

# GALVANIZED ENTRENCHED YOUTH

(आत्म प्रेरित युवा)

2021-2022

ISSUE 2  
(दूसरा भाग)



BY RED RIBBON CLUB  
(रेड रिबन क्लब)

DR. BHIM RAO AMBEDKAR COLLEGE  
DELHI UNIVERSITY  
(डॉ. भीम राव आंबेडकर कॉलेज, दिल्ली यूनिवर्सिटी)





# INDEX

## (अनुक्रमणिका)

1. Introduction (एक परिचय)  
Principle (सिद्धांत)  
Mission (उद्देश्य)  
Symbol (प्रतीक)  
NACO Program Schedule (नाको कार्यक्रम अनुसूची)
2. College Committee (महाविद्यालय समिति)
3. Student Committee (छात्र समिति)
4. Principal Message (प्रधानाचार्य संदेश)
5. Convener Message (संयोजिका संदेश)
6. Our Partners (हमारे सहयोगी संस्थान)
7. Teacher Column (शिक्षक स्तंभ)
8. Student Column (छात्र स्तंभ)
9. Activities (गतिविधियां)
10. Future Plans (भविष्य की योजनाएं)
11. Gallery (छायाचित्र प्रदर्शनी)
12. Appendix 1 (परिशिष्ट 1)



# INTRODUCTION (एक परिचय)

Red Ribbon Club-B.R.A.C. is envisaged to instil among all the students in the educational institution values of service, develop healthy life styles, and increase availability of safe and adequate quantities of blood to all the needy. We also aim at harnessing the protentional of the youth by equipping them with correct information on mental health, substance abuse, nutrition and reproductive health and building their capacities as peer educators in spreading message on positive health behaviour in an enabling environment.



## PRINCIPLE (सिद्धांत)

We try to be role model respect, accepting and acknowledging others and the many gifts we each possess. We promote the inclusion of people, ideas, perspectives and cultures. And we see and embrace diversity within our membership and students college life. Our commitment to integrity lies at the heart of who we are and what we believe. We bring confidentiality, passion, humility, honesty, fairness and a strict code of ethics to our work. Our success depends upon our ability to perform as a highly effective team. We acknowledge the mutual responsibility of citizens, partner agencies and government to provide a high quality of life and to work together to meet our common goals. Together everyone achieves more. We foster open and clear dialogue that encourages the willingness to speak up and actively listen, within a framework of mutual respect and shared understanding. We value results accomplished through dedicated members, volunteers who endeavour to meet the needs and expectations of the community.



## (उद्देश्य) **MISSION**

The mission is to educate the student/public about HIV and to raise awareness to support AIDS service organizations. To do this, we organize and produce the Red Ribbon club activities like BLOOD DONATION CAMPS etc.

## **SYMBOL** (प्रतीक)

The Red Ribbon is the international symbol of HIV and AIDS awareness. It stands for:

**Care and Concern** -It is being worn by increasing numbers of people around the world to demonstrate their care and concern about HIV and AIDS - for those who are living with HIV, for those who are ill, for those who have died and for those who care for and support those directly affected.

**Hope**--The Red Ribbon is intended to be a symbol of hope which the search for a vaccine and cure to halt the suffering is successful and the quality of life improves for those living with the virus.

**Support**--The Red Ribbon offers symbolic support for those living with HIV, for the continuing education of those not infected, for maximum efforts to find effective treatments, cures or vaccines, and for those who have lost friends, family members or loved ones to AIDS.



## **NACO PROGRAM SCHEDULE**

(नाको कार्यक्रम अनुसूची)



The campaign will generate awareness among members of Red Ribbon Clubs and class 9<sup>th</sup> & 11<sup>th</sup> students.

Details of events being launched: S. No Activity Date Event Level Mode 1

Activity 1: HIV awareness activities 12.08.21 (International Youth Day)

1. Launch of HIV awareness campaign in 25 RRCs and schools in each state Secretary (HFW) Virtual 2 12.10.21

2. Event to mark activities in 25 RRCs and schools in each state MoS (HFW) Virtual 3 01.12.21 (World AIDS Day)

3. Event to mark activities in 25 RRCs and schools in each state HFM Virtual 4

Activity 2: TB awareness activities through Red Ribbon Clubs (in collaboration with NTEP) 12.08.21 (International Youth Day)

1. Launch of TB awareness activities in 25 RRCs and schools in each state Secretary (HFW) Virtual 5 12.10.21

2. Event to mark activities in 25 RRCs and schools in each state MoS (HFW) Virtual 6 24.03.22 (World TB Day)

3. Event to mark activities in 25 RRCs and schools in each state HFM Virtual 7

Activity 3: Blood Donation awareness through Red Ribbon Clubs (to be implemented by DGHS and coordinated by NACO) 12.08.21 (International Youth Day)

1. Launch of Blood Donation awareness activities in 25 RRCs and schools in each state Secretary (HFW) Virtual 8 01.10.21 (Voluntary Blood Donation Day)

2. Event to mark activities in 25 RRCs and schools in each state MoS (HFW) Virtual 9 12.01.22 (National Youth Day)

3. Event to mark activities in 25 RRCs and schools in each state HFM Virtual

For source please refer to Appendix 1



# COLLEGE COMMITTEE

(महाविद्यालय समिति)



**DR RICH  
CHOWDHARY**

Convener

## FACULTY MEMBERS



**DR RAJBALA  
GAUTTAM**



**DR DEEPSHIKHA  
CHOWDHARY**



**DR ARCHANA  
MATHUR**



**DR SUNITA  
MALIK**



**DR MALINI  
PRIA**



**MR ANIL  
KUMAR**



# STUDENT COMMITTEE

(छात्र समिति)

## STUDENT CORE TEAM



**SAVVY  
JAIN**

2nd year  
BA(Hons) Social  
Work



**KASTURI  
SARKAR**

2nd year  
BA(Hons) Social  
Work



**DANMAYA  
THAPA**

2nd year  
BA(Hons) Social  
Work



**MD ADIL  
ZAMAN AHMED**

2nd year  
BA History Honors



**ARUNANGSHU  
NATH**

2nd year  
BA geography Hons



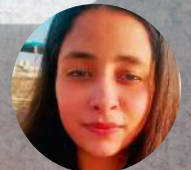
**SHIVANGI**

3rd year  
BA(Hons) Social  
Work



**ISHITA  
SINGH**

2nd year  
BA(Hons) Applied  
Psychology



**MILLI  
ISHANA**

1st year  
BA(Hons) Social  
Work



**BAHAAR  
CHITKARIA**

2nd year  
BA(Hons) Social  
Work



**DIGAMBER  
KUMAR**

2nd year  
BA(Hons) Social  
Work



**MD SHAHIL  
RAZZA**

2nd year  
BCom Hons.



**AAYUSHI  
KUMARI**

2nd year  
BA(Hons) Geography



**SUDHANSHU**

2nd year  
BA(Hons) Geography



**RAM KUMAR  
GUPTA**

2nd year  
Bachelor of Business  
Economics



**RISHU  
KUMAR**

2nd year  
BA Program



**PAVNI  
SETHI**

2nd year  
BA(Hons) Social  
Work





**ANAND  
PRAJAPATI**

2nd year  
BA(Hons) Social  
Work



**SAMUDRIKA  
NEGI**

2nd year  
BA Programme  
(Economics +  
Geography)



**ASHANA  
LAHORI**

2nd year  
BA Program

## STUDENT COUNCIL



**HARSH WARDHAN  
CHOUDHARY**

President  
2nd year  
BA(Hons) Social  
Work



**DIKSHA  
VIJARYA**

Vice President  
2nd year  
BCom Hons



**SARWANG  
SHEKHAR DWIVEDI**

Event Management Head  
2nd year  
BA(Hons) Applied  
Psychology



**SHREYANSH  
SRIVASTAV**

Human Resources Head  
2nd year  
BA(Hons) Social Work



**ABHISHEK  
DHIRYAN**

Content Head  
2nd year  
BA(Hons) Applied  
Psychology



**KIRTIK KUMAR  
KHOKHA**

Content Head  
2nd year  
BA prog. English +  
Psychology



# PRINCIPAL MESSAGE

(प्रधानाचार्य संदेश)

The Red Ribbon Club of our college, composed of students from almost every department. It initially started with very few students and the number gradually increased. Today as informed by the Convener, it has got more than 192 dedicated volunteers in the club, who are actively engaged in its activities and enhancing the capacity of their own while simultaneously working for the overall betterment of the society.

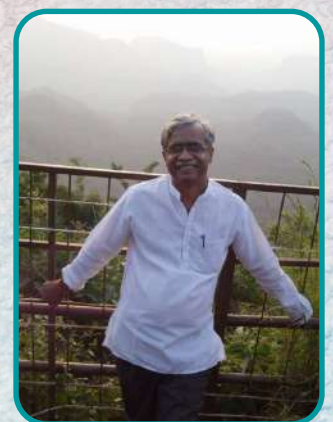
The Red Ribbon as a global symbol for solidarity with HIV- positive people and those living with AIDS has an interesting story. It started in the spring of 1991, when Mare Happel, a costume designer, got invited to a meeting of the Visual AIDS artist Caucus. The Red Ribbon has since then become an internationally recognized symbol for AIDS awareness and it is worn by people throughout the year in support of people living with HIV and also in remembrance of those who have died. It is observed by all UN Member states on 1st December every year.

In India, the formation of the Red Ribbon Club in colleges and universities has been initiated by the Department of AIDS Control in partnership with the Ministry of HRD. It addresses the vulnerability issues and awareness about blood donations, drug abuse etc.

Our Student volunteers led by the Convener (Dr. Richa Chowdhary) is a very dedicated team. The E-Magazine proposed by this unit is an attempt to acknowledge the contribution of our volunteers, Their Achievements and Creativity, self expression and learning experience gained through various Red Ribbon projects. Such an opportunity assumes great importance in today's competitive world, in which the young generation is addicted to Social Media and Networking. With digital technologies taking a lead in all spheres, Fourth Industrial Revolution, 'Gig' Economy and the virtual space have become a hard reality. However, technology cannot substitute the human mind engrossed in thinking and constantly introspecting for the self surrounding and the nation. This E-Magazine will allow student writers to appreciate and cherish new voices, expressions and opinions and motivate others to pen down their ideas, while strengthening their writing skills and initiating dialogue with experts.

All teachers, contributors and student volunteers involved in bringing this E-Magazine, who have put up their hard labour deserve respect and congratulations. Our young students in particular should never forget that Baba Saheb Bharat Ratna Dr. Bhim Rao Ambedkar rose to the occasion of his times to be trendsetter through his hard work and untiring efforts, dedication and academic excellence in almost all walks of intellect.

I wish all members of this Club a very bright and successful future ahead.



PROF. R.N. DUBEY  
PRINCIPAL



# CONVENER MESSAGE

(संयोजिका संदेश)

I, Richa Chowdhary, Convenor, RED RIBBON CLUB, happy to release latest edition of the magazine in BRAC. Red Ribbon Club for our youth friends for their holistic empowerment as young volunteers and ambassador of this initiative of Govt of India. I am privileged to have these responsibilities of college, in favour of our students.

As we know this initiative was taken by GOVT. so I would like to state their introduction with aims to start this message for youth. "The Delhi State AIDS Control Society is a self-governing group of the Delhi Government. It got practical from first November 1998 and is the nodal office answerable for actualizing the National AIDS Control Program financed by Govt. of India in NCT of Delhi. The principal destinations of the general public are to forestall and control HIV transmission and to fortify the state ability to react to long haul challenge presented by the pandemic. The general public is actualizing different parts through different offices/organizations of Govt. also, NonGovernment."



Dr. Richa Chowdhary  
Convenor  
Red Ribbon Club

## Aims and Objectives:

The Society was set up towards satisfaction of the accompanying points and targets:

To activate uphold social, monetary or in any case for the executives of HIV contaminated individual and AIDS patients.

To advance the wellbeing of blood and blood items and embrace, uphold and catalyze intentional blood gift development.

To advance, canalize and incorporate the exercises of Non-government Organizations for AIDS counteraction and control.

To counteraction HIV transmission and to control its spread in Delhi

To create advising administrations on the sickness of HIV/AIDS and related issues.

To create materials for appropriation and reception by offices working in AIDS avoidance and control.

To organize and reinforce STD/HIV/AIDS observation in Delhi.

To decrease the antagonistic social and Economic effect coming about because of HIV contamination.

To diminish dreariness and mortality related to HIV contamination.

To give offices and to reinforce Sexually Transmitted Diseases control administrations in Government and Non-government area and Private Medical Sector.

To offer specialized help in HIV/AIDS avoidance and control to Government and Non-administrative Organization.



To upgrade the local area mindfulness about HIV/AIDS for its anticipation and control.

Red Ribbon Club B.R.A.C. We have also worked and continuing our efforts with all dedication for our college club. In this regard we also have created our goal and objectives for our better outcomes with greater learning of volunteers of this Club.

Essential Objective: To plan youth as friend instructors/problem solvers both among youth just as society everywhere by building up their abilities in authority, correspondence and group building.

Optional destinations: To build mindfulness among youth on sexual conceptive wellbeing and HIV/AIDS. To give abilities among youth on self-security, arrangement, and powerful gathering association.

Extra Objectives: To empower blood gifts. To fill in as discussions for clinical understudies to take an interest in the battle against HIV/AIDS.

OUR FUTURE PLANS- Helps Awareness Rally, Workshop on AIDS Awareness and Voluntarily Blood Donation ,Show of reasons for AIDS to mindful the majority with the topic Know AIDS for No AIDS ,Prize circulation to the understudies for dynamic support by the Principal and Vice-Principal during RRC meet ,Logo composing by the individuals from RRC under the direction of convener ,Persuasive and Inspirational talk on AIDS and Blood Donation Camps, etc. (To give abilities among youth on self-insurance, exchange, and powerful gathering cooperation. To empower blood gifts. Advance Regular intentional blood gift by youngsters and increment admittance to protected and satisfactory amounts of blood. Directing AIDS mindfulness programs.).

# 2017 - 2022

# 5 YEARS AS A CONVENER





# **PARTNERS** (हमारे सहयोगी संस्थान)

## **SIDDHESHWARI DEVI TRUST**

We are on a mission to educate the students and campaigns awareness programme for various health issues through the various Webinars, Workshops, interactive sessions, lectures, etc. and so on.

We also aim at harnessing the potential of the youth by equipping them with correct information on mental health, substance abuse, nutrition and reproductive health and building their capacities as peer educators in spreading messages on positive health behaviour in an enabling environment for their wellbeing. We are associated to Red Ribbon Club for all these activities.

Thanks,

**Dr. RITAMBHARA  
RICHHARIA**



## **SHANTI KAUSHAL FOUNDATION**

SHANTI KAUSHAL FOUNDATION is a charitable organization working to improve the future of the underprivileged children in a community, especially girls and women disadvantaged by prejudice, who are living below the poverty line in East Delhi. Shanti Kaushal signifies "peace and prosperity".

The organization works to give these children the power of choice to change their lives through education and to understand how important they are.

We look forward to our continued association with BR Ambedkar College and Dr. Richa Chowdhary

**Kanak Mittal**





# SHRISHTI FOUNDATION

This pandemic has brought home to us the importance of healthcare. We have realised that in order to stay safe and healthy we have to work together to raise awareness about the various diseases and learn how to safeguard from them. We at Sshrishti Trust are proud to partner with the Red Ribbon Club to work together to take forward the mission of the club for prevention of life-threatening diseases like tuberculosis and HIV/AIDS. We appreciate that the club is emphasising the importance of blood donation to save lives. This is a subject that the youth need to actively engage with.

My very best wishes to Dr Richa Chowdhary and her team.

**Sanghamitra Bose**  
Founder & CEO  
Sshrishti India Trust



## NATIONAL AIDS CONTROL ORGANIZATION (NACO)

These clubs are running in different colleges and institutions as well in universities to create awareness about prevention and management.

DSACS conducted various activities along with students like poster making, slogan writing, debate, wall painting, face painting, video making, reel making, nail art, collage making, street play, webinars, awareness session, training programme etc.

During the New India@75 HIV/AIDS, TB and Blood Donation campaign we have reached a large number of youth.

The objectives of the Red Ribbon Club include: To spread awareness among the youth particularly the students about the dreaded disease HIV/AIDS. To reduce new occurrences of HIV infection among youth by raising their risk perception through awareness on HIV prevention methods. 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.

Red like Love, as a symbol of passion and tolerance for those affected. Red like Blood, representing the pain caused by many people who have AIDS.



Red like the anger about the helplessness about which we are facing for a disease for which there is still no cure.

Red is a sign of warning not to carelessly ignore one of the biggest problems of our time.

Red ribbon symbol

The red ribbon is a symbol for both drug prevention and for the fight against AIDS.

Objectives:

As youth is the coming future of India. So, Red Ribbon Club indulge the youth in the activities which lead to make them aware of causes and prevention of AIDS.

To Foster a community planning process that encourages inclusion and parity among community planning members.

To provide a platform for strengthening the responses to HIV among the diverse populations.

To increase global awareness of the continuing impact of HIV and AIDS.

To promote effective action through leadership and shared responsibility at all levels of government and society.

To promote accountability among all stakeholders engaged at various levels of the response to HIV and AIDS.

Our red ribbon club at Dr Bhim Rao Ambedkar College is working tirelessly to create awareness on health issues and other skill enhancement. The efforts are commendable by the Red Ribbon club.

Sujitha Gahlot





# ROTARY BLOOD BANK

The blood donation movement was one of the pioneers in South Africa to combat Aids by promoting safe blood, and it's been going on since last decade. Blood donation instills compassion and good will in the society. It also boosts confidence in youth to create an identity for himself to complete a social objective of giving back to society.

The Red Ribbon club of the university are actively working to create awareness drive towards Voluntary blood donation movement. Each year youths of the college organizes blood donation camps with the Rotary blood bank New Delhi with great enthusiasm and efforts. The members of the Red Ribbon Clubs play a vital role in the society by spreading smiles and saving lives!

## Ms Sonu Singh

Former Head of Rotary Blood Bank, New Delhi  
Member of Task Force NACO  
Paul Harris Award - Rotary International US



# EDUQUEST NGO

These are the hard times for all our communities, The Coronavirus (COVID-19 Pandemic) has changed the world. In less than one year the virus emerged its upended day to day lives across the Globe. The pandemic has triggered the wave of Mental illness like addiction, stress, anxiety, depression loneliness, Risk factors of Chronic and Autoimmune diseases, weight, physical fitness, Lung diseases etc. In this pandemic our organization has continuously worked, not rest even a single day. In community at doorstep they have distributed masks, people awared on safety measures from corona virus and further awareness on COVID-19, distribution of sanitary napkins , counselling and Tele-medicine/ Tele-consultation with free medicine distribution and Investigations in community is still going on. The Edu quest is working on health in community. Providing OPD service, Awareness on prevention of diseases,



awareness camps organized on Non-Communicable diseases (NCDs) and Arogya Awareness and management for babies, children and pregnant women. Red Ribbon Club of Dr. Bhim Rao Ambedkar College deserve all my very applauds as well as my very gratitude for all the selfless as well as for all the social work you and your team are actually done so unconditionally. Thankfulness to social workers and also for all the amazing work. It's our pleasure to be the part of Red Ribbon Club

Regards,

**Dr. Snehlata Rewaria**  
General Secretary of Eduquest NGO



## DELHI STATE AIDS CONTROL SOCIETY



**Dr. Parveen Kumar**  
Chief Medical Officer (NFSG)



**डा. प्रवीण कुमार, एम.बी.बी.एस., एम.डी. (पी.एस.एम.)**  
मुख्य चिकित्सा अधिकारी (एन.एफ.एस.जी.),  
केंद्रीय स्वास्थ्य सेवा  
अतिरिक्त परियोजना निदेशक

**DR. PARVEEN KUMAR, MBBS, MD(PSM)**  
Chief Medical Officer (NFSG),  
Central Health Services  
Additional Project Director

राष्ट्रीय राजधानी क्षेत्र दिल्ली सरकार  
दिल्ली स्टेट एड्स कंट्रोल सोसायटी  
डा. बाबा साहेब अंबेडकर अस्पताल  
धर्मशाला ब्लॉक, रोहिणी सै.6, दिल्ली-85  
Govt. of National Capital Territory of Delhi  
**Delhi State AIDS Control Society**  
Dr Baba Saheb Ambedkar Hospital,  
Dharmashala Block, Rohini Sec.- 6, Delhi-110085

Email : parveen.kmr36@gov.in  
Phone : 27055717  
DO No. FNo.20(3)/PA to PD/2020  
dated 2 Feb 2021

### MESSAGE

It is a matter of great pleasure to learn that Dr. Bhim Rao Ambedkar College, University of Delhi is bringing out Annual Newsletter 'Inspired Roots'.

I am glad to share that college students through Red Ribbon Club (RRC) have been very enthusiastic in participating in HIV/AIDS awareness activities, Voluntary Blood Donation activities even during this challenging phase of Covid-19 pandemic. Awareness activities about Covid 19 have also been undertaken by the RRCs. Red Ribbon Clubs are run in the Colleges in collaboration with Delhi State AIDS Control Society, Govt. of NCT of Delhi. The Team from the RRC of the college also participated in the HIV/AIDS Control.

I would like to congratulate Dr. G. K. Arora, Principal, Dr Richa Chowdhary, Coordinator RRC and Editor of Newsletter, all teaching faculty, staff and Governing Body of college for inviting distinguished experts, conducting workshops and organizing industrial visits and village tours to update students knowledge and create awareness about the ground realities of life. These activities will definitely play significant role in shaping students' career.

I would like to convey my heartiest wishes on the occasion of the release of this magazine.

With best Wishes.

  
(Dr. Parveen Kumar)



# TEACHERS COLUMN

(शिक्षक स्तंभ)

## BLOOD DONATION

Blood is one of the essential fluid in our body, which helps the body to serve easily. Blood Donation is an act of giving healthy blood to indigent people. Due to inordinate loss of blood, a person may die. Thus, we can say that blood donation is an act of saving lives.

14th June is celebrated each over the globe as Blood Donor Day, where people each over the world, engage in spreading about this life- saving act. Numerous blood donation camps are held on that day, and millions of people across the globe laboriously share in the program.

Educating people about blood donations is necessary. WHO organizes a crusade where people who are in the age group between 17 to 66 and importing further than 50 kilograms are invited to contribute their blood. The blood benefactors contribute to making the earth a better place to live in. Blood donation is salutary in numerous ways, similar as if a person is oppressively ill or has met an accident where he lost a considerable quantum of blood; the bestowed blood comes into play, which helps the case to recover gradationally.

Also, giving blood revitalizes our body as after giving blood, fresh blood is produced that refreshes our body system.

There are blood banks where people can store their blood, and during any medical exigency, that stored blood comes into play. People who have rare blood groups are suggested to store their blood in blood banks for their unborn use. The demand for blood is always advanced than compared to the force, and people should be encouraged more so that they willingly contribute blood and save lives.

There are generally four different blood groups, videlicet, A, B, O, and AB. While giving blood, this isn't the only factor that has to be kept in mind. There's another factor called the " Rhesus Factor" which determines whether our blood is rhesus positive or rhesus negative. O - ve is considered to be one of the rarest blood groups. The people with O-ve blood group are called " Universal Donors" as their blood lacks A and B antigens and also is devoid of the Rhesus factor.

**-DR RICHA CHOWDHARY**

## TUBERCULOSIS

Tuberculosis (TB), one of the most ancient diseases of mankind, is one of the ten major causes of mortality worldwide

Tuberculosis is a major health problem in India.

According to World Health Organization (WHO) estimates, India has the world's largest tuberculosis epidemic, In 2020, India accounted for 26% of the new TB cases across the globe. Annually there are about 2.1 million Tuberculosis cases in India.



Tuberculosis is an infectious disease caused by bacteria *Mycobacterium tuberculosis*. It usually affects lungs (Pulmonary TB) but can also affect other organs of the body e.g., kidney, lymph nodes, bones, joints. Pulmonary TB is an air borne disease. TB can be diagnosed by chest X-ray, sputum and other tests. Combinations of antibiotics are given for more than 6 months as a treatment. It is crucial for a patient to take the medication that is prescribed by their doctor, and to continue taking it for the full course of the treatment. This will help prevent development of resistance to antibiotics (Multi Drug Resistant Tuberculosis) which require longer treatment and is more difficult to treat.

Susceptibility to tuberculosis is heightened by body's weak immune system.

Vaccination with BCG (*Bacille-Calmette-Guerin*), early diagnosis and detection, proper and complete treatment, awareness, etc. can lower the burden of TB. BCG vaccination offers some protection against serious forms of TB in childhood but its protective effect wanes with age.

This is an airborne infection and a person can unknowingly acquire this bacteria which may lie dormant within the body, a condition known as Latent tuberculosis. Active tuberculosis or TB disease begins when the bacteria starts multiplying and the disease signs and symptoms begin to appear. Common symptoms of Tuberculosis are cough for 2 weeks or more, low grade fever, weight loss, night sweats or blood in sputum.

For Tuberculosis in India, the goal is to achieve a rapid decline in burden of TB, morbidity and mortality while working towards elimination of TB by 2025.

The Indian government made statements to eliminate tuberculosis from the country by 2025 through its National TB Elimination Program.

**-DR RAJBALA GAUTTAM**

## **SUICIDE PREVENTION**

Suicide is a serious public health issue commonly known by several names such as self assault, completed suicide, attempted suicide, deliberate self harm etc. Suicide is an intentionally determined way of ending one's life where the willingness to die originates within the person.

According to Emil Durkheim (1897) "Suicide is applied to all cases of death resulting directly or indirectly from a positive or negative act of the victim himself, which he knows will produce the result".

There are several causes of suicide such as low socio-economic status; social stress; problems with family functioning; mental disorders; personal losses; poor coping skills; feelings of worthlessness or hopelessness and physical illness etc.

Since there are multiple causes of suicide, there is no single solution that can prevent suicides. Some of the strategies that would prove to be helpful in preventing suicides are as follows:

- There is a great need to expand and strengthen counselling



services across institutions such as hospitals, schools, colleges, workplaces etc.

- Focus should be given on early recognition of suicidal behaviours among students, employees
- Improving care and support for those having past suicidal attempts may be due to domestic violence, alcohol problems, familial problem, economic problems etc.
- Information should be provided by media on those who have coped efficiently rather than giving undue focus on suicides. Information should also be given on help lines and counselling services.
- Early identification of those with suicidal behaviours and providing timely intervention is very important.
- Effective implementation of life skills programmes in all educational institutions along with teachers and parents is needed.
- There should be good mental health services and training of professionals with skills to recognise and manage people with mental health problems.
- Social and crisis support mechanisms must be provided for the people and communities at risk.

**-DR NITA SHARMA**

## **SAY GOODBYE TO TOXIC FRIENDSHIP: ESSENTIAL FOR YOUTH WELLBEING**

The earlier young people start using drugs, the greater their chances of continuing to use them and become addicted later in life. Taking drugs when you are young can contribute to the development of adult health problems, such as heart disease, high blood pressure, and sleep disorders. Some youngsters also experiences child abuse, and other form of trauma and depends on drugs to ease out stress but it leads to serious mental health issues, irreversible damages, learning problems, risky sex, brain damage and road accidents.

### **Why drugs are harmful for young generation?**

Young people's brains are growing and developing until they are their mid-20. This is especially true of the prefrontal cortex, which is used to make decisions. Taking drugs when young can interfere with developmental processes occurring in the brain. It can also affect their decision-making. They may be more likely to do risky things, such as unsafe sex and dangerous driving.

Indian youth have higher rates of using alcohol and drugs in ways that increase their risk--getting very drunk, drinking while driving, and using drugs and alcohol together. In India an NGO survey revealed that 63.6 % of patients coming in for treatment were introduced to drugs at a young age below 15 years. According to another report 13.1% of the people involved in drug and substance abuse in India, are below 20 years.



## Which drugs most commonly used by young people?

The drugs that are most commonly used by young people are alcohol, tobacco, and marijuana. Recently, more young people have started vaping tobacco and marijuana. There is still a lot we don't know about the dangers of vaping. Some people have unexpectedly gotten very ill or have even died after vaping. Because of this, young people should stay away from vaping. Youngsters can be seen in clubs doing vaping and taking hookahs.

## Why do young people take drugs?

There are many different reasons why a young person may take drugs, including:

- **To fit in.** Young people may do drugs because they want to be accepted by friends or peers who are doing drugs. For Example: young people influence by such groups, seems to be cool and daring due to drugs and want to be part of it, start taking drugs.
- **To feel good.** Abused drugs can produce feelings of pleasure. For Example: many young people thinks that it gives us pleasure, feel empowered and powerful but it's not true intoxication hollows out.
- **To feel better.** Some young people suffer from depression, anxiety, stress-related disorders, and physical pain. They may do drugs to try to get some relief. For example: some drugs are

essential and prescribed by the experts and medical practitioners, which is essentials for your good mental and physical health but without consulting to the doctors and taking harmful drugs have adverse effect on your health and further deteriorating the condition.

- **To do better in academics or sports.** Some young people may take stimulants for studying or anabolic steroids to improve their athletic performance. It do create a dependency on drugs and gradually when we become dependent on drugs, we find its difficult to run our life without drugs.
- **To experiment.** Young people often want to try new experiences, especially ones that they think are thrilling or daring. Real adventure is not killing ourselves, it's in saving others life. Giving is the biggest and most pleasurable thing. The youngsters should come forward in saving life of others, life is beyond personal pleasure through drugs. Between life and death one should always choose Life, as it is beautiful and by helping others we should work towards making meaningful too.

## Can we prevent drug use among young people?

Drug use and addiction are preventable. Prevention programs involving families, schools, communities, and the media may prevent or reduce drug use and addiction. These programs include education and outreach to help people understand the risks of drug use. You can help prevent your



children from using drugs through:

- Have a good communication with your children may be they are at any age of their life.
- Need to encourage, so your children can build confidence and a strong sense of self. It also helps parents promote cooperation, develop healthy relationship and reduce conflict. For example: if your child is not performing well, sit with him or her and understand the reason.
- Teaching your children problem-solving skills and decision making skills.
- Setting limits, to teach your children self-control and responsibility, provide safe boundaries, and show them that you care. For example: there are some good young organisations like PRAVAH- who are actively working with youth to develop some life skill like: cooperation, communication, decision making, self-awareness, personality development, etc.
- Supervision, which helps parents recognize developing problems, promote safety, and stay involved
- Knowing your children's friends is very important as such kind of toxic friendship should be put into an end. Lack of proper monitoring and supervision leads to such things. Children at any stage needs parental guidance, support, encouragement, appreciation, love and affection.

**-DR DEEPSHIKHA CHOWDHARY**





# STUDENTS COLUMN

(छात्र स्तंभ)

ARTICLES

## NATIONAL SECURITY VS. POLITICS

On 4th January 2022, When I heard the news of breach in the Prime Minister's security then I got terrified not because that individual person is in danger. I got terrified because it was the Prime Minister of the country in concern. Such breach in security was disturbing, but since 5th January, the reactions that came from the highest ranks of our political leadership were even more. Instead of uniting to examine why the security breach happened, what we saw was partisan politics played out in a way that proved that our politicians have a long way to go before they learn to respect the institutions that hold up our democracy. The office of the Prime Minister of India is one of the most important of our democratic institutions. When it comes under threat, it is India that comes under threat, not the individual who happens to occupy the post. This is something that went almost unnoticed in the histrionics and hysteria that followed the ominous incident in which the Prime Minister's cavalcade was stranded on a high bridge for 20 minutes. This at a time when Punjab is seeing the first signs of a return to the darkest era in this state's history.

That was a time when the military men who control the Islamic Republic next door had infiltrated its agents not just into the ranks of

Jarnail Singh Bhindranwale's army but into the ranks of Punjab's administrative and law enforcement machinery. In recent days there have been scary signs of this happening again. Men have been beaten to death for unproven acts of sacrilege in Gurdwaras. A suicide bomber accidentally blew himself up in a courthouse toilet not long ago and reports of drones dropping arms, drugs and Khalistani propaganda pamphlets on our side of the Punjab border have become routine. So, there is no question that the Prime Minister's cavalcade could have come under attack in the 20 minutes that it was stranded on a high bridge.

Had the Government of India taken the breach in the Prime Minister's security perimeter seriously, it would have cooperated with the Punjab government to investigate what went wrong. Instead, the immediate reaction from Modi's senior ministers was to openly accuse the Punjab government of 'conniving' in a plot to harm the Prime Minister. The day after the incident, BJP chief ministers ensured that TV cameras recorded their visits to temples to give thanks for Modi having survived what they said publicly was an attempt to kill him.

If the BJP's top leaders behaved as if it was their leader, Narendra Modi, and not the institution of the Prime Minister of India, whose security was endangered, the Congress party responded with competitive immaturity. First, reactions came even as pictures of the Prime Minister's stranded cavalcade were flashing across our TV screens and going viral on social



media. Congress leaders who should know better made vulgar comments that were in such bad taste that they will not be repeated in this space. In making them, they proved that despite long years of being our ruling party they have not understood the importance of respecting democratic institutions like the office of the Prime Minister.

Politicians who put the country above their narrow partisan politics are what we need at this time, and it must be sadly said that there appears to be a serious dearth of them. An exception has been

Manish Tewari who made the only sensible comments I heard last week. In an interview to India Today he said that instead of separate inquiries in Delhi and Punjab that, in this atmosphere of poisonous polarization, will have minimal credibility, there should be a judicial inquiry into what happened that day. This could be the only way in which we will ever know what really happened. There are many, many unanswered questions.

Why did the SPG (Special Protection Group) not know in advance that there were protestors blocking the Prime Minister's route? When they found out, instead of just standing around, why did they not immediately ensure that the Prime Minister was moved to a safe location? Videos have now surfaced of BJP supporters carrying party flags hovering inside the security perimeter of the Prime Minister's car. Why was this allowed? If it is true that someone in the Punjab Police told protesting farmers that

the Prime Minister would be passing that way, why did this happen?

Instead of allowing hysteria about how the Congress party 'hates' Modi and prayers in temples that appear meant for TV cameras and not the gods, Modi needs to order his ministers and chief ministers to take what happened more seriously. When it is the Prime Minister's security that is clearly breached, then it is not a BJP problem but a national problem. If, while his cavalcade was stalled on a highpoint, it had come under attack by trained snipers, it would have led to a national crisis. And if Pakistan's fingerprints were found perhaps, even war. So it is the duty of the governments of India and Punjab to allow a full investigation by a judge. In the poisonously partisan atmosphere that exists today, this is the most important thing that needs to happen.

We are talking about a breach in the security of a vital democratic institution and not of an individual, so the truth of what happened on that foggy, rainy afternoon last week must be fully and impartially investigated. The BJP's endless, dreary narrative about how anyone who asks questions is really someone who 'hates' Modi must be suspended for now in the national interest. This is about national security, not politics.

**- ARUN KUMAR**



## AWARENESS ON OMICRON

Omicron emerges as a new variant of covid-19 which once again holds us to the boundaries of our home and compels us to see the world virtually.

WHO i.e. The World Health Organization has named the Omicron variant as 'Variant of Concern' and reports that the variant is present probably in most countries even if it hasn't been detected yet.

Coming to talk of the status of this virus in India, it is reporting nearly seven thousand cases of coronavirus on a daily basis after the outrage of Omicron. The currently most affected states in India are Maharashtra and Delhi reporting the highest number of cases.

Though this virus has not been so deadly as before because of the effect of vaccination taken by most individuals, still this is not something to be taken lightly. In order to avoid a whole new phase of pandemic and a third wave of covid-19 the WHO has released certain guidelines for all individuals which has to be followed strictly. These guidelines include-

- Wearing proper masks which covers the individual's face properly.
- Advised the countries to be prepared for the upcoming coronavirus.
- Advised every individual to

maintain a social distance while going outdoors.

Also, making sure to get vaccinated completely with both the doses if already not done so is very important. Hence to fight out this very variant of the virus all we need is a little patience, determination to follow the guidelines and also unite with each other to help get through with this together.

- SHREYA KUMARI

## BLOOD/ PLASMA DONATION

Blood Donation is a noble cause that unites people irrespective of caste, creed and religion. The blood we donate helps fellow humans in emergencies for e.g diseases, accidents resulting in blood loss, surgery etc. Blood is essential for smooth functioning of the body. Blood has many different components like red blood cells, plasma, nutrients etc.

The importance of plasma donation was seen during Covid Pandemic. Plasma is largest part of the blood and when separated is yellow in colour. As corona patients faced lack of oxygen, people who had recovered from coronavirus donated plasma, which in turn helped stabilize respiratory system of patients. Plasma also helps to take nutrients to parts of body that need it.

People who donate blood are less likely to suffer from heart ♥ diseases as our body stimulates production of new blood cells.

To create awareness and encourage more people for blood donation, 14th June is celebrated as Blood Donor



Day. There are 4 types of blood groups - A, B, AB, O. While O+ is commonly known as international donor, AB - is known as international receiver.

**-EHRAZ SIDDIQUI**

## **A CRITIQUE ON THE PANDEMIC**

This pandemic has been a plethora of things. But not something which we can call calming. It has been frightening, exhausting, hazardous, enraging, humbling, and all sorts of things, but never calm.

At the start of the lockdown, when I myself had just completed my boards examinations, with an exception to biotechnology. For someone who has been called the class nerd for almost his entire life, not being able to give the exam was devastating in itself. Suddenly there was a stream of overwhelming sentences coming from everywhere. Some called it a rumor, some called it a catastrophe, some brought unhelpful medical claims, while some just prayed to God to help strengthen their minds. But COVID-19 was everything all at once.

Seeing everyone being downright hysterical about hygiene, wearing double, even triple coats of masks made me think, is this what people felt when the Spanish flu came? Is this what a doctor would have felt when the Plague came? Was this the end of humanity as we know it? It was a helpless state, and everything I had, was the incarcerating confines of my home, and two slabs of digital screens to keep me informed. What to do? The only thing to actually do, and let the news channels assuage our ever-growing anxieties.

**"The Darkest places in hell are reserved for those who maintain their silence at times of crisis"**

Whenever I think of all the mismanagement in the pandemic, this quote comes into my mind. Many people were doing the best they could, to end, or lessen the miseries of the proletariat. But many people, who consider themselves powerful, yet have no hint of humane thoughts left in them, used the whole situation as an opportunity to make even more money. They withheld drugs, kits and what not to sell it at higher prices.

Yes, you might think that all I speak of, is atrocious things. It's true, because most of this heinous pandemic has been atrocious. Some of it, however, has been something which gives us a sliver of hope, people became closer to each other, the trend to obtain all materialistic things lessened, and the urge to care for oneself, and to live life to its fullest, increased everywhere. Everything has two sides, you can look at the ugly, yet truest part of it, but I ask you to turn the coin, and look into the beauties which it brought as well, because hope and light is what makes us human. What makes us human, is other humans.

Thank you!

**-SARWANG SHEKHAR  
DWIVEDI**



## DO YOU REMEMBER?

Hearing the sound of sirens from your home, watching people crying in hospitals on news channels, people dying because of oxygen shortage, checking the number of cases everyday, people begging for plasma and oxygen on social media, all of it, do you remember that?

It's so surprising how people forget everything so easily. It's so easy abusing 'corona', or cursing the year '2020' for all of this, but who is responsible?

Since our childhood, probably from our play school itself, we were told to save water, to not burn fire crackers, to not litter, simply to save the Earth. Do you remember that?

For our entire lives, we have overused the earth's resources, polluted it, and the one time it fired back on us, we started putting blame on different things, even on a 'year', for God's sake. Are we actually responsible for all of this? Look into my eyes and say that you never wasted water for fun, that you never polluted the environment by burning crackers and wasting electricity, but you can't right? Me too. We all did this just because we saw everyone doing it, because our elders were doing it, and we considered it 'normal'.

It's very easy to blame the industries and companies for causing all of this pollution, but who are the consumers of their products? Just for a moment, stop blaming others, and introspect.

Start saving water, start saving electricity, but this time don't do it for the environment, do it for yourself. Just think that you are saving it for your future and the future of your children. But I wonder how I can expect this from a world where people can't even do a minimal effort of putting on a mask. Don't expect science to save you, no one is going to save you, as we all saw how a microscopic virus shook the roots of even the biggest superpowers of the world.

Next time whenever you see the pictures of people in Africa, don't feel sad for them, but remember that it's nothing but your future.

**-KIRTIK**

## HEALTH CARE AND BODY TALK

In today's scenario health and body care has come into light.

Everyone loves to have a healthy lifestyle in current times..But some do everything and anything to get a healthy body .. but don't get the same results that others do ..

Everyone's body is different from others..  
You don't have to compare yourself with others.

Body language says a lot about our interest and engagement in the communication we're having. Even when we "say the right things", the message can be lost if our body language suggests we're thinking something very different. It is important our posture, eye contact, facial expression and touch all match the words we are saying.

**THE HISTORY OF BODY  
LANGUAGE**



**"I speak two languages, Body and English."**

–Mae West, American actress, singer, playwright, screenwriter and comedian

The scientific term for body motion communication is kinesics, which Ray Birdwhistell, an anthropologist who studied how people communicate through posture, gesture, stance and movement, first introduced in 1952. Ironically, Birdwhistell did not like–nor did he use–the term "body language," as what is conveyed via body communication does not meet a linguist's definition of language.

Birdwhistell believed all movements of the body have meaning and that nonverbal behaviors can be broken down similarly to spoken language.<sup>1</sup> He estimated that only 30-35 percent of the meaning of any conversation is based upon the spoken words.<sup>2</sup> This statistic was later reduced to a mere 7 percent in 1967 by Dr. Albert Mehrabian, UCLA Professor Emeritus of Psychology and author of the book *Silent Messages*.<sup>3</sup> The book contains a detailed discussion of Dr. Mehrabian's finding on messaging of feelings and attitudes, as well as the relative importance of words versus nonverbal cues. When communication across nonverbal and verbal elements is incongruous, the interpretation of messaging is based upon 55 percent nonverbal elements (i.e., body language such as facial expressions, gestures, posture), 38 percent vocal elements (e.g., tone of voice) and 7 percent spoken words. Apparently when the Blues Travelers crooned, "It doesn't

matter what I say ... So long as I sing with inflection ..."<sup>4</sup> they were 38 percent right!

The following four elements of body language in the communication with patients/clients:

**Body posture** (how we stand or sit): we'll communicate much better when we bring our face to the same level as the other person and do not tower above them if he or she is in bed or a chair. We should be relaxed, not fidgety and impatient. And it's important that we adopt an 'open' stance, showing the person that we want to be there and are not desperate to rush away and do something else - standing well away from the person with your arms crossed and flicking your eyes constantly towards the door isn't exactly an encouragement to good communication.

**Eye contact:** keep good eye contact with the person, but don't stare - and remember that for people from some cultures, making eye contact can seem a bit rude. This emphasizes the importance of knowing about the individuals we're caring for and learning how to approach them in the right way.

**Facial expression:** so much of what we are thinking is given away by the expressions on our face. We may not even realize we are rolling our eyes, grimacing or stifling a yawn, none of which will encourage patients/clients to keep talking to us. We need to be aware of our facial expressions and control them at all times.

**Touch:** touch is a very powerful means of communication. Lightly



touching a person's hand can convey your concern and affection for them. But as with eye contact, the touch has to be appropriate, and there are important cultural issues around touch that need to be understood. It's also important that patients/clients give permission for you to touch them.

## BODY LANGUAGE AND THE ART OF NEGOTIATION

"What you do speaks so loud that I cannot hear what you say."  
–Ralph Waldo Emerson, American essayist, lecturer and poet

In order to be fully effective, all three aspects of communication (words, tone of voice, body language) must be congruent for the recipient to trust the speaker's messaging. This is particularly important advice for those leading teams, working groups or involved in negotiations.

Changing your body language enables you to affect your emotional state. Here is some body language guidance to consider throughout a negotiation session or even a team meeting:

Before joining an important meeting, practice a "power pose." For example, stand up and put both hands on your hips for two to three minutes—mimicking Wonder Woman. This pose may be empowering and could lead to increased testosterone and decreased cortisol (stress hormone) levels.<sup>6</sup> Social psychologist and 2017 Society of Actuaries (SOA) Health Meeting keynote speaker Amy Cuddy suggests this stance

during her 2012 TED Talk. Subsequent research has questioned the true effect of this pose on hormone levels, as additional studies have not consistently been able to reproduce Cuddy's findings.

Upon entering into the discussions, walk into the room with a sense of purpose. Physically align with the individual with whom you are negotiating or in discussions (i.e., sit or stand shoulder-to-shoulder facing the same direction). This positioning reduces tension, defuses potential strong verbal arguments and aids in the ability to agree on solutions more quickly. Be sure to avoid turning yourself away from others, as that signifies you are uninterested and uncomfortable with the conversation.

Upon concluding the conversation, leave with a positive impression by shaking hands, making eye contact, saying thank you and giving the indication that your counterpart(s) should look forward to dealing with you in the future. Note that averting eye contact makes it look like you have something to hide, while exaggerated eye contact gives off an overly intense and aggressive vibe.

## Conclusion

As I said earlier, it is of no use to communicate if you do it without vigor and the required energy for the type of communication you want to give. In the end, what matters is how much respect you give to the person and how competent your work is. You should always take care of what is right and what isn't. Communication has been going on for centuries and a wrong way of



doing so has shaped dynasties or destroyed them. Make your point clear, make your posture even more, and have fun conversing!

**-KIRTIK**

### **RAMBLINGS OF A QUARANTINED LUNATIC**

The world? The world is just a place, pretty to those who prefer to look at the beautiful valleys brimming with flowers, the mountains clad in liquid gold as the sun rises, the beach being gently caressed with the loving touch of the sea, and the pond, calm and composed mirroring the emotions behind your eyes.

To some troubled individuals, who have been subjected to nothing but an unjust existence, the world is a replica of hell, doomed with tsunamis of ruination and cyclones of terror, large chimneys of smoke spewing into the air and volcanoes spilling enraged swathes of lava onto the innocent onlookers paralysed with dread.

Whatever it may be, both of the groups are right and wrong all at the same time. The world is not completely fair with unthinkable wonders, neither a malicious amalgamation of Dante's seven stages of hell. These are just a poetic exaggeration of the different sides of the same coin.

Under the false pretence that I, in fact am a sensible person, I want to look at the both sides at the same time. Being idle in this pandemic, all I've done is nothing but experiment within the

confines of the phrontisterion of a room of mine, and observe both the sides with an amain enthusiasm. The story of Pompeii and the cruel volcano makes me agape in horror while I can do nothing but smile looking at the incarnadine flowers. Why is a diabolical disaster followed by a revirescent growth of juvenile beauty? I don't know. All I seem to be able to do is observe and learn. The more I learn, the more it perplexes me. So, I've stopped taking a side, I would have to become a part of the horizon, neither the free sky, nor the binding earth.

Being incarcerated to the imperfections of humanity, my psyche whines for me to pick a side, and my insanity, being assuaged with this pandemic, frowns in disapproval. Think of me as an innocent onlooker, who looks at the art charity on one side, and an ongoing robbery on the other. Neither can I volunteer in the charity, nor have the means to fend for the hapless. So, I do only the one thing I can, I look, and make another video for WhatsApp to share....

**-SARWANG SHEKHAR  
DWIVEDI**

### **HIV/ AIDS**

Human Immunodeficiency Virus or HIV is a virus that attacks body's immune system. It is caused primarily by unprotected sex, use of contaminated needles or from mother to child during pregnancy. It is thought to have originated from chimpanzees and transmitted to humans after humans hunted them and came in contact with their infected blood.



It can be prevented by practicing safe sex methods, not reusing needles and taking medicines on time. People who have this virus must maintain healthy diet and adequate nutrition to strengthen immune system.

There is no effective cure for this virus, but anti-retroviral treatment can slow the course of disease. It can lead to AIDS if not treated on time.

There are two types of HIV Virus around the world. HIV 1 is most common and accounts for 95% of all infections. HIV 2 is rare and progresses slowly.

There are more than 2.4 million people infected with HIV virus in India. They are discriminated and looked down in our society. Many people make moral judgements due to prevalent misconceptions about the virus.

The Government of India has formed National Aids Control Organization in 1992 to create awareness and work at a national level. 1097 is National Helpline for AIDS Counseling. 1st December is celebrated as AIDS Day every year. Social organizations like SANGRAM, Neptune Foundation, CPE also help HIV/AIDS patients with treatment and counseling.

**-EHRAZ SIDDIQUI**

# PICTURES

## RELIEF



## LETTING GO



**-PRERITA BAHRI**





**-VINAY KUMAR**



I want to share pictures of a collection of plants, flowers, Bonsai fruits, vegetable plants, and a variety of herbs and shrubs. All these pictures are from my terrace garden; the plants and fruits are taken care of by me personally.





# POETRY

## WHAT I DREAM FOR YOU

A New India,  
The India of my dreams, where  
every child is his own master.  
Kids dream of a place that  
welcomes them as family, where  
they study the theories of the  
world,  
Rather than tracing the cracks of  
their starving fields, tracing for  
missing chunks of food.  
A world which gives them  
knowledge, rather than give  
nothing but disgust and hatred.  
A world, which hands them books of  
dreams, than giving an  
incarcerated hut shutting them  
from life.

A New India, The India of my  
dreams,  
Where every man is able to feed  
his hunger, support his nation in  
every new way,  
Where every woman can look upon  
the starry sky, thinking of love  
songs not pleading for guilty,  
Where tigers live in peace, not  
worrying for existence;  
And children smiling at fate, for  
now, they can recite their own  
destiny.

I dream of a new India,  
Which blooms like the beautiful  
Hyacinthus, alone amongst an  
eternal forest of green,  
Which nurtures those who seek the  
beauty of the soul, the mind and  
the heart...

**-SARWANG SHEKHAR  
DWIVEDI**

## BED

Lying prostrate on the warm bed,  
Half-lidded yellow eyes,  
Short panted breaths.  
Breaths, as short  
As life has seemed to become.  
Pale, yet yellow face,  
Ashen with both sickness and age.  
Wanting to smile, yet,  
Having no energy to do so.  
Barely breathing, yet,  
Having no energy to do so.  
  
I call, yell the name,  
Her eyes,  
Hoping they might open.  
They do;  
But no energy to keep them so.  
Sees the welcoming invitation,  
Hands of an oddly merry death,  
She gives in to his game.  
No energy to fight.  
Warmth fading away,  
Now lying pulseless on the cold bed.

**-SARWANG SHEKHAR  
DWIVEDI**

## HOPE IN CRISIS

Covid-19 strain  
Gave all of us an unforgettable pain  
A lot of people lost their family  
member  
This is the time they would never  
want to remember  
Losing their loved ones had left a  
hole in their heart  
Now making them whole again is our  
part.

Covid-19 strain  
When all of the money felt like vain  
Led people searching for oxygen  
cylinder  
This is the time they would never  
want to remember  
In this time of need



Let's stop paying attention to our  
greed

Help people as much as possible  
Even if it doesn't make your money  
double.

We all are covid warriors  
You, me, doctor or nurse  
If we don't fight over politics or  
religions  
Then who else is there to curse?  
Remember, we all are making  
history  
So let's unite to face this misery  
Radiate the energy of power and  
unity  
And heal the pain through support  
and empathy  
Believe that we'll overcome this and  
win,  
To see a more beautiful world in a  
new and clearer skin.

**-SAKSHI ARORA**

### **PREJUDICE**

I get bullied several times for my  
skin complexion,  
I thought because i've shady skin  
tone, I'll never attain perfection.  
I've been discriminated since I was  
ten,  
I barely see any variation from now  
and then.  
When I was in fifth standard I  
wanted to participate in a play but  
I got discarded because I didn't do  
justice to the beauty of the  
mainstay,  
I felt so depraved at that very  
point, but then I confronted myself  
that it is okay, it's just a simple  
play.  
But this was not the end ,this was  
the start,  
I don't know why you all mock  
people like me, same as you ,we're  
also the creation of nature's art.

I don't know why you all mock people  
like me, same as you ,we're also the  
creation of nature's art.

When I was in sixth my classmates  
started to bully me, but I still kept  
my mouth shut,  
These bullies never stoped here, they  
gifted me bruise after bruise and cut  
after cut.

Oh! You made me believe that being  
gorgeous is being fair,  
I wish I could slap the person who  
made me believe in this, I swear.  
The thing is we all are born graceful,  
graceful from soul and heart,  
I should've informed my parents  
about all this earlier, so that they  
could've done something or they  
could've told me 'you're also graceful  
sweetheart '

Colorism has no edge, there are so  
many people out there who are  
victim of this,

All my past memories still make me  
cry when I peacefully sit, they came  
back from deep down buried  
pits.

I feel pathetic not because you  
called me dark, but because I  
believed you.

Getting discriminated because of my  
skin tone felt atrocious, the shade of  
my sky was never really blue.

Humans created these differences,  
god never made the standards,  
Having dark skin should not be  
considered disgraceful, should not be  
considered substandard.

**-SAMIKSHA BHATT**

### **I KNOW**

I know, sometimes it's so dense  
To get up from your depths,  
Even though it's not your body  
That is exhausted but it's your brain  
inside your head.  
Continual breakdowns and



fortuitous flutter of misery strike  
you

Like a freaking fiendish ball,  
But it is manifestly alright  
We go through it all.

It is moulding us to be stronger,  
Stronger than we think,  
You're a baguette and you are  
Not even realising.

It may take time, a lot of it to get  
there,

There is a interpretation,  
A flicker in you,  
Which you'll never recoup  
anywhere.

**-SAMIKSHA BHATT**

### LET GO

Let go of the things that put you  
down,

You'll be lost in yourself, nowhere  
to be found.

You subdued yourself, when you  
told yourself to hold on when the  
time was to let go,

You'll not grow until you'll accept  
things, just try to go with the flow.

Let go of the people who make  
jokes on your insecurities,  
These are not dank puns, this is not  
a sign of maturity.

Let go of the distress that cage you  
in your own illusions,

Hold up, take a breathe, give  
yourself time, this chaos is not  
permanent, these are mild  
confusions.

Let go of the rage that burn your  
loved ones in it.

You'll get through anything, there  
is no option to quit.

**-SAMIKSHA BHATT**

### COVID 19

COVID-19 is not just a disease !  
That has ruined the nation's  
ease, Every productivity is now  
decreased.

That has made everyone teased, Our  
freedom of movement is also now  
seized.

Even the Prime Minister had to say  
please! requesting us to be house  
freezed.

Humans!!!! why you do such deeds?  
why you bow such seeds?

When will u be pleased ?and make  
your mind cleaned?

That's why say COVID-19 is not just  
a disease!

It is a tree that never feeds and a  
story that never heals..

**-ESHA MAYER**

### LAND OF THE UNKNOWN

New Year's dawn about to arrive  
World downed in Singing, dancing  
Brewed with innocent  
Later corrupted resolutions  
Cheering glasses for  
Merry goodbyes,  
Delightful hellos.

A voice rang in my ears  
Mother called,  
Voice trembling & rapid breathing,  
Fear, dreadfulness that had  
gathered  
I heard,  
'Eyes on the black screen everybody',  
she said

Adversities our eyes witnessed  
Around house no. 139  
Chinese fellow Mr. Zhang Wei

People screaming, faculties  
collapsing  
Rain was pouring leading



To an endless ocean  
A chapter written to never return  
Stood right in front of door

Knock! Knock! Knock! Knock!

Everyone unheard the knocking  
Watching from little rat holes  
Shhhh.....keep quiet  
(Peeking to find a way  
Peeking to tear the page  
Molding an escape plan..... To alter  
the fate)

Red alarm rang, emergency took  
over

Taking our rights, that said  
'Cover your face with  
imperturbable tranquility  
Wash your hands from financial  
savings

Maintain distance from present'  
That has to be re written  
Not for us  
But for the survivors.

Order that was never heard before  
Order seemed like a survival kit,  
Floating in the Pacific Ocean  
Loneliness, dispersion and  
dissolution

Days passed with a rustle of leaves  
Pandemic deepening in  
People tumbling in famine  
Exchanging goodbye letters

A girl said to her mother,  
"Is this the end of the world? "

54 houses joined hands  
Named 'commonwealth'  
'Together we stand  
Together we fight'  
More houses came forward  
Pool their money  
Called 'UN funds'

House no. 2, House no. 8  
Mr. Yemen, Mr. D R Congo  
Twin sisters invaded,  
One named starvation  
Other named covid

(Nowhere to go  
Nowhere to search  
In the meantime, let's flip the coin.  
One side famine, one side pandemic  
Third side Death,  
Let's flip the coin.....)

Unspoken sorrows found space  
House no. 24 Mr. U. K. Smith  
With commonwealth  
Lend a hand  
To shirk the sisters  
Back to their place  
And help the neighbors  
Find solace

'Strictness!! Hellacious!!!  
All over the world increased day by  
day'

House no. 48  
Mr. Australia  
Was facing  
Raging fire wreaking havoc  
8000 red kangaroos killed,  
5000 koalas and many more  
Left to count

(Water-water everywhere  
Not a drop to drink  
Animals on the brink of ocean  
Nobody could see.)

Innocent prayers  
Sincere services came around  
Knitted blankets and  
Protective pouches  
Made his doorway their house

House no. 54, House no. 8  
Mr. U. States, Mr. Canada



With UN funds  
Tried their best to make  
Turned forest ashes into grass  
again

### NEWS:

Everything is under control  
Feel free to roam around  
But don't push the rules behind  
Please continue till the good days  
arrive

Days to go  
Days to come  
Pandemic surge started to decrease  
Doors started unbolting  
Children began frolicking  
But  
Old hustle bustle abruptly paused

### ONCE AGAIN NEWS STORMED

Knock! Knock! Knock! Knock!

'We are again under the strictness  
As a 2nd wave is about to hit the  
shore!

Please ensure yourself with your  
Respective survival kit.  
'Cause there's a bumpy road  
ahead."

(Heart became a stone again  
People became a threat again  
In this lonely journey  
Could we be able fight again?)

Prayers felt like the sand beneath,  
The scorching sun of fear,  
Eager for the night to come  
But again met by the wave of  
terror.

House no. 78  
Mr. India  
Living in a joint family  
With little sun shines

But unknowingly,  
Came under the shadow  
Of Lunar eclipse

No oxygen to delay the death,  
No cremation to exit the hell,  
Sky was turning black,  
But bodies turning white  
Hammered by the pandemic  
To take stakes on life  
Whom to give hell  
& whom to give death,  
Let's think twice

(Who could talk?  
Who could hear?  
Mighty night was clapping behind,  
While last customer emptied us off  
Like a defeated knight.)

'One world, one pandemic and  
Million cries'

Around the darkness surrounding us  
A flicker of light came  
'WE ARE IN THIS TOGETHER'

Gloomy eyes  
Accompanied by a winter moon  
Got vanished behind the rainbow of  
June

More than 40 houses joined hands  
In bad weather, to assist the friend  
Walking together on a road to  
compassion

'Cause humanity and mankind  
Greater than callousness

Let's remove all walls  
To blend all community  
Let's become one  
To eradicate the difficulty  
Let's stay apart while stay connected  
Because 'We' are the world



### Story in poem

In this poem, I expressed the world community into a local community where people are suffering from 3 catastrophic situation first is famine, second is wildfire and third is pandemic. As happened in the world community in the last two years. And how people are getting more and more compassionate towards the conditions of other countries and helping them in bad times. The first situation is of 2 countries Yemen and Democratic Republic of Congo where amidst of pandemic, they are facing an acute shortage of food which was then aided by United Kingdom and many more countries.

The second situation is of Australia where a hellish fire was taking its toll on both animal and people but was then aided by United States, Canada and United Nations.

The third situation is of India where pandemic was getting worse day by day but with people's compassion India be able to tackle the pandemic more effectively.

Two components of poem

- My poem has two components the paragraph written in brackets are musical expression expressing the taunts of the god who is watching the community from above having no faith in them to help each other in the times of need as for him humans are selfish and cruel who only says big things but never do anything to change the world. But as the time passes his faith in his own creation started to increase and he started feeling sympathetic and concerned towards humans.

- The news, the lines written in

inverted commas are referred from the real situation, updating the readers about the scenario in the poem from time to time.

**-MUSKAN AGGARWAL**

### **CAVE AND FLOWERS**

We all have mayhem inside us  
And a bit of havoc to scrape  
Our greed to celebrate  
And some hurricanes to Escape  
Jump as high as you can  
So whenever you look down  
You would might see yourself hiding  
in a CAVE

A cave darker than lonely nights of  
Nights where stars leave their lustre  
and moon even bites

Now look outside and I bet,  
You'll see flowers all around the  
cave,

And vibrant colours all engraved on  
soil outside the cave

On outside you'll find  
On outside you'll find ambience on  
joy and all agonies might die  
And when you'll sniff the aroma of  
alluring flowers

The grief and woe of distress will  
soon decompose.

**-SHUCHI PRABHA SINGH**

### **RED THREAD AND GRAPEVINE**

I am falling down  
Is anyone around?

If so, then get me back on the  
ground.

Hey you ! standing outside the line,  
Help me ! Or I'll wither on the  
Grapevine .

Here my plea and set me free,  
Free from the clench of these canes  
of misery.

Or else the vineyard lady might  
come up to me,  
With her hair tied and shoes all  
ready for fight.



In stride she'll slide the red thread  
to my side,  
The thread with which I used to tie  
her hair tight,  
And then all the love letters we  
used to recite,  
But now it's too late to set things  
right.

Is my shirt Intensely Red?  
You won't find anything this  
beautiful even miles ahead!  
That's because she sewed it for me  
with that very thread,  
But now the holes in this shirt are  
in strew,  
And threads are now coming out  
too,  
Now she couldn't see my shirt in  
tattered,  
She couldn't ever sew it all over  
again making it new,  
Since we're out of red thread that I  
deeply rue,  
So please hold my hand and pull  
me out from this vineyard,  
The tangling branches of grapevine  
are pulling me apart  
The branches that are so stiff in  
compare to Red soft silken thread,  
Are those footsteps of her? I hear  
approaching me,  
Oh dear, she must be here!  
Are you too late?  
Are you too late, couldn't I be  
saved!  
Should I try and rise again? Or  
should I fall deep into memory lane

**-SHUCHI PRABHA SINGH**

### **SILENT TEARS**

Silent tears, the one that reek of  
pain,  
The tears, even if hard to control,  
Do not show in the name of dignity;  
they speak of longing, of unsaid  
wishes.  
The heart clenches in misery,

Cold shivers run down the spine,  
Yet, nobody knows, or even, nobody  
cares.  
Trotting on the path of development,  
Too busy to talk,  
Yet tears find their escape,  
As the bruised hands continue,  
Continue to feed the wretched souls,  
And to make a living out of scars.  
Do these souls ever get contended?  
Or are they too crippled with greed?  
Where is the orphaned civility going?  
To the grave I suppose.  
So, the silent tears,  
Continue to grieve and wail,  
For the death of humanity.  
But, even so,  
Like the cycle of life,  
Earth will bloom again;  
Reaping anew with a wider face.  
Just like the immortal phoenix,  
The ashes will birth a beauty again.  
No longer are they the tears of pain;  
These silent tears, overwhelmed with  
love,  
Will dry and etch into the drops of  
content...

**-SHUCHI PRABHA SINGH**

### **THE HIDDEN BATTLES THAT I DID NOT HIDE**

We all have our sorrows to hide  
Behind the smile that shine so bright,  
Want happiness to come with a light  
Without resolving any conflicts  
inside.  
Those hidden battles, I fought in my  
mind  
Kept me at bay from a beautiful life  
Where love flourish without any  
strife  
And peace stays with no battles  
behind.  
To live in the moment freely and  
fully  
I try to keep things in open air  
It eases my mind and let down my  
hair,



Makes me realise it's important to share.

The hidden battles that I did not hide

Made it easy for me to breathe when I cried.

**-SAKSHI ARORA**

## MENSTRUATION

A topic, people hesitate to talk about

As if, it's a shame to shout it out  
When you have your periods, don't roam

Shhh don't say it loud, your father is at home

Why do girls are told to hide this reality?

When it's the only reason behind everyone's existence and actuality

People celebrate pregnancies but hides menstruation

Knowing one can't occur without her blood's emission

Then why not honour periods too?  
And why not celebrate being new?

The blood that protects a beautiful life in the womb

How can that be dirty?

I know we've believed a lot of myths from a long

But it's high time to acknowledge it's purity.

Keep in mind, it's ok for her to feel low

These days are tough and take time to go

But it's not anything to feel insecure about

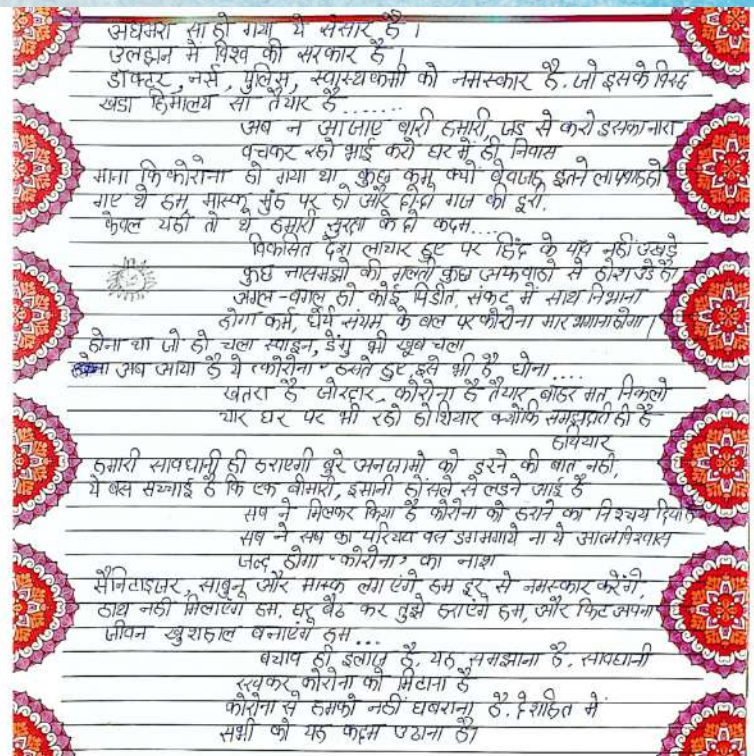
Instead, it's a blessing, one should never doubt.

While soldiers bleed to save lives,  
Women bleed to create a life.

Both deserves our love and respect  
Don't let myths make you think incorrect!

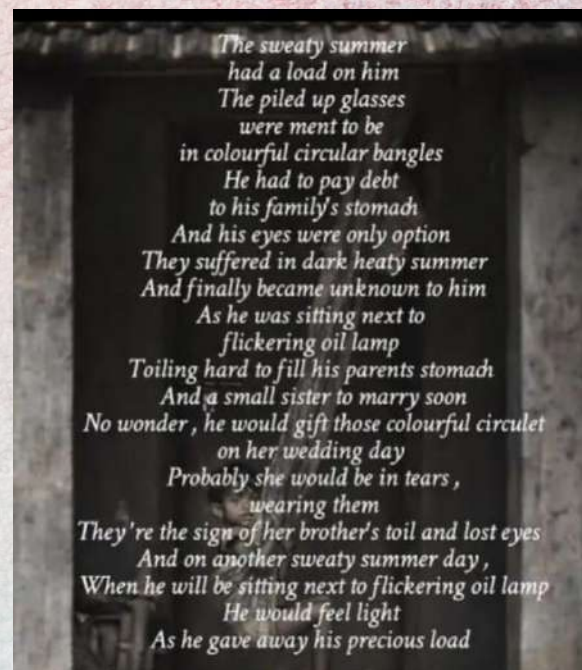
**-SAKSHI ARORA**

## COVID-19



**-PRIYANKA DILORE**

## CHILD LABOUR



**-KHUSHI CHOUDHARY**



## COVID-19

चारों ओर फैली अशांति है।

ना जाने किस शांति के लिए?

हर ओर फैला हाहाकार है

ना जाने कैसा सार लिए ?

स्थिर हो कर भी ...

अस्थिर हो रहे सब

अनजाना भार लिए।

रच रहा कुम्हार कोई सच? या उतार रहा हर मद?

यह सवाल लिए।

ना जाने कैसा है यह वक्त?

एक सैलाब लिए।

छोड़ेगा किनारे पर?

या लेगा गोदी में लपक?

सिमट रहे सभी, यह त्रास लिए।

अब आस भी लगने लगी है . फांस।

हर पल की काश और टूटी साँस लिए।

**-परम प्रकाश तिवारी**

## RAPE CASE

तूने तो सिर्फ इंसानों को बनाया था  
तो फिर कैसे इन हैवानों को मिली पहचान है  
जिनकी नजरो में लड़किया ह कुछ नही बस  
उनका जिस्म खिलोनो के सामान है

कच्ची उम्र की गलती बता न ये अपराध है  
छोटे थे कपड़े उसके उसका भी तो हाथ है  
इस सोच का गला आज ही दबादो क्युकी  
रेपिस्ट है दोषी पर ये असली गुनहगार है

उस मासूम लड़की को तूने यूँ तडपाया क्यों  
ख्वाब सजाती उस बच्ची की ज़िन्दगी की ज़ाया  
क्यों

देख सुन खुदको कोसती होगी माँ तेरी की  
ऐसा हैवान उसकी कोख से ही आया क्यों.....

कितना थी चीखी, कितना वो चिल्लाई थी  
ज़िन्दगी की उसने गुहार भी लगाई थी  
फिर भी उन् दरिंदों का दिल न पसीजा  
उसे जिंदा जलाकर अपनी दरिंदगी निभाई थी

इस सबको देख हुआ खुदा भी शर्मसार है  
बेटी बनाने में अब काँपते उसके हाथ है..  
क्योंकि इन हैवानो से वो भी है डरी हुई  
जो कुछ महीनो की अभी नन्ही सी जान है

हैवानियत जगी, कहा इंसान है सो रहा  
क्यों माँ है सदमे में, और एक बाप है रो रहा  
क्या ही उम्मीद रखो इस देश से अपने  
हर आये दिन जहा एक नया रपे है हो रहा

**-NIKHIL BHATT**

## MENTAL HEALTH

क्यों  
क्यों हमने रोने को इतना बड़ा इशू बनादिया  
कहते कहते उसे एक इमोशन से  
तराजू बनादिया  
क्यों हमने रोने को इतना बड़ा बनादिया  
क्यों इस पर सिर्फ लड़कीओ का कॉपीराइट  
लगाडीअ  
और इसी वजह से लड़कों को पत्थर दिल  
बनादिया

क्यों  
आंसू बहाने वाले को कमज़ोर और झूठी मुस्कान  
रखने वाले को हिम्मतदार बनादिया मगर सच तो  
ये है यार  
की जज़्बा तो दूसरे के सामने दो आँसू बहाने के  
लिए चाहिए होता है  
बाकी होठों पर झूठी मुस्कान रखकर घूमना तो  
आजकल बहुत ही आम होता है

जब खुशी म हंस सकते ह  
जब कुछ बातों के बुरा लगने पर गुस्सा कर सकते  
है

तो दुखी होने पर रो भी सकते है  
तो रहने दो यार रोने को एक इमोशन ही मत  
लगाओ उसपर पाबंदी न ताकत की, और न जेंडर  
की

**-BHUMI SADH**



## एक उलझन

सुनो! मैं कुछ कहना चाहती हूँ  
आसपास अंधेरा है, मैं हुवाओं में बहना चाहती हूँ  
डरती हूँ कहीं खोह न जाऊँ इस अँधेरे में,  
इसलिए एक हाथ पकड़ चलना चाहती हूँ.

मुझे ऐसा क्यों लगता है की सब अनजान है  
बस मुझपे ही यह दुःख का पडा जाल है मैं  
इससे निकलना चाहती हूँ  
ज़िन्दगी में आगे बढ़ना चाहती हूँ  
सब मुझसे निराश है, अब तोह बस एक ही  
आस है  
की कोई आये और संभाले मुझे, लेकिन लगता  
यह भी मुझे नाकाम है...

पहले तोह न आलसि हुआ करती थी मैं  
अब मुझको मेरी ही तलाश है...  
सुनो! खोह गयी हूँ कहीं मैं  
खुदको ढूँढने की प्यास है..  
मैं समन्दर हुआ करती थी, अब बूद बन गयी  
हूँ  
जबसे यह बचपन बीता मैं युवा बन गयी हूँ.  
सुना है, रात कितनी भी काली हो सवेरा ज़रूर  
आता है,  
चिड़ियां भी चेहचाती है...  
फूल भी खिल जाते है, भौरे भी आते है, तितली  
भी इठलाती है.

सुनो! अगर मैं कहूँ कि मैं भी अपने जीवन को  
दिशा दूंगी  
इसको आशाओं की किरणों से भर दूंगी,  
मेरी हसी से ज़िन्दगी चेहचायेगी,  
सारी खुशियां मेरे क़दमों में आ जाएगी.

तुम मान लोगे क्या?  
या मैं हास्य का पात्र बन जाऊंगी?  
मैं तो एक युवा हूँ!  
अपनी ही तलाश मैं खींची हूँ..  
पहले तोह ऐसी न थी, अभी कुछ समय से  
ज़ादा रोई हूँ..  
मैं तो बस एक युवा हूँ

-VAISHNAVI BHARDWAJ

## ART

It's a drawing of a imaginary culture called "Hubli" having unique crown (head of dog). Which shows the hunting culture of the group.



-ADITYA RAVINDRA PATIL

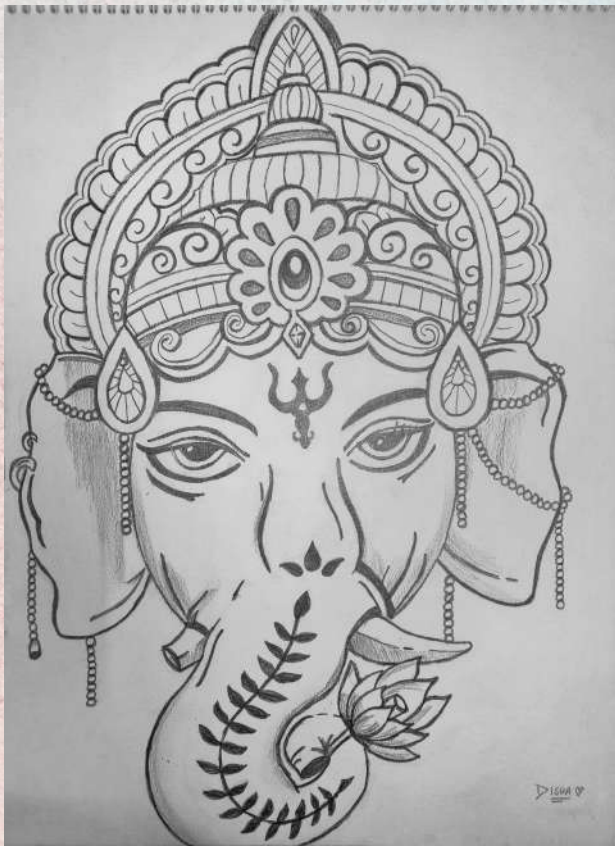
## CHALLENGES FACED BY INDIAN ECONOMY DUE TO COVID-19



-SHRUTI GARG



## JAI GANESH



-DISHA AGGARWAL

## MY FAMILY STRENGTH



## BEFORE IT'S TOO LATE



-PRIYANKA DILORE

## MANDALA ART



-SHIVALIKA





PRIYANKA DILORE



BENEATH THIS MASK,  
THERE'S LIES MORE THAN  
IVORY & SKIN .  
THERE LIES AN IDEA TO  
BEGIN WITH.



Shuchi Singh  
B.A. ( 1st Year )  
Economics + Geography



# A C T I V I T I E S (गतिविधियां)

Story Writing Competition

Session on National Youth Day

Session on HIV & AIDS

Session on Importance of Blood Donation

Blood Donation Camp

Eye Camp

Poetry Writing

Session on Nature Conservation

Tree Plantation Drive

Essay Writing Competition

Session on World No Tobacco Day

**Dr. Bhim Rao Ambedkar College**  
UNIVERSITY OF DELHI  
RED RIBBON CLUB

Organizing webinar on  
**NATIONAL YOUTH DAY**

DATE: 18TH JANUARY, 2021 | TIME: 11 AM | GOOGLE MEET

**OUR GUEST SPEAKERS**

**PROF. RANESH KUMAR**  
DEPARTMENT OF ANATOMY & PHYSIOLOGY  
MAHARISHI UNIVERSITY OF MANAGEMENT  
UNIVERSITY OF DELHI

**PROF. V.S. NEERI**  
DEPARTMENT OF ANATOMY  
MAHARISHI UNIVERSITY OF MANAGEMENT  
UNIVERSITY OF DELHI

**DR. AASTRA BHARDWAJ**  
VICE CHANCELLOR  
KUTUSTA INTERNATIONAL  
UNIVERSITY

**PROF. R.M. DUBEY**  
Officiating Principal  
DR. BHEM RAO AMBEDKAR COLLEGE

**DR. RICHU CHOWDHARY**  
RED RIBBON CLUB  
COORDINATOR

**MR. ANIL KUMAR**  
VICE CHANCELLOR  
DEPARTMENT OF MANAGEMENT  
DR. BHEM RAO AMBEDKAR COLLEGE

**STUDENT CO-ORDINATORS**

**HARSHWARDHAN CHOWDHARY**  
DAHMATA THAPA  
HARTUHI SARKAR

**SARWANG BISHNOI DWIVEDI**  
RADHASO CHITRAKALA

**RED RIBBON CLUB,  
DR. BHIM RAO AMBEDKAR COLLEGE**  
IN COLLABORATION WITH  
**HEAL NGO**  
PRESENTING  
WEBINAR ON

**WORLD  
NO  
TOBACCO  
DAY**

A talk with

**DR. DINESH SINGH**  
SENIOR DIRECTOR RADIATION ONCOLOGY

31ST MAY, 2021  
5 P.M. - 6 P.M.

CERTIFICATES WILL BE PROVIDED TO ALL PARTICIPANTS

**RED RIBBON CLUB**  
**DR. RICHU CHOWDHARY**  
BARDHWAN  
8100382348

**HEAL NGO**  
**MS. LEENA SAXENA**  
876088715

**Red Ribbon Club and National Service Scheme**  
of  
**Dr. Bhim Rao Ambedkar College, University of Delhi**

presents a webinar on  
**BLOOD DONATION:**  
**PROS & CONS OF PRE - COVID AND POST - COVID**

in collaboration with  
National AIDS Control Society

**Eminent Speakers**

**Ms. Sonu Singh**  
Director Operations  
Bloodpartia,  
Member Task Force  
NACO

**Dr. Geeta Agarwal**  
Joint Director  
Blood safety  
division

**Mr. Saumitra Shekhar**  
Program Officer  
UPSACS

**DATE : 01 OCT, 2021 (FRI)**  
**TIME : 4 PM ONWARDS**

**GOOGLE MEET LINK: [HTTPS://MEET.GOOGLE.COM/ZRV-CJXA-RFC](https://meet.google.com/ZRV-CJXA-RFC)**

**Chief Patron : Dr. G.K. Arora**  
RRC Convenor : Dr. Richa Chowdhary  
NBS Convenor : Dr. Sarita Bhardwaj

**Programme Coordinators :**  
Dr. Deepshikha Chowdhary  
Dr. Rajabala Gautam

**Student Coordinators:**  
Harsh, Harshul, Apolo, Meupiya, Sarwang, Lakshit, Shubangi, Poojan

**DR. BHIM RAO AMBEDKAR COLLEGE**  
UNIVERSITY OF DELHI  
**RED RIBBON CLUB**  
In association with NACO

**BLOOD DONATION CAMP**  
and  
**HEALTH AWARENESS PROGRAMME**  
on Tuberculosis and HIV

**- DISTINGUISHED GUESTS -**

**PROF. BN DUBEY**  
Principal  
Dr. Bheem Rao Ambedkar College

**MR. SATYENDR KUMAR TIWARI**  
Joint Director of Health Services  
NACO, Delhi

**DR. DEEPAK KUMAR**  
Joint Director  
NACO, Delhi

**DR. RICHU CHOWDHARY**  
Convenor  
Red Ribbon Club

**VENUE FOR BLOOD DONATION CAMP:**  
In front of college entrance  
**DATE : 15TH APRIL, 2023**  
**TIME : 9:30 AM ONWARDS**

**VENUE FOR HEALTH AWARENESS PROGRAMME:**  
At college auditorium  
**DATE : 15TH APRIL, 2023**  
**TIME : 10:30 AM ONWARDS**

**Programme Convenors:**  
Dr. Anshu Mathur  
Dr. Rajabala Gautam  
Dr. Deepshikha

**Student coordinators:**  
Harsh, Harshul, Apolo, Meupiya, Sarwang, Lakshit, Shubangi, Poojan



(भविष्य की योजनाएं)

FUTURE PLANS

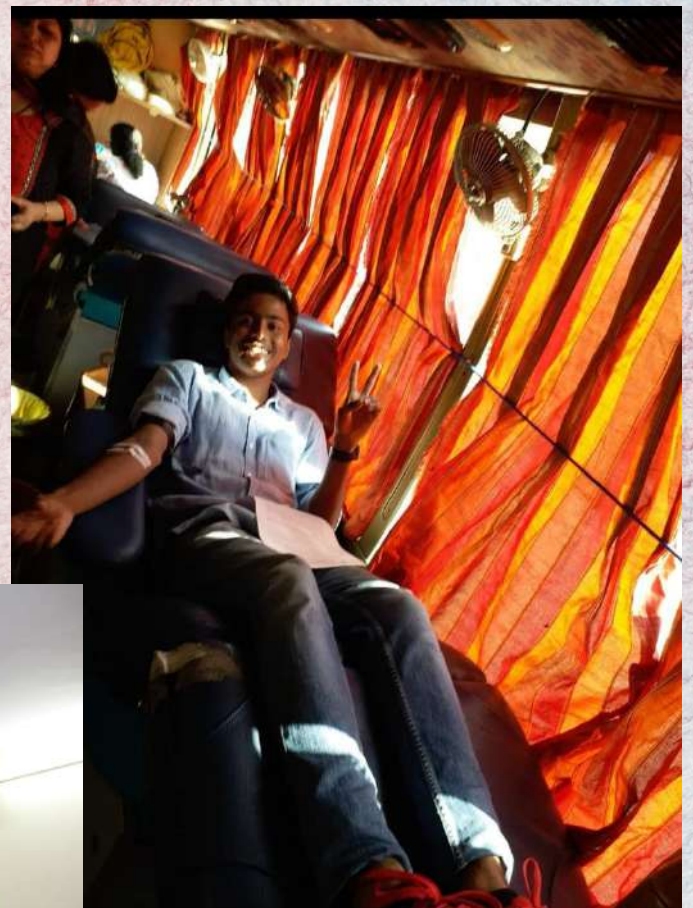
Blood Donation Camp

Health Camps

Awareness Camps

Insightful Sessions

## GALLERY (छायाचित्र प्रदर्शनी)



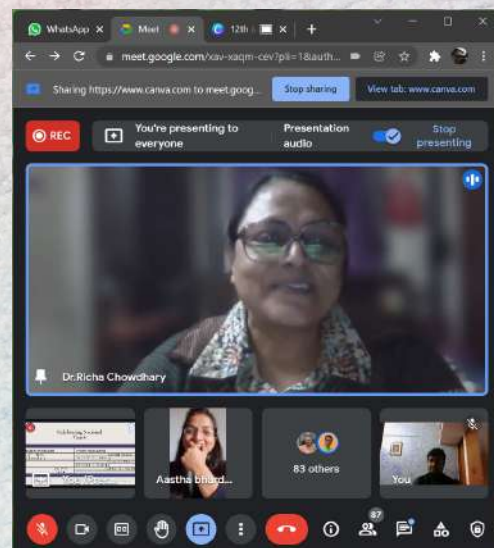
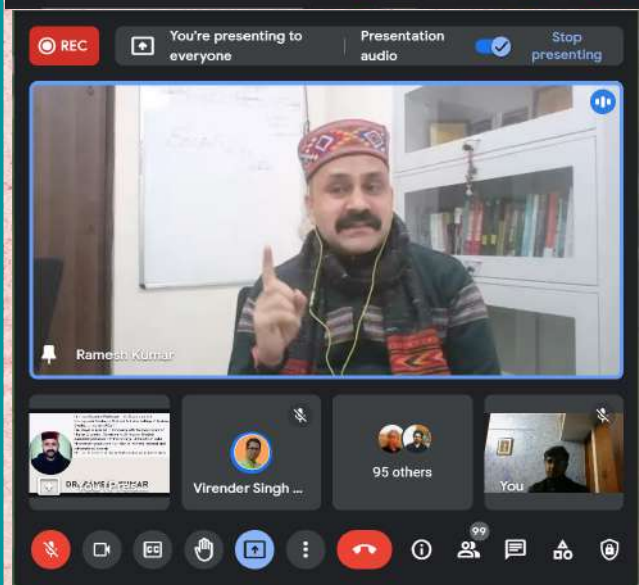
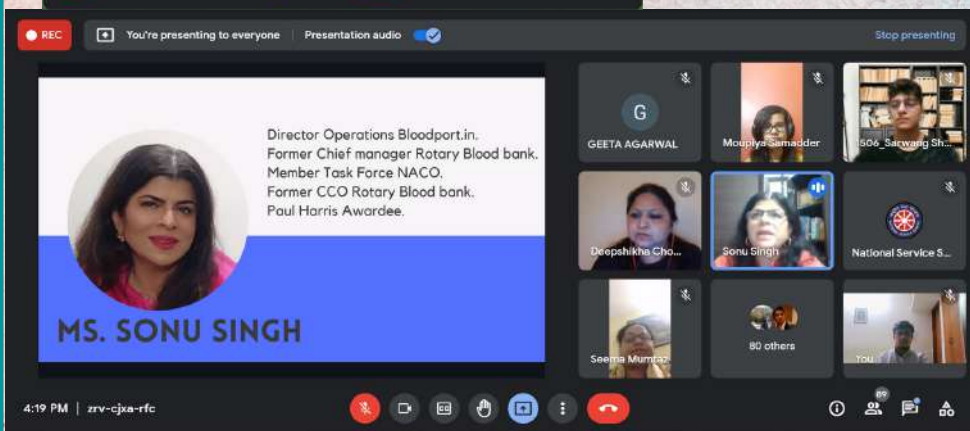
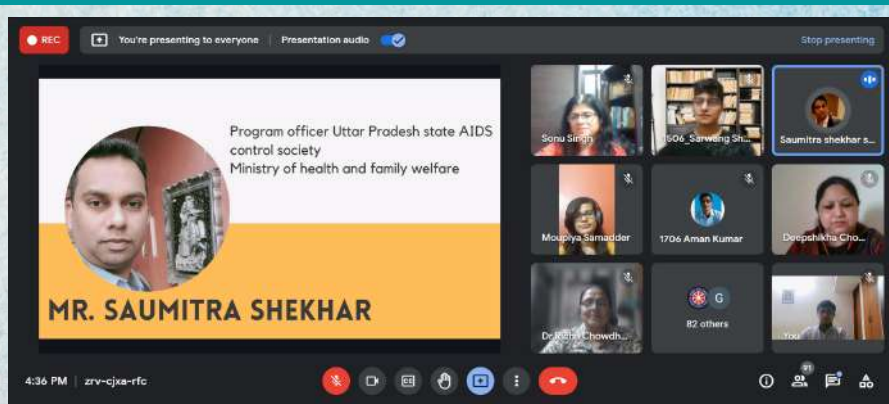




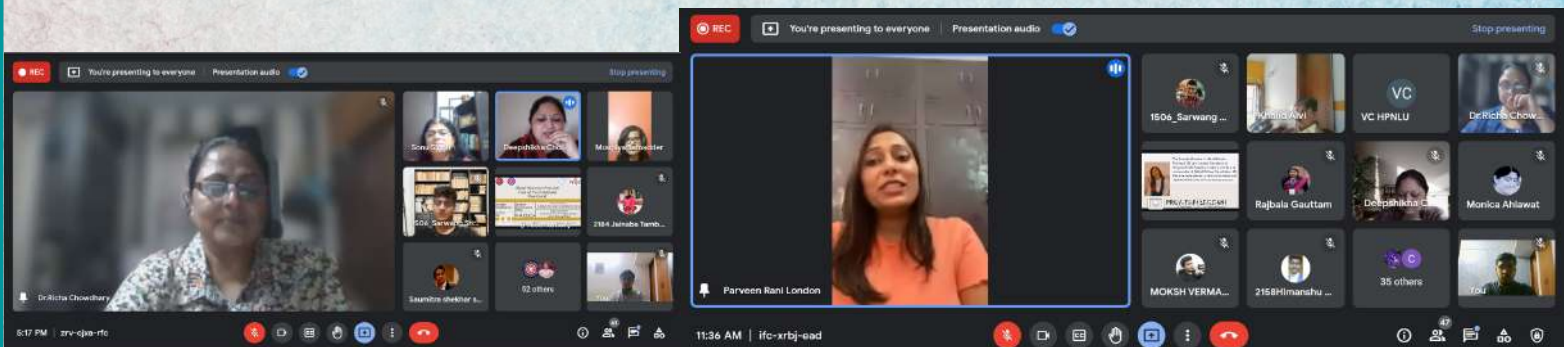






















# **A P P E N D I X 1**

(परिशिष्ट 1)



# **New India @75 implementation Plan**

**NATIONAL AIDS CONTROL ORGANIZATION**

**9<sup>th</sup> Floor, Chandralok Building**

**36, Janpath, New Delhi - 110001**

**Phone: 011 23731774/ 8**

**Fax: 011 23731746**



### **Abbreviations**

NTEP: National Tuberculosis Elimination Programme

DGHS: Director General Health Services

HFM: Minister of Health & Family Welfare

HFW: Health & Family Welfare

DDK: Doordarshan Kendra

AIR: All India Radio

PIB: Press Information Bureau

CBO: Community based Organisation

FBO: Faith based Organisation

NGO: Non-Governmental Organisation

RRC: Red Ribbon Club

NACO: National AIDS Control Organisation

DLC: District Level Committee

SLC: State Level Committee

NLC: National Level Committee

TVC: Television Commercial



## **1. Background**

As our country will commemorate 75 years of India's independence, Government of India desires to build the concept of New India @75, with efficient, transparent and accountable governance.

## **2. Concept**

Developing on the three key messages of Prime Minister of India for New India @75.

Firstly, development must become a mass movement, use of collective efforts for tangible growth and emphasize on welfare of all in both design and implementation. Secondly, development strategy must be balanced across all sectors, regions and states. Lastly, bridging the gap between public sector and private sector performance.

## **3. Objective**

To contribute in development of New India@75, National AIDS Control Organisation (NACO) may contribute through the launch of awareness campaigns, in phased manner. Through these awareness campaign, activities will be organised by schools and Red Ribbon Clubs constituted in colleges. There are about 12500 Red Ribbon Clubs constituted across the country.

NACO will develop an implementation plan for launch of 3 campaigns to be implemented in three phases as given below:

- HIV Campaign: HIV awareness among students of selected government schools and colleges.
- TB Campaign: TB awareness among students of selected government schools and colleges.
- Blood Donation Campaign: Importance of blood donation and awareness on blood donation among students of selected government schools and colleges.

It is believed to achieve following programmatic objective through these campaigns:

- Disseminating information regarding HIV/TB prevention and services;
- Developing an understanding about the infection to reduce stigma & discrimination against People Living with HIV/AIDS and TB;
- Encourage blood donation within youth.

## **4. Focused geographies:**

High prevalent districts

## **5. Target groups:**



It is planned to launch the campaigns in hybrid mode. However, activities may be conducted in schools and colleges (physical or online mode) as per the COVID situation prevailing at the said time.

Campaign will generate awareness among members of Red Ribbon Clubs and class 9<sup>th</sup> & 11<sup>th</sup> students.

#### 6. Details of events being launched:

S. No	Activity	Date	Event	Level	Mode
1	<b>Activity 1:</b> <u>HIV awareness activities</u>	12.08.21 (International Youth Day)	1. Launch of HIV awareness campaign in 25 RRCs and schools in each state	Secretary (HFW)	Virtual
2		12.10.21	2. Event to mark activities in 25 RRCs and schools in each state	MoS (HFW)	Virtual
3		01.12.21 (World AIDS Day)	3. Event to mark activities in 25 RRCs and schools in each state	HFM	Virtual
4	<b>Activity 2:</b> TB awareness activities through Red Ribbon Clubs (in collaboration with NTEP)	12.08.21 (International Youth Day)	1. Launch of TB awareness activities in 25 RRCs and schools in each state	Secretary (HFW)	Virtual
5		12.10.21	2. Event to mark activities in 25 RRCs and schools in each state	MoS (HFW)	Virtual
6		24.03.22 (World TB Day)	3. Event to mark activities in 25 RRCs and schools in each state	HFM	Virtual
7	<b>Activity 3:</b> Blood Donation awareness through Red Ribbon Clubs (to be implemented by DGHS and coordinated by NACO)	12.08.21 (International Youth Day)	1. Launch of Blood Donation awareness activities in 25 RRCs and schools in each state	Secretary (HFW)	Virtual
8		01.10.21 (Voluntary Blood Donation Day)	2. Event to mark activities in 25 RRCs and schools in each state	MoS (HFW)	Virtual
9		12.01.22 (National Youth Day)	3. Event to mark activities in 25 RRCs and schools in each state	HFM	Virtual



## **7. Project Management Structure:**

### **A. National level Committee**

i) Chairman: DDG, IEC & MS, NACO

ii) Members:

- DGHS (representative for Blood Donation Campaign)
- DDG, NTEP and other representatives
- DC, Adolescent Health, MoHFW
- Director, Dept. of School Education & Literacy, Human Resource Development
- Representatives from Development Partners (UNICEF, UNESCO, UNFPA, UNDP, UNAIDS, JHU)

### **B. State level Committee:**

i) Chairperson - PD, SACS

ii) Vice-Chair - APD, SACS

iii) Convener - AD Youth / I/c AD, Youth

iv) Members

- Representatives of the Department of WCD, Department of School & Higher Education, Youth (NYKS, NSS, NCC, Bharat Scout & Guides), Social Welfare Department, University Technical Officer.
- State Programme officer of NTEP
- State Blood Transfusion Council
- District Collector/ Chief Medical Officer from high prevalent district/aspirational district.
- State representative from AIR, DDK, PIB
- Representatives from CBOs/FBOs/NGOs.
- Others

### **C. District Level Committee**

i) Chairperson: District Collector & Magistrate

ii) Members

- Chief Medical Officer
- DAPCU representative



- District TB officer
- Medical Officer, Blood Bank
- District Medical & Health Officer
- District Education Officer
- Block Education Officer
- District Youth Coordinator, NYK
- Representative of the Government Departments – District Education Officer, District Women & Child Development Officer, Field Publicity
- Principals from schools & colleges
- Others

#### 8. Roles & Responsibilities of each committee

S. No.	Activity	Responsibility
I	<i>National Level Committee-</i>	DDG, IEC & MS
	<p>1. The National AIDS Control Organization (NACO) through the State AIDS Control Societies (SACS), and National Tuberculosis Elimination Programme (NTEP) through State TB office, Education Department along local partners will be responsible for implementation of the campaign.</p> <p>2. The National Level Committee will-</p> <ul style="list-style-type: none"> <li>• be the governing body of the project and will provide strategic leadership and governance oversight,</li> <li>• Issue related directives to the state level Departments,</li> <li>• Review the draft implementation strategy for each campaign,</li> <li>• Review the progress of implementation,</li> <li>• Monitor the budget for the campaigns.</li> </ul>	
II	<i>State Level Committee</i>	Project Director, SACS
	<p>The State Level Committee will-</p> <ul style="list-style-type: none"> <li>• Organize orientation and fortnight meetings.</li> <li>• Prepare state &amp; district level implementation plan and media plan.</li> <li>• Issue directives to all stakeholders.</li> <li>• Identify high prevalent districts for flagging the campaign in phased manner.</li> <li>• Identify schools and colleges in these districts in collaboration with DLC.</li> </ul>	



	<u>Publicity of the campaigns</u> <ul style="list-style-type: none"> <li>Letters to be sent to AIR and DD, Directors and heads of other TV/ radio channels/community radio for publicity of the campaigns. Special radio jingles and TVC may be conducted so as to create a buzz about the campaigns.</li> <li>AIR News and DD News to provide coverage of the campaign before and after the events in respective states. Other news channels may also be approached.</li> </ul>	
III	<i>District Level Committee</i>	
	The District Level Committee will- <ul style="list-style-type: none"> <li>Constitution of Committee at district level for implementation of district plan in identified schools and colleges.</li> <li>Organize regular meetings with the Principals and nodal person (identified) of selected Schools and Colleges.</li> <li>Finalize sub-activity along with nodal officers.</li> <li>Ensure dissemination of information related to the Action Plan amongst major stakeholders.</li> <li>Coordinate for Publicity of the campaign.</li> </ul>	

## 9. Monitoring of Campaign

The Committees formulated at National/State/District level detailed above will be responsible for proper planning and monitoring of various activities planned as part of New India@75. SACS are required to ensure monitoring, reporting and state / district wise documentation of the entire campaign in the respective state and share with NACO.

Since the campaigns launched are awareness generation campaigns on HIV, TB and Blood donation, SACS may measure the reach in each campaign.

## 10. Budgeting of Campaign

SACS will be required to plan & meet expenses on the above activities from the IEC, youth & MS component of their Annual Action Plan.

## 11. Launch Event

There are nine launch events for marking the start of each campaign in three phases each. Each event will be launch by the respective guest of honour as mentioned in table under point 6. Plan of Action for each campaign is placed as annexure.





**THANK YOU FOR  
YOUR PART  
IN MY JOURNEY**

Dr Richa Chowdhary

(Convener)  
2017-2022