

## **ACTIVITIES OF RED RIBBON CLUB 2019-2020**

### **POSITIVE SPEAKING ON HIV-CORRECT KNOWLEDGE, STIGMA AND DISCRIMINATION AND OPENING UP AND RIGHT GUIDANCE**

HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. These special cells help the immune system fight off infections.

A Positively Speaking presenter is an individual infected with HIV or someone who has been personally affected by the disease. Speakers have received specialized training, preparing them to share their personal story on how HIV has impacted their lives. The speaker being trained on

- Medically accurate information regarding HIV/AIDS
- School district policies and legal issues concerning HIV/AIDS instruction
- Developmental issues facing adolescents
- Appropriate techniques for answering sensitive questions
- Presenting prevention messages that support behavioral change

Red Ribbon Club of St. Mary's college in association with Department of Biotechnology, KSACS organized a talk on Positive Speaking on HIV. The resource person was Smt. Haritha Devi, District Media Officer, DMO, Thrissur. Her talk was inspiring and she has shared her own experience working with HIV positive people.



### **AIDS DAY 2019-2020**

World AIDS Day takes place on 1 December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV,

and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

This year, the global theme of World AIDS Day is “**Communities make the difference**” emphasizing that we are all members of our communities and that we can gain important support from those communities. Much of the progress that has been made in tackling the HIV epidemic is thanks to the tireless work of communities. Communities have advocated for better access to prevention interventions, including accurate information about health and well-being, condoms and pre-exposure prophylaxis. They also provide community-based HIV testing and HIV self-testing. Communities support people living with HIV to access life-saving treatment and stay on their treatment even when other aspects of their lives make this challenging. This year Red Ribbon Club had conducted Flash Mob and Play on the occasion of AIDS Day. Students actively participated in this and has given a true message to the community.



## NATIONAL YOUTH DAY CELEBRATION 2019-2020

Swami Vivekananda was born on January 12th, 1893. He was a Hindu monk of Indian descent and the main disciple of the mystic Ramakrishna Paramahansa. Vivekananda was instrumental in introducing the philosophies of Vedanta and Yoga to the Western world. He was also cited as a major reason why Hinduism was revived all over India. He traveled all over the

world teaching people and giving lectures about Hinduism in the United States and in Europe. National Youth Day will be celebrated here with the theme '**Channelizing Youth Power for Nation Building**'. National Youth Day is celebrated in India when there was a Birthday of the Swami Vivekananda. The government has declared National Youth Day from the day of Swami Vivekananda's Birthday and the day is Celebrated as National Youth Day. It is celebrated on the 12<sup>th</sup> of January. It is celebrated to create a great awareness amongst the people of India to get them every knowledge about the Importance of the Rite in India. It is used to generate a positive attitude towards the people to provide them with every knowledge about how to behave in a proper way in the country.

National Youth Day is used to make people come closer to each other and understand each other to perform a task better. It is essential for people to get every idea and plans to focus on the actions necessary to do all the tasks with proper knowledge of the things. A Nation is used to generate a better future for their children's to get every benefit to them using education and to nurture them with good teaching. One has to come ahead to make a better country by making the Nation to communicate with the other nations for their welfare and prosperity. It is more useful to develop a Nation properly than to make a Nation to develop in an improper way. So people have to become more realistic about their goals to make every goal possible to perform in a better way. National Youth India is used to teach many of the Students in the Schools and Colleges to behave in a good manner with the other people who make every people contribute their support for the welfare of the country. It is not possible for a country to be perfect in every part of the field.

This year Red Ribbon Club in association with Department of Biotechnology, has conducted a talk on National Youth Day to motivate the youth of our college. The resource person for the talk was Shri.Aadhitya R, IPS District Police Chief, Thrissur city. He was an eminent personality for the day. He inspired the whole gathering with his powerful words. The session too was very interactive and the students make use of this.





## **BLOOD DONATION CAMP 2019-2020**

A blood donation occurs when a person voluntarily has blood drawn and used for transfusions and/or made into biopharmaceutical medications by a process called fractionation (separation of whole-blood components). Donation may be of whole blood, or of specific components directly (the latter called apheresis). Blood banks often participate in the collection process as well as the procedures that follow it.

Today in the developed world, most blood donors are unpaid volunteers who donate blood for a community supply. In some countries, established supplies are limited and donors usually give blood when family or friends need a transfusion (directed donation). Many donors donate as an act of charity, but in countries that allow paid donation some donors are paid, and in some cases there are incentives other than money such as paid time off from work. Donors can also have blood drawn for their own future use (autologous donation). The amount of blood drawn and the methods vary. The collection can be done manually or with automated equipment that takes only specific components of the blood. Most of the components of blood used for transfusions have a short shelf life, and maintaining a constant supply is a persistent problem. This has led to some increased interest in auto transfusion, whereby a patient's blood is salvaged during surgery for continuous reinfusion—or alternatively, is "self-donated" *prior* to when it will be needed.

Red Ribbon Club in association with Department of Biotechnology and Indian Medical Association had conducted a blood donation camp on 15<sup>th</sup> January, 2020. Staff and students actively participated and donated blood. Students from various departments had voluntarily donated blood.

