



Sadakathullah Appa College

(Autonomous)

Tirunelveli-11.



Red Ribbon Club AIDS AWARENESS PROGRAM

Date: 20.08.2025



The Red Ribbon Club of our college organized its Orientation Programme on 20th August 2025 at 11.00 a.m. in the Seminar Hall. The programme began with a warm Welcome Address delivered by Dr. M. Abdul Rahuman, Convener of the Red Ribbon Club, followed by the Presidential Address of our Principal, Dr. S. M. Abdul Kader, who emphasized the value of student involvement in health awareness initiatives. Dr. R. Janet Rani, Vice-Principal (Unaided Courses), felicitated the gathering with her encouraging words.

The Keynote Address was delivered by Mr. A. Amalavalan, District Programme Manager, District AIDS Prevention and Control Unit, Tirunelveli. He gave an insightful talk on AIDS awareness using the 4-3-2-1 series. He explained the four ways HIV spreads—through unprotected sex, infected blood transfusion, sharing of contaminated needles, and from mother to child. He further elaborated on three ways to protect oneself—abstinence, being faithful, and correct use of condoms. He highlighted the two types of skin through which HIV can pass—mucous membrane

and wounded skin. Finally, he explained one way to confirm HIV infection—through blood testing. His speech also underlined the importance of good health practices for a better life.

An inspiring special address was given by Mr. M. Jayakumar, District Supervisor, District AIDS Prevention and Control Unit. He beautifully differentiated between knowledge and wisdom, stressing that while knowledge of AIDS is essential to understand the disease, it is wisdom to practice preventive measures that truly protects society.

The programme concluded with a heartfelt Vote of Thanks by Mr. K. Ganesh Kumar, Programme Officer, Red Ribbon Club. The event proved highly informative and motivating for all participants.