



# YOUTH RED CROSS +

College of Engineering, Guindy



Day-1

Inauguration

## **OBJECTIVE OF YRC:**

The main objective of YRC is to inculcate in the Youth of our country :

- An awareness on the care of their own health and that of others.
- An understanding and acceptance of civic responsibilities and acting accordingly with humanitarian concern, to fulfill the same.
- To enable the growth and development of spirit of service and sense of duty with dedication and devotion.
- To foster better friendly relationship with all without any discrimination.

## **ABOUT YRC:**

- The Red Cross Society is a world wide, well known, universally accepted, admired and internationally identified humanitarian service organization.
- YRC is the most important constituent of its mother organization, Indian Red Cross.
- YRC in Anna University was established in the academic year 2002-03 as per the orders of the Govt. of Tamil Nadu.

## **MOTTO OF YRC:**

**Health - Protection of Health & Life**

**Service - Service to the Sick and Suffering**

**Friendship - Promotion of Friendship, to develop the mental and moral capacities of the youth**

The inauguration ceremony marked the official commencement of the Youth Red Cross (YRC) activities at the College of Engineering Guindy (CEG). The event aimed to introduce the mission and vision of YRC, highlight the importance of volunteerism, and outline the planned activities and goals for the year.

The event began with a warm welcome address by Shreya, a YRC member. The welcome address set the tone for the ceremony, emphasizing the significance of YRC and the impact of volunteerism in building a compassionate and responsible society.

Mr. Thanigaiyarasu, the coordinator and chief guest of the event, delivered the inaugural address. He spoke about the core values of the Youth Red Cross, including humanitarianism, impartiality, and voluntary service. He highlighted the importance of youth involvement in community service and encouraged students to actively participate in YRC activities..



Mrs. Lavanya discussed the various initiatives and programs planned for the upcoming year. He outlined the goals and objectives of YRC at CEG and motivated students to contribute their time and skills towards meaningful causes.

A video presentation was shown to provide an overview of the Youth Red Cross, its history, mission, and global impact. The video highlighted the following aspects:

- History and Mission: The origins of the Red Cross movement and its mission to alleviate human suffering and promote human dignity.
- Core Principles: The fundamental principles of the Red Cross, including humanity, neutrality, independence, and voluntary service.
- Global Impact: The various humanitarian activities undertaken by YRC chapters worldwide, including disaster relief, health and hygiene promotion, and community development.
- YRC at CEG: Specific initiatives, projects, and events planned by the YRC at CEG, emphasizing the role of students in making a positive difference in society





# YOUTH RED CROSS +

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Day-2

FN:Motivational  
Speech  
AN: Student  
Activities & Yoga

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The second day of the Youth Red Cross (YRC) inauguration at CEG began with an inspiring motivational speech by Mr. Radhakrishnan, a distinguished speaker from the NGO Thozhan. Thozhan is well-known for its community service initiatives and commitment to social welfare.

Mr. Radhakrishnan shared his personal journey and experiences that led him to join Thozhan. His story of overcoming challenges and dedicating his life to social service resonated deeply with the audience

He emphasized the critical role of volunteerism in addressing societal issues and improving the quality of life in communities. He encouraged students to engage in volunteer activities and make a positive impact



The afternoon session was filled with engaging student activities designed to foster teamwork, creativity, and problem-solving skills. These activities included:

- Team Building Games: Various team-building games were organized to enhance cooperation and communication among students. These games helped in breaking the ice and building camaraderie among participants.
- Interactive Sessions: Interactive sessions focused on topics such as stress management, time management, and goal setting were held. These sessions aimed to equip students with essential life skills.





The day concluded with a rejuvenating yoga session, conducted by a certified yoga instructor. The session focused on:

- **Introduction to Yoga:** The instructor introduced the basic principles and benefits of yoga, highlighting its significance for physical and mental well-being.
- **Yoga Practices:** Students participated in various yoga practices, including breathing exercises, meditation, and basic asanas (postures). The session aimed to promote relaxation, flexibility, and mindfulness.
- **Health and Wellness Tips:** The instructor also shared valuable tips on maintaining a healthy lifestyle through regular yoga practice and balanced nutrition.

Day 2 of the YRC camp at CEG was a blend of inspiration, engagement, and wellness. The motivational speech by Mr. Radhakrishnan instilled a sense of purpose and enthusiasm among the students, while the activities and yoga session provided opportunities for personal growth and holistic well-being.



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Day-3

Blood Donation  
and Motivation

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## **Career Guidance Program**

The Youth Red Cross conducted an impactful event titled "Blood Donation and Motivation", aimed at raising awareness about the importance of blood donation and motivating individuals to participate in this life-saving activity. The event was led by Dr. Souyma and Mr. Selvakumar from TamilNadu MGR Medical University.

The presentation underscored the critical role blood donation plays in saving lives. It was highlighted that a single unit of blood can potentially save up to three people.

**"You are not a hero to save everyone, but your blood can save persons"**

A 20-minute video was shown, explaining the blood transfusion process.

The video detailed the entire process of blood transfusion, from donation to transfusion, ensuring that the audience understood the journey of donated blood and its impact.

The video detailed the entire blood donation process, including:

Eligibility Check: Ensuring donors are between the ages of 18 and 65, have the appropriate weight, no medical issues, and had adequate sleep.  
Blood Collection: Using disposable bags for collection, which should be used within 45 days.

Post-Donation Rest: Donors are advised to rest for 5 minutes after donation.

The video highlighted the care and procedures followed at donation centers to ensure the safety and comfort of donors.

The event concluded with an interactive Q&A session, where Dr. Souyma and Mr. Selvakumar addressed questions and concerns from the audience.

Today's count :140 volunteers.





# + YOUTH RED CROSS, CEG

FIRST AID AWARENESS EVENT



HEALTH! SERVICE ! FRIENDSHIP

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## **Morning Session:**

The Youth Red Cross organized an impactful event titled "First Aid," aimed at raising awareness about the critical importance of first aid skills in saving lives. The event was led by Mr. Balaji, who brought a wealth of experience and passion to the session.

Mr. Balaji commenced the morning session with a comprehensive PowerPoint presentation. He began by sharing insights from his own life and diverse career experiences, detailing why he transitioned between various professions. This personal touch not only engaged the audience but also emphasized the relevance of adaptability and lifelong learning.

A highlight of the session was Mr. Balaji's eloquent speech on the significance of first aid. He underscored how these skills are essential for everyday life and can make a profound difference during emergencies. His speech resonated deeply, inspiring participants to take an active role in learning and applying first aid techniques.

Furthermore, Mr. Balaji facilitated interactive activities focused on team coordination and effective communication. Participants engaged in games that simulated emergency scenarios, emphasizing the importance of swift and cohesive action during crises. These activities fostered a collaborative spirit among attendees, enhancing their readiness to respond effectively in real-life situations.

## **Afternoon Session:**

The afternoon session delved into practical aspects of first aid, covering a range of critical topics:

- **ASA Awareness Assessment Actions Aftercare:** Participants were educated on the ASA framework, emphasizing the systematic approach to assessing and responding to emergencies. This framework helped attendees understand the importance of being aware of their surroundings, assessing the situation accurately, taking appropriate actions, and providing aftercare.
- **Choking Protocols:** Detailed instructions were provided on how to respond to choking incidents. Mr. Balaji demonstrated abdominal thrust techniques for adults, as well as modified procedures for infants, ensuring participants were well-equipped to handle these life-threatening situations.
- **CPR (Cardiopulmonary Resuscitation):** Comprehensive training was conducted on performing CPR. Mr. Balaji highlighted the correct techniques and emphasized the importance of immediate intervention in cardiac arrest situations. Participants practiced performing 30 chest compressions followed by rescue breaths, ensuring they were confident in their ability to provide effective CPR.
- **Distinguishing Heart Attack from Cardiac Arrest:** Participants learned to differentiate between a heart attack and cardiac arrest, understanding the critical actions required for each scenario. This knowledge is vital, as the immediate response can significantly impact the outcome of the patient.
- **First Aid for Specific Injuries:** Mr. Balaji shared practical tips for handling injuries caused by accidents. He explained how to deal with minor cuts, and more severe conditions, such as nerve damage from vehicle accidents. For instance, he discussed the importance of assessing the danger and responding appropriately, such as ensuring a person's airway is clear to breathe freely.





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Day-5

Visit to Dakshina  
Chitra

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## **Dakshin Chitra Visit:**

The Youth Red Cross team embarked on an enriching visit to Dakshin Chitra, an exciting heritage museum in Chennai that showcases the culture, architecture, and crafts of South India. This visit aimed to provide us with a deeper understanding of our region's rich cultural heritage and foster a sense of community and social responsibility among the team members.

### **1. Cultural Exploration:**

Dakshin Chitra is a treasure trove of South Indian culture, representing Tamil Nadu, Kerala, Karnataka, and Andhra Pradesh. The team explored various sections of the museum, each dedicated to a specific state, and admired the traditional houses, artifacts, and exhibits.

- Tamil Nadu: We witnessed the intricate design of Chettinad houses, known for their unique architectural style and beautiful courtyards. The museum also displayed traditional Tamil Nadu artifacts such as bronze sculptures, pottery, and musical instruments.
- Kerala: The traditional Nalukettu houses with their central courtyards and wooden carvings left us in awe. We learned about Kerala's rich tradition of mural painting and Kathakali dance.
- Karnataka: The intricately carved wooden houses and artifacts like Mysore paintings and sandalwood carvings showcased Karnataka's artistic heritage.
- Andhra Pradesh: The team explored the colorful Kondapalli toys and Kalamkari textiles, which highlighted the state's vibrant art and craft traditions.

### **2. Interactive Workshops:** The visit included engaging workshops where team members participated in traditional crafts and activities.

- Pottery Making: We tried our hands at pottery, learning the basics of shaping clay and creating simple pots. This hands-on experience was both fun and educational, giving us a glimpse into the skill and patience required in traditional crafts.

- Weaving: The team observed the intricate process of handloom weaving and even tried weaving small patterns on looms. This activity deepened our appreciation for the craftsmanship involved in creating beautiful textiles.
- Folk Art Painting: A workshop on traditional folk art painting, such as Warli and Madhubani, allowed us to express our creativity and understand the cultural significance of these art forms

3. Cultural Performances: We were treated to vibrant cultural performances, including traditional dances and music from different South Indian states. These performances provided a lively and colorful representation of South Indian culture, leaving a lasting impression on the team.

4. Team Bonding Activities: The visit included various team-building exercises and activities that fostered collaboration and camaraderie among team members. Group discussions and reflections on our experiences helped us connect on a deeper level and strengthened our teamwork skills.



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Day-6

Career Guidance  
Program

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## **Career Guidance Program**

The event commenced with a warm welcome address by the YRC members, highlighting the importance of career planning and the significance of making informed decisions about future education and career paths.

The program included interactive sessions conducted by professionals and experts from diverse fields. These sessions were designed to inspire and educate students about different career options, educational pathways, and skill development requirements.

- **Career Talks:** Professionals from various industries shared their career journeys, experiences, and insights into their respective fields. Students had the opportunity to ask questions and gain firsthand knowledge about different career trajectories.
- **Skill Development Workshops:** Practical workshops were organized to help students develop essential skills such as communication, problem-solving, and teamwork. These workshops aimed to equip students with the necessary tools to succeed in their chosen careers.

Representatives from universities and educational institutions provided guidance on higher education options, including courses, scholarships, and application processes. This segment of the program aimed to empower students with information to make informed decisions about their academic futures.

Individual career counselling sessions were available for students who sought personalized guidance and advice regarding their career aspirations. Experienced counsellors offered insights tailored to the interests and strengths of each student, helping them identify suitable career paths.

Inspirational talks were delivered to motivate students and encourage them to pursue their dreams with determination and perseverance. Speakers shared success stories and emphasized the importance of passion, hard work, and continuous learning in achieving career goals.

