



SRI SARADA COLLEGE FOR WOMEN, (AUTONOMOUS)

*Re-accredited with 'B++' Grade by NAAC
(Affiliated to Periyar University), Salem – 636 016.*



Youth Red Cross News

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Volume – IV

YOUTH RED CROSS NEWSLETTER
(For Private Circulation only)

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Dear Friends,

With the blessings of the Holy Trinity Sri Ramakrishna Paramahansa, Sri Sarada Devi and Swami Vivekananda we have made an attempt to bring out this newsletter.

We submit this first volume of newsletter at the lotus feet of Srimath Swami Chidbavananda Maharaj and Yatiswari Saradapriya Amba. Our humble pranams are due to Directress Yatiswari Vinayakapriya Amba and Secretary Yatiswari Guhapriya Amba. We are thankful to Dr. (Tmt.) R. Uma Rani M.C.A., M.Phil., Ph.D., Principal, for her valuable guidance and constant encouragement in bringing out this editorial volume.

In this volume, we have given the activities of the Youth Red Cross and achievements of the students in the academic year 2023 - 24.

Thanking You

Editorial Board

**“Everyone can, in one way or another, each in their sphere and
according to their strength, contribute to some extent to this good work.”**

- Jean Henry Dunant



Jean Henry Dunant

Young Swiss businessman, Jean Henry Dunant was appalled by the condition of the wounded soldiers in the battle field of Solferino,

Italy in 1859 during the Franco - Austrian war. He arranged relief services with the help of the local community immediately. He wrote the book 'Memory of Solferino' suggesting that a neutral organization be established to aid the wounded soldiers in times of war. Just a year after the release of this book, an international conference was convened in Geneva to consider the suggestions of Henry Dunant and thus the Red Cross Movement was born. International Red Cross Movement was established by Geneva Convention in 1864. The name and the emblem of the movement are derived from the reversal of the Swiss national flag, to honor the country in which Red Cross was found.



The International Federation of Red Cross and Red Crescent Societies (IFRC)

The International Federation of Red Cross and Red Crescent Societies (IFRC) is a global humanitarian organization, which coordinates and directs international assistance following natural and man-made disasters in non-conflict situations. Its mission is to improve the lives of vulnerable people by mobilizing the power of humanity.

The IFRC works with National Societies in responding to catastrophes around the world. Its relief operations are combined with development work, including disaster preparedness programmes, health and care activities, and the promotion of humanitarian values. In particular, it supports programmes on risk reduction and fighting the spread of diseases, such as HIV, tuberculosis, avian influenza and malaria. The organization also works to combat discrimination and violence, and promote human rights and assistance for migrants.

The strategic aims of the IFRC are:

- Save lives, protect livelihoods, and Strengthen recovery from disasters and Crises
- Enable healthy and safe living
- Promote social inclusion and a culture of non-violence and peace



Indian Red Cross Society

The Indian Red Cross is a voluntary humanitarian organization having a network of over 1100 branches throughout the country, providing relief in times of disasters/emergencies and promotes health & care of the vulnerable people and communities. It is a leading member of the largest independent humanitarian organization in the world, the International Red Cross & Red Crescent Movement. The movement has three main components, the International Committee of Red

Cross (ICRC), 187 National Societies and International Federation of Red Cross and Red Crescent Societies.

- The Mission of the Indian Red Cross is to inspire, encourage and initiate at all times all forms of humanitarian activities so that human suffering can be minimized and even prevented and thus contribute to creating more congenial climate for peace.



Youth Red Cross

The Youth Red Cross is the most important constituent of its mother organization, Indian Red Cross. It is a group movement organized at the initial stages for students between 18 and 25 years of age in the colleges. Any lecturer is recognized as the leader and he/she is designated as the programme officer. The students are trained and encouraged to manage the affairs of the group, electing their own office-bearers.



Nobel Prize

The Red Cross has figured four times in the award of the Nobel Peace Prize (1917, 1944, and 1963), as well as in the award to Henri Dunant (1901), and has therefore been made the subject of various presentation speeches and Nobel lectures which give details of its inception, history, and activities, the following brief summary of its origins and present organization is intended as a frame of reference for all four of these awards rather than as the typical history ordinarily included for each award to an organization.

In the line of fire: The crucial, neutral role the Red Cross plays in conflict



During the brief truce between Israel and Hamas in November, it was people in white vests driving SUVs who escorted freed hostages to safety.

Sporting unmistakable red and white livery, the men and women of the International Committee of the Red Cross (ICRC) co-ordinated the transfer of hostages from the control of masked Hamas gunmen back into Israel, as well as the return of Palestinian prisoners from Israeli detention.



103 years (1919-2023) of service for the International Federation of Red Cross and Red Crescent Societies

A 103-year anniversary is a chance to reflect, and to refresh. In celebrating the past, it looks to the future in a fast-changing world of unprecedented humanitarian need. Its task is to strengthen its membership, and to empower it - its staff and volunteers - to continue to serve the most vulnerable people. It always seeks to do good better, and is currently debating its Strategy 2030, which will pilot its work over the next decade.

Indian Red Cross society completes 103 years (1920-2023) and celebrates the power of love, hope & humanity and yearlong activities to benefit the society have been planned across the country.

Awareness programme on Importance of Yoga

On account of celebrating International Yoga Day (21.06.23) Sri Sarada College for Women (Autonomous) – Youth Red Cross and National Service Scheme jointly organizes a lecture and demonstration on Yoga. The Principal Dr.R.Uma Rani, the faculty members and the students participated in the program. The resource person Dr. Lalitha, BSMS, PGDYA, MA (YOGA), Lalitha Hospital, Salem spoke on the numerous health benefits of yoga which provides opportunity for individuals of all ages

and background to experience its transformative effect. Mrs. Akila, Mrs.V.Selvi, SKY Professors, Mrs.Jamuna, Mrs. Poongodi and many other professors from Kasakaranoor Mana Vala Kalai Mandram, Salem, participated in the program.



Student's Induction Programme

A brief orientation was given to the students who were admitted in the year 2023-2024 about Youth Red Cross on 04.07.23. YRC Programme Officer Dr. R.Bhuvaneswari gave an insight into the foundation of YRC, the fundamental principles of YRC, Features of Red Cross, components of the movement, four core areas and the motto of YRC. She further highlighted the various activities organized during 2022-23. 122 members have joined from I year as YRC volunteers.





Oath Taking Against Drug Abuse

Youth Red Cross of Sri Sarada College for Women (Autonomous), organized an event on “Pledge taking Ceremony against Drug Abuse” on 7th August 2023. Awareness about drug abuse can prevent someone from turning to dangerous substances, the oath against drug abuse has been taken by all the YRC volunteers solemnly.



Awareness Programme on World Breastfeeding Week

One day awareness programme on “**World Breastfeeding Week**” was organized by Home Science Association and YRC of Sri Sarada College for Women (Autonomous) on 08.08.2023 at Textile Science Lab. Dr.A.Shanmugapriya, Assistant Professor of Nutrition and Dietetics, ShriSakthi Kailassh Women’s College acted as the resource person. She started the session with the definition of breast feeding and importance of celebrating World Breastfeeding Week. She gave a brief picture about the objectives of breast feeding,

composition of breast milk, immunological specificity and the advantages of breastfeeding to the child and the mother.



Basic Life Saving Skills

NSS and YRC organized an awareness programme on **Life Saving Skills** in our college. Dr.C.S.Vishnu Prasad, MS (Ortho), DNR (Ortho), PNB (Spine), Spine Surgeon, SKS Hospital and Post Graduate Institute, Salem was the Resource Person. Life is precious, and in critical moments, having basic life-saving skills can make the difference between life and death. Emergencies can happen anytime, anywhere, and being prepared to act quickly can save lives. Whether you're a healthcare professional, a first responder, or an ordinary citizen, acquiring basic life-saving skills is invaluable. This programme, was aimed to demonstrate life-saving skills that anyone can learn to help them confidently respond to emergencies and potentially save lives.



World First Aid Day

Every year 9th of September is observed as World First Aid Day. On account of World First Aid Day an awareness programme was organized by YRC of Sri Sarada College for Women (Autonomous) on 07.09.2023 at Sister Nivedita Auditorium. Mr.P.Prabakar MA., M.Phil., B.Ed., Secondary Grade Teacher and First Aid Trainer, Municipal Boy's High School, Ammapet, acted as the resource person. Sir started the session by stating that first aid is the term used for immediate medical assistance offered to any ill or injured person. This is critical to prevent the situation from getting worse and to assist the injured person in recovering quickly.

Sir Stated that first aid is a broad category that includes a range of activities and intervention ranging from simple dressing to treatment of minor conditions and even pulmonary resuscitation. He further clarified that first aid may be required to keep the patient alive till paramedics or an ambulance arrive to transfer the patient to a competent facility for further treatment. He then highlighted seven reasons why first aid is important. He further demonstrated how to see the pulse, perform CPR, put bandage etc. He concluded by stating that proper first aid always comes across as a big respite when handling different health and medical emergencies.



Blood Donation Camp

Youth Red Cross, National Service Scheme, Red Ribbon club and the Blood Bank Mohan Kumaramangalam Medical College Hospital,

Salem, jointly organized a blood donation camp at Sri Sarada College for Women (Autonomous), Salem -16 on 20.09.2023. This blood donation camp was inaugurated by the Principal Dr.R.Uma Rani, and YRC Programme Officer Dr.R.Bhuvaneswari and NSS Programme Officers Dr.R.Thiruppathi, Dr.P.Dhanalakshmi, Mrs.Renie Johnson, Mrs.S.Anitha and Red Ribbon Club Vice President Mrs.Renie Johnson were the Organizers. The students, Faculty members and Non-teaching staff participated in the camp and about 64 members donated blood.

For the service rendered, YRC and NSS Vice Presidents of our college, received appreciation certificate from Honorable Dean, Government Mohan Kumara Mangalam Medical College, Salem on behalf of Sri Sarada College for Women (Autonomous), Salem-16 for organizing blood donation camps.



Healthy Diet for All

On account of National Nutrition Week a webinar was organized by Home Science Association and YRC of Sri Sarada College for Women (Autonomous) on 27.09.2023 at Textile Science Lab on “**Healthy Diet for All**”. Mrs.R.Rupa, Assistant Professor and Head, Department of Nutrition and Dietetics, Trinity College for Women, Namakkal acted as the resource person. She started the session with the definition of breast feeding and importance of celebrating World Breast Feeding Week. She gave a brief picture about the millets as climate resilient crop, nutritive value of millets and health benefits of millets. She further stated the government initiatives to promote the usage of millets in our daily diet. She further highlighted the need for a healthy lifestyle.



Cancer Awareness

On account of world Cancer Day on 01.02.2024 an awareness programme was organized for the students. Mrs.K.Rani, Assistant Professor of Home Science gave a lecture on causes and treatment for cancer. According to the World Health Organization (WHO), cancer is the second leading cause of death worldwide, representing nearly 1 in 6 deaths globally. In 2020, the International Agency for Research on Cancer's (IARC) World Cancer Report released by WHO said that Asia shares 49.3% of the total number of global cases of the deadly disease. The report estimated that from 2020-2040, Asia will report an increase of

59.2% in new cases of the disease. The report further stated that one in 10 Indians would develop cancer in their lifetime and one in 15 would die of it. Keeping this in mind the programme aimed at creating awareness among the students on prevention and treatment of cancer.



Free Mega Health Camp

NSS, RRC and YRC of Sri Sarada College for women Salem, SKS hospital and post graduate medical institute and Eye Foundation jointly organised a mega health camp for Faculty members and non-teaching staff on 24 02. 2024. The camp was inaugurated by the Principal Dr.R.Uma Rani. Dr.Arivu, General Physician, Dr.K.Priyadarshini, Dermatologist, Dr.PriyaNandhini, Dentist, Dr.Haritha, Ophthalmologist, examined the patients and gave suggestions. About 85 members got benefitted out of this camp.





Poster Presentation

On account of Youth Red Cross day a poster competition was organized on 12.03.2024 on “Joy of Giving”. The following students won the competition.

Prize	Name	Class
I	B.Mohanapriya	II BA English
II	A.Pavithra	III B.Sc Home Science
II	K.Nivetha	III B.Sc Chemistry
III	S.Subhiksha	I MA English



Conclusion

According to Swami Vivekananda “It is privilege to serve mankind, for this is the worship of God. God is here, in all these human souls”. There are around 299 students in Youth Red Cross of Sri Sarada College for Women, (Autonomous), who came forward and volunteered themselves as volunteers to render service and work to bring a positive change in the society. Through YRC the volunteers learned their social responsibilities and it also acted as a platform for learning and exhibiting their talents. These are the Programmes conducted by YRC for the academic year 2023-2024.

----THANK YOU---

