



Sikkim Alpine
University



RED RIBBON CLUB

SIKKIM ALPINE UNIVERSITY
(EVENT REPORTS 2025)

Submitted by:
Ms. Prashanti Pradhan
Nodal Teacher
Red Ribbon Club,
SAU, Sikkim

**RED RIBBON CLUB
SIKKIM ALPINE UNIVERSITY
NAMCHI, SIKKIM**



MENTAL HEALTH AWARENESS PROGRAM RRC, SIKKIM ALPINE UNIVERSITY

Date: 03/03/2025

Venue: Sikkim Alpine University, Kamrang Campus (Beta building)

The Red Ribbon Club of Sikkim Alpine University successfully organized a Mental Health Awareness Programme on 03 March, 2025 at Kamrang Campus, Sikkim Alpine University supported by Sikkim State AIDS Control Society (SSACS). The event aimed at educating students and faculty members with its theme “Mind matters, break the stigma and embrace wellness” with a special focus on handling academic and relationship stress, combating anxiety and saying no to suicide. The program witnessed the presence of distinguished speakers, Mr. Bibek Pradhan, Clinical Psychologist as the keynote speaker and Mr. Kishore Baniya Chettri, State Coordinator, Red Ribbon Club as the special guest. The event commenced at 11am in hybrid mode (both offline and online). The program was hosted by Mr. Yogesh Darjee, Teaching Assistant, SAU. Dr. Subhankar Gurung, IQAC Coordinator, SAU welcomed all the dignitaries, faculties, and students from all the departments.

Mr. Kishore Baniya Chettri delivered an insightful talk on the significance of the Red Ribbon Club (RRC) in promoting mental health awareness among students and addressing the status of HIV/AIDS in the state. He emphasized how the club actively supports individuals facing mental health challenges and those affected by HIV/AIDS, while also encouraging students to seek help when needed. Following his address, the Red Ribbon Club at SAU was officially inaugurated, with its Nodal officer Ms. Prashanti Pradhan, Assistant Professor, SAU.

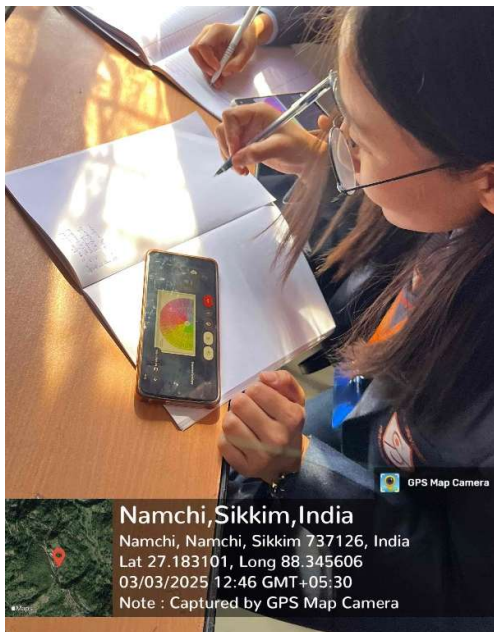
The keynote speaker, Mr. Bibek Pradhan, conducted an engaging and informative session on the importance of mental health. He explained its crucial role in overall well-being and productivity, providing an in-depth discussion on various mental health conditions, their symptoms, causes, and potential solutions. The session was highly interactive, with students and faculty actively participating in discussions and activities.

As a token of appreciation, both speakers were felicitated with a memento on behalf of SAU. The event concluded with a vote of thanks by Dr. Arunika Subba, Assistant Professor, SAU, who acknowledged the valuable insights shared by the speakers and expressed gratitude to the organizing committee and participants.

The Mental Health Awareness Programme proved to be highly informative and impactful, successfully raising awareness about mental health issues and encouraging individuals to prioritize their well-being. The initiative was widely appreciated, with participants expressing their gratitude for such a meaningful and enriching session. The program effectively achieved its goal of educating, inspiring, and fostering open conversations about mental health.

PHOTOGRAPHS OF THE EVENT







SIKKIM STATE AIDS CONTROL SOCIETY

Gangtok, East Sikkim - 737 101

Memo No. : SSACS/P-11/577/40/L/RRC.....

Date : 20.05.2020.....

To
The Registrar
Alpine University Namchi

Subject: Requesting to depute RRC Nodal Teacher.

Dear Sir/Madam,

Greetings from Sikkim State AIDS Control Society.

This is to inform you that Sikkim State AIDS Control Society, Department of Health and Family Welfare, Government of Sikkim is conducting One Day Training for Red Ribbon Club Nodal Teacher on HIV/AIDS and Related public health issues, Importance of RRC in Academic institutions and Adolescent Health on 27th May (Pakyong District), 28th May (Namchi District/Soreng District) and 29th May (Soreng/Gyalshing District).

Therefore, I would like to request you to kindly depute RRC Nodal Teacher from your esteemed institution to take part in said training.

Your support will greatly contribute in combating HIV/AIDS in the State of Sikkim and nation at Large.
For any information Kindly contact: Mr. Kishore Baniya (RRC Coordinator) 8597943564.

Thanking You

Yours Sincerely,

Dr. Deki Wangmu Phempu,
Project Director,

SSACS
Dr. Deki Wangmu Phempu
Project Director
Sikkim State AIDS Control Society
Gangtok

Report on One-Day Training Program for Nodal Teachers, RRC

Date: 28th May 2025

Venue: Officer's Club, Namchi

A one-day training program was organized by the Sikkim State AIDS Control Society (SSACS), Department of Health & Family Welfare, Government of Sikkim, with the aim of strengthening the capacity of Red Ribbon Club (RRC) nodal teachers across the district. The training focused on enhancing their understanding of HIV/AIDS, related public health concerns, and the crucial role RRCs play in educational institutions in promoting awareness, prevention, and positive behavioral change among students.

The program served as an important platform to update participants on current trends of HIV/AIDS, modes of transmission, stigma and discrimination, preventive measures, and the importance of adolescent health education. Sessions also highlighted the responsibilities of RRC nodal teachers in creating safe and informed campus environments, conducting awareness drives, and guiding peer educators to serve as effective communicators within their respective institutions.

Representing Sikkim Alpine University, Ms. Prashanti Pradhan, Nodal Teacher (RRC-SAU), attended the training along with two enthusiastic peer educators: Ms. Istuti Chettri from the Department of Management and Ms. Tulshi Rai from the Department of Zoology. Their active participation reflected the university's ongoing commitment to youth empowerment, health education, and community welfare initiatives.

The program witnessed a large turnout from various schools, colleges, and educational institutions across the Namchi district. Participants engaged in interactive sessions, discussions, and group activities designed to build confidence and deepen understanding of key health issues affecting young populations.

By the end of the training, attendees shared a renewed sense of purpose and responsibility. Certificates of participation were distributed to acknowledge their involvement and to encourage their continued efforts in creating awareness about HIV/AIDS. The initiative not only strengthened the network of informed educators but also reinforced the vision of building healthier, more knowledgeable communities across Sikkim.



Photo 1: RRC Nodal Teacher SAU and two Peer educators with Mr. Phoor Tshering Lepcha, AD, SSACS, Govt. of Sikkim



Photo 2: One day training program with interactive sessions



Photo 3: Certificate presented to Ms. Prashanti Pradhan, Nodal Teacher, SAU after a successful training program

**RED RIBBON CLUB
SIKKIM ALPINE UNIVERSITY
NAMCHI, SIKKIM**



Date: 31st May 2025

Venue: Loyola College of Education

REPORT ON VOLUNTARY BLOOD DONATION DRIVE

To address the ongoing shortage of blood at the District Hospital Namchi, Loyola College of Education & VBDAS in collaboration with Sikkim Alpine University and Sikkim Government College, Namchi organized a Voluntary Blood Donation Drive today at Loyola College of Education on 31st May 2025. The camp witnessed enthusiastic involvement of both students and faculty members from SAU.

Their commitment to the cause was a powerful reminder of the importance of selfless service to society. A total of 39 individuals, including students and faculty from both Kamrang and Sunakhari campuses, registered as voluntary donors. Of these, 27 were successfully able to donate blood. The remaining volunteers, although willing, were unable to donate due to health-related reasons. The Red Ribbon Club Sikkim, acknowledged SAU's contribution. All successful donors received certificates and badges as tokens of gratitude and recognition for their support. This day marked a meaningful day of contribution towards a vital social cause. It served as a reminder that acts of kindness and generosity do not seek validation; they simply require the right intent, the willingness to give without expecting.

PHOTOGRAPHS TAKEN DURING THE EVENT



Photo 1: Blood donors from Sikkim Alpine University (Faculty and students)



Photo 2: Student from SAU donating blood at blood drive



Photo 3: Faculty donating blood at blood drive



Photo 4: Student donors with the banner of program

REPORT ON RED RUN 3.0 (2025)

Date: 16th Sep 2025

Venue: Namchi Kishan Market

A one-day fitness and awareness event, Red Run 3.0 (2025), organized by the Sikkim State AIDS Control Society (SSACS), Department of Health & Family Welfare, Government of Sikkim, brought together enthusiastic youth from across the district to promote awareness on HIV/AIDS and encourage healthy lifestyle practices. Fourteen students from Sikkim Alpine University proudly represented the Departments of Zoology, Management, English, and Geography, showcasing unity, discipline, and spirited participation.

Before the run began, the participants took time to warm up with Zumba dance and familiarize themselves with the course. Conversations echoed with encouragement, teamwork, and a shared sense of responsibility toward spreading awareness about HIV/AIDS prevention, stigma reduction, and youth engagement in public health initiatives. The event not only served as a platform for physical endurance but also strengthened the students' understanding of the role young citizens can play in creating a healthy and informed society.

The students gathered early at the venue, filled with excitement and determination despite the cloudy weather and light drizzle. Wearing their official Red Run t-shirts and bib numbers, they stood together for their group photograph at the finisher frame, symbolizing their motivation to complete the run with pride.

The Red Run initiative aims to mobilize students, educators, and the general public to actively participate in HIV/AIDS awareness campaigns. By joining this event, the students of Sikkim Alpine University demonstrated both solidarity and social sensitivity, carrying forward the message of awareness to their campus and beyond. Their participation reflects the institution's growing culture of encouraging students to take part in community outreach, wellness activities, and collaborative programs organized by government departments and social agencies.

Photographs of the event



Photo 1: Before the commencement of marathon, SAU student participants with the Nodal Teacher, RRC, SAU



Photo 2: After completing the marathon, students with completion medals



Photo 3: Students in the photo booth after completing marathon



Photo 4: Refreshments after the marathon completion

Date: 10th Sep 2025

Venue: Beta Building, Kamrang Campus, SAU

The Red Ribbon Club of Sikkim Alpine University organized a program on the occasion of World Suicide Prevention Day 2025 under this year's theme **"Changing the Narrative."** on 10th September 2025 at Beta Building, Kamrang Campus. The program began at 2:00 PM and witnessed active participation from both students and faculty members.

The session commenced with a presentation on World Suicide Prevention Day by **Mrs. Puja Tamang**, HoD, Department of Library Sciences. Along with her presentation, she also shared her own life battles and experiences, inspiring the audience and encouraging them to never lose hope. This was followed by a short talk by **Mr. Pranesh Rai**, Clinical Psychologist, Department of Special Education, who highlighted the importance of mental health awareness and preventive measures.

Students of the Department of Special Education performed a role play on suicide awareness, which conveyed a strong and impactful message. Adding a musical touch to the event, **Ms. Prashanti Pradhan**, Assistant Professor, Department of Zoology, presented her original song "Saahshilo" dedicated to hope and resilience.

The program concluded with an engaging activity Chit-writing, where students expressed their positive affirmations and this will soon be stucked to the **"Wall of Hope"** at SAU campus. The event was enthusiastically hosted by Mr. Yougesh Darjee, Teaching Assistant, Department of Physics whose presence kept the program lively and connected.

Twelve faculty members from the Red Ribbon Club were actively involved to support and encourage the event along with IQAC Coordinator, Dr. Subhankar Gurung. In total, 92 students from various departments: Departments of Special Education, Geography, Zoology, Botany, Management, Library Sciences, Commerce, and Computer Applications participated in the program.

The program successfully spread the message of hope, resilience, and awareness, reinforcing the collective responsibility of society in preventing suicide and supporting mental health.

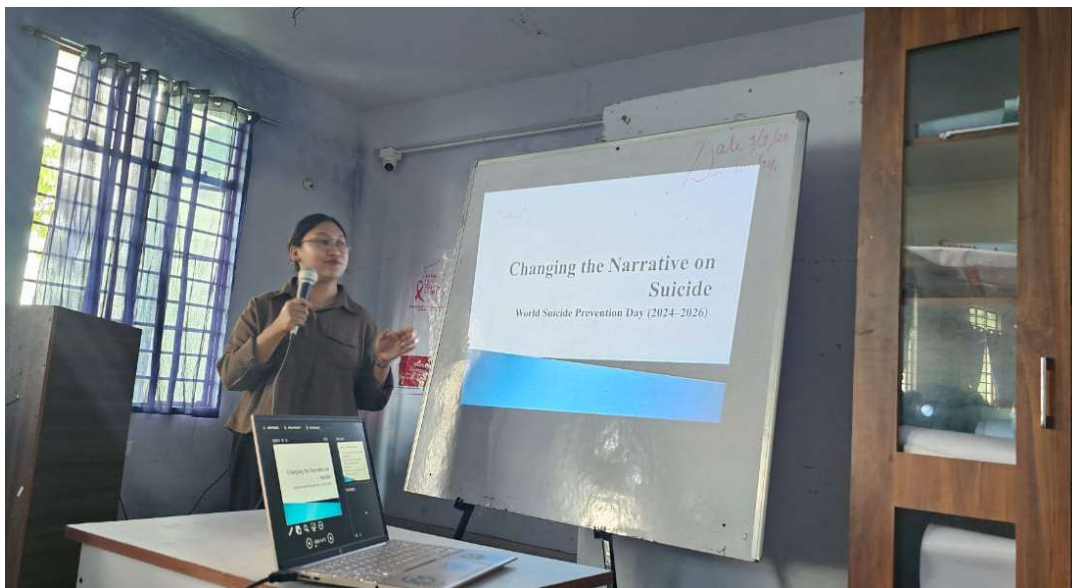


Photo 1: Mrs. Puja Tamang, HoD, Department of Library Sciences delivering her talk on the theme



Photo 2: Mr. Pranesh Rai, Clinical Psychologist, Department of Special Education, highlighting the importance of mental health



Photo 3: Ms. Prashanti Pradhan, Assistant Professor / RRC Nodal Teacher presenting her original song “Saahshilo” dedicated to hope and resilience.



Photo 4: Students performing skits and participating in interactive sessions.



Photo 5: Wall of Hope in SAU Campus, made by the participants with each motivational quotes



**SIKKIM ALPINE UNIVERSITY
NAMCHI, SIKKIM**

Report on World AIDS Day Marathon and Awareness Programme

Together We Move: Ending Stigma, Ending AIDS

Organised by: Department of Students' Welfare(SAU) in collaboration with Mental Health and Well-being Cell(SAU), Red Ribbon Club(SAU), Nasha Mukta Bharat Abhiyaan Committee(SAU), and Sikkim State AIDS Control Society (SSACS).

Date: 1st December 2025

Time: 6:00 AM

To commemorate World AIDS Day 2025, the Department of Students' Welfare (DSW) of Sikkim Alpine University(SAU) organised a World AIDS Day Marathon on the theme "Together We Move: Ending Stigma, Ending AIDS." The event was held in collaboration with the Mental Health and Well-being Cell, Red Ribbon Club, and the Nasha Mukta Bharat Abhiyaan Committee, all being university bodies committed to student welfare, health awareness, and community outreach, and also Sikkim State AIDS Control Society (SSACS).

The day's activities commenced at 6:00 AM at Central Park, Namchi, where members of the DSW committee, student volunteers, and participants gathered in high spirits. A registration desk,

managed efficiently by the Registration Committee of DSW, facilitated the enrolment of runners and allotted number tags to all participants.

Mr. Sonam Wangdi Dorjee Bhutia, Assistant Dean of Students' Welfare, extended a warm welcome to the participants and briefed them on the rules and regulations as well as the significance of the marathon. He also warmly welcomed the distinguished guest, Dr. Pratik Rasaily, DTO, Health Department, Government of Sikkim. Dr. Rasaily formally flagged off the marathon at around 7:00 AM.

The event witnessed an impressive participation of around a hundred(100) runners, including SAU students and faculty members, as well as students from Namchi Senior Secondary School, Loyola College of Education, and Namchi Government College. The marathon route began at Central Park and stretched up to Phung Dara, Maniram, before concluding back at the starting point. Student volunteers and faculty members were strategically stationed along the route to provide water, first-aid support, and encouragement, ensuring the safety and well-being of the participants.

After completing the marathon, refreshments were served at Central Park. This was followed by group photographs that captured the enthusiasm and solidarity of the day. The first segment of the programme served as a symbolic and physical demonstration of collective commitment to ending stigma and strengthening awareness around HIV/AIDS.

The second half of the event was held at the Sunakhari Campus Hall, where students, faculty, volunteers, and invited guests assembled for a structured awareness session on HIV/AIDS.

Dr. Nirmal Niroula, Head of the Department of Nepali, Assistant Professor, and member of the DSW, delivered the welcome address. He introduced and honoured the resource person of the day, Mr. Kishore Baniya Chettri, State Coordinator, Red Ribbon Club, SSACS, Sikkim.

Mr. Kishore delivered a compelling and insightful talk on the status of HIV/AIDS in Sikkim, emphasising the heightened vulnerability of young individuals aged 19–29. Drawing on real cases and experiences, he shed light on the socio-cultural factors contributing to stigma, misconceptions, and the urgency of regular testing. His talk highlighted preventive measures, modes of transmission, and the critical importance of informed awareness. An interactive quiz followed, in which students enthusiastically participated, demonstrating both curiosity and awareness. Mr. Kishore concluded

his session with a heartfelt appreciation of all marathon participants for actively contributing to the cause.

Following the awareness talk, Dr. Sareena Subba, Deputy Registrar, SAU, and Mr. Sonam Wangdi Dorjee Bhutia felicitated the resource person with khada and a token of appreciation in recognition of his contributions.

Awards were then distributed to the top three male and female runners from SAU, and the winners are as follows:

Male Category

Winner: Mr. Bhusan Chettri(Commerce)

First Runner-up: Mr. Bilash Gurung(Library and Information Sciences)

Second Runner-up: Mr. Sahil Rai(Sociology)

Female Category

Winner: Ms. Ringmet Lepcha(Special Education)

First Runner-up: Ms. Binita Limboo(Botany)

Second Runner-up: Sunu Hangma Limboo(Limboo)

The top three runners overall, including participants from other institutions, are:

Winner: Mr. Bhusan Chettri(SAU)

First Runner-up: Mr. Pranay Chettri(Namchi Government College)

Second Runner-up: Mr. Noel(Namchi Senior Secondary School)

Winners received certificates, medals, and khadas which were presented by Mr. Kishore Chettri.

A special appreciation certificate was also awarded to Ms. Prashanti Pradhan, Nodal Teacher(Red Ribbon Club, SAU), Coordinator(Nasha Mukta Bharat Abhiyaan Committee), and DSW Member, for her exceptional support during the Mega Voluntary Blood Donation Camp held on 22nd August 2025 in association with Brahma Kumaris, Gangtok.

Simultaneously, a dedicated HIV/AIDS Testing Booth, facilitated by SSACS, Namchi District Hospital, Health and Family Welfare Department, Government of Sikkim, was set up at the venue. About 50 students and faculty members voluntarily underwent testing. The willingness of

participants to get tested played a crucial role in normalising HIV testing and dismantling stigma within the community.

The programme was successfully concluded with a formal Vote of Thanks delivered by Mr. Sonam Wangdi Dorjee Bhutia, followed by group photographs and lunch for the guests. The World AIDS Day Marathon and Awareness Programme at Sikkim Alpine University was not merely an event, it was a thoughtful and powerful endeavour taken up by DSW Committee to bring together physical endurance, community solidarity, and informed dialogue. Through collective participation and effort, open conversations, and a spirit of compassion, among all the university committee members and the sheer enthusiasm shown by the runners, the university community reaffirmed its commitment to creating a safer, healthier, and stigma-free society.



Photo 1: Marathon participants from SAU and locals along with SSACS team, Namchi District Hospital, Government of Sikkim.



Photo 2: Students checking their HIV status in the HIV Testing Booth at SAU campus set up by team of SSACS, Namchi District Hospital.



Photo 3: Marathon participants including students and faculties from Sikkim Alpine University and from localities.



Photo 4: Mr. Kishore Baniya Chettri, State Coordinator of Red Ribbon Club, Sikkim, felicitated by SAU as a Resource person for the event.



Photo 5: Mr. Kishore Baniya Chettri interacting with students with his insightful talk on HIV/AIDS



Photo 5: Winners of Marathon (Male and Female Category)