

Ph : 8731044014



Email : mconfalkawn@gmail.com
mcon-dhme@mizoram.gov.in

No.B-12018/1/10-MCON/

Dated the 25th March 2026

To,

The Project Director
State AIDS Control Society
Mizoram

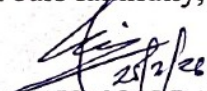
Subj: Submission of RRC report 2025-2026

Madam,

I am pleased to submit herewith the RRC Report along with original vouchers and Actual Payment Receipts for the year 2025 - 2026.

This is for your kind information and necessary action.

Yours faithfully,


(LALHRUAILUANGI PACHUAU)
Tutor, MCON

NODAL OFFICER
Red Ribbon Club
Mizoram College of Nursing, Aizawl



OFFICE OF THE PROJECT DIRECTOR
STATE AIDS CONTROL SOCIETY
MIZORAM : AIZAWL
Red Ribbon Clubs Report



Reporting period : April 2025- March 2026
Name & Address of the Institution : Mizoram College of Nursing , Falkawn,
796005
Type of College : Govt. ☒ Govt. aided _____ Private: _____
Name & contact no. of RRC Nodal Officers : 1. Florence Lalthanzuali , 8258907129
:2. Lalhruitluangi Pachuau, 9774238741
No.of trained Peer Educators :2

Details of Activities conducted

1. Awareness Programme

Sl.no	Activity	Date	Topics	No.of students covered	Remarks
1	Health talk at Civil Hospital Aizawl - Medicine OPD	16.04.2025	Awareness on HIV/AIDS	6 students provided Health talk, Target groups - OPD visitors	-
2	Health talk at Civil Hospital Aizawl - Male Medicine Ward	24.04.2025	Awareness on HIV/AIDS	6 students provided Health talk, Target groups - Patients and Relatives	-
3	Health talk at Civil Hospital Aizawl - Female Medicine Ward	01.05.2025	Awareness on HIV/AIDS	6 students provided Health talk, Target groups - Patients and Relatives	-
4	Health Talk provided by 7 th Semester Student at Hlimen	09.09.2025	Prevention of HIV/AIDS	102 – PES Hlimen	-
5	Health Talk provided by 7 th Semester Student at Hlimen	09.09.2025	Prevention of STD's	102 – PES Hlimen	-
6	HIV/AIDS & Drug Abuse Prevention Awareness	3.10.2025	Capacity building on Drug Abuse Prevention	60 students 1 st and 3 rd SEM	-
7	Health Talk provided by 8 th Semester students to High Schoolers of Govt. schools in Aizawl	27&28 Feb 2026	Stress and its management	9 students – MCON 72 - Govt. Mizo Higher Secondary School 78- Govt. Chaltlang Higher Secondary School	-



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2. Voluntary Blood Donation

Total no.of camps conducted: 1

Date of programme	Venue	No.of students registered	No.of students donated blood	Remarks
14.02.2025	Blood Donation by 8 th Sem & 6 th Sem students	56	20 units of blood donated in ZMC &H	-

3. Competitions

Date of programme	Name of competition	No.of students involved	Remarks
9/05/2025	Extempore Speech	4	
9/05/2025	Essay writing Competition	11	-
31/07/2025	Red Ribbon Club Painting Competition	1	Won the first position
18/09/2025	State Level Red Run	10	-
10/10/2025	Mental Health Reels Making Competition	38	Won the 3 rd Position

4. Other activities conducted

Date of programme	Name of activity	No.of students involved	Remarks
4.07.2025	Seminar on HIV in Pregnancy	35	-
8.08.2025	Orientation of 1 st Semester redg. Red Ribbon Club	30	-
12.08.2025	Seminar on Baby of HIV Positive mothers	35	-
26.08.2025	Allocation of Peer educators	4	-
18.08.2025	Seminar on Mental Health Disorders and its Management Role of Community Health Nurse in Mental Health	38	-
22/09/2025	Group Discussion on Mental Health in Nursing	30	-
28/10/2025	PB.B.Sc Orientation of Red Ribbon Club	20	-
14/11/2025	Blood Bank Visit by 3 rd Sem	30	-
9/03/2026	Campus Cleanliness Drive	153	-



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5. Important days observed

Event name	Date of programme	No.of students involved	Remarks
World Mental Health Day	10.10.2025	38	Performance of Skit by RRC members
World AIDS Day	01.12.2025	153	-
World Blood Donor Day	14.06.2025	133	-

6. Financial report

Sl.no	Activity	Amount spent	Balance
1	Extempore Speech and Essay Writing Competition	3800	1700
2	State Level Red Run	1000	700
3	Blood Donation	700	-

(LALHRUAITLUANGI PACHUAU)

NODAL OFFICER
Red Ribbon Club
Mizoram College of Nursing, Aizawl

Name & Signature of the Nodal Officer

(LALDUHSAKI)

Principal
Mizoram College of Nursing
Falkawn : Mizoram

Signature of Institution Head

OFFICE OF THE PROJECT DIRECTOR STATE AIDS CONTROL SOCIETY MIZORAM : AIZAWL ACTIVITY SUMMARY REPORT

1. Awareness Programme-

Activity	Date	Topics	No.of students covered
Health talk at Civil Hospital Aizawl - Medicine OPD	16.04.2025	Awareness on HIV/AIDS	6 students provided Health talk, Target groups - OPD visitors



Activity	Date	Topics	No.of students covered
Health talk at Civil Hospital Aizawl - Male Medicine Ward	24.04.2025	Awareness on HIV/AIDS	6 students provided Health talk, Target groups - Patients and Relatives

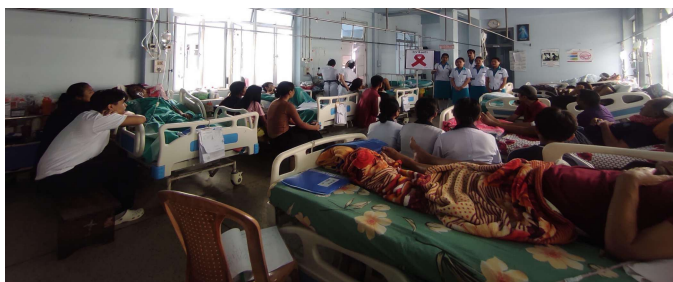




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MIZORAM : AIZAWL**



Activity	Date	Topics	No.of students covered
Health talk at Civil Hospital Aizawl - Female Medicine Ward	01.05.2025	Awareness on HIV/AIDS	6 students provided Health talk, Target groups - Patients and Relatives



Activity	Date	Topics	No.of students covered
Health Talk provided by 7 th Semester Student at Hlimen	09.09.2025	Prevention of HIV/AIDS	102 – PES Hlimen

In collaboration with Community Health Nursing Dept., RRC conducted an awareness programme. Health Talk on the aforementioned topic was given by Lalmawipuii, 7th Semester. IEC materials taken from MSACS was distributed.



Activity	Date	Topics	No.of students covered
Health Talk provided by 7 Th Semester Student at Hlimen	09.09.2025	Prevention of STD's	102 – PES Hlimen

In collaboration with Community Health Nursing Dept., RRC conducted an awareness programme. Health Talk on the aforementioned topic was given by Lalhunthari, 7th Semester. IEC materials taken from MSACS was distributed.



Activity	Date	Topics	No.of students covered
HIV/AIDS & Drug Abuse Prevention Awareness	3.10.2025	Capacity building on Drug Abuse Prevention	60 students

1st and 2nd Semester students attended Capacity building prog on Drug abuse prevention at Nurses' Seminar room, CHA. Resource person: Ms.Vanlalhruii, Social Welfare Dept.



Activity	Date	Topics	No.of students covered
Health Talk provided by 8 th Semester students to High Schoolers of Govt. schools in Aizawl	27&28 Feb 2026	Mental Health: Stress and its management	9 students – MCON 72 - Govt. Mizo Higher Secondary School 78- Govt. Chaltlang Higher Secondary School



2. Voluntary Blood Donation

Date of programme	Venue	No.of students registered	No.of students donated blood
14.02.2025	Blood Donation by 8 th Sem & 6 th Sem students	56	20 units of blood donated in ZMC &H



3. Competitions-

Date of programme	Name of competition	No.of students involved
9/05/2025	Extempore Speech	4
9/05/2025	Essay writing Competition	11

In celebration of International Nurses' Day 2025, the Red Ribbon Club has organised an essay writing competition which was submitted on the 7th May. Result was announced on 9th May 2025. *International Nurses Day falls on 12th May, 2025, but however due to hectic schedules, celebration was preponed to 9th May 2025.*

The topic of this competition was "Investing in Nurses: A strategic approach to achieving Global HIV/AIDS target. In this Competition, there are 11 participants:-

2nd sem- 2 students
4th Sem - 4 students
6th Sem - 3 students
8th Sem - 2 students

The winners are as follow-

1st - Mufeez Ur Rahman Wani, 6th Sem (41/50) - received Cash Prize of Rs 1000 and a Certificate



2nd - Lalchhanhimi, 4th Sem, (33.5/50) - received Cash Prize of Rs 700 and a Certificate



3rd- Chakshu Rajput, 8th Sem (31/50) - received Cash Prize of Rs 500 and a Certificate



The remaining 8 participants received a certificate and stationery items (acrylic painter and pen)
The club has also organised a competition on extempore speech on 9th May 2025 where students elaborate on different topics related to health, nursing, HIV/AIDS and Mental Health. There are 4 participants, one student represented each semester.

The winner of this competition is-

Mufeez Ur Rahman Wani, 6th Sem (38/40)- - received Cash Prize of Rs 1000 and a Certificate



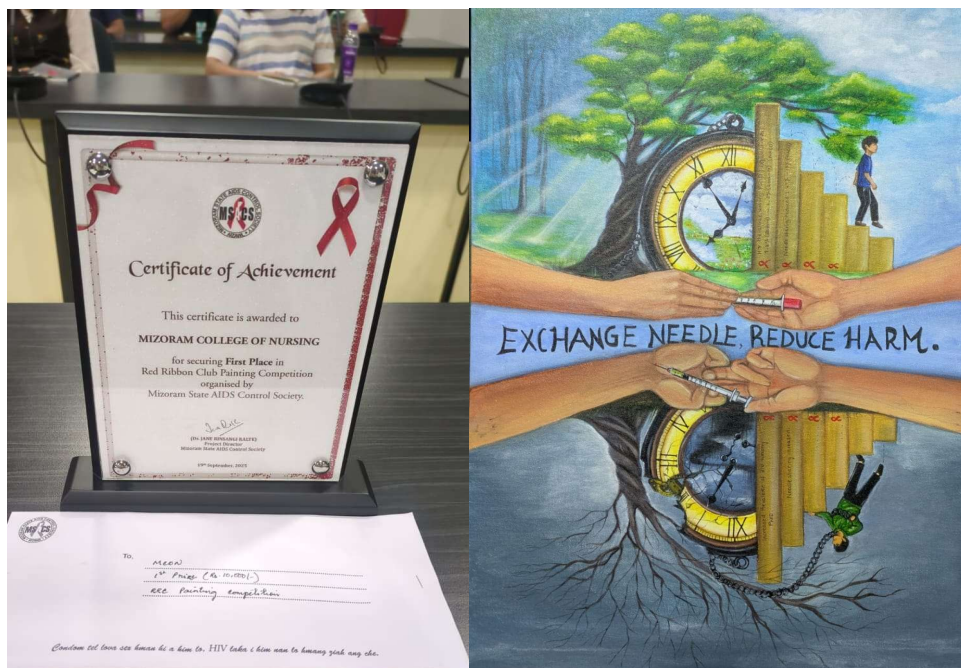
The remaining 3 participants received a certificate and stationery items (Highlighter and pen)

Date of programme	Name of competition	No.of students involved
31/07/2025	Red Ribbon Club Painting Competition	1

MCON secured the 1st Position amongst more than 40 institutions in the Painting Competition organised by MSACS. Result announced on 19th Sept. 2025.

Representative of MCON- Lalhriatrengi, 7th Sem

Topic : Effectiveness of Needles & Syringes exchange programme in preventing HIV transmission



Date of programme	Name of competition	No.of students involved
18/09/2025	State Level Red Run	10

State Level Red Run organised by MSACS.Participants-

1. 4 from 1st Sem
 2. 6 from 3rd Sem
 3. 1 teacher (Lalhruaitluangi Pachuau)
- Distance-12 kms (R Dengthuama - Silaimual)
Theme : Know your status



Date of programme	Name of competition	No.of students involved
10/10/2025	Mental Health Reels Making Competition	38

In collaboration with the Green Ribbon Club, 5th Sem students, MCON participated in Mental Health Reels making competition organised by VOLCOMH. MCON has secured the 3rd position.



4. Other activities conducted

Date of programme	Name of activity	No. of students involved
4.07.2025	Seminar on HIV in Pregnancy	35
12.08.2025	Seminar on Baby of HIV Positive mothers	35

Seminar was conducted as a part of Teaching Learning Curriculum in the 7th Semester. HIV in Pregnancy was presented by Naveed Hussain Shah, 7th Sem
Baby of HIV Positive mothers was presented by Amy Lalruatkimi, 7th Sem

MIZORAM COLLEGE OF NURSING B.Sc. NURSING, VIII Semester MIDWIFERY & OBSTETRICAL NURSING SEMINAR TOPIC: 2025		
Roll No.	Name of student	Topics
1	Abigail Lalrinhlui	Post abortion care and counseling
2	Amy Lalruatkimi	Baby of HIV Positive mothers & Rh neg mothers
3	Cecilia Hmanghsangzeli	Appendicitis, acute abdomen during pregnancy
4	Esther Lalhmimgawii	Congenital abnormalities of female reproductive system
5	Esther Lalhmimgawii	UTI during pregnancy
6	Esther R. Lalnunpuii	Elderly primi & grand multipara
7	Hmingthangmawii	Bacterial, viral, protozoal & fungal infections during pregnancy
8	Jenny Lalremmawii	Infertility
9	K. Doris Ngokhiphthie	Malaria in pregnancy
10	K. Laldintluangi	Menstrual abnormalities
11	Khushbu Kumari	COVID-19 in pregnancy & newborn
12	Laldingpuii Chhangte	Breast disorders
13	Lalhmanghazuali	Pulmonary disease & Thyrotoxicosis in pregnancy
14	Lalhriatregui	Cardiac diseases during pregnancy
15	Lalhunthari	Pelvic inflammatory diseases (PID)
16	Lalawmzuali	Thrombophlebitis, DVT & Vulval hematoma
17	Lalmawipuii	Obstetrical shock
18	Lalnunziri	Cystocele, urethrocele, rectocele
19	Lalremmawii	Amniotic fluid embolism
20	Lalrinawma	Cysto-ovarian & vulva
21	Lalsangzuala Ralte	Intra-uterine fetal death
22	Llansangpui	Caesarean section
23	Malsawmdawngzuali	Cord prolapse, vasa previa
24	Mohamad Umer Syed Bukhari	Endometriosis, uterine & cervical fibroids & polyps
25	Mohsan Hussain Khan	STD during pregnancy
26	Mufeez Ur Rahman Wani	Cephalopelvic disproportion
27	Musavir Maieed	Ruptured uterus & uterine inversion
28	Naveed Hussain Shah	HIV in pregnancy
29	P.C. Lalnunluangi	Shoulder dystocia
30	R. Lalrinsangi	Multiple pregnancy
31	Rosel Lalremmawii	Anemia during pregnancy
32	V.L. Nunchami	PROM
33	Zorinsangi	ILUGR

Note: To be submitted by 16th June, 2025
Roll no Odd no. to Ms. Mapui
Roll no Even no. to Ms. Remmawii

(LALDINGLIANI SAILO)
Asst. Professor
Mizoram College of Nursing.

Date of programme	Name of activity	No. of students involved
8.08.2025	Orientation of 1 st Semester redg. Red Ribbon Club	30

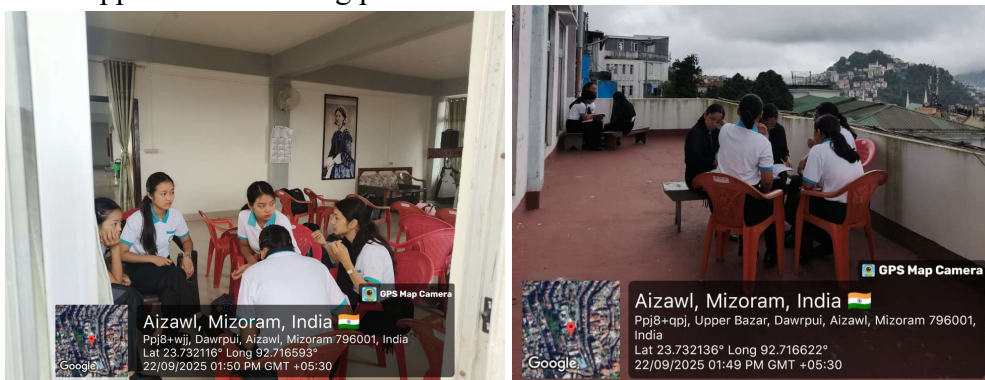


Date of programme	Name of activity	No.of students involved
22/09/2025	Group Discussion on Mental Health in Nursing	30

Group Discussion on "Mental Health in Nursing" was conducted on Monday, the 22nd September 2025. 1st Sem Students were divided into six groups, each with a team leader who presented the key points discussed:

- Prevalence of mental health issues among nurses (anxiety, depression, burnout)
- Impact on patient care and outcomes
- Strategies for promoting mental health (stress management, self-care, peer support)
- Role of nurse leaders and organizations in supporting mental health initiatives

The group discussion was a valuable learning experience, highlighting the need for mental health awareness and support in the nursing profession.



Date of programme	Name of activity	No.of students involved
28/10/2025	PB.B.Sc Orientation of Red Ribbon Club	20



Date of programme	Name of activity	No.of students involved
14/11/2025	Blood Bank Visit by 3 rd Sem	30

As a part of Teaching Learning Curriculum, 3rd Semester visited Blood Bank, ZMC & H. The Red Ribbon Club utilizes this opportunity to learn & observe the following-

- Understand the **screening process for HIV in donated blood**
- Learn about **safe blood transfusion practices**
- Observe **blood collection, storage, and testing procedures**
- Gain awareness of **HIV transmission, prevention, and counseling**
- Understand the role of organizations like National AIDS Control Organisation in India



Date of programme	Name of activity	No.of students involved
9/03/2026	Campus Cleanliness Drive	153





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MIZORAM : AIZAWL
RECEIPTS/VOUCHERS



Bill/Cash Memo				
CURIO ENTERPRISE				
Upper Bazar, Aizawl, Mizoram-796001				
Contact: 0389-2321627/9862305007/8413951942				
To, <i>Mion</i>		Date: <i>6.5.25</i>		
S/no	Particulars	Qty	Rate	Amount
1.	<i>Acrylic paint</i>	<i>15</i>	<i>30.</i>	<i>450</i>
2.	<i>Pen</i>	<i>15</i>	<i>10</i>	<i>150</i>
TOTAL				<i>600</i>
Amount (in words) : <i>Rs. Six Hundred only.</i>				

priti
Authorised Signatory



**OFFICE OF THE PROJECT DIRECTOR
STATE AIDS CONTROL SOCIETY
MIZORAM : AIZAWL**



ACTUAL PAYMENT RECEIPT

Received with thanks a sum of Rs. 1000 (Rupees one thousand only) from Red Ribbon Club, MCON unit on account of 1st prize Extempore Speech/Essay Writing Competition organised on the 9th May 2025 (Friday)

Date: 9th May, 2025

Signature : 

Name : Mufeez Uir Rahman Wani 6th Semester



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MIZORAM : AIZAWL**



ACTUAL PAYMENT RECEIPT

Received with thanks a sum of Rs. 700 (Rupees seven hundred only) from Red Ribbon Club, MCON unit on account of 2nd prize Extempore Speech/Essay Writing Competition organised on the 9th May 2025 (Friday)

Date: 9th May, 2025

Signature : Dalchhanhimi

Name : Dalchhanhimi 4th semester



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MIZORAM : AIZAWL**



ACTUAL PAYMENT RECEIPT

Received with thanks a sum of Rs. 500 (Rupees
five hundred only) from Red Ribbon Club, MCON unit on
account of 3rd prize Extempore Speech/Essay Writing Competition
organised on the 9th May 2025 (Friday)

Date: 9th May, 2025

Signature : 

Name : Chakshu Rajput 8th Semester



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MIZORAM : AIZAWL**



ACTUAL PAYMENT RECEIPT

Received with thanks a sum of Rs. 1000 (Rupees one thousand only) from Red Ribbon Club, MCON unit on account of 1st prize Extempore Speech/Essay Writing Competition organised on the 9th May 2025 (Friday)

Date: 9th May, 2025

Signature : Mujeeb Ur Rahman

Name : Mujeeb Ur Rahman Hani 6th semester



**OFFICE OF THE PROJECT DIRECTOR
STATE AIDS CONTROL SOCIETY
MIZORAM : AIZAWL**



ACTUAL PAYMENT RECEIPT

Received with thanks a sum of Rs. 1000 (Rupees One Thousand) only from
Red Ribbon Club MCON Unit on account of State Level Red Run : Transportation
Alumni for participants.
Date: 18.09.2025.

Signature: [Signature] 18/9/25.

Name: LALTHMANGAIHSANGI (i/c)

Name of College : MIZORAM COLLEGE OF NURSING



**OFFICE OF THE PROJECT DIRECTOR
STATE AIDS CONTROL SOCIETY
MIZORAM : AIZAWL**



MAPUIA ENTERPRISE

Ph no: 6906839726

Falkawn, 796005

CASH MEMO

Receipt No: 128/2

Date: 14 / 2 / 26

Received From: MCON

Sl No.	Items	Rate	Quantity	Amount
1.	Smoothie	10	35	350
2.	Cake	10	35	350
	Total			700/-

Amount in Words: Seven Hundred only

Payment Method: ☒ Cash / ☐ UPI / ☐ Bank Transfer / ☐ Others: _____

Received By: [Signature]
14/2/2026