

RED RIBBON CLUB ACTIVITIES 2024 - 2025

(APRIL 2024 - MARCH 2025)

VOLUNTARY BLOOD DONATION –

12 .04.2024

In collaboration with ENF, 4th and 6th Sem students donated Blood at Civil Hospital Blood Bank
15 units was donated.



20.05. 2024 & 21. 05.2024

In observation of International Nurses Day, Red Ribbon Club organizes Blood Donation at SRHF-ZMC. 16 units of Blood was donated by 4th year on 20/05/2024. 12 units of blood was donated by 2nd Sem Students on 21.05.2024



HIV/AIDS & STI AWARENESS RALLY- 10.09.2024

30 students from 1st Sem along with Ms Lalhrualtuangi Pachau, NO attended HIV/AIDS & STI Awareness Rally (Sikulpukawn to Vanapa Hall) organised by MSACS.



OBSERVATION OF WORLD SUICIDE PREVENTION DAY – 10.09.2024

60 students and 8 Faculty attended the Observation of World Suicide Prevention Day 2024 organised by National Mental Health Programme at Auditorium, DHME.

Musical skit was performed by the students



CAMPUS CLEANLINESS DRIVE 17 – 19.09.2024

Following RRC Calendar proposed by MSACS, Campus Cleanliness Drive was carried out from the 17th - 19th September 2024



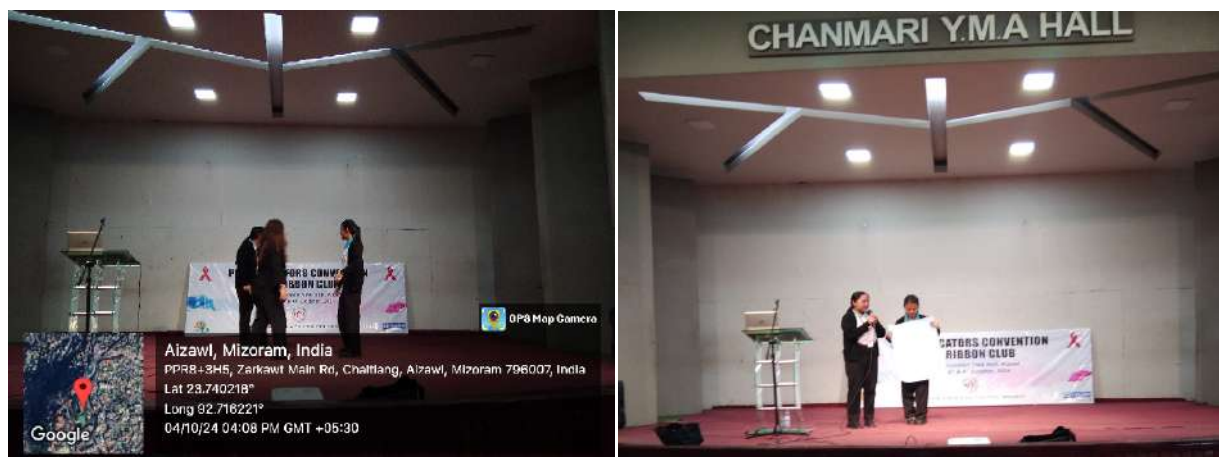
Training of Nodal Officers- 24.11.24

Nodal Officers of MCON attended One Day Training of NO, Red Ribbon Club at Whitehall, Ramhlun on 24th Nov 2024



Training of Peer Educators 4.10.2024

Two Peer educators, Laldingpuii Chhangte and Angeline Vanlaltanpuii, attended Peer Educators training at Chanmari YMA Hall on 4th October 2024. They gave a presentation.



HIV/AIDS Awareness Programme: 6.11.24

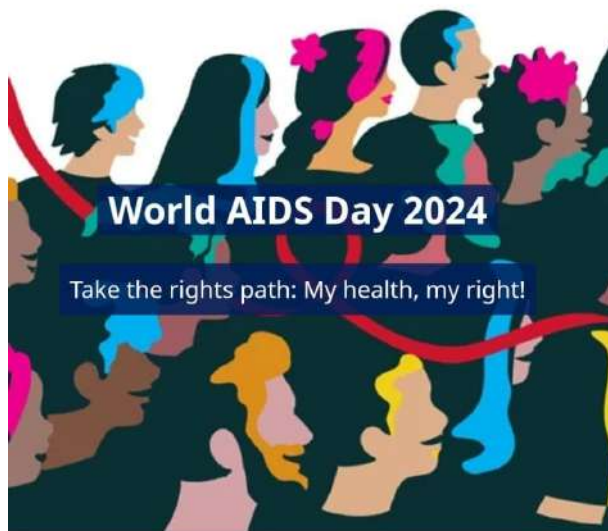
Under the aegis of District Aids Prevention and Control Committee, HIV/AIDS Awareness programme was held at our college on 6.11.24 (Wednesday) at 12:30 pm. All students attended the programme. Healthcare Team from MSACS who are directly involved in the field share their expertise on the following topics-

- 1 Basic Information on HIV/AIDS and STIs: Understanding transmission, prevention, and treatment options.
2. Drug Prevention and Drug Related Problems, Overdose Management Awareness about substance use, its effects, and strategies for prevention and response.
3. Unsafe Sex and the Use of Contraceptive Pills Discussing the risks associated with HIV/AIDS, the consequences of early sexual practices, and the importance of consistent condom use for the prevention of HIV and STIs.
4. HIV-Related Services: An overview of available resources and support services for individuals living with or at risk of HIV



Observation of World AIDS Day - 01.12.2024

In observation of World AIDS Day 2024, students and faculty posted posters related to World AIDS day 2024 emphasizing on the theme "Take the rights path: My health, my right!" on their Whatsapp status.



The world can end AIDS – if everyone's rights are protected. With human rights at the centre, with communities in the lead, the world can end AIDS as a public health threat by 2030.

HIV/AIDS & Drug abuse awareness programme - 05.02.2025

Health talk on Antenatal and Postnatal care, HIV/AIDS and Drug Abuse Awareness was held on the 5th of February 2025 at Health & Wellness Centres, Falkawn and Muallungthu by 8th Sem students under the guidance of Miss Eaudi Pachuau. 73 community members attended the programme. EC materials were taken from MSACS for this purpose and distributed. Condoms were also distributed.



Voluntary Blood Donation - 21.02.2025

Venue- Civil Hospital Aizawl, Blood Bank & Zoram Medical College & Hospital Blood Bank

Blood Donation Camp was jointly organised by ENF and RRC MCON Unit, 6th and 8th Semester students donated 6 units in CHA and 14 units were donated in ZMCH. All students posted in CHA and ZMCH were given a light Refreshment.



POSTER MAKING COMPETITION & SLOGAN WRITING COMPETITION - 27.02.2025

Themes for Poster Making Competition

1. Nutrition for HIV/AIDS patients
2. Nutrition for Mental Health
3. Nutrition and Drug Addiction - Diet for recovery.

Prize:

1st Position - Rs 700 + Certificate

2nd Position - Rs 600 + Certificate

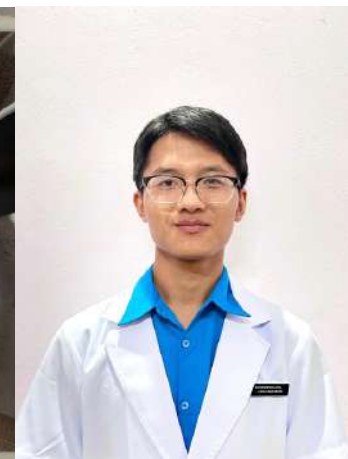
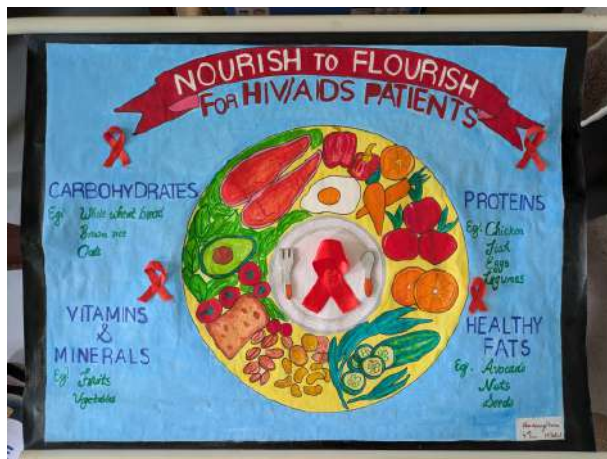
3rd Position - Rs 500 + Certificate

As there is an ongoing Sessional examination, 2 students participated from each class.

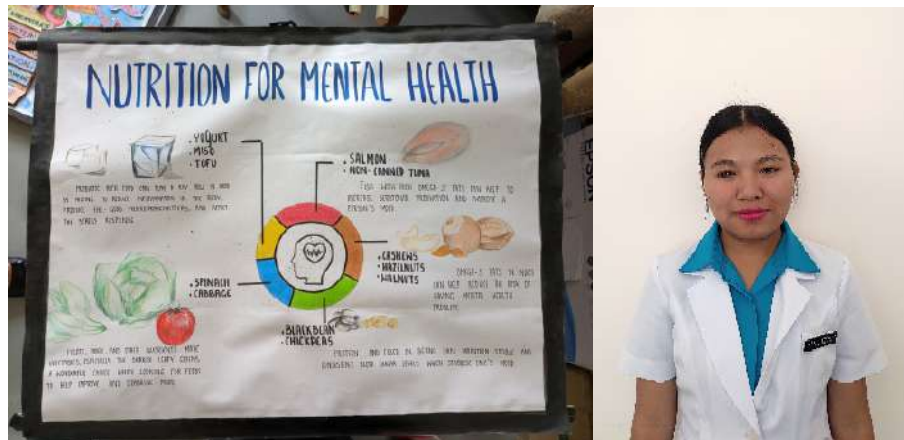
Total participants - 8



1st Position- Lalremruati, 4th Sem



2nd Position- Vanhminglana, 4th Sem



3rd Position- Carolyn Lalnunsiami, 2nd Sem

Other entries-





E- SLOGAN WRITING COMPETITION

Theme:

Ending discrimination against People Living with HIV.

Word limit: 10 words

Cash Prize for winner : Rs 300

Winner :

K. Laldintluangi, 6th Sem



Slogan: Beyond the virus, a soul remains—choose love, not fear

There were 80 participants.

2 SEM - 30

4 SEM - 27

6 SEM - 17

8 SEM - 6

All Participants received an e-certificate.

Slogans Submitted by the participants-

Break the silence, end the bias—support HIV-positive lives.
"LETS STOP THE HIV TOGETHER ".
FIGHT HIV BUT NOT PEOPLE WITH HIV
Fight HIV, not people living with it. End the Stigma.
HIV positive! Receiving Negative attitudes. But still.....A HUMAN.
"HIV is not a sin,end HIV stigma"
They are SOMEONE >living with HIV'
"Viruses don't discriminate: Break the stigma, not the person"
Remembering lives lost, supporting those affected
"Unite Against HIV Stigma, Embrace Every Life with Dignity."
"End HIV Stigma,Honor Every Life with Compassion and Respect ."
Prevention is the best protection
End inequalities,end AIDS, end pandemics
Fight AIDS not people with AIDS 🧡
Our life our right
Let's hold our hands together and fight HIV
On openness, support, care an end to discrimination
FIGHT AIDS NOT PEOPLE WITH AIDS
Rise Above Stigma, Rise Above Fear
Zero Discrimination,zero fear
Embrace,not stigmatize : Equal rights for all
We are all born Equal. Embrace, don't Exclude.
HIV is not a choice,but kindness is.
Why discriminate when they are just like us, 'humans'.
Stop discrimination. Stop adding their burden

Hate the disease, not the people with the disease.
AIDS doesn't discriminate, neither should we.
Fight AIDS, not people with AIDS!
Embrace, don't exclude
Equal Rights, Equal Life, HIV is not crime, Discrimination is.
Stop the stigma ; Share kindness over discrimination
We all are human being
AIDS is a judgement we have brought upon ourselves. You and i would be infected too, let's joint together to stop this discrimination
Equal Rights , Equal Love : End HIV Stigma Now!
"Equal rights, zero stigma—end HIV discrimination now!"
You dont know your future, stop discrimination on HIV positive .
See the person, not the virus
AIDS is not a choice. Stop discrimination against HIV positive.
"Embrace, Don't Exclude"
End stigma, embrace quality: Stand up for people living with HIV
Stand together, act now , spread love, let's end discrimination together
"End AIDS, End Stigma"
Stigma is more harmful than HIV
"Shatter the shackles of stigma , free the soul within"
Advocate for change in policies that prevent people with HIV from getting the care, housing, and respect they need.
Beyond the virus, a soul remains—choose love, not fear
Fight Aids Not people with Aids
End the stigma and embrace those who needs care.
Stop Stigma and Discrimination of HIV, respect people and support them and promote humanity.
Let's end HIV together, choose love not stigma
Fight the disease, Not the people
Equality includes person with HIV.

Discrimination has no justification, believe in respect.
Equal rights, education, awareness, compassion, support, inclusion, respect, advocacy.
Fight Aids not people with Aids, love and support them .
"Fight AIDS, not people with AIDS"
HIV IS MANAGEABLE AND PEOPLE WITH HIV CAN LIVE LONGER.
Prevention is the best protection
Hate the disease, not the diseased.
Redefine HIV: From Diagnosis to Empowerment , Hope to Humanity
Embrace, not exclude
1. "Test Compassion, Not Status"2. "HIV Positive, Humanity Guaranteed"3. "Break the Chain of Stigma"4. "See the Person, Not the Virus"5. "United We Stand, Against HIV Stigma"
HIV is nothing to be ashamed of but discrimination is.
Advocate for change in policies that prevent people with HIV from getting the care , housing &respect they need
Embrace Hope, Respect Every Life ,Stand Against HIV
We are all human being, Let humanity win
Promote accurate information about transmission,prevetion and treatment to combat misinformation and fear.
The virus doesn't discriminate, neither should we.
Fight AIDS, not people with AIDS
Not HIV people, we're all human beings trying to survive.
Stop discrimination.Love,support and respect people living with HIV.
"Saturate your Knowledge, not your Arteries "
Education is the key to eradicating AIDS, Not persecution
Nourishing mind, flourishing life;eat good for mental wellness
No bias, just kindness, AIDS we'll confine this!
"Fight HIV, not the individual."
"STIGMATISATION " is a deadly disease ... "COMMUNITIES "can makes the difference .
Fight against HIV, not the people'
We are the people of God's creation with love

We All Are Humans, Discriminate None, End Inequality, End Aids .