



GOVERNMENT DEGREE COLLEGE REWALSAR

ANNUAL REPORT OF RED RIBBON CLUB FOR THE SESSION 2024-25

One-Day Orientation Programme and Exposure Visit: Three Peer- Educators Ravi (B.Com. III year) Naman Sharma (BA II year) and Pranav (B.Com II year) along with Nodal Officer Anjali Parmar attended one day orientation program and exposure visit to Blood Bank, ICTC and ART Centre at Zonal Hospital Mandi organised by CMO/ DAPO ZH Mandi on 25th July 2024.



Flash mob-1 on International Youth Day: On 12th August 2024, a flash mob was performed by the volunteers of the Ribbon club. Under the direction of Nodal Officer Anjali Parmar, a group of 18 volunteers of Red Ribbon club prepared Flash Mob on the song “**Raktdaan Mahadaan**” in the front ground of college building. Through their dance performance the

volunteers encouraged the college students for blood donation. Principal Dr K C Kashyap, staff members and college students witnessed the performance and applauded the volunteers for their unique way of spreading awareness.

रिवालसर कॉलेज में अंतरराष्ट्रीय युवा दिवस मनाया

नरचौक। राजकीय महाविद्यालय रिवालसर में अंतरराष्ट्रीय युवा दिवस बड़े उत्साह से मनाया गया। इस मौके पर रेड रिबन क्लब की नोडल अधिकारी अंजलि परमार की अध्यक्षता में पलेश मोंब गतिविधियों का आयोजन किया गया। क्लब के सदस्यों ने रक्तदान की महत्ता पर प्रकाश डालते हुए महाविद्यालय के प्रांगण में प्रस्तुति दी तथा रक्तदान को लेकर महाविद्यालय के छात्र-छात्राओं को आगे आने का आह्वान किया। इस जगमगता गतिविधि के लिए कॉलेज के प्राचार्य डॉ. कैसी कश्यप ने क्लब को बधाई दी है।



Orientation Meet: Ms Anjali Parmar, Nodal Officer of Red Ribbon Club organised an Orientation Meet on 31st August 2024. She welcomed Principal Dr K C Kashyap, teaching and

non- teaching staff members and Red Ribbon club volunteers in the programme. She sensitized the students about the need of AIDS awareness and blood donation. She put forth the month wise activity Plan of the Red Ribbon club issued by HPSACS Shimla for the session 2024- 25. She encouraged student- volunteers for the maximum participation in all the activities throughout the year.



Slogan- writing and Poster-making Competitions Poster- making and Slogan- writing competitions were also organised on the theme of **AIDS Awareness and Blood Donation**. In Poster-making competition, Taruna Sharma of BA III year stood first, Meena Devi of BA III year got second and Savita of BA III year secured third position. In Slogan- writing competition, Taruna Sharma of BA III year stood first, Pranav of B Com II year got second and Meena Devi of BA III year secured third position.



Awareness Rally: An Awareness Rally on **AIDS awareness and Blood Donation** was organised by the Red Ribbon club from college campus to the Rewalsar market and Rewalsar Lake. The volunteers raised slogans related to the importance of blood donation and need of AIDS awareness.



Flash Mob- 2: After organising awareness rally, 21 volunteers of RRC performed flash mob-2 near Rewalsar Lake market. The volunteers spread the message of valuing life and leading a happy and healthy lifestyle. People of the surrounding area noticed their dance performance on the song '**Love You Zindagi**' and '**Blood Donation**' along with the display of charts and slogans.



Awareness Session/ Guest Lecture: Red Ribbon Club of the college organised an Awareness Session on 10th October, 2024. In the presence of Officiating Principal Prof Deepak Gautam, Nodal officer Anjali Parmar delivered a lecture on '**HIV/ AIDS: Causes, Symptoms, Precautions and Treatment**'. After the lecture, Peer- Educator Ms Kajal Sharma of BA III year put forth the list of ART centres of Himachal Pradesh. Peer- educator Mr Pranav of B Com II year threw light on the importance of blood donation and motivated the students to break the myths and misconceptions related to blood donation and AIDS. Dr Braj Nandan and Dr OP Thakur were also present in the session. Prof Gautam congratulated the club for its continuous efforts to spread awareness among the young generation.

उपास्थित थ ।

राजकीय महाविद्यालय रिवालसर में मनाया गया जागरूकता कार्यक्रम

रिवालसर-अजय सूर्या
हिन्द घोष टाईम्स

राजकीय महाविद्यालय रिवालसर के रेड रिबन क्लब द्वारा जागरूकता कार्यक्रम का आयोजन किया गया । कार्यक्रम अधिकारी प्रोश अंजलि परमार ने उपस्थित छात्रों को एड्स संबंधी जागरूकता जै से एचशआईशवीश, कारण, लक्षण व बचाव के प्रति जानकारी दी । पीयर एजुकेटर

काजल शर्मा ने छात्रों को एड्स विभिन्न भ्रांतियों से भी छात्रों के उपचार हेतु विभिन्न को परिचित कराया ।



कार्यकारी प्राचार्य प्रोश दीपक गौतम ने क्लब द्वारा किए जा रहे निरंतर जागरूकता

स्वास्थ्य संस्थाओं का विस्तृत विवरण दिया । इसके पश्चात संबंधी कार्यक्रमों के लिए क्लब को बधाई दी । इस अवसर पर डॉश ओशपीश ठाकुर व डॉश ब्रजनंदन भी उपस्थित रहे ।

Screening of Film on HIV Prevention: As per the direction from Himachal Pradesh State AIDS control society Shimla (HPSACS) and District AIDS Programme Officer (DAPO) Dr Arindam Roy, a **video/film and clip forwarded by HPSACS and DAPO, ZH Mandi on HIV prevention was displayed** in the college smart classroom by Anjali Parmar, Nodal Officer of Red Ribbon Club and Anti- Drug Club. In the presence and support of Prof Yash Pal and Prof Ramneek Sharma, the students were shown the video and clip so that they could be sensitized about various aspects of AIDS and HIV. The video elaborated on the causes, symptoms, preventions and treatment of **AIDS and Teach AIDS & 5 spots**. After the video show, Nodal Officer discoursed on HIV, AIDS, STDs and ART (Anti Retro Viral Therapy). She motivated the volunteers and students to adopt healthy lifestyle, be aware and remain away from drug-addiction.



Reel- Making Competition: As per the Annual Calendar of Red Ribbon club **two reels were made and sent to DAPO ZH, Mandi on 14th and 15th November 2024.** First reel was made by Mamta (Roll No. 2230) Kirna Kumari (Roll No. 2231) and Ritika Devi (Roll No. 2202) on the theme of AIDS- Spread due to infected blood.

In the second reel Kajal Sharma (Roll No. 2238) informed about various hospitals of Himachal Pradesh which offer treatment of HIV and AIDS. Through the reel she told about various services available like HIV/ AIDS testing, counselling and ART services.

Certificate of Appreciation:

On 30th November 2024, Red Ribbon Club of the college was awarded **3rd prize in the category of best Red Ribbon Clubs.** Nodal Officer Prof. Anjali Parmar received the certificate of appreciation presented by Dr Arindam Roy, DAPO, ZH Mandi (HP) and congratulated the club for being an active participant and accomplishing all the activities systematically.



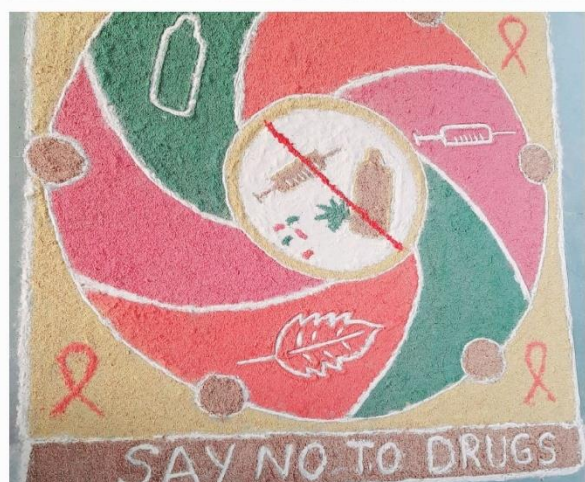
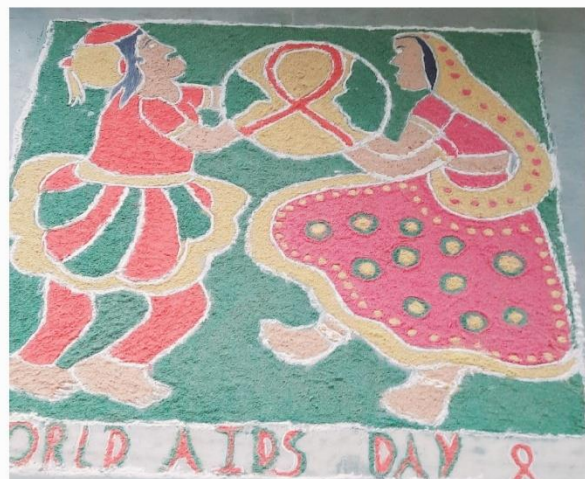
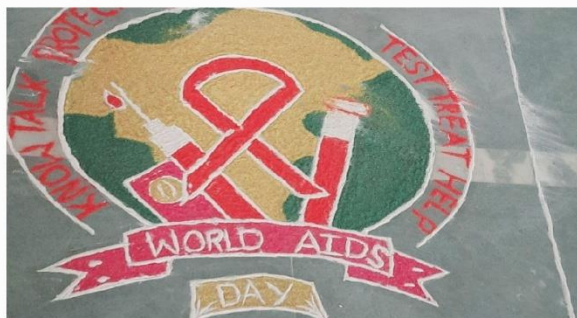
World AIDS Day celebration: On 2nd December 2024, Red Ribbon Club of the college organised an Awareness Programme to celebrate World AIDS Day in collaboration with Anti-Drug Club. Prof Yash Pal, Prof Kuldeep Kumar and Prof Ramneek Sharma played the role of judges in all the competitions. List of all the activities and competitions organised on the occasion is as follows:

- i) **Pinning of Red Ribbons:** As a symbol of awareness, red ribbons were pinned to the chief guest, Officiating Principal Prof Manoj Kumar, all the staff members, volunteers, participants and students.
- ii) **Poster- Making Competition:** A Poster- making competition was organised on the theme blood donation, drug addiction, HIV and AIDS. Meena Devi of BA III year stood first, Taruna

Sharma of BA III year attained second and Sanju of BA III year got third position in this competition.



iii) Rangoli- making competition: Five teams participated in Rangoli- making competition and made beautiful rangoli designs.

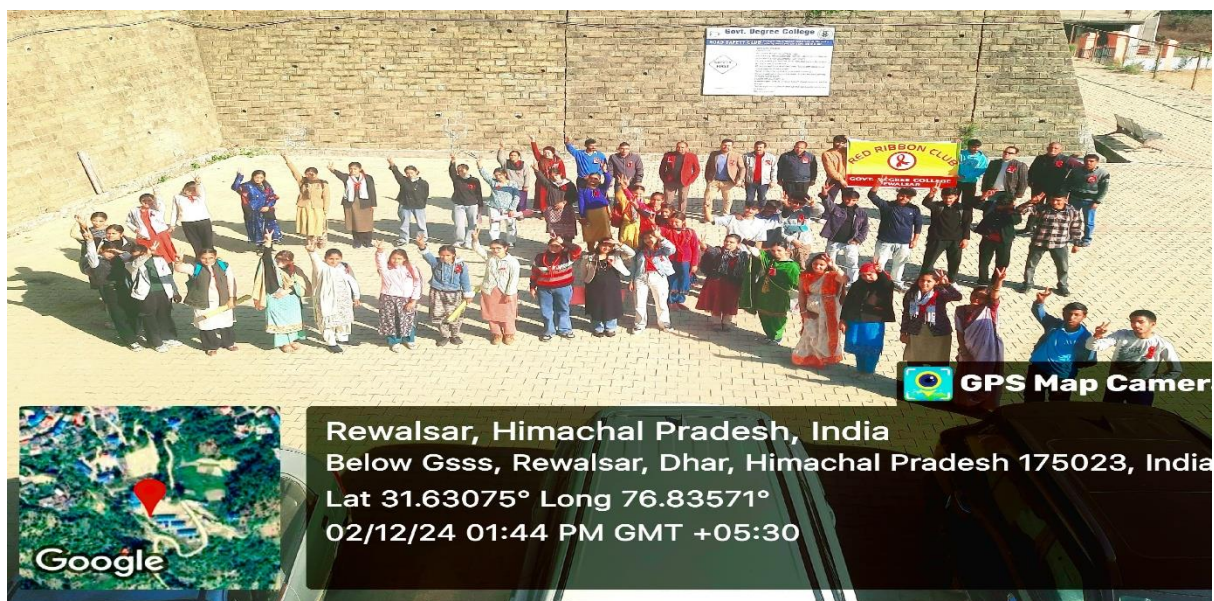


In this competition, Team- B, Team-A and Team-D got first, second and third positions respectively.

iv) A talk on the theme “Take the Rights Path”: A talk on the theme “Take the Rights Path” was held in the college ground to make students aware about the importance of human rights in eliminating HIV/AIDS. A chart on the theme of the Year “Take the Rights Path” was made by the Peer- Educator and Red Ribbon Club President Ms Kajal Sharma.



v) Formation of Human Chain: In this activity chief guest, all the staff members, Club volunteers and students formed a human chain in the college front ground, displaying the shape of A, which stands for awareness regarding HIV/AIDS.



vi) **Cultural Fashion Show**: A cultural fashion show was organised in which Kajal Sharma in Punjabi dress, Sanjana in Pahadi attire, Babita and Tripta in sarees, Lobzang in Tibetan dress Mamta and Kirna Kumari in western dresses participated and gave message: '**Stop AIDS spread awareness**' by displaying placards.



vii) **Awareness Rally**: An Awareness Rally was also organised on the theme HIV/AIDS Awareness, Drug- Addiction and Blood Donation from college campus to bus stand market and towards Rewalsar Lake for spreading awareness among the masses.



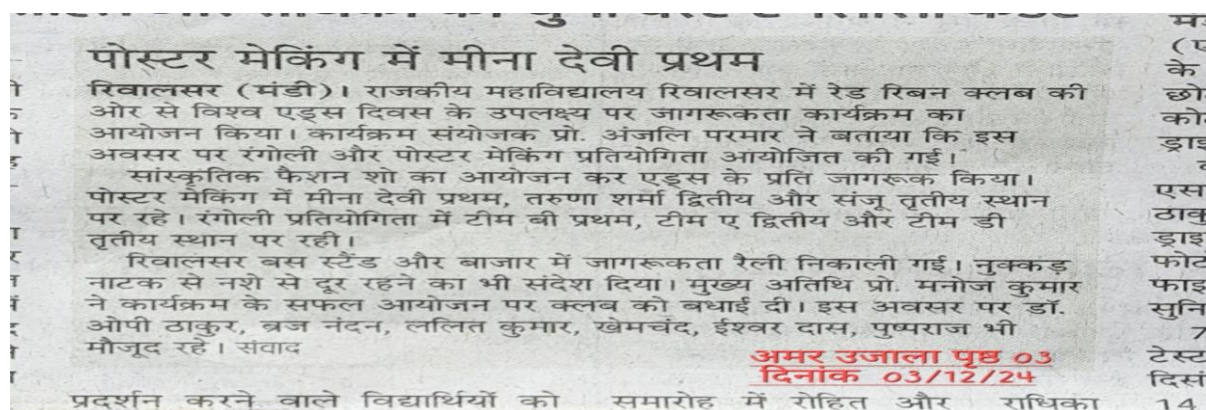
viii) **Nukkad Song**: A Nukkad Song was performed near Rewalsar Lake on the theme of **Drug-Addiction and its Effects on Life and Society**.



ix) **Review**: A review of all the activities performed on the day and earlier was done by Officiating Principal Prof Manoj Kumar.



He appreciated students' efforts and congratulated the Nodal Officer Prof Anjali Parmar for getting third proposition in the category of Best Red Ribbon Club, which is a proud achievement for the college.



रिवालसर द्वारा मनाया गया विश्व एड्स दिवस

रिवालसर /अजय सूर्या /- राजकीय महाविद्यालय रिवालसर में रैड रिबन क्लब द्वारा विश्व एड्स दिवस के उपलक्ष्य पर जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम संयोजक प्रो. अंजलि परमार ने बताया कि रैड रिबन क्लब द्वारा रंगोली व पोस्टर -मेकिंग प्रतियोगिता का आयोजन किया गया। कार्यक्रम की शुरुआत मुख्य अतिथि कार्यवाहक प्राचार्य प्रो. मनोज कुमार, प्राध्यापक वर्ग व छात्रों को रैड रिबन बैंड पहनाकर की गयी। इसके पश्चात् मानव श्रृंखला बनाकर रैड रिबन की आकृति बनाई गयी व सांस्कृतिक फैशन शो का आयोजन करके एड्स के प्रति जागरूक किया गया। प्रो. यश पाल, प्रो. कुलदीप कुमार व प्रो. रमणीक शर्मा ने निर्णायक मंडल की भूमिका निभाई। प्रो. पोस्टर मेकिंग में मीना देवी प्रथम, तरुणा शर्मा द्वितीय व संजू तृतीय स्थान पर रहे। रंगोली प्रतियोगिता में कुल पांच टीमों ने भाग लिया जिसमें टीम बी प्रथम, टीम ए द्वितीय व टीम डी तृतीय स्थान पर रही। तत्पश्चात् रैड रिबन क्लब व एंटी ड्रग क्लब ने एड्स व नशे के प्रति जनसाधारण को सजग करने के लिए रिवालसर बस स्टैंड व बाजार में जागरूकता रैली निकाली। बाजार में क्लब के छात्रों ने विविधता में एकता की झलक दिखलाते हुए नशा विषय पर नुक्कड़ नाटक किया। मुख्य अतिथि प्रो. मनोज कुमार ने कार्यक्रम के सफल आयोजन पर क्लब को बधाई दी। इस अवसर पर डॉ. ओ. पी. ठाकुर, डॉ. ब्रज नंदन व श्री ललित कुमार, श्री खेमचंद, श्री ईश्वर दास, श्री पुष्पराज भी शामिल हुए।



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राजकीय महाविद्यालय रिवालसर द्वारा मनाया गया विश्व एड्स दिवस

दिनांक 03/12/24

रिवालसर / अजय सूर्या
हिन्द घोष टाईम्स

राजकीय महाविद्यालय रिवालसर में रैड रिबन क्लब द्वारा विश्व एड्स दिवस के उपलक्ष्य पर जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम संयोजक प्रो. अंजलि परमार ने बताया कि रैड रिबन क्लब द्वारा रंगोली व पोस्टर -मेकिंग प्रतियोगिता का आयोजन किया गया। कार्यक्रम की शुरुआत मुख्य अतिथि कार्यवाहक प्राचार्य प्रो. मनोज कुमार, प्राध्यापक वर्ग व छात्रों को रैड रिबन बैंड पहनाकर की गयी। इसके पश्चात् मानव श्रृंखला बनाकर रैड रिबन की आकृति बनाई गयी व सांस्कृतिक फैशन शो का आयोजन करके एड्स के प्रति जागरूक किया गया। प्रो. यश पाल, प्रो. कुलदीप कुमार व प्रो. रमणीक शर्मा ने निर्णायक मंडल की भूमिका निभाई। प्रो. पोस्टर मेकिंग में मीना देवी प्रथम, तरुणा शर्मा



द्वितीय व संजू तृतीय स्थान पर रहे। रंगोली प्रतियोगिता में कुल पांच टीमों ने भाग लिया जिसमें टीम बी प्रथम, टीम ए द्वितीय व टीम डी तृतीय स्थान पर रही। तत्पश्चात् रैड रिबन क्लब व एंटी ड्रग क्लब ने एड्स

व नशे के प्रति जनसाधारण को सजग करने के लिए रिवालसर बस स्टैंड व बाजार में जागरूकता रैली निकाली। बाजार में क्लब के छात्रों ने विविधता में एकता की झलक दिखलाते हुए नशा विषय पर नुक्कड़ नाटक किया। मुख्य अतिथि

प्रो. मनोज कुमार ने कार्यक्रम के सफल आयोजन पर क्लब को बधाई दी। डॉ. ओ. पी. ठाकुर, डॉ. ब्रज नंदन व श्री ललित कुमार, श्री खेमचंद, श्री ईश्वर दास, श्री पुष्पराज भी शामिल हुए।

The program ended with the vote of thanks by Prof Anjali Parmar, Nodal Officer of Red Ribbon Club.

Awareness session: Red Ribbon Club of the college organised an Awareness Session in the college on 21st March 2025. In this program Nodal Officer Anjali Parmar delivered a lecture on the topic “**Personal Health and Hygiene**”.



In the session an elaborative description of body, oral, hand, feet, respiratory and sleep health and hygiene was given to sensitize the students. Principal Dr K C Kashyap stressed upon the value of saving water and motivated the students to keep the environment clean. Prof Deepak Gautam inspired the students to keep the environment clean and control noise pollution. Dr OP Thakur motivated the students to get up early in the morning and go for a walk and physical exercise. Dr Braj Nandan motivated students to plant more trees for making this earth beautiful and pollution- free. The interactive session became fruitful and successful by relating clean environment with human health and hygiene. Nodal Officer of the Red Ribbon club thanked the chief guest all the guests, RRC volunteers and the students for making this session successful.

Submitted to:
CMO/DAPO
ZH Mandi

Submitted by:
Anjali Parmar
Nodal Officer
Red Ribbon Club
GDC Rewalsar



**OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE
REWALSAR DISTT. MANDI (H.P)**

✉ gdcrewalsar@gmail.com

☎ 01905-240204

Website: gdcrewalsar.ac.in

Dated: 29th March, 2025

UTILIZATION CERTIFICATE

This is to certify that an amount of Rs. 7500/- (Rupees seven thousand and five hundred only) sanctioned by CMO, Zonal Hospital Mandi, to the college Red Ribbon Club has been utilised as per the Activity Calender for the Financial year 2024-25.

The bills and vouchers are kept in the college office for record.

(Anjali Parmar)
Nodal Officer
Red Ribbon Club
GDC Rewalsar

Principal
Govt. Degree College
Rewalsar Distt. Mandi (H.P.)



**OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE
REWALSAR DISTT. MANDI (H.P)**

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1. Amount received from CMO Zonal Hospital Mandi for the session 2024-25= **7500/-**
2. Detail of Expenditure:

S.No.	Detail	Amount
i.	Refreshment distributed during Flash Mob-1	380
ii.	Purchase of material for Poster making & slogan writing competition on 31.08.2024	1460
iii.	Refreshment distributed during Awareness session/lecture on HIV/AIDS: Precaution & Treatment on 10.10.2024	800
iv.	Refreshment given to the volunteers during video show on AIDS Awareness on 18.10.2024	640
v.	Purchase of material for Rangoli making & poster making competitions on occasion of World AIDS Day Awareness Programme on 02.12.2024	820
vi.	Purchase of stock register	200
vii.	Purchase of Banner & Banner with board	1500
viii.	Distribution of refreshment during Awareness Programme on 21.03.2025	1700
ix.	FUND UTILIZED	7500/-

3. Balance: **NIL**

Dated: 29.03.2025

(Anjali Parmar)
Nodal Officer
Red Ribbon Club
GDC Rewalsar

Principal
Govt. Degree College
Rewalsar Distt. Mandi (H.P.)