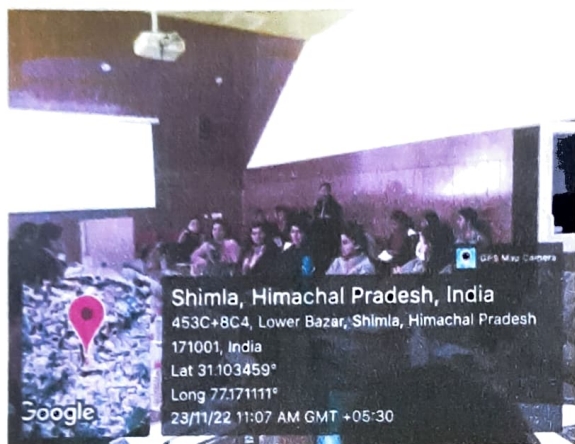


Report on Training of RED RIBBON CLUB at DDU Hospital Shimla.

The Red Ribbon Club (RRC) is a youth-led organization established by the National AIDS Control Organization (NACO) of the Government of India, in collaboration with State AIDS Control Societies (SACS). The purpose of the RRC is to increase awareness about HIV/AIDS and to promote safe practices among young people at universities and colleges. This report discusses training sessions that were conducted for members of Red Ribbon Clubs from different parts of State. The training was conducted on 23rd November 2022 in Deen Dayal Upadhyay Hospital Shimla. Forty five students from fifteen colleges participated in the training programme on 23rd November. Three students from our college, Nidhi Sharma of B.Sc.II, Komal Attri B.Sc I and Kritika Thakur of B.Sc I year along with their nodal officer Dr. Nidhi Dhatwalia Assistant Professor Department of Zoology attended the training. The topics covered included basic information on HIV/AIDS; prevention and care; communication and interpersonal skills; advocacy and leadership; legal rights related to HIV/AIDS; stigma and discrimination; reproductive health, etc. The sessions were conducted by experienced professionals from various fields including doctors, counsellors, social workers and activists working on HIV/ AIDS . Expert trainers led interactive discussions on various topics such as gender roles, safe sex practices and sexual health issues among young people living with or affected by HIV/AIDS so that they could better understand their role as an RRC member for creating an enabling environment for those living with or affected by the virus. Participants were also encouraged to take part in group activities such as debates, simulations and presentations which will enable them to further develop their communication skills as well their knowledge base around key topics discussed during the training program in their respective institutions.. At the end of each session a feedback was taken from all the participants. The students found this program extremely beneficial as it helped them gain knowledge about sensitive topics related to sexuality and how individuals can be supportive

towards those living with or affected by a virus like HIV/AIDS. In addition it gave them valuable insights into how they can be effective peer educators when they are back home at college level. Students also appreciated being provided with lunch and snacks on the day of the training. Overall this training session proved highly successful both from knowledge sharing perspective and also building capacity amongst participants so that they may be able to serve community more effectively when carrying out work under banner Red Ribbon Clubs. The students were thankful to their nodal officer Dr. Nidhi Dhatwalia for accompanying them to attend the training and The worthy Principal Ma'am of GDC Theog Dr. Lalita Chandan for her constant support and encouragement.



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