



PACHHUNGA UNIVERSITY COLLEGE
(A Constituent college of Mizoram University)
NAAC Accredited A+ College

ANNUAL ACTIVITY REPORT FORM

REPORT OF THE GREEN RIBBON CLUB

DR. LALROPUII
SECRETARY
GREEN RIBBON CLUB

It gives me immense joy to be able to write a report for the first time on the activities of the Pachhunga University College Green Ribbon Club during the year 2018-2019. First of all, let me highlight the aims and goals of the Green Ribbon Club. "The mission of the Green Ribbon Club is to engage in bipartisan youth advocacy to destigmatize mental health and increase awareness of resources, to ultimately aid in the prevention of suicide at the local and national level".

- Goals: - Spread mental health awareness
- Reduce stigma surrounding mental health
- Mitigate increasing suicide rates

The office bearers of the Green Ribbon Club are as follows:

Chairman : Dr. Saichampuii Sailo

Vice Chairman : Mrs. Lalthantluangi Sailo

Secretary : Dr. Lalropuii

Joint Secretary: Dr. C. Zothanmawia

Mr. Samuel Vanlalruata

Advisers : Dr. Tawnenga (Principal)

: Dr. Rinpari Ralte (Head, Department of Psychology)

Committee Members: Dr. Lalramliana, Dept of Zoology

Dr. Lalthakima, Dept of Political Science

Mrs. Lalrameng Gangte, Dept of History

Dr. Lalrinthara Pachuau, Dept of Physics

Dr. Vanlalveni Pachuau, Dept of English


Mr. Zothanmawia, Dept of Botany

Ms. Lahmingmawii, Dept of Sociology

Dr. Liansangmawii Chhakchhuak, Dept of Biotechnology

Dr. R. Vanlalmachhuani, Dept of Commerce


Principal
Pachhunga University College
Aizawl : Mizoram


Coordinator
Internal Quality
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Major activities:

1. **Membership Drive:** Since the Club was newly formed, we started the membership drive from 23rd August, it now has three hundred and sixty members (360).

2. **Observation of World Suicide Prevention Day:** The Green Ribbon Club, Pachhunga University College in collaboration with the Dept. of Psychiatry, Kulikawn Hospital organized a programme on the World Suicide Prevention Day at the Multipurpose Auditorium, PUC. The programme was sponsored by National AYUSH Mission and Lawma Enfield (Sikulpuikawn). The two sponsors have given Rs. 25,000 each. Students from Arts, Commerce and BBA participated. The programme comprised of pamphlets distribution, a speech from Dr. C. Lalhrekima (Head, Department of Psychiatry, Kulikawn Hospital) and pledge taking from all the participants.

3. **Observation of the World Mental Health Day:** It was decided that World Mental Health Week be observed wherein the Club had the following activities;

On 7th October, the first programme on account of the World Mental Health Day was organized where a training for Peer Educators of the Green Ribbon Club was done with the resource persons being from VOLCOMH.

On 9th October, a free mental health check-up was done in the campus. For this, stalls were set up near the gate, one hundred and eighty (180) students and staffs had their mental health checked up.

On 10th October, which was the actual day of the World Mental Health Day, Lifeskills Training was provided by the committee members to the students of the three government schools (primary, middle & high school) within College veng locality, this programme was sponsored by SEL Foundation, Chanmari.

Detailed Expenditure Statement:

Table 1: Expenditure for Membership Drive and Pamphlet distribution:

Sl.No	Item	Amount (in Rupees)
1	Pamphlets (Mizo and English)	6,000
2	Banner	1,500
3	Miscellaneous	1,000
		Total- 8,500

Table 2: Expenditure for World Suicide Prevention Day:

(Sponsored by: AYUSH National Health Mission & Lawma Enfield)

No	Item	Amount (in Rupees)
1	Banner	10,000
2	Refreshment	25,000
3	Pamphlets	10,000
4	Miscellaneous	5,000
		Total - 50,000