



**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.

Photos from Marathon and Awareness Programme







