



BHARATHIAR UNIVERSITY: COIMBATORE
YOUTH RED CROSS



REPORT

***5 – DAYS INTER STATE (NATIONAL LEVEL) YRC TRAINING-CUM-STUDY
CAMP FOR YRC VOLUNTEERS AND PROGRAMME OFFICERS***

Date: 12th – 16th December 2014

Venue: Thanthai Periyar Auditorium, Bharathiar University

DAY – I (12.12.2014 Friday)

The programme started at 9.00 a.m. with the welcome clap for the chairperson **Dr. Nanthini Rengasamy**, followed by the hosting of the YRC flag, singing of the YRC song and taking of the YRC pledge by the programme officers and YRC volunteers. About 128 students and 26 programme officers from 9 States and 13 Universities through out Tamilnadu State participated. This was followed by the Inaugural function.

Welcome address was given by **Dr. P. Chellasamy** YRC Zonal co-ordinator of Bharathiar University. The function was presided by **Prof. Dr G.James Pitchai**, Vice-chancellor of Bharathiyar University, Coimbatore. In his speech he clearly explained about the importance of education, He quoted that “Educate to Elevate” is the key way to success. He gave many statistical information regarding youngsters. He moulded the participants by stating that they have to get update themselves before rendering the service to the society. He quoted about Swamy Vivekananda that “Give me hundred perfect youngsters I can change the world” but the world is searching for one Vivekananda. At last he concluded wishing all the youngsters to be well educated citizens of tomorrow.

Inaugural Address was given by, **Prof. Kadar Basha**, Honorary adviser, YRC, Tamilnadu. He gave the specialty of number system from seven to one. He quoted the holy books like Quran, Bible, Geetha has equal five letters and all these preach the same. He concluded by

telling, God has gifted us with two hands. One hand to say Hello! to God and other hand to serve the humanity.

The felicitation was given by **Dr. Nandini Rangaswamy**, Chairperson, IRCS, Coimbatore District branch, she explained about how the youngsters have to be prepared to face the society and she gave many information about the social service forms like old age homes and left out children. She concluded by telling a proverb “Service to humanity is service to God”.

Session I was about “Principles of Red Cross’ by **Dr. Ameena mam**, Thiruvalluvar University, Tamilnadu, she clearly explained about the **History of Red Cross Society**. She quoted “When nobility is there, there will be character, when character is there, there will be harmony at home, when harmony at home exist there will be order in nation, when order in nation is there, it gives peace in universe.

Session II was on **personality** psychology handled by **Dr. B. Selvaraju**, Associate Professor Govt. Arts College, Coimbatore. He discussed Psychology out of it he explained about the **personality and the character of a person**. He told that personality is more than IQ. He told that character is consistency in behaviour across time and over situation one who behaves. Positive thinking, negative thinking, realistic thinking, and adjustment levels. The ways of developing one’s personality are Self awareness, Travel, Reading Books, Coming out of comfort zone, and Practical examples.

Session III was on Leadership styles handled by **Dr. S. Arul Samy**, Assistant Prof. in Education, Bharathiar University, **Leader ship styles** among that leader should be trust worthy, cooperation, coordination, communication and participation. Types of leader ship: Bureaucratic leadership, Charismatic leadership, Autocratic, Democratic, Laissez-faire, People oriented, Task oriented, Servant leadership, Transformational, Transactional etc. At last he concluded leader must be flexible.

Session IV was also handled by **Mr. M. Suresh Babu**, Senior Co-coordinator, Shanthi Social Service, Coimbatore. He insisted us the **Importance of Blood donation**, who can donate? How can we donate? The uses of blood donation. He concluded by telling 70% of the youngster saved many lives by donating their blood.

DAY – II (13.12.2014 Saturday)

Session V was handled by **Mr. Chittari Venkataswamy**, He discussed the origin of Red Cross and Red Crescent. He also briefly explained about the **Fundamentals of Red Cross**. He discussed the major part of youth regarding Red Cross.

Session VI was handled by **Dr. Deepak Nanda**, Principal, Dev Bhoomi Institute of Pharm and Research, Dehradun. He gave clear explanation about **Drugs and medicine myths**. Treats of Disease, Prevent a Disease, Help in Diagnosis of Disease, Maintains homeostasis, Helps in manufacture and drug delivery. He also gave some conditions for safe medicines like Idiosyncrasy, Dietary habits, Socio economic factors, Rational prescribing. And he concluded by telling not to follow self medication which is not at all acceptable.

Manjula Bishwas, Madhya Pradesh. She told about **Life Skills and the empowerment of women**. She quoted that aware yourself, aware others. She distinguish the difference between aggressive, assertive, submissive and she also told that to be good communication improves by listening. At last she told that love yourself to love others.

Session VII was handled by **Dr. Prabhakar**, Coimbatore, explained the **Importance of eye donation**. He distinguished the process of eye donation. He gave clear statistical information that in world 40 million people are blind. And in India it goes for 15 million. He explained who can donate and who can't donate and the procedure for donating the eyes. At last he concluded by telling "Individually we are one drop together we are ocean".

Session VIII was taken over by **Dr. Padmasani**, Assistant Professor School of Commerce, Bharathiar University. She took the session on **consumer rights**. Consumer right is the right given to a consumer to protect him/her from being cheated by sales man/manufacturers. She told that who acquire foods or services for direct use or our ownership rather than for creating or using in production and manufacturing. She clearly explained what consumer rights are. At last she concluded by telling consumer must be aware of all the products to lead their good life.

Evening 6:30 PM, we had cultural events and the best performance was awarded with prize.

DAY – III (14.12.2014 Sunday)

Session IX was handled by Prof. **Dr. Surya Narayanan**, HR Trainer, Coimbatore. He clearly explained **Want to succeed** and the importance of English and communication. He gave

many proverbs which are useful for daily life. He quoted that success depends on one individuality. He also told that trees need no water but only love. He also explained about humanity and the importance of teacher. At last he ended by giving fifteen proverbs and concluded that friend ship is god's gift.

Session X was handled by **Dr. K. Mahadevan**, Govt.Hospital, Coimbatore. He gave complete awareness on **Youth and AIDS**. He differentiated between HIV and AIDS. He told about the causes of HIV Symptoms. He gave three major and six minor points. The major points are Fever, Diarrhoea, Weight loss and six minor points are TB, Dandruff, Itching, Tiny Shingles, Sweating and Ulcer. He concluded by telling all the preventive methods regarding AIDS.

Session XI was the **Field visit to Marudha malai temple**, Coimbatore. We cleaned all the plastic material and garbage in and around the temple. Our Zonal coordinator Dr. P. Chellasamy arranged special dharshanam and special transport facilities for ups and down.

DAY – IV (15.12.2014 Monday)

Session XII was handled by **Prof. Dr. G. Ganeshan**, HOD of Commerce, Bharathiyar University, Coimbatore. He explained about the great topic **spirituality in human behaviour** out of it he gave four issues namely rationalist views, human intimacy, holistic, spiritual base. He clearly explained about realistic thinking. He mentioned about four characters like strong character, utmost confidence, risk bearing, innovative mind. The different kinds of thinking are thinking, re-thinking, reverse-thinking. At last he concludes by telling that make you fit to serve society without any expectation.

Session XIII was handled by **Dr. S. Manikandan**, CEO youth corp, HR trainer, Coimbatore. He gave a clear description about **Career mapping and personality development**. He differentiated out mind as conscious and unconscious. He also told the qualities for best career is education, goals, values, interests, skills, vision. He moulded us how to fix our dream job. He gave the clear description about ASM-Automatic success mechanism and AFM-Automatic failure mechanism. He also gave a brief lecture about psychology. He gave several tips to control our mind. At last he concluded by telling life is very easy, we make it tough.

Session XIV was the **Rally to create Awareness on Blood donation**. Out of it the participants gave several instructions by saying out slogan. The rally was inaugurated by the

Vice Chancellor of Bharathiar University. The rally started out procession from Vadavalli and reached successfully to Bharathiar University.

DAY – V (16.12.2014 Tuesday)

Session XV was handled by **Dr.R.Karthikeyan**, Psychologist; Aliyar explained the importance of Yoga in our daily life. He described **Yoga** as the spiritual discipline leads freedom. He said that Soul, Mind, Human behaviour and cognitive process are the important aspects in the Yoga. Then He explained the origin of Yoga and psychology. And he said that the main aim of the yoga is self realization. Health, happiness and Spiritual are the Objectives of the Yoga. And he related the five elements with our body organs and tastes. And finally he concluded by explaining Surya Namaskar.

Session XVI was handled by **Dr. M. Muthu Kumar**, Assistant professor, Bharathiyar University took the session on **Environmental Protection**. He gave clear description about types of the pollution, causes for the pollution, and natural resources. And finally he concluded by explaining the ways we have to follow to protect our environment.

Session XVII was handled by, **Dr. R. Bhaskar**, Assistant Professor, Bharathiyar University took session on **Human Rights**. He focused on how the human rights are evolved, what are the rights and which countries are violating etc., He mentioned the Rousseau's quotation "Man is born free but he is chained every where". He mentioned how Srilanka, China and some other countries are violating human rights. He also listed the Human rights of UN. At last he concluded by saying a beautiful quotation "When ever Human treats other human with humanity there arises no question of Human Rights".

Session XVIII was the **group discussion and feedback** session. The programme officers and YRC volunteers had a group discussion about the 5 – days Inter State (National Level) YRC Training-cum-Study Camp which helps them to express their views. They filled the feedback form and gave feedback and suggestion about the 5 - days Inter State YRC Training cum study camp.

Valedictory Function

The welcome address was given by **Dr. Kandasubramaniyam**, Programme Officer, YRC. The Presidential and valedictory address was given by **Dr. A. Muruganathan**, Vice-President, Indian Red Cross Society, Tamilnadu Branch. He told about the principles of International Red Cross such as humanity, impartiality, neutrality, independence, voluntary service, Unity and Universality. As these principles should not be kept idle but it has to be used in our practical life. He also said that we all should do something for the society. As **Malala** she got **noble prize** when she was 17 years old we is 63 but has not done or have courage to do, what 17 years old girl has done. Our VP has also said that this training camp is a platform to integrate people from different states and culture and also to learn these cultures. He concluded his talk by a quote by Kelly Kim that success is about creating benefit for all and enjoying the process. If you focus on this and adopt this definition, success is yours. He interacted with the participants about the camp and how this camp will helps to do service to the society. He also distributed the certificates to the programme officers and volunteers. The Vote of thanks was proposed by **Dr. P. Chellasamy**, YRC, Zonal Co-ordinator, Bharathiar University. Finally the 5 -Days State level study camp ended with National Anthem.

All the days' madam **Miss. B. Nasreen**, State Level Officer, Youth Red Cross, IRCS, Tramilnadu Branch gave support and guided us to conduct this programme in a successful manner.

Every day the programme was started at 9.30 with hosting of the YRC flag, singing of the YRC song and taking of the YRC pledge by the programme officers and YRC volunteers. And recap of previous day sessions by the volunteers and programme officers. Also every day morning have the yoga from 6.30 a.m. to 7.30 a.m.

14 X 5 banner size



Indian Red Cross Society
Tamilnadu Branch
&
YOUTH RED CROSS
BHARATHIAR UNIVERSITY, Coimbatore
Jointly Organize
5 - Days Inter State (National Level)
“YRC Training - cum - Study Camp”
for YRC Volunteers & Programme Officers

Felicitation
Thiru. M.S.M. NASRUDDIN
Hon. General Secretary
IRCS, Tamilnadu Branch

Presidential Address
Prof. Dr. G. JAMES PITCHAI
Vice - Chancellor
Bharathiar University


Valedictory Address
Dr. A. MURUGANATHAN
Hon. Vice-President
IRCS, Tamilnadu Branch

Date : 12th to 16th December, 2014, 10.00 am

Organized by : **Dr.P.Chellasamy**, Zonal Co - ordinator, **Youth Red Cross**

Venue: **Thanthai Periyar Auditorium**

10 x 8 banner size



Indian Red Cross Society
Tamilnadu Branch
&
YOUTH RED CROSS
BHARATHIAR UNIVERSITY, Coimbatore
Jointly Organize
5 - Days Inter State (National Level)
“YRC Training - cum - Study Camp”
for YRC Volunteers & Programme Officers

Felicitation
Thiru. M.S.M. NASRUDDIN
Hon. General Secretary
IRCS, Tamilnadu Branch

Presidential Address
Prof. Dr. G. JAMES PITCHAI
Vice - Chancellor
Bharathiar University

Valedictory Address
Dr. A. MURUGANATHAN
Hon. Vice-President
IRCS, Tamilnadu Branch

Organized by : **Dr.P.Chellasamy**, Zonal Co - ordinator, **Youth Red Cross**

Venue: **Thanthai Periyar Auditorium**