



## SRI SARADA COLLEGE FOR WOMEN, (AUTONOMOUS)

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



**Youth Red Cross News** 

### **EDITORIAL BOARD**

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**YRC Programme Officer**  
&  
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**YRC Student's Secretary**

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**Volume – V**

**YOUTH RED CROSS NEWSLETTER**  
*(For Private Circulation only)*

**April 2025**

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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 fifth 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 2024 - 25.

Thanking You

Editorial Board

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**“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**

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**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.

### **The crucial role the Red Cross plays in reconnecting families.**



The ICRC's mission has remained steadfast: to protect those affected by conflict and armed violence, promote the rules of war, and ensure that essential services and rights are preserved. Humanity is at the heart of everything we do. In the face of conflict and adversity, we will not waver. In 2025 we will remain committed to standing with those most affected and strive for a world where humanity and compassion prevail, even in the darkest of times.



### **105 years (1919-2025) of service for the International Federation of Red Cross and Red Crescent Societies**

A 105-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 105 years (1920-2025) 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 (21.06.24) 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 highlighted that Yoga is a practice that brings about harmony between the body and the mind. It gives us physical power and provides mental balance and emotional stability to meet

modernlife challenges successfully. 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.



### **International Day Against Drug Abuse And Illicit Trafficking**

The global drug problem presents a multifaceted challenge that touches the lives of millions worldwide. From individuals struggling with substance use disorders to communities grappling with the consequences of drug trafficking and organized crime, the impact of drugs is far-reaching and complex. TheInternational Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year to strengthen action and cooperation in achieving a world free of drug abuse. This year's World Drug Day campaign recognizes that effective drug policies must be rooted in science, research, full respect for human rights, compassion, and a deep understanding of the social, economic, and health implications of drug use. In lieu with this students took oath against drug abuse and illicit trafficking





## “World Food Safety Day” Celebrations

World Food Safety Day was celebrated in our college on 27.06.2024. YRC organized an awareness programme on food adulteration. Mrs.R.BhuvanaIndumathi Head and Assistant Professor of Home science was the Resource person. She gave an insight how food is essential for sustenance of life. We all eat food and gain energy for different metabolic activities. All living organisms need food for growth, work, repair and maintaining life processes. She further highlighted that adulteration or contamination of natural food products is one of the major challenges in today's society. Despite various actions and penalties, the practice of adding adulterant is quite common in developing countries. There are various methods used for adulterating natural products. Adulteration is an illegal practice of adding raw and other cheaper ingredients to excellent quality products to increase the quantity. Having this adulterated food is highly toxic and leads to several health issues, including certain nutrition **deficiency diseases**, kidney disorders, and failure of an individual's organ systems, including heart, kidney and liver



## Student's Induction Programme

A brief orientation was given to the students who were admitted in the year 2024-2025 about Youth Red Cross on 04.07.24. 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 2023-2024.



## Basic Life Saving Skills

NSS, YRC and RRC jointly 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. Sir explained in detail the various

lifesaving skills like **Cardiopulmonary Resuscitation (CPR), Heimlich Maneuver (Choking First Aid), First Aid for Severe Bleeding, Recovery Position and Basic First Aid:** Basic first aid skills encompass a range of techniques to provide immediate care for injuries, such as cuts, burns, fractures, and more, stabilizing the injured person's condition until professional medical help arrives



### Awareness Programme on World Breast feeding Week

On account of World Breast Feeding Week a poster competition was organized on 08.07.2024 on “Closing the Gap – Breast Feeding Support for All”. Eleven students participated in the competition. The following students won the competition.

Prize	Name	Class
I	K.Sakila	III B.Sc. Physics
II	S.Prathiba	II B.Sc. Home Science
III	T.Ramadevi	II B.Sc. Home Science
III	M.Divya	II B.Sc. Computer Science



### 75<sup>th</sup> Anniversary of the Geneva Conventions Competitions

To observe the 75<sup>th</sup> Anniversary of the Geneva Conventions the YRC organized various District Level Programs like Essay, Oratorical, Quiz, and Visualizing & Painting Competition on 12.09.2024 at Salem Sowdeswari College for Women, Salem 636010. **Three of our Students won First Prizes**



**INDIAN RED CROSS SOCIETY**  
TAMILNADU BRANCH  
**YOUTH RED CROSS**  
SALEM DISTRICT



Dr. P. Vadivel, M.Sc., M.Phil., Ph.D.  
YRC District Organizer  
Salem  
E-mail: [yrcsalem@gmail.com](mailto:yrcsalem@gmail.com)

Off: Department of Chemistry  
Salem Sowdeswari College for Women  
Kondalampatty Bye Pass, Salem - 636 010  
Mobile No: 999465397

Date: 12.09.2024

To  
General Secretary  
Indian Red Cross Society-TNB  
No 32/50, Red Cross Road,  
Egmore, Chennai-8  
Sub: 75<sup>th</sup> Anniversary of the Geneva Convention Day-Conducting District Level Competition-Winners List  
Ref: IRCSTNB/YRC/40/2024-25 (447/29/08/24) Dated: 28.08.2024  
Date: 12.09.2024 Time: 10:00 AM  
Venue: Salem Sowdeswari College for Women, Salem-636010

S.No	Name of the Competitions	I Prize	II Prize	III Prize
1	Essay writing (English)	S.HANUSHAAVATHINI Sri Saradha College for Women , Salem-16	K. THANU PRAKATHI Govt. Arts college for Women, Salem-7	S.T. ATHYA Padmavani college of Arts & Science for Women, Salem-11
2	Essay writing (Tamil)	M.SATHYA Salem Sowdeswari College for Women , Salem-10	B.MANOMANI Bharathiyar College of Arts and Science, Deviyakuruchi, Salem.	P. MALATHI Sri Kailash Womens College, Thalaivasal, Salem
3	Oratorical (English)	N. T. ROSINI Sri Saradha College for Women , Salem-16	F.FURHEN RIZWANAA Salem Sowdeswari College for Women , Salem-10	M. NIKITHA Jairam Arts & Science College Salem
4	Oratorical (Tamil)	K. ARTHI Salem Sowdeswari College for Women , Salem-10	M. SUHESH Vyssa College, Salem	B.SHARMILADEVI Govt. Arts college for Women Salem-8
5	Visualizing & Painting	J. PREETHI Sri Saradha College for Women , Salem-16	A. YOKESH Govt. Arts college for Women, Salem-7	P. THIRUMALAI Sri Vidyamandir Arts and Science College, Salem-10
6	Quiz	K.J. INDU & R MENAGA Kailash Womens College, Nangavalli, Salem	MABARANA & A LAKSHIYA Salem Sowdeswari College for Women , Salem-10	P. SRIMATHI & M. VINOTHINI Thangavel Arts and Science College for Women, Salem
7	Variety & Cultural Programme	R SHANMUGA PRIYA & Team ( 8 members) Salem Sowdeswari College for Women , Salem-10	A.ARDRA & Team(8 members) Vyssa College, Salem	S.LATHIKA & Team(8 members) Sri Kailash Womens College, Thalaivasal, Salem

Copy to  
YRC Zonal Co-ordinator  
Periyar University, Salem-11.

Signature of YRC District Organizer  
Dr. P. Vadivel, M.Sc., M.Phil., Ph.D.  
District Organizer Youth Red Cross  
Department of Chemistry  
Salem Sowdeswari College for Women  
Salem - 636 010, Tamil Nadu.

### Blood Donation Camp

Youth Red Cross, RRC, NSS and Government Mohan Kumaramangalam Medical College Hospital, Salem, jointly organized a blood donation camp in our college on 19.09.2024. The camp was inaugurated by the Principal Dr.R. Uma Rani. "The gift of blood is



the gift of life" and to prove that our faculty members and students enthusiastically donated blood. Blood donation was done under the guidance of a team of doctors and nurses from Government Mohan Kumaramangalam Medical College Hospital, Salem. Donating blood not only helps the needy people but also is beneficial for our health. About 33 members donated blood and 33 units of blood were collected.



## Awareness Programme on Diet & Physical Work

YRC and Home Science Association jointly organized an awareness programme on **Diet and Physical Work** in our college on 27.09.2024 on account of National Nutritional Month. Mr.S.Saikumar Menstrual Pride and Hygiene Educator, Happy Periods and healthy Uterus Trust, Dharmapuri, was the Resource Person. He spoke about maintaining a healthy weight is all about balancing the calories we eat with the calories our body uses. The most important ways to help keep the balance is by eating a variety of foods and exercising regularly. He further emphasized that fruits, vegetables, whole grains,

lean proteins, and low-fat or fat-free dairy all contribute to a healthy and balanced diet..



## One Day Student's Study Camp

IRCS-TNB Youth Red cross Conducted One day District level YRC Student Study Camp on 21.10.2024. Four of our students participated in the study camp.

**INDIAN RED CROSS SOCIETY**  
TAMILNADU BRANCH  
YOUTH RED CROSS  
SALEM DISTRICT

**NOMINATION FORM**  
One Day District Level YRC Student Study Camp on 19.12.2024 (Thursday).

Name of the College: Sri Sarada College for women  
College Address: Fairlands, Salem - 636016

Name of the Programme officer: Dr. R. Bhuvaneswari  
College Email Id & Phone no: gubam8@yahoo.co.in 0427.351  
Programme officer Phone no: 94438 90588

**LIST OF VOLUNTEERS**

S.No	NAME OF THE STUDENT	CLASS & DEPARTMENT	PHONE NO
1	C. Rajeswari	II B.Sc Home Science	9790 654693
2	S. Rajeswari	II B.Sc Home Science	9600 855228
3	A. Malathi	II B.Sc Home Science	6383432700
4	G. Kohini	II B.Sc Home Science	9047929801

Signature of YRC Programme Officer: [Signature]  
Signature of the Principal: [Signature]

Address for Communication:  
Dr P.Vadivel, Associate Professor,  
District Organizer, Youth Red Cross,  
Salem Sowdeswari College,  
Salem - 636 010  
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with Seal  
PRINCIPAL  
SRI SARADA COLLEGE FOR WOMEN  
(Autonomous)  
SALEM - 636 016

## Slogan Writing on Fight against Drugs

YRC Volunteers organized a programme with the theme "Voices Against Drug : Empowering Minds Through Slogan Writing". The contest aimed to create creative, powerful, and thought-provoking slogans in both Tamil and English to raise awareness and inspire action against drug abuse.

No of Slogans : Tamil : 47 English: 32



### Pamphlets Distribution

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medicine. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes. Drug addiction can start with experimental use of a recreational drug in social situations, and, for some people, the drug use becomes more frequent. YRC students distributed pamphlets to students to create awareness on drug abuse. The pamphlets contained slogans that emphasised to stay away from drugs and how education is the only way to achieve greater heights in life. It also stated that drugs will not only ruin our life but also prevent us from reaching our goals.



### ஒழியட்டும் போதை மலரட்டும் புதிய தமிழகம்

YRC organised an awareness programme on "ஒழியட்டும் போதை மலரட்டும் புதிய தமிழகம்". Dr.T.Ananthavalli, Assistant Professor of Tamil gave a talk highlighting the effects of drug abuse on the family, society and the nation as whole. She quoted various Tamil literatures and stated that drugs not only cause physical damage but it also destroys our self-confidence and our image in the society. She gave suggestions to the students how to help the family members to come out from this penance.



### Free Mega Health Camp

NSS, RRC and YRC of Sri Sarada College for women (Autonomous), Salem-16 and SKS Hospital & Postgraduate Medical Institute, Salem jointly organized a Free Mega General Health Check-up Camp. This community outreach program aims to provide accessible healthcare services to both Teaching and Non-Teaching faculty and also to the public. About 90 members benefitted through this camp.





## 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 254 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---