



# Feel The FREEDOM

# 2025

**ADIC**  
Alcohol and Drug Information Centre

**ALCOHOL AND DRUG INFORMATION CENTRE**

No.40/18, Park Road, Colombo 5. Tel: +94 112 584416,  
FAX: +94 112 592515 WEB: [www.adicsrilanka.org](http://www.adicsrilanka.org)





I am a Party Dancer  
Not a Lousy Drinker

# JANUARY

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

13 Duruthu Full Moon Poya Day | 14 Tamil Thai Pongal Day

○ POYA DAY  
 ▲ PUBLIC HOLIDAY  
 ● BANK HOLIDAY  
 ■ MERCANTILE HOLIDAY





Let's Celebrate Our 76<sup>th</sup> Independence Day  
 Liberating Mother Sri Lanka From the  
 Interference of Alcohol & Tobacco Industry

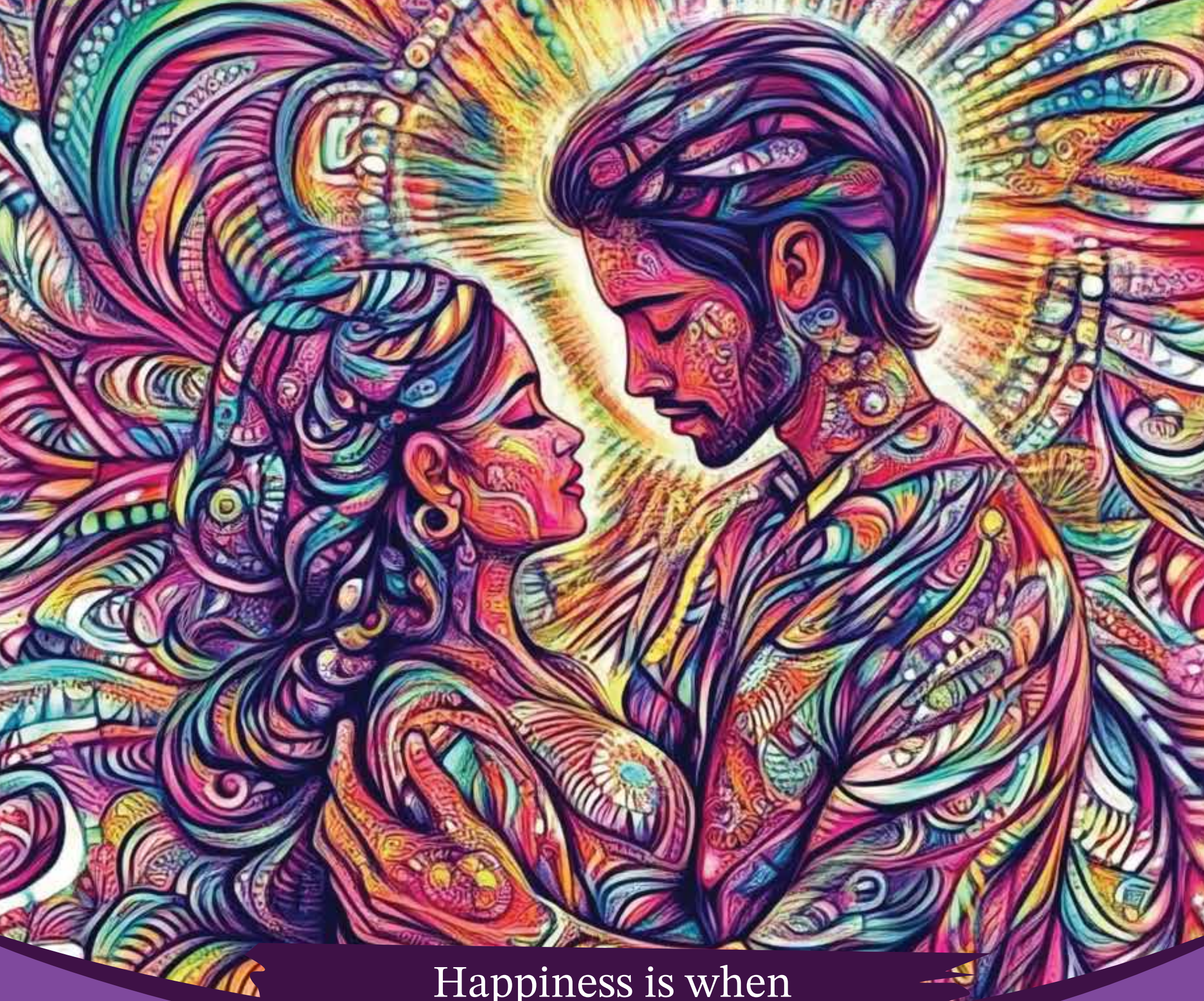
# FEBRUARY

M	T	W	T	F	S	S
					1	2
3	4▲	5	6	7	8	9
10	11	12○	13	14	15	16
17	18	19	20	21	22	23
24	25	26▲	27	28		

4 Independence Day | 12 Nawam Full Moon Poya Day | 26 Maha Sivarathri Day

○ POYA DAY    ▲ PUBLIC HOLIDAY    ● BANK HOLIDAY    ■ MERCANTILE HOLIDAY





Happiness is when  
Boyfriend doesn't have  
Cigarette smell

# MARCH

M	T	W	T	F	S	S
31 <sup>▲</sup>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

13 Medin Full Moon Poya Day | 31 Id-UI-Fitr (Ramazan Festival Day)

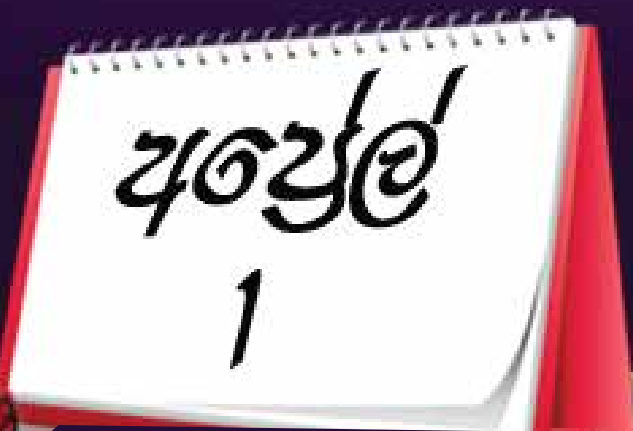
○ POYA DAY   
 ▲ PUBLIC HOLIDAY   
 ● BANK HOLIDAY   
 ■ MERCANTILE HOLIDAY



තවමත් සිගරට් බොන

ඔබ කිහිප දෙනාට

සුභ උපන් දිනයක් වේවා !!



Don't forget to wish a happy birthday to those few who still smoke

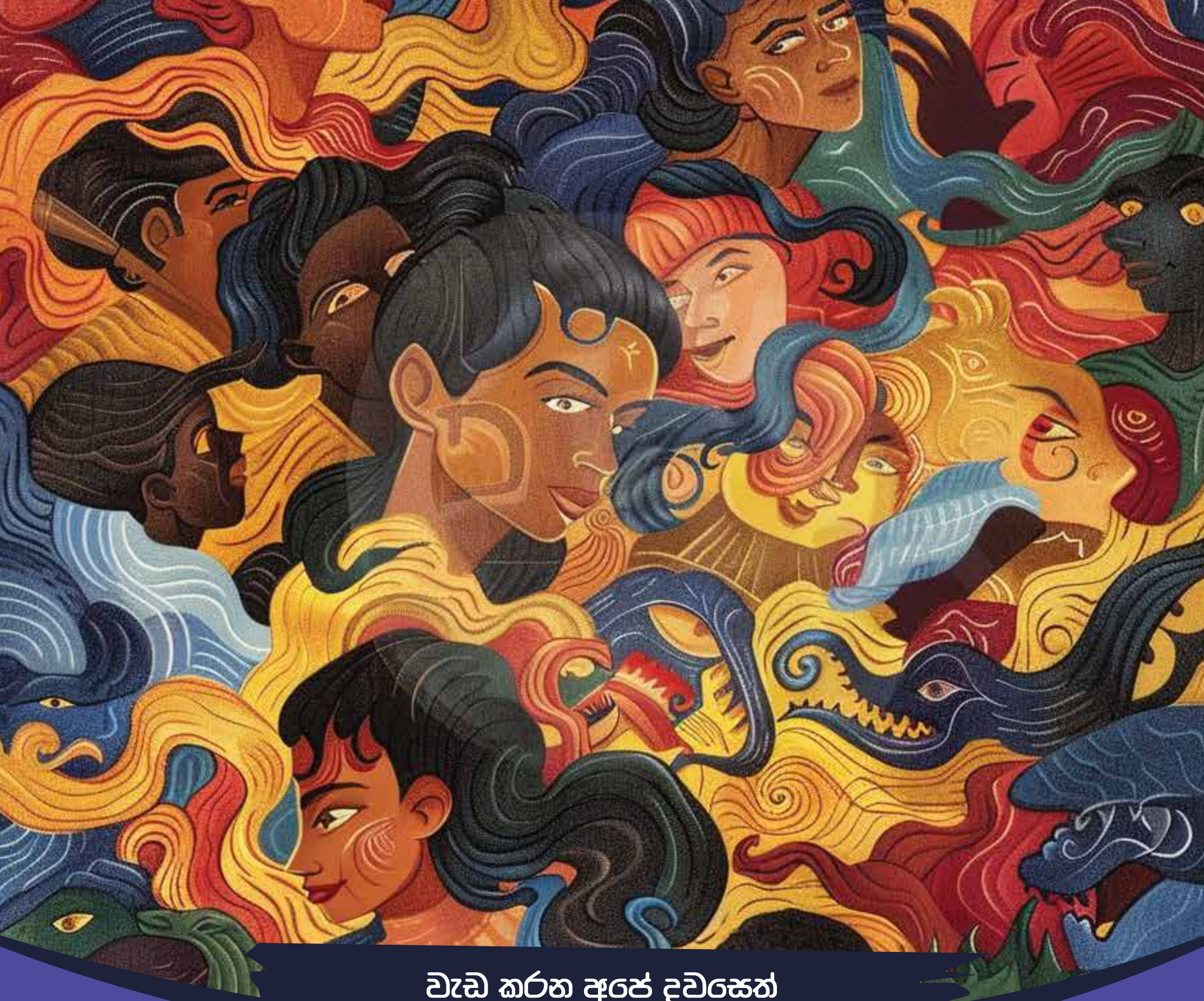
# APRIL

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

12 Bak Full Moon Poya Day | 13 Day Prior to Sinhala & Tamil New Year Day  
14 Sinhala & Tamil New Year Day | 15 Special Bank holiday | 18 Good Friday

○ POYA DAY   ▲ PUBLIC HOLIDAY   ● BANK HOLIDAY   ■ MERCANTILE HOLIDAY





වැඩ කරන අපේ දවසෙන්  
 අපේව අන්දත්ත හදන සිගරට් අරක්ක  
 කොළීපැණි ගැන අවධානයෙන් සිටින්න.

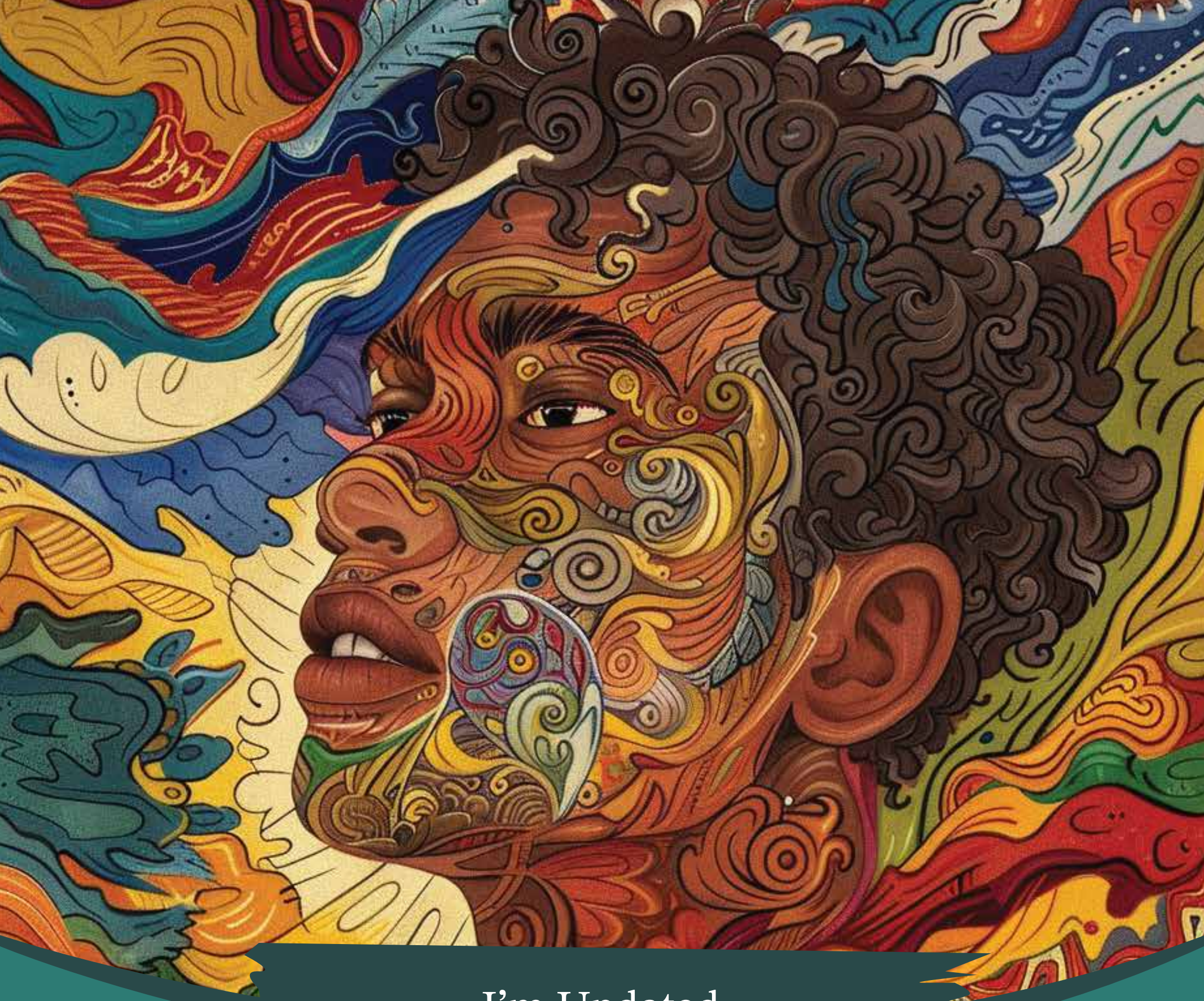
# MAY

M	T	W	T	F	S	S
			1▲	2	3	4
5	6	7	8	9	10	11
12○	13▲	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1 May Day | 12 Vesak Full Moon Poya Day | 13 Day Following Vesak Full Moon Poya Day

○ POYA DAY    ▲ PUBLIC HOLIDAY    ● BANK HOLIDAY    ■ MERCANTILE HOLIDAY





I'm Updated  
Smoking is Outdated

# JUNE

M	T	W	T	F	S	S
30						1
2	3	4	5	6	7▲	8
9	10○	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

7 Id-UI-Alha (Hadji Festival Day) | 10 Poson Full Moon Poya Day

○ POYA DAY    ▲ PUBLIC HOLIDAY    ● BANK HOLIDAY    ■ MERCANTILE HOLIDAY





இணையத்தளங்களில் வெளிவரும்  
மதுசார விளம்பரங்களுக்கு  
ஏமாறாமல் இருப்போம்.

## JULY

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

10 Esala Full Moon Poya Day

○ POYA DAY ▲ PUBLIC HOLIDAY ● BANK HOLIDAY ■ MERCANTILE HOLIDAY





இளைஞர்களை ஏமாற்றி சாராயம், பியரை  
பருக்குவதே மதுசார நிறுவனங்களின்  
இலக்காகும்

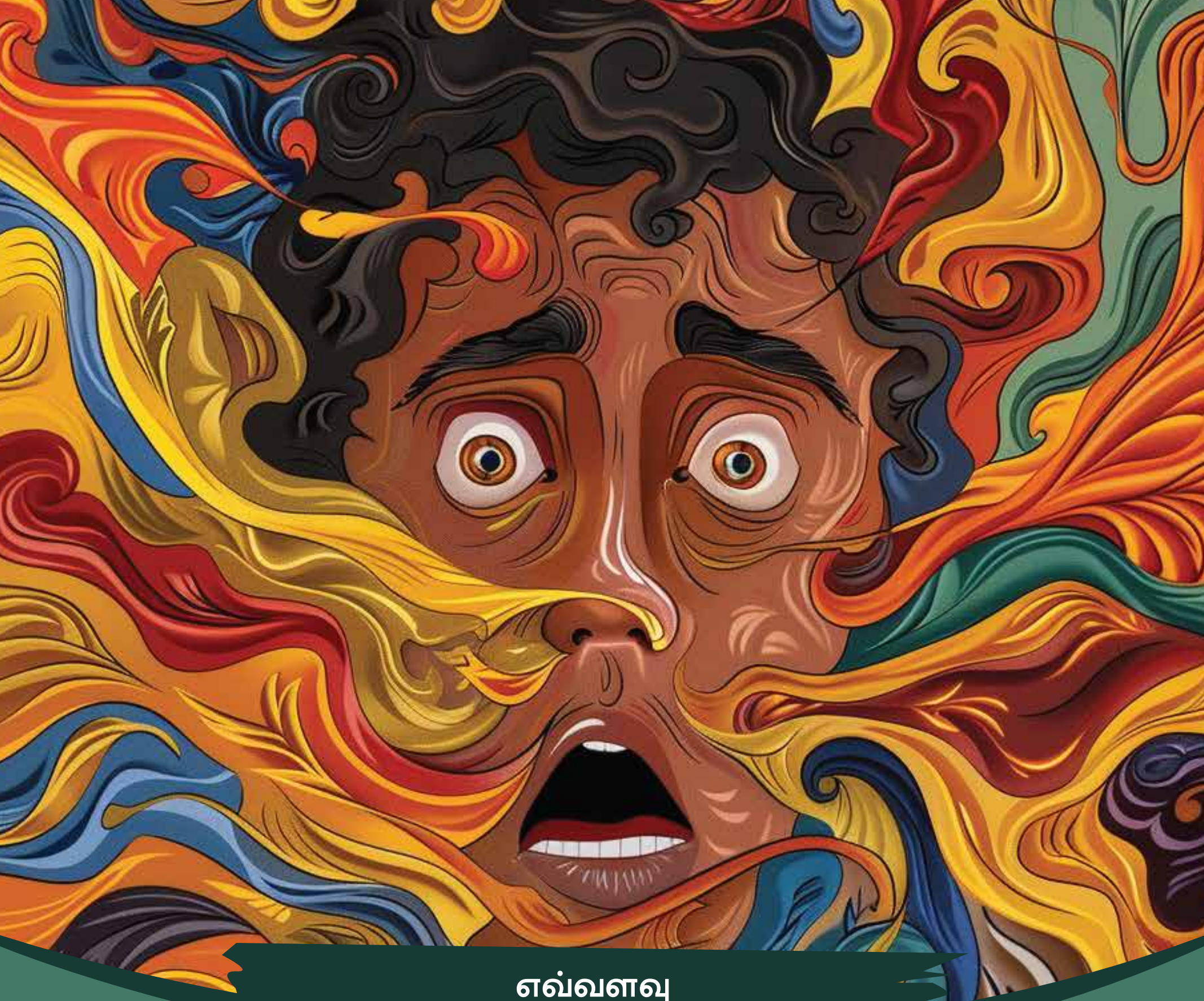
# AUGUST

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

8 Nikini Full Moon Poya Day

○ POYA DAY ▲ PUBLIC HOLIDAY ● BANK HOLIDAY ■ MERCANTILE HOLIDAY





எவ்வளவு  
குளித்தாலும் சிகரட்  
நாற்றம் போகாது.

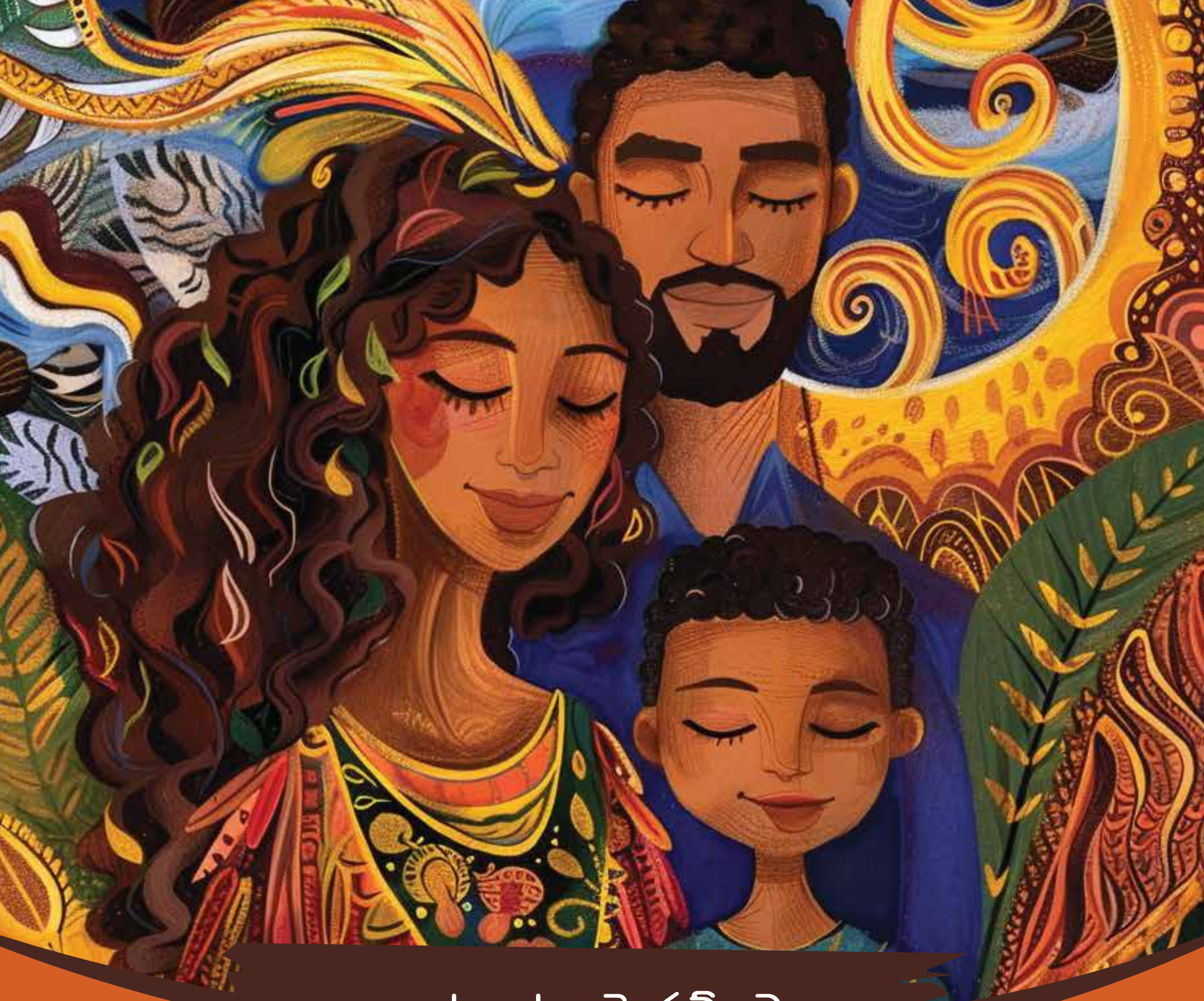
## SEPTEMBER

M	T	W	T	F	S	S
1	2	3	4	5▲	6	7○
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

5 Milad-Un-Nabi (Holi Prophet's Birthday) | 7 Binara Full Moon Poya Day

○ POYA DAY ▲ PUBLIC HOLIDAY ● BANK HOLIDAY ■ MERCANTILE HOLIDAY





අරූෂ් තාත්තා සෙහරට් ෆොන  
චික තවෙත්තලා

# OCTOBER

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 <sup>▲</sup>	21	22	23	24	25	26
27	28	29	30	31		

6 Vap Full Moon Poya Day | 20 Deepavali Festival Day

○ POYA DAY   
 ▲ PUBLIC HOLIDAY   
 ● BANK HOLIDAY   
 ■ MERCANTILE HOLIDAY





Who Said  
ALCOHOL is Fun ?

# NOVEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

5 11 Full Moon Poya Day

○ POYA DAY  
 ▲ PUBLIC HOLIDAY  
 ● BANK HOLIDAY  
 ■ MERCANTILE HOLIDAY





ආතල ගන්න දන්නෙම තැන්නව්  
 වේ තන්නලෙත් “ඛිලා” වාත වෙන්න

# DECEMBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

4 Unduvap Full Moon Poya Day | 25 Christmas Day

○ POYA DAY  
 ▲ PUBLIC HOLIDAY  
 ● BANK HOLIDAY  
 ■ MERCANTILE HOLIDAY