

# RED

# Ribbon club



You are exactly where  
you are meant to be

# INSPIRED

# ROOTS

The new  
beginning

Dr. Bhim Rao  
Ambedkar College,  
Delhi University

1st  
Edition

Magazine  
2019-2021

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# ABOUT RED RIBBON CLUB

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 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 message on positive health behaviour in an enabling environment.



## PRINCIPLE

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.

# 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

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.

## STRUCTURE OF DSACS



# PRINCIPAL MESSAGE

The Red Ribbon Club of our College comprising of students from almost every Department is very active. It initially started with a few students, and the number gradually got increased. Today as informed by the Convenor, it has got more than 110 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 Marc Happel-a costume designer got invited to a meeting of the Visual AIDS artist Caucus. The Red Ribbon has since then become 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 1<sup>st</sup> of December every year.

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

Our student volunteers led by the Convenor (Dr. Richa Chaudhary) 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 addictive 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, surroundings 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 the 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.

Best wishes,

(Professor-Principal, Dr. G.K. Arora, Feb, 2021)

# CONVENER MESSAGE

I, Richa Chowdhary, Convenor, RED RIBBON CLUB, happy to start our magazine for the first time 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, Non-Government.”

## **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 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 organize and reinforce STD/HIV/AIDS observation in Delhi.

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.).

**Dr. Richa Chowdhary**

**Convenor**

**Red Ribbon Club**



# ***PARTNERS***

## **ROTARY BLOOD BANK, NEW DELHI**

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**  
**B.Sc, MA Sociology,**  
**PGDM**  
**Former Head of Rotary**  
**Blood Bank, New Delhi**  
**Member of Task Force**  
**NACO**  
**Paul Harris Award -**  
**Rotary International US**

## **EDUQUEST NGO**

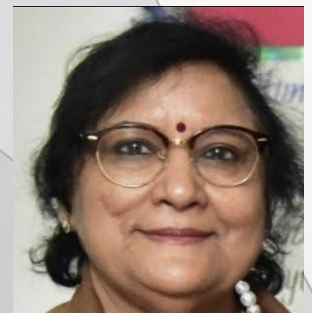
These are the hard times for all our communities, The Coronavirus (COVID-19 Pandemic) has changed the world. In less than one year the virus emerged its upended day to day lives across the Globe. The pandemic has triggered the wave of Mental illness like addiction, stress, anxiety, depression loneliness, 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 applauses 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**







**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

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दिल्ली स्टेट एड्स कंट्रोल सोसायटी  
डा. बाबा साहब अंबेडकर अस्पताल  
धर्मशाला ब्लॉक, रोहिणी सैं.6, दिल्ली-85  
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Delhi State AIDS Control Society  
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DO No. FNo.20(3)/PA to PD/2020  
dated 2 Feb 2021



DELHI  
STATE  
AIDS  
CONTROL  
SOCIETY

#### 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)

**Dr. G. K. Arora**  
Principal  
Dr. Bhim Rao Ambedkar College  
University of Delhi  
Main Wazirabad Road, Yamuna Vihar, Delhi - 110094

## SIDDHESHWARI DEVI TRUST

It is an organization working for various causes. Most important of them is health, environment and education. We help poor, bright students to get coaching for various entrance exams, like IIT and Medical institutions. We run camps for healthy environment and it's protection.

We educate the uneducated about how a healthy environment is a must to survive and keep us healthy, so that one can do various other things in life. It is our pleasure to be a part of Red Ribbon club. Thank you very much.

Regards,

**Ritambhara Richharia**  
**Siddheshwari Devi Trust**



# Reaching Youth at Risk for Substance Use and Misuse: Need Support for Early Intervention

Adolescence is the time when young people are most susceptible in experimenting with new things especially with alcohol and drugs. While not all teens who experiment become dependent on this but the one who are dependent will develop Substance Use Disorder (SUD), it is potentially dangerous time for those at a high risk of developing problems due to the substances on developing brains. "Prevention is better than cure" is rightly stated and supports here too, that early intervention at home, the school, colleges, substance use agencies, public health, mental health, Youth centres, boys and girls club, Youth Organisations and Homes.

Early Intervention means to identify the youth who are at risk for substance use and misuse and to stop, or reduce or minimise, use before it escalates. This kind of services should be comprised of assessment, education, screening, brief health (physical and mental) examination and referral to treatment. Many organisations focused on individual, group and family therapy as they need the most, is their family. School-based prevention programs and skills training interventions are the effective tools to reduce substance use among youth. School Assistance Programme, a common early intervention service offered in schools, which often include education, skills training, and counseling for students and their family members.

Some schools in Delhi have Parents Supports Organisations where they discussed many issues related to their young children and provide mental assistance and guidance on various issues to address and reduce the high risk of youth for substance use and misuse. Every day, of the 55,000 children in the country who take up tobacco use hail generally from low socioeconomic strata with poor social support and from broken homes. They are often victimized by deprivation and discrimination. Quite often tobacco use and the use of other drugs is associated with other psychiatric disorders. (Jiloha. 2009.)

It is very important to conduct screening in health care, educational and other youth serving setting and mentors like, family, teachers and peer group should be included to make a referral (self-refer) and these services should be accessible and offered in multiple settings for example: youth centres, school assistance programs and sports programs, etc. It is essential to provide a platform to youth to participate in positive social activities which can increase social connectedness, self-esteem and social and problem-solving skills. We have interacted many adolescents and youth in community and found that who misuse drugs have a history of physical, emotional, and/or sexual abuse or other trauma.

Youth must feel safe emotionally and physically and supported in dealing with the adverse experiences that contribute to mental and substance use problems. Early intervention needs support of family, caregivers and other support systems such as teachers and mentors. Adolescents who have good relationships with a caring adult are less likely to engage in risky behaviours and are better able to cope with substance use issues (Centres for Disease Control and Prevention, 2019). We should focus on these

intervention areas to help the youth at risk of substance use and misuse and for this parental monitoring, supervision, and improved child-parent communication act as preventive measures. Parent training, family skill building, and structured family therapy can prevent illicit drug use. (Kumpfer, Alvarado & Whiteside (2003).

**-DR. DEEPSHIKHA**

## Health is Wealth

Have you ever wondered why help seems to be usually bracketed with the elders? Our parents or grandparents asking a friend, colleague or even a young family member “How are you” is seen more as a rhetorical question not expecting much of an answer beyond ‘fine’ or ‘good’. Of course, this Covid-19 pandemic has made us think about individual and community health like never before.

The adage “health is wealth” has never rung so true and significant as till now. But have we truly imbibed the import of this adage for entire communities and society?

Do you know that India has the world’s largest youth population followed only by China? How does it impact our country? How does it impact our county? The power of youth- their potential, energies if channelized in the right direction, can transform the future of any country. It is the youth who are of the future- builders, innovators, creators etc. If harnessed well, the youth can positively impact of the economy of a society provided the demographic dividend tilts to their advantage. Demographic dividend is the countries ‘working’ age population being larger than the ‘dependent’ age population. This will only be possible if the youth have the requisite knowledge, skill set, health and freedom to make real choices in life. Hence, the country needs to invest suitably in terms of education, health and skill building. Both mental and physical health should become a key concern of state agencies and individuals alike.

**-MS. ARCHANA**



**-PRATHAM**

# Importance of Blood Donation

There goes a quote full of truth, "You don't need to be a doctor to save lives."

Blood runs in every vein, but it is scarce despite its universal availability. A few drops of blood are what can save lives. We can add to the positives, and bring a change being a part of the cause. In the era when everybody is trying to push their lives to infinite ages, you can be the messiah for the warriors fighting with themselves, striving at the edge of human made life-saving swords.

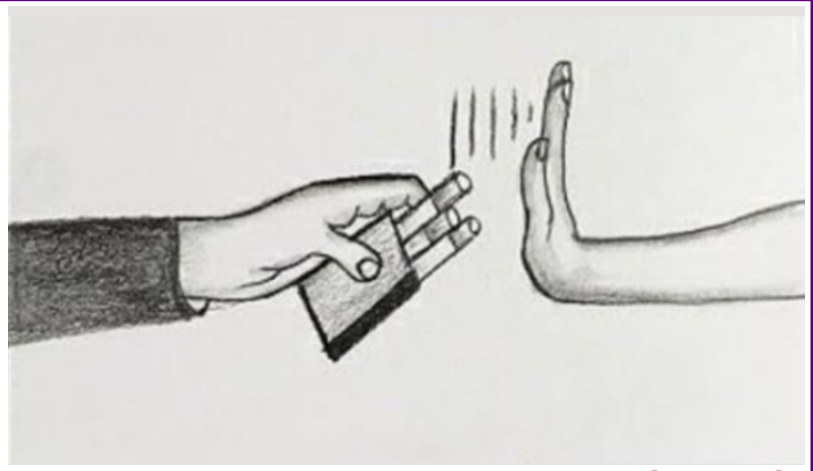
No wonder we've pioneered in medical technology, but still fail to replicate blood. Only nature holds the key to make blood. Humanity teaches us to help those in need, and on the same lines, it is necessary than ever to donate blood to the ones in dire need. A less than one hour process could help save someone's entire life. There are countless societies and clubs which carry blood donation drives, and you can be a part of the good by participating in.

Any person falling in the age bracket of 18 to 60 years, weighing 45 kg or more can donate. In addition to saving lives, it is also claimed by medical professionals that donating blood also helps the donor in many cases. Donate blood and eat healthy. Let's unite, individually but together!

**-NANDINI**



**-SHIVANGI**



**-SHIVANGI**

## Drug Abuse

**Time is consuming**

**I struggle removing temptation and sorrow  
for a better tomorrow**

**Life is Confusing**

**I'm tired of losing in hopes that I'll find some  
peace in my mind**

**Distorted perception,  
thoughts of deception,**

**memories that are haunting of drugs and I  
still wanting**

**Complex situation,  
illogical insinuations**

**Consumed by fear from the voice I hear,  
telling me to quite fighting**

**I get tired of re-lighting the flame of my soul,  
relocating a goal,**

**for the strength to carry out,  
and remove my self doubt,**

**to beat my addiction, and inner confliction  
Let go of my shame, break free from this pain**

**Chainless and free, for the chance to see life  
without depression,**

**feeling without suppression**

**If it's over too easily, that'll will just tease me  
Plotting an attack on getting you back for all  
of this time you controlled my mind**

**Following through,**

**I'll say, then I'll do to leave you behind and  
never rewind to suicidal denial,**

**Cause I can smile,**

**in knowing I'm free,**

**Cause I've finally found me**

**-ANOOP**

# Blood Donation

Here is my precious blood,  
The dearest I've ever had,  
My parents and my legacy,  
By true decree, not fallacy

Here's my scarlet blood,  
with my love dyed in red,  
It's white globules are a balm  
Transporting peace and calm,  
Here is my blood dripping out with red and  
white petals,

Sly messengers to hospitals  
Booing out death's slipping

Here's my blood to reuse  
Bearing my traits and values,  
Meaning so little in view,  
But so much to help rescue

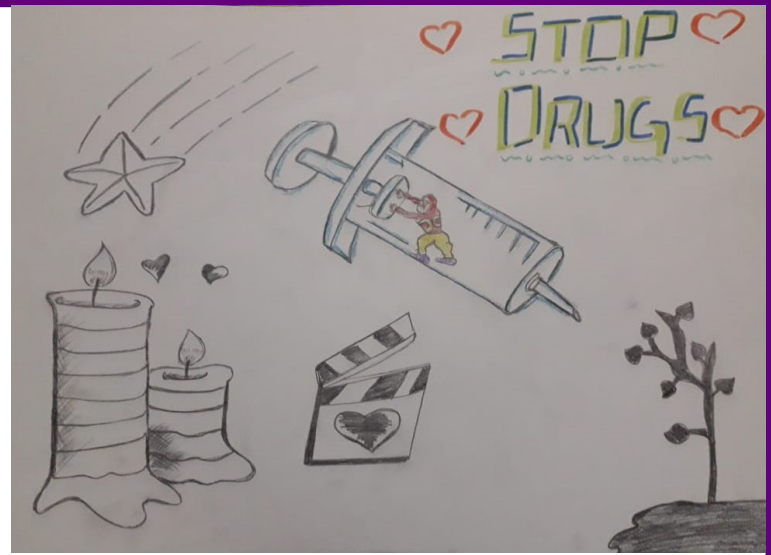
Some souls in helpless need,  
Some victims of blind war,  
or of a reckless driving corps,  
or a dry sick heart to feed

Here's my blood, who knows?  
As the wind of randomly blows  
As it goes the other way round,  
In such need I may also be found

Here's my blood, not as a gift  
But human due, to my credit,  
I'll never withhold it's donation -**ANOOP**



-NAVYA



-AKASH

# DARK WAY

Drugs grabbed the future of nation

Spoiled the dreams of adults

It ruined the whole world

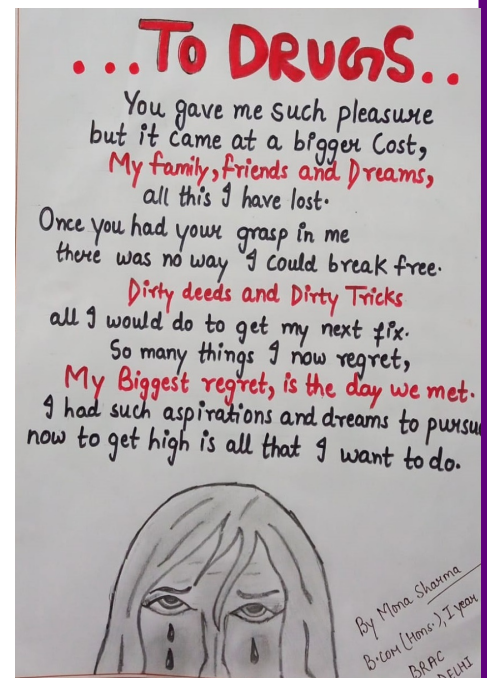
Future of nation is in the hands of youth

But youth is in the dark way of drugs

They fell into the pits, now they can never  
climb back into their real life

Preserve our youth to build a better future

-NAVYA



MONA-

# Drug Addiction

I am from one of the people who have only heard the word drug addiction and there are people who have been taking drugs and has no control over it. It doesn't mean that people who are not taking drugs are not addicted to anything else. I am addicted to sweets and I eat lots of them, even that should be controlled because eating too much sweet also have it's side effects, my point is that there is no difference between addiction. It's not the pre-decided thing that will get you against your will. It's never too late to do anything even if it's drugs.

Although drugs are illegal because the government is aware of it's harmful side effects. To be honest, drugs are popular amongst young people and they are totally aware of what they are doing. They say they are not addicted to it, they take it once in a while. I say why even do once in a while, but no matter if you have took it once, twice, thrice or maybe you are addicted to it, there's nowhere written that you can not leave the addiction. If rules are meant to be broken then why not here?

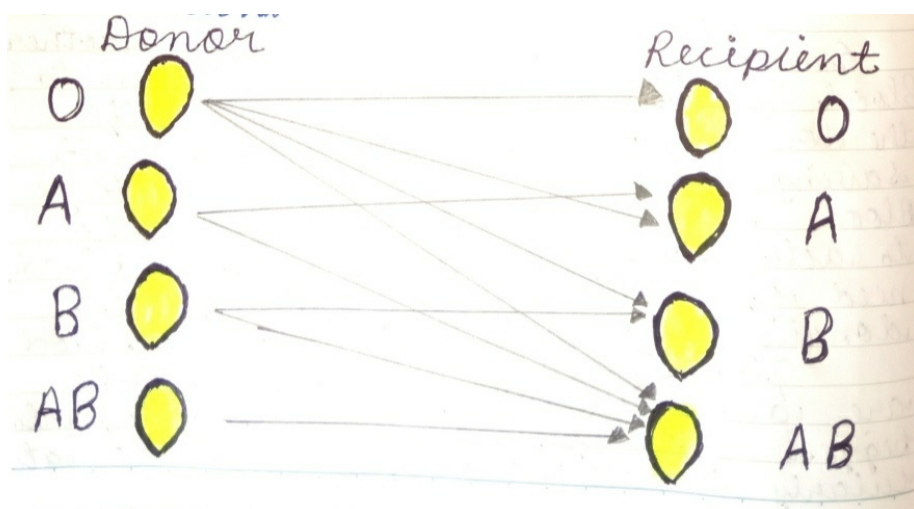
The roots of reason for drugs, that's generally found is fun or loneliness. That doesn't mean that it's appropriate if you are trying to have fun or you are alone. Having fun in a group is a good thing, but when you are a part of a group, where impact of drugs will be different on every person then you need to rethink how really you want to have fun. Addiction actually depends upon will power and believe me, for some people addiction can be hard to leave, so if you proposing the idea of doing drugs then just think of your friends that whether they should be exposed to drugs or not. Dealing with loneliness is really hard, although it makes you independent from social circle but there you have to take decisions on your own and you can not be sure whether the decisions are right or wrong and when dealing with drugs you really need someone's consent. It can be anything but not make it too much of it and at last drug is not the solution to your problems. We can do better than this and fight the problems instead of running away from it.

**-HARSH**



Them Drugs burned up her  
Brain cells  
Defeating common sense  
She wouldn't make a name  
She was walking home  
late at night

**-NAVYA**



**-ANJALI**

# Blood Donation

**Blood is good, blood is great,  
Donate a pint and bring a mate,  
You've got what patient needs,  
Make it one of your good deeds,  
Earn a biscuit, get a drink,  
It'll all be over before you can blink,  
Just one pint could save three others,  
Someone's mum, sister or your brother**

Blood donation is a major concern to the society as donated blood is life saving for individual, who need it. Blood is scarce, There is a shortage to active blood donors to meet the need of increased blood demand, Blood donation as a therapeutic exercise.

Globally 80 million units of blood are donated each year, one of the biggest challenges to blood safety parts clearly is accessing safe and adequate quantities of blood and blood product. Safe supply of blood and blood component is essential, to enable a wide range of critical care products to be carried out in hospitals.

Good knowledge about blood donation practices is not transforming in donating blood. Interactive awareness on blood donation should be organized to create awareness and opportunities for blood donation. Blood donation could be therefore recommended that voluntary blood donation as often as possible may be therapeutically benefit to the donors in term of thrombotic complications and efficient blood flow mechanism. This is also a plus for blood donation camps. **-ANJALI**



# Blood Donation

**Wanna help? Donate red!  
It's equivalent to what a soldier sheds!  
An active blood donor can make many  
survive;  
Making a dead, stay alive.**

**Blood demand has been increased.  
So, why don't help someone who's  
deceased?  
There's no need of money for help,  
You just need to encourage yourself!**

**Donate blood! It's completely safe!  
There's no need to hesitate.  
Don't overthink! don't stress the mind!  
It only takes a good heart to be kind.**

**Going to hospital wanna accompany?  
Your little initiative can save many!**

**-DIKSHA-**

# Drug Abuse

Drug abuse or substance abuse refers to the use of certain chemicals for the purpose of creating pleasurable effects on the brain. There are 190 million drug users around the world and the problem has been increasing at alarming rates, especially among young adults under the age of 30. Apart from the long term damage to the body drug abuse causes, drug addicts who use needles are also at risk of contracting HIV and Hepatitis B and C infections.

The general effects of addiction to any drug can be devastating. Psychologically, intoxication with or withdrawal from a substance can cause everything from a substance can cause everything from euphoria as with alcohol, ecstasy or inhalant intoxication to paranoia with marijuana or steroid intoxication to severe depression or suicidal thoughts with cocaine or amphetamine withdrawal. In terms of effects on the body, intoxication with a drug can cause physical effects that range from marked sleepiness and slowed breathing as with intoxication with heroin or sedative hypnotic drugs, to the rapid heart rate of cocaine intoxication or tremors to seizures of alcohol withdrawal. These are a number of biological, psychological and social factors which can increase individual vulnerability to developing a chemical use disorder. Most substance use professionals recognize a genetic to the risk of drug addiction. Psychological association with substance abuse or addiction include mood disorder like early aggressive behavior, depression, anxiety, or bipolar disorder, thought disorder like antisocial personality disorder. According to statistics by state, people residing in west tend to be at a somewhat higher risk of chemical dependency. While men are more at risk for a chemical dependency like alcoholism, women seem to be more vulnerable to becoming addicted to alcohol at much lower amounts of alcohol at much lower amounts of alcohol consumption compared to men.

Adults exposed to negative events as children are at high risk of developing drug use disorders. Example- Lack of parental supervision, presence of parental substance abuse, witnessing domestic violence, or being victim of emotional, physical and sexual abuse.

Drug trafficking is a major source of revenue for organized crime groups, many of whom are involved in other forms of serious crime such as firearms, modern slavery and immigration crime. Action against drug trafficking therefore has a much major disruptive impact on organized criminal activity. There are also corruption at every stage of the drug supply chain, including through the use of corrupt port and airport officials. Crime associated with drug trafficking is very often violent with direct links to the criminal use of firearms and gang feud knife attacks and traffickers frequently exploit young and vulnerable people. Profit from illegal drugs are used to fund other forms of criminal operations, including buying firearms and financing terrorism.

Drug abuse has led to a detrimental impact on the society, it has led to increase in the crime rate. Apart from affecting financial stability, addiction increases conflicts and causes untold emotional pain for every member of the family. Most drug users being in the productive age group of 18-35 years. The loss in terms of human potential is incalculable. The damage to the physical, psychological, moral and intellectual growth of the youth is very high. **-RENU**



# ACTIVITIES

## Blood Donation Camp

The Red Ribbon Club of Dr. Bhim Rao Ambedkar College has organised a “Blood Donation Camp” in association with ‘Rotary Club’ on 20th September 2018 from 9:30 am to 3:30 pm. The Principal Dr. G. K. Arora has inaugurated the camp and appreciated the students for their contribution towards the noble cause of saving lives. The event was a huge success as more than 100 students have registered their names and 59 students were able to donate their blood. This camp was convened by Dr. Richa Chowdhary and Dr. Deepshikha Chowdhary. The volunteers have motivated the students to donate the blood as one donor can save three lives and students were also enthusiastic to contribute to the event’s huge success. The team members of Rotary Club consisting Mr. Himanshu Rana, Dr. Anju, Mr. Giriraj, Ms. Mohini, Mr. Yogesh, Ms. Rani and Mr. Sanjeev Kumar were highly cooperated and executed the program peacefully.

## Eye Camp

The Red Ribbon Club of Dr. Bhim Rao Ambedkar College organized an Eye Camp in association with the Rotary Club on the 4th of January 2019 at 11: 00 am in college premises. This event was headed by Dr. Richa Chowdhary, Convener and Dr. Deepshikha Chowdhary, member Red Ribbon Club. The camp was a huge success with the overwhelming response by our principal sir Dr. G.K. Arora, students, teaching and non teaching staff of the college as 105 people participated in the camp. The camp was headed by Mr. Himanshu, optometrist and Mr. Vinod, Ophthalmic Assistant from Rotary Club. Everyone was made aware about the Importance of Eye Care which is often neglected in our day to day life.

## Future Plans

Quiz Competition

Nukkad Natak

Inter College Competition of Painting, Slogan Writing and Poster Making

Health Check up Camps for Diabetes, Cancer and Tuberculosis

Awareness Camps

Blood Donation Camps

Drug Addiction Awareness Camps

# GALLERY



**Blood  
Donation  
Camp**

**Faculty  
participation  
during Eye  
Camp**



**President,  
Rotary Club,  
East Delhi  
(Students  
with winning  
trophies and  
certificates)**



## Registration for Blood Donation

## Principal Sir with the team of Doctors



## A Proud Donor, Donating his Blood for the Noble Cause



**Registration  
for Eye Camp**

**Principal Sir  
for Eye  
Checkup with  
Doctor**



**Faculty and  
Students  
participation in  
Eye Check Up  
Camp**



## National Integration Camp

Prize Distribution  
for "Debate  
Competition"  
organised in  
association with  
DPL



National  
Seminar in  
Udaipur  
(Team of Faculty  
with students)



**Paper  
Presentation by  
the Students  
during National  
Seminar in  
Udaipur**

**Interaction  
with Faculty  
and students  
during  
Workshop on  
"Drug Use and  
Prevention"  
With Suneel  
Vatsayan Ji**



**Drawing and  
Painting Competiton  
with Community  
Children in  
association with  
DPL and Aditi  
Mahavidyalaya**

# **CONTRIBUTORS**

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## **Other Members**

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**Siddhi**

**Parth**

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**Rashid**

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**Kumar Vaibhav**

# COLLEGE CLUB COMMITTEE

## Convener

**DR. RICHA CHOWDHARY**

## Faculty Members

**MS. ARCHANA MATHUR**

**DR. SUNITA MALIK**

**DR. MALINI PRIA**

**DR. DEEPSHIKHA  
CHOWDHARY**

**(SPECIAL INVITEE)**

**DR. RAJBALA GAUTTAM  
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## STUDENT COUNCIL

### President

**HARSHWARDHAN CHOUDHARY**

### Vice-President

**DIKSHA VIJARYA**

### Social Media Secretary

**HIMANSHU PATHAK**

### HR Secretary

**SHREYANSH SRIVASTAVA**

### Creative Secretary

**ABHISHEK DHIRYAN**

### Content Secretary

**ANKIT RAJPUT**