
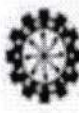





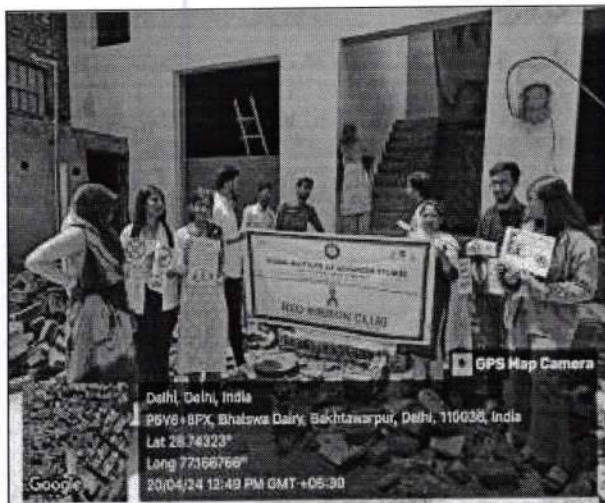


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|  <div style="text-align: center;"> <h1>TECNIA</h1> <p>INSTITUTE OF ADVANCED STUDIES</p> <p>GRADE "A" INSTITUTE</p> <p>DELHI INDIA</p> </div>                          |  <div style="text-align: center;"> <p><b>TECNIA INSTITUTE OF ADVANCED STUDIES</b><br/>         GRADE "A" INSTITUTE<br/> <small>Approved by AICTE, Ministry of Education, Govt. of India, Affiliated to GGS Indraprastha University<br/>         New Regd. Under Sec. 22 of 1906 Act 1906</small></p> <p>INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085<br/> <small>Tel: 011-27581111-14, E-Mail: director@tecniaindia.in, Website: www.tecniaindia.in</small></p> <p> <b>Red Ribbon Club</b></p> </div> |
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| <h2>REPORT</h2>  |  |
| <b>Title of Activity*</b>  | The Intersection of HIV and Mental Health  |
| <b>Activity Type</b>   | Outreach   |
| <b>Values</b>  | Empathy, emotional well-being, responsibility, inclusiveness   |
| <b>Learning Outcomes</b>   | <ul style="list-style-type: none"> <li>• Understanding the impact of HIV on mental health.</li> <li>• Recognizing the emotional and psychological challenges faced by people living with HIV.</li> </ul>   |
| <b>OBJECTIVES</b>  | <ul style="list-style-type: none"> <li>• To disseminate vital information about HIV/AIDS within the Bhalswa Diary.</li> <li>• To educate residents about the causes, transmission modes, prevention methods, and available support services related to HIV/AIDS.</li> <li>• To combat stigma associated with the virus and empower community members to take proactive steps towards prevention and support.</li> </ul>  |
| <b>Organized by</b>  | Red Ribbon Club  |
| <b>Program Theme*:</b>   | HIV Awareness and Prevention through Safe Practices and Regular Testing  |
| <b>External Expert / Internal Expert</b>   | Dr. Sheenu Arora, NSS-Programme Coordinator Red Ribbon Club- Programme Officer   |

|   |   |
|---|---|
| <b>Date*</b>  | 20 <sup>th</sup> April 2024   |
| <b>Time*</b>  | 12:00 PM onwards  |
| <b>Poster/Flyer/Notice*</b>   |                 |
| <b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)   | <a href="https://tiaspg.tecnia.in/red-ribbon-club/">https://tiaspg.tecnia.in/red-ribbon-club/</a> |
| <b>No. of Students*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement) | 18  |
| <b>No. of Faculty*</b> (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement) | 01 Dr. Sheenu Arora   |
| <b>No. of External Participants (students + faculty)</b><br>[write NA if not applicable]  |   |
| <b>(Geotag) Photograph of the Event with the Caption *</b>  |   |





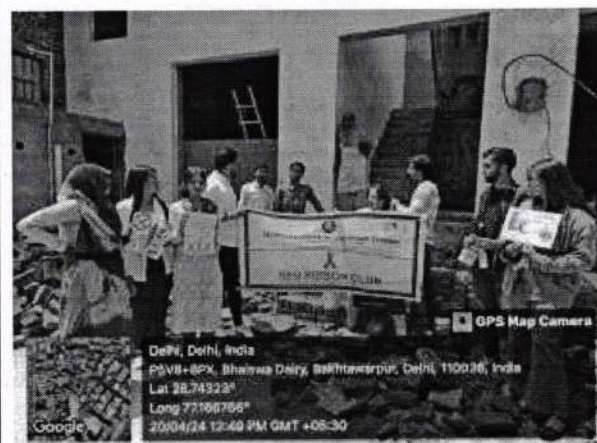
**Together, we can stop the spread of HIV.**



**Prevention starts with education.**



**HIV is not a death sentence.**



**Be a part of the change. Get educated, spread awareness**

**Report: Description in (min 250 to max 800 words)\***

The outreach activity titled "**The Intersection of HIV and Mental Health**" was successfully conducted at Bhalswa Dairy, organized by Red Ribbon Club. The program was designed to highlight the often-overlooked connection between HIV and mental health, with the objective of raising awareness about the psychological impact of HIV on individuals living with the virus.

The session began with a comprehensive introduction in which Volunteer explained how living with HIV can lead to a wide range of mental health issues, including anxiety, depression, and stigma-induced stress. The expert emphasized that



the psychological well-being of people living with HIV is as important as their physical health, and that mental health care should be an integral part of HIV treatment.

One of the critical aspects discussed was the role of stigma in exacerbating mental health problems for people living with HIV. The expert highlighted how discrimination, social isolation, and internalized stigma contribute to poor mental health outcomes, leading to depression, low self-esteem, and in some cases, suicidal thoughts. The audience was encouraged to be empathetic and understanding toward individuals living with HIV, offering them the emotional support they need to navigate these challenges.

Dr. Sheenu Arora also discussed the importance of integrated care, where mental health services are offered alongside HIV treatment. This holistic approach can significantly improve the quality of life for people living with HIV by addressing both the physical and emotional aspects of the disease.

The session included a segment on how friends, family, and community members can provide emotional support to those affected by HIV. Simple acts of kindness, active listening, and offering a non-judgmental space for open conversations were stressed as effective ways to support someone who might be struggling with mental health issues due to their HIV status.

An interactive discussion followed, where participants asked questions about managing mental health for people living with HIV. Volunteers also provided practical strategies for dealing with stress and anxiety, as well as tips for finding and accessing mental health services.

The activity concluded with a reflective session where students and faculty shared their thoughts on the importance of addressing mental health in the context of HIV care. Pamphlets on HIV and mental health were distributed, and participants were

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|--------------------------------|--|
|                                | encouraged to spread awareness about the emotional aspects of HIV care in their communities. |
| <b>Resource Person Profile</b> | NA   |

#### Attendance Sheet\*

| Sr.No | Name             | Department |
|-------|------------------|------------|
| 1.    | Vishakha         | MBA        |
| 2.    | Parvinder        | MBA        |
| 3.    | Ayush aggarwal   | MBA        |
| 4.    | Deepanshu mittal | MBA        |
| 5.    | Rithik bansal    | MBA        |
| 6.    | Sanchit jain     | BBA        |
| 7.    | Bhavya goel      | BBA        |
| 8.    | Ansh gupta       | BBA        |
| 9.    | Riya singh       | BBA        |
| 10.   | Sarthak kapoor   | BBA        |
| 11.   | Ayushi tyagi     | BBA        |
| 12.   | Ishika kohli     | BBA        |
| 13.   | Prachi negi      | BBA        |
| 14.   | Prachi garg      | BBA        |
| 15.   | Yashwant         | BBA        |
| 16.   | Dev              | BBA        |
| 17.   | Diwas            | BBA        |
| 18.   | Jaskirat         | BBA        |
|       |                  |            |

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| Report Submitted by Convener (write faculty coordinator name)   | Dr. Sheenu Arora, NSS-Programme<br>Coordinator Red Ribbon Club-<br>Programme Officer |
| <b>For Office Use</b>   |  |
| Signature of Event Coordinator<br><b>Dr. Sheenu Arora, NSS-Programme<br/>Coordinator Red Ribbon Club-<br/>Programme Officer</b> | <b>Signature of School/Department Head<br/>(With Seal)</b>                           |