

Activities

Session 2024-25

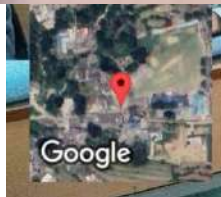
Red Ribbon Club Government Degree College Dehar District Mandi (H.P.)

Nodal Officer: Mrs. Meera Sharma

1. International Youth Day on 12th August 2024.

The International Youth Day was celebrated in Government Degree College Dehar by Red Ribbon Club in collaboration with NSS unit of the college to raise awareness about challenges and problems facing the world's youth today. The event was organised under the supervision of Dr. JP Singh, Principal of the college. The programme was centred around the theme **“From Clicks to Progress: Youth Digital Pathways for Sustainable Development”** to celebrate the day poster making and slogan writing competitions were conducted. the program started with introductory speech by Dr. Jai Kiran Assistant Professor Department of Political Science and Program Officer NSS. Dr. Sanya Kumari Assistant Professor Department of Hindi delivered a lecture on International Youth Day. She threw light on the purpose of the day and draw attention to a given set of culture and legal issue surrounding youth. Around students and staff members attended the program in the RN- 4. NSS and RCC volunteers of college took active participation in this program Ms. Meera Sharma Assistant Professor in Department of Commerce, nodal officer RCC presented vote of thanks for this event to all the dignitaries assembled for the occasion.





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विद्यार्थियों ने ल से दूर रहने की



मंडी : अंतर्राष्ट्रीय युवा दिवस पर रैली के बाद संयुक्त चित्र में क्षेत्रीय अस्पताल की प्रशिक्षु नर्सों व अन्य लोग

लंबाथाच कालेज में अंतर्राष्ट्रीय युवा दिवस के उपलक्ष्य पर नशा मुक्ति प्रतिज्ञा और फ्लैश मॉब का आयोजन

गोहर/थुनाग, 12 अगस्त (ख्यालीराम): राजकीय महाविद्यालय सराज स्थित लंबाथाच में अंतर्राष्ट्रीय युवा दिवस के उपलक्ष्य पर नशा मुक्त भारत अभियान की थीम विकसित भारत का मंत्र भारत हो नशे से स्वतंत्र के अंतर्गत स्वयं को, मित्रों को, परिवार, समाज और राष्ट्र को नशा मुक्त करने

विद्यार्थियों ने पोस्टर मेकिंग व नारा लेखन के माध्यम से इस दिवस के महत्व व अपने विचारों को व्यक्त किया।

डा. सन्या कुमारी ने इस दिवस के इतिहास व महत्व पर व्याख्यान द्वारा युवाओं को प्रोत्साहित किया। प्रो. मीरा शर्मा व डा. जय किरण कार्यक्रम के संयोजक रहे। इस अवसर पर डा. शिवानी चौधरी, डा. निशु शर्मा, सहायक पुस्तकालय अध्यक्ष नानक चंद व समस्त विद्यार्थी मौजूद रहे।

सुंदरनगर (सोनी): भारत सरकार के

डैहर कालेज में अंतरराष्ट्रीय युवा दिवस की धूम

डैहर। राजकीय महाविद्यालय डैहर में प्राचार्य डा. जेपी सिंह की अध्यक्षता में राष्ट्रीय स्वयं सेवा योजना इकाई व रेड रिबन क्लब के द्वारा अंतरराष्ट्रीय युवा दिवस मनाया गया। जिसमें विद्यार्थियों ने पोस्टर मेकिंग व नारा लेखन के माध्यम से इस दिवस के महत्त्व व अपने विचारों को व्यक्त किया। वर्ष 2024 के अंतरराष्ट्रीय युवा दिवस की थीम 'क्लिक से प्रगति तक: सतत विकास के लिए युवा डिजिटल रास्ते' रही। युवाओं की चुनौतियों को समझने के साथ-साथ समाज के विकास में उनके योगदान को दर्शाना इस दिवसका प्रमुख उद्देश्य है। डा. सन्या कुमारी ने इस दिवस के इतिहास व महत्त्व पर व्याख्यान के द्वारा युवाओं को प्रोत्साहित किया। प्रो. मीरा शर्मा व डॉ. जयकिरण कार्यक्रम के संयोजक रहे। इस अवसर पर डॉ. शिवानी चौधरी, डा. निशु शर्मा, सहायक पुस्तकालय अध्यक्ष नानक चंद उपस्थित रहे।

2. Orientation Programme on 27th August 2024.

On behalf of **Red Ribbon Club** of GDC Dehar an orientation programme was organised on 27th August 2024 at 11:20 AM in room No. 3. Around 45 students of various classes were participated in this programme. Ms. Meera Sharma Assistant Professor Commerce RRC Nodal Officer Oriented the students about the RRC. She gave talk on importance of red ribbon club to enhance voluntarily blood donation as well as mainstream HIV/AIDS prevention Care & support and treatment, impact, mitigation, stigma reduction among youth in educational institutions also explained the activities of the students inside and outside the college. RRC President, Vice president secretary and joint secretary were elected.

Name	Class	Post
Abhishek	BA 3 rd Year	President
Monika	BA 3 rd Year	Vice President
Akanksha	BA 2 nd Year	Secretary
Sarika	BA 1 st Year	Joint Secretary



3. Expert Lecture on “Celebrating Healthy life” and In campus Flash Mob Activity on 30th August 2024

Red Ribbon Club, GDC Dehar organised an expert lecture on 'Celebrating Healthy Life' on 30th August 2024 in Room No. 4 at 10:30 a.m. as an extension activity of youth day. Ms. Meera Sharma Assistant Professor of Commerce and RRC coordinator welcomed the gathering. Dr. Shivani Chaudhary Assistant Professor of English talked about physical fitness, mental wellbeing and disease prevention with a special focus on HIV/AIDS. She explained how to lead a healthy life by avoiding junk food and eating natural food. She also insisted on role of the students in the society to creat awareness on healthy life. Nearly 63 students were attended and came to know about their responsibility in the society. Besides, a flash mob activity was organised in the campus by the club members for spreading awareness about the significance of staying away from drug abuse. The enthusiasts shouted

slogans and sang to spread awareness. A similar flash mob activity would be performed out of the campus next week.







डैहर कालेज में धूमधाम से मनाया युवा दिवस

डैहर। राजकीय महाविद्यालय डैहर में युवा दिवस कार्यक्रम के विस्तार के रूप में रेड रिबन क्लब व राष्ट्रीय स्वयं सेवा योजना इकाई के स्वयं सेवियों के लिख 'स्वस्थ जीवन' विषय पर विशेष व्याख्यान का आयोजन किया गया। विशेष वक्ता के रूप में अंग्रेजी विभाग के सहायक आचार्य डा. शिवानी चौधरी ने स्वयंसेवियों को शारीरिक, मानसिक स्वास्थ्य को बेहतरी संतुलित आहार व स्वयं को रोगमुक्त रखने के महत्वपूर्ण टिप्स दिए व एचआईवी एड्स पर विस्तृत जानकारी दी। इसके बाद रेड रिबन क्लब व राष्ट्रीय स्वयं सेवा योजना इकाई के स्वयंसेवियों ने महाविद्यालय परिसर में नशा निवारण पर फ्लैग मार्च करके नशे के दुष्प्रभावों और उससे दूर रहने का संदेश दिया। कार्यक्रम के संचालक सहायक आचार्य मीरा शर्मा ने कार्यक्रम में उपस्थित स्टाफ के सदस्यों और विद्यार्थियों का आभार व्यक्त किया।

डेहर: राजकीय महाविद्यालय डैहर में नशा निवारण को लेकर विद्यार्थियों ने किया फ्लैग मार्च
https://public.app/video/sp_bk9r39sdt649?utm_medium=android&utm_source=share

अपने क्षेत्र की खबरों के लिए डाउनलोड करें पब्लिक (Public) ऐप <https://goo.gl/K25sy1>

4. Out Campus Flash Mob on 2nd September 2024 at Dehar Market

On 2nd September 2024 RRC club along with NSS unit of GDC Dehar under the supervision of Dr. J.P. Singh, Principal GDC Dehar a flash mob activity was organised out the campus to spread an awareness about the dangers of using drugs and its consequences on people. In which volunteers march a rally from college campus to Dehar market for spreading awareness. The performance was held at Dehar market around 11:30 a.m on 2nd September 2024. About 27 students from college performed in this event. RRC Nodal Officer, Ms. Meera Sharma and NSS Programme Officer, Dr. Jai Kiran were also present at the occasion. In black and white outfits beautified by red shawls, the students looked all smart and ready to their best to campaign for the cause. The message like 'Drug trap you into death' were also spread as part of the programme at the venue. The enthusiasts shouted slogans and sang to spread awareness.





डैहर में फ्लैश मॉब से नशे से दूर रहने का संदेश

डैहर। राजकीय महाविद्यालय डैहर में रेड रिबन क्लब व राष्ट्रीय सेवा योजना इकाई के स्वयंसेवियों ने डैहर बाजार में नशा निवारण पर फ्लैश मॉब मंचित करके स्थानीय लोगों को नशे के दुष्प्रभावों व नशे से दूर रहने का संदेश दिया। प्रोफेसर मीरा शर्मा व डा. जयकिरण इस कार्यक्रम के संयोजक रहे।

5. Guest Lecture on HIV/AIDS

For creating awareness about prevention and control of HIV/AIDS through various IEC (Information Education and Communication) activities were organised in GDC Dehar. On 1st October 2024 under the guidance of Dr. J. P. Singh, Principal GDC Dehar Red Ribbon Club and NSS unit of college organised a guest lecture on AIDS awareness at RN 4. This event is aimed at educating the community about dangers of HIV and AIDS as well as raising awareness about the importance of prevention and early detection. The coordinator of the event was Ms. Meera Sharma, Nodal officer RRC and Dr. Jai Kiran NSS programme officer. Ms. Munish Prabha ICTC Counsellor at Civil Hospital Sundernagar was the guest for the event. Ms. Meera Sharma RCC nodal officer welcomed the gathering and introduced the resource person for the event. Ms. Manish prabha talked on AIDS which is life threatening condition caused by the human immunodeficiency virus. The HIV virus attacks the immune system of the patient and reduced its resistance to other diseases. She also explained the mutational changes of HIV with AIDS prevention, dos and don'ts and control. In this session HIV and related issues were discussed like myths and misconception about HIV/AIDS. Queries of students were answered. Total of 54 students sensitised on HIV/AIDS, Hepatitis B&C, STI, TB and drug abuse. Pledge taking on HIV/AIDS awareness and eradication of stigma and discrimination with people living with HIV and drug abuse is conducted at college ground. This pledge activity was conducted by HP State AIDS control society. All staff members graced the function.



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डैहर कालेज में पोस्टर मेकिंग और नारा लेखन





6. Screening of film on HIV/AIDS Prevention on 28.10.2024

On October 28, 2024 Government College Dehar organised an event featuring the screening of two educational films on HIV/AIDS prevention. Coordinated by the college Red Ribbon Club, the program attracted over 25 students and faculty.

The event began with a brief address by Nodal Officer RRC Ms. Meera Sharma followed by the screening of NACO-produced films “Positive Voices” (real-life stories) and “Safe Choices” (animated prevention guide). The films highlighted transmission modes, prevention methods, early testing, treatment options, and the need to end stigma. Participant feedback showed significantly improved knowledge and reduced misconceptions, reinforcing the college’s role in community-level HIV prevention efforts.



7. World AIDS DAY 2024

On 02 December, 2024 in Government College Dehar, under the chairmanship of Principal Dr. J.P. Singh RedRibbon Club and NSS unit jointly organised speech, poetry recitation, slogan writing, poster making competitions on the occasion of World AIDS Day, in which the volunteers and all the students of the college participated with full zeal and enthusiasm. First of all, the students gave the message of HIV/AIDS awareness by forming a human chain. Assistant Professor Meera Sharma, Nodal Officer of Red Ribbon Club, in her lecture made the students aware about the theme of AIDS Day for 2024. Take the rights Path: My Health, MyRight! The causes of HIV/AIDS, the effect of AIDS on the immune system, prevention and various programs launched by the government. Monica stood first in speech competition, Akanksha second, Anu third, Sneha Sharma stood first in poem recitation, Gayatri second, Anjali third, Aruchi stood first in slogan writing, Palak Dhiman second, Sushma third, Shabnam stood first in poster making, Meenakshi second, Payal third. 71 students were present in the programme. Dr. Sanya Kumari, Dr. Nishu Sharma and Prof. Reena Devi were present on this occasion.











डेहर: विश्व एड्स दिवस पर डेहर कॉलेज में पोस्टर और स्लोगन लेखन प्रतियोगिता का आयोजन, एड्स जागरूकता का दिया संदेश

https://public.app/video/sp_thuux5tjrn1rq?utm_medium=android&utm_source=share

अपने क्षेत्र की खबरों के लिए डाउनलोड करें पब्लिक (Public) ऐप <https://goo.gl/K25sy1>



8. Rangoli Making Competition

डैहर कालेज में फैलाई जागरूक

डैहर। राजकीय महाविद्यालय डैहर में प्राचार्य डा. जेपी सिंह की अध्यक्षता में रेड रिबन क्लब व राष्ट्रीय स्वयं सेवा योजना इकाई के संयुक्त तत्वावधान से विश्व एड्स दिवस के उपलक्ष्य में पर भाषण, कविता पाठ, नारा लेखन, पोस्टर व स्लोगन मेकिंग प्रतियोगिताएं करवाई गई। जिसमें स्वयं सेवियों व महाविद्यालय के समस्त विद्यार्थियों ने पूरे जोश व उत्साह से भाग लिया। सर्वप्रथम विद्यार्थियों ने मानव श्रृंखला बनाकर एड्स जागरूकता का संदेश दिया। भाषण प्रतियोगिता में मोनिका प्रथम, अकांक्षा द्वितीय, अनु तृतीय, कविता पाठ में स्नेहा शर्मा प्रथम, नारा लेखन में अरुचि प्रथम, पोस्टर मेकिंग में शबनम प्रथम, मीनाक्षी द्वितीय स्थान पर रहे।

Today, on 6th December, 2024, a rangoli making competition was organised for HIV/AIDS awareness by Red Ribbon Club in Government College Dehar, in which the team of Sneha Sharma, Jyoti and Riya got first place, the team of Akanksha, Payal and Gayatri got second place and the team of Uma, Meenakshi and Aastha got third place. Assistant Professor Meera Sharma was the coordinator of this program.

डैहर कालेज में एड्स जागरूकता पर रंगोली प्रतियोगिता



डैहर। राजकीय महाविद्यालय डैहर में रेड रिबन क्लब द्वारा एड्स जागरूकता के लिए रंगोली प्रतियोगिता करवाई गई। जिसमें स्नेहा शर्मा, ज्योति व रिया की टीम ने प्रथम, अकांक्षा, पायल व गायत्री की टीम ने द्वितीय तथा उमा, मीनाक्षी व आस्था की टीम ने तृतीय स्थान प्राप्त किया। सहायक आचार्य मीरा शर्मा इस कार्यक्रम के संयोजक रहे।







9. Awareness Programme on HIV/AIDS by ICTC Counsellor

Today, on 21st December 2024, on the second day of the seven-day special camp organised by the NSS unit at Government College Dehar, ICTC Counsellor Mrs. Munisha Prabha was invited as the chief guest and keynote speaker. Giving information about HIV/AIDS to the volunteers of Red Ribbon Club and NSS unit. She made them aware about the importance of mental health along with physical health. Along with this she told the volunteers about the side effects of mobile phones and advised to read good books. Nodal Officer of Red Ribbon Club Mrs. Meera Sharma thanked the chief guest and expressed her gratitude. NSS Program Officer Dr. Jai Kiran was the coordinator of this program. Under the special camp activity, the volunteers cleaned the premises of Government Senior Secondary School Dehar. Dr. Nishu Sharma, Dr. Shivani Chaudhary, Prof. Reena Sharma were present on this occasion.





10. International Women Day on 8th March 2025

Government College Dehar under the chairmanship of Principal Dr. J.P.Singh celebrated international Women's Day with events organised by the National Service Scheme (NSS) unit and Red Ribbon Club. Meera Sharma Nodal Officer of RRC gave a valuable lecture on Women's Day. She emphasised the importance of women's education and role in shaping the future of society.

This year's International Women's Day theme was "For All Women and Girls : Rights, Equality, Empowerment" emphasis the need to expedite efforts to ensure women's rights and upheld, raise awareness and accelerate the pace of all related initiatives. Students highlighted the importance of women's role in nation building, family society and community through poem and speech. They shed light on the significance of celebrating International Women Day. The event was coordinated by Assistant Prof. Meera Sharma in charge of red ribbon club and DR. Jai Kiran Programme Officer NSS unit. Dr. Sanya Kumari Dr. Shivani Chaudhary Dr. Nishu Sharma, Assistant Professor Reena Devi were also present on the occasion.





11. Anti drug signature campaign on March 18th 2025

Under the leadership of Principal Dr. J.P. Singh, the Red Ribbon Club, Prahari club and National Service Scheme (NSS) unit of Government College Dehar join forces to conduct a powerful drug prevention signature campaign today. The event saw enthusiastic participation from students volunteers who conveyed compelling message about the devastating effect of drug abuse through impactful posters. NSS Programme officer Dr. Jai Kiran delivered an informative lecture, educating students on the severe side effect of drugs and emphasising the importance of staying drug free. The campaign aimed to raise awareness and foster a strong stance against drug addiction within the college community. The event was coordinated by Meera Sharma In-charge of Red Ribbon Club. The event was graced by the presence of esteemed faculty members including Dr. Sanya Kumari, Dr. Nishu Sharma and Assistant Professor Reena Devi who lent their support to this crucial initiative.

डैहर कालेज में नशे के खिलाफ जगाया अलख

डैहर। राजकीय महाविद्यालय डैहर में प्राचार्य डॉ. जेपी सिंह की अध्यक्षता में रेड रिबन क्लब द्वारा प्रहरी क्लब व राष्ट्रीय सेवा योजना इकाई के द्वारा नशा निवारण हस्ताक्षर अभियान कार्यक्रम चलाया गया, जिसमें स्वयंसेवियों ने पोस्टर के माध्यम से नशे के दुष्प्रभावों व बचाव का संदेश दिया। राष्ट्रीय सेवा योजना इकाई के प्रोग्राम ऑफिसर डॉ. जय किरण ने व्याख्यान के माध्यम से उपस्थित स्वयं सेवियों को नशे के दुष्प्रभावों के बारे में अवगत करवाते हुए, उन्हें नशे की लत से दूर रहने व आस पास के लोगों को जागरूक करने पर बल दिया। इस कार्यक्रम के संचालक प्रो. मीरा शर्मा रहे। इसके अलावा डॉ. सन्या कुमारी, डॉ. निशु शर्मा व प्रो. रीना देवी मौजूद रहे।

