

1/31/2023

Report

Red ribbon club activities 2022-2023



**Red Ribbon Club, Little Flower College,
Guruvayoor**

World Blood Donor Day 14th June 2022

World Blood Donor Day was observed on 14th June by the members of Red Ribbon Club and NSS Unit of Little flower college, Guruvayoor. On the day an awareness class to highlight the need for committed, year-round Blood Donation was organised in the campus. Dr.Thanuja A Mathew, Assistant Professor, Department of Zoology, enlightened the students about the importance of blood donation especially in the present scenario of COVID -19. Members shared their experiences in blood donation. A total of 62 students participated in the seminar.

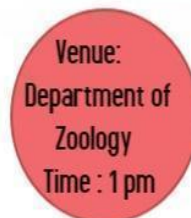
Blood Donor Day, JUNE 14TH

**"Donating blood is an act of solidarity....
Join the effort and save lives"**

*Red Ribbon Club, Department of Zoology and NSS Unit, Little flower College
Guruvayoor jointly organizes an awareness class to highlight the need for
committed, year-round blood donation*



Resource person: Dr. Thanuja A Mathew
Assistant Professor, Department of
Zoology, Little Flower College





International Day against Drug Abuse and Illicit Trafficking - 26th June 2022

On 26th June Red Ribbon club in association with NSS unit Little Flower College organised a **Poster making competition** in connection with the observance of International Day against Drug Abuse and Illicit Trafficking on the theme “Addressing drug challenges in Health and Humanitarian crises “. An awareness campaign on the topic How Nicotine affects Teen Brain also conducted. Members **distributed snippets** in the campus describing bad effects of Drugs on teen brain.

International Day Against Drug Abuse and Illicit Trafficking June 26th

Poster making competition on the theme

“Addressing drug challenges in health and humanitarian crises”

****The poster must be made on the A3/A4 size sheet with margins drawn with black ink**

***Photographs, 3D objects, print-outs won't be acceptable.**

***It should be an original and hand done work**

**Submit the Posters on or before
08.07.2022 @ Department of Zoology**

**Organised by the Red Ribbon Club,
Department of Zoology & NSS Unit
Little Flower College, Guruvayoor**




List of participants:

	NAME	CLASS
1.	Aleena C.A	II B.Sc Zoology
2.	Souparnika Jithosh	II B.Sc Zoology
3.	Ashitha	II B.Sc Botany
4.	Aswathy T.	III B.Sc Zoology
5.	Afra	III B.Sc Zoology
6.	Thasneem Azees T	III B.Sc Zoology
7.	Varsha	III B.Sc Zoology
8.	Aiswarya M.B	III B.Sc Zoology
9.	Aneesha	III B.Sc Zoology
10.	Hida	III B.Sc Zoology
11.	Hridhya A.S.	III B.Sc Zoology
12.	Muhseena	III B.Sc Zoology
13.	Aiswarya Goerge	III B.Sc Zoology
14.	Shifa salim	III B.Sc Zoology
15.	Sneha T.S.	III B.Sc Zoology
16.	Sneha V. M.	III B.Sc Zoology

HEADS UP AWARENESS CAMPAIGN - International Day Against Drug Abuse and Illicit Trafficking
REAL NEWS ABOUT DRUGS AND YOUR BODY

24th June 2022

Red Ribbon Club
Department of Zoology
&
NSS Unit
Little Flower College, Guruvayur



HOW NICOTINE AFFECTS THE TEEN BRAIN

Found in both conventional cigarettes and most vaping devices, nicotine is a highly addictive drug with many health risks for teens.

First, some good news: The number of teens who smoke cigarettes today is less than half of what it was 10 years ago. This decrease is a great win for the overall health of young people, but experts are still concerned. Why? While youth cigarette use is decreasing, the number of teens who use vaping devices, or e-cigarettes,

has been increasing. Just like regular cigarettes and smokeless tobacco, most vaping devices contain **nicotine**. In fact, one cartridge of the Juul brand and some disposables like Puff Bars have as much nicotine as a whole pack of cigarettes. No matter what product it comes in, nicotine is a highly addictive drug and a serious risk.

How Addiction Happens
Our brains come with a built-in reward system. When you do anything enjoyable—like laughing—your brain releases a natural chemical called **dopamine**. In essence, dopamine says to your brain, “Hey, I like this activity. It’s worth remembering and repeating.” Nicotine takes advantage of that same reward system. When someone inhales nicotine, the drug enters the brain and triggers a surge of dopamine. But the amount of dopamine released is much greater than that from pleasurable everyday activities like eating a favorite food. Nicotine also causes the dopamine levels to remain elevated for longer than normal. The result: The brain receives a strong signal that it really wants to vape some more. Over time, this can lead to **addiction**, a disorder that causes a person to continue taking a drug, despite negative consequences.

Long-Term Effects
Once someone has a nicotine addiction, quitting can be very difficult. One reason is that they may have **withdrawal symptoms** (such as cravings, depression, anxiety, and problems focusing and sleeping) just a few hours after they stop using nicotine. The person has a strong urge to vape again to relieve these symptoms, which makes it even harder for them to stop. Repeated exposure to surges of dopamine from nicotine can change how the brain reacts to natural levels of dopamine. When this happens, activities a person used to like may seem less enjoyable. Nicotine can also cause long-lasting changes to the brain circuits that control memory and self-control—leading to learning issues. Sometimes people turn to nicotine because they’re stressed, but using the drug can actually lead to

anxiety. If a person becomes dependent on nicotine, they can experience irritability and anxiety when they are without it for too long.

Protecting Your Brain
Your young brain is still developing. In fact, it won’t fully mature until you reach your mid-twenties. That leaves teens especially vulnerable to the negative effects of nicotine, including addiction. Studies have shown that teens who use e-cigarettes are more likely to continue using nicotine as adults, and may be at greater risk of eventually smoking conventional cigarettes. On the bright side, you have an opportunity during your teen years. If you avoid drugs like nicotine and instead take on healthy and stimulating challenges—learning to cook, playing an instrument, creating videos—you can affect your brain development in positive ways that can last a lifetime.

GETTING HELP
Visit teen.smokefree.gov/juul-vaping

From Scholastic and the University of the National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services.

Snippet distribution in the campus describing bad effects of Drugs on teen brain.

International Youth Day : Project submission for creating awareness on Blood donation

Kerala State AIDS Control Society (KSACS) and Pol-Blood of Kerala police invited project proposals on voluntary blood donation for promoting Voluntary Blood donation among youth through. 6 students participated and submitted projects in this programme in this programme. Of this the project proposal of Ms. Anu K was selected as one among the best 10 project statewide.

List of participants:

	NAME	CLASS
1.	Swaliha Rahman P A	II B.Sc Zoology
2.	Anjanalakshmi A B	III B.Sc Chemistry
3.	Hridya A S	III B.Sc Botany
4.	Thasneem Azeez T	III B.Sc Zoology
5.	Treesamol	III B.Sc Zoology
6.	Anu K	I M.Sc Zoology

International Day against Drug Abuse and Illicit Trafficking - 26th June 2022

ജില്ലാ മെഡിക്കൽ ഓഫീസ് (ആരോഗ്യം), തൃശ്ശൂർ & ജില്ലാ എയ്ഡ്സ് കൺട്രോൾ സൊസൈറ്റി, തൃശ്ശൂർ

Red Ribbon Club
കോളേജ് വിദ്യാർത്ഥികൾക്കായി

ഉത്തരം 3.0
DISTRICT LEVEL QUIZ COMPETITION

ചോദ്യങ്ങളിലൂടെ, ഉത്തരങ്ങളിലൂടെ, അറിവിലേക്ക്

2022 ഒക്ടോബർ 28 രാവിലെ 10.30 ന്
വേദി: ശ്രീ. സി. അച്യുതമേനോൻ ഗവൺമെന്റ് കോളേജ്,
കുട്ടനല്ലൂർ, തൃശ്ശൂർ






Ms. Malavika K.S. (First semester, M.Sc. Zoology) and Ms. Habeeba P. (First semester M.Sc. Zoology) were participated in the district-level quiz competition organised by the Dist. Medical Office and Kerala State AIDS Control Society, Thrissur at Sri.C. Achuthamenon Govt College, Kuttanellur.

Hemopol 29-11-2022

The members of the Red Ribbon Club were invited to participate in a project proposal competition organized by Kerala police in association with KSACS, Kerala. 6 students

participated in the competition. Of this the project proposal of Ms. Anu K, (I M.Sc Zoology) was selected as one among the best 10 project statewide. She received the “Best Project Proposal Award” from Smt. Dr. Bindu R., Minister for Higher Education and Social justice. A memento was also awarded for the college for active participation in the programme. The awards were distributed in the one day Heme pol seminar conducted at Thiruvananthapuram.







World AIDS Day 2022

World AIDS Day, observed each year on December 1, is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and remember those who have died from an HIV-related illness. Started in 1988, World AIDS Day was the first-ever global health day.

Red Ribbon Club, Department of Zoology and NSS Unit of Little Flower College, Guruvayoor in association with A.R.T Plus Centre, Department of Medicine, Govt. Medical College, Thrissur organised an awareness talk of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. DR. Sreejith Sreekumar, Medical Officer, A.R.T Plus Centre, Department Of Medicine, Govt. Medical College, Thrissur led the activities along with a living victim of the disease. Dr. Valsa M.A., Principal, Little Flower College presided over the function. Dr. Swapana Johny, Assistant Professor and HOD, Department of Zoology provided felicitation. More than 600 students participated in the event. All the students got an opportunity to positively and fearlessly interact with the team and clarified their doubts. It was a time for remembering the friends and loved ones that we've lost and also to celebrate the extraordinary progress -- that we've been able to make, and most importantly, recommitting ourselves to the mission that we share, which is achieving an AIDS-free generation.

WORLD AIDS DAY AWARENESS PROGRAMME BY ART, THRISSUR

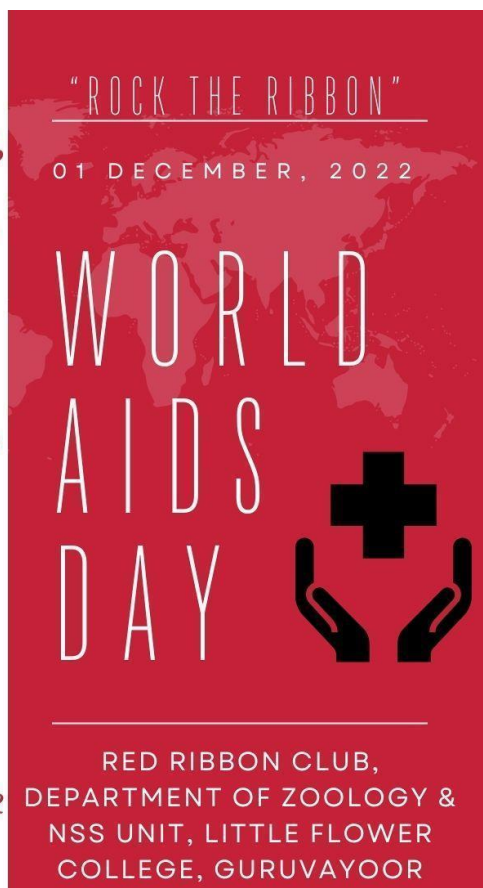


RESOURCE PERSON

**DR. SREEJITH SREEKUMAR,
MEDICAL OFFICER
A.R.T PLUS CENTRE (ANTI RETRO
VIRAL THERAPY)
DEPARTMENT OF MEDICINE,
GOVT. MEDICAL COLLEGE,
THRISSUR**



**DATE: 02-12-2022
VENUE: AUDITORIUM, LITTLE
FLOWER COLLEGE, GURUVAYOOR
TIME: 2.30PM - 3.30PM**





National Youth day 12-01-2023

Red Ribbon Club, Department of Zoology,
Little Flower College, Guruvayoor

**Pledge taking and Reel making
competition**

in connection with

National 

Youth Day

January 12th, 2023

E mail your entries to


redribbonclub@littleflowercollege.edu.in



*Let's pledge to be the change with a youthful spirit and write a
better tomorrow for ourselves and the world*

Nasha Mukht Bharat Campaign

Questions Responses Settings



Nasha Mukht Bharat Campaign

National Youth Day 12-01-2023

Email *

Valid email

This form is collecting emails. [Change settings](#)

docs.google.com/forms/d/19VZgVgGjnNKFRUGjkZabSFu15SJSSihVFmzGH9FIPE/edit#responses

Nasha Mukht Bharat Campaign

Questions Responses **62** Settings

62 responses

[Link to Sheets](#)

Accepting responses

Summary Question Individual

Who has responded?

Email
aparna10092003@yahoo.com
sowparnikajithosh@gmail.com
nandanamp2008@gmail.com
aswathitharayil4@gmail.com

National youth day ... pledge taking

Let's pledge to be the change with a youthful spirit and write a better tomorrow for ourselves and the world

List of Participants

	Name	Class
1	Hiba.T	1st Year B.Sc Zoology
2.	Maimoona Asin V M	1st Year B.Sc Zoology
3.	Risana NP	1st Year B.Sc Zoology
4.	Sona Simon E	B. Sc Zoology
5.	Sulthana Safarin C	1st Year B.Sc Zoology
6.	Fathimathu. Saliha. P.M	1st Year B.Sc Zoology
7.	Sr.Rosemary Paul	1st Year B.Sc Zoology
8.	Swathikrishna K S	1st Year B.Sc Zoology
9.	Navaneetha.M	1st DC Zoology
10.	Pavithra Vs	1st DC Zoology
11.	Neethu M	1st B.Sc. Zoology
12.	Arya R Nair	First Year Bsc Zoology
13.	Fathimath Jumana K P	1st Year B.Sc Zoology
14.	Varsha. CP	1st DC ZOOLOGY
15.	Anshitha K P	1st Year B.Sc Zoology
16.	Riya Shibi P	1st Year B.Sc Zoology
17.	Gopika	1BS.C Zoology
18.	Neethu M	1st DC B.Sc.Zoology
19.	Krishnapriya.P. A	First Year Bsc. Zoology
20.	Farhana	B.Sc. Zoology
21.	Sowparnika Jithosh	II B.Sc. Zoology
22.	Devika V V	2nd Bsc Zoology
23.	Nithya.V.V	2nd Year B.Sc.Zoology
24.	Aparna Sreenivasan	IIB.Sc ZOOLOGY

25.	Shafna Shirin	2nd DC Zoology
26.	Shafna Shirin	2nd DC
27.	Nandana T.S.	II DC Zoolu
28.	Anusree	II DC Zooloy
29.	Nandana.M.P	3rd Year Bsc Zoology
30.	Ashwathi.T	3rd Year Bsc Zoology
31.	Treesa Mol C J	3rd DC ZOOLOGY
32.	Meenakshy.K	3rd DC Zoology
33.	Hridya A S	III Rd DC Zoology
34.	Aneesha	3rd Year B.Sc. Zoology
35.	Anjana Kp	III Zoology
36.	Devikapramod	Third Year Bsc Zoology
37.	Parvathy P	Bsc Zoology, 3rd Year
38.	Noufa C K	3rd DC Bsc Zoology
39.	Nafiya Farsana.P	3 DC Zoology
40.	Aiswarya.M.B	III DC B.Sc Zoology
41.	Shifa Salim Vm	3 Rd Year Bsc Zoology
42.	Devika AU	Ill rd Bsczoology
43.	Muhseena	3rd DC Bsc Zoology
44.	Archana M	1 St MSC Zoology
45.	Hajara Farhana N	Msc Zoology
46.	Praveena K.P	First Msc Zoology
47.	Vaishna Prakash .E	First Msc Zoology
48.	Praveena K.P	First Msc.Zoology
49.	Athira N.M	First Year Msc Zoology
50.	Hima Santhosh	1st Msc Zoology
51.	Fathima Hiba M	1st Msc Zoology
52.	Malavika K S	1 st Msc Zoology
53.	Kavitha	1st Msc Zoology
54.	Reshmi	1st Msc Zoology
55.	Amritha K R	Msc Zoology
56.	Nandana C	I DC Zoology
57.	Athulya K.	I DC Zoology
58.	Anjali C	I M.Sc Zoology
59.	Hema T	I M.Sc Zoology
60.	Hamna B	I DC Zoology
61.	Ardra Krishna	III DC Zoology
62.	Adhila Ubaid	III DC Zoology

