

Red Ribbon Club

Activities of the Club

Session 2024-25



Compiled By

Dr. Manu Chadha

Coordinator

Red Ribbon Club

G.H.G. Khalsa College of Education,

Guruser 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.	AMANJOT KAUR	B.Ed - I	26.	RAMANDEEP KAUR	B.Ed - I
2.	MUSKAN KALRA	B.Ed - I	27.	NAVPREET SINGH	B.Ed - I
3.	BHAVNEET SINGH	B.Ed - I	28.	POOJA JALOTA	B.Ed - I
4.	GURLEEN KAUR TIWANA	B.Ed - I	29.	KASHISH JAIN	B.Ed - I
5.	HARMANDEEP KAUR	B.Ed - I	30.	KOMALPREET KAUR	B.Ed - I
6.	ASHIMA SOOD	B.Ed - I	31.	JASANDEEP SINGH	B.Ed - I
7.	JASPREET KAUR	B.Ed - I	32.	SANDEEP KAUR	B.Ed - I
8.	ALKA RANI	B.Ed - I	33.	JASJINDER KAUR	B.Ed - I
9.	GURMANT KAUR	B.Ed - I	34.	ARZOO BANSAL	B.Ed - I
10.	JASHANDEEP SINGH	B.Ed - I	35.	MAHENDRA K. BOCHALYA	B.Ed - I
11.	JATIN SINGH	B.Ed - I	36.	KUMARI JYOTI	B.Ed - I
12.	AMANDEEP KAUR	B.Ed - I	37.	KOMALPREET KAUR	B.Ed - I
13.	AMANPREET KAUR	B.Ed - I	38.	ANU BALA	B.Ed - I
14.	DAVINDER KAUR	B.Ed - I	39.	JOBANPREET KAUR	B.Ed - I
15.	SIMARJIT KAUR	B.Ed - I	40.	MANDEEP KAUR	B.Ed - I
16.	JASPREET KAUR	B.Ed - I	41.	LOVEPREET SHARMA	B.Ed - I
17.	SIMRANJEET K. BAGHRI	B.Ed - I	42.	SANAMDEEP KAUR	B.Ed - I
18.	JASPREET KAUR	B.Ed - I	43.	DAVINDER SINGH	B.Ed - I
19.	KAMALJEET KAUR	B.Ed - I	44.	SHALINI	B.Ed - I
20.	NAVNEET KAUR	B.Ed - I	45.	MUSKAN	B.Ed - I
21.	NAVDEEP KAUR	B.Ed - I	46.	SANDEEP KAUR	B.Ed - I
22.	MUSKAN	B.Ed - I	47.	PAWANDEEP KAUR	B.Ed - I
23.	ANOUSHKA GARG	B.Ed - I	48.	GURDEEP SINGH	B.Ed - I
24.	ISHPREET KAUR	B.Ed - I	49.	VADANA CHHABRA	B.Ed - I
25.	AMANJOT KAUR	B.Ed - I	50.	PINKI	B.Ed - I

Blood Donation and Health Checkup Camp

Red Ribbon Club of G.H.G. Khalsa College of Education, Gurur Sar Sadhar organized a Blood Donation and Health Check-up Camp on February 11, 2025. The primary objectives of the blood donation camp were to encourage students and faculty members to donate blood voluntarily and to spread awareness about the importance of blood donation and its life-saving impact. A total of 59 donors registered in the camp with participation from a diverse group of students, staff, and faculty members, all of whom were eager to contribute to this noble cause.

The event was conducted in collaboration with Dayanand Medical College and Hospital, Ludhiana and local healthcare professionals. A team of doctors, nurses, and students of the College actively participated in organizing and managing the camp.



National Youth Day Celebration at G.H.G. Khalsa College of Education, Gurusar Sadhar

National Youth Day was celebrated on January 16th, 2025 in the College campus to commemorate the birth anniversary of Swami Vivekananda, a prominent philosopher, social reformer, and spiritual leader who inspired countless individuals, particularly the youth, to follow the path of knowledge, self-development, and social responsibility. College organized an array of activities to mark this occasion, honoring Swami Vivekananda's legacy and inspiring students to contribute positively to society. The celebration was well-attended by students and faculty members. The event was graced by Principal, Dr. Pargat Singh Garcha Guest who delivered the opening remarks. He emphasized the importance of youth in shaping the future of the nation and highlighted Swami Vivekananda's vision for youth empowerment. A brief video on Swami Vivekananda's life and teachings was screened, providing the students with a deeper understanding of his contributions. One of the key events of the day was the speech contest based on the theme, "The Role of Youth in Nation Building." Students from B.Ed., M.Ed. and PGDG&C participated in the competition and delivered inspiring speeches that reflected their understanding of Vivekananda's message. The speeches focused on topics such as self-reliance, education, and the importance of youth leadership in modern society. The National Youth Day celebration in the College was a resounding success, with active participation from the students and faculty.





National Voters' Day and Kartvya Bodh Diwas Observed with Great Enthusiasm at G.H.G. Khalsa College of Education, Gurusar Sadhar

Social Vision Club of G.H.G. Khalsa College of Education, Gurusar Sadhar in collaboration with NSS Wing, Electoral Literacy Club, RRC Club of the College and ABRSM, Punjab celebrated National Voters' Day and Kartvya Bodh Diwas on January 25, 2025 with an aim to encourage students and faculty to actively participate in the democratic process of voting and become responsible voters. Dr. Sandeep Sawhney, Principal, Govind National College, Narangwal was chief guest on the occasion. A cultural programme was organized to mark the event. The event began with the recitation of College Shabad followed by a welcome speech by Dr. Pargat Singh Garcha, Principal of the College. Pooja a student of B.Ed. semester II, gave a speech on the topic Importance of Celebrating Voters' Day while Kirandeep Kaur of B.Ed. Semester IV recited a beautiful poem on the topic "Right to Vote". Satwinder Kaur of B.Ed. Semester II shared her thoughts on the topic "Fundamental Rights". B.Ed. students Amritpal Singh and Ranveer Singh presented their views on the topic "Constitution of India". A highlight of the celebration was the mass pledge taking ceremony where faculty along with the students pledged to exercise their voting rights responsibly and encourage others to do the same. While speaking on the occasion, chief guest of the day, Dr. Sandeep Sawhney shared his insight on the historical significance of

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voting and encouraged students to take pride in their constitutional right. Dr. Pargat Singh Garcha, Principal of the College, congratulated the students as well as incharges of the Social Vision Club Dr. Jasleen Kaur, Dr. Jasvir Kaur and Dr. Manpreet Kaur ; RRC club Incharge Dr. Manu Chadha and NSS Programme officers Dr. Mini Sharma and Dr. Jagjit Singh for successfully organizing the event. Further he highlighted that it is youth of any country who hold the power to bring change in the society and by participating in the electoral process we strengthen our democratic process and ensure that our voices are heard. Dr. Rachhpal Singh from the Mathematics department of the College presented a vote of thanks. Dr. H.S. Brar, former Principal of the College and honorary member of the management of G.H.G. Khalsa Colleges, Gurusar Sadhar was also present on the occasion. The event ended with the National Anthem.



Red Ribbon Club and NSS Wing of G.H.G. Khalsa College of Education, Gurusar Sadhar Organized Street Play in Adopted Village to Raise Awareness about Drug Abuse

As a part of its commitment to community welfare and social responsibility Red Ribbon Club and NSS Wing of G.H.G. Khalsa College of Education, Gurusar Sadhar organized a series of outreach activities on Drug Abuse awareness in its adopted village, Patti Dhaliwal, on November 22, 2024. The activities were aimed to educate the villagers, particularly the youth about the dangers of drug abuse and promote a healthy, drug-free lifestyle. A compelling street play was staged on this

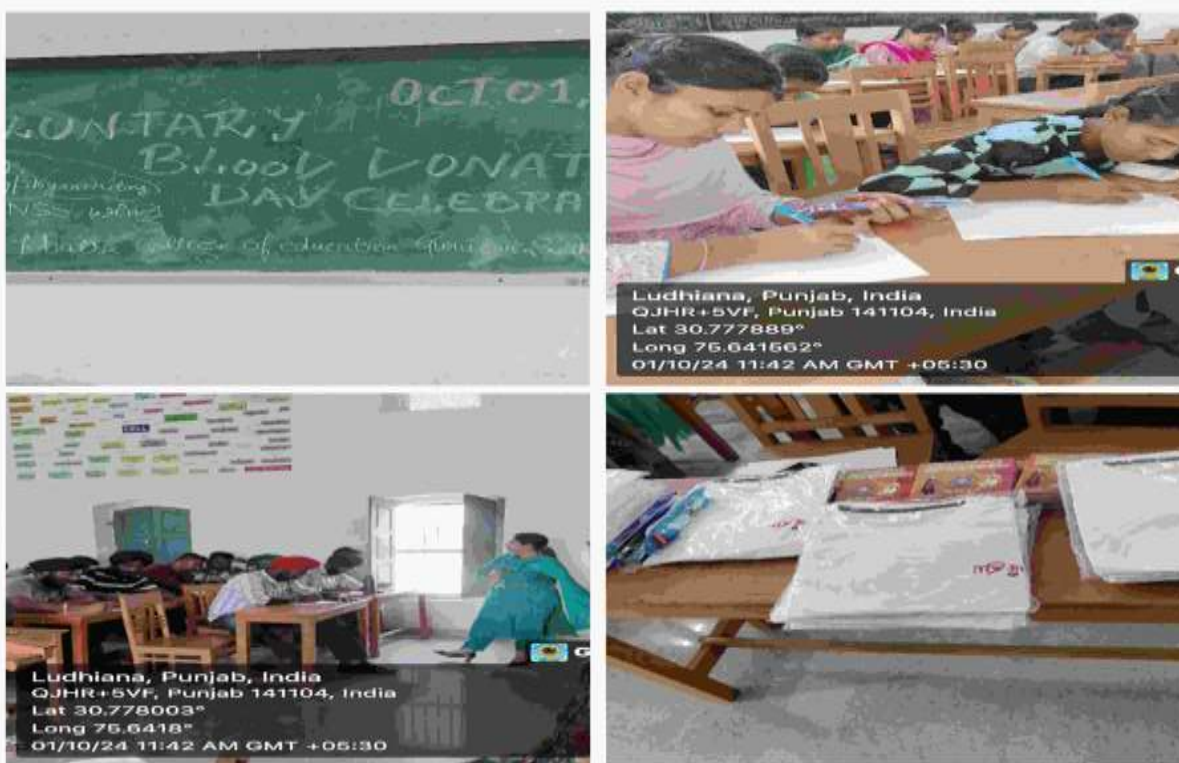
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occasion in order to raise awareness about the adverse effects of drug abuse on individuals, families, and communities. The play highlighted the tragic consequences of substance abuse, resonating deeply with the audience. A Poster- Making activity was also organized by the Red Ribbon Club on November 21, 2024 where the students unleashed their creativity, crafting compelling visuals and slogans to highlight the devastating effects of drug abuse. The vibrant posters prepared by the students were displayed across the village, to create a visual reminder of the dangers of substance misuse and the importance of making informed choices. Principal of the College, Dr. Pargat Singh Garcha congratulated Dr. Manu Chadha, incharge Red Ribbon Club of the College and N.S.S. Programme Officers Dr. Mini Sharma and Dr. Jagjit Singh for successfully organizing the event. He further said that college is committed to perform its social responsibility wholeheartedly and its mission to foster a drug-free society. The outreach programme received an overwhelming response from the villagers. Many attendees expressed gratitude for the initiative, stating that the program had given them valuable insights and practical tools to address drug-related issues.



Voluntary Blood Donation Day celebration- Date: October 01, 2024- Event: Essay Writing and Slogan Writing Activity

An essay writing and Slogan writing activity was organized in the College Campus by the NSS Wing to mark Voluntary Blood Donation Day. Volunteers participated enthusiastically in the essay writing competition, with the topic, “The Role of Youth in Promoting Voluntary Blood Donation”. The competition provided an opportunity to them to express their thoughts on the significance of blood donation, the need for voluntary donors, and how awareness campaigns can motivate individuals to donate blood regularly. In the slogan writing activity, volunteers came up with catchy and impactful slogans to inspire people to donate blood.



G.H.G. Khalsa College of Education, Gurusar Sadhar organized an extension lecture to commemorate Vigilance Awareness Week

NSS and Red Ribbon Club of G.H.G. Khalsa College of Education, Gurusar Sadhar organized an extension lecture to mark Vigilance Awareness Week. The theme of the lecture was “Culture of Integrity for Nation’s Prosperity”. Mr. Subhash Chander, SBI manager, Gurusar Sadhar branch was resource person on the occasion. He shared examples related to the corruption prevalent in the

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society. He also highlighted the duties of every citizen to combat the problem of Corruption. He also shared the role of individuals in fostering a culture of accountability and described the steps that organizations and governments can take to curb corrupt practices. An integrity pledge was also taken by all the students and faculty of the college on this occasion. 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 appreciated the efforts of Red Ribbon and NSS Club for organizing the event. Mr. Manjeet Singh from SBI, Gurusar Sadhar was also present on the occasion.



G.H.G. Khalsa College of Education, Gurusar Sadhar Commemorated Har Ghar Tiranga Campaign

N.S.S. Wing, Red Ribbon Club and Social Vision Club of G.H.G. Khalsa College of Education, Gurusar Sadhar organized a series of events to commemorate Har Ghar Tiranga Campaign which

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is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the India's Independence. The activities organized on the occasion of 78th Independence day included patriotic rally, cultural programme, awareness drives and pledge taking. The cultural event commenced with the soulful College Shabad followed by group songs, skits, group dance and speeches on the patriotic themes. The participants in the event took pledge to be proud of their diverse cultural heritage. In the awareness rally the students and staff marched through the nearby community carrying the national flag and chanting patriotic slogans. The rally was organized to spread awareness about the importance of the "Har Ghar Tiranga" campaign. B.Ed. Semester III students of the College also enthusiastically organized various activities to celebrate the event in their respective internship schools. The various events organized by them included nukkad nataks, quizzes, group songs, skits, group dance, creative writing, poster making, collage making and slogan writing competitions.

Dr. Pargat Singh Garcha, Principal of the College in his address appreciated the efforts of N.S.S. Wing, Red Ribbon and Social Vision Club of the College for organizing the event and further encouraged all the students, teachers and non-teaching staff of the college to exhibit their national pride by hoisting the national flag at their respective homes. Students were also encouraged to take a selfie with the tiranga and upload it on the Har Ghar Tiranga Portal. The event instilled a sense of patriotism among the participants and strengthened the bond between college and community.



International Yoga Day Celebrated at G.H.G Khalsa College of Education, Gurusar Sadhar

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.

