



G.H.G. KHALSA COLLEGE OF EDUCATION

GURUSAR SADHAR, DISTT. LUDHIANA-141104 (Estd. 1955)

NAAC Accredited 'A' Grade (2nd Cycle) (CGPA : 3.30), Permanently recognized by NCTE
A post-graduate, Grant-in-Aid, Co-education College, Affiliated to Panjab University,
Chandigarh & recognized by UGC u/s 2(f) & 12(b), Govt. of India.

Red Ribbon Club

2025-26



Compiled By

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Coordinator, Red Ribbon Club

G.H.G. Khalsa College of Education, Guruser Sadhar, Ludhiana

RED RIBBON CLUB

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Red Ribbon Club is a movement started by the Government of India in schools and colleges through which, students will spread awareness over HIV / AIDS.

Coordinator of the Red Ribbon Club: Dr Manu Chadha

Members: Students of B Ed and M Ed

THE OBJECTIVES OF THE RED RIBBON CLUB INCLUDE:

- To spread awareness among the youth particularly the students about the dreaded disease the HIV/AIDS.
- To reduce new occurrences of HIV infection among youth by raising their risk perception through awareness on HIV prevention methods.
- To aware and counsel the students regarding their health in terms various diseases.
- To motivate youth and build their capacity as peer educators and change agents by developing their skill on Leadership, negotiation and team building.
- To create sentience about drug abuse and its harmful effects.

VARIOUS ACTIVITIES ORGANIZED BY THE COLLEGE RRC:

- HIV Aids awareness and counseling.
- Health awareness programme
- Organize the free medical check -up and blood donation camps in the college campus
- Organize slogan writing, poster making, debates, and declamation competitions.
- Celebrating days of importance related to health and hygiene.

Activities (Session 2024-25)

S. No	Name of RRC Members	Class	S. No	Name of RRC Members	Class
1.	JOVANPREET SINGH	B.Ed - II	26.	SHAHEEN BEDI	B.Ed - II
2.	ASHMEET BHATIA	B.Ed - II	27.	REENA RANI	B.Ed - II
3.	AMRINDER SINGH	B.Ed - II	28.	IMRAN	B.Ed - II
4.	JAPNEET KAUR SEKHON	B.Ed - II	29.	MANJOT SINGH	B.Ed - II
5.	KOMALPREET KAUR	B.Ed - II	30.	SUKHDEEP SINGH	B.Ed - II
6.	MANPREET KAUR	B.Ed - II	31.	JIGYASA SHARMA	B.Ed - II
7.	JASHANDEEP KAUR	B.Ed - II	32.	LOVEPREET KAUR	B.Ed - II
8.	DIKSHA PATHAK	B.Ed - II	33.	VIRKARAN SINGH	B.Ed - II
9.	RUPA BHOLLA	B.Ed - II	34.	JASMEEN KAUR	B.Ed - II
10.	PARAMJOT SINGH	B.Ed - II	35.	KIRANDEEP KAUR	B.Ed - II
11.	JASKARAN SINGH	B.Ed - II	36.	MANPREET KAUR	B.Ed - II
12.	AKASHPREET SINGH	B.Ed - II	37.	KIRANDEEP KAUR	B.Ed - II
13.	ARSHNOOR SINGH	B.Ed - II	38.	RAMANDEEP KAUR	B.Ed - II
14.	ISHMEET KAUR	B.Ed - II	39.	SUMANPREET	B.Ed - II
15.	SEEP PAL	B.Ed - II	40.	SAKSHI	B.Ed - II
16.	PRABHJOT KAUR	B.Ed - II	41.	MUSKAN	B.Ed - II
17.	SUKHMEET KAUR	B.Ed - II	42.	MANDEEP KAUR	B.Ed - II
18.	KASHISH GUGLANI	B.Ed - II	43.	PARWINDER KAUR	B.Ed - II
19.	RAMANDEEP KAUR	B.Ed - II	44.	PRABHJOT KAUR	B.Ed - II
20.	MAMTA	B.Ed - II	45.	AMRITPAL SINGH	B.Ed - II
21.	GAGANDEEP KAUR	B.Ed - II	46.	GURMANDEEP SINGH	B.Ed - II
22.	LOVEKUSH	B.Ed - II	47.	GURSEWAK SINGH	B.Ed - II
23.	KAMALJEET KAUR	B.Ed - II	48.	GAGANDEEP KAUR	B.Ed - II
24.	SHEHNAZ BEGUM	B.Ed - II	49.	DALJIT KAUR	B.Ed - II
25.	KARANVIR SINGH	B.Ed - II	50.	JASPREET KAUR	B.Ed - II

Report of the Events held under the aegis of Red Ribbon Club of GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana

Voluntary Blood Donation Day on October 01, 2025

The college observed Voluntary Blood Donation Day on October 01, 2025, by organizing a special awareness programme that included the screening of a documentary film and an expert lecture on the importance of voluntary blood donation. The event began with the screening of an informative documentary highlighting real-life cases where timely blood donation saved lives, the science behind blood groups, and the impact of donor participation on healthcare systems. Following the documentary, a detailed awareness lecture was delivered by Dr. Manu Chadha, Incharge Red Ribbon Club in the College, who explained the eligibility criteria for donors, health benefits of blood donation, safety procedures, and the role of youth in maintaining a stable blood supply. The session successfully addressed common myths and fears among students and encouraged them to contribute to society through informed and voluntary blood donation. A blood donation camp led by Dr. Shria in collaboration with DMC Hospital, Ludhiana, and a medical check-up camp by Premjit Memorial Hospital, Gurusar Sadhar (Dr. Devinder Kumar, Mr. Devinder Singh, Dr. Sarvotam Singh, Dr. Neha Goyal, and Dr. Sonam) were also organized, with free medicines distributed.



World AIDS Day on December 1, 2025

Slogan Writing Competition to Mark World AIDS Day

The NSS Unit and Red Ribbon Club of G.H.G. Khalsa College of Education, Guruser Sadhar, Ludhiana successfully organized a Slogan Writing Competition to observe World AIDS Day on December 1, 2025 aiming to raise awareness about HIV/AIDS and strengthen students' commitment to social responsibility.

The competition saw enthusiastic participation from students across various disciplines. Participants created expressive and impactful slogans based on this year's theme, "Overcoming disruption, transforming the AIDS response," focusing on HIV prevention, reducing stigma, and the role of communities in supporting individuals living with HIV.

Dr. Pargat Singh Garcha, Principal of the College while appreciating the students' collective effort said that this competition beautifully reflects how young minds can contribute to social causes through creativity and awareness. World AIDS Day encourages us to support one another and foster an inclusive society. He congratulated the NSS Unit and Red Ribbon Club for organizing such a meaningful and engaging event. Following students emerged as winners of the competition:

- First Prize: Prabhsimranjeet Kaur of B.Ed. Semester 1
- Second Prize: Armanjeet Kaur of B.Ed. Semester 1
- Third Prize: Harneet Kaur of B.Ed. Semester 3



National Youth Day- 12 January, 2026

NSS Unit and Red Ribbon Club of G.H.G. Khalsa College of Education, Gurusar Sadhar celebrated National Youth Day with great enthusiasm on 12 January, 2026 to commemorate the birth anniversary of Swami Vivekananda. The programme aimed to inspire students with the ideals of youth empowerment, character building, and national service.

The theme for the National Youth Day 2026 was “Ignite the self; Impact the World”. As part of the celebration, a poster making and a poem recitation competition were organized to encourage creativity and self-expression among students on themes related to youth, patriotism, and social values.

Students participated actively in the competition and showcased their artistic and literary talents. In the poster making activity Amandeep Kaur and Pushpinder Singh of B.Ed. Semester I won first and second position respectively while Jaspreet Kaur of B.Ed. Semester II won third position in the competition. In the poem recitation category Dolly Bansal of B.Ed. Semester I won first position while Rajni of B.Ed. Semester II won second position in the competition. Mandeep Singh of B.Ed. Semester II won third position in the poem recitation competition. Principal of the College Dr. Pargat Singh Garcha said that the event helped promote the awareness, confidence, and enthusiasm among the students.



Report on World Tuberculosis Day (March 24, 2026)

(Organized by Red Ribbon Club in collaboration with Madam Marie Curie Science Club)

World Tuberculosis Day was observed on March 24, 2026, by the Red Ribbon Club in collaboration with the Madam Marie Curie Science Club under the guidance of Dr. Manu Chadha. The programme aimed to spread awareness about tuberculosis (TB), its causes, symptoms, treatment, and preventive measures among students.

Dr. Manu Chadha addressed the gathering and emphasized that tuberculosis is a curable disease if diagnosed early and treated properly. She highlighted that early identification and timely treatment play a vital role in controlling the spread of TB. Providing a historical perspective, she informed that in 1882, Dr. Robert Koch discovered the bacterium *Mycobacterium tuberculosis*, which causes the disease, marking a significant milestone in medical science. She also pointed out that India continues to bear a high burden of TB cases, making awareness and community participation essential.

During her lecture, she explained that TB spreads through the air when an infected person coughs, sneezes, or spits. She clarified the difference between latent TB, where the infected individual shows no visible symptoms, and active TB, where symptoms such as persistent cough, fever, fatigue, and chest discomfort are present. She also elaborated that TB is not confined to the lungs but can affect other parts of the body, including the spine, brain, and bones, known as extrapulmonary TB.

Dr. Chadha stressed the importance of strict adherence to treatment. She explained that anti-tubercular drugs must be taken regularly and the full course must be completed, as incomplete treatment can lead to drug-resistant TB. She also discussed the Directly Observed Treatment Strategy (DOTS), which ensures that patients are monitored while taking their medication, thereby improving recovery rates.

In addition, she highlighted the importance of supportive care, including proper nutrition, avoiding smoking and alcohol, maintaining hygiene, and ensuring adequate ventilation and sunlight. She also addressed the psychological aspects of the disease, emphasizing the need for emotional support and a positive environment for patients.

Preventive measures such as early detection, BCG vaccination, maintaining good hygiene, and avoiding close contact with infected individuals were also discussed in detail. Through these measures, she encouraged students to adopt healthy practices and contribute to controlling the spread of TB.

In her concluding remarks, she reiterated the theme of the day, “Yes! We Can End TB,” and motivated students, as future teachers and responsible members of society, to spread awareness and support those affected by the disease.

The programme witnessed enthusiastic participation from students and faculty members. The session was interactive, with students actively asking questions and sharing their views, making the event engaging and informative. Overall, the programme was successful in creating awareness and reinforcing the collective responsibility to work towards a tuberculosis-free society.



Participation in YUVA Aapda Mitra Training Programme (January 28–February 03, 2026): NSS volunteers participated in the YUVA Aapda Mitra Scheme training held at Guru Nanak Bhawan, Ludhiana, aimed at developing skills in disaster preparedness and emergency response. The programme provided practical exposure and enhanced leadership qualities, social responsibility, and community resilience among the participants.





Nukkad Natak on Nasha Mukta Bharat Abhiyan (October 31, 2025): A Nukkad Natak was organized to mark the 5th anniversary of the Nasha Mukta Bharat Abhiyan. Performed by student-teachers under faculty guidance, the presentation effectively highlighted the harmful impact of drug addiction and conveyed a strong message promoting a drug-free and healthy society.



