

A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS), NAGAPATTINAM.

YOUTH RED CROSS (YRC) – 2017 to 2018.

S.No.	Date	Name of the Activity	Resource Person	Place
1.	29.6.17	Indian Red Cross Society & NIB-CID branch organized and Awareness Rally on Drug Prohibition	Mr. Deshmukh Sekar Sanjay, IPS., Nagapattinam District Superintendent of police, Nagapattinam	Nagapattinam Railway Station to New Bus Stand.
2.	8.8.17	Six Students participated in the 68 th Geneve Convention Day Competitions organized by the Indian Red Cross Society, Nagapattinam.		Indian Red Cross Society, Nagapattinam.
3.	18.8.17	68 th Geneve Convention Day Competitions celebration was organized by the Indian Red Cross Society, Nagapattinam. Four students attended the celebration and received prizes. Oratorical Competition: I Prize: V.Mathamithra – I B.Sc Chemistry. II Prize: M.Neela – III B.Sc Chemistry Essay Competition: I Prize : M.Nithya – III B.Sc Zoology Drawing Competition: I Prize: K.Sobika – III B.Sc Zoology		DBG Kalyana Mahal, Nagapattinam.
4.	11.12.17	Orientation for YRC Volunteers	Mrs.R.Alamelu, HOD and Associate Professor of History, A.D.M.College for Women, Nagapattinam	130 Students attended at A.D.M.College for Women, Nagapattinam
5.	13.12.17	Life Save Skills	1. Dr.G.V.Pandian, YRC District Organiser. 2. Mr.A.Martin Mangalraj, District Resource Person- Disaster Management.	116 students participated at A.D.M.College for Women, Nagapattinam
6.	10.01.18	Six YRC Volunteers attended One Day District Level Youth Red Cross Student Study Camp		Kalaimagal College of Arts and Science, Sembanarkoil.
7.	1.2.18	68 th Geneve Convention Day, a District level Elocution Competitions was conducted at TBML College. Two Students were participated and received the prizes. 1. Ms.R.Sri Yogitha received I Prize in English elocution competition and selected for the state level competition. 2. Mrs.M.Neela received II Prize in Tamil elocution competition.		T.B.M.L. College, Porayur.
8.	5.3.18	One Day Disaster Management Training Programme	Mr.J.Benjamin, District Co-ordinator, Indian Red Cross Society, Nagapattinam.	108 YRC Volunteers are participated at A.D.M.College for Women, Nagapattinam.

WORLD DRUG ERADICATION AWARENESS DAY – 29.06.17

Indian Red Cross Society and NIB-CID branch of Nagapattinam organized an Awareness Rally on Drug Prohibition on 29.06.17. Sixty Five YRC Volunteers and Coordinators Mrs.R.Alamelu and Ms.R.Slochana participated in the World Drug Prohibition Day Rally. Thir. Deshmukh Sekar Sanjay, IPS, District Superintendent of Police, Nagapattinam flagged off the rally and delivered presidential address. He motivated the students to create awareness about drugs among public. The rally started from Nagapattinam railway station to new bus stand. Students actively participated in this programme.

Geneva Convention Day Competition – 08.08.17

Six students participated in the Geneva Convention Day Competition on 08.08.17 organised by the Indian Red Cross Society, Nagapattinam District Branch.

Oratorical Competition	V.Mathanmitra	I B.Sc Chemistry
	M.Neela	III B.Sc Chemistry
Essay Competition	M.Nithya	III B.Sc Zoology
	R.Ramya	I B.Sc Chemistry
Drawing Competition	A.Aruna	III B.Sc Chemistry
	K.Shobika	III B.Sc Zoology

68th Geneva Convention Day Celebration – 18.08.17

Geneva Convention Day celebration was organized by the Indian Red Cross Society, Nagapattinam District Branch on 18.8.17 at DBG Kalyana Mahal, Nagapattinam. Four Students attended the celebration and received prizes.

Oratorical Competition	I Prize - V.Mathanmitra	I B.Sc Chemistry
	II Prize - M.Neela	III B.Sc Chemistry
Essay Competition	I Prize - M.Nithya	III B.Sc Zoology
Drawing Competition	A.Aruna	III B.Sc Chemistry
	K.Shobika	III B.Sc Zoology

Orientation for YRC Volunteers – 11.12.17

Youth Red Cross Unit of A.D.M.College for Women (Autonomous), Nagapattinam organized Orientation Programme for YRC Volunteers on 11.12.17 in the AV room. Dr.L.Megalam, Principal delivered presidential address.



Mrs.R.Alamelu, HOD / Associate Professor of History was the resource person. She enlightened the volunteers on the objective, MOTTO of YRC and fundamental principles of Red Cross movement. She advised motivated the volunteers to maintain discipline in the prayer and to render service to the society in useful way. 130 First year YRC volunteers actively participated in this programme. Dr.N.Prabha, YRC coordinator welcomed the gathering and Mrs.T.Kalaivani proposed the vote of thanks. The programme came to an end with National anthem.

Life Save Skill – 13.12.17

Youth Red Cross Unit of A.D.M.College for Women (Autonomous), Nagapattinam organized “Life Save Skill” to YRC Volunteers on 13.12.17 in AV room at 2.00pm. Dr.G.V.Pandian, YRC District Organiser and Mr.A.Martin Mangalaraj, District Resource Person – Disaster Management were addressed the YRC volunteers. Dr.G.V.Pandian delivered the speech about importance of First aid and emphasized **Prevent Life, Preserve Worsening and Promote Fast Recovery** for Victims.



In the next session, Mr.A.Martin Mangalaraj enlightened the volunteers about Disaster Management. He insisted the different types of Disaster and how to rescue the victims. He encouraged the volunteers to render service during disaster times. 116 YRC volunteers are actively participated in this programme. Volunteers shared their feedback at the end of the session. Dr.N.Prabha, YRC coordinator welcomed the gathering and Mrs.T.Kalaivani proposed the vote of thanks. The programme came to an end with National anthem.

One Day District Level YRC Student Study Camp – 10.01.18



Six Youth Red Cross Volunteers and Mrs.C.Dharani, YRC Programme Officer attended a “One Day District Level Youth Red Cross Student Study Camp” held on 10.01.18 at Kalaimagal College of Arts and Science, Sembanarkoil.

District Level Geneva Convention Day Competition – 01.02.18

68th Anniversary of Geneva Convention Day, a district level elocution competition was conducted on 01.02.18 at TBML College, Porayar.

Topic of elocution competition are

Tamil –

English – Various Training programme to be given to the YRC volunteers to face the natural calamities.

Ms.R.Sri Yogitha and Mrs.M.Neela were participated in the competition for English and Tamil elocution competition respectively.

Ms.R.Sri Yogitha received I Prize in English elocution competition and selected for the State level competition. Mrs.M.Neela received II Prize in Tamil elocution Competition.

ONE DAY DISASTER MANAGEMENT TRAINING PROGRAMME –

05.03.18

Youth Red Cross unit of A.D.M.College for Women (Autonomous), Nagapattinam organized One Day Disaster Management Training to YRC Volunteers on 05.03.18 in AV room. Dr.R.Anbuselvi, Vice Principle delivered presidential address and Mrs.R.Alamelu introduced the resource person Mr.J.Benjamin. He was a District Co-ordinator, Indian Red Cross Society, Nagapattinam. He spoke about origin and function of Red Cross. He insisted the different types of Disaster and how to rescue the victims during disaster time in the morning session.



Mr.J.Benjamin covered in the afternoon session, he enlightened water sanitation and public health in flood period. He demonstrated and trained the YRC

volunteers how to rescue the victims in disaster time.



108 volunteers are participated in this programme. Dr.N.Prabha, YRC Programme officer welcomed the gathering and Mrs.C.Dharani proposed vote of thanks. The Programme came to an end with National anthem.

Co-Ordinator

Principal.

A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS), NAGAPATTINAM.

YOUTH RED CROSS – June.2018 to April.2019.

S.No.	Date	Name of the Activity	Resource Person	Place
1.	25.6.18	Indian Red Cross Society & NIB-CID branch organized and Awareness Rally on Drug Prohibition	Mr. Deshmukh Sekar Sanjay, IPS., Nagapattinam District Superintendent of police, Nagapattinam	Nagapattinam Railway Station to New Bus Stand.
2.	28.6.18 & 29.6.18	Social Emergency Response volunteers (SERV) Training Programme	Mr.J.Benjamin, District Co-ordinator, Indian Red Cross Society, Nagapattinam.	14 YRC volunteers attended at N.D.High School, Nagapattinam
3.	9.8.18	Six Students participated in the 69 th Geneve Convention Day Competitions organized by the Indian Red Cross Society, Nagapattinam.		Indian Red Cross Society, Nagapattinam.
4.	13.8.18	69 th Geneve Convention Day Competitions celebration was organized by the Indian Red Cross Society, Nagapattinam. Fifty students attended the celebration and received prizes. Oratorical Competition: I Prize: V.Mathamithra – II B.Sc Chemistry. III Prize: P.Sivasathya – III B.Sc Chemistry Essay Competition: I Prize : S.Uma Maheswari - III B.Sc Chemistry II Prize: R.Ramya - II B.Sc Chemistry Drawing Competition: I Prize : Sathya Keerthana – II B.Sc Chemistry II Prize: Yogasankari – I B.Sc Zoology		Siva sakthi Mahal, Nagapattinam.
5.	21.8.18	69 th Geneve Convention Day, a District level Elocution Competition was conducted at TBML College. Ms.V.Mathamithra, II B.Sc Chemistry and Ms.S.Uma Maheswari were participated in the competition for tamil and		T.B.M.L. College, Porayar.

		English Elocution competition respectively. Ms.V.Mathanmithra, II B.Sc Chemistry won first prize in District level and selected for the state level competition.		
6.	04.01.18	Orientation for YRC Volunteers	Dr.G.V.Pandian, YRC District Organiser, T.B.M.L.College, Porayar.	90 Students attended at A.D.M.College for Women, Nagapattinam
7.	26.02.19	One Day Disaster Management Training Programme	Mr.J.Benjamin, District Co-ordinator, Indian Red Cross Society, Nagapattinam.	104 YRC Volunteers are participated at A.D.M.College for Women, Nagapattinam.
8.	27.02.19	Five YRC Volunteers and Dr.P.Jamunadevei, Assistant Professor of Commerce attended One Day District Level Youth Red Cross Student Study Camp		A.V.C.College (Autonomous), Mannampandal, Mayiladuthurai.
9.	02.03.19	Ms.V.Mathanmithra, II B.Sc Chemistry participated and won first prize in State level Tamil Oratorical competition organized by India Red Cross Society, Chennai in connection with 69 th Geneve convention day celebration	-	-
10.	07.03.19 to 09.03.19	Zonal level Three Days Orientation Training for YRC Volunteers and Programme officers	-	T.B.M.L. College, Porayar.

WORLD DRUG ERADICATION AWARENESS DAY – 25.6.18

Indian Red Cross Society and NIB-CID branch of Nagapattinam organized an Awareness Rally on Drug Prohibition on 25.6.18. More than Eighty YRC Volunteers and staff member Mrs.Dharani and Ms.R.Maheswari participated in the World Drug Prohibition Day Rally. Thiru. Deshmukh Sekar Sanjay, IPS, District Superintendent of Police, Nagapattinam flagged off the rally and delivered presidential address. He motivated the students to create awareness about drugs among public. The rally started from Nagapattinam railway station to new bus stand. Students actively participated in this programme.

SOCIAL EMERGENCY RESPONSE VOLUNTEERS (SERV) TRAINING PROGRAMME – 28.6.18

Indian Red Cross Society – Branch of Nagapattinam organized a two days training programme for Social Emergency Response Volunteers (SERV) at N.D.High School, Nagapattinam on 28.6.18 and 29.6.18. Mr.J.Benjamin, District Co-ordinator, IRCS, Nagapattinam was a resource person. He insisted about origin and function of Red Cross. He demonstrated and gave an hands-on-training to the YRC volunteers how to rescue the victims in disaster time and First aid. YRC volunteers from various school and college students are actively participated. Fourteen YRC volunteers of our college are participated in this training programme.

69th Geneva Convention Day Competition – 09.08.18

Six students participated in the Geneva Convention Day Competition on 09.08.18 organised by the Indian Red Cross Society, Nagapattinam District Branch.

Oratorical Competition	V.Mathanmitra	II B.Sc Chemistry
	P.Siva Sathya	III B.Sc Chemistry
Essay Competition	S.Uma Maheswari	III B.Sc Chemistry
	R.Ramya	I B.Sc Chemistry
Drawing Competition	Sathya Keerthana	II B.Sc Chemistry
	Yogasankari	I B.Sc Zoology

69th Geneva Convention Day Celebration – 18.08.17

Geneva Convention Day celebration was organized by the Indian Red Cross Society, Nagapattinam District Branch on 13.8.18 at Siva Sakthi Mahal, Nagapattinam. Fifty Students attended the celebration and received prizes.

Oratorical Competition	I Prize-V.Mathanmitra	II B.Sc Chemistry
	III Prize-P.Siva Sathya	III B.Sc Chemistry
Essay Competition	I Prize - S.Uma Maheswari	III B.Sc Chemistry
	II Prize - R.Ramya	I B.Sc Chemistry
Drawing Competition	I Prize - Sathya Keerthana	II B.Sc Chemistry
	II Prize - Yogasankari	I B.Sc Zoology

Thiru.G.Manikandan, District Court, Nagapattinam was a chief guest. Thiru. P.U.Shanmugham, Chairman, Thiru.K.Elakkuvan, Honorary secretary spoke the origin of IRCS and encouraged the students. The chief guests congratulate the prize winners and distributed the certificate with prizes. The function came to an end with National anthem.

District Level 69th Geneva Convention Day Competition – 21.8.18

69th Anniversary of Geneva Convention Day, a district level elocution competition was conducted on 21.8.18 at TBML College, Porayar.

Topic of elocution competition are

Tamil –

English –Today's value of Humanity

Ms.V.Mathanmithra, II B.Sc Chemistry and Ms.S.Uma Maheswari, III B.Sc Chemistry were participated in the competition for Tamil and English Elocution competition respectively. Ms.V.Mathanmithra won first prize in District level and selected for the State level competition.

Orientation for YRC Volunteers – 04.01.19

Youth Red Cross Unit of A.D.M.College for Women organized Orientation Programme for YRC volunteers on 04.01.19 in the A.V. Room. The programme started with Tamil Thai Valthu and welcome address given by Dr.N.Prabha, YRC Programme officer. Dr. G.V.Pandian, YRC District organizer, TBML College, Poraiyur was the Resource Person.



Dr.G.V.Pandian enlightened the volunteers about the origin of Red cross, organization, structure, mission, seven fundamental principles, Disaster and Emergency preparedness. He insisted the difference between Accident and Disaster. He motivated the volunteers to render service to the society in useful way. 90 volunteers actively participated in this programme. Dr.P.Jamuna Devi proposed the vote of thanks. The programme came to an end with National anthem.

ONE DAY DISASTER MANAGEMENT TRAINING PROGRAMME – 26.02.19

Youth Red Cross Unit of A.D.M.College for Women (Autonomous), Nagapattinam organized One Day Disaster Management Training Programme to YRC Volunteers on 26.02.19 in Chemistry Seminar Hall. Mrs.R.Alamelu, HOD of History, Former YRC Programme Officer delivered Presidential address. Mr.J.Benjamin was the Resource Person.



Mr.J.Benjamin enlightened the students on origin, function of Red Cross and different types of disaster. He created awareness to the volunteers by showing power point presentation on Disaster Management. Mr.J.Benjamin shared his experience about Kaja's cyclone. He demonstrated and trained the volunteers how to rescue the victims. 104 volunteers actively participated in this programme. It is very useful to them. Dr.N.Prabha, YRC Programme officer welcomed the gathering and Dr.P.Jamunadevi proposed vote of thanks. The Programme came to an end with National anthem.

One Day District Level YRC Student Study Camp – 27.02.19



Five Youth Red Cross Volunteers and Dr.P.Jamunadevi, Assistant Professor of Commerce, YRC Programme Officer attended a “One Day District Level Youth Red Cross Student Study Camp” held on 27.02.19 at A.V.C.College (Autonomous), Mannampandal, Mayiladuthurai.

State Level 69th Geneva Convention Day Competition – 02.03.19



Ms.V.Mathanmithra, II B.Sc Chemistry participated and won first prize in **State level Tamil Oratorical competition** organized by India Red Cross Society, Chennai in connection with 69th Geneva convention day celebration on 02.03.19.



Zonal Level Orientation Programme – 07.03.19 to 09.03.19

Four Youth Red Cross volunteers and Dr.P.Jamunadevi, Assistant Professor of Commerce, YRC Programme Officer attended a “Zonal Level three days orientation training for YRC volunteers and programme officers” organized by Bharathidasan University, Trichy and Youth Red Cross unit, T.B.M.L College, Porayar sponsored by Indian Red Cross Society, TamilNadu Branch, Chennai on 07.03.19 to 09.03.19 held at T.B.M.L College, Porayar.



Four Youth Red Cross volunteers and Dr.P.Jamunadevi, Assistant Professor of Commerce, YRC Programme Officer attended a “Zonal Level three days orientation training for YRC volunteers and programme officers” organized by Bharathidasan University, Trichy and Youth Red Cross unit, T.B.M.L College, Porayar sponsored by Indian Red Cross Society, TamilNadu Branch, Chennai on 07.03.19 to 09.03.19 held at T.B.M.L College, Porayar.

In the three days orientation Programme the movement, history, structure, principles and emblem of Youth Red Cross, First aid, Disaster management, Leadership training, soft skill development, carrier guidance, yoga theory and practical sessions were conducted with various resource person. It is very useful to the YRC volunteers.

Co-Ordinator

Principal.

A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS), NAGAPATTINAM

YOUTH RED CROSS – 2019-2020.

S.NO.	DATE	NAME OF THE ACTIVITY	RESOURCE PERSON	PLACE
1.	26.06.2019	Indian Red Cross Society and NIB-CID branch organised and awareness rally on Drug Prohibition	Mr.C.Vijayakumar, IPS., Nagapattinam District, Superintendent of Police, Nagapattinam	Nagapattinam Railway Station to New bus stand
2.	06.07.2019 to 08.07.2019	Social Emergency Response Volunteers (SERV) Induction Training Programme	Indian Red Cross Society Members, Nagapattinam Branch, Nagapattinam.	N.D.H.S.School, Nagapattinam.
3.	09.08.2019	Six Students participated in 70 th Geneve Convention Day Competition organised by IRCS, Nagapattinam		IRCS Office, Nagapattinam
4.	16.08.2019	70 th Geneve Convention Day celebration organised by IRCS, Nagapattinam		Siva Sakthi Mahal, Nagapattinam.
5.	18.09.2019	District Level – Geneve Convention Day Competition		T.B.M.L.College, Porayar.
6.	10.10.2019	Orientation for YRC Volunteers	Mrs.R.Alamelu, HOD & Associate Professor of History, A.D.M.College for Women, Nagapattinam	A.D.M.College for Women, Nagapattinam.
7.	08.01.2020	National Voters Day - Drawing Competition		A.D.M.College for Women, Nagapattinam.
8.	20.01.2020	Road Safety Awareness Rally		College to New Bus Stand
9.	22.01.2020	IRCS – YRC Centenary Celebration competition		T.B.M.L.College, Porayar.
10.	25.01.2020	National Voters Day awareness Rally		V.D.Polytechnic to Collectorate.
11.	03.02.2020	One Day Disaster Management Training Programme	Mr.J.Benjamin, District Co-ordinator, CFRT Member, IRCS, Nagapattinam	85 YRC Volunteers
12.	21.02.2020	IRCS Centenary Celebration Rally		Nagapattinam New Bus Stand.
13.	09.03.2020	International Women’s Day Celebration		Nagapattinam Railway Station.

WORLD DRUG ERADICATION AWARENESS DAY – 26.06.2019

Indian Red Cross Society and NIB-CID Branch of Nagapattinam organised an Awareness Rally on Drug prohibition on 26.06.19. Thirty YRC volunteers and Co-Ordinator Dr.P.JamunaDevi, assistant Professor of Commerce participated in the World Drug Prohibition Day Rally. Thiru.C.Vijayakumar, I.P.S, Nagapattinam District Superintendent of Police flagged off the rally. He delivered presidential address to the students and create awareness about Drug among public. The Rally started from Nagapattinam Railway Station to New Bus stand. Students actively participated in this programme.

SOCIAL EMERGENCY RESPONSE VOLUNTEERS (SERV)

INDUCTION TRAINING PROGRAMME – 06.07.19

Indian Red Cross Society- Branch of Nagapattinam organised a three days Induction training programme for Social Emergency Response Volunteers (SERV) at Natarajan Dhamayanthi Higher Secondary School ,Nagapattinam. The training covered following topics.

Red Cross Movement, Public health in Emergency and Epidemic prevention during Disaster, Early warning and co-ordination, Fundamentals of Disaster Management and Latest initiative in Disaster Mitigation, Life saving first aid, Emergency shelter Management, Wash, Climate change and adoption & Rescue. Methodology and Hands-on-training to the YRC volunteers with various resource person. YRC volunteers from various school and college students are actively participated. Nineteen YRC volunteers of our college are participated in a three days Induction training programme.

GENEVA CONVENTION DAY COMPETITION – 09.08.19

Indian Red Cross Society-Nagapattinam branch conducted various competition in connection with 70th Geneva Convention day on 09.08.19 at N.D.High School, Nagapattinam.

Competition topics are,

Oratorical Competition :

Essay Competition :

Drawing Competition :

The following students are participated in the competition.

S.No.

	Oratorical Competition:	
1.	V.Mathanmithra III B.Sc Chemistry	I Prize
2.	G.Sobnana II B.Sc Chemistry	II Prize
	Essay Competition:	
3.	R.Ramya III B.Sc Chemistry	I Prize
4.	R.Deepika II B.Sc Chemistry	II Prize
	Drawing Competition:	
5.	P.Sathiya Keerthana III B.Sc Chemistry	I Prize
6.	M.Suhyna I B.Sc Chemistry	II Prize

GENEVA CONVENTION DAY CELEBRATION – 16.08.19

Geneva Convention Day Celebration was organised by the Indian Red Cross Society, Nagapattinam district Branch on 16.08.19 at Siva Shakthi Mahal, Nagapattinam.



Four of our students received prizes in the following competitions.

S.No.

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|----|---|----------|
| | Oratorical Competition: | |
| 1. | V.Mathanmithra
III B.Sc Chemistry | I Prize |
| 2. | G.Sobnana
II B.Sc Chemistry | II Prize |
| | Essay Competition: | |
| 3. | R.Deepika
II B.Sc Chemistry | I Prize |
| | Drawing Competition: | |
| 4. | P.Sathiya Keerthana
III B.Sc Chemistry | I Prize |

Mr.K.Gunasekaran, Chief Education Officer, Nagapattinam was a Chief Guest. He congratulate the prize winners and distributed the prizes with certificate. His speech was motivated

the students. Twenty five YRC volunteers are participated in the event. The function came to an end with National anthem.

DISTRICT LEVEL – GENEVA CONVENTION DAY COMPETITION – 18.09.19

70th Anniversary of Geneva Convention day a district level elocution competition was conducted on 18.09.19 at T.B.M.L College, Porayar.

Topic of elocution competition are,

Tamil –

English – Today’s India’s Problems and its Solutions.

Ms.G.Sobana, II B.Sc Chemistry participated in Tamil and Ms.V.Mathanmithra, III B.Sc Chemistry participated in Tamil and English elocution competition.

ORIENTATION FOR YRC VOLUNTEERS – 10.10.19

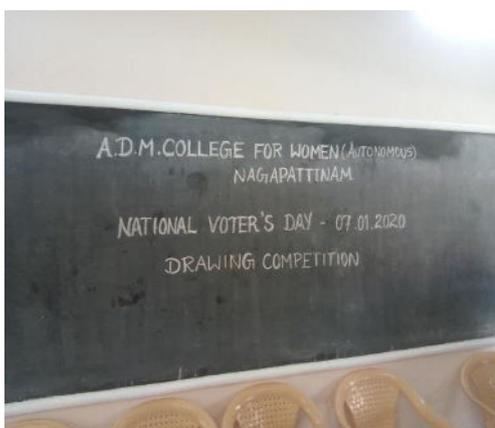
Youth Red Cross unit of A.D.M.College for Women, Nagapattinam organised “Orientation Programme for YRC Volunteers” on 10.10.19 in the AV room at 2.00pm.



Dr.R.Anbuselvi, Principal in-charge delivered presidential address. Mrs.R.Alamelu, Head and Associate Professor of History, Former YRC Programme officer was the resource person. She enlightened the volunteers on the Objective, Founder of IRCS and Basic Fundamental of Red Cross unit. She advised the volunteers to maintain discipline in the prayer, inside the college campus and to render service to the society in useful way. 129 first year volunteers are actively participated in this programme. Dr.N.Prabha, YRC programme officer welcomed the gathering and Ms.R.Deepika, II B.Sc Chemistry YRC volunteer proposed the vote of thanks. The programme came to an end with National anthem.

NATIONAL VOTERS DAY CELEBRATION – 08.01.2020

A.D.M.College for Women (Autonomous), Nagapattinam organized a National Voters Day awareness programme and conducted a Drawing Competition on a topic “Electoral Literacy for Stronger Democracy” on 08.01.2020. Mr.A.Frances ,Assistant Election Officer Preside over the programme in the presence of our principal Dr.L.Megala. Six Students were participated in the programme.



The list of participants and winners are as follows.

S.No.

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|----|-------------------------------------|-----------|
| 1. | A.Aruna
II M.Sc Chemistry | I Prize |
| 2. | J.Sivaranjani
II B.Sc Physics | II Prize |
| 3. | M.Deepa
II B.Sc Maths | III Prize |
| 4. | V.Dhivesh
II B.Sc Chemistry | |
| 5. | D.Bhuvana
II B.Sc Chemistry | |
| 6. | S.Anita Rosy Mary
I B.Sc Physics | |

IRCS – YRC CENTENARY CELEBRATION EVENT – 22.01.2020

IRCS-YRC is Planning To Celebrate Its Centenary Celebration District level competition was conducted at T.B.M.L.College, Porayar on 22.01.2020

The Topic of Competitions are

Drawing :	Humanity in action
Essay :	YRC Volunteers as a College Health Ambassador
Oratorical :	The role of YRC Volunteers in fostering friendship



The following students are participated in the events

Drawing :	1. A.Aruna – II M.Sc., Chemistry 2. J.Sivaranjani – II B.Sc Physics
Essay :	1. R.Ramya – III B.Sc Chemistry 2. A.Sakthi – I B.Com

	3. S.Mahalakshmi – I B.Com
Oratorical :	1. V.Mathanmithra – III B.Sc Chemistry
	2. M.I.Nanthini – I B.Com

NATIONAL VOTERS DAY AWARENESS RALLY – 25.01.2020

Revenue Department of Nagapattinam organised a awareness Rally in connection with 10th National voters day on 25.01.2020 from V. D.Polytechnic to Collectorate. Thiru.Praveen nair, IAS, District Collector flagged off the rally.



Thiru.Praveen Nair, IAS delivered presidential address and taken pledge for the voter's day. He motivated the students to create awareness about voting in a local body, legislative assembly and parliament election. He told that voting is not our right but it's our duty. The District Collector congratulated the first prize winners and distributed the certificate with prizes. The function came to an end with National anthem.

ONE DAY DISASTER MANAGEMENT TRAINING PROGRAMME –

03.02.2020

Youth Red Cross unit of A.D.M.College for Women (Autonomous), Nagapattinam organized One Day Disaster Management training Programme on 03.02.2020 at AV Room. Dr.R.Anbuselvi, Principal Incharge delivered presidential address. Mr.J.Benjamin, District Co-ordinator, CFRT Member, IRCS, Nagapattinam was the Resource person. He delivered the speech about origin, function of Red Cross and various types of disaster. He creates awareness to the volunteers and how to help the victims by showing Power Point presentation.





Mr.J.Benjamin shared his experience about Kaja cyclone and various disaster. In afternoon session, he demonstrated and trained the volunteers how to rescue the affected people. 85 volunteers are actively participated in this programme. This programme is very useful to volunteers. Dr.N.Prabha welcomed the gathering and Ms.R.Deepika, II B.Sc Chemistry proposed vote of thanks. The programme came to an end with National anthem.

IRCS CENTENARY CELEBRATION – 21.02.2020

Indian Red Cross Society, Nagapattinam branch organized celebrating 100 years of Indian Red Cross Society, Tamil Nadu Branch in humanity service on 21.02.2020. On connection with this celebration Motor cycle relay rally and cart started at Kanayakumari on 06.02.2020. It passed more than seven districts and reached Nagapattinam on 20.02.2020.





Indian Red Cross Society, Nagapattinam branch members, students of various colleges and schools welcomed the cart on 21.02.2020 at Nagapattinam New Bus stand. Mr.Praveen nair, IAS, District Collector delivered the presidential address and motivated the students to follow the seven principles of IRCS. Mr.Praveen Nair, IAS flagged off the relay rally and continued their journey from Nagapattinam bus stand to Porayar. Students are actively participated in the celebration programme.

INTERNATIONAL WOMEN'S DAY CELEBRATION- 09.03.2020



Southern Railway Protection Force Celebrated the International Women's Day on 9.3.2020 at Nagapattinam Railway station to create awareness among the

public for safe journey. Dr.P.Jamunadevi, Asst. Prof. of Commerce, YRC Programme officer and thirty five volunteers participated in this programme. Railway Protection Force instated the secure train journey for the passengers to the YRC volunteers. YRC volunteers distributed the pamphlets and made aware of the Railway Helpline numbers to the public.

CO-ORDINATOR

PRINCIPAL



**A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS),
NAGAPATTINAM
AFFILIATED TO BHARATHIDASAN UNIVERSIY,
TIRUCHIRAPPALLI
NATIONALLY ACCREDITED WITH “A” BY NAAC (3RD CYCLE)**



Youth Red Cross

S.NO.	DATE	NAME OF THE ACTIVITY	RESOURCE PERSON	PLACE	NO. OF BENEFICIARIES
1.	28.10.2020	District level Webinar on “Blood Donation Awareness” programme	Dr.N.Sivakumar, Chief Suregon, GH, Mayiladuthurai	Google Meet	100
2.	02.03.2021	Inauguration & Orientation Programme of YRC Volunteers	Dr.G.V.Panidan, YRC District Organizer, TBML College, Porayur	A.D.M.College for Women, Nagapattinam	120Volunteers
3.	08.03.2021	One Day Disaster Management Training Programme	Mr.J.Benjamin, District Co-ordinator, CFRT Member, IRCS, Nagapattinam	A.D.M.College for Women, Nagapattinam	85 YRC Volunteers



**A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS),
NAGAPATTINAM**
AFFILIATED TO BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI
NATIONALLY ACCREDITED WITH "A" BY NAAC (3RD CYCLE)



YOUTH RED CROSS

Organises

District Level Webinar

“BLOOD DONATION AWARENESS”

Venue : Google Meet

Date : 28.10.2020

Time : 11.30am

Link : <http://meet.google.com/kbo-awst-thn>

All are Cordially Invited

Programme Schedule

Welcome Address : **Dr.G.V.Pandian**
District Organiser,
Youth Red Cross,
Nagapattinam District.

Inaugural Address : **Dr.R.Anbuselvi**
Principal Incharge,
A.D.M.College for Women,
Nagapattinam.

Presidential Remarks : **Dr.K.Vetrivel**
YRC Zonal Coordinator,
Youth Red Cross Zone,
Bharathidasan University,
Thiruchirappalli.

Special Address : **Dr.N.Sivakumar**
Chief Civil Surgeon,
Blood Bank,
GH-Mayiladuthurai.

Vote of Thanks : **Dr.N.Prabha**
Programme Officer,
Youth Red Cross,
A.D.M.College for Women,
Nagapattinam.



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YOUTH RED CROSS

REPORT OF DISTRICT LEVEL WEBINAR ON "BLOOD DONATION AWARENESS"

28.10.2020

Youth Red Cross unit of A.D.M.College for Women (Autonomous), Nagapattinam organized a District Level webinar on "Blood Donation awareness" programme on 28.10.2020 at 11.30am on Google meet platform. The Programme started with Thamilthai Valthu and welcome address was given by Dr.G.V.Pandian, District Organiser, Youth Red Cross, Nagapattinam District. Dr.R.Anbuselvi, Principal In -charge, delivered inaugural address and motivated the students to do social service and involve themselves in the service activities. The Presidential address was given by Dr.K.Vertivel, YRC Zonal Coordinator, Youth Red Cross Zone, Bharathidasan University, Trichy. He enlightened the origin and functioning of Red Cross activities at various levels and explained the importance of Blood Donation to the Youth Red Cross volunteers. Dr.N.Sivakumar, Chief Civil Surgeon, GH-Mayiladuthurai delivered the special address. He insisted and encouraged the volunteers for Blood donation in this pandemic. He also motivated the students to render the service to the society. 100 participants and faculties of A.D.M College for Women and other college volunteers are participated in this webinar. Dr.N.Prabha, Programme Officer, proposed vote of thanks. The Programme came to an end with National anthem.

CO-ORDINATOR

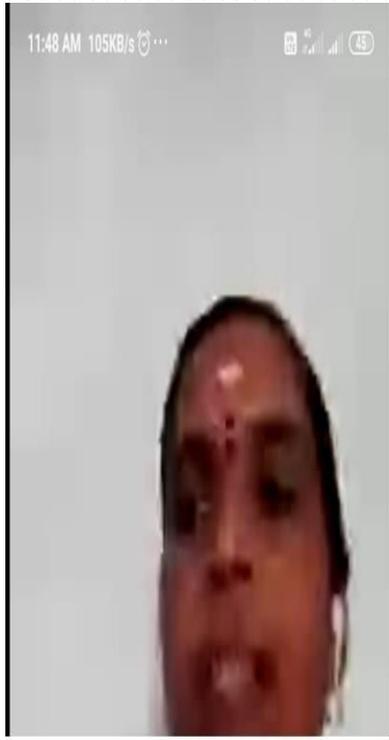
PRINCIPAL



(99)

Meeting participant list:

- victor pandian (You)
- Youth Red Cross ADMC >
- anbu selvi >



(100)

Meeting participant list:

- Jamuna Devi (You)
- anbu selvi >
- Youth Red Cross ADMC >
- victor pandian >

Others in the meeting (96)

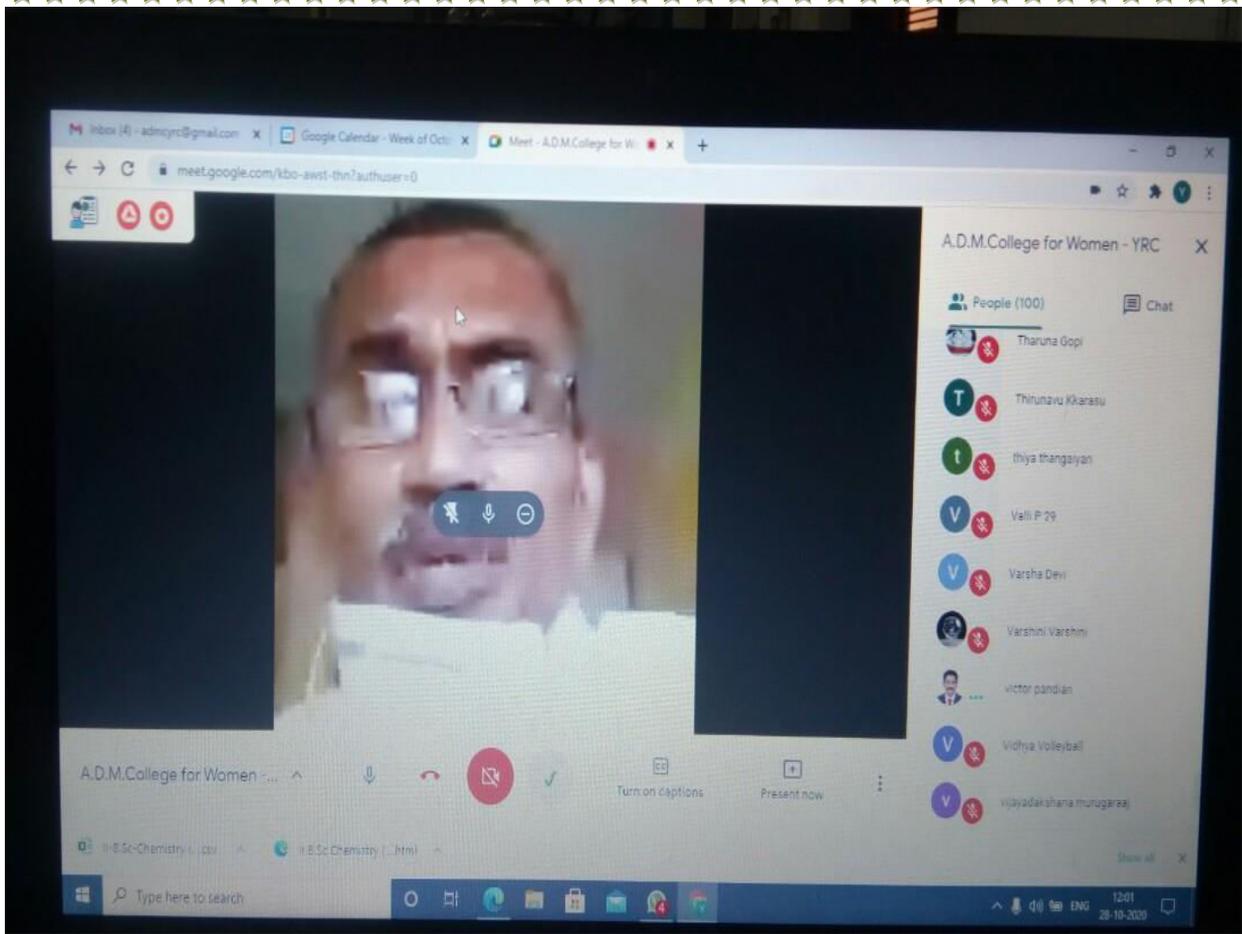


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Meeting participant list:

- victor pandian (You)
- Youth Red Cross ADMC >
- anbu selvi >

Also in the meeting (96)





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Youth Red Cross

Organises

***"Inauguration & Orientation
Programme for YRC Volunteers "***

Venue : AV Room

Date : 02.03.2021

Time : 2.00pm to 3.30pm

ALL ARE CORDIALLY INVITED

Programme Officer(s)
(Dr.N.Prabha & Dr.R.Jamuna Devi)

Principal
(Dr.R.Anbuselvi)

Programme Schedule

Welcome Address : **Dr.N.Prabha**
Programme Officer,
Youth Red Cross,
A.D.M.College for Women,
Nagapattinam.

Presidential Address : **Dr.R.Anbuselvi**
Principal Incharge,
A.D.M.College for Women,
Nagapattinam.

Special Address : **Dr.G.V.Panidan,**
District Organiser,
Youth Red Cross,
Nagapattinam District.

Vote of Thanks : **Dr.R.Jamuna Devi,**
Programme Officer,
Youth Red Cross,
A.D.M.College for Women,
Nagapattinam.



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YOUTH RED CROSS

INAUGURATION & ORIENTATION PROGRAMME FOR YRC VOLUNTEERS ON

02.03.2021

Youth Red Cross unit of A.D.M.College for Women organized "Inauguration & Orientation programme for YRC Volunteers" on 02.03.2021 in Chemistry seminar hall. The programme started with Tamilthai Valthu. Dr.N.Prabha, YRC Programme officer welcomed the gathering. Dr.R.Anbuselvi, Principal Incharge delivered presidential address. Dr.G.V.Pandian, YRC District organizer, TBML College, Porayur was the resource person.

Dr.G.V.Pandian addressed the volunteers about the origin of Red Cross, organization, structure, mission and seven fundamental principles of Red Cross. He insisted the role of YRC volunteers in Disaster and Emergency preparedness. He encouraged the volunteers to render service to the society in useful way. Seventy one volunteers actively participated in this programme. Dr.R.Jamuna Devi proposed vote of thanks. The programme came to an end with National anthem.

CO-ORDINATOR(s)

PRINCIPAL



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Youth Red Cross

Organises

***"ONE DAY DISASTER MANAGEMENT
TRAINING PROGRAMME"***

Resource Person : Mr. J.Benjamin
District Co-ordinator,
CFRT Member, IRCS
Nagapattinam

Venue : AV Room

Date : 08.03.2021

Time : 10.00am to 4.00pm

All are Cordially Invited

Programme Officer(s)
(Dr.N.Prabha & Dr.R.Jamuna Devi)

Principal
(Dr.R.Anbuselvi)

Programme Schedule

Welcome Address : **Dr.N.Prabha**
Programme Officer,
Youth Red Cross,
A.D.M.College for Women,
Nagapattinam.

Presidential Address : **Dr.R.Anbuselvi**
Principal Incharge,
A.D.M.College for Women,
Nagapattinam.

Resource Person : **Mr. J.Benjamin**
District Co-ordinator,
CFRT Member, IRCS
Nagapattinam

Vote of Thanks : **Dr.R.Jamuna Devi**
Programme Officer,
Youth Red Cross,
A.D.M.College for Women,
Nagapattinam.



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YOUTH RED CROSS

ONE DAY DISASTER MANAGEMENT TRAINING PROGRAMME ON 08.03.2021

Youth Red Cross unit of A.D.M.College for Women (Autonomous), Nagapattinam organized One Day Disaster Management Training Programme on 08.03.2021 at AV Room. The programme was started with Tamilthai Valthu and welcome address was given by Dr.N.Prabha, YRC Programme officer. Dr.R.Anbuselvi, Principal Incharge delivered presidential address. Mr.J.Benjamin, District co-ordinator, CFRT Member, IRCS, Nagapattinam was the resource person. He delivered the talk about origin, functions of Red Cross, Various types of disaster, fire explosives and Road accident by using Power point presentation.

Mr.J.Benjamin shared his experience about Tsunami in 2004, Gaja cyclone of Nagapattinam and cyclones of other district by showing the videos. In afternoon session, he demonstrated and trained the volunteers how to save the affected people from the disaster. Using four, three and two hands knott techniques. He also insisted to eat fresh green vegetables and fruits daily. Avoid junk foods and soft drinks. Mr.J.Benjamin enlightened the students not to skip the breakfast and eat balanced diet daily. Seventy volunteers are actively participated in this programme. This programme is very useful to volunteers. Dr.R.Jamuna Devi, YRC Programme officer proposed vote of thanks. The programme came to an end with National anthem.

CO-ORDINATOR(s)

PRINCIPAL

ONE DAY DISASTER MANAGEMENT TRAINING PROGRAMME ON 08.03.2021



CO-ORDINATOR(S)

PRINCIPAL





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YOUTH RED CROSS

MEGA VACCINATION CAMP – 22.10.2021

As Per the Communication received from The Director, Health Department, Mayiladuthurai on 22.10.2021 regarding the participated of Youth Red Cross Volunteers in Mega Vaccination Camp in near by areas.



Nagapattinam municipality organized a Mega Vaccination Camp at many places on 23.10.2021. Ten Youth Red Cross Volunteers of A.D.M.College for Women, Nagapattinam involved in the camp at New Bus Stand, Nagapattinam and gave awareness about COVID-19 vaccination and how to protect themselves from COVID-19 to the Public. Youth Red Cross Volunteers explained the importance of COVID vaccination and distributed masks to the Public.



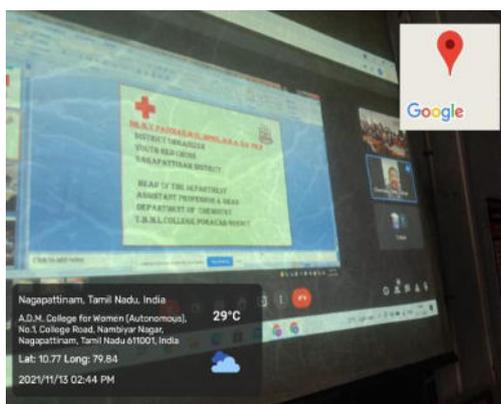
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YOUTH RED CROSS

INAUGURATION & ORIENTATION PROGRAMME FOR YRC VOLUNTEERS ON 13.11.2021

Youth Red Cross Unit of A.D.M.College for Women organized "Inauguration & Orientation Programme for YRC Volunteers on 13.11.2021 through Google Meet at 2.30p.m. in Chemistry Seminar Hall. Dr.N.Prabha, YRC Programme Officer welcomed the gathering. Dr.R.Anbuselva, Principal Incharge delivered inaugural address and motivated the students to do social service and involve themselves in the service activities.



Dr.G.V.Pandian, YRC District Organiser, T.B.M.L. College, Porayur was the Resource Person. He explained the volunteers about the Origin of Red Cross, Organization, Structure, Mission and Seven Principles of Red Cross. Dr.G.V.Pandian insisted the role of YRC Volunteers and encouraged to render the service to the society in useful way. 107 YRC volunteers actively participated in this programme. Dr.R.Jamuna Devi, YRC Programme Officer proposed Vote of thanks.



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YOUTH RED CROSS

ONE DAY DISASTER MANAGEMENT TRAINING PROGRAMME

10.12.2021 & 18.12.2021

Youth Red Cross unit of A.D.M.College for Women (Autonomous), Nagapattinam organized One Day Disaster Management Training Programme on 10.12.2021 & 18.12.2021 at AV Room. The Programme was started with Tamilthai Valthu and welcome address was given by Dr.N.Prabha, YRC Programme Officer. Dr.R.Anbuselvi, Principal Incharge delivered presidential address. Mr.J.Benjamin, District Co-Ordinator, CFRT member, IRCS, Nagapattinam was the resource person. He delivered the talk about the Origin, Functions of Red Cross and History of emblem by using powerpoint.

The Resource Person shared his experience about Tsunami in 2004, Gaja Cyclone, Cyclones from other district and Chennai flood at 2015 & 2021. He explained the principle of Youth Red Cross by showing videos. He insisted Various types of disaster, Fire explosives, Road accident and Cardiac Pulmonary Rhesus (CRP). In afternoon session, he demonstrated and volunteers how to save the affected people from the disaster using two, three, four hand knott and push back knott techniques. 146 Volunteers are actively participated in this programme. This programme was very useful to YRC volunteers. Ms.R.Bala Abirami, II B.Sc Chemistry proposed vote of thanks. The programme came to an end with National Anthem.

CO-ORDINATOR

PRINCIPAL

S.NO.	DATE	NAME OF THE ACTIVITY	RESOURCE PERSON	PLACE	NO. OF BENEFICIARIES
1.	23.10.2021	Mega Vaccination Camp	-	New Bus Stand, Nagapattinam	Public
2.	13.11.2021	Inauguration & Orientation Programme of YRC Volunteers	Dr.G.V.Panidan, YRC District Organizer, TBML College, Porayur	Google Meet	107 Volunteers
3.	10.12.2021	One Day Disaster Management Training Programme	Mr.J.Benjamin, District Co-ordinator, CFRT Member, IRCS, Nagapattinam	A.D.M.College for Women, Nagapattinam	85 YRC Volunteers
4.	11.12.2021	Awareness Programme on Mental Health	Dr.V.Uma, Physical Director, A.D.M.College for Women, Nagapattinam	AV Room	85 YRC Volunteers
5.	18.12.2021	One Day Disaster Management Training Programme	Mr.J.Benjamin, District Co-ordinator, CFRT Member, IRCS, Nagapattinam	A.D.M.College for Women, Nagapattinam	59 YRC Volunteers

Kommentar [D1]:



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YOUTH RED CROSS

Youth Red Cross Unit of A.D.M.College for Women (Autonomous), Nagapattinam organized an awareness programme on the topic "Mental Health" on 11.12.2021 at 2.00p.m. in AV Room. Dr.N.Prabha, YRC programme officer welcomed the gathering. Dr.V.Uma, Physical Director of our college was the resource person.

She started the session with the popular quote "Start your day with a Deep Breath, inhale all the Love & Goodness & Exhale all the Tears, Fears, Worries & Stress: the Smile". She said that we should be proud to be a woman. She enlightened the importance of Mental Health for adolescent and women. She explained mental illness is a physical illness of the brain and also said that the most common mental health conditions are anxiety disorder and mood disorder.



The Resource Person told that Physical fitness will Create Mental Health and Mental Health depends on Physical fitness. So, She motivated the students to do exercise regularly, eat freshly prepared foods, vegetables, fruits and to avoid junk foods & artificial drinks. She insisted women mental health is more essential for the family and society. 85 volunteers are actively participated and benefited through this programme. Ms.S.P.Krishnapriya, I B.Sc Chemistry proposed Vote of thanks. The programme came to an end with National anthem.

CO-ORDINATOR

PRINCIPAL