

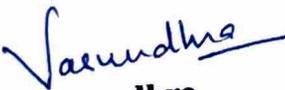
## GOVERNMENT COLLEGE FOR WOMEN, HISAR

### RED CROSS & RED RIBBON CLUB

#### DETAILS OF ACTIVITIES CONDUCTED DURING THE SESSION 2024-25

1. The Red Cross and Red Ribbon Club, in collaboration with the Women Cell of Government College for Women, Hisar, organized extension lectures on "**Self-Breast Examination Awareness**" and "**Menstrual Hygiene Awareness**" on 16.09.2024. Dr. Poonam, a gynecologist from Civil Hospital, Hisar and Dr. Neelu, co-ordinator of non-communicable diseases, Civil Hospital, Hisar were the resource persons. During the lecture, Dr. Poonam emphasized the importance of self-examination for early detection of breast cancer. After that, Dr. Neelu demonstrated key practices related to menstrual hygiene and disease prevention. A total of 158 students participated in the event.
2. A one-day camp was conducted jointly by the Red Cross & Red Ribbon Club, NSS, and the Department of Physical Education on the theme "**Women's Health and Stress due to Lifestyle Changes**". During the camp, the key theme was "**Women's Health and Stress due to changes in Current Lifestyle**". Dr. Monika, keynote speaker from Civil Hospital gave detailed information to the students about the importance of balanced diet, exercise and adequate sleep etc. to stay healthy. 63 students participated in the session.
3. In order to commemorate the **World AIDS Day Campaign** from 1<sup>st</sup> December to 30<sup>th</sup> December 2024, Red Cross and Red Ribbon Club organized various activities on 10.12.2024
  - Students wore **Red Ribbons** and formed a **Human Chain** to show solidarity with people living with HIV/AIDS.
  - A **documentary film** titled "**Zara si Galati**" was shown HIV/AIDS in order to spread awareness regarding the disease with the participation of 65 students.
  - **Poster Making Competition and Mehendi Rachao Competition** on the theme of HIV prevention and awareness.
  - **Awareness Rally** highlighting prevention, treatment, and support for HIV/AIDS.
4. To mark the celebration of **National Youth Day Fortnight Campaign** from 12<sup>th</sup> January, 2025 to 26<sup>th</sup> January, 2025, following activities were organised:
  - **Awareness Rally** on HIV/AIDS on 20.01.2025.

- **Nail Art Competition** with HIV/AIDS awareness messages on 20.01.2025 with a participation of 11 students.
  - **Extension Lectures cum Interaction session** regarding HIV/AIDS on 21.01.2025 with attendance of 47 students.
  - **“Stories and Situation”** activity to discuss the different stories and reality-based situation of HIV/AIDS on 21.01.2025
  - **Signature Campaign and Digital Awareness Drive** about HIV/AIDS through social media, NACO AIDS App on 21.01.2025.
5. A **Health Checkup Camp** was organized on 08.03.2025 in Government College for Women, Hisar under the joint aegis of Red Cross and Red Ribbon Club and National Service Scheme. The camp aimed at **early detection and management of common health issues** and providing free medical consultations to students.
6. In order to commemorate **World Red Cross Day, 2025**, following activities were organised on 08.05.2025 on the theme of **Keeping Humanity Alive**:
- **“Human Chain Formation”** to deliver the message of kindness and raise awareness about the spirit of humanity among people.
  - **“United for Humanity Rally”** to raise awareness about the principles of humanity.

  
**Dr. Vasundhra**  
**Incharge**



**Principal**  
**GCW Hisar**