



YOUTH RED CROSS
BHARATHIAR UNIVERSITY: COIMBATORE-46
&
INDIAN RED CROSS SOCIETY
TAMILNADU BRANCH

Jointly Organizing

**A 3-day Zonal Level orientation Training Programme for YRC Volunteers
and Programme Officers**

DATE: 16th to 18th December 2021

VENUE: Seminar Hall, School of Commerce, Bharathiar University, Coimbatore

Sl.No.	Name of the College	Number of YRC Volunteers	Number of YRC Programme Officers
1.	Rathinam College of Arts and Science	2	1
2.	Kovai Kalaimagal College of Arts and Science, Coimbatore	2	1
3.	VLB Janakiammal College of Arts and Science, Coimbatore	2	1
4.	Pollachi College of Arts and Science, Pollachi	1	-
5.	Maharani Arts and Science College, Dharapuram	1	1
6.	Tiruppur Kumaran College for Women, Tirupur	3	1
7.	Sri Narayana Guru College, Coimbatore	1	1
8.	Sri Vasavi College, Erode	2	1
9.	PSGR Krishnammal College for women	3	1
10.	JSS College of Pharmacy, Ooty	2	-
11.	Kamadhenu Arts and Science College, Sathy	2	-
12.	Sri Krishna Arts and Science, Coimbatore	1	1
13.	Sri Jayendra Saraswathy Maha Vidhyalaya College, Coimbatore	1	1
14.	Nehru College of Arts and Science, Coimbatore	2	1

15			
16	Kongu Nadu Arts and Science, Erode	2	1
17	KGISL Institute of Information and Management, Coimbatore	1	1
18	Shri Kumaran College of Arts and Science, Karamadai	2	1
19	VET Institution of Arts and Science Coeducation College	2	-
20	Government Arts and Science College Valparai	2	-
21	PSG College of Arts and Science, Coimbatore	1	1
22	Dr. R V arts and Science College, Coimbatore	2	-
23	Bharathidasan College of Arts and Science	1	-
24	TSA Arts and Science Tamil College	3	-
25	Dr. G R Damodaran College of Science	2	-
26	Thavathiru Sathalinga Adigalar Tamil College	2	-
27	Sri Ramu College of Arts and Science, Pollachi	1	1
28	Pioneer College of Arts and Science	1	-
29	Chikkanna Government Arts College, Pollachi	2	1
30	Shri Krishna Adithya College of Arts and Science	1	1
31	Sri Ramakrishna Arts and Science, Coimbatore	2	1
32	Government Arts College, Udthagamandalam	2	-
33	Erode Arts and Science College, Erode	2	-
34	Nilgiri College of Arts and Science, Thaloor	2	1
35	Bishop Appaswamy College of Arts and Science, Coimbatore	-	1
36	Michael Job College of Arts and Science for Women	2	1
37	Sankara College of Science and Commerce	2	1
38	Maharaja College Arts and Science College, Coimbatore	2	1
39	PPG College of Arts and Science, Coimbatore	2	-
40	Nallamuthu Gounder Mahalingam College, Coimbatore	3	1
41	Government Arts and Science, Gudalur	1	-
42	Bharathiar University, Coimbatore	20	
	Total	90	25



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A 3-day Zonal level Orientation Training Programme for YRC Volunteers and Programme Officers was organized to create social and health awareness, awareness on the care of their health and that of others during this pandemic period. To encourage YRC volunteers to extend their humanitarian services to the society

The Programme was started with the **YRC flag hosting** by the **Honorable Vice-Chancellor Prof. Dr. P.Kaliraj** of Bharathiar University, the program started at 9.30 am as prescribed with the registration.

As an initial part of inauguration, welcome address was given by Prof. **Dr. P.Chellasamy**, **YRC Zonal Co-coordinator, Bharathiar University**, followed by the presidential and inaugural address of **Prof. Dr. P.Kaliraj, Vice Chancellor, Bharathiar University**. “He made a valuable address by appreciating the volunteers and he mentioned about the importance of vaccination, and forthcoming innovation in industries 4.0”, Family Planning, Humanism and Volunteerism. He also cheered up the gathering with his friendly speech. He created attention regarding COVID 19 among the YRC volunteers.

Dr. M.Sumathy, Professor and Head, School of Commerce, Bharathiar University gave away the felicitation. In her address, she explained the principles of YRC. It was very useful to all the volunteers and the program officers.

The Vote of Thanks was proposed by **Dr. M. Raju, YRC District Organiser Erode.**

The Programme comprised of talks on various topics such as History of Red Cross, Principles and Structure; Awareness of COVID-19, Leadership Training & Personality Development; Yoga; Nature Conservation; Disaster Management & Fire safety with demonstration; Future Skills; Awareness of HIV/AIDS and Blood Donation.

Day 1(16.12.2021)

Session 1 (11.45 am-1.00pm) History of Red Cross, Principles and Structure etc.

Dr. A. Algarsamy, Head of the Department, Department of Social Work, Sri Krishna College of Arts and Science. He described about the emergence of the Red Cross by emphasis the responsibility of YRC volunteers especially in rural areas. He quoted some topics related to the importance of planting trees, pollution caused by advanced technology; avoid plastics, child labor and protection from sex abuse.

Session 2 (2.00pm – 3.00pm)

Ms. P.Malini delivered on the **Awareness of COVID 19.** She explained about the impact of COVID 19 on humans and also mentioned the importance of vaccination, wearing mask and hand sanitizing to protect oneself in the spread of COVID.

Session 3 (3.30 pm – 4.30 pm)

Dr. R.Shyam Prasad initiated with topic **Leadership training and Personality Development.** He quoted “Failure is the stepping stone of success”. He trained the volunteers regarding positivity, entrepreneurship skills and sustainable investment in the Eco friendly product. He pointed the term “GO EASING” operations Micro Skills. He shared his success and failures and gave tips to become a successful entrepreneurship

Day 2 (17.12.2021)

The day started with flag hoisting at 9.30 am as prescribed in the invitation followed by Recap of the first day camp by YRC Volunteer.

Session 1 (10.00 am to 11.30am)

Dr. V. Valli Murgan, Assistant Professor, Department of Physical Education, Bharathiar University, He gave his lecture on the History of Yoga, Linga Muthirai, practice of Mutras and Asanas. He elucidates how to maintain health through proper exercise, proper dieting, proper breathing and proper attitude. The practical session was demonstrated by his student.

Session 2 (11.45 am to 1.00pm)

Mr. M. Yoganathan, Eco Activist, He eminently motivated the YRC Volunteers to protect the environment, life cycle of water, planting of trees, water pollution, paper waste, uses of Indian trees and waste management. He mainly focuses on planting Indian trees across India. He also illustrates several types species which are in destroying stage.

Session 3 (2.00pm to 4.30pm)

TN Fire and Rescue Service, they were Six in a team shared their experience individually for protecting the human life from fire accidents and providing awareness about the rescue measures. The whole team demonstrated the Fire safety and how to use the fire extinguisher in a proper way during fire accidents by ensuring fire safety, saves life and save property.

Day 3 (18.12.2021)

The day started with flag hoisting at 9.30 am as prescribed in the invitation followed by Recap of the second day camp by Program officer.

Session 1 (10.00am to 11.00am)

Dr. B. Selvaraj, started with the quote “psychological skills are the tools for the mind”. He describes mental skills like positive self-talks, enhancing confidence, goal setting and achieving the most productive mindset among the YRC Volunteers and Program Officers. He concluded by saying that improving the psychological skills would enhance academic performance and overall well being of a human.

Session 2 (11.30am to 1.00pm)

Mrs. R. Vasanthi and Mrs. Maheswari, President, CDHUNS, Coimbatore, they shared their life experience and said about the way of spreading HIV, How to prevent HIV/AIDS, Symptoms of HIV/AIDS and Government support for the HIV patients.

Session 3 (2.00pm to 3.00pm)

Mr. M. Uthiram Gopi and his Co worker Mr. Suresh, handled the session on the topic Blood Donation. He mentioned the Do's and Don'ts of blood Donation, arranging blood donation camp in colleges, Blood donating intervals and Blood donation by men and women. They wound up the session by motivating the YRC volunteers for timely donation of blood, which helps in saving 100s of lives.

Session 4 (3.15am to 4.00pm) Group Discussion and Feedback

All the sessions by the resource persons from different fields were very helpful to the volunteers. The sessions were interactive and demonstrative. All the classes were very useful for the volunteers for having the leadership quality, regarding how to communicate, how to develop good character which help them to serve the society as a whole. The demonstrative class on fire

and safety, helped them to understand how to help and to prevent when the fire occurred and got a demonstration on how to use a fire extinguisher.

The group discussion/ feedback was collected from the programme officers and YRC Volunteers. It aided them to communicate their views to the zonal coordinator.

Valedictory function commenced at **4.00pm** by welcoming the gathering. Welcome address was given by **Dr. S. Gomathi, YRC District Organizer**. The Valedictory address was given by **Prof. K. Murugavel, Registrar i/c, Bharathiar University**. He gave a keynote on “**Six Doctors**” according to the old nursery rhyme are “Sunshine, Water, Rest, Air, Exercise and Diet. He incorporated the Volunteers and Programme officers to have these six doctors in their habits to have a healthier and happier life. He asked the volunteers to extend the information and knowledge obtained during the camp and he appreciated the voluntarism activity of the YRC Zonal Coordinator; participation of YRC Volunteers & Programme Officers. He also distributed the participation certificate for the YRC Volunteers & Programme Officers for their enthusiastic participation. The Vote of Thanks was proposed by **Dr. P. Chellasamy, Professor, School of Commerce, YRC Zonal Coordinator, Bharathiar University**. Finally the “3-Day Zonal level orientation training program ended with **National Anthem** marked the wonderful end of the evening.

Area Covered:

- **History of Red Cross, Principles and Structure etc.**
- **Awareness on Covid-19**
- **Leadership, Training & Personality Development**
- **Yoga**
- **Nature Conservation**
- **Disaster Management and Fire safety with demonstration**
- **Awareness on HIV and AIDS**
- **Blood Donation**

