



St. Mary's College (Autonomous) Thoothukudi

Re-accredited with A+ Grade by NAAC-4th cycle
(Affiliated to Manonmaniam Sundaranar University)

CENTRE FOR SERVICE EXCELLENCE

RED RIBBON CLUB

Report for 2020-2021

Event 1: World AIDS Day Awareness Program by Red Ribbon Club

Date: December 1, 2020

Platform: Online (PowerPoint Presentation shared with first-year students)

Beneficiaries: First-Year Students

Report: In observance of World AIDS Day, the Red Ribbon Club organized an online awareness program due to the pandemic restrictions. A PowerPoint presentation detailing essential information about HIV/AIDS, including modes of transmission, prevention strategies, and the importance of supporting those affected, was shared with all first-year students. The presentation also highlighted global efforts to combat HIV/AIDS and the role of youth in reducing stigma and fostering an inclusive society. This online format allowed students to access the information safely from home, ensuring continuity in awareness efforts despite the challenges posed by the pandemic. Feedback from students indicated that the presentation was informative and served as a valuable resource for understanding HIV/AIDS better. This initiative effectively maintained engagement with students and underscored the importance of health education in challenging times.

Event 2: Webinar on Attitude Costs Health

Date: January 29, 2021

Venue: Google Meet

Resource Person: Dr. M. Lucy Nirmal, MBBS, MD, Professor and HOD, Department of Microbiology, Government Medical College and ESIC, Coimbatore

Beneficiaries: First- and Second-Year Students

Report: This online webinar, led by Dr. M. Lucy Nirmal, focused on the impact of attitude and mindset on personal health. The speaker discussed how positive thinking, self-care, and stress management can significantly affect physical health. Students were encouraged to maintain a healthy outlook towards life and health-related practices. The session concluded with an interactive Q&A, where students shared their thoughts on managing stress and maintaining a positive lifestyle, particularly amid academic pressures.
