

Red Ribbon Club

Activities of the Club

Session 2023-24



Compiled By

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Coordinator

Red Ribbon Club

G.H.G. Khalsa College of Education,

Gurur Sadhar, Ludhiana

RED RIBBON CLUB

Red Ribbon Club is a movement started by the Government of India in schools and colleges through which, students will spread awareness over HIV / AIDS.

Coordinator of the Red Ribbon Club: Dr Manu Chadha

Members: Students of B Ed and M Ed

THE OBJECTIVES OF THE RED RIBBON CLUB INCLUDE:

- To spread awareness among the youth particularly the students about the dreaded disease the HIV/AIDS.
- To reduce new occurrences of HIV infection among youth by raising their risk perception through awareness on HIV prevention methods.
- To aware and counsel the students regarding their health in terms various diseases.
- To motivate youth and build their capacity as peer educators and change agents by developing their skill on Leadership, negotiation and team building.
- To create sentence about drug abuse and its harmful effects.

VARIOUS ACTIVITIES ORGANIZED BY THE COLLEGE RRC:

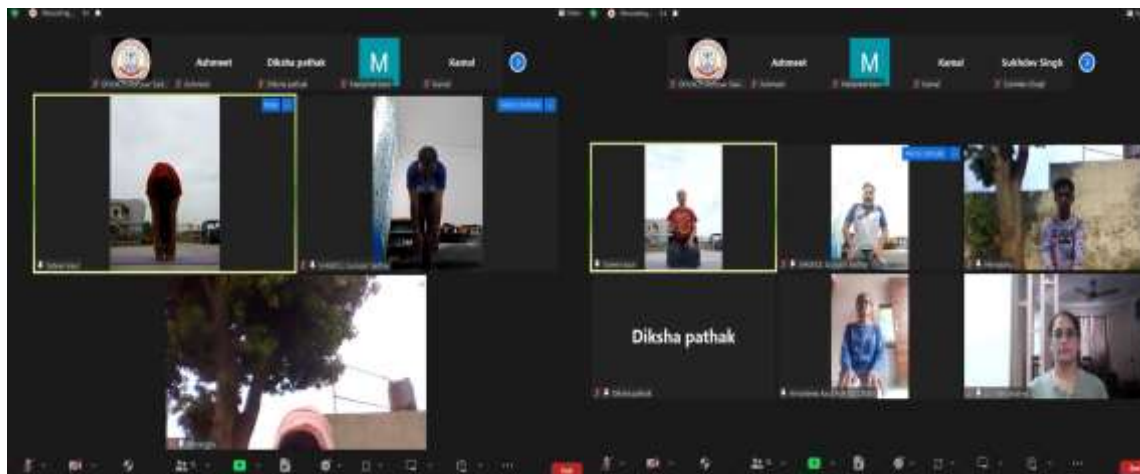
- HIV Aids awareness and counseling.
- Health awareness programme
- Organize the free medical check -up and blood donation camps in the college campus
- Organize slogan writing, poster making, debates, and declamation competitions.
- Celebrating days of importance related to health and hygiene

S. No	Name of RRC Members	Class	S. No	Name of RRC Members	Class
1.	MEHAK	B.Ed - I	26.	AMANDEEP KAUR	B.Ed - II
2.	DAVINDERJOT KAUR	B.Ed - I	27.	LAKSHMI DEVI	B.Ed - II
3.	ADARSHPAL VERMA	B.Ed - I	28.	GURPREET KAUR	B.Ed - II
4.	RAMANDEEP KAUR	B.Ed - I	29.	SUSHMA JAIN	B.Ed - II
5.	JASHANPREET SINGH	B.Ed - I	30.	RAMANDEEP KAUR	B.Ed - II
6.	MANPREET KAUR	B.Ed - I	31.	PRABHJOT KAUR	B.Ed - II
7.	AJAYPAL SINGH	B.Ed - I	32.	AMANJOT SINGH	B.Ed - II
8.	GAGANDEEP KAUR	B.Ed - I	33.	ISHA MITTAL	B.Ed - II
9.	RAVNEET KAUR	B.Ed - I	34.	AMRINDER SINGH	B.Ed - II
10.	PRIYA	B.Ed - I	35.	SIMRANJEET KAUR	B.Ed - II
11.	SARBJEET KAUR	B.Ed - I	36.	PAVNEET KAUR	B.Ed - II
12.	SUKHMANPREET KAUR	B.Ed - I	37.	RIYA	B.Ed - II
13.	PRABHJOT KAUR	B.Ed - I	38.	MANPREET	B.Ed - II
14.	PREETI	B.Ed - I	39.	TANIA SOOD	B.Ed - II
15.	SURINDER KAUR	B.Ed - I	40.	KIRANDEEP KAUR	B.Ed - II
16.	DAMANDEEP KAUR	B.Ed - I	41.	ONKARJOT KAUR	B.Ed - II
17.	NEHA	B.Ed - I	42.	JASPREET KAUR	B.Ed - II
18.	AMANDEEP SINGH	B.Ed - I	43.	ACHAL SILVESTER	B.Ed - II
19.	OSHEEN KAPOOR	B.Ed - I	44.	SWARNJIT KAUR	B.Ed - II
20.	NAVROOP SINGH	B.Ed - I	45.	HARPREET KAUR	B.Ed - II
21.	CHARANJEET KAUR	B.Ed - I	46.	BABANPREET KAUR	B.Ed - II
22.	PRASHANT KUMAR	B.Ed - I	47.	UTTAMPREET KAUR	B.Ed - II
23.	ABHAY KUMAR	B.Ed - I	48.	MANJINDER KAUR	B.Ed - II
24.	ANAY KUMAR	B.Ed - I	49.	ANMOL S. BANGARH	B.Ed - II
25.	KHUSHBOO SINGLA	B.Ed - I	50.	PARWINDER KAUR	B.Ed - II

International Yoga Day

In order to promote the physical, mental, and spiritual benefits of yoga among students, faculty, and the broader community, NSS Wing and Red Ribbon Club of G.H.G. Khalsa College of Education, Gurusar Sadhar, Ludhiana celebrated International Yoga Day on June 21, 2024 by conducting an online session. The celebration began with an inspiring opening address by Dr. Jagjit Singh, NSS Programme Officer in College, who emphasized the importance of incorporating yoga into daily routines for improved physical and mental health. The event featured interactive yoga sessions led by esteemed yoga instructor Ms. Satleen Kaur, from Guru Nanak International Public School, Ludhiana who guided participants through a series of postures and breathing exercises. While congratulating the NSS and Red Ribbon Club incharges on the successful completion of the session, Dr. Pargat Singh Garcha, Principal of the College said that G.H.G. Khalsa College of Education is a leading institution committed to academic excellence and the holistic development of its students. Through various initiatives and events, the college fosters a supportive and inclusive environment that promotes health and well-being. Dr. Mini Sharma, NSS Programme Officer in the College extended vote of thanks at the end of the event.





World Environment Day Celebration

Following activities were conducted in order to observe world environment day by Red Ribbon Club of the College on June 05, 2024:

Pledge to Adopt an Environment-friendly Lifestyle

All the students and faculty members in the college took pledge on “Lifestyle for the Environment”, wherein the students vowed to preserve their environment and make the earth a better place to live in. They committed themselves to consciously participate in taking up an environmental lifestyle and inculcate long-term environment friendly habits.

Tree Plantation Drive

NSS Unit, Eco Club and Red Ribbon club of the College organized a “Tree Plantation Drive” in college premises as well as the surrounding areas in which NSS volunteers along with faculty members participated diligently with great zeal and enthusiasm. Conserving environment and tackling pollution caused by environmental degradation is the need of the hour for which this drive was organized. The participants reached the college at 10 am on June 5, 2024 and raised awareness about the environment by planting various saplings brought by them and provided by the college faculty in the college campus. The program took place under the guidance of IQAC Coordinator Dr. Manu Chadha and NSS Programme officers, Dr. Mini Sharma and Dr. Jagjit Singh who also took the initiative to plant trees along with the others to create environmental awareness and send a message about conserving it among the masses. The programme was a huge success with immense participation of the volunteers and the staff.

Say No to Plastic Campaign – Best Out of Waste Activity

B.Ed. and M.Ed. students of the College enhanced the vertical garden of the College by putting more waste plastic bottles with saplings in them. They also make them look beautiful by painting flowers and educational content on them. Through this activity they took a pledge to motivate each individual to take necessary steps to stop plastic pollution. This activity helped them understand the need to take an immediate action to save our planet from plastic pollution.





Cycle rally and special lecture dedicated to the Birth Anniversary of Shaheed-e-Azam Bhagat Singh

Red Ribbon Club, NSS unit, Punjabi Sahitya Sabha and Social Vision Club of G.H.G. Khalsa College of Education, Gurusar Sadhar commemorated the birth anniversary of Shaheed Bhagat on March 23, 2024. The day was jointly celebrated by the G.H.G. Khalsa College of Education, G.H.G. Khalsa College, and G.H.G. Khalsa College of Pharmacy. A bicycle rally was taken out by the students and teachers at 7.00 am. This rally was flagged off from G.H.G. Khalsa College to G. H. G. Khalsa College of Education and passing through Sudhar market and Exchange road finally reached Degree College.

A special lecture related to the life of Shaheed Bhagat Singh was organized at 11.00 on the initiative of Punjabi Sahitya Sabha of the college, the topic of which was 'A Glimpse on the Life of Shaheed Bhagat Singh'. Degree College Principal Prof. Inderjeet Singh while addressing the students on the occasion said that Bhagat Singh's life was greatly influenced by the social conditions of his time. Prof. Inderjeet encouraged the students to emulate Bhagat Singh's courage and dedication in the pursuit of a better future for our country. Dr. Pargat Singh Garcha while speaking on the occasion said that Bhagat Singh is the name of an ideology. He further said that his legacy inspires us to uphold the values of freedom, justice and equality.

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In the second phase of the day at one o'clock, a special symposium was organized by the Punjabi Sahitya Sabha in the library of B.Ed. College, the topic of which was the “story of Shaheed-e-Azam Sardar Bhagat Singh”. On this occasion Dr. Jagjit Singh from Punjabi Sahitya Sabha of the college gave a detailed lecture on Bhagat Singh Ji's life and teachings. In the end, this special symposium was concluded with the musical sounds of the words 'Hind Vasio Rahana Yaad Sanu...' by all the teachers and students of the college.

S. Manjit Singh Gill, President College Governing Council and Dr. S. S. Thind, Secretary College Governing Council appreciated the efforts of faculty and the students for organizing the events.



Tree Plantation Drive to Commemorate National Science Day

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Madam Marie Curie Science Club, Red Ribbon Club and NSS wing of G.H.G. Khalsa College of Education, Gurusar Sadhar organized a tree plantation drive to commemorate National Science Day on February 28, 2024. The drive was aimed to instill a sense of responsibility among students towards the environment and aligns with the College's commitment to promote scientific awareness and sustainable practices. In conjunction with the tree plantation drive an awareness workshop on the theme "Vermicomposting" was also organized by the College. This hands-on event aimed to educate students and the faculty about the benefits of vermicomposting and its role in waste management. Students were enlightened about the science behind vermicomposting, the types of organic waste suitable for the process and the environmental impact of traditional waste disposal methods.

All the faculty, students and staff members actively participated in this eco-friendly endeavor. Dr. Pargat Singh Garcha, Principal of the College appreciated the efforts of Dr. Manu Chadha, Incharge Madam Marie Curie Science Club, Dr. Mini Sharma and Dr. Jagjit Singh NSS Programme officers for organizing the tree plantation drive and engaging students in impactful workshop on vermicomposting.





Vigilance Awareness Week

NSS and Red Ribbon Club of G.H.G. Khalsa College of Education, Gurusar Sadhar observed Vigilance Awareness Week from October 30-November 5, 2023 on the theme “Say No to corruption: Commit to the Nation”. Different activities were carried out in this regard in the College campus. On October 31, 2023 an Integrity Pledge was taken by all the students and faculty of the college.

On November 02, 2023 a slogan writing/Poster making competition was organized by the Fine Arts Department of the college. The students of B.Ed. and M.Ed. actively took part in the slogan writing competition and made beautiful posters with impressive slogans written on them. They wrote slogans like: “Say No to Corruption”, “Anti-Corruption Starts from You”, “Corruption- Your No Counts”, “Brake the Corruption Chain”, etc. All the posters prepared by students were later displayed in the college library. A special morning assembly was also organized on the occasion in which the students and faculty members presented their views on the theme “Corruption” in the form of poems, speeches and PowerPoint presentations. A special lecture on the theme “Menace of Corruption and the Ways to Eradicate It” was also organized as the part of Vigilance Awareness Week where Dr. Manu Chadha, Incharge IQAC of the college shared examples related to the corruption prevalent in the society. She also highlighted the duties of every citizen to combat

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the problem of corruption. The B.Ed. students of the Semester III who are on their School internship programme also celebrated Vigilance Awareness Week in their respective practicing schools. Dr. Pargat Singh Garcha, Principal of the College while interacting with the students made the students aware about the importance of observing Vigilance Awareness Week. He also appreciated the efforts of Red Ribbon and NSS Club for organizing the event.





Cleanliness Drive and Environment Awareness Rally to Commemorate Birth Anniversary of Mahatma Gandhi

The NSS Unit and Red Ribbon Club of G.H.G. Khalsa College of Education, Gurusar Sadhar, Ludhiana under the able leadership of Dr. Pargat Singh Garcha, Principal of the College and as per the direction of Department of Higher Education, Govt. of Punjab organized a series of activities to commemorate the birth anniversary of Mahatma Gandhi. A plethora of activities were organized on this occasion in the College Campus. A Cleanliness drive was organized as the initial activity for the day where the students cleaned the College campus including

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classrooms, staff room, College Hall, parking area and various labs of the College. Students and faculty of the College also organized a rally on the ill effects of indiscriminate usage of plastic. The rally was flagged off by Principal Dr. Pargat Singh Garcha. During the awareness rally, students raised the slogan "Say no to Plastic and Save the Environment". College students also created awareness among the local people about the harm of using single use plastic. Students visited the homes of the local people and made them aware of the dreadful impact of plastic on the environment. They also told them about the alternatives of using plastic and thereby helping in sustaining a clean and green environment. Students of the College participated in Slogan writing activity. They prepared various slogans to highlight the need of saving the environment from harmful plastics.

