



# **GURU NANAK KHALSA COLLEGE FOR WOMEN**

Gujarkhan Campus, Model Town, Ludhiana-141002, Punjab

## **Quarterly Report on the activities of**



## **Youth Club and Red Ribbon Club**

(January 2022 to March 2022)

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## Preamble

The **Youth Club** of our college is an instrument in developing self-confidence and life skills among students. The club organizes activities that offer opportunities to interact with peers and learn new skills.

The **Red Ribbon Club (RRC)** is a sub-body of the Youth Club and is an international symbol of HIV/AIDS awareness. The club aims to provide a platform for youth to contribute towards the control and prevention of HIV/ AIDS as well as promote voluntary blood donation among youth.

The Youth Club and Red Ribbon Club operate under the guidelines of the Directorate of Youth Services, Ludhiana, the Government of Punjab.

### Objectives of the Club are to:

- Educate youth with correct, concise, and adequate information and heighten their level of awareness about HIV AIDS, STI, and other related issues, thus eliminating myths and misconceptions.
- Enable youth to identify and understand situations of exploitation and abuse.
- Sensitize the youth regarding the care and support needs of people affected with HIV AIDS and instill in them the spirit to reduce the stigma and discrimination against them.
- Create and train among the youth a cadre of peer educators for spreading awareness about HIV-AIDS and its prevention in the community.
- Promote Voluntary non-remunerated Blood Donation among youth

### Red Ribbon Club Advisory committee

|   |                          |   |
|---|--------------------------|---|
| 1 | <b>Patron</b>            | Dr. Maneeta Kahlon, Principal   |
| 2 | <b>RRC Coordinators</b>  | Dr. Nidhi<br>Assistant Professor and Head<br>Department of Business Management<br><br>Ms. Daisy Wadhwa<br>Assistant Professor and Head<br>Department of Computer Science and Applications |
| 3 | <b>Student Champions</b> | - Geetika Khatri (BCA- III, 2102)<br>- Mehak Malhotra (BBA- II, 2802)   |

## List of activities conducted by the Youth club and the Red Ribbon Club

The activities performed by the Youth Club and Red Ribbon Club during the quarter from January 2022 to March 2022:

| S.No. | Date              | Activity   | Resource Person   | Brief Report   |
|-------|-------------------|--|---|--|
| 1     | January 29, 2022  | <b>World Leprosy Eradication Day</b>                       | Club Coordinators   | <ul style="list-style-type: none"> <li>- An online session to mark World Leprosy Eradication Day was organized to apprise students about the causes of leprosy, the ways in which this disease spreads, and the available treatment modalities.</li> </ul> |
| 2     | February 23, 2022 | <b>Anti-Drug e-pledge</b>                                  | -   | <ul style="list-style-type: none"> <li>- The members of the club undertook an Anti-Drug e-pledge.</li> </ul>   |
| 3     | March 7, 2022     | <b>Free Health Check-up Camp and Health Awareness Talk</b> | Dr. Suhasini Raina (Obstetrics and Gynecology) and Dr. Ankur Sharma (Internal Medicine), Aykai Hospital, Ludhiana | <ul style="list-style-type: none"> <li>- The clubs organized a talk on "Common Menstrual problems in young females".</li> <li>- A free health check-up camp was organized for students and staff of the college.</li> </ul>                                |
| 4     | March 22, 2022    | <b>Martyr's Day- Shaheed Diwas</b>                         | -   | <ul style="list-style-type: none"> <li>- Student activities were conducted to mark Martyr's Day.</li> </ul>  |

## Details of activities conducted by the Youth club and the Red Ribbon Club

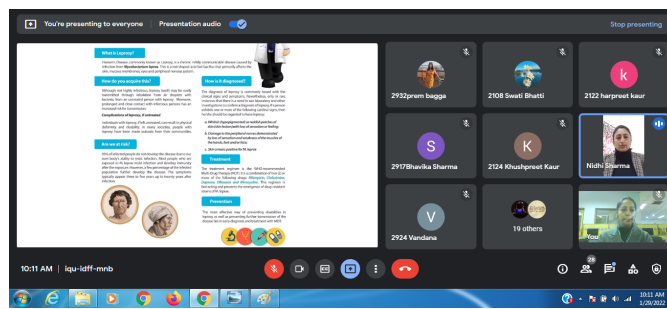
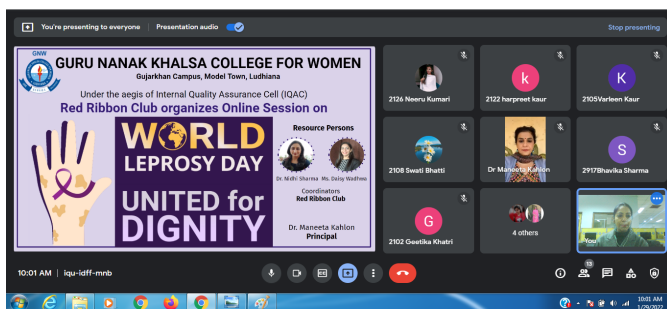
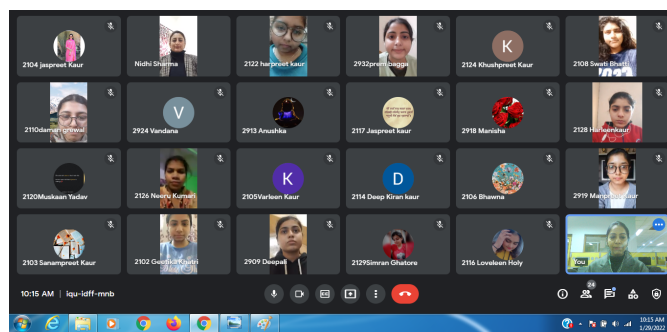
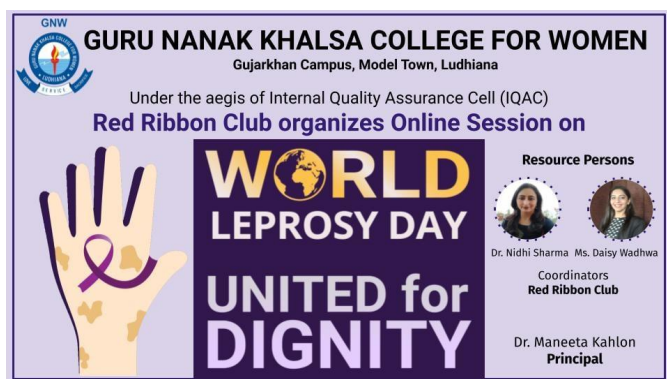
**Date:** January 29, 2022

**Activity:** World Leprosy Eradication Day

### Activity Details:

The Red Ribbon Club organized an online session to mark World Leprosy Eradication Day. The session was conducted by Dr. Nidhi and Ms. Daisy Wadhwa, the Coordinators of the Red Ribbon Club. During the session, the students were apprised about the causes of leprosy, the ways in which this disease spreads, and the available treatment modalities. Furthermore, the resource persons highlighted the importance of the day in relation to India as it is observed in the memory of Mahatma Gandhi for his selfless efforts and care for the persons affected with leprosy. This online session was attended by 220 students, and the teaching, non-teaching faculty members.

### Photographs of the event:



Links to social media posts: [Facebook](#), [Instagram](#)

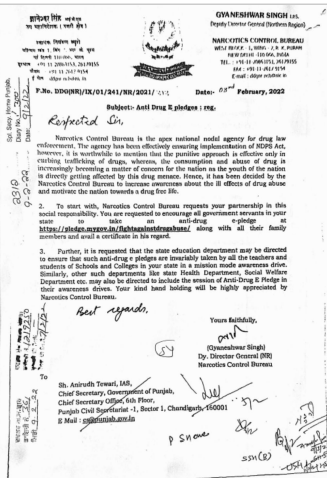
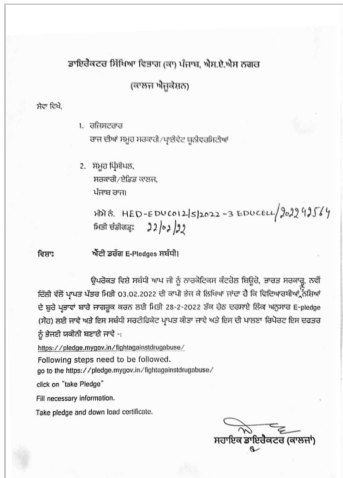
**Date:** February 23, 2022

**Activity:** Anti Drug e-pledge

**Activity Details:**

The members of the Red Ribbon Club of the college undertook an anti-drug e-pledge, "Say yes to Life, No to Drugs". This activity was conducted as a part of the Public Outreach Program of the Department of Narcotics Control Bureau (NCB) for raising awareness against the ill effects of drugs.

**Photographs of the event:**



**Links to Social Media posts:** [Facebook](#), [Instagram](#)



**Date:** March 7, 2022

**Activity:** Free Health Check-up Camp and Health Awareness Talk

**Activity Details:**

The college organized a talk on “Common Menstrual problems in young females”. Dr. Suhasini Raina (Obstetrics and Gynecology) and Dr. Ankur Sharma (Internal Medicine) from Aykai Hospital discussed major health issues with students. The talk was followed by a "Free Health Check-up Camp" for students and staff.

**Photographs of the event:**



**Press Coverage of the event:**



लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन (जीएनकेसीडब्ल्यू) के आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में रेड रिबन क्लब और एनएसएस इकाई ने कॉलेज परिसर में छात्राओं के बीच जागरूकता पैदा करने के लिए युवा महिलाओं में सामान्य मासिक धर्म की समस्याएं पर एक वार्ता का आयोजन किया। डॉ. सुहासिनी रैना प्रसूति और स्त्री रोग और डॉ. अंकुर शर्मा आंतरिक चिकित्सा ने छात्रों के साथ प्रमुख स्वास्थ्य मुद्दों पर चर्चा की। वार्ता के बाद छात्रों और कर्मचारियों के लिए निःशुल्क स्वास्थ्य जांच शिविर का आयोजन किया गया। पूरी गतिविधि का संचालन डॉ. नीतू प्रकाश, डॉ. निधि शर्मा, डेजी वाधवा और सतवंत कौर ने किया। कॉलेज की प्रिंसिपल डॉ. मनीता काहलौ ने जागरूकता अभियान के लिए अपना बहुमूल्य समय देने के लिए डॉक्टरों को धन्यवाद दिया और छात्रों को नियमित स्वास्थ्य जांच के लिए जाने के लिए प्रोत्साहित किया।



जी.ऐन.के.सी.डबल्यू. विधे मुहत्त सिहत ज्ञांच कैप दैरान पृष्ठपक, ड़ाक्टर उे रेर।  
अज्ञीत उसदौर

## जी.ऐन.के.सी. डबल्यू. विधे मुहत्त सिहत ज्ञांच कैप लरग़ाएआ

लुधियाणा, 7 मारच (पुनीत बावा)- (इंटरनल मैडीसिन) ने विद्याभारथीओं गुरु नानक खालसा कालस लड़कीओं नाल मुंभ सिहत मुंदिआं 'उे रेररा कीउी। लुधियाणा दी इंटरनल क्वालिटटी ऐंर्रैरेंस सैल ने रेंड रिबन कल्लेब अउे ऐन.ऐस.ऐस. यूनिट दे सहियेग नाल ऐंज कालस कैपस विच विद्याभारथीं विच जागरुकता पैदा करन लदी मुटिआरां विच माहवारी दीआं आम सभसिआवां विधे 'उे ड़ासठ करवाएआ गिआ। अजकादी रसपउाल उे ड़ा. सुहासिनी रैना (इंसपेक्ट्रिक्स उे ग्राइनीकैलसि) अउे ड़ा. अंरुर सरमा (इंटरनल मैडीसिन) ने विद्याभारथीओं नाल मुंभ सिहत मुंदिआं 'उे रेररा कीउी। एिस उे बआद विद्याभारथीओं अउे सटाड लदी मुहत्त सिहत ज्ञांच कैप लरग़ाएआ गिआ। सारी गउीविपी दा संचालन ड़ा: नीतू प्रकाश, ड़ा: निपी सरमा, ड़ेची वधवा अउे सतवंत कौर ने कीउा। कालस प्रिंसिपल ड़ा. मनीता काहलौ ने जागरुकता मुहिंम लदी आपटां कीमउी सभा कँचट लदी ड़ाक्टर दा पंनवाद कीउा अउे विद्याभारथीओं नुं लरगाउार सिहत ज्ञांच करवाएउे लदी पुरिउे कीउा।

Links to social media posts: [Facebook](#), [Instagram](#)



**Date:** March 22, 2022

**Activity:** Martyr's Day- Shaheed Diwas

**Activity Details:**

On this day, students delivered speeches on Bhagat Singh's national perspective and explained how he sacrificed his life in order to make India an independent nation. Principal Dr. Maneeta Kahlon encouraged the students to get motivation from the lives of our Freedom Fighters.

**Photographs of the event:**



**GURU NANAK KHALSA COLLEGE FOR WOMEN**  
Gujarkhan Campus , Model Town ,Ludhiana

**NSS Unit and Red Ribbon Club**

in remembrance of

**SHAHEED BHAGAT SINGH**

observes

**Martyr's Day**

March 23, 2022

शहीदों की चिताओं पर लगेगे हर बरस मेले,  
वतन पर मरने वालों का यही बाकी निशां होगा...

**NSS Programme Officers**  
Dr. Neetu Prakash  
Mrs. Satwant Kaur

**Red Ribbon Club Coordinators**  
Dr. Nidhi  
Ms. Daisy Wadhwa

**Principal**  
Dr. Maneeta Kahlon





Press coverage of the event:



Links to social media posts: [Facebook](#), [Instagram](#)

Dr. Nidhi  
Assistant Professor and Head  
Department of Business Management

Ms. Daisy Wadhwa  
Assistant Professor and Head  
Department of Computer Science

Dr. Maneeta Kahlon  
Principal  
G.N.Kh. College for Women  
Model Town, Ludhiana

Club Coordinators