



RED RIBBON CLUB ACTIVITIES 2017-2023

SESSION 2017-18

STATE-LEVEL EVENT

On August 28, 2017, a state-level event was organized at the Gaiety Theatre in Shimla by the Himachal Pradesh State AIDS Control Society to celebrate International Youth Day.

Objective: The event aimed to raise awareness about AIDS and promote measures to prevent its spread.

As part of the event, the students of the Red Ribbon Club actively participated and performed a skit focused on spreading awareness about AIDS and educating the audience about preventive measures. The skit aimed to engage and educate young people about the importance of safe practices and knowledge regarding HIV/AIDS.

Through their impactful performance, the students effectively conveyed the message of practicing safe behaviors and highlighted the significance of awareness in preventing the transmission of HIV/AIDS. The skit served as a means to initiate conversations and break down the stigma surrounding HIV/AIDS, encouraging young people to take responsibility for their sexual health and well-being.

Outcome: By participating in the state-level event and showcasing their talent through the skit, the students of the Red Ribbon Club played a crucial role in raising awareness about AIDS and promoting a culture of informed decision-making and responsible behavior among the youth. Their performance served as a powerful tool to educate and engage the audience, enabling them to make informed choices and contribute to the prevention of HIV/AIDS.

Events like these provide valuable platforms for students to actively participate in initiatives related to public health and social causes. The involvement of the Red Ribbon Club in the state-level event on International Youth Day reflects their commitment to creating awareness, combating the stigma associated with HIV/AIDS, and working towards a healthier and more informed society.

WORKSHOP ON HIV/AIDS

On November 25, 2017, a workshop on HIV/AIDS was organized at Deen Dayal Upadhyaya Hospital in Shimla by the Red Ribbon wing of the hospital.

Objective: The workshop aimed to provide information and raise awareness about HIV/AIDS among the participants.

Four members, including a teacher in-charge of the Red Ribbon Club of the college, actively participated in the workshop. They attended various sessions and presentations that covered



important topics related to HIV/AIDS, including transmission, prevention, treatment, and stigma associated with the disease. The workshop also provided a platform for discussions and interactive sessions to address any queries or misconceptions regarding HIV/AIDS.

Outcome: By attending the workshop, the members of the Red Ribbon Club gained valuable knowledge and insights into HIV/AIDS and its impact on individuals and society. They learned about the importance of prevention methods, such as safe practices and condom use, and the significance of regular testing and access to healthcare services.

Furthermore, the workshop served as a networking opportunity for the participants, allowing them to connect with healthcare professionals, experts, and fellow attendees who share a common interest in HIV/AIDS prevention and awareness. The members of the Red Ribbon Club were able to exchange ideas, experiences, and best practices with others involved in similar initiatives.

WORLD AIDS DAY

On December 1, 2017, the Red Ribbon Club organized a series of competitions at the college in observance of World AIDS Day. The competitions included inter-ship poster making, slogan writing, essay writing, and poetry recitation on the theme "My Health, My Right."

Students from all four ships of the college actively participated in these competitions, showcasing their creativity and raising awareness about the importance of health and individual rights in relation to HIV/AIDS. The poster making competition allowed students to visually represent their ideas and messages regarding HIV/AIDS prevention, treatment, and support. Slogan writing encouraged participants to come up with catchy and impactful phrases that convey the significance of individual health and rights. The essay writing competition provided a platform for students to express their thoughts and knowledge on HIV/AIDS-related topics, sharing insights and ideas to promote a better understanding of the disease. Lastly, the poetry recitation competition allowed students to use the power of words and emotions to convey messages of hope, support, and the importance of health rights.

Outcome: The competitions not only provided an opportunity for students to showcase their talents but also served as a means to spread awareness and engage the college community in conversations about HIV/AIDS. By participating in these competitions, students actively contributed to the collective effort of raising awareness and combating the stigma surrounding HIV/AIDS.

The competitions were a platform for students to express their creativity, knowledge, and perspectives on HIV/AIDS, ultimately fostering a sense of unity and shared responsibility within the college community. The active participation of students from all four ships showcased their dedication and commitment to the cause, making the event a success.



The winners were as follows:

Competition Name	Winners	Position	Ship Name
Poetry Recitation	Saisha Verma	1st	INS CHIRAG
	Pratishtha Thakur	2nd	INS VIKAS
Essay Writing	Aishna Chauhan	1st	INS VIKRANT
	Samriti	2nd	INS VIKAS
Slogan Writing	Divanshi Chauhan	1st	INS VIKAS
	Angela Chandel	2nd	INS HIMMAT
Poster Making	Areeba Ikram	1st	INS HIMMAT
	Muskan Kainthla	2nd	INS CHIRAG





SESSION 2018-19

DECLAMATION CONTEST

On 30th August 2018, our club organized a declamation contest focusing on two critical topics: "Safe Spaces for Youth" and "Importance of HIV Testing."

Objective: The primary objective of the declamation contest was to encourage participants to engage in public speaking and express their thoughts on the importance of safe spaces for youth and the significance of HIV testing. By providing a platform for discussion and dialogue, the event sought to educate and empower young individuals to take responsibility for their well-being and make informed decisions about their health and safety.

The declamation contest took place in the auditorium of our club premises, starting at 10:00 AM. Students and young individuals from various educational institutions and communities participated in the event. The contest was divided into two categories: "Safe Spaces for Youth" and "Importance of HIV Testing," allowing participants to choose their preferred topic based on their interests and knowledge.

The event began with an opening address by the club president, emphasizing the significance of the chosen topics and encouraging participants to voice their opinions and insights. Each participant was allotted a specific time frame to deliver their declamation, providing an opportunity for them to showcase their public speaking skills and knowledge on the chosen subjects.



For the "Safe Spaces for Youth" category, participants highlighted the importance of creating supportive environments where young people can express themselves freely, without fear of discrimination or harm. They discussed the impact of safe spaces on mental health, personal growth, and the overall well-being of individuals, urging society to prioritize and actively work towards providing such spaces.

In the "Importance of HIV Testing" category, participants shed light on the significance of early detection through testing to prevent the transmission of HIV. They addressed the misconceptions surrounding HIV/AIDS and emphasized the need for regular testing, responsible sexual behaviour, and de-stigmatization of individuals living with the virus.

Outcome: The declamation contest proved to be a successful event, achieving its objectives of raising awareness and fostering dialogue on the topics of safe spaces for youth and the importance of HIV testing. The participants delivered compelling speeches, demonstrating their knowledge, research, and public speaking skills. The audience, comprising students, educators, and community members, actively engaged in the discussions, creating a positive and constructive atmosphere.

Through this event, young individuals gained a deeper understanding of the need for safe spaces in their personal lives and the wider community. They also acquired valuable knowledge about HIV prevention and the importance of testing for early diagnosis. The contest created a platform for participants to express their ideas, encouraging them to become advocates for positive change in their respective spheres of influence.

AWARENESS TRAINING SESSION

On 21st November 2018, three students from our club had the privilege of attending an awareness training session organized by the Red Ribbon Committee of Himachal Pradesh. The session took place at Deen Dayal Upadhyay Government Hospital in Shimla.

Objective: The objective of this training was to educate the students about the common problems faced by individuals living with HIV.

The training session began with an introduction to the Red Ribbon Committee and its role in promoting awareness and support for people affected by HIV/AIDS. The trainers provided an overview of the HIV virus, its modes of transmission, and the current statistics regarding the prevalence of HIV in the region. The students were given an in-depth understanding of the virus and its impact on individuals and society.

The session then focused on the common problems faced by patients living with HIV. The trainers discussed the physical, emotional, and social challenges that individuals with HIV encounter on a daily basis. They highlighted the stigma and discrimination faced by patients and the importance of creating a supportive environment to ensure their well-being.

The training session also addressed the various medical and psychosocial interventions available to support individuals living with HIV. The students learned about the significance of early diagnosis, access to antiretroviral therapy (ART), and the role of counseling services



in addressing the mental and emotional well-being of patients. The trainers emphasized the importance of a multidisciplinary approach to HIV care and the need for collaboration among healthcare professionals, social workers, and community organizations.

Throughout the training session, the students actively participated in discussions, asked questions, and shared their insights. They showed a keen interest in understanding the challenges faced by patients living with HIV and demonstrated empathy towards their experiences. The trainers commended their enthusiasm and encouraged them to become advocates for promoting awareness and fighting the stigma associated with HIV/AIDS.

Outcome: Attending the Red Ribbon Committee's awareness training session proved to be an enlightening and empowering experience for the three students from our club. They gained a comprehensive understanding of the common problems faced by individuals living with HIV and the importance of creating a supportive environment for their well-being.

The training session equipped the students with knowledge about HIV transmission, prevention, and the available resources for patients. They learned about the role they could play in raising awareness, advocating for equal treatment, and combating the stigma associated with HIV/AIDS.

WORLD AIDS DAY

On 1st December 2018, the college organized a series of activities to commemorate World AIDS Day. The events included poetry recitation, slogan writing, and poster making competitions, as well as the screening of a short documentary on the consequences, symptoms, and treatment of AIDS.

Objective: The activities aimed to raise awareness about HIV/AIDS, promote understanding, and encourage dialogue among students and faculty members.

Activities:

1. **Poetry Recitation:** The event commenced with a poetry recitation competition, where participants had the opportunity to express their emotions and thoughts about HIV/AIDS through creative verses. The poems highlighted the challenges faced by individuals living with the virus, the importance of compassion and support, and the need to break down the stigma associated with HIV/AIDS.
2. **Slogan Writing:** Following the poetry recitation, a slogan writing competition was held, allowing participants to craft catchy and impactful slogans that conveyed the message of HIV/AIDS awareness. The slogans emphasized the significance of prevention, testing, and inclusive support for individuals affected by HIV/AIDS. The event encouraged students to think creatively and spread awareness through concise and powerful statements.
3. **Poster Making:** Concurrently, a poster making competition took place, where students showcased their artistic skills to create visually appealing and informative posters on HIV/AIDS. The posters depicted key facts, prevention methods, and messages of



support. The creative designs and powerful visuals aimed to grab attention and engage viewers in meaningful conversations about the disease.

4. **Documentary Screening:** As part of the World AIDS Day activities, a short documentary on the consequences, symptoms, and treatment of AIDS was screened. The documentary provided a comprehensive overview of the impact of HIV/AIDS on individuals, families, and communities. It highlighted the importance of early detection, access to treatment, and dispelling misconceptions about the virus. The screening served as an educational tool to enhance understanding and raise awareness among the participants.
5. **Interactive Session:** Following the documentary screening, an interactive session was conducted to encourage participants to share their thoughts, ask questions, and engage in a meaningful discussion about HIV/AIDS. Experts in the field were invited to provide accurate information, address concerns, and debunk myths related to the virus. The interactive session aimed to foster a safe and inclusive environment for open dialogue and learning.

Outcome: The World AIDS Day activities in our college successfully achieved their objectives of raising awareness, promoting understanding, and encouraging dialogue on HIV/AIDS. The poetry recitation, slogan writing, and poster making competitions allowed students to express their creativity while spreading messages of compassion, prevention, and support. The visually appealing posters and impactful slogans served as reminders for the college community to remain vigilant and compassionate towards individuals affected by HIV/AIDS.

The documentary screening provided valuable information on the consequences, symptoms, and treatment of AIDS, dispelling myths and increasing knowledge among the participants. The interactive session facilitated an engaging and informative discussion, enabling students and faculty members to clarify doubts, address concerns, and deepen their understanding of HIV/AIDS.

SESSION 2019-20

POSTER MAKING AND ESSAY WRITING COMPETITIONS

On 29th August 2019, our club organized poster making and essay writing competitions as part of the Youth Week celebration. The competitions were centered around the theme "Myths and Facts of HIV/AIDS."

Objective: The aim of these activities was to engage the youth, raise awareness about HIV/AIDS, dispel misconceptions, and promote accurate knowledge about the virus.

The poster making and essay writing competitions took place at the designated venue within the club premises. The competitions were open to young individuals, providing them with an opportunity to showcase their creativity and express their perspectives on the theme.

Poster Making Competition: Participants were given the task of creating visually appealing posters that challenged myths and presented accurate facts about HIV/AIDS. The posters were expected to convey powerful messages, promote understanding, and engage viewers in



meaningful conversations. Participants were encouraged to utilize creative designs, vibrant colours, and impactful visuals to effectively communicate the theme.

Essay Writing Competition: The essay writing competition invited participants to explore the myths and facts surrounding HIV/AIDS in a written format. Participants were encouraged to conduct research, critically analyse information, and present their findings in a clear and concise manner. The essays were expected to debunk common misconceptions, provide accurate information about HIV/AIDS, and promote the importance of factual knowledge in combating the spread of the virus.

Outcome: The competitions provided a platform for the youth to actively engage in discussions, learn from one another, and contribute to the ongoing efforts of HIV/AIDS awareness and prevention. Participants' creations and writings helped to raise awareness among their peers and the wider community, promoting accurate knowledge and dispelling myths surrounding HIV/AIDS



WORLD AIDS DAY

On 1st December 2019, the Red Ribbon Club collaborated with the NSS (National Service Scheme) and NCC (National Cadet Corps) units of our college to organize a state-level function at Hotel Peterhoff in Shimla to commemorate World AIDS Day.

Objective: The event featured various competitions, including Nukkad Natak (street play), Dance, and Poster Making, aimed at spreading awareness about HIV/AIDS. Additionally, a rally on AIDS awareness was organized, in which NSS and NCC volunteers actively participated. Muskan Chauhan, a student from our college, secured the 3rd prize in the poster making competition.

The state-level function on World AIDS Day took place at Hotel Peterhoff in Shimla. The event brought together the Red Ribbon Club, NSS, and NCC units to create a collective effort in raising awareness and combating HIV/AIDS.



Competitions:

1. Nukkad Natak (Street Play): The Nukkad Natak competition allowed students to showcase their acting and storytelling skills. The plays revolved around the theme of HIV/AIDS awareness, focusing on educating the audience about prevention methods, dispelling myths, and promoting empathy and support for individuals living with the virus.
2. Dance Competition: The dance competition provided a creative platform for students to express themselves through dance while spreading awareness about HIV/AIDS. Participants choreographed performances that conveyed powerful messages, aiming to captivate and engage the audience.
3. Poster Making Competition: The poster making competition encouraged students to showcase their artistic skills and creativity. Muskan Chauhan, a student from our college, secured the 3rd prize in this competition. Her poster effectively conveyed the message of HIV/AIDS awareness and the importance of combating the stigma associated with the virus.

Rally on AIDS Awareness: As part of the World AIDS Day commemoration, a rally on AIDS awareness was organized. NSS and NCC volunteers actively participated in the rally, which aimed to create a significant impact and attract public attention. The rally involved participants marching through the streets, distributing informational pamphlets, and engaging with the community to promote awareness about HIV/AIDS prevention, testing, and de-stigmatization.

Outcome: The collaboration between the Red Ribbon Club, NSS, and NCC for the state-level function on World AIDS Day achieved its objectives of spreading awareness and promoting active participation among students. The distribution of informative pamphlets and engagement with the public helped increase awareness about HIV/AIDS and prevention and de-stigmatization.

CONFERENCE ON HIV/AIDS AWARENESS

On 19th December 2019, three students from our club, Kavita Sharma, Ishita Thakur, and Preksha Ahuja, had the opportunity to attend a conference on HIV/AIDS Awareness at Deen Dayal Upadhyay Zonal Hospital in Shimla.

Objective: The conference aimed to provide detailed information about HIV/AIDS, including facts, symptoms, transmission, and prevention. The information was presented through a combination of presentations and a short film to enhance understanding and promote awareness.

The conference on HIV/AIDS Awareness took place at Deen Dayal Upadhyay Zonal Hospital in Shimla. The students attended the conference alongside other participants interested in gaining knowledge about HIV/AIDS.

The conference commenced with a presentation that provided comprehensive information on HIV/AIDS. The presentation covered various aspects of the virus, including its transmission, symptoms, and the impact it has on individuals and communities. The students gained a



deeper understanding of the facts surrounding HIV/AIDS, dispelling common myths and misconceptions associated with the virus.

To further enhance the students' understanding and engagement, a short film was screened during the conference. The film depicted real-life stories and experiences of individuals living with HIV/AIDS, highlighting their challenges, resilience, and the importance of empathy and support. The film effectively communicated the realities of living with HIV/AIDS and emphasized the need for awareness and compassion within society.

Throughout the conference, participants had the opportunity to engage in discussions and ask questions to clarify their doubts and concerns. Experts in the field of HIV/AIDS were present to provide accurate information and address queries related to the virus. The interactive nature of the conference facilitated a deeper understanding of the subject matter and encouraged participants to actively engage in the conversation around HIV/AIDS.

Outcome: Attending the conference on HIV/AIDS Awareness proved to be an informative and enlightening experience for the three students from our club. They acquired detailed knowledge about HIV/AIDS, including facts, symptoms, and transmission, through the presentation and the screening of the short film.

SESSION 2020-21

ESSAY AND CAPTION WRITING COMPETITIONS

In addition to its ongoing AIDS awareness programs, the club took the initiative to raise awareness about other crucial health issues, including cancer and mental stress. On 7th November 2020, the club organized essay and caption writing competitions with the theme "I Am and I Will."

Objective: The objective of these initiatives was to encourage participants to reflect on their personal commitment to health and well-being, as well as to raise awareness about cancer prevention and the importance of mental well-being.

The essay and caption writing competitions were open to students and members of the community who were passionate about promoting health awareness. Participants were required to write an essay or create a captivating caption that embodied the spirit of "I Am and I Will." This theme aimed to empower individuals to take charge of their health, make positive choices, and inspire others to do the same.

The essay competition provided participants with an opportunity to delve into the challenges and impact of cancer and mental stress. They were encouraged to explore topics such as prevention strategies, early detection, support systems and coping mechanisms. The essays were expected to be informative, insightful, and capable of inspiring action and positive change.

The caption writing competition, on the other hand, challenged participants to capture the essence of "I Am and I Will" in a concise and impactful manner. The captions were intended to convey a strong message related to cancer prevention, mental well-being, or personal commitment to health. Participants were encouraged to think creatively and craft captions



that would resonate with a wide audience.

Outcome: The essay and caption writing competitions on the theme "I Am and I Will" were met with enthusiastic participation and achieved the intended objectives. By organizing these competitions, the club successfully extended its health awareness initiatives beyond AIDS. The focus on cancer and mental stress demonstrated the commitment to addressing diverse health issues and promoting overall well-being among individuals and communities.

SESSION 2021-22

WORLD AIDS DAY

On 1st December 2021, the Club commemorated World AIDS Day by organizing a declamation contest and poster making competition centered around the theme of "Resilience."

Objective: The objective of these events was to raise awareness about HIV/AIDS, highlight the resilience of individuals living with the virus, and promote a supportive and empathetic society.

The World AIDS Day commemoration started with the declamation contest, where participants had the opportunity to deliver powerful speeches on the theme of "Resilience." The contest provided a platform for individuals to express their thoughts and perspectives on the strength, determination, and perseverance exhibited by people living with HIV/AIDS. Participants highlighted the challenges faced by individuals affected by the virus and emphasized the importance of creating a supportive environment that fosters resilience and empowers those living with HIV.

Simultaneously, a poster making competition was held, focusing on the theme of "Resilience." Participants were tasked with creating visually appealing and impactful posters that conveyed messages of strength, hope, and solidarity in the face of HIV/AIDS. The posters aimed to engage viewers, spark conversations, and raise awareness about the resilience of individuals impacted by the virus.

Outcome: By organizing these events, the Club contributed to the broader World AIDS Day movement, raising awareness about the ongoing challenges faced by individuals living with HIV/AIDS and highlighting their resilience in the face of adversity. The activities fostered empathy, encouraged dialogue, and promoted a sense of solidarity among participants and the wider community.

SCREENING OF A SHORT FILM

On 31st January 2021, the Himachal Pradesh AIDS Control Society organized a screening of a short film for the students of the club.

Objective: The film focused on combating the stigma associated with HIV, aiming to raise



awareness, promote understanding, and challenge societal prejudices surrounding the virus. The screening of the short film took place in a designated venue within the premises of the club. The film was specifically curated to address the topic of HIV-related stigma and its impact on individuals living with the virus. The film depicted real-life stories, personal experiences, and testimonials of individuals affected by HIV, emphasizing the challenges they face due to societal stigma and discrimination.

The film showcased the misconceptions, prejudices, and negative attitudes prevalent in society toward people living with HIV. It aimed to create empathy and promote understanding among the viewers, challenging them to reflect upon their own perceptions and biases. The film also highlighted the importance of education, de-stigmatization, and building a supportive environment to create a society that embraces and supports individuals affected by HIV.

Following the film screening, a discussion and interactive session were conducted to encourage participants to share their thoughts, impressions, and insights. Facilitators from the Himachal Pradesh AIDS Control Society led the session, providing accurate information about HIV/AIDS, dispelling myths, and addressing any questions or concerns raised by the students. The interactive session aimed to deepen understanding and promote a compassionate and informed approach to HIV-related issues.

Outcome: The screening of the short film on combating HIV-related stigma successfully achieved its objectives of raising awareness and challenging societal perceptions. It empowered the participants with knowledge and tools to combat stigma, encouraging them to be agents of change and create a more inclusive society.

SEMINAR PRESENTED BY AN ICTC (INTEGRATED COUNSELING AND TESTING CENTRE)

On 6th March 2021, students from the club attended a seminar presented by an ICTC (Integrated Counselling and Testing Centre) Counsellor at Deen Dayal Upadhyay Hospital in Shimla. The seminar, presided over by Dr. Ashok Chauhan (DAPO), aimed to raise awareness among the youth about HIV/AIDS and its prevention.

Objective: The focus of the seminar was to highlight the importance of the younger generation in playing a responsible role in combating HIV-related stigma and discrimination towards PLHIV (Patients Living with Human Immunodeficiency Virus).

The seminar took place in the auditorium of Deen Dayal Upadhyay Hospital and commenced with an introduction by Dr. Ashok Chauhan, emphasizing the significance of the youth's involvement in the prevention and awareness of HIV/AIDS. The ICTC Counsellor then conducted a comprehensive presentation, covering various aspects related to HIV/AIDS, including transmission, prevention, testing, and the impact of stigma and discrimination on PLHIV.

The seminar focused on educating the attendees about the modes of transmission of HIV, emphasizing the importance of practicing safe sex, using condoms, and avoiding risky



behaviours such as sharing needles. The ICTC Counsellor provided accurate information regarding HIV testing and the benefits of early diagnosis, stressing the significance of regular testing for sexually active individuals.

Moreover, the seminar shed light on the existing stigma and discrimination faced by PLHIV in society. It highlighted the negative consequences of such attitudes and behaviours, including hindered access to healthcare, reduced social support, and psychological impact. The attendees were encouraged to reflect upon their own perceptions and biases and to take proactive measures to combat stigma and discrimination.

The session included interactive discussions, allowing students to ask questions, seek clarification, and share their thoughts on HIV/AIDS awareness and prevention. The ICTC Counsellor provided practical strategies and suggestions for the youth to actively contribute towards reducing stigma and discrimination, emphasizing the importance of empathy, education, and spreading accurate information within their communities.

Outcome: The seminar raised awareness about the stigma and discrimination faced by PLHIV, stimulating empathy and a sense of responsibility among the participants. The interactive discussions fostered a supportive and inclusive environment, empowering the students to actively challenge and combat HIV-related stigma within their communities.

COMMEMORATING 75 YEARS OF PROGRESSIVE INDIA

To celebrate and commemorate 75 years of progressive India, the Red Ribbon Club of St. Bede's College actively participated in the 2nd phase of the New India @75 Campaign, under the government initiative 'Azadi Ka Amrit Mahotsav'.

Objective: The club organized various competitions with the aim of spreading awareness and promoting social causes related to health and well-being. The competitions organized under this campaign were as follows:

- a) Seminar on HIV: The Red Ribbon Club conducted a seminar on HIV awareness, focusing on educating participants about the prevention, transmission, and treatment of HIV/AIDS. The seminar aimed to dispel myths and misconceptions surrounding HIV and promote a better understanding of the disease.
- b) Extempore on Blood Donation: An extempore competition was organized to highlight the importance of blood donation and to encourage participants to share their thoughts and perspectives on this noble act. The competition aimed to raise awareness about the need for regular blood donations and the impact it has on saving lives.
- c) One-minute short video on TB: The Red Ribbon Club organized a competition where participants were tasked with creating a one-minute short video on the theme of tuberculosis (TB). The objective was to spread awareness about TB, its symptoms, prevention, and treatment, through an engaging and impactful visual medium.
- d) Nukkad Natak on blood donation: The Red Ribbon Club organized a nukkad natak (street



Red Ribbon Club

St. Bede's College, Shimla

play) on the theme of blood donation. The play aimed to convey the importance of voluntary blood donation, debunk myths surrounding blood donation, and encourage the audience to come forward and donate blood to save lives.

Outcome: These competitions provided a platform for the participants to showcase their knowledge, creativity, and passion for social causes. By organizing these events, the Red Ribbon Club aimed to create awareness, educate, and engage the college community and the public in promoting positive health behaviours and contributing to a healthier society.





Red Ribbon Club
St. Bede's College, Shimla



ONE DAY TRAINING PROGRAM OF RRC'S MEMBERS

On November 16, 2021, the Red Ribbon Club of St. Bede's College organized a one-day training program for its members on HIV/AIDS and other documentation methods. The program was attended by Mr. Ashish Kumar, the nodal officer of the club, Anchal Singh (B.Sc. III year), who served as the brand ambassador, and two student representatives, Muskaan Sood (BBA III semester) and Aastha Raizada (B.A. III year).



Red Ribbon Club

St. Bede's College, Shimla

Objective: The training program aimed to enhance the knowledge and understanding of the club members regarding HIV/AIDS and various documentation methods related to the prevention, treatment, and awareness of the disease. The participants received comprehensive training on the causes, transmission, and impact of HIV/AIDS, as well as the importance of prevention and support services.

The training program also focused on equipping the club members with the necessary skills and techniques for effective documentation related to HIV/AIDS awareness campaigns and initiatives. They were trained on data collection, record-keeping, and reporting methods to ensure accurate and reliable documentation of activities, events, and impact.

Outcome: The training program played a crucial role in strengthening the capacity of the Red Ribbon Club members, enabling them to carry out their roles effectively and make a significant contribution to the fight against HIV/AIDS. It also empowered them to become advocates for spreading awareness and combating the stigma associated with the disease.





AWARENESS PROGRAM TO COMMEMORATE WORLD AIDS DAY

On December 1, 2021, on the occasion of World AIDS Day, the Red Ribbon Club of St. Bede's College organized an awareness program with the theme "End Inequalities, End AIDS".

Objective: The program aimed to raise awareness about HIV/AIDS and promote equality in the prevention, treatment, and support for those affected by the disease.

The peer educators of the club, Muskaan Sood, Anchal Singh, and Aastha Raizada, took the lead in expanding awareness regarding HIV/AIDS among the college community. They conducted informative sessions, presentations, and interactive discussions to educate students about the causes, transmission, prevention, and impact of HIV/AIDS. They emphasized the importance of eliminating inequalities and discrimination associated with the disease.

As a part of the awareness program, the Red Ribbon Club also organized poster-making and slogan-writing competitions for the students. These activities provided an opportunity for the participants to creatively express their understanding and support for the cause. The posters and slogans aimed to convey powerful messages of solidarity, acceptance, and the importance of equal access to HIV/AIDS prevention, treatment, and support services.

Outcome: By organizing this awareness program and the competitions, the Red Ribbon Club created a platform for students to engage actively in spreading awareness about HIV/AIDS and advocating for equality. The program encouraged dialogue, empathy, and a sense of



Red Ribbon Club

St. Bede's College, Shimla

responsibility among the college community in addressing the challenges associated with the disease.





Red Ribbon Club
St. Bede's College, Shimla





STATE LEVEL FUNCTION

On March 8, 2022, International Women's Day, the Red Ribbon Club of St. Bede's College actively participated in a state-level function organized by the Department of Health and Family Welfare, District Shimla, at Rajiv Gandhi Government Degree College, Chaura Maidan (Kotshera).

Objective: On the occasion of International Women's Day, the Department of Health and Family Welfare, District Shimla wanted to raise awareness on women empowerment. The Red Ribbon Club hoped to raise further awareness on important social issues.

The students from the Red Ribbon Club showcased their talent and creativity through various competitions held during the event. These included a rangoli competition, slogan writing, poster making, and street play. The participants enthusiastically participated in these activities to celebrate the achievements and contributions of women.

Anchal Dharmaik, a student pursuing B.A. Psychology Honours in the 2nd year, made the college proud by winning the first prize in the poster-making competition. Her artwork effectively portrayed the theme of International Women's Day and captured the essence of empowerment, equality, and the important role of women in society.

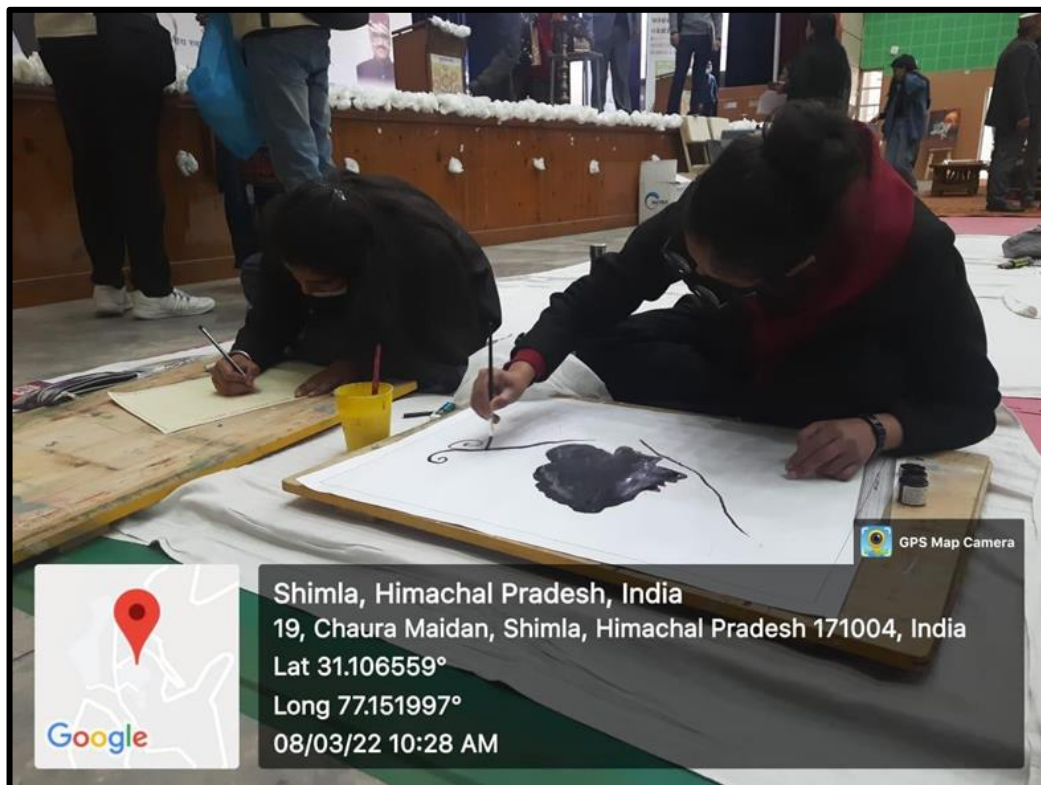
Outcome: The Red Ribbon Club's active participation in the state-level event highlighted the club's commitment to raising awareness and advocating for important social issues, including women's empowerment. Through their creative expressions, the students conveyed powerful messages about the importance of gender equality, women's rights, and the celebration of women's achievements.

Participating in such events not only provides a platform for students to showcase their skills and creativity but also allows them to engage with a wider audience and create awareness about important social causes. The Red Ribbon Club's involvement in the International Women's Day event exemplified their dedication to promoting gender equality and celebrating the achievements of women.

By winning the first prize in the poster-making competition, Anchal Dharmaik demonstrated her talent and ability to effectively communicate messages through her artwork. Her achievement served as an inspiration to her peers and reflected the commitment of St. Bede's College in nurturing talented and socially conscious individuals



Red Ribbon Club
St. Bede's College, Shimla





Red Ribbon Club
St. Bede's College, Shimla





SESSION 2022-23

STATE LEVEL FUNCTION

From August 10 to 12, 2022, a State Level Function was organized by the HP State AIDS Control Society and DTE, Health and Family Welfare, Shimla. The Red Ribbon Club volunteers of St. Bede's College actively participated in various activities during this event. One of the activities was an Umbrella painting competition held at JLN Fine Arts College, Chaura Maidan. The volunteers showcased their artistic skills by painting umbrellas on topics related to HIV/AIDS, such as promoting HIV testing, the toll-free number 1097, the NACO App, and addressing stigma and discrimination associated with the disease. This creative approach aimed to raise awareness and engage the community in conversations about HIV/AIDS prevention and support.

Additionally, the Red Ribbon Club volunteers performed a skit on the HIV Prevention Campaign at Hotel Holiday Home, Shimla. Through their dramatic performance, the volunteers conveyed important messages and information regarding HIV prevention to the audience. Their skit aimed to educate and raise awareness about the importance of preventive measures and combating the stigma and discrimination surrounding HIV/AIDS.

During the State Level Function, the Honorable Health Minister, Dr. Rajeev Saizal, addressed the gathering and appreciated the efforts of the students from St. Bede's College for their remarkable performances. This recognition served as an encouragement and acknowledgment of the students' dedication and commitment to creating awareness and addressing the challenges associated with HIV/AIDS.

The participation of the Red Ribbon Club volunteers in these activities showcased their proactive involvement in spreading awareness and promoting the importance of HIV testing, prevention, and support. Their creative expressions through umbrella painting and impactful skit performances contributed to the overall success of the State Level Function.





Red Ribbon Club
St. Bede's College, Shimla





HIV PREVENTION AWARENESS CAMPAIGN

On August 26, 2022, the Red Ribbon Club organized intra-college activities as part of the “HIV Prevention and Awareness Campaign” to commemorate the International Youth Day, which was celebrated from August 12 to 31, 2022. The theme of the campaign was “Intergenerational Solidarity: Creating a World of All Ages.” The campaign aimed to raise awareness about HIV prevention and promote solidarity among different age groups.

The slogan for the campaign was “HIV Ke Saamne - Hum Jhukenge Nahi” (We will not bow down to HIV). The Red Ribbon Club volunteers actively participated in various activities during the campaign.

The activities included a hat speech of one-minute, where volunteers delivered short speeches highlighting key messages related to HIV prevention and awareness. This activity provided an opportunity for the volunteers to express their thoughts and raise awareness about important aspects of HIV prevention.

In addition, the volunteers participated in a digital poster competition and an Instagram reel competition. These competitions focused on different sub-themes related to HIV prevention:

1. **HIV Testing for Youth:** The sub-theme aimed to emphasize the importance of regular HIV testing among young individuals to ensure early detection and timely intervention.
2. **AIDS Helpline Number 1097 NACO AIDS APP:** This sub-theme aimed to create awareness about the helpline number 1097 and the NACO AIDS App, which provide access to information, support, and counseling services related to HIV/AIDS.
3. **Stigma and Discrimination:** This sub-theme aimed to address the stigma and discrimination faced by individuals living with HIV/AIDS and promote a more inclusive and supportive society.

Through these intra-college activities, the Red Ribbon Club volunteers actively engaged in spreading awareness about HIV prevention and addressing the challenges associated with the



Red Ribbon Club

St. Bede's College, Shimla

disease. The activities encouraged participation and creativity among the volunteers, fostering a sense of responsibility and solidarity in the fight against HIV/AIDS.



Heritage Status

St. Bede's College

NAAC Re-Accredited A⁺ Grade



RED RIBBON CLUB



75
आज़ादी का
अमृत महोत्सव



Red Ribbon Club

Organises

Intra-college Activities on HIV Prevention and Awareness Campaign

Intergenerational Solidarity : Creating a world for all ages





AUGUST 26




3:15 PM

VENUE : AUDITORIUM




JOIN US


For More Information Contact : Mr. Ashish Kumar, Convenor/Nodal Officer Red Ribbon Club ; 70183-34183



WE ARE TOGETHER



HIV K SAMNE HUM JUKENGE NHI



Awareness


Spreads by sexual contact

Treatment can help, but this condition can't be cured


Chronic: can last for years or be lifelong

Requires a medical diagnosis

Lab tests or imaging always required




ACT UP
AIDS Coalition to Unleash Power



ONE
reason

Fight Aids
Not people with AIDS



Prevention


HOW CAN A PERSON REDUCE THE RISK OF GETTING HIV?

GET TESTED FOR HIV.

... CHOOSE LESS RISKY SEXUAL BEHAVIORS. ... USE CONDOMS EVERY TIME YOU HAVE SEX. ... LIMIT YOUR NUMBER OF SEXUAL PARTNERS. ...

GET TESTED AND TREATED FOR STDs. ... TALK TO YOUR HEALTH CARE PROVIDER ABOUT PRE-EXPOSURE PROPHYLAXIS (PREP). ...

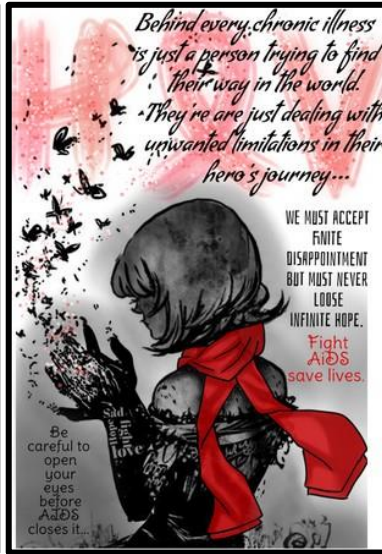
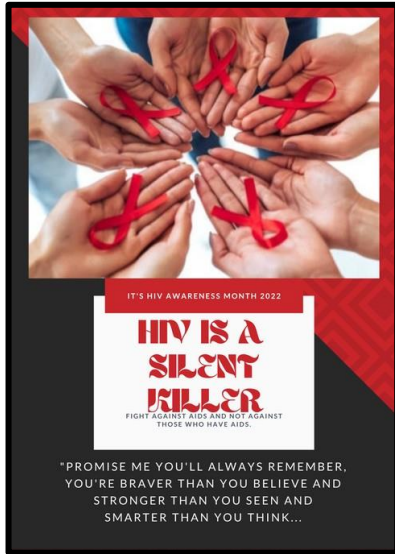
DO NOT INJECT DRUGS.





Red Ribbon Club

St. Bede's College, Shimla



HIV KE SAMNE - HUM JHUKEGE NAHI

WHAT IS HIV?
Human Immunodeficiency Virus (HIV) is a virus that attacks cells that help the body fight infection.
There's no cure, but it is treatable with medicine.

NACO AIDS APP Download Now

"NACO AIDS APP"

Information on HIV/AIDS related services on your finger tips.

FIGHT AIDS NOT PEOPLE WITH AIDS

AIDS HELPLINE NUMBER 1097

HIV TESTING



Red Ribbon Club

St. Bede's College, Shimla

WORLD AIDS DAY

On December 1, 2022, the Red Ribbon Club of St. Bede's College commemorated World AIDS Day in the college auditorium. The theme for the event was "EQUALIZE," which aimed to promote equality and address the challenges faced by people living with HIV/AIDS.

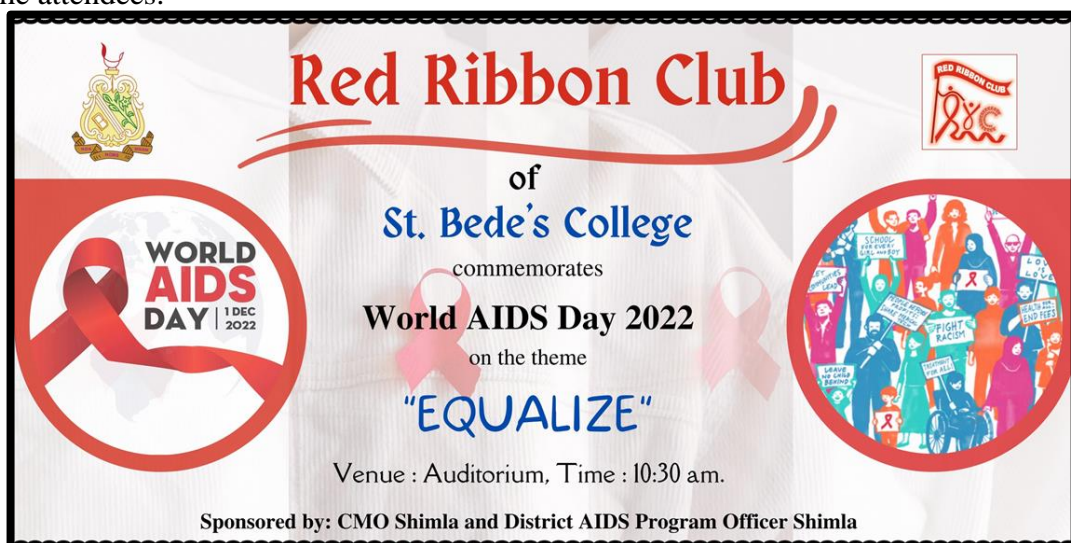
During the event, the Red Ribbon Club volunteers played a crucial role in guiding the gathering on various topics related to HIV/AIDS. They provided information and raised awareness about HIV/AIDS prevention, securing the rights of people living with HIV, and fighting against HIV stigma and discrimination. The volunteers shared important messages and encouraged the audience to promote equality and compassion towards individuals affected by HIV/AIDS.

As part of the event, an educational video was shown to further educate and inform the attendees about the impact of HIV/AIDS and the importance of addressing the associated challenges. This video served as a powerful tool to raise awareness and foster understanding among the audience.

The event was sponsored by the Chief Medical Officer (CMO) Shimla and the District AIDS Programme Officer Shimla, highlighting the collaborative effort between the Red Ribbon Club and the local health authorities. The support and sponsorship from these organizations played a crucial role in making the event successful and impactful.

Dr. Chitwan, the Drug Addiction Program Officer Shimla, graced the event as the chief guest. His presence and expertise added value to the event and further emphasized the significance of addressing HIV/AIDS-related issues in the community.

The World AIDS Day event organized by the Red Ribbon Club of St. Bede's College successfully created awareness, promoted equality, and emphasized the need to fight against HIV stigma and discrimination. The collaboration with local health authorities and the participation of the chief guest further contributed to the success of the event and its impact on the attendees.





Red Ribbon Club
St. Bede's College, Shimla





Red Ribbon Club
St. Bede's College, Shimla





Red Ribbon Club
St. Bede's College, Shimla

