

**Report of  
AIDS Awareness Committee  
&  
Red Ribbon Club  
(2023-24)**



**Mehr Chand Mahajan  
DAV College for Women  
Sector-36/A, Chandigarh**

[www.mcmdavcw-chd.edu](http://www.mcmdavcw-chd.edu)

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# 1. Red Run on 10th September, 2023

An HIV/AIDS awareness Red Run was organized by SACS on 10th September, 2023, at the Lake which was flagged off by worthy Advisor to the Administration UT Chandigarh. It witnessed a participation of many students from 17 colleges and our BA 1 students Vineeta Gurjar got 1st position with a cash prize of Rs15000/ and Nisha of BA 1 got consolation prize of Rs 2000/-.

## Activity:

A red run was organized on HIV/AIDS by Chandigarh State AIDS Control Society on 10th September, 2023. RED RUN is a charity fun run and walk that unites the HIV sector to raise awareness and vital funds for HIV support and prevention projects.

## Objective:

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 National Level competition in Goa in October, 2023.

## Outcome



Male Category				
Sr. No.	Name	College	Position	Prize
1	Sahil	SD College-32	1 <sup>st</sup> position	Rs. 15,000/-
2.	Ravi Yadav	SD College-32	2 <sup>nd</sup> position	Rs. 10,000/-
3.	Nitin	SD College-32	3 <sup>rd</sup> position	Rs. 5,000/-
4.	Manish	DAV-10	Consolation prize	Rs. 2000/-
5.	Suraj	DAV-10	Consolation prize	Rs. 2000/-
6.	Suraj Gupta	SD College-32	Consolation prize	Rs. 2000/-
7.	Amrit Kumar	DAV-10	Consolation prize	Rs. 2000/-
8.	Aman Joshi	GCM-11	Consolation prize	Rs. 2000/-
Female Category				
1.	Vineeta	MCM DAV-36	1 <sup>st</sup> position	Rs. 15,000/-
2.	Swati Paul	DAV-10	2 <sup>nd</sup> position	Rs. 10,000/-
3.	Nisha	SD College-32	3 <sup>rd</sup> position	Rs. 5,000/-
4.	Sakshi	Dev Samaj-45	Consolation prize	Rs. 2000/-
5.	Nisha	MCM DAV-36	Consolation prize	Rs. 2000/-
6.	Pinki	Dev Samaj-45	Consolation prize	Rs. 2000/-
7.	Muskan	DAV-10	Consolation prize	Rs. 2000/-
8.	Kanchan	GCCBA-50	Consolation prize	Rs. 2000/-
Transgender Category				

## ट्रांसजेंडर्स ने छात्रों संग दौड़ लगा एड्स से बचाव के लिए किया जागरूक

जगमग संवदयता, चंडीगढ़ : सुखन लेक पर रविवार को स्टेट एड्स कंट्रोल सोसायटी चंडीगढ़ ने एड्स के प्रति लोगों को जागरूक करने के लिए दौड़ का आयोजन कराया।

रेड रन नाम की दौड़ में शहर के अलग-अलग कॉलेज की छात्रों और ट्रांसजेंडर्स ने हिस्सा लिया। ट्रांसजेंडर्स ने दौड़ में शामिल होकर एड्स से बचने के लिए लोगों को जागरूक किया। सुखन लेक पर सुबह एडवाइजर धर्मपाल ने रेड रन दौड़ को हरी झंडी दिखाकर रवाना किया। फॉट क्लॉन्गमिटर की दौड़ में 250 छात्रों से 250 छात्रों ने हिस्सा लिया। इस दौरान स्वास्थ्य सचिव अजय जगती, स्वास्थ्य निदेशक डा. सुमन सिंह और चिकित्सा अधीक्षक डा. वीके नारायण मौजूद थे।

एडवाइजर ने सोटापू की बस जिस पर एड्स का संकेतक को लेकर

**रेड रन**

- दौड़ के विजेता आठ अक्टूबर को गोवा में राष्ट्रीय रेड रन में लगे हिस्सा
- पांच किमी, दौड़ में 20 कॉलेज के 250 छात्रों ने लिया हिस्सा



सुखना लेक पर रविवार सुबह एड्स से बचाव के लिए जागरूक करने को रेड रन दौड़ का आयोजन किया गया ©जगमग

जागरूकता संदेश सहित हेल्पलाइन नंबर लिखा था को हरी झंडी दिखाकर रवाना किया। स्टेट एड्स कंट्रोल सोसायटी के प्रोजेक्ट डायरेक्टर डा. वीके नारायण ने बताया कि आठ अक्टूबर को नेशनल एड्स कंट्रोल अर्गनाइजेशन गोवा में नेशनल रेड रन दौड़ का आयोजन करेगी।

रविवार को शहर में हुई इस रेड रन दौड़ के छह विजेता राष्ट्रीय स्तर रेड रन दौड़ में शामिल होंगे। दौड़ में शामिल ट्रांसजेंडर श्रेणी में किट्टू, राखी और सैम को दो-दो हजार रुपये का सांत्वना पुरस्कार भी दिया गया।

नाम	कॉलेज	स्थान	पुरस्कार राशि	नाम	कॉलेज	स्थान	पुरस्कार राशि
साहिल	एसडी कॉलेज-सेक्टर-32	पहला	15 हजार	विनीता	एमसीएम डीएवी-36	पहला	15 हजार
रवि यादव	एसडी कॉलेज सेक्टर-32	दूसरा	10 हजार	स्वती पौल	डीएवी-10	दूसरा	10 हजार
नितिन	एसडी कॉलेज सेक्टर-32	तीसरा	पांच हजार	निशा	एसडी कॉलेज-32	तीसरा	पांच हजार
मनीष	डीएवी सेक्टर-10	सांत्वना	दो हजार	साक्षी	देव समाज-45	सांत्वना	दो हजार
सुरज	डीएवी सेक्टर-10	सांत्वना	दो हजार	निशा	एमसीएम डीएवी-36	सांत्वना	दो हजार
सुरज गुप्ता	एसडी कॉलेज सेक्टर-32	सांत्वना	दो हजार	पिंकी	देव समाज-45	सांत्वना	दो हजार
अमित कुमार	डीएवी सेक्टर-10	सांत्वना	दो हजार	मुस्कान	डीएवी-10	सांत्वना	दो हजार
अमन जोशी	जीसीएम सेक्टर-11	सांत्वना	दो हजार	कंचन	जीसीसीवीए-50	सांत्वना	दो हजार

## एड्स कंट्रोल सोसायटी ने निकाली रेड रन, एडवाइजर भी दौड़े



चंडीगढ़ | चंडीगढ़ स्टेट एड्स कंट्रोल सोसायटी ने एचआईवी एड्स से लड़ाई और जागरूकता को लेकर रविवार सुबह रेड रन का आयोजन किया। एडवाइजर डॉ. धर्मपाल ने रेड रन को हरी झंडी दिखाकर रवाना किया। इस मौके पर सेक्रेटरी हेल्थ अजय जगती, डायरेक्टर हेल्थ सर्विसेज डॉ. सुमन सिंह, डीपीआर राजीव तिवारी समेत आदि मौजूद रहे।

## **2. Interactive Session on “Health and Anti-Aging for Young Girls”**

The Red Ribbon Club/AIDS Awareness Committee in collaboration with the Post Graduate Department of Sociology of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an Interactive Session on “Health and Anti-Aging for Young Girls” by Gynaecology Expert and Director of The Touch Clinic Dr Preeti Jindal, on 12th September, 2023.

After a formal introduction of the speaker and the relevance of such sessions, the event started off with discussion about common cancers among women which included ovarian, breast and cervical cancers with the cervical cancer being the most common in India as almost 200 women die from the cancer nationwide with about 1 woman dying every 7 minutes. She highlighted that the prevention of the cancer through PAP Smear can be done anytime. She apprised the audience on HPV vaccination which includes only two doses for girls between the age group of 8 to 14 years to prevent the HPV infection which is sexually transmitted. She regarded it as life-saving for all young girls. Then, the young audience got a brief about the Breast cancer, the genes responsible for it (BRCA 1 and 2), its causes as well as its prevention which is through commonly known technique of Mammography (now replaced by breast ultrasound ) and Self Examination. She also took up the prevalent topic of PCOD (Polycystic Ovarian Disease) which leads to irregular periods due to delayed ovulation. Its symptoms include hairfall, weight gain, acne and also how it is a mere lifestyle disorder. She also expressed her concern regarding many women, particularly in Punjab, having their uteruses’ removed when they get fibroids. She gave a vital information that there is no such need to do so as fibroids are very common and do not lead to excessive bleeding. She also enlightened the young girls about labiaplasty, hymenoplasty and Egg Freezing which are very rarely discussed. Egg freezing is a technique through which the female eggs in their best stage (i.e, 28 to 33) are saved or ‘frozen’ to be used at a later stage if any woman wants to attain pregnancy at a later stage. The quality of eggs remains intact (as they are ‘frozen’). She talked of recurrent UTI and their preventions by not using products like Vwash. All of this was presented by the speaker through engaging and informative slides with pictorial representation and a demonstration by the gynecologist herself.

The event finally ended with a question -answer round in which students asked personal queries. The students seemed quite interested in the session and were eager to interact more with the speaker. The session thus gave an eye-opening, vivid and enriched knowledge about female health issues. The session was attended by 6 faculty members and 47 students.





## Dr Preeti Jindal

**MD, DNB, MRCOG(London), FICOG**  
**ADVANCED IVF, RECURRENT MISCARRIAGE, HIGH RISK PREGNANCY, COSMETIC GYNAECOLOGY, LAPAROSCOPIC & ROBOTIC SURGERY EXPERT**

**Director** – The Touch Clinic, Mohali  
 Advanced IVF, Recurrent Miscarriage, High Risk Pregnancy, Cosmetic Gynaecology & Laparoscopic Surgeries Centre

**Past President** – Mohali Obs & Gynae Society ( MOHOGS)  
**General Secretary**- InSARG  
 (Indian Society of Aesthetic & Reconstructive Gynaecology)  
**Senior Consultant Gynaecologist** – Fortis Hospital Mohali

**Awards & Honours** –

- 1) More than 50 National & International Publications.
- 2) Awarded for being 1 out of 50 most influential Indian women Worldwide 2019 at House of Lords in UK Parliament.
- 3) Awarded “ Woman of Substance ” by Honorable Governor Punjab and Administrator UT Chandigarh - Shri. Banwarilal Purohit Ji

**Publications:** written books –

- 1) “ My little pregnancy companion ”
- 2) “ For growing up girls ”.
- 3) Chief Editor “ Aesthetic and regenerative gynecology ” by Springer Publisher
- 4) “ Young Forever Menopause ” (A must have book for women above 40 years)

**Fields of Interest** – Advanced IVF with PGS, Recurrent Miscarriage, High Risk Obstetrics, Cosmetic Gynaecology, Amniocentesis

**Professional Membership** – MRCOG (U.K.), Member of FOGSI, COGS, IMS, AMASI

Phone no - 9815148444, 9915748821, Website - [www.thetouchclinic.com](http://www.thetouchclinic.com),  
 Email Id - [ravulpreeti@gmail.com](mailto:ravulpreeti@gmail.com)

**Aesthetic and Regenerative Gynecology**

– Preeti Jindal  
 Navendra Malhotra  
 Shashi Joshi  
 Editors

Springer

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**Young Forever MENOPAUSE**

REDEFINE YOURSELF

Dr. Preeti Jindal

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**My 1st Pregnancy Companion**

Dr. Preeti Jindal

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**Growing Up Girls**

Dr. Preeti Jindal  
 Dr. Cherry Mathi

### **3. Blood Donation Camp**

The Red Ribbon Club/AIDS Awareness Committee in collaboration with the Medical Committee and NSS team of Mehr Chand Mahajan DAV College for Women, Chandigarh organized Blood Donation Camp on 26th September, 2023 in the college campus

**No. Of participants-** 300

#### **Objectives-**

1. To raise awareness about the importance of regular blood donation and its positive impact on the community.
2. To dispel myths and misconceptions about blood donation and encourages more people to become regular donors.
3. To promote healthy eating habits among students to maintain a balanced hemoglobin.

#### **Practice-**

The college conducted its 20th annual Blood Donation Camp in collaboration with the Department of Transfusion Medicine, Postgraduate Institute of Medical Education and Research (PGIMER). It was led by Dr. Sangeeta, Assistant Professor, Department of Transfusion Medicine. This enduring partnership, which has saved countless lives over the last twenty years, underscores the commitment of both institutions to the cause of blood donation and healthcare. Distinguished guests including Dr. Nemi chand, State Liaison Officer, State NSS Cell, who inaugurated the camp and offered his blessings, alongside Mr. Sunil Kumar, Assistant Director of the Chandigarh State AIDS Control Society, who was the Guest of Honor, graced the occasion. Notably, around 300 students enthusiastically registered for the Camp and contributed to the donation of 70 units of blood. In a heartening display of community support, the event was supported by Sukh Foundation, a charitable organization. Further, the proud blood donors were motivated by the organizing team of the Sukh Foundation to take the organ donation pledge under the aegis of Sewa Pakhwada, the flagship Programme of Ayushman Bhava, Ministry of Health

and Family Welfare. The pledge ignited the spirit of organ donation among the volunteers. All blood donors were presented with discount vouchers offered by local businesses as a token of appreciation. Principal of the college, Dr. Nisha Bhargava commended the tireless efforts of the National Service Scheme (NSS) and the Medical Committee of the college for their exceptional work in organizing the event and contributing to the noble cause. This long-standing collaboration between Mehr Chand Mahajan DAV College for Women and PGIMER is a testament to the enduring spirit of community service and the collective commitment to saving lives through blood donation.

### Evidence of success-

The camp saw an impressive turnout, with over 300 students stepping up to donate blood. In total, 70 units were contributed, and these generous donors also took the pledge for organ donation, demonstrating their commitment to saving lives. The annual blood donation camp continues to be a beacon of hope for those in need and a reminder of the power of collective action in promoting healthcare and well-being.



## एमसीएम में स्वयंसेवकों ने 70 यूनिट रक्तदान किया



शिविर के लिए पंजीकरण कराया और 70 यूनिट रक्त दान में योगदान दिया। इस शिविर के सफल आयोजन में सुख फाउंडेशन ने अपना योगदान दिया। इसके अलावा, गौरवर्धित रक्तदाताओं को स्वास्थ्य और परिवार कल्याण मंत्रालय के प्रमुख कार्यक्रम अनुष्मान भव: सेवा पखवाड़ा के तत्वावधान में अंग दान को सपथ लेने के लिए भी प्रेरित किया गया। प्रतिज्ञा ने स्वयंसेवकों में अंगदान को भावना जगृत की। कोलेज प्राचार्या डॉ. निशा भार्गव ने रक्तदान शिविर के आयोजन के लिए राष्ट्रीय सेवा योजना (एनएसएस) और कोलेज को मेडिकल कमेटी के अध्यक्ष प्रयासों को सराहा की। उन्होंने यह भी कहा कि वार्षिक रक्तदान शिविर जबरनमंद लोगों के लिए आशा को किरण है और स्वास्थ्य देखभाल एवं कल्याण को बढ़ावा देने में सामूहिक शक्ति को रेखांकित करता है।

**ह्यूमन इंडिया/अमृत्या चंडीगढ़।** मेहर चंद महाजन डीएम्स महाविद्यालय, चंडीगढ़ को एनएसएस इकाइयों ने कोलेज के रेड रिबन क्लब और मेडिकल कमेटी के सहयोग से एक रक्तदान शिविर का आयोजन किया। कोलेज ने ट्रांसम्यूज मेडिसिन विभाग, पोस्टग्रेजुएट इंस्टीट्यूट ऑफ मेडिकल एजुकेशन एंड रिसर्च

(पीजीआईएचआर) के सहयोग से अपना 20वां वार्षिक रक्तदान शिविर आयोजित किया। इसका नेतृत्व ट्रांसम्यूज मेडिसिन विभाग को सहायक प्रोफेसर डॉ. संगीता ने किया। दोनों संस्थाओं के संयुक्त प्रयास ने पिछले बीस वर्षों में अनगिनत लोगों को जीवनदान दिया। रक्तदान और स्वास्थ्य देखभाल के प्रति दोनों संस्थानों का यह प्रयास

उनको प्रतिबद्धता का परिचायक है। राज्य एनएसएस सेल के राज्य संपर्क अधिकारी डॉ. नेमोचंद ने शिविर का उद्घाटन किया और इस नैतिक प्रयास के लिए अपनी शुभकामनाएँ दीं। चंडीगढ़ राज्य एड्स निवृत्तण सोसायटी के सहायक निदेशक श्री मुनील कुमार भी इस अवसर पर विशेष रूप से उपस्थित थे। लगभग 300 विद्यार्थियों ने उत्साहपूर्वक



Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

**Mehr Chand Mahajan**  
DAV College for Women  
Sector 36-A, Chandigarh (U.T.)

NSS Units, Red Ribbon Club / AIDS Awareness Committee  
& Medical Committee  
in collaboration with  
PGIMER, Chandigarh (U.T.)  
are organizing  
**BLOOD DONATION CAMP**  
supported by  
**Sukhi Foundation** (Regd.)  
SAVING LIVES BY PROMOTING HEALTH

Date: 26-09-2023 | Time: 10:30 am | Venue: Multimedia Hall

● Registrations will start at 9.30 am onwards. ● Donors should be above the age of 18 & healthy. ● All the staff members & students are requested to come forward & donate blood for the noble cause. ● Donors will be provided with refreshments and attractive gift vouchers.

DONATE BLOOD

Dr Nisha Bhargava, Convener & Principal  
Dr Bhavna Sood, Coordinator, Red Ribbon Club  
Dr Sarabjit Kaur & Dr Purnima Bhandari, Coordinators, Medical Committee  
Dr Preeti Gambhir & Dr Minakshi Rana, NSS Programme Officers  
Dr Akwinder Kaur & Dr Sandeep Kaur, Activity Incharges (NSS)  
Mr Ashish Mudgal, Activity Incharge (Creative)

#### 4. AIDS Awareness Rally 2023

The Red Ribbon Club/AIDS Awareness Committee in collaboration with the NSS team of Mehr Chand Mahajan DAV College for Women, Chandigarh organized AIDS awareness rally in the campus on 20<sup>th</sup> November 2023. The theme for this year is “Let Communities Lead“

##### Objectives -

- To create awareness among the students about the symptoms, causes and prevention of AIDS
- To sensitize students in college for not taking it as stigma and speak openly about AIDS.
- To encourage students to get tested for HIV/AIDS



**CONTEXT-** Every year December 1 is celebrated as World AIDS day. World AIDS day is a global movement to unite people in the fight against HIV and aids. The NSS units of Mehr Chand Mahajan DAV College for Women in collaboration with Red Ribbon Club and AIDS Awareness Committee organized an AIDS awareness rally on 20<sup>th</sup> November 2023 to commemorate World AIDS Day. The rally aimed to raise awareness about the causes, symptoms, and prevention of HIV/AIDS and encourage people to get tested for the virus.

**Practice-** The rally began at the Celebration ground of the college and proceeded through different departments and venues on the college campus. The volunteers dressed in white t-shirts carried placards with messages about HIV/AIDS prevention and marched enthusiastically while raising slogans such as “Savdhani ko banaye rakho AIDS se khud ko bach aye rakho, Hate the disease but not the diseased” and sensitizing the students about HIV/AIDS. The rally ended at the Principal’s office. The Principal of the college Dr. Nisha Bhargava appreciated the efforts of volunteers and said that it is very crucial to create awareness about the disease. She added that it is equally crucial to bust the myths associated with the spread of HIV/AIDS as half-baked information sometimes acts as a deterrent for people to come forward and get themselves tested for the disease.

**Evidence of Success-** The AIDS awareness rally was a resounding success. The rally raised awareness about HIV/AIDS and promoted prevention methods. It witnessed the participation of 31 students and 4 faculty members.







**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**  
 NSS UNITS AND RED RIBBON CLUB  
*are organising*

**AIDS AWARENESS RALLY**  
 to mark the celebration of **World AIDS Day**

DATE : 20 NOV, 2023  
 TIME : 10 : 45 am  
 VENUE : CELEBRATION GROUND TO GOLDEN JUBILEE HALL.

**NSS TEACHER INCHARGE**  
 Dr. Rupinder Kaur

**NSS COORDINATOR**  
 Dr. Preeti Gambhir

**NSS LEADER INCHARGE**  
 Gurpreet Kaur

**RED RIBBON CLUB COORDINATOR**  
 Dr. Bhawna Sood

**CONVENER AND PRINCIPAL**  
 Dr. Nisha Bhargava



## **5. An awareness session on My Health My Priority**

The Red Ribbon Club/AIDS Awareness Committee in collaboration with the Medical Committee and NSS team of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an Interactive Session on “My Health My Priority” by Gynaecologist Dr Namita Grover of Shalby multi-specialist hospital, Mohali on 16th March, 2024.

### **Objectives:**

To grow and develop in good health, adolescents need information, including age-appropriate comprehensive sexuality education; health services, safe and supportive environments. Expanding such opportunities is key to responding to adolescents’ specific needs and rights.

### **Relevance:**

It is a unique stage of human development and an important phase for laying a foundation for good health. Adolescents experience rapid physical, cognitive and psychosocial growth. During this phase, adolescents establish patterns of behaviour related to diet, physical activity, substance use, and sexual activity which can protect their health and the health of others around them, or put their health at risk now and in the future.

**Practice:** The Red Ribbon Club and the Medical committee of the college regularly organize interactive sessions for students so that it gives them space to talk freely on topics which otherwise they are hesitant to open up with, in front of parents or friends.

**Evidence of Success:** It witnessed the participation of more than 54 students and 7 faculty members.





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