

Report on Training Programme for Red Ribbon Clubs on HIV/AIDS and Drug Awareness

A training programme for Red Ribbon Clubs (RRCs) focusing on HIV/AIDS awareness and drug abuse prevention among adolescents was organized at DDU Zonal Hospital, Shimla. Students from various colleges, accompanied by their nodal teachers, participated in the programme. The training aimed to strengthen awareness among young people regarding substance abuse, HIV/AIDS prevention, peer pressure, and available health and rehabilitation services.

During the first session, the resource person Dr. Vineet discussed drug awareness among adolescents, highlighting the major causes behind increasing substance abuse. The session emphasized the influence of family, the education system, society, and peer groups on adolescent behaviour. Students were particularly sensitized about peer pressure and ways to resist it. Participants were also informed about the Tele-MANAS (Tele Mental Health Assistance and Networking Across States) support service (14416) and the importance of seeking timely professional assistance.

A doctor from IGMCH, Dr Vimal Bharti Shimla discussed various drug-related cases and explained the harmful physical and psychological consequences of substance abuse. The participants were also informed about associated health concerns, including Hepatitis B and Hepatitis C, and the importance of referring individuals affected by drug dependence to appropriate de-addiction and rehabilitation centres.

Another important session focused on HIV and AIDS prevention and control. The resource person, Dr Yashpal Ranta explained how HIV affects the immune system, particularly CD4 T-cells, and discussed the role of the National AIDS Control Programme (NACP). Information was provided about NACP Phase V (2021–2026) and its efforts towards HIV/AIDS and STI prevention and control. The participants were also introduced to the role of State AIDS Control Societies (SACS) and services such as ICTCs, ART centres, Disha and DSRCs.

The programme also included a discussion on the HIV/AIDS (Prevention and Control) Act, 2017, emphasizing awareness, prevention, treatment, and protection of the rights of people living with HIV. The training concluded with an informative visit to the ICTC Centre at DDU ZH, Shimla, where participants gained practical knowledge about HIV counselling, testing, and related services.

Nodal officer Red Ribbon Club Shivani Keprate, G.C. Sanjauli along with three students Harshita Verma, Vaishnavi Jharaik and Urvashi Chauhan attended this programme.

Overall, the programme provided valuable information on HIV/AIDS prevention, drug abuse, adolescent health, peer-pressure management, and available support services. It strengthened the capacity of Red Ribbon Club members and nodal teachers to promote awareness and responsible health practices among students and the wider community.



