

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS  
SECTOR-11,CHANDIGARH**



**COURAGE TO KNOW**

**Red Ribbon Club**

**(Session:2022-2023)**

**Committee Members**

**Dr.Anurita Sharma(Incharge)**

**Ms.Ritika**

**Aims**

The Red Ribbon Club/Pink Ribbon Club of the college is a committed effort of the student volunteers to generate social awareness on the malaise of HIV/AIDS and Cancer, make the society conscious and alert about its various dimensions and serve as change-agents in the interest of the citizens and nation as a whole.

**Objectives**

1. To sensitize young women on the causes and concerns related to HIV/AIDS and Cancer.
2. To dispel myths about HIV/AIDS and Cancer.
3. To generate awareness on the issues and suggest safeguards.
4. To carry out community-oriented and extension activities in the wider interest.
5. To develop organizational and leadership skills in the students so that they serve as change-agents in the society.
6. To organize programmes/activities in consonance with above objectives.

<b>Sr.No</b>	<b>Activity</b>	<b>Date</b>	<b>PageNo.</b>
1.	Orientation	14 September, 2022	1
2.	State Level Cyclothon (Bicycle Rally) for HIV/AIDS AWARENESS	28 August, 2022	2
3.	Seminar under “Rani Breast Cancer Awareness Campaign	08 October, 2022	3
4.	Inter College competition on HIV/AIDS awareness	04 November, 2022	4
5.	State Level Quiz Competition on HIV/AIDS awareness	11 November, 2022	5
6.	World AIDS Day	1 December, 2022	6
7.	AIDSCON12-National Conference	10-11 March, 2023	7
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## ORIENTATIONPROGRAMME

RED RIBBON SOCIETY of Govt. Post-Graduate College for Girls, Sector-11, Chandigarh organized its Orientation Programme for the session-2022-23 on **14<sup>th</sup> September, 2022**. During the orientation, the students were sensitized about the menace of HIV/AIDS/CANCER the world over and especially in India. Addressing the volunteers, Dr. Anurita Sharma, Convenor of the society stressed that more than forty million people are living with HIV/AIDS/CANCER all over the world. Out of these thirty-seven million people are youth, which shows the gravity of the situation. The students from B.C.A-IIIrd year also expressed their views on HIV/AIDS/ CANCER. They highlighted the causes of the growing problem and elaborated the precautions that need to be undertaken. More than 300 volunteers enrolled as members and an executive body of the society was constituted. An Interactive-session was also a major component of the programme which shattered many myths about HIV/AIDS/CANCER being propagated in the society. Suggestions were invited from the volunteers regarding proposed activities to be undertaken by them during the session. On this occasion, the students took an oath to work sincerely in this direction.



**Orientation Programme of Red Ribbon Club**

## Cyclathon

Under the able guidance of Principal Madam Prof (Dr) Anita Kaushal, one team Comprising of 12 student members of Red Ribbon Society participated in State Level Cyclathon (Bicycle Rally) for HIV/AIDS AWARENESS on 27<sup>th</sup> August, 2022. This event was organized by Chandigarh State AIDS Control Society. The idea behind this event was to create awareness about HIV/AIDS through the Cyclathon. A question answer session on HIV/AIDS awareness was also a part of the rally and prizes were distributed among the winning participants.



### Cyclathon to Create AIDS Awareness

## **Seminar on Breast Cancer Awareness**

Under the dynamic leadership and guidance of Principal Prof. (Dr.) Anita Kaushal, Pink Ribbon Society & Community Hygiene and Public Health Society in Collaboration with Department of Zoology of Post Graduate Government College for Girls, Sector 11 organized a Seminar under “Rani Breast Cancer Awareness Campaign” on **8<sup>th</sup> October, 2022** in the College campus to spread awareness on Breast Cancer. Present in the occasion was Principal of college Prof. (Dr) Anita Kaushal and senior faculty members of the college.

The Speaker of the Seminar was Ms. Bittu Safeena Sandhu, Managing trustee of “Rani Breast Cancer Trust”. She herself is Cancer Survivor. About 50 student members of the Society participated in Seminar in which they explained how Cancer spreads and what are the precautionary measures to avoid Cancer from spreading & how early detection of cancer can be a key to protection.

Ms. Ritika, Member of the Society thanked Guest for Spreading awareness among faculty members and students as how we can protect our life with early detection of Breast Cancer.

This Seminar proved to be a source of awareness to faculty and students of the college.



### **Breast Cancer Awareness Seminar**

**Resource Person -Ms. Bittu Safeena Sandhu**

**Designation -Managing trustee of “Rani Breast Cancer Trust**

**Contact Number-9876333304**



## InterCollege competition

Under the dynamic leadership and guidance of Principal Prof. (Dr.) Anita Kaushal, Red Ribbon Society of PGGCG-11, Chandigarh in collaboration with Chandigarh State Aids Control Society organized Inter College competitions on HIV/AIDS awareness on **4<sup>th</sup> November, 2022** in the college campus. More than 15 teams of different colleges of Chandigarh comprising around 150 students participated in the competition. Events like Poster Making, Collage Making, Rangoli, Slogan Writing, Face Painting and Essay Writing were organized. The winning participants of different events were awarded with cash prizes. Present on the occasion was Principal of college Prof. (Dr) Anita Kaushal and members of the Chandigarh State Aids Control Society.

The Chief Guest of the event was Mr. Akhil Kumar, IAS, Additional Secretary, Health. The Guest of Honour was Dr. V.K Nagpal, Project Director, Chandigarh State AIDS Control Society cum Medical Superintendent, GMCH-16, Chandigarh.

Dr. Anurita Sharma, Convener of the Society thanked Chief Guest, Guest of Honour and State AIDS control Society for organizing the function and spreading awareness among students as how we can protect our life from this disease by using simple safety measures.

The main motive behind organizing this event was to create awareness among the students and high risk population. This Event proved to be a source of awareness to students of the different institutions.



## Inter College Competition for AIDS Awareness

## **State Level Quiz Competition**

Under the able guidance of Principal Madam Prof (Dr) Anita Kaushal, one team comprising of two student members of Red Ribbon Club participated in State Level Quiz Competition for Red Ribbon Club on **11<sup>th</sup> November, 2022**. This competition was organized by Chandigarh State AIDS Control Society. More than 17 teams from different colleges of Chandigarh participated in the competition. The idea behind this competition was to actively involve and emerge members of Red Ribbon Club by creating awareness about HIV/AIDS, Adolescent Health, Mental Health and any other public health threat etc. through the mode of quiz. One team comprising of two students from BCA III participated in the Quiz competition

Name of the Participants:

1. Divya, BCA III, 1002
2. Harshita Pandey, BCA III, 1004

## **Quiz Competition Related to AIDS Awareness**

## World AIDS Day

PGGCG-11, Chandigarh organized Candle Lighting Programme with a theme “Rock theRibbon” in collaboration and NSS (National Service Scheme) marking the World AIDS Day in the college campus on **1<sup>st</sup> December, 2022**. Dr. Anurita Sharma, Convenor, Red Ribbon Society, Dr. Ritu Sekhri, NSS Program Officer coordinated the programme. 150 NSS Volunteers also contributed to make the programme successful. World AIDS Day is the perfect time for us to raise much needed awareness about HIV. Activities like Nukkad Natak, Mass Rally and Candle lighting were organized under the guidance of Prof. (Dr.) Anita Kaushal, Principal, PGGCG-11, Chandigarh. The students were sensitized about the progress in ending Acquired Immune Deficiency Syndrome and progress towards attaining universal health to achieve an AIDS- free generation.



**Candle March to Mark World AIDS Day**



## AIDSCON12-National Conference

Under the able guidance of Principal Madam Prof(Dr) Anita Kaushal, Two student members of Red Ribbon Club participated in National Level Conference –**AIDSCON-12...towards AIDS Free World** for Red Ribbon Club on **10<sup>th</sup>,11<sup>th</sup>March, 2023**. This conference was organized by Chandigarh State AIDS Control Society. It's commendable that they presented posters along with Convenor of the Society Dr. Anurita Sharma to spread awareness about HIV/AIDS. Ms. Shreya presented poster on the topic-Treatments of Aids and the topic of Ms. Ruchika was- Care, Support- Don't Disparate.

HIV/AIDS is a serious global health challenge, and spreading awareness about the disease is crucial to prevent its spread and promote early diagnosis and treatment. Poster presentations are an effective way to convey information in a visually appealing and accessible manner, and I'm glad that these students utilized this platform to raise awareness about HIV/AIDS.

It's important to continue educating people about the risks of HIV/AIDS and how to prevent it, as well as to reduce the stigma surrounding the disease. By participating in events like AIDSCON and sharing their knowledge, these students are making a valuable contribution to the fight against HIV/AIDS.

Name of the Participants:

1. Shreya, MSc Botany I, 12875
2. Ruchika, MSc Botany I, 112856



**National Level Conference on AIDS Awareness**

## **Outcome**

Awareness regarding global solidarity and shared responsibility was spread through various activities like poster making and slogan writing.