

# A PROUD PARTNERSHIP FOR A DRUG-FREE PUNJAB



**#SAYNOTODRUGS**  
**#DRUGFREEPUNJAB**  
**#SUNFOUNDATION**



# TOGETHER FOR A BRIGHTER TOMORROW

Sun Foundation is proud to join hands with the Government of Punjab in a bold and transformative initiative to make Punjab drug-free. Through this strategic partnership, we have adopted all 19 drug rehabilitation centers across the state with a unified mission: to restore hope, empower the youth, and rebuild lives lost to substance abuse.

[#SayNoToDrugs](#) | [#DrugFreePunjab](#) | [#SunFoundation](#)



# HOLISTIC REHABILITATION – BEYOND TREATMENT



## Rehabilitation Centre Time Table

	From	To
Getting up Time	7:00am	7:30am
Yoga Time	7:30am	8:00am
Breakfast Time	8:00am	8:20am
Medicine Time	8:20am	8:40am
Prayer Time	8:40am	9:00am
Skilling Class	9:00am	11:00am
Group/Individual Counselling Session	11:00am	11:30am
Library Time	11:30am	1:00pm
Lunch Time	1:00pm	1:40pm
Medicine Time	1:40pm	2:00pm
Rest Time	2:00pm	3:00pm
TV Time	3:00pm	4:00pm
Gym Time	4:00pm	5:00pm
Self-Care Time	5:00pm	6:00pm
Dance Time	6:00pm	7:00pm
Sports Time	7:00pm	8:00pm
Dinner Time	8:00pm	8:30pm
Medicine Time	8:30pm	9:00pm
Prayer Time	9:00pm	9:30pm
Lights off/Sleeping Time	9:30pm	

# MORE THAN JUST RECOVERY

At Sun Foundation, we believe that true rehabilitation goes beyond medical detox. Our approach is rooted in holistic healing, combining mind, body, and soul wellness to address the root causes of addiction and foster long-term transformation.

## **Yoga & Meditation**

For inner peace and mental clarity



## **Psychological Counseling**

To heal emotional wounds and guide behavior change



## **Sports & Fitness**

To build discipline, confidence, and resilience



## **Cultural & Spiritual Activities**

To nurture self-worth and positive identity





# EMPOWERING THROUGH **SKILL-BASED TRAINING**



## **REHABILITATION WITH A PURPOSE**

Recovery is only complete when individuals are given the tools to rebuild their future. That's why Sun Foundation integrates vocational training as a core component of rehabilitation—ensuring our youth do not just recover but thrive.

# TRAINING PROGRAMS WE OFFER:



- **Electrician & Plumbing Courses**
- **Mobile & Appliance Repair**
- **Beauty & Wellness (Salon Skills)**
- **Junior Nursing & Basic Healthcare**
- **Data Entry & Digital Skills**
- **Farming and Horticulture (Fruits & Vegetables)**

**OUR MISSION IS NOT JUST TO TREAT  
BUT TO TRANSFORM.**





# ਮੇਰਾ ਖੇਤ ਮੇਰਾ ਮਾਣ



ਜ਼ਿਲਾ ਪ੍ਰਸ਼ਾਸਨ - ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ  
ਸਨ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ

## FROM VICTIMS TO VICTORS

Our centers serve not only as places of recovery but as hubs of hope. Each story of recovery is a story of transformation—not just of individuals but of entire families and communities. The ripple effect of one restored life extends far and wide.



### ਨਸ਼ਾ ਮੁਕਤੀ ਕੇਂਦਰ



Govt. Drug De-Addiction & Rehabilitation Center, SAS Nagar Supported By Sun Foundation  
ਸਰਕਾਰੀ ਨਸ਼ਾ ਛੁਡਾਊ ਅਤੇ ਮੁੜ ਵਸੇਬਾ ਕੇਂਦਰ, ਐਸਏਐਸ ਨਗਰ ਸੰਨ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ



ਸੂਚ ਨਹਿਲਾਂ ਵਿਰੁੱਧ  
ਨਸ਼ਾ ਮੁਕਤੀ  
ਕੇਂਦਰ ਦਾ  
ਨਵੀਨੀਕਰਨ  
ਮੁਹਾਲੀ

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ਨਸ਼ਾ ਮੁਕਤੀ  
ਕੇਂਦਰ ਦਾ  
ਨਵੀਨੀਕਰਨ  
ਮੁਹਾਲੀ

UDAT Clinic

# WITH THE ACTIVE SUPPORT OF THE PUNJAB GOVERNMENT



- Creating sustainable change at the grassroots.
- Uplifting vulnerable youth and reconnecting them to society.
- Reducing crime, unemployment, and societal breakdown linked to addiction.
- Encouraging community participation in the anti-drug movement.



# **JOIN THE MOVEMENT TOGETHER WE CAN**

Sun Foundation & Government of Punjab: A Step Towards a New Dawn

This partnership is more than an initiative—it is a movement. A commitment to a new Punjab: cleaner, healthier, and stronger. At Sun Foundation, we believe every individual deserves a second chance, and we are here to ensure they get it—with dignity, opportunity, and care.





**SUN**  
FOUNDATION



**SUPPORT THE CAUSE  
SHARE THE MESSAGE  
SAY NO TO  
DRUGS**

