

Red Ribbon Club Report

(Session 2022-23)



International Youth Day (18.08.2022)

International Youth Day was celebrated by Red Ribbon Club in the College on 18.08.2022. The theme of International Youth Day 2022 was "**Intergenerational Solidarity: Creating a World for All Ages**" and campaign slogan was '**HIV ke Samne-Hum Jhukenge Nahi**'. The focus of the event was to spread awareness about HIV/AIDS. It was conducted by Nodal Officer, Dr Punam Chauhan. Chief Guest, Dr P. P. Chauhan, Principal of the college motivated and appreciated the efforts of the students. Judges for event were Dr Poonam Mehta, Prof Vijay Laxmi and Dr Shallu Dogra. All the science students and students from other streams participated in this program. Students of various streams actively took part in the event. A Short Film on HIV/AIDS was shot by the students of Arts and Science stream.

Total number of students participated in the Online Quiz: 147

Total number of students participated in the Poster making/Slogan writing: 33

Total number of students participated in the Power Point Presentation: 08

Total number of students participated in making the short film: 09

Following events were conducted:

1. Online Quiz
2. Poster Making
3. Slogan Writing
4. Power Point Presentation
5. Human Chain
6. Short film on HIV/AIDS

Link of the event organized:

<https://drive.google.com/file/d/1OwFQMCK9OeIJ7OtO2QO0zcp6hVXqjOHM/view?usp=sharing>

Link of the Short movie:

<https://drive.google.com/file/d/1GWAjgnN83VPu89UT4psubbc7qsUK9KTx/view?usp=sharing>

Names of the Winners are:

1. Online Quiz

First: Aditya Veer Kalta (BSc II)

Second: Pushpit (BA I)

Third: Shalini Thakur (BA II)

2. Power Point Presentation

First: Yogeshwari (BSc III)

Second: Tejasvini (BSc III)

Third: Aastha (BSc III)

3. Poster Making

First: Priyanshi (BSc III)

Second: Mridul Steta & Upasana (BSc III)

Third: Hemant & Muskan (BSc III)

4. Slogan Writing

First: Varsha Shamet (BA II)

Second: Himanshu Sharma (BSc III)

Third: Divesh Rilta (BSc III)

5. Human Chain

All the members of Red Ribbon Club with the nodal officer made human chain on the campus.

5. Students involved in the film:

Team: The INFINITY

Script By: Aryan Chanjta (BA III)

Editing By: Atul Jalta (BA III)

Film By: Atul Jalta & Aryan Chanjta

Roles Played By:

Priyanshi Shaktate (BSc III)

Pushpit Zinta (BA I)

Moksh Shakta (BA I)

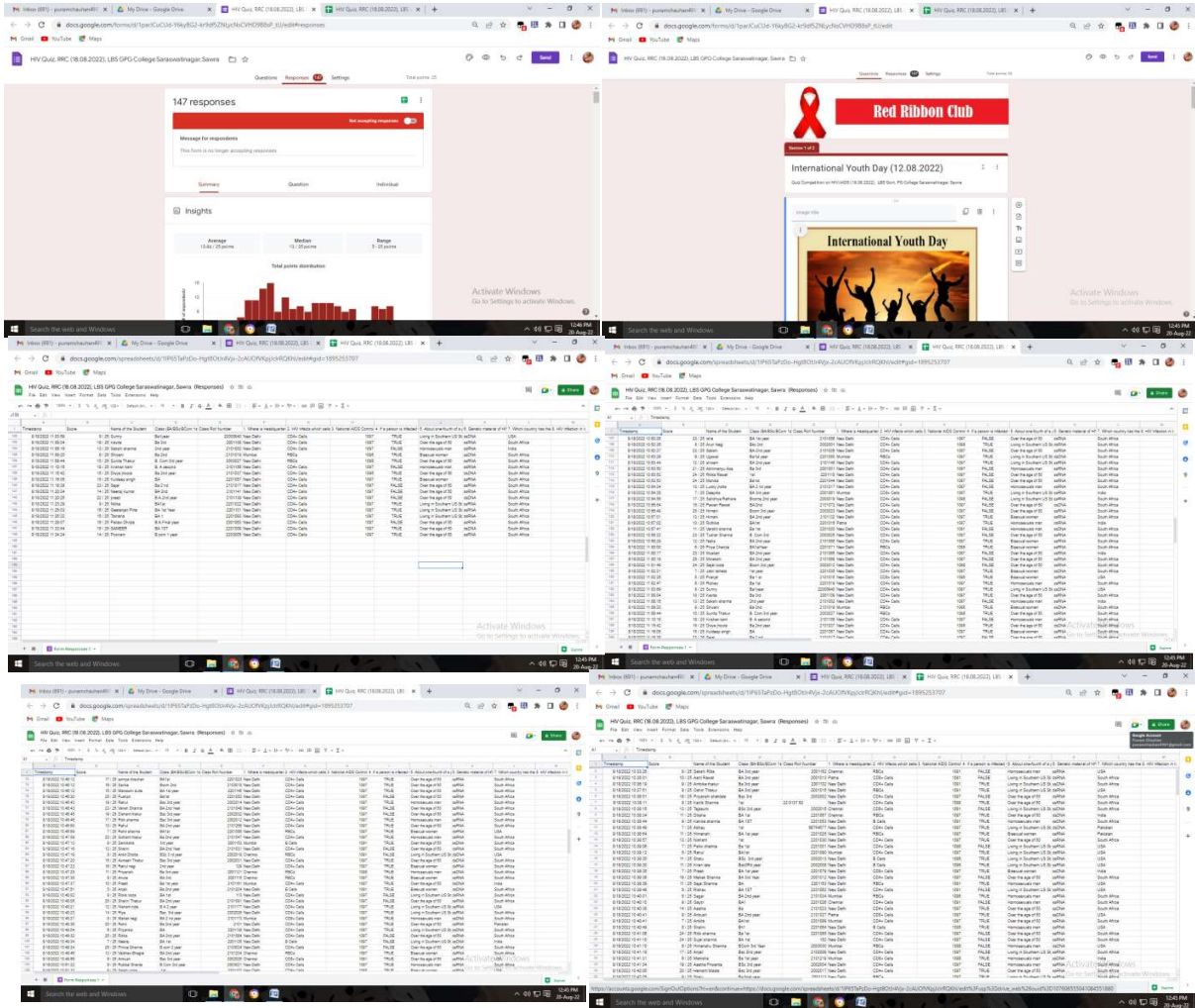
Muskan Barota (BSc III)

Amisha Chauhan (BA III)

Daman Mehta (BA I)

Kalpna Mashta (BA III)

ONLINE QUIZ





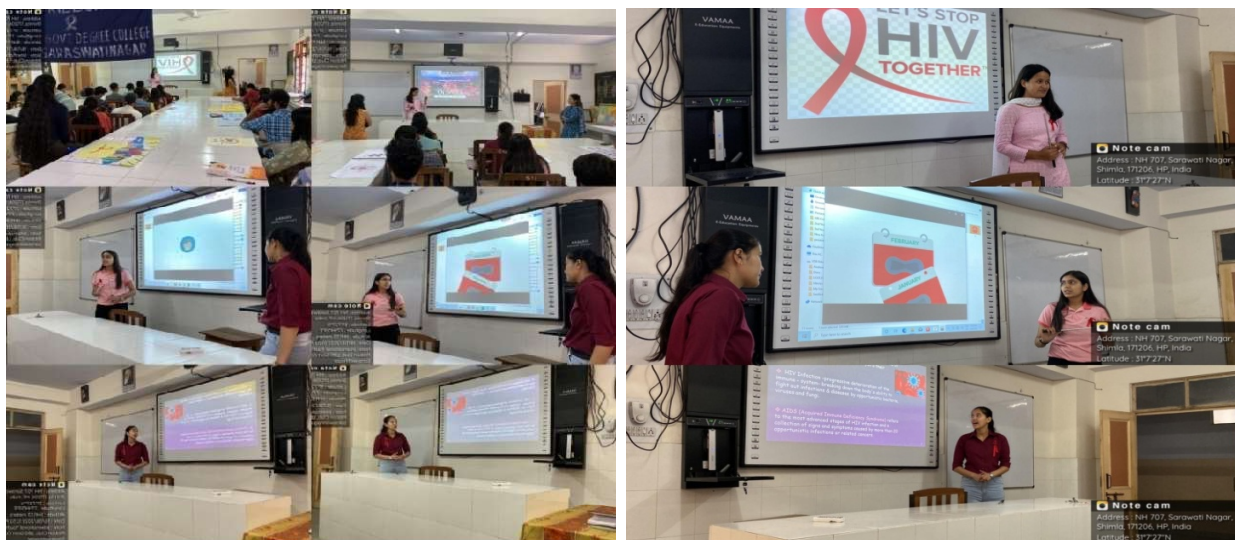
Attendance of students participated in the Poster making/Slogan writing: 33

S.No.	Name of Student	Class	Signature
1.	Shruti	B.Sc 1 st year	
2.	Ballavi	- do -	
3.	Shubal	- do -	
4.	Shajali	- do -	
5.	Mayank	- do -	
6.	Aditya	- do -	
7.	Mamta	- do -	
8.	Shriya	- do -	
9.	Muskan	B.Sc 3 rd year	
10.	Brijanshi	- do -	
11.	Sushil	- do -	
12.	Dishant	- do -	
13.	Kiran	- do -	
14.	Shalvi	- do -	
15.	Shruti Negi	- do -	
16.	Ankush	- do -	
17.	Ritik	- do -	
18.	Rahul	- do -	

S.No.	Name of the Student	Class	Signature
20.	Riya	B.Sc 3 rd year	
21.	Divish	- do -	
22.	Varsha	B.A 2 nd year	
23.	Sushant	B.Sc 3 rd year	
24.	Ashya	- do -	
25.	Vatsal	- do -	
26.	Hemant	- do -	
27.	Jyotishwari	- do -	
28.	Tejovini	- do -	
29.	Lattha	- do -	
30.	Ashay	- do -	
31.	Mridul	- do -	
32.	Himanshu	- do -	
33.	Aakrit	- do -	

Dr. Purnam Chaudhary
 13/09/2022
 Nodal Officer
 Red Ribbon Club
 LRS Govt College
 Saraswati Nagar

POWER POINT PRESENTATION



POSTER MAKING/SLOGAN WRITING



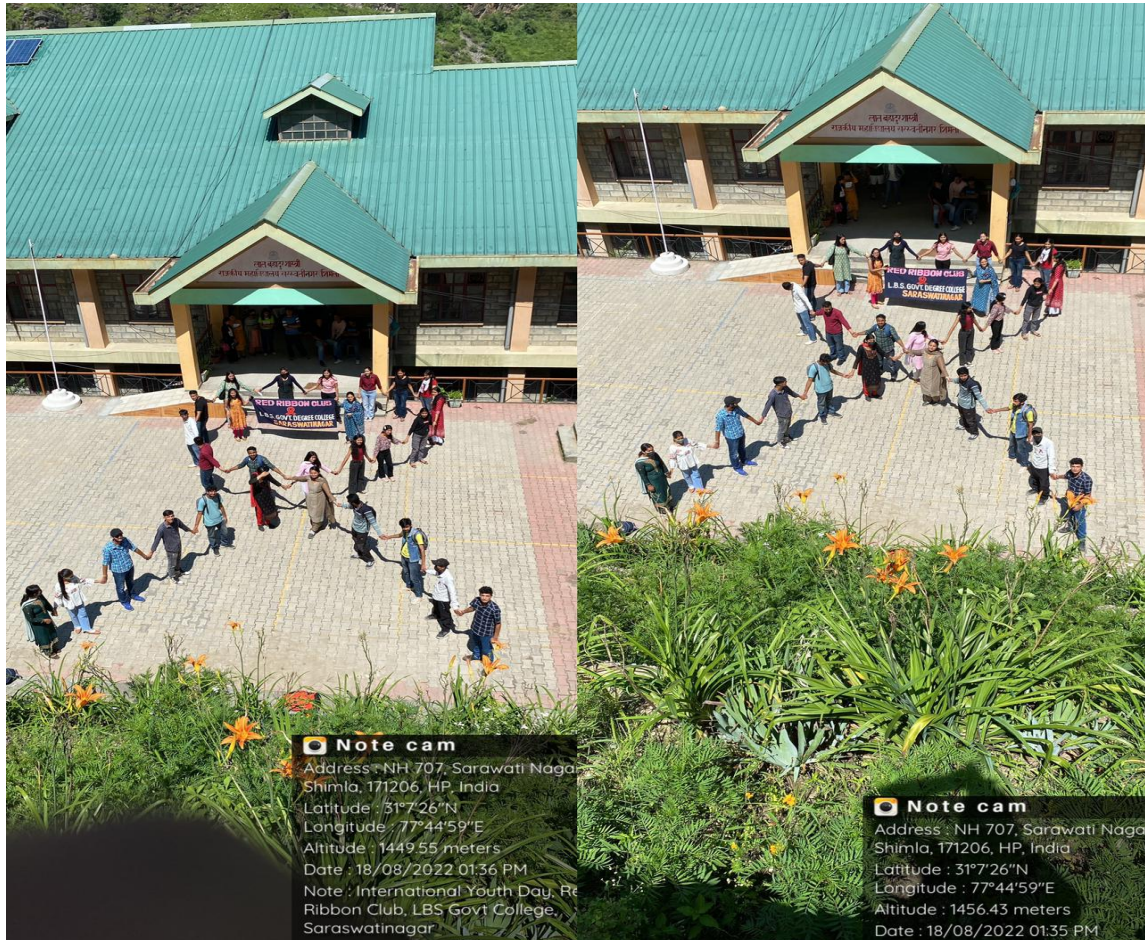
JUDGES



CHIEF GUEST (PRINCIPAL SIR)



HUMAN CHAIN



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Blood Donation Camp (24.09.2022)

Blood Donation Camp was organized by NSS in collaboration with Eco Club, NCC, Rovers & Rangers, Women Cell and Red Ribbon Club of the college on the occasion of NSS Day on 24th September, 2022 in the college premises. Three doctors along with their four medical workers from Civil Hospital Rohru conducted this camp successfully. Firstly, one of the doctors delivered a lecture on blood donation. He familiarized the students about its significance, and talked about this noble work and how every one of us can contribute and help the needy people whose life can be saved by our donated blood. He also told that blood is recovered within 24 hrs after donation so cleared the minds of every person from the myths about the blood donation. Around 27 students and 08 staff members took part in this blood donation camp. It ended up with a feeling of contentment of serving the society.



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Red Ribbon Club Body Formation (07.10.2022)

A general meeting of the Red Ribbon Club students was held to constitute RRC body on 07.10.22 in the Room No. 6 at 12:15 pm. All the science students were present during this session. The main aim of this meeting was to aware students about the Red Ribbon Club and its objectives and to choose two representatives of the club. The meeting was hosted by Dr Punam Chauhan and Dr Shallu Dogra. RRC body was framed with the mutual consent of teachers and students and two students were appointed as:

1. President: Ms Yogeshwari (BSc 3rd Year)

2. Vice President: Ms Ria (BSc 3rd Year)

Student council was framed for the smooth conduction of activities throughout the year. Students also shared their ideas regarding the activities to be performed in future. This interactive session ended successfully. Total 29 students were present during this meeting.



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District Level Quiz Competition on HIV/AIDS (18.10.2022)

Department of Health & Family Welfare, HPSACS, Shimla organized a District Level Quiz Competition for all the Educational Institutions to spread awareness on HIV/AIDS, blood transfusion, STI, Covid 19, TB, drug abuses, health, youth issues, diet and nutrition. It was conducted in RKMV College, Shimla on 18th October, 2022 at 10:00 am. Two students from each college participated in this competition. Mr Hemant and Ms Yogeshwari of B.Sc. 3rd Year participated from our institution in this Quiz Competition. A total of 22 colleges participated in the quiz competition. The quiz competition started with screening test of all the participants from which only four top teams were selected. Our students could not get through this screening test. Then the quiz was conducted among the four winning teams. The winner team was from Govt Degree College Kotshera which was selected for State Level Quiz Competition to be held in near future.

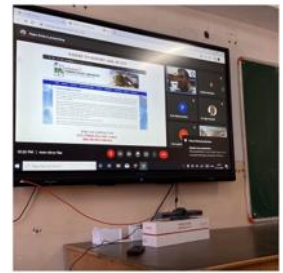


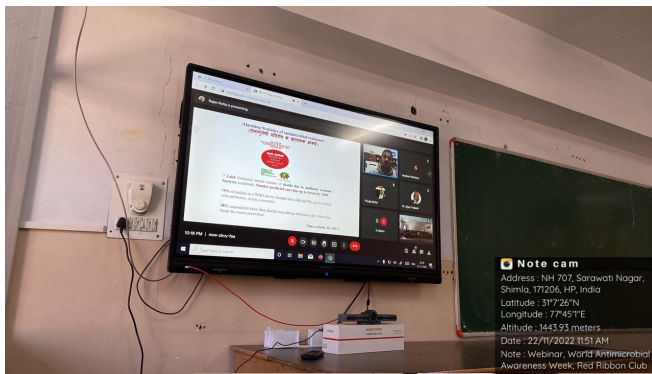
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WEBINAR, WHO World Antimicrobial Awareness Week 18-24 Nov, 2022 (WAAW) (22.11.2022)

Red Ribbon Club of our institution organized a WEBINAR on 22nd Nov. 2022 with Dept of Pharmacology PGIMER, Chandigarh on the occasion of 'WHO World Antimicrobial Awareness Week, WAAW' which celebrated from 18th to 24th November every year. World Antimicrobial Awareness Week (WAAW) is a global campaign that is celebrated annually to improve awareness and understanding of AMR and encourage best practices among the public, One Health stakeholders and policymakers, who all play a critical role in reducing the further emergence and spread of antimicrobial resistance (AMR). Antimicrobial resistance occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines, making infections harder to treat and increasing the risk of disease spread, severe illness and death. As a result of drug resistance, antibiotics and other antimicrobial medicines become ineffective and infections become increasingly difficult or impossible to treat. This year the theme of the WAAW is '**Preventing Antimicrobial Resistance Together**' which focuses on to spread awareness about the prudent use of antimicrobial medicines such as antibiotics. The slogan of World Antimicrobial Awareness Week remains '**Antimicrobials: Handle with Care**'. Prof Bikash Bedi, Professor Pharmacology PGIMER Chandigarh, who is founder of Experimental Pharmacology lab and Co-ordinator of Pharmacovigilance Center, North India and Regional Coordinator for NADA talked about antibiotic resistance and its usage and other biological impacts which a person can suffer due to their ignorance. Mr Rajan Rolta, member of the team presented his power point presentation on '**Preventing Antimicrobial Resistance Together**' in which he elaborated about the various types of microbial infections and the treatment for them and emphasized on how the ignorance and incomplete course of medicines can result into the antibiotic resistant microbes which later becomes havoc for the person as it cannot be cured by the antibiotics. So he also spread awareness regarding the steps which a person can take to prevent this resistance. Later Dr Ajay Prakash also put some light on the topic. Students were found very keen during the webinar and actively participated in the interaction session with their queries. The Webinar started at 11:30 am and 83 students from Science, Commerce and Humanities were present during the session. Dr Punam, Nodal Officer, Red Ribbon Club and Prof Pooja, Dept of Commerce were also present during the session. It ended at 12:20 pm with a very positive note.





No.	Name	Class	Roll No.	Signature
1	HEMANT HASTA	BSC III	200202	[Signature]
2	Mridul Seta	BA III	200204	[Signature]
3	Pratik Sharma	BA III	200204	[Signature]
4	Ranika	B.Com II year	200204	[Signature]
5	Tanisha	B.Com II year	200203	[Signature]
6	Ritika	B.Com II year	200202	[Signature]
7	Smriti	B.Com II year	200204	[Signature]
8	Priyush	B.Com II year	200201	[Signature]
9	Gurjant	B.Com II year	200200	[Signature]
10	Prakhar	B.Com II year	200203	[Signature]
11	Sushil	B.Com II year	200206	[Signature]
12	Rishi	B.Com II year	200202	[Signature]
13	Sansh	B.A III	200204	[Signature]
14	Pooja Bhatia	B.A III	200204	[Signature]
15	Smriti	B.A III	200204	[Signature]
16	Anshu	B.A III	200203	[Signature]
17	Mehar Thakur	B.Com II year	200203	[Signature]
18	Aditya Kalia	B.Com II year	200203	[Signature]
19	Tanisha	B.Com II year	200203	[Signature]
20	Tanya alkhada	B.A III	200203	[Signature]
21	Gurjant Khata	B.Com II year	200203	[Signature]
22	Santa Thakur	B.Com II year	200203	[Signature]
23	Sarika	B.Com II year	200203	[Signature]

No.	Name	Class	Roll No.	Signature
1	TEJASVINI SINGH	BSC III	200205	[Signature]
2	KIRAN LATA	BSC III	200208	[Signature]
3	PRANSHU SHARMA	BSC III	200202	[Signature]
4	DISHANT THAKUR	BSC III	200203	[Signature]
5	RITIK SHARMA	BSC III	200202	[Signature]
6	Anshu Thakur	BSC III	200203	[Signature]
7	Shruti	BSC III	200203	[Signature]
8	ANSHU	BSC III	200203	[Signature]
9	ANSHU	BSC III	200203	[Signature]
10	ANSHU	BSC III	200203	[Signature]
11	ANSHU	BSC III	200203	[Signature]
12	ANSHU	BSC III	200203	[Signature]
13	ANSHU	BSC III	200203	[Signature]
14	ANSHU	BSC III	200203	[Signature]
15	ANSHU	BSC III	200203	[Signature]
16	ANSHU	BSC III	200203	[Signature]

No.	Name	Class	Roll No.	Signature
1	Gurjant Thakur	BAT II year	200201	[Signature]
2	Ranika Thakur	BAT II year	200202	[Signature]
3	Nisha Khata	BAT II year	200202	[Signature]
4	Nisha Khata	BAT II year	200203	[Signature]
5	Ranika Thakur	BAT II year	200203	[Signature]
6	Sushil Kumar	BSC III year	200203	[Signature]
7	Sushil Kumar	BSC III year	200203	[Signature]
8	Sushil Kumar	BSC III year	200203	[Signature]
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19	Sushil Kumar	BSC III year	200203	[Signature]
20	Sushil Kumar	BSC III year	200203	[Signature]

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RRC Training at GPG College, Seema (26.11.2022)

A RRC training program was organized by DAPO, Shimla at Govt PG College Seema on 26.11.2022 (Saturday) from 10:00 am till 3:30 pm. The Nodal officer with three students of RRC from eight different colleges were invited for the training. Nodal officer, Dr Punam Chauhan, Ms Tejasvini, Ms Aastha and Mr Hemant from our college took part in this training session. The training started at 10:30 am with registration, RRC flag hosting and National Anthem. Dr Ahwani of host college welcomed everyone and Dr Ravikran, Nodal Officer RRC of the host college presented the power point presentation on the activities they have performed under RRC in their college. Then Ms. Raminder, counselor ICTC Rippon Hospital, presented her power point presentation on HIV/AIDS. She described each and every aspect of the HIV/AIDS and gave estimated numbers of HIV infected people in the world (40.1 million estimated), India (2.1 million estimated) and HIV positive cases that are on ART are 4853 in H.P. In H.P. first case of HIV was detected in the Year 1991 in Hamirpur. She also told about toll free helpline number for any kind of enquiry on HIV/AIDS which is **1097** for India and in H.P. it is **104**. She talked about different websites like www.sacshp.org, www.nacoonline.org and www.teachaids.org which can prove helpful to anyone to clear their doubts and get information about AIDS. She elaborated various schemes provided by H.P. Govt. to the affected/infected people. She motivated everyone to download a mobile app **NACO AIDS APP** for easy access to know and get awareness about HIV/AIDS. She effectively completed her PPT and conveyed everyone about this syndrome. Mr RaKESH Bhardwaj, from CMO Office, DDU Hospital Shimla also described about the combination of medicines given under ART and various tests taken for the detection of HIV like ELISA, Western Blot etc. Students also took active part in this presentation by asking several questions and clearing their doubts on this sensitive issue.

After the power point presentation the training ended up at 3:30 pm with National Anthem. Thereafter all the participants moved for the group photograph and then for the lunch and departed from there.





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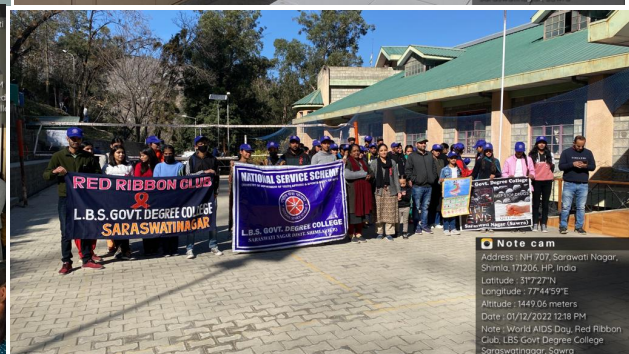
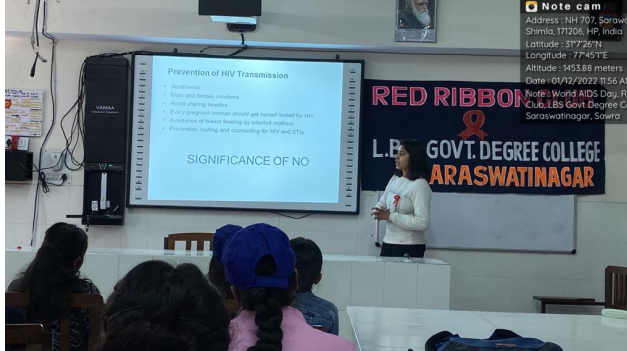
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World AIDS Day (01.12.2022)

World AIDS Day is observed annually on December 1. This is a chance for people all over the world to come together in the battle against HIV, to support those who are living with HIV, and to remember those who have passed away from an AIDS-related illness. Even while HIV continues to be a serious public health concern that affects millions of individuals globally, the global HIV response is at risk. Numerous lives are at stake as a result of the recent stagnation in HIV objective progress and resource depletion. HIV became and continues to be a global health epidemic due to a number of shortcomings, including division, inequality, and contempt for human rights.

This year World AIDS Day is urging each of us to address the inequalities which are holding back progress in ending AIDS. World AIDS Day 2022 is being marked under the theme **‘Equalize’** which emphasizes to ensure that everyone is well-served, increase the availability, quality, and acceptability of services for HIV treatment, testing, and prevention.

Red Ribbon Club organised an event on the occasion of World AIDS Day with NSS Unit on 1st Dec 2022 in the college. In which Dr Punam Chauhan, Nodal Officer RRC, Prof Preeti Panta, Program Officer NSS Unit 2 and Prof Rajesh Kumar, Dept of Political Science and 52 students from various streams (BSc, BCom, BA) were present. Ms Aastha, Ms Yogeshwari and Ms Tejasvini of BSc Final Year, presented Power Point Presentation on HIV/ AIDS. They talked about the cause, symptoms and prevention of HIV. Their PPT also included ART (Anti Retroviral Therapy) which is the only treatment of AIDS. The data on HIV/AIDS people on worldwide basis and in India and H.P. was also discussed among the students. Then a short movie shot by college students Mr Atul Jalta and Mr Aryan Chanjta on HIV/AIDS was shown to the students. Dr Punam Chauhan, Nodal Officer, Red Ribbon Club also briefed about HIV/AIDS. Then Dr Lalita Rawat, Principal of the college flagged off the rally of the students to the Sawra Market. Students went to the market under the supervision of teachers to spread awareness about HIV/AIDS among the common people. Students kept on chanting the slogans on HIV/AIDS throughout their rally. The program ended with a contentment of social service of spreading awareness among the youth and society.





सरस्वती नगर कॉलेज में रेड रिबन क्लब ने विश्व एड्स दिवस मनाया

शिमला, (आपका फैसला)। विश्व एड्स दिवस के जुबल के सरस्वती नगर महाविद्यालय में रेड रिबन क्लब द्वारा एनएसएस इकाई के साथ एक कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में ईको क्लब प्रभारी डॉ. पूनम चौहान, एनएसएस कार्यक्रम अधिकारी प्रो. प्रीति पांटा, प्रोफेसर राजेश कुमार और विभिन्न संकायों बीएससी, बीकॉम, बीए के लगभग 52 छात्र उपस्थित थे। बीएससी अंतिम वर्ष की छात्राओं कुमारी आस्था, कुमारी योगेश्वरी और कुमारी तेजस्विनी ने एचआईवी एड्स पर पावर-प्वाइंट प्रस्तुति दी। उन्होंने एचआईवी के कारण, लक्षण और बचाव के बारे में बताया और एचआईवी पर भी

चर्चा की, जो एड्स का एकमात्र सावड़ा बाजार में रैली निकाली और नारों तथा पोस्टरों के



अतुल जालटा और आर्यन चांजटा द्वारा एचआईवी एड्स पर बनाई गई एक लघु फिल्म विद्यार्थियों को दिखाई गई। रेड रिबन क्लब की नोडल अधिकारी डॉ. पूनम चौहान ने भी विद्यार्थियों को एचआईवी एड्स के बारे में महत्वपूर्ण जानकारी दी। इसके बाद शिक्षकों की देखरेख और निर्देशन में विद्यार्थियों ने

माध्यम से आम लोगों को एचआईवी एड्स के बारे में जागरूक करने का प्रयास किया। महाविद्यालय की प्राचार्या डॉ. ललिता रावत ने बताया कि एचआईवी एड्स पर आधारित आज का कार्यक्रम शिक्षकों के निर्देशन और विद्यार्थियों की सक्रिय भागीदारी के कारण सुनियोजित तरीके से संपन्न हुआ।

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