES, LUDHIANA

Session 2025-26



ABOUT BUDDY CELL:

Govt. of Punjab has launched “YUDH NASHIYAN VIRUDH” campaign against drug abuse in Punjab, BUDDY PROJECT” is one of the flagship programme under this campaign to establish the buddy cells in educational institutions especially college and Universities to aware youngsters about the harmful effects of this abuse. The college under the dynamic leadership of its Principal had established “BUDDY CELL” in 2019. The Cell is working effectively to aware and equip buddies about the Intensity, Internalities and Externalities of drug abuse in Punjab. Dr. Sukhwinder Singh, Nodal officer giving his best for this mission.

OBJECTIVES OF BUDDY PROGRAMME:

The objectives of the Buddy programme are as following:

1. **Safety and Support:**

The primary Objective of a buddy is to ensure the safety and well-being of their partner. The buddies are responsible for each other’s safety and can provide assistance in case of emergencies.

2. **Communication:**

Buddies should maintain open and effective communication with each other. This includes discussing plans, sharing information, and establishing a means of contacting each other in case of separation or emergencies.

3. **Sharing Responsibilities:**

Buddies often share tasks and responsibilities to make activities more manageable.

4. **Providing Assistance:**

Buddies should be prepared to assist each other when needed. This could involve helping with first aid, offering encouragement, or providing emotional support to addicts in challenging situations.

5. **Alerting Authorities:**

In cases where professional help is required, buddies should be ready to alert authorities or call for assistance. This is crucial in situations where immediate intervention is needed, such as medical emergencies or accidents.

6. Mutual Accountability:

Buddies hold each other accountable for following safety protocols and guidelines. This includes ensuring that both partners are properly equipped and trained for the activity or task at hand.

7. Teamwork:

Encouraging teamwork and collaboration is an essential aspect of being a buddy. Working together effectively can lead to better outcomes and a safer experience.

8. Monitoring and Check-Ins:

Depending on the situation, buddies may have a responsibility to periodically check on each other's well-being. This is especially important in activities, like diving, where monitoring air supply and physical condition is critical.

GOVERNING BODY OF THE BUDDY CELL:

The Governing body structure of the buddy cell is as per the direction of the govt. of Punjab and its detail is as follow:

Sr. No.	Name	Designation
1	Dr.Tripta, Officiating Principal	Chairperson
2	Dr. Sukhwinder Singh, Assistant Professor	Nodal Officer
3	Ms. Ankita Bhatti(M.Ed.-I)	Wing Commandor
4	Ms. Nabum(125) Sem-III Ms. Sonia Verma, (104), Sem-I	Deputy Wing Commandor
5	Ms. Dimpay Bansal(108), Sem-III Ms. Arashdeep Kaur (161) Sem-I	Major Deputy Major
6	Ms. Geeta Rani (111), Sem- III Ms. Ramandeep Kaur (155), Sem-I	Wing Captain Deputy Wing Captain
7	Leader of 5 Buddy Member's Group	Wing Leader

DR. SUKHWINDER SINGH

NODAL OFFICER, BUDDY CELL

DR. TRIPTA

CHARIPERSOPN, BUDDY CELL