

Red Ribbon Club for the Session
2020-21
 Govt. Degree College Jaulali

Nodal officer — Sonika (Asstt. Prof Economics)
 Peer Educator girls — Ritika Rana
 Peer Educator Boys — Kunal Singh
 members — 70 [40 girls + 30 Boys]

~~Sl. No.~~

Sl. No.	Name	Roll NO.
1	Deeksha	20 Eco 002
2	Manali	20 Eco 001
3	Tsha	
4	Shweta	
5	Sakshi	
6	Mohit	20 Eco 001
7	Amamika Devi	- 19 Eco 001
8	Shagun Chaudhary	- 19 Eco 002
9	Anil Kumar	- 19 Eco 005
10	Sheetal	- 19 Eco 009
11	Sakshi Kaundal	- 19 Eco 010
12	Sonali Chaudhary	- 19 Eco 011
13	Kunal Singh	- 19 Eco 012
14	Arati	- 19 HIN 004
15	Priyanka	- 19 HIN 021
16	Ritika Sanyal	- 19 ENG 005
17	Simran Kaur	- 19 ENG 006
18	Ashish Gulletia	- 19 ENG 011
19	Kamini Salotra	- 19 HIST 008
20	Akesh	- 18 Eco 003
21	Diksha	- 18 Eco 024

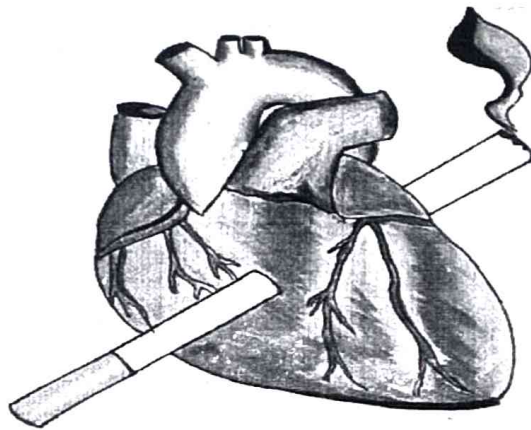
22	Priyanka	-	18 Eco 027
23	Indu Bala	-	19 HIST 029
24	Diksha	-	18 Eco 005
25	Anu Dhiman	-	18 Eco 002
26	Diksha	-	18 Eco 006
27	Disha Dhiman	-	18 Eco 007
28	Diksha	-	18 Eco 008
29	Aryali Kumari	-	18 Eco 009
30	Shivani Choudhary	-	18 Eco 011
31	Shilpa Devi	-	18 Eco 015
32	Varsha Devi	-	18 Eco 022
33	Rallavi	-	18 Eco 023
34	Pooja Devi	-	18 Eco 025
35	Kajal Kumari	-	18 Eco 027
36	Ritika Rana	-	18 Eco 029
37	Tanvi	-	18 HIST 019
38	Shivanya	-	18 HIST 031
39	Nikita	-	18 HIST 051
40	Ata Amandeep	-	18 HIST 053
41	Tanika	-	20 PoL 001
42	Lakshmi	-	20 PoL 002
43	Shelini	-	20 PoL 008
44	Aryali	-	20 PoL 020
45	Tanu Bala	-	20 PoL 037
46	Nikita	-	20 PoL 047
47	Vishal Kumar	-	20 COM 005
48	Rumal Singh	-	20 COM 006
49	Neeraj Kumar	-	20 COM 023
50	Varun Kumar	-	20 COM 027
51	Sahil Choudhary	-	20 COM 029
52		-	20 HIST 00
53		-	20 HIST 0

54	Abhishek Bhardwaj	20 HIN 001
55	Sheetal Rana	20 HIN 002
56	Simran	20 HIN 003
57	manish	20 HIN 009
58	Abhay	20 HIN 010
59	Senal Rudransh	20 HIN 006
60	Banshika	20 ENG 001
61	Neha choudhary	20 ENG 002
62	Ayushi Sharma	20 ENG 004
63	Azoo	20 HIST 002
64	Kashish	20 HIST 003
65	Tammana	20 HIST 006
67	Kiran Bala	18 COM 012
68	Kamini	18 COM 008
69	Nikita	19 COM 040
70	Aditi	19 COM 034

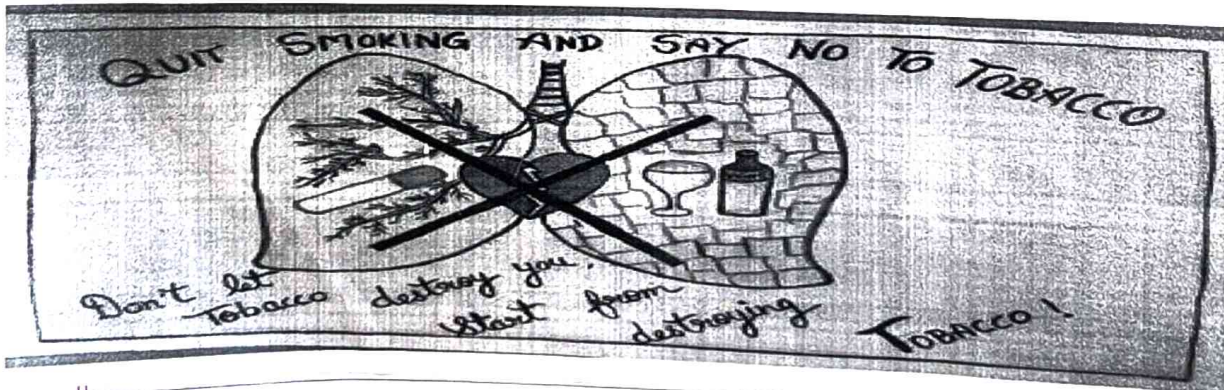
Reports of the activities for the session 2020-21.

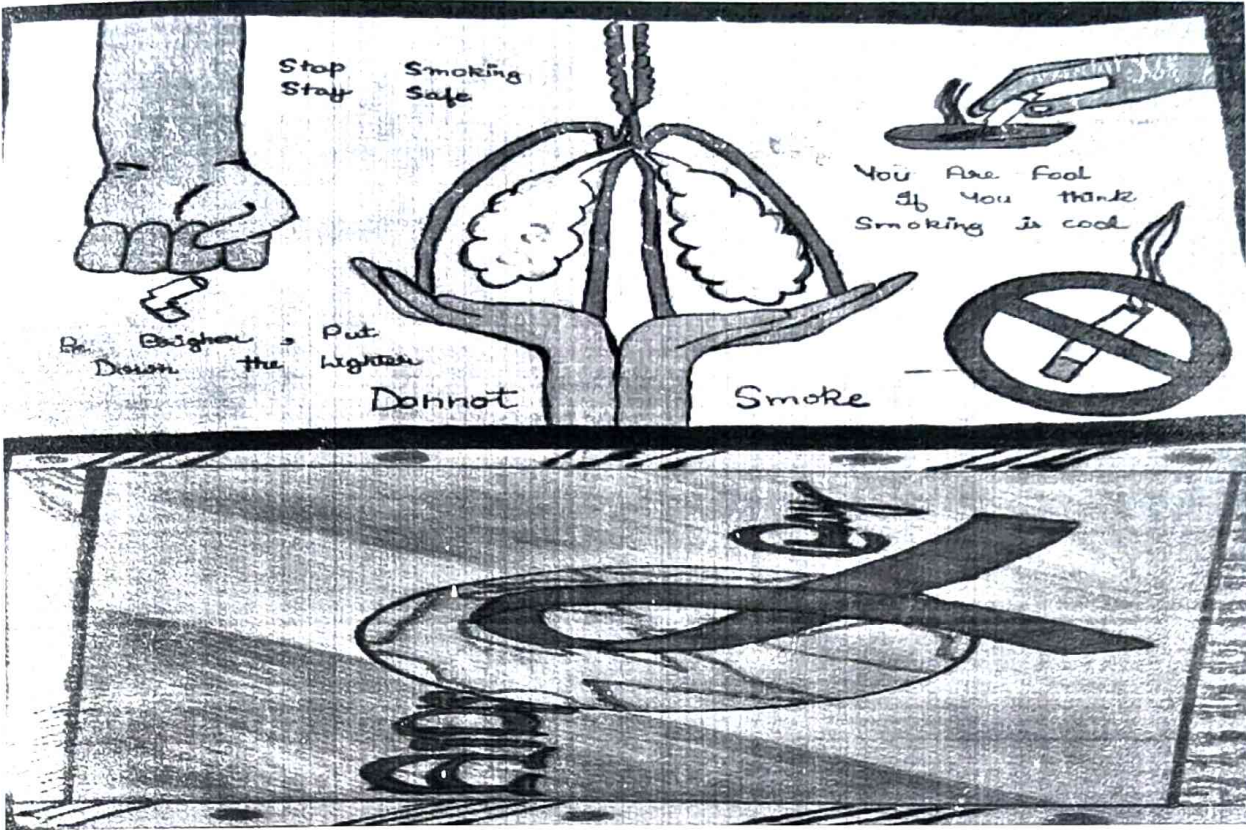
① Today, on 26/06/2020, an online poster making activity was organised by the R.R.C of the college on the occasion of World-Drug Day.


NO SMOKING!

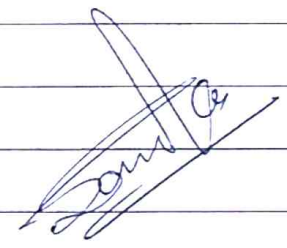


STOP SMOKING!

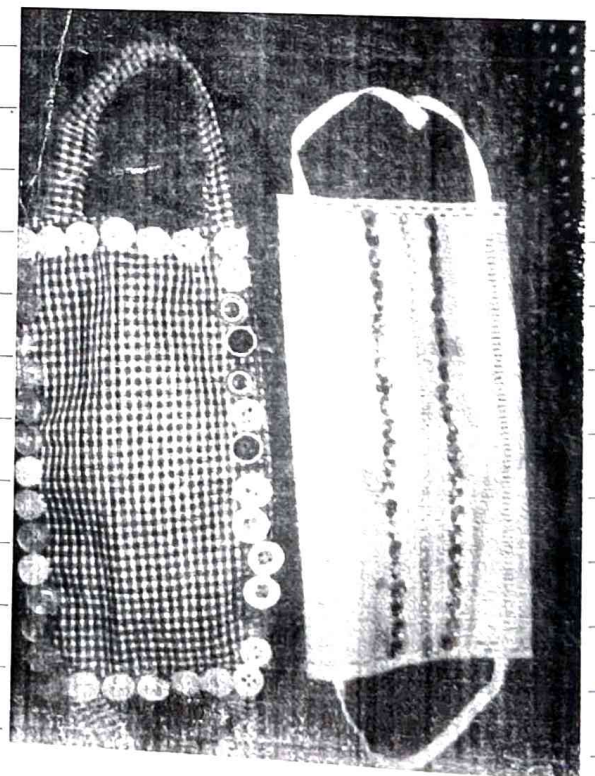
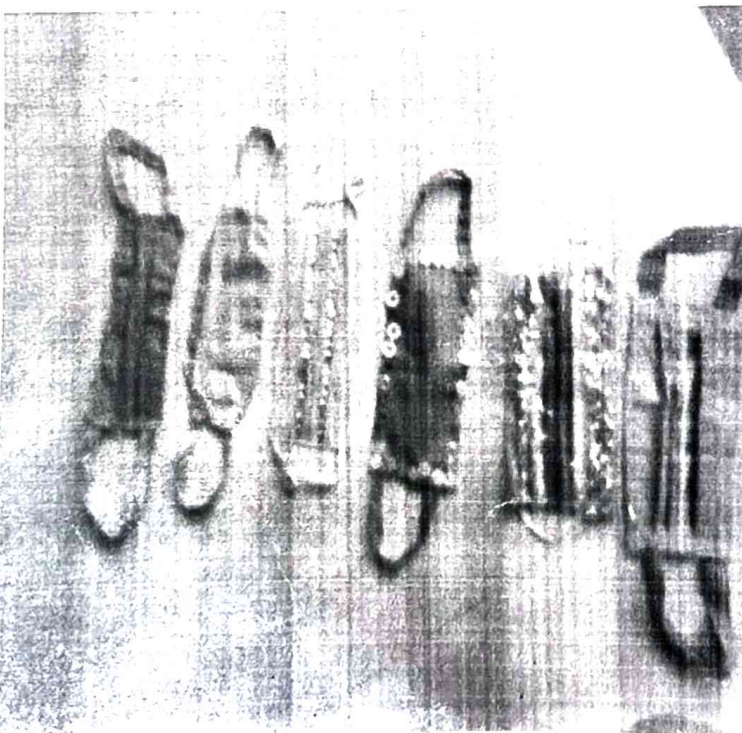
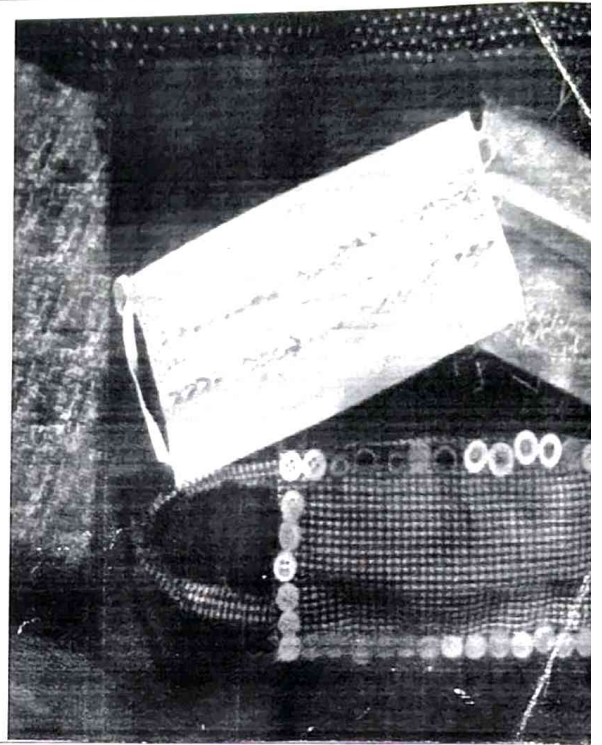
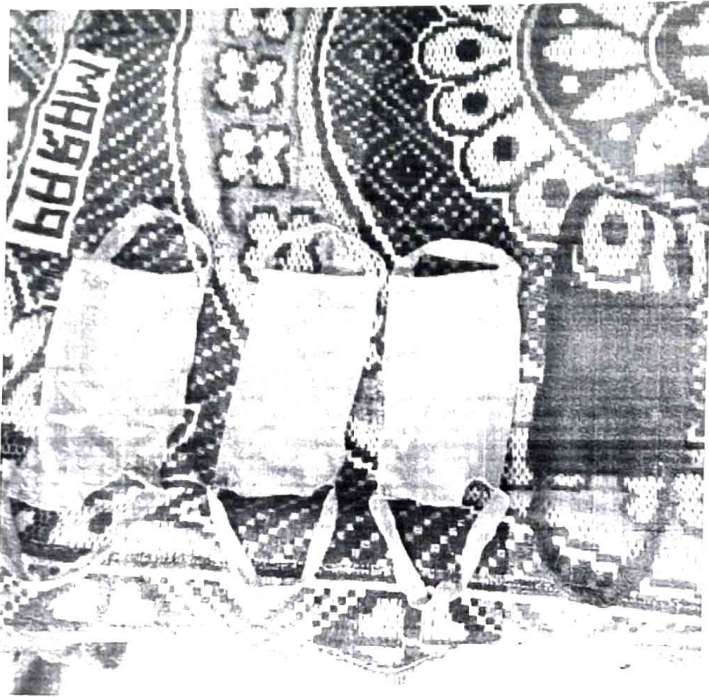






Municipal
G.D.C. Jawali


Nodal officer
G.D.C. Jawali

② Today on 8/07/2020, an online mask making competition was organised by the Red Ribbon Club of the college under engagement of Youth during the COVID situation.






Buncipal

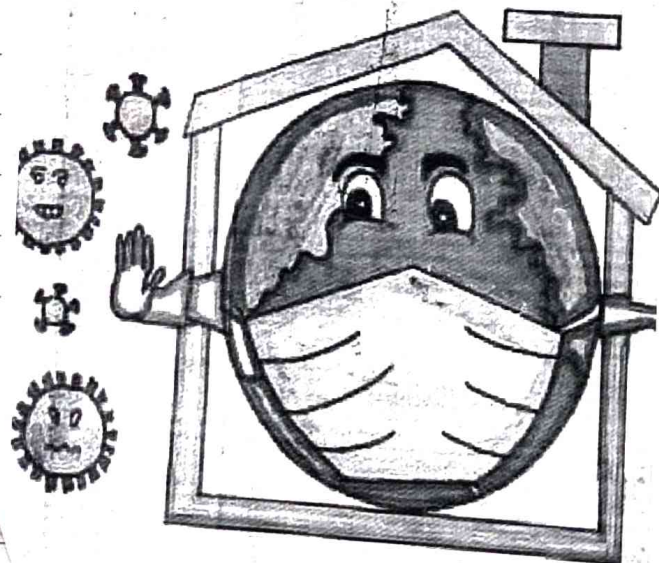
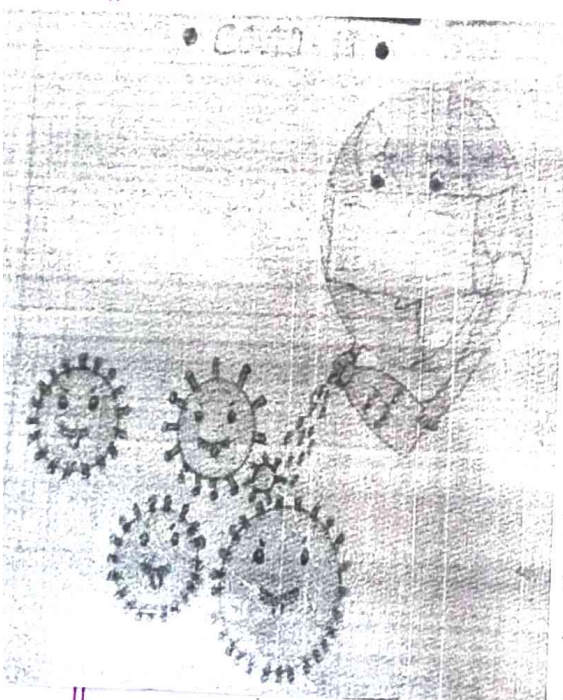
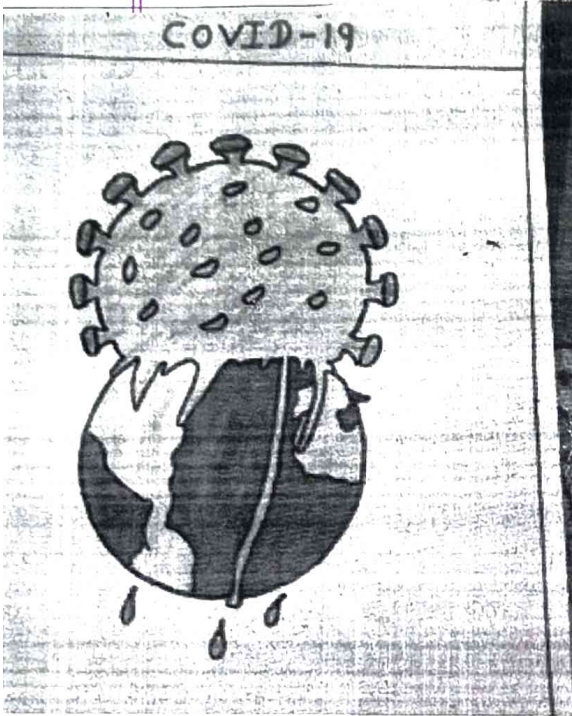
GDC Jawali

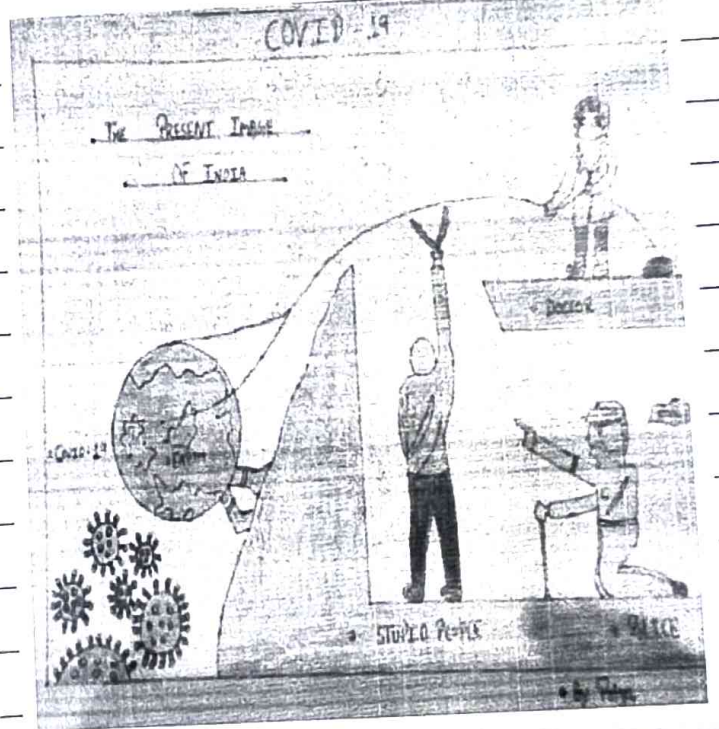
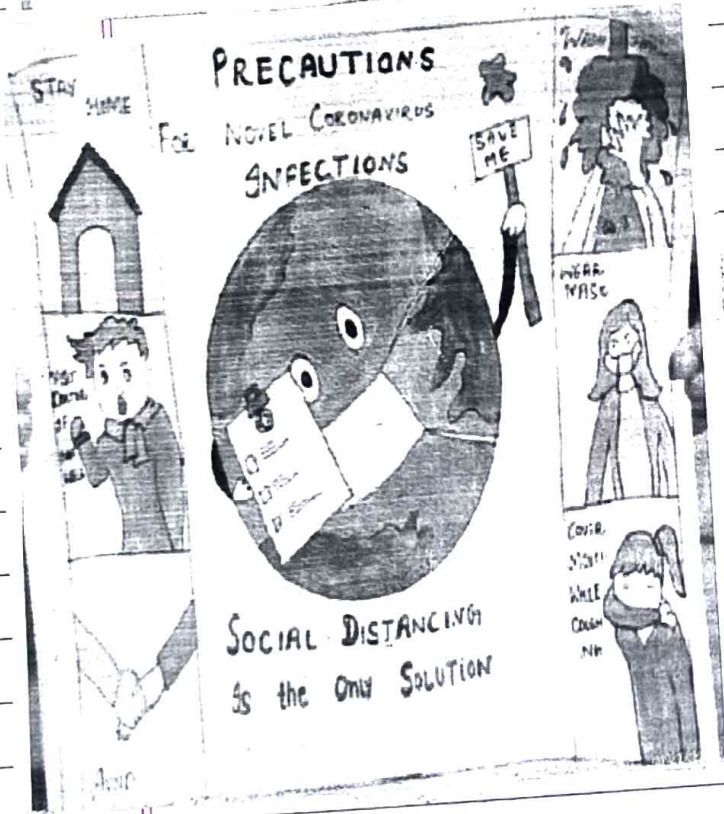
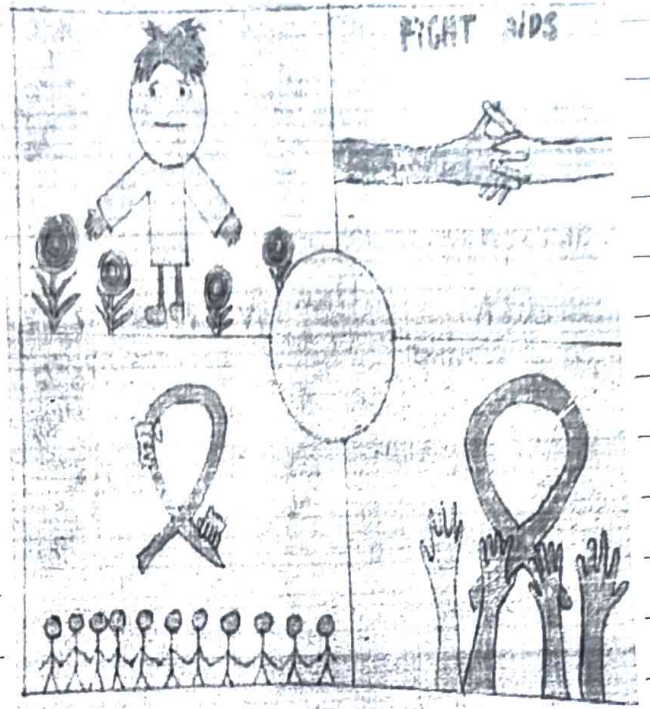


Nodal officer

GDC Jawali

③ Today on 9/07/2020, an online Postcard making competition was organised by the Red Ribbon club of the college on the occasion of International youth day week, on the topic HIV - AIDS and CORONA-VIRUS.





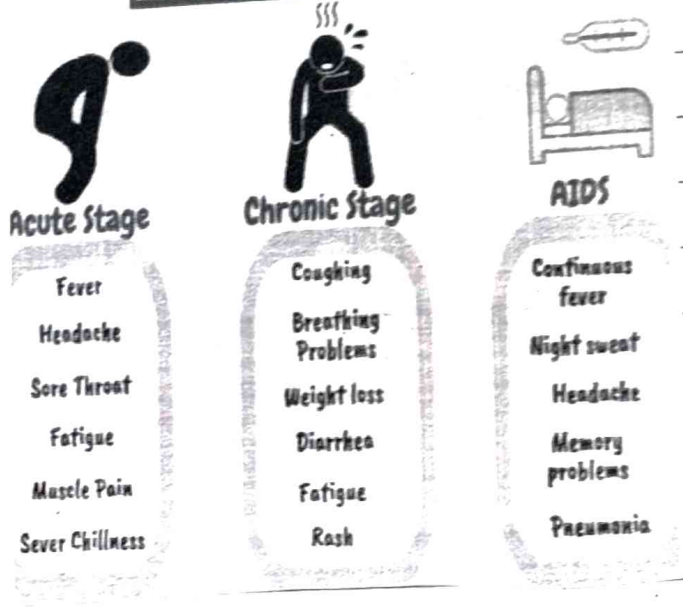
ADP
Principal
G.D.C. Jauwali

Sonika
Nodal officer RRC
G.D.C. Jauwali

⑤ Today on, 11/07/2020, an online activity on one minute promotional videos on - "Stigma free HIV and COVID" and GIFs and memes around the above theme was organised by the Red Ribbon Club of the college.



Stages & Symptoms of HIV



- Taking care of your body. Take deep breaths, stretch or meditate.
- Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and, where possible, avoid alcohol and drugs.
- Making time to unwind and reminding yourself that negative feelings will fade. Take breaks from watching, reading or listening to news stories—it can be upsetting to hear about the crisis repeatedly. Try to do some other activities you enjoy in order to return to your normal life.
- Connecting with others. It's important to know how you are feeling.

- Not all countries have implemented policies to allow for longer prescriptions.
- Be in touch with your health-care provider as early as possible. Consider working with others in your community to persuade health-care providers and decision-makers to provide multi-month prescriptions for your essential medicines.
- Discuss with your network of family and friends how to support each other in the event that social distancing is required. Make alternate arrangements for food, medicine, and other necessities.
- Stay connected. Let them know how you are feeling.
- Connect with your support network. Make a plan to stay in touch with people in the community. Encourage people to

Stay safe

- ▶ Clean hands frequently with soap and water (for 40-60 seconds) or an alcohol-based hand sanitizer (for 20-30 seconds)
- ▶ Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing. Throw the tissue away after use. Avoid close contact with anyone who has a fever or cough. Stay home when you are ill.
- ▶ If you are experiencing symptoms such as difficulty breathing and have recently traveled to or lived in an area where COVID-19 is spreading, seek medical care immediately from your local health department or local hospital. Before you go, call ahead and tell them you may have COVID-19 so they can protect others.
- ▶ If you are sick, avoid close contact with others.

Be Prepared

You should have a supply of your necessary medical supplies on hand—ideally for 30 days or more. The World Health Organization HIV treatment guidelines now recommend **multimonth** dispensing of three months or more of HIV medicines for most people at routine visits, although this has not been widely implemented in all countries.

- Know how to contact your clinic by telephone in the event that you need advice.
- Know how to access treatment and other supports within your community.
- This treatment includes antiretroviral therapy, tuberculosis medication, and other treatment and any other medicines you take.
- Key populations include men who have sex with men, sex workers, gay men and other men who have sex with men, and people who inject drugs. These groups are at higher risk of HIV and other infections, and means to protect them are being developed.
- Syringes and needles are essential for people who inject drugs. Exposing people to HIV and other infections through sharing needles and syringes is a preventable and avoidable risk.
- Medication for people who inject drugs is being developed.

Support yourself and people around you

The outbreak of COVID-19 may cause fear and anxiety—everyone is encouraged to take care of themselves and to connect with loved ones. People living with HIV and their communities have decades of experience of resilience, surviving and thriving, and can draw on their rich shared history to support their friends and communities in their current crises. Pay particular attention to:

- Avoiding panic buying
- Only read

GIFs and Memes around the theme HIV and COVID-19

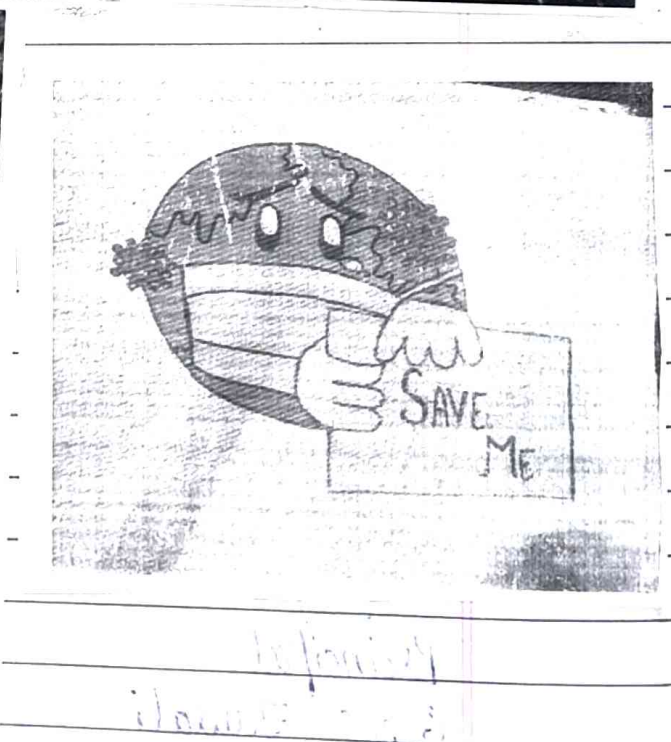
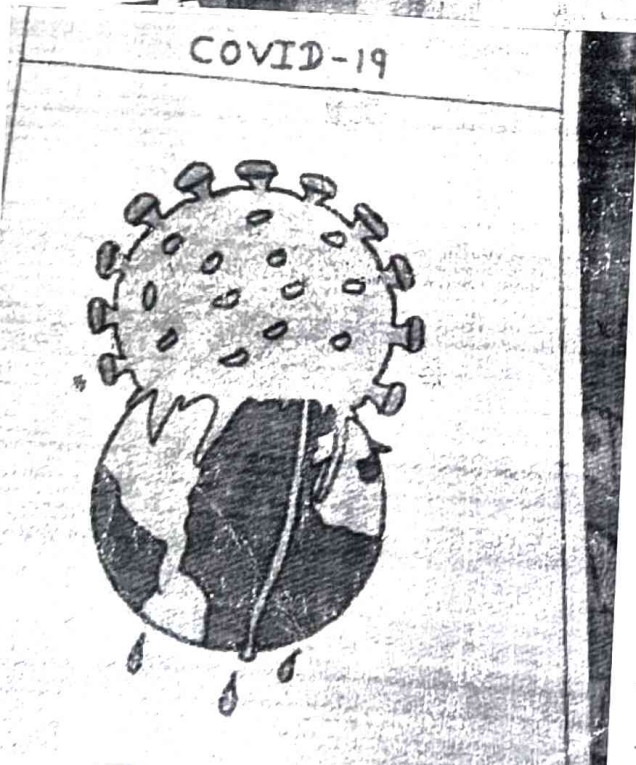
- COVID-19 is a serious disease and all people living with HIV should take all recommended preventive measures to minimize exposure to, and prevent infection by, the virus that causes COVID-19.
- As in the general population, older people living with HIV or people living with HIV with heart or lung problems may be at a higher risk of becoming infected with the virus that causes COVID-19.
- We will continue to work together to respond to both COVID-19 and HIV. Adapting service delivery to meet the needs of people living with HIV will be shared and tested with people living with HIV. People living with controlled HIV living with COVID-19. The prevention of COVID-19 is a priority for people living with HIV. HIV medicines.

Recommendations that people living with HIV and key populations should prevent COVID-19 infection

[Signature]
Principal
GDC Jauali

[Signature]
Nodal officer RRC
GDC Jauali

⑥ Today on 12/07/2020, an online activity on International Youth Day was organised by the RRC of the college. On this occasion Prof. Sonika, Nodal officer of the RRC Sum up the activities, under the International Youth Day week celebration by concluding the various activities.



Stages & Symptoms of HIV



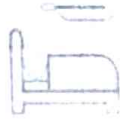
Acute Stage

- Fever
- Headache
- Sore Throat
- Fatigue
- Muscle Pain
- Sever Chills



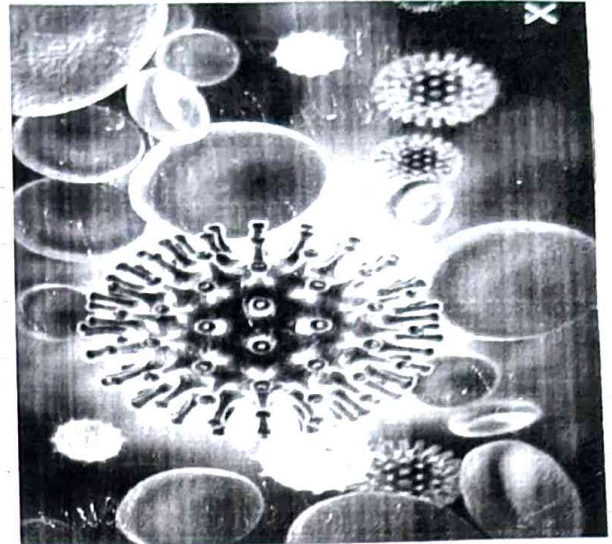
Chronic Stage

- Coughing
- Breathing Problems
- Weight loss
- Diarrhea
- Fatigue
- Rash



AIDS

- Continuous fever
- Night sweat
- Headache
- Memory problems
- Pneumonia



- Do THE FIVE**
Help stop Corona
1. **HANDS** Wash them often.
 2. **ELBOW** Cough into it.
 3. **FACE** Don't touch it.
 4. **SPACE** Keep safe distance
 5. **FEEL** Sick? Stay home

[Signature]
Principal
G.D.C. Jawali

[Signature]
Nodal officer RRC
G.D.C. Jawali

⑦ Today on 29/7/2020 an online activity poster making competition was organised by the RRC of the College. Nodal officer Prof. Sonika told that volunteers of RRC actively participated in the competition and made beautiful and inspiring paintings.

⑧ Today on 8th Oct. 2020 four students participated in online quiz competition.

⑨ Today on 30th Oct. 2020 an online poster making contest on the theme 'COVID-19' was organised by the RRC of the college.

Today on 1st Dec. 2020 the students of GDC Jaibali and volunteers of RRC participated in online National Virtual Event on World AIDS Day from 10:15 AM to 11:30 AM. Dr. Harshvardhan, Honble Union Health Minister was the chief guest.

of the event.

Today on 7th Jan 2021 volunteers attend the grand finale event of RRCs quiz competition. Hon'ble Union minister of Health & Family Welfare was the chief guest of the event. Hon'ble Mos was also grace the occasion.

Today on 26th March 2021, Red Ribbon Club, GDC Jawali, Organised a Poster-making Competition on Tuberculosis Eradication and awareness. The programme was presided over by Principal N.N. Sharma. While addressing the students, he appreciated the efforts of students and the club. The volunteers of RRC actively participated in the competition and made inspiring paintings. In this competition Rohini won the first position, while Neha and Saransh got the second and the third prizes, respectively.

~~Sonika~~

Nodal officer
RRR
GDC Jawali


Principal

Principal
Govt. Degree College
Jawali, Distt. Kangra (H.P.)