

Session -2022-2023

Aids Awareness Committee/ Red Ribbon Club

1. State Level Quiz on 11th November, 2022

Activity:

The Sub-Regional Level Quiz competition on HIV/AIDS was conducted by Chandigarh State AIDS Control Society on 11th November, 2022.

Objective:

This quiz competition was organized for the students of Red Ribbon Clubs of all the colleges to give them a platform to share the knowledge on HIV/AIDS.

Practice: The winning team will participate in this Regional Level Quiz competition in the coming months. Every year students from Mehr Chand Mahajan DAV College participate in this quiz.

Outcome: Total 18 teams participated in the quiz. This year the team of two students namely Ms Tanya and Ms Aakarshita got certificate of participation.



2. Blood Donation Camp on 15th November, 2022

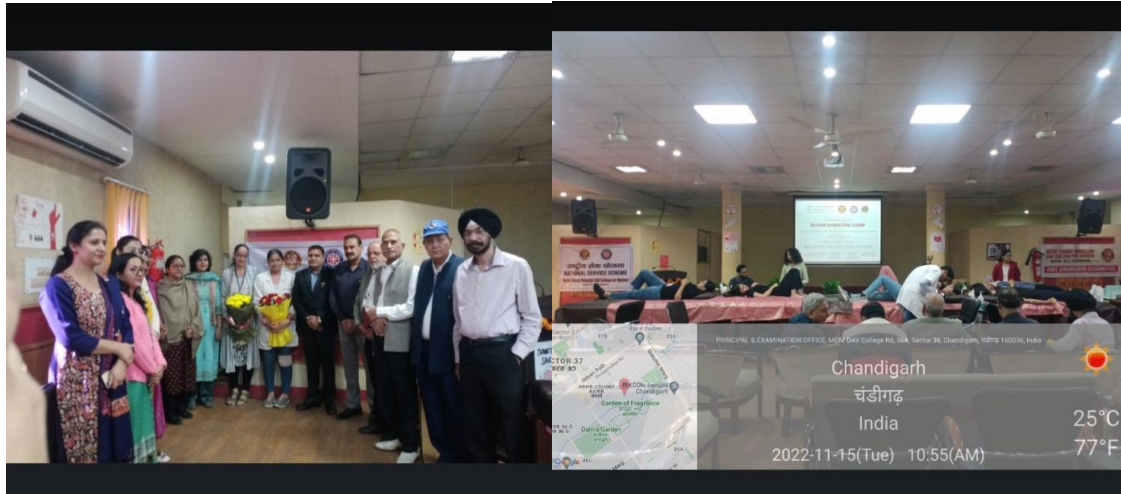
ACTIVITY: NSS Units, Red Ribbon Club, AIDS Awareness Committee and Medical committee of Mehr Chand DAV College for Women, Chandigarh organized a Blood Donation Camp, in collaboration with PGIMER, Chandigarh (UT) on 15th November, 2022 at the college campus.

OBJECTIVE: Today, most medical care depends on a steady supply of blood from donors, as one in seven people entering the hospital need blood. The objective of the blood donation drive was to instill in the students the spirit of service to humanity. Many students and staff-members showed exemplary participation and enthusiasm.

RELEVANCE: Blood is the saviour of human lives in times of accidents and other crisis. Each drop of blood counts, hence understanding the vitality of the blood, the Blood Donation Drive relevantly contributed to the noble cause and true service to humanity. A single unit of blood can be separated into different components such as red blood cells, plasma and platelets. The Blood donation drive was also supported by Lions Club Chandigarh Prosperity.

OUTCOME: During the drive Dr Nisha Bhargava, Principal of the college and doctors from PGI were felicitated by distinguished members of Lions club Chandigarh Prosperity. More than 50 units of blood were collected. Students were motivated to play their important part in the service to society. All the donors were given refreshments and certificates for the noble gesture towards humanity.





3. An awareness session on 'TECHNIQUES FOR BEING YOUNG AND HEALTHY AS YOU AGE' by Dr Preeti Jindal on 18th November, 2022.

Relevance: World AIDS Day is a globally commemorated healthcare event observed every year on the 1st of December for the past 33 years (since 1988). On this day, various awareness campaigns and activities that promote the disease awareness are conducted by several organisations across the world, unite to show solidarity for people living with HIV (human immunodeficiency virus)

Theme: This year 2022, the AIDS Day theme is “**Equalize**”, which emphasises eliminating the inequalities that have slowed the fight against the disease. The inequalities, such as gender inequality, limit women’s access to HIV care and other forms of sexual and reproductive health care, which in turn affects their decision-making capabilities and their capacity to decline unwanted sexual encounters or negotiate for safer ones.

Objective: The need for AIDS awareness day is essential as HIV infection is currently incurable, but one can control it with good quality education about the disease, especially in rural areas. It was once an unmanageable chronic health condition, but now, with advances in HIV prevention, diagnosis, manage, and care including for opportunistic infections, people with HIV can live long, and healthy lives. In India, in the year 2019, 58.96 thousand AIDS-related deaths and 69.22 thousand new HIV infections were reported.

Dr Preeti Jindal is a Sr Gynaecologist at The Touch Clinic and she was heading a gynae department in Max hospital Mohali from 2011 till 2013. She has to her name more than 50 International & national Publications and was Awarded for being 1 out of 50 most influential Indian women Worldwide 2019 at House of Lords in UK Parliament and “ Woman of Substance ” by Honorable Governor ,Punjab and Administrator UT Chandigarh - Shri. Banwarilal Purohit Ji. Dr Preeti is also a member of renowned organizations. She has written books for woman at all stages of her life such as “ For growing up girls”, “ My little pregnancy companion”, “ Young Forever Menopause” (A must have book for women above 40) and Aesthetic and regenerative gynecology ” by Springer Publisher of which she is not just the author but also the Chief Editor, maam has been contributing so much to the society, which is visible when she opened North India’s Most Advanced IVF, Recurrent Miscarriage, High Risk Pregnancy, & Cosmetic Gynaecology Centre which has been Pioneer in establishing Preimplantation Genetic Screening (PGS) in IVF in North India since 2013 .

Activity: Each year, on 1st December, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses. Since ours is a girls college, we organized an awareness session on **TECHNIQUES FOR BEING YOUNG AND HEALTHY AS YOU AGE'** on 18th November, 2022.

Outcome: This session was attended by **12 faculty** members and **107 students**. The session started with a basic discussion on the concept of adolescence and then she went on to discuss the menstrual cycle, by touching upon the issues of irregular periods,

discomfort during periods, PMS, HPV vaccination - which is a must for the adolescents. Dr Preeti stressed that the faculty should be regular for testing especially PAP smear every 2 years and mammography every 3 years. She talked on different issues responsible for acne and their treatments highlighting the prevalence of vampire facial and suggested to avoid it. She also touched upon the issue of incontinence and informed the audience that they have a machine to correct it. Overall the session was very interactive and the students asked many questions and raised innumerable queries.

