

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM
YRC & RRC CELL

ANNUAL REPORT (JUNE 2018 to MARCH-2019)

MUTHAYAMMAL COLLEGE OF ARTS AND SCIENCE, RASIPURAM
COLLEGE ADVISORY COMMITTEE FOR YRC

CHAIRMAN	PRINCIPAL	DR.R.SELVAKUMARAN
VICE-CHAIRMAN	YRC PROGRAMME OFFICER	DR.P.SELVAMALEESWARAN/BT
MEMBER	YRC ASSISTANT CO ORDINATOR	MR.SIVASANKARAN/TAM
MEMBER	YRC	T.VADIVU/CHE
MEMBER	YRC	S.MAHARAJAN/BC
MEMBER	YRC STUDENT CHAIRMAN	T. PRASATH/ENG
MEMBER	YRC STUDENT SECRETARY	E.RAJAGANESH/ENG

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Name of the cell	YRC &RRC
Designation	YRC & RRC CHAIRMAN
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Department	BIOTECHNOLOGY
Name of the cell	YRC &RRC



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Cell Mail ID	ycrrrc@muthayammal.in
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Department	TAMIL
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Name	T.VADIVU
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Designation	Member
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Name	S.MAHARAJAN
Department	BIOCHEMISTRY
Name of the cell	YRC &RRC



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Cell Mail ID	ycrrrc@muthayammal.in
Phone Number (S)	9487255548

Name	T. PRASATH
Department	ENGLISH
Name of the cell	YRC &RRC
Designation	YRC STUDENT CHAIRMAN
Corp. Mail ID	16UEN96@ muthayammal.in
Cell Mail ID	ycrrrc@muthayammal.in
Phone Number (S)	9944192708



Name	E.RAJAGANESH
Department	ENGLISH
Name of the cell	YRC &RRC
Designation	YRC STUDENT SECRETARY
Corp. Mail ID	16UEN101@ muthayammal.in
Cell Mail ID	ycrrrc@muthayammal.in
Phone Number (S)	9629240634



Introduction

The Red Cross, established in 1863 in Geneva, by Jean Henry Dunant, is an International Organisation meant for humanitarian services. Its headquarters is in Geneva, Switzerland with many affiliated National Red Cross and Red Crescent Societies. It is a non-religious, non-political and non-sectarian International body. Regardless of either frontiers or race, the Red Cross remains a voluntary organisation and also an independent one having considerable welfare activities to its credit.

The seven fundamental principles of the International Red Cross and Red Crescent Movement are

- Humanity
- Impartiality
- Neutrality
- Independence
- Voluntary Service
- Unity
- Universality

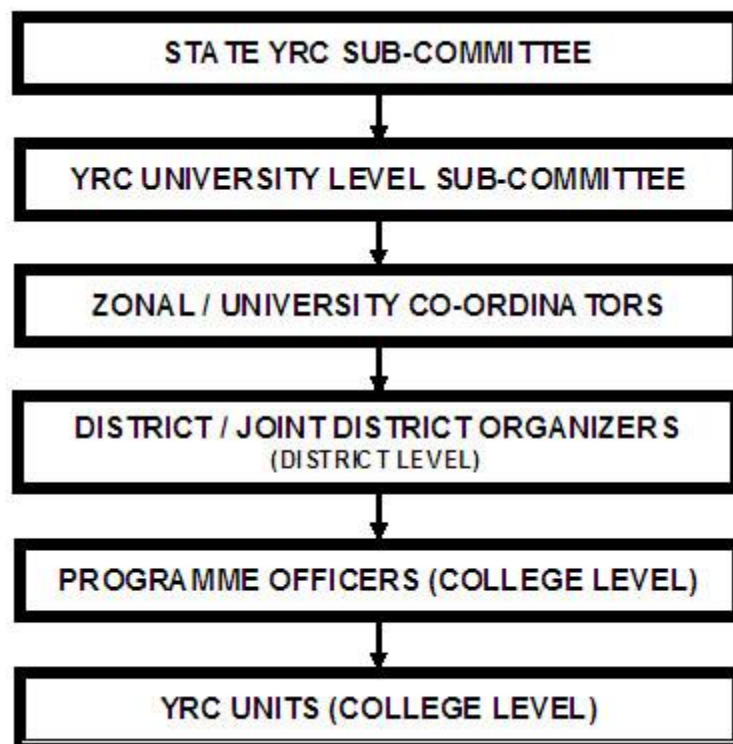
Red Cross Society functions with the one and only aim of serving people in distress without any consideration of caste, religion, language and nationality.

The Indian Red Cross Society serves as an auxiliary to the State authorities engaged in social welfare activities accepting the rules and regulations of the State, but at the same time maintaining its autonomy so that it can act always in accordance with the fundamental principles.

What is 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 within the colleges. A qualified lecturer is recognized as the leader and he is called the Programme Officer under his guidance, the students are trained and encouraged to manage the affairs of the group, electing their own office-bearers.

YRC ORGANISATIONAL SETUP



YRC Song:

Darthi karo nirmal karo beeda prabu hey
Jeevan karo vujval nava jyothi baro hey - (2)
Dukki janonki seva hum kare - (2)
Baththali thonko gale lagale - (2)
Shanthi badha shanthi kaarya shanthi varada hey!
Jeevan karo vujval nava jyothi baro hey!
Nava jyothi baro hey, nava jyothi baro hey!

YRC Programme Officers Pledge:

As a Programme Officer of Youth Red Cross, I Promise to serve, to work loyally for the promotion of Health and the relief of suffering and distress, wherever I may find it and to hold in friendship youth of all Nations.

YRC Member Pledge:

I Pledge myself to care my own health and that of others, to help the sick and suffering specially children and to look upon the youth allover the world as my friends.

Declaration form



MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM YOUTH RED CROSS & RED RIBBON CLUB

Dear parents / guardian

We would appreciate if you could read the information for parents /guardian before giving your consent for your child / ward to donate blood

INFORMATION FOR PARENT'S / GUARDIAN

Blood donation is one of the kindest and most generous acts that one human being can do another.

Any healthy person between the ages of 18-60 years can give blood. Those who are from 16 to 17 years old may also donate if they have their parents / guardians consent.

The donors need to be well on the day of donation. He/she should not have a sore throat, cold, fever or flu like symptoms.

DONOR DETAILS

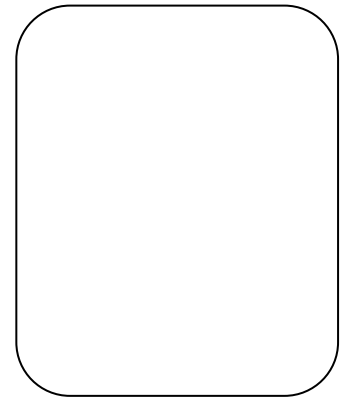
Name of My Child/Ward.....

Roll no.....

Year, Degree & Branch.....

College Name.....

Blood Group.....Contact No.....



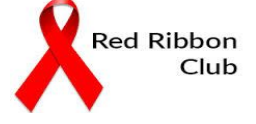
Parents / Guardian

Name.....relationship with
child/ward.....contact No.....

I, hereby confirm that I am the parent /guardian of the above named. I have read the information for parents/guardian and give my permission for him/her to donate blood and give on behalf of him/her the same consents. I declare the representations and information required to be provided by my child/ward to be true, accurate and complete. I will bear full responsibility for this consent.

Signature of Parent/Guardian

Date of consent



முத்தாயம்மாள் கலை மற்றும் அறிவியல் கல்லூரியின் , இளைஞர்
செஞ்சிலுவை சங்கம் மற்றும் செஞ்சுருள் சங்கம்

மதிப்பிற்குரிய பெற்றோர்களுக்கு,

இரத்ததானம் மனிதநேய வெளிப்பாட்டின் மிகச் சிறந்த அடையாளம்

இரத்ததானம் செய்வதால் ஏற்படும் நன்மைகள்

- தொடர்ச்சியாக ஒவ்வொரு 3 மாத இடைவெளியில் இரத்த தானம் செய்வோருக்கு மாரடைப்பு மற்றும் இருதய நோய்கள் வருவதற்கான வாய்ப்புகள் குறைவு.
- ஒவ்வொரு தடவையும் இரத்த தானம் செய்யும் போது உடலில் உள்ள இரத்த செல்கள் புத்துணர்ச்சியடைகின்றன.மேலும் புதிய இரத்த சிவப்பணுக்கள் அதிக எண்ணிக்கையில் உற்பத்தியாகி இரத்த ஓட்டம் சீரடைகிறது.
- உடலில் நோய் எதிர்ப்பு சக்தி அதிகரிக்கிறது.

பெற்றோர் உறுதிமொழி

எனது மகன் / மகள் தங்கள்
கல்லூரியில் பாடப் பிரிவில்
படிக்கின்றார். அவர் அவசர தேவைக்கு இரத்தம் அளிக்க நான் முழு
மனதோடு சம்மதிக்கிறேன்.

தேதி :

பெற்றோர் கையொப்பம்



MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE
Rasipuram-637 408, Namakkal Dt.

YOUTH RED CROSS & RED RIBBON CLUB

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DONOR DETAILS

Name of My Child/Ward..... A. Srikarshnan
Roll No..... 17UMA180
Year, Degree & Branch..... 2017 - I - B.Sc - Maths
College Name..... Mathayammal college
Blood Group..... B+ Contact No..... 7810999106



Parents / Guardian

Name..... K. Agyanan relationship.....
with child/ward..... son contact No..... 9002733756

I, hereby confirm that I am the parent /guardian of the above named. I have read the information for parents/guardian and give my permission for him/her to donate blood and give on behalf of him/her the same consents. I declare the representations and information required to be provided by my child/ward to be true, accurate and complete. I will bear full responsibility for this consent.

M. Sathya
Signature of Parent/Guardian

31.07.17
Date of consent



முத்தாயம்மாள் கலை மற்றும் அறிவியல் கல்லூரியின் இளைஞர்
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- உடலில் நோய் எதிர்ப்பு சக்தி அதிகரிக்கிறது.

பெற்றோர் உறுதிமொழி

எனது மகன் / மகள் உ. பி. சிவசுப்பிரமணியன் தங்கள் கல்லூரியில்
I-B.Sc (Maths) பாடப் பிரிவில் படிக்கின்றார். அவர்
அவசர தேவைக்கு இரத்தம் அளிக்க நான் முழு மனதோடு சம்மதிக்கிறேன்.

தேதி : 31.07.17

M. Sathya
பெற்றோர் கையொப்பம்

Guideline for students

THE BLOOD DONOR SELECTION PROCESS

Donor registration

All prospective donors who meet the general criteria for blood donation such as age and good health should be registered when they attend a blood donation session. Only individuals in good health should be accepted as blood donors. Good health is difficult to define, but certain associated parameters may be established from a brief medical history, observation and simple tests.

Essential donor registration information includes the individual's full name, date of birth, gender and contact details.

Pre-donation information

Pre-donation information provides an opportunity for the prospective donors to know about health conditions or high-risk behaviour that would make them unsuitable to donate blood.

AGE

The lower age limit for blood donation in most countries is 18 years, although in some countries national legislation permits 16–17 year-olds to donate provided that they fulfil the physical and hematological criteria required and that appropriate consent is obtained.

The usual upper age limit for blood donation is 65 years

DONOR APPEARANCE AND INSPECTION

The prospective donor should appear generally well and should not be febrile, breathless or suffering from a persistent cough. Donors should be observed to rule out malnutrition or any debilitating condition.

The colour of exposed skin and mucous membranes should be normal, with no jaundice, cyanosis, flushing or pallor, and no signs of skin infection, rash or obviously enlarged lymph nodes.

WEIGHT

It is important to set weight limits for blood donation to protect donors from adverse effects, in particular vasovagal episodes and anaemia. Low body weight and low blood volume have been shown to be independent predictors for vasovagal reactions

Donor should weigh at least 45 kg to donate 350 ml ($\pm 10\%$) or 50 kg to donate 450 ml $\pm 10\%$

Prospective donors of apheresis platelet or plasma donations should weigh at least 50 kg

VITAL SIGNS

Pulse

A normal pulse rate of 60–100 per minute and a regular rhythm are indicators of good health

Body temperature

A prospective donor who is febrile – defined as a core oral temperature more than 37.6°C

Blood pressure (BP)

A normal blood pressure (systolic 120–129 mmHg, diastolic 80–89 mmHg) is generally regarded as an indicator of good health

Haemoglobin screening

International and national guidelines commonly recommend minimum haemoglobin levels of 12.5 g/dl for females and 13.5 g/dl for males.

Frequency of donation

The minimum interval between donations of whole blood should be 12 weeks for males and 16 weeks for females

The minimum interval between donations of platelets should be 4 weeks

The minimum interval between donations of plasma should be 2 weeks

FLUID INTAKE AND FOOD

The BTS should consider providing 500 ml drinking water to donors before donation to minimize the risk of vasovagal reactions

Who are Eligible to Donate Blood?

Any healthy adult, both male and female, can donate blood. Men can donate safely once in every three months while women can donate every four months.

Good health of the donor must be fully ensured. The universally accepted criteria for donor selection are:

- Age between 18 and 60 years
- Haemoglobin - not less than 12.5 g/dL
- Pulse - between 50 and 100/minute with no irregularities
- Blood Pressure -Systolic 100-180 mm Hg and Diastolic 50 - 100 mm Hg
- Temperature - Normal (oral temperature not exceeding 37.50C)
- Body weight - not less than 45 Kg

Health conditions: The donor should be in a healthy state of mind and body.

They should fulfill the following criteria:

1. Past one year - not been treated for Rabies or received Hepatitis B immune globulin.

2. Past six months - not had a tattoo, ear or skin piercing or acupuncture, not received blood or blood products, no serious illness or major surgery, no contact with a person with hepatitis or yellow jaundice.
3. Past three months - not donated blood or been treated for Malaria.
4. Past one month - had any immunizations.
5. Past 48 hours - taken any antibiotics or any other medications (Allopathic or Ayurveda or Sidha or Homeo)
6. Past 24 hours - taken alcoholic beverages
7. Past 72 hours - had dental work or taken Aspirin
8. Present - not suffering from cough, influenza or sore throat, common cold
9. Women should not be pregnant or breast feeding her child
10. Women donor should not donate during her menstrual cycles
11. Free from Diabetes, not suffering from chest pain, heart disease or high BP, cancer, blood clotting problem or blood disease, unexplained fever Ever had TB, bronchial asthma or allergic disorder, liver disease, kidney disease, fits or fainting, blue or purple spots on the skin or mucous membranes, received human pituitary - growth hormones etc

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM

BLOOD DONATION CAMP

ORGANIZED BY

YRC & RRC CELL IN COLLABORATION WITH

GOVT PRIMARY HEALTH CENTER-O.SOWTHAPURAM,

AND

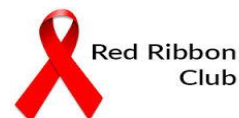
GOVT BLOOD BANK, RASIPURAM

DATE: 11/06/2018

OBJECTIVE:

To promote the awareness among the students to donate the blood in saving the lives and also creating the social responsibility among the student community.

AGENDA:



MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE

YRC & RRC CELL IN COLLABORATION WITH

GOVT PRIMARY HEALTH CENTER- O.SOWTHAPURAM

AND

GOVT BLOOD BANK, RASIPURAM

11th JUN 2018

MONDAY

09.45 AM

Venue: UG Microbiology Lab

Guest Receiving : Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC

Chief Guest : Thiru. K.P.Ramaswamy
Chairman, Muthayammal Institutions,
Rasipuram.

Dr. R. Selvakumaran
Principal, MCAS, Rasipuram.

Dr.B. Sridevi
Blood bank medical Officer,
Govt blood bank, Rasipuram.

Dr.S. Karpagam
Block medical Officer,
Govt Primary Health Centre, O.Sowthapram


Mrs.P.S.Suganya
ICTC Counselor,
Govt Primary Health Centre, O.Sowthapram

Dr. A. Stella Baby
Dean, Administration
Muthayammal College of Arts & Science, Rasipuram

Mr.M.Ramamoorthy
Head
Social Activities

Guest Honoring :
Blood Donation : MCAS Student volunteer

PHOTOGRAPHS:



Blood Donation Camp

Organized by
YRC & RRC

Date : 11-06-2018
Time : 09:45 AM
Venue : Microbiology Lab

in Collaboration with
With Govt Primary Health Center
O.SOWTHAPURAM &
GOVT BLOOD BANK, RASIPURAM

mcas
MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE
Learn. Lead
ESTD-1994

Once in a Lifetime Chance...
RIDE IN THE SKY
A golden chance to fly in a helicopter



TOTAL UNIT OF BLOOD DONATED : 77 Units by our student Volunteer

Department wise Blood Donors List

S.NO	DEPARTMENT	TOTAL NO OF STUDENTS	TOTAL UNITS
1	COMMERCE	31	31
2	BCA	14	14
3	B.SC PHYSICS	7	7
4	CHEMISTRY	2	2
5	TFD	7	7
6	BBA	6	6
7	STATISTICS	4	4
8	BIOCHEMISTRY	1	1
9	MICROBIOLOGY	4	4
10	CS	1	1
TOTAL		77	77

FEEDBACK:

Students of various departments have attended the Blood donation camp. They were eager and willing to donate the blood with the guidelines of donation for saving the lives.

நாளைக்கிழை - 13-06-18

ராசிபுரத்தில் ரத்ததான முகாம்

நாமகிரிப்பேட்டை, ஜூன் 13-

ராசிபுரம் அடுத்த, முத்தாயம்மாள் கல்லூரியில், செஞ்சிலுவை சங்கம், செஞ்சுருள் சங்கம், ராசிபுரம் அரசு மருத்துவமனை சார்பில், ரத்த தான முகாம் நடந்தது.

தாளாளர் ராமசுவாமி, டாக்டர் ஸ்ரீதேவி ஆகியோர் முகாமை தொடங்கி வைத்தனர். 100க்கும் மேற்பட்ட மாணவர்கள், ரத்ததானம் செய்தனர்.

சாரா தொழிலாளர் பிரி கல் பெருமாள் ஏஜென் கலந்து கொண்டனர்.

நாளைக்கிழை - 16/6/18

முத்தாயம்மாள் கல்லூரியில் ரத்ததான முகாம்



நாமகிரிப்பேட்டை முத்தாயம்மாள் கலை மற்றும் அறிவியல் கல்லூரியில் நடந்த முகாமில் மாணவர்கள் ரத்ததானம் வழங்கினர்.

நாமகிரிப்பேட்டை, ஜூன் 16: நாமகிரிப்பேட்டை அருகே உள்ள முத்தாயம் மாள் கலை மற்றும் அறிவியல் கல்லூரியில் தனியார் தொண்டு நிறுவனம் மற்றும் ராசிபுரம் அரசு மருத்துவமனையின் ரத்த வங்கி, அரசு ஆரம்ப சுகாதார நிலையம் சார்பில் ரத்ததான முகாம் நடைபெற்றது.

இந்த முகாமிற்கு கல்லூரியின் தாளாளர் ராமசுவாமி தலைமை தங்கினார். ராசிபுரம் அரசு பொது மருத்துவமனை மருத்துவர்கள் ஸ்ரீதேவி, கற்பகம் கல்லூரியின் முதல்வர் செல்வகுமாரன் ஆகியோர் முன்னிலை வகித்தனர். இதில் 80க்கும் மேற்பட்ட மாணவ, மாண

விகள் கலந்துகொண்டு ரத்ததானம் வழங்கினர். மேலும் புலமுதன்மை யர்கள் ஸ்டெல்லாபேபி, ராமமூர்த்தி, துறைத்தலை வர்கள் செல்வ மவுலிஸ்வ ரன் உள்பட பலர் கலந்து கொண்டனர் ரத்ததானம் செய்த மாணவ, மாணவிக ளுக்கு பாராட்டி சான்றி தழ் வழங்கப்பட்டது.

அண்டு ஓட்டல் மேனேஜ் ளில் வேலைவாய்ப்பு பெறு தழகளை வழங்கினர்.



முத்தாயம்மாள் கலை, அறிவியல் கல்லூரியில்

ரத்ததான முகாம்

ராசிபுரம், ஜூன்.14-
முத்தாயம்மாள் கலை மற்றும் அறிவியல் கல்லூரி இளைஞர் செஞ்சி லுவை சங்கம், செஞ்சுருள் சங்கம், ராசிபுரம் அரசு ஆஸ்பத்திரி ரத்த வங்கி, ஓ.சுவதாபுரம் அரசு ஆரம்ப சுகாதார நிலையம் சார்பில் ரத்ததான முகாம் கல்லூரி வளாகத்தில் நடந்தது. முகாமிற்கு கல்லூரியின் தாளாளர் கே.பி.ராமசுவாமி தலைமை தாங்கினார். ராசிபுரம் அரசு ஆஸ்பத்திரி டாக்டர் ஸ்ரீதேவி, ஓ.சுவதாபுரம் அரசு ஆரம்ப சுகாதார நிலையத்தின் வட்டார மருத்துவ அலுவலர் கற்பகம், கல்லூரியின் முதல்வர் செல்வகுமரன் ஆகியோர் முன்னிலை வகித்தனர்.

முகாமில் 80-க்கும் மேற்பட்ட மாணவ, மாணவிகள், ஆசிரியர்கள் ரத்ததானம் செய்தனர். நிகழ்ச்சியில் புலமுதன்மையர் ஸ்டெல்லா பேபி (நிர்வாகம்), தலைவர் ராமமூர்த்தி (சமூக செயல்பாடு), துறைத் தலைவர்கள், இளைஞர் செஞ்சிலுவை மற்றும் செஞ்சுருள் சங்க ஒருங்கிணைப்பாளர் செல்வமாலில் வரன், உறுப்பினர்கள், அரசு ஆஸ்பத்திரி ஊழியர்கள் கலந்து கொண்டனர். ரத்ததானம் செய்த மாணவ, மாணவிகளுக்கு பழம், ஊட்டச்சத்து உணவுகள், பழரசம் போன்றவை வழங்கப்பட்டன. ரத்ததானம் செய்தவர்களை கல்லூரியின் தாளாளர் கே.பி.ராமசுவாமி, செயலாளர் முத்துவேல் ராமசுவாமி ஆகியோர் பாராட்டினர்.

THE HINDU - 14/6/18

ENGAGEMENTS

SALEM

Tamil Nadu Science Forum: R. Pavalavalli, district vice president of the Forum, reviews the book "Sittu Kuruvigalin Vaazhuvum Veezhchiyum" authored by Adhi Valliappan, district office of the Forum, M. K. S. Complex, Five roads, 7 p.m.

Arigrar Anna Government Arts College, Attur: Counselling for admission into science courses, 10 a.m.

Thiagarajar Polytechnic College: Counselling for admission into the first year diploma courses, 9.30 a.m.

Tamil Nadu Handicrafts Development Corporation Limited: Jewellery exhibition, Poompuhar showroom, Anna Pattu Maaligai, 10 a.m. to 8 p.m.

Noorul Islam Jamath: Moulvi Ibrahim Maqdoomi, Chief Imam, Ammapalayam Jamia Masjid, delivers Ramzan bayan for women, Ammapalayam Maqtab

RASIPURAM

Muthayammal College of Arts and Science: Youth Red Cross and Red Ribbon Club, World Blood Donor Day camp, 10 a.m.; Placement Cell, TCS affirmative action programme, 10 a.m.

ERODE

The Kongu Vellalar Institute of Technology Trust, Perundurai: Academic excellence award function, distribution of merit scholarship to students, S. Sakthi Ganesan, Superintendent of Police, chief guest, Parameswari Lingamurthy, president of the trust, presides, 10.30 a.m.

Bannari Amman Institute of Technology, Sathyamangalam: Department of Civil Engineering, short-term course on Computer Aided Analysis of Structures, 8 a.m.

Nandha College of Physiotherapy: Hands-on workshop on functional sports taping, Ajmal Sheriff, Ministry of Health, UAE, chief guest, V. Shanmugan, Chairman, Sri Nandha Educational Trust, presides, 9 a.m.

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM

FREE EYE CAMP

ORGANIZED BY

YRC & RRC CELL IN COLLABORATION WITH

ARAVIND EYE HOSPITAL, MADURAI

DATE: 14/07/2018

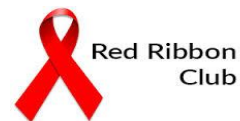
OBJECTIVE:

To increase awareness and improve access to eye care services.

Primarily through screening and detection of eye illnesses, advice and support for patients, their families and careers.

To screen for other major causes of vision impairment and to provide treatment for minor ailments or to refer base hospital for further management

AGENDA:



MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE

YRC & RRC CELL

FREE EYE CAMP IN COLLABORATION WITH ARAVIND EYE HOSPITAL, MADURAI

14th JUL 2018

SATURDAY

10.00 AM

Venue: A-BLOCK

Guest Receiving : Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC

Chief Guest : Thiru. K.P.Ramaswamy
Chairman, Muthayammal Institutions,
Rasipuram.

Dr. R. Selvakumaran
Principal, MCAS, Rasipuram.

Dr.R.Vigneswar
Aravind Eye Hospital, Madurai

Dr.M.Marimuthu
Aravind Eye Hospital, Madurai

Dr.Pyush Bajaj
Aravind Eye Hospital, Madurai

Dr. M.N.Periyasamy
Dean, Admission
Muthayammal College of Arts & Science, Rasipuram

Dr. S.P.Vijeikumar
Dean, Academics,
MCAS, Rasipuram.

Dr. A. Palanisamy
Dean, Examination & Evaluation
MCAS, Rasipuram.

Mr.M.Ramamoorthy
Head
Social Activities

EYE CHECKUP : Teachings, Non Teachings & Drivers

NO OF PARTICIPANTS : 270

The Camp Details:

S.NO	PARTICULARS	TOTAL
1	DRIVERS (MCAS & MPTI)	89
2	TEACHING STAFF MEMBERS (MCAS)	93
3	TEACHING STAFF MEMBERS (MPTI)	03
4	TEACHING STAFF MEMBERS (MCED)	06
5	NON-TEACHING (MCAS,MPTI & MCED)	79
TOTAL		270

TOTALLY 30 SPECTACLES ARE PROVIDED

EYE OPERATION SELECTED NAME LIST

S.NO	NAME	SEX	DESIGNATION
1	C.Lakshmanan	M	BUS DRIVER
2	M.Balasubramaniyan	M	BUS DRIVER
3	V. Dharmalingam	M	BUS DRIVER
4	M. Syed mustafa	M	BUS DRIVER
5	J. Dhanalakshmi	F	HOUSE KEEPING
6	G. Sagunthala	F	HOUSE KEEPING

PHOTOGRAPHS:





FEEDBACK:

- Teaching and non Teaching were very interest to attend the eye camp.
- Staff members were appreciated the arrangement for eye- check up camp.
- Staff members and non teaching are thankful to the aravind eye hospital for providing low price spectacles and free checkup.
- Aravind eye hospital doctors were appreciated our college hospitality and arrangement.

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM**NATIONAL DEWORMING DAY CELEBRATION****ORGANIZED BY****RRC CELL****DATE: 10/08/2018****OBJECTIVE:**

To promote the awareness among the students about the spreading of worm and stop spreading and controlling by taking the tablets (with parents guidance) given by the Department of public health.

AGENDA:

**MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM
RRC CELL**

NATIONAL DEWORMING DAY CELEBRATION

10th Aug 2018

Friday


10.30 AM




Venue: I UG CLASSES

Distribution of tablet and : Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC
giving information about deworming B.SIVASANKARAN, Asst. Co – Ordinator

Participants : I UG, MCAS Student

PAMPHLET ABOUT DEWORMING



மக்கள் நல்வாழ்வு மற்றும் குடும்ப நலத்துறை


தேசிய குடற்புழு நீக்க நாள் – 10.08.2016

பள்ளி ஆசிரியர்களுக்கான சுகாதார்க்கல்வி தகவல்கள்

நாடு தழுவிய குடற்புழு நீக்க நாள் ஆகஸ்டு 10-ம் தேதி, 2016 (புதன்கிழமை) விடுபட்ட குழந்தைகளுக்கான சிறப்பு முகாம் ஆகஸ்டு 17-ம் தேதி 2016 (புதன்கிழமை) ஆகிய தினங்களில் அனைத்து அரசு, அரசு உதவி பெறும், தனியார் பள்ளிகள் மற்றும் அங்கன்வாடி மையங்களில் நடைபெறுகின்றது.

குடற்புழு பாதிப்பு எவ்வாறு ஏற்படுகிறது?

முட்டைகள் மற்றும் சிறு புழுக்கள் குடலில் வளர்ச்சி பெற்று முதிர்ந்த புழுக்களாகி உடல்நலத்திற்கு பாதிப்பை ஏற்படுத்துகிறது.




குடற்புழு தொற்றினால் பாதிக்கப்பட்ட நபர் திறந்த வெளியில் மலம் கழிக்கும் போது புழுக்களின் முட்டைகள் மண்ணில் கலந்து வளர்கின்றன.

அசுத்தமான கைகள், சுகாதாரமற்ற உணவுகள் உட்கொள்ளுதல், தோலின் வழியாக புழுக்கள் உடலினுள் உட்செல்கிறது.

புழுத்தொற்றினால் ஏற்படும் பாதிப்புகள்

- ஊட்டச்சத்து குறைபாடு, சோர்வு மற்றும் சுகவீனம்
- பசியின்மை
- இரத்த சோகை
- குமட்டல், வாந்தி
- வயிற்றுவலி, வயிற்றுப்போக்கு



அல்பெண்டசோல் மருந்து மூலம் குடற்புழு தொற்றிலிருந்து விடுபடலாம்.

குடற்புழு பாதிப்பை தடுக்கும் வழிமுறைகள்

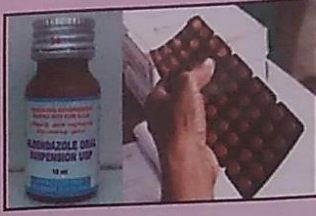


குடற்புழு நீக்கத்தினால் குழந்தைகளுக்கு ஏற்படும் நன்மைகள்

- இரத்தசோகையை தடுக்கிறது.
- நோய்எதிர்ப்பு சக்தியை அதிகரித்து சுறுசுறுப்பாக இருக்க உதவுகிறது
- அறிவுத்திறன் மற்றும் உடல் வளர்ச்சியை மேம்படுத்தவும், ஆரோக்கியமாக இருக்கவும் உதவுகிறது.
- குழந்தைகள் நாள்தோறும் பள்ளிக்கு வருவது அதிகரிக்கிறது.



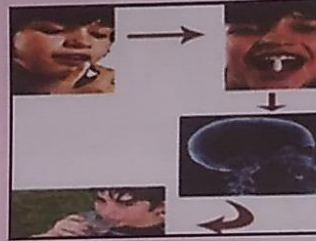
பள்ளி அளவில் அல்பெண்டசோல் மாத்திரைகள் வழங்குதல் (1 முதல் 12வது வகுப்பு வரை)



- 1 முதல் 2 வயதுக்குட்பட்ட குழந்தைகளுக்கு $\frac{1}{2}$ மாத்திரை (200 mg) அல்லது 5 ml Syrup (200 mg)
- 2 வயதிற்கு மேல் 5 வயது வரை உள்ள குழந்தைகளுக்கு 1 மாத்திரை அல்பெண்டசோல் (400 mg) அல்லது 10ml Syrup (400mg)
- 2 முதல் 19 வயதுவரை உள்ள குழந்தைகளுக்கு 1 மாத்திரை அல்பெண்டசோல் (400 mg) வழங்கப்பட வேண்டும்.



குழந்தைகளுக்கு அல்பெண்டசோல் மாத்திரை கொடுத்து நன்றாக சப்பி மென்று சாப்பிடுவதற்கு அறிவுறுத்தி பார்வையிட வேண்டும்.



குழந்தைகள் மாத்திரைகளை மென்று உட்கொள்ளுதல் மற்றும் சுத்தமான குடிநீர் வசதி இருப்பதை உறுதி செய்ய வேண்டும். சிறு குழந்தைகளுக்கு மாத்திரைகளை பொடியாக்கி நீரில் கரைத்து கொடுக்க வேண்டும்.



வருகைப் பதிவேட்டில் தேசிய குடற்புழு நீக்க நாளான (National Deworming Day) ஆகஸ்டு 10 அன்று மாத்திரைகள் வழங்கப்பட்ட குழந்தைகளின் பெயருக்கு நேராக ஒரு டிக் (✓) குறியீடு இட வேண்டும்.



விடுபட்ட குழந்தைகளுக்கான சிறப்பு முகாம் (Mop-Up day) ஆகஸ்டு 17 (புதன்கிழமை) நாளன்று அல்பெண்டசோல் மருந்து வழங்கிய பின் வருகை பதிவேட்டில் குழந்தைகளின் பெயருக்கு நேராக இரு டிக் (✓✓) குறியீடு இடவேண்டும்.



தேசிய குடற்புழு நீக்க முகாம்களில் வழங்கப்பட்ட மாத்திரைகளின் விபரத்தினை வருகை பதிவேட்டில் இருந்து ஒரு / இரு குறியீடுகளை அறிவுறுத்தப்பட்ட படிவத்தில் (NDD மற்றும் MUD) தனித்தனியே பூர்த்தி செய்து மீதமுள்ள மாத்திரைகளுடன் கிராம சுகாதார செவிலியரிடம் ஆகஸ்டு 19ம் தேதிக்குள் ஒப்படைக்க வேண்டும்.

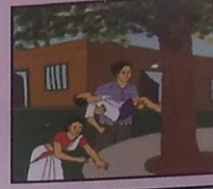
பக்க விளைவுகள் ஏற்படுமாயின் செய்ய வேண்டிய வழிமுறைகள்
அனைத்து வயதினருக்கும் அல்பெண்டசோல் மாத்திரை பாதுகாப்பானது.
இலேசான சிறு பாதிப்புகள்

அதிகமாக குடற்புழு இருக்கும் குழந்தைகளுக்கு, குடற்புழு நீக்க மருந்து உட்கொள்ளும் போது மயக்கம், குமட்டல், வாந்தி, தலைவலி மற்றும் இலேசான வயிற்று வலி போன்ற பொதுவான பக்க விளைவுகள் ஒரு சிலருக்கு ஏற்படலாம்.

குழந்தையை திறந்தவெளி மற்றும் காற்றோட்டமான நிழல் பகுதியில் அமைதியாக படுக்கவைக்கவும்.

சுத்தமான குடிநீர் மற்றும் உப்பு சர்க்கரை கரைசல் (ORS) கொடுத்து கண்காணிப்பில் வைக்கப்பட வேண்டும்.

பக்கவிளைவின் அறிகுறிகள் அதிகமானாலோ (அ) தொடர்ந்து இருந்தாலோ அருகிலுள்ள கிராம சுகாதார செவிலியர் மற்றும் ஆரம்ப சுகாதார மையத்தை தொடர்பு கொள்ளவும்.



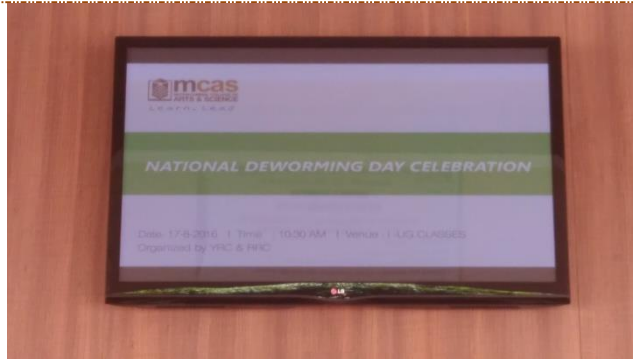
ஆரம்ப சுகாதார நிலையத்தின் தொலைபேசி எண், மருத்துவ அலுவலர் மற்றும் கிராம சுகாதார செவிலியர் கைபேசி எண் ஆகியவற்றை பள்ளியில் எழுதி ஒட்டி வைத்திருக்க வேண்டும்.

முக்கிய அறிவுரைகள்

- பள்ளி குழந்தைகளுக்கு 400 மில்லிகிராம் கொண்ட அல்பெண்டசோல் 1 மாத்திரை வழங்க வேண்டும்.
- குழந்தைகள் / வளர் இளம் பருவத்தினர் நோய்வாய்ப்பட்டிருப்பின் மாத்திரைகள் வழங்க வேண்டாம், குணமடைந்த பிறகு மாத்திரை வழங்கலாம்.
- பள்ளி செல்லா குழந்தைகள் அருகிலுள்ள அங்கன்வாடி மையத்தில் அல்பெண்டசோல் மாத்திரைகள் வழங்கப்படும்.
- வகுப்பு ஆசிரியர்கள் மீதமுள்ள அல்பெண்டசோல் மாத்திரைகளை தலைமை ஆசிரியரிடம் ஒப்படைக்க வேண்டும்.

கூடுதல் தகவல்களுக்கு ☎104
பொது சுகாதாரம் மற்றும் நோய்த் தடுப்பு மருந்துத்துறை,
சென்னை-6.

PHOTOGRAPHS:



FEEDBACK:

- Student were very eager in attending the awareness of deworming
- Students got updated about the deworming

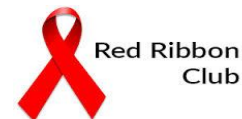
MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM
BLOOD DONATION CAMP
ORGANIZED BY
YRC & RRC CELL IN COLLABORATION WITH
LIONS CLUB, RASIPURAM & VINAYAGAMMISSION HOSPITAL, SALEM

DATE: 15/08/2018

OBJECTIVE:

To promote the awareness among the students to donate the blood in saving the lives and also creating the social responsibility among the student community.

AGENDA:



MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE YRC & RRC CELL IN COLLABORATION WITH LIONS CLUB, RASIPURAM & VINAYAGAMMISSION HOSPITAL, SALEM

15th AUG 2018

WEDNESDAY

09.45 AM

Venue: UG Microbiology Lab

Guest Receiving : Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC

Chief Guest : Dr. R. Selvakumaran
Principal, MCAS, Rasipuram.

S. Balasubramanian
Principal, MPTI, Rasipuram.

K.Sekar MJF
Lions Club District Governor

Periyasamy
Rasipuram lions club head

R. D. Elango MJF
District Secretariat

Iniyavan Elango
Member of the District Advisory Committee

K. Kathiravan
Rasipuram co-secretary

Manoharan
Member of Rasipuram lions club

R. Periyasamy
Treasurer of Rasipuram lions club

K. Natarajan,

Executive Secretary of Rasipuram lions club

Baskaran,
Service secretary of the Rasipuram lions club
A. Harigaran, RS Lavanya, V Priyadarshini
Doctors; vinayakamission Hospital Salem

Dr. A. Stella Baby
Dean, Administration
Muthayammal College of Arts & Science, Rasipuram

Dr. S.P.Vijeikumar
Dean, Academics,
MCAS, Rasipuram.

Dr. M.N.Periyasamy
Dean, Admission ,
MCAS, Rasipuram.

Dr. A. Palanisamy
Dean, Examination & Evaluation
MCAS, Rasipuram.

Mr.M.Ramamoorthy
Head
Social Activities

Guest Honoring
Blood Donation

:
: MCAS Student volunteers

PHOTOGRAPHS:



TOTAL UNIT OF BLOOD DONATED : 58 Units by our student Volunteer

Department wise Blood Donors List

S.NO	DEPARTMENT	TOTAL NO OF STUDENTS	TOTAL UNITS
1	COMMERCE	6	6
2	BBA	5	5
3	PHYSICS	2	2
4	CHEMISTRY	1	1
5	TFD	1	1
6	E & C	1	1
7	STATISTICS	2	2
8	BIOCHEMISTRY	2	2
9	MICROBIOLOGY	1	1
10	CS	6	6
11	ENGLISH	2	2
12	MATHS	3	3
13	BIOTECHNOLOGY	1	1
14	NON TEACHING	2	2
MUTHAYAMMAL POLYTECHNIC INSTITUTION			
15	DME	9	9
16	DEEE	12	12
17	DAE	1	1
18	STAFF	1	1
TOTAL		58	58

MCAS: 35 UNITS

MPTI: 23 UNIT

FEEDBACK:

Students of various departments have attended the Blood donation camp. They were eager and willing to donate the blood with the guidelines of donation for saving the lives.

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM

ORIENTATION PROGRAMME FOR VOLUNTEERS

ORGANIZED BY

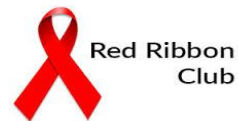
YRC & RRC CELL

DATE: 30/08/2018

OBJECTIVE:

To awareness among the students to donate the blood in saving the lives and also creating the social responsibility among the student community.

AGENDA:



MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE

YRC & RRC CELL

ORIENTATION PROGRAMME FOR YRC & RRC VOLUNTEERS

30th AUG 2018

Thursday

01.30 PM


Venue: Conference Hall

- Welcome Address : T. Prasath
Department of English
YRC Student Chairman
MCAS
- Felicitation : Dr. R. Selvakumaran
Principal
Muthayammal College of Arts & Science,
Rasipuram


Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC

Mr.M.Ramamoorthy
Head
Social Activities
- Feedback :
- Vote of Thanks : B.Sivasankaran, Assistant Co-Ordinator YRC/RRC
Assistant Professor
Department of Tamil
MCAS, Rasipuram.

PHOTOGRAPHS:




mcas
MUTHAYAMMAL COLLEGE OF
ARTS & SCIENCE
Learn. Lead
ESTD-1994



Once in a Lifetime Chance
**RIDE
IN THE
SKY**


Orientation Programme For YRC & RRC Volunteers

Date :30.08.2018 | Time :01.30PM | Venue:B-Block Conference Hall



**24
Years
in
Education**

Organized by :

the power of humanity

www.muthayammal.in





TOTAL NO OF PARTICIPANT : 150 STUDENTS

FEEDBACK:

Volunteers of various departments have attended the Orientation programme. They were eager and willing to donate the blood with the guidelines of donation for saving the lives.

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM

BLOOD DONATION CAMP

ORGANIZED BY

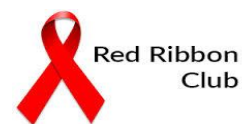
YRC & RRC CELL IN COLLABORATION WITH

MARUTHI BLOOD BANK, SALEM AND LIONS CLUB OF SALEM AIRPORT

DATE: 03/10/2018

OBJECTIVE:

To promote the awareness among the students to donate the blood in saving the lives and also creating the social responsibility among the student community.



MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE

YRC & RRC CELL

**BLOOD DONATION CAMP IN COLLABORATION WITH MARUTHI BLOOD BANK, SALEM AND LIONS CLUB
OF SALEM AIRPORT**

03rd SEP 2018

WEDNESDAY

10.00 AM

Venue: UG Microbiology Lab

Guest Receiving : Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC

Chief Guest : Thiru. K.P.Ramaswamy
Chairman, Muthayammal Institutions,
Rasipuram.

Mr. S.M.Venkatachalam
Regional Blood Transfusion Centre
Maruthi Blood bank,
Salem.

Dr. R. Selvakumaran
Principal, MCAS, Rasipuram.

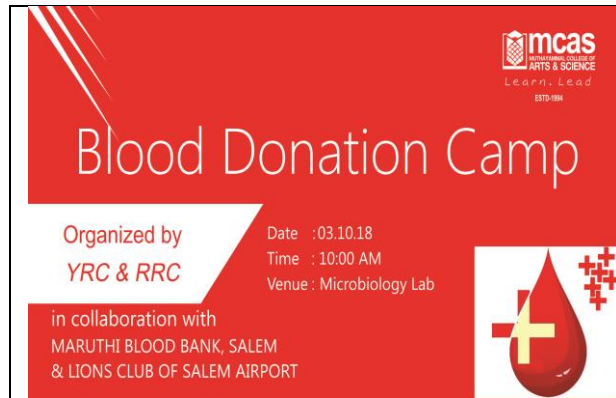
N.Krishnakaanth
Zone chairperson
Lions club of salem Airport
Sureshkumar
Director
Lions club of salem Airport
Ravichandran
Director
Lions club of salem Airport

Poopathy
Member
Lions club of salem Airport

Mr.M.Ramamoorthy
Head
Social Activities

Blood Donation : MCAS Student volunteers

PHOTOGRAPHS:





TOTAL UNIT OF BLOOD DONATED : 116 Units by our student Volunteer

Department wise Blood Donors List

S.NO	DEPARTMENT	TOTAL NO OF STUDENTS	TOTAL UNITS
1	COMMERCE	39	39
2	ENGLISH	5	5
3	MATHS	10	10
4	CA	8	8
5	HMCS	1	1
6	CHEMISTRY	9	9
7	MICROBIOLOGY	NIL	NIL
8	BIOCHEMISTRY	NIL	NIL
9	TFD	NIL	NIL
10	BBA	5	5
11	COMPUTER SCIENCE	15	15
12	BIOTECHNOLOGY	10	10
13	PHYSICS	12	12
14	ZOOLOGY	1	1
15	BED	1	1
TOTAL		116	116

FEEDBACK:

Students of various departments have attended the Blood donation camp. They were eager and willing to donate the blood with the guidelines of donation for saving the lives.

YRC Annual Membership Renewal for Students & YRC Annual Membership Renewal for College

Canara Bank
RASIPURAM: 637 406 10960

Valid for three months only from the date of issuance

29082018

098513017670 5298

On Demand Pay

INDIAN RED CROSS SOCIETY TAMILNADU

₹ FORTY TWO THOUSAND ONE HUNDRED AND FIFTY FOUR ONLY

₹ 42154.00

CHENNAI ACCOUNTS SECTION (1760)

P. Srinivas Rao
P. SRINIVASA RAO
S.P. No: 67841

0005298 000015000 520985 16



Approved by AICTE, New Delhi & Affiliated to Periyar University, Salem
Accredited by NAAC with 'A' grade
Recognized by UGC Under Section 2(f) & 12(B)

From
Dr. R. Selvakumaran
Principal
Muthayammal College of Arts & Science
Rasipuram-637408

To
Honorary Secretary
Indian Red Cross Society
Tamil Nadu Branch
Chennai

MCAS/2018-19/YRC/5957

Date: 04.09.2018

Dear Sir,

Please find enclosed herewith a Demand Draft No.: 005298 Date: 29.08.2018 for Rs.42154/- (Rupees Fourty Two Thousand one hundred and fifty four Only) on Canara Bank payable at Chennai. This is the renewal fee of Annual Membership for 5263 students who have enrolled this year (2018-2019) and the college Registration fee of Rs.50/-. The receipt of the DD may kindly be acknowledged.

Thank you



PRINCIPAL

Encl: 1) DD NO: 005298 Date: 29.08.2018 Amount Rs 42154/- Canara Bank, Rasipuram.

2) Performa

PERMISSION LETTER

From

To

Through

The Principal

YRC & RRC Co-Ordinator

Muthayammal College of Arts & Science ,
Rasipuram

Muthayammal College of Arts &
Science ,
Rasipuram

Sub: Permission for Blood Donation for a Patient

Respected sir

I am studying in our college as there is an emergency
of my blood for an patient at an emergency state
in.....at..... So I am willing to give
my blood to that patient. So please grant me permission for going to that hospital.

Thanking you

NOTE: I DONATE MY BLOOD OF MY OWN INTEREST NOT ANY COMPULSION

Date :

Your's obediently

Place :

Class incharge

HOD

YRC & RRC Co-Ordinator

PRINCIPAL

STUDENT PHONE NO: ADDRESS

PARENTS PHONE NO:

M. Ram Kumar, O+ 1608734 (U) B.Sc Biotechnology Muthayammal College OF Arts & Science, Rasipuram		To The Principal Muthayammal College of Arts & Science, Rasipuram	Through YRC & RRC Co-Ordinator Muthayammal College of Arts & Science, Rasipuram
Sub: Permission for Blood Donation for a Patient			
Respected sir I am studying (U) B.Sc. Biotechnology in our college as there is an emergency of my blood for an patient at emergency state in APP HOSPITAL at Salem So I am willing to give my blood to that patient. So please grant me permission for going to that hospital.			
Thanking you NOTE: I DONATE MY BLOOD OF MY OWN INTEREST NOT ANY COMPULSION			
Date: 22.9.17 Place: Rasipuram.		Your's obediently M. Ram Kumar	
Class Incharge 22/9/17	HOD 22/9/17	YRC & RRC Co-Ordinator ps. Mahalingam	PRINCIPAL [Signature]
STUDENT PHONE NO: 9042714812	ADDRESS 45/23 Thyagaraja swamy kovil (st) Rasipuram. Namakkal (dt) Pin 637 408.		
PARENT'S PHONE NO: 8015556053			

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM

BLOOD DONATION CAMP

ORGANIZED BY

YRC & RRC CELL IN COLLABORATION WITH

SALEM ROUND TABLE 28, Salem Ladies Circle 28 &

GOVERNMENT BLOOD BANK, RASIPURAM

DATE: 13/11/2018

OBJECTIVE:

To promote the awareness among the students to donate the blood in saving the lives and also creating the social responsibility among the student community.

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE
YRC & RRC CELL

13th Nov 2018

"BLOOD DONATION CAMP"

Tuesday

10.00 AM

Venue: UG Microbiology Lab

Guest Receiving	:	Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC
Chief Guest	:	Mr. Muthuvel Ramaswamy Secretary Muthayammal Institutions, Rasipuram. Dr. R. Selvakumaran Principal, MCAS, Rasipuram. Dr. A. Stella Baby Dean, Student Affairs Muthayammal College of Arts & Science, Rasipuram. Dr. S.P.Vijeikumar Dean, Academics, MCAS, Rasipuram. Dr.B. Sridevi Blood bank medical Officer, Govt blood bank, Rasipuram. Cr.Devi Subbu (Chairperson- Salem Ladies circle 28) Cr.Nivetha (Salem Ladies circle 28) Cr.Prathiba (Salem Ladies circle 28) Tr.Subbu (Convenor- Fund Raising; Salem Round Table 28) Tr.Harinivas (Co-Convenor - Publicity; Salem Round Table 28) Tr.Karthik Kannan (Co-Convenor: Projects & Community Services; Salem Round Table 28) Tr.Krishna (Convenor- HRD/LAPD; Salem Round Table 28) Tr.Pratheep (Vice-Chairman; Salem Round Table 28) Tr.Dr.Deepak (Secretary- Salem Round Table 28)
Guest Honoring Blood Donation	:	MCAS Student volunteers

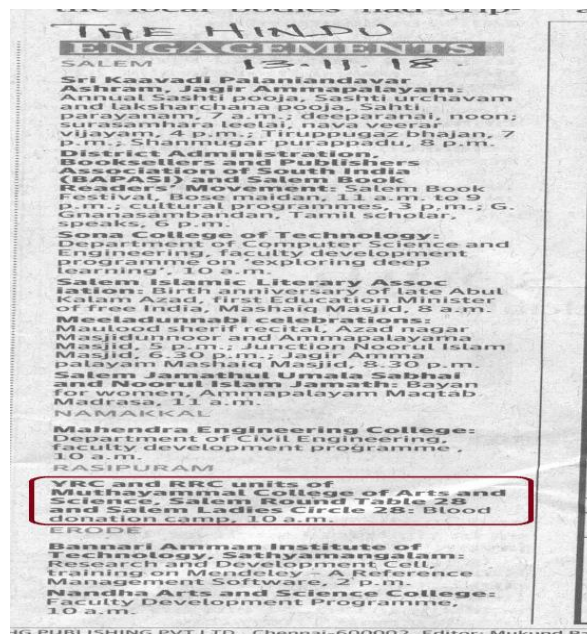
PHOTOGRAPHS:



TOTAL UNIT OF BLOOD DONATED : 52 Units by our student Volunteer

FEEDBACK:

Students of various departments have attended the Blood donation camp. They were eager and willing to donate the blood with the guidelines of donation for saving the lives.



AWARENESS PROGRAMME ON PREVENTION OF DENGUE

ORGANIZED BY







YRC & RRC CELL

DATE: 13/11/2018

OBJECTIVE:

To promote the social awareness among the students volunteers and the public about the spread of social responsibility.

AGENDA:



MUTHAYAMMAL INSTITUTIONS
Learn. Lead
COLLEGE OF ARTS & SCIENCE | POLYTECHNIC INSTITUTION | COLLEGE OF EDUCATION

**Blood Donation Camp
&
Awareness Programme on Prevention of Dengue**

Date : 13.11.2018 TUESDAY

Venue :
➤ **Blood Donation**
Microbiology Lab
MCAS, Rasipuram
➤ **Awareness Programme**
Conference Hall
MCAS, Rasipuram

Programme Agenda

Blood Donation

Inauguration 10.00 am : Tablers and Circlers
Salem Round Table 28
Salem Ladies Circle 28

Awareness Programme on Prevention of Dengue

Welcome Address : Dr.P.Selvamaleeswaran
YRC & RRC Co-Ordinator
MCAS, Rasipuram

Principal's Address : Dr.R.Selvakumaran
Principal
MCAS, Rasipuram

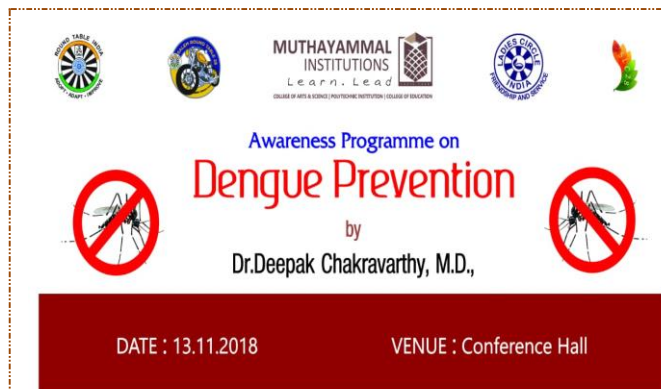
Felicitation : Mr.Muthuvel Ramaswamy
Secretary
Muthayammal Institutions
Rasipuram

Chief Guest Address : Tr. Dr.Deepak Chakravarthy., M.D
Salem Round Table 28

Vote of Thanks : Mr.B.Sivasankaran
Asst. Co-Ordinator
YRC & RRC
MCAS, Rasipuram

NO OF PARTICIPANTS IN AWARENESS PROGRAMME: 90 Students & 150 Staff Members

PHOTOGRAPHS:





FEEDBACK:

- Student & Staff members were very eager in attending the Awareness Programme
- Students & Staff members got updated about the theme of the Awareness Programme
- Volunteers were eager to attend those programmes in future.
- They were happy to attend these type of programme and serve the nation with the knowledge

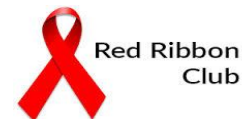
MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM
BLOOD DONATION CAMP
ORGANIZED BY
YRC & RRC CELL IN COLLABORATION WITH PRIMARY HEALTH CENTRE,
PILLANALURE & GOVERNMENT BLOOD BANK, NAMAKKAL

DATE: 11/01/2019

OBJECTIVE:

To promote the awareness among the students to donate the blood in saving the lives and also creating the social responsibility among the student community.

AGENDA:



**MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE
YRC & RRC CELL IN COLLABORATION WITH
PRIMARY HEALTH CENTRE, PILLANALURE & GOVERNMENT BLOOD
BANK, NAMAKKAL**

11th JAN 2019

WEDNESDAY

09.45 AM

Venue: Physics Lab

Guest Receiving : Dr.P.Selvamaleeswaran, Co-Ordinator, YRC/RRC

Chief Guest :

Dr. R. Selvakumaran
Principal, MCAS, Rasipuram.

Dr.K.Selvi
Govt Primary Health Centre
Pillanallur.

Dr.Anbhumalar
Government Blood Bank
Namakkal

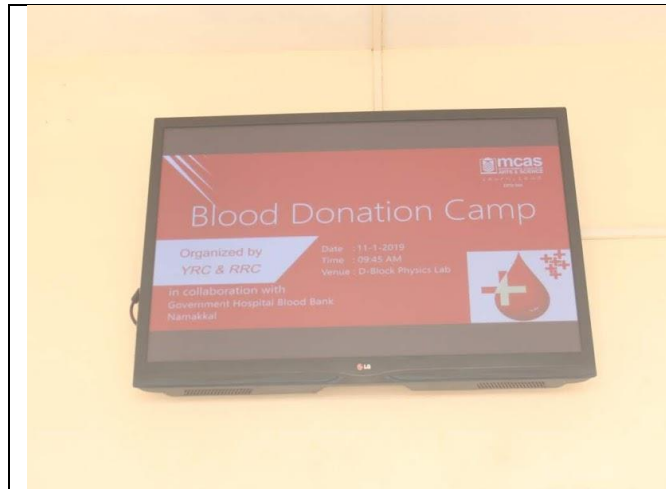
Dr. Jayaprakash
Govt Primary Health Centre
Pillanallur.

Mr.M.Ramamoorthy
Head
Social Activities

Guest Honoring :

Blood Donation : MCAS Student volunteers

PHOTOGRAPHS:





TOTAL UNIT OF BLOOD DONATED : 65 Units by our student Volunteer

Department wise Blood Donors List

S.NO	DEPARTMENT	TOTAL NO OF STUDENTS	TOTAL UNITS
1	COMMERCE	15	15
2	BBA	15	15
3	CHEMISTRY	07	07
4	BIOCHEMISTRY	05	05
5	ENGLISH	03	03
6	BIOTECHNOLOGY	08	08
7	CA	10	10
8	STAFF	02	02
TOTAL		65	65

FEEDBACK:

Students of various departments have attended the Blood donation camp. They were eager and willing to donate the blood with the guidelines of donation for saving the lives.

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM

“ADVANCE LIFE SUPPORT”



(FIRSTAID TRAINING WORKSHOP)

ORGANIZED BY

YRC & RRC CELL

DATE: 16/02/2019

OBJECTIVE:

To promote the awareness among the students to act immediately on emergency situation in family, in public and in any circumstances in saving the lives and also creating the social responsibility.

AGENDA:

**MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE
YRC & RRC CELL
“ADVANCE LIFE SUPPORT”
(FIRST AID FOR MEDICAL EMERGENCIES)**

16th FEB 2019

SATURDAY

09.45 AM

Venue: Mini Seminar Hall

- Guest Receiving : Mr. B.Sivasankaran, ASST. Co-Ordinator YRC/RRC
- Welcome address : Mr.M.Ramamoorthy
Head
Social Activities
MCAS, Rasipuram
- Guest Honoring :
- Principal Address : Dr. R. Selvakumaran
Principal,
MCAS, Rasipuram.
.
- Chief Guest Address : Mr. S.M.VENKATACHALAM
Managing Trustee
Regional Blood Transfusion Centre
Maruthi Blood bank,
Salem.
- Technical Session :
- Vote of Thanks : Mrs. T.VADIVU
Asst. Professor
Department of Chemistry

TOPIC DEALT WITH:

1. First aid :

- First aid is the assistance given to any person suffering a sudden [illness](#) or [injury](#)
- First aid is generally performed by the [layperson](#), with many people trained in providing basic levels of first aid, and others willing to do so from acquired knowledge
- There are many situations which may require first aid, and many countries have legislation, regulation, or guidance which specifies a minimum level of first aid provision in certain circumstances
- Preserve life: the overriding aim of all medical care which includes first aid, is to save lives and minimize the threat of death.
- Prevent further harm: also sometimes called prevent the condition from worsening, or danger of further injury, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous

2. Hypertension:

- Hypertension also known as high blood pressure (HBP), is a long term medical condition in which the blood pressure in the arteries is persistently elevated.
- Blood pressure is expressed by two measurements, the systolic and diastolic pressures, which are the maximum and minimum pressures
- Normal blood pressure at rest is within the range of 100–140 millimeters mercury (mmHg) systolic and 60–90 mmHg diastolic

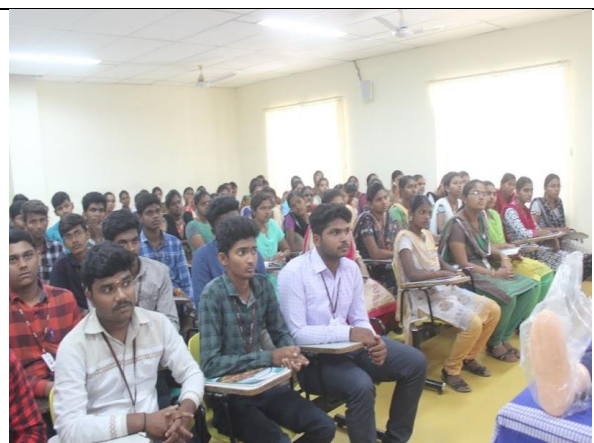
- High blood pressure is present if the resting blood pressure is persistently at or above 140/90 mmHg for most adults

3. CPR (Cardiopulmonary resuscitation)

- Cardiopulmonary resuscitation, commonly known as CPR, is an [emergency procedure](#) that combines chest compression often with [artificial ventilation](#) in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in [cardiac arrest](#). It is [indicated](#) in those who are unresponsive with no breathing or abnormal breathing
- CPR alone is unlikely to restart the heart; Its main purpose is to restore partial flow of oxygenated blood to the [brain](#) and [heart](#).
- The objective is to delay [tissue death](#) and to extend the brief window of opportunity for a successful resuscitation without permanent [brain damage](#)

PHOTOGRAPHS:





FEEDBACK:

- Boys & Girls Student of Ist B.Sc., Microbiology, Biochemistry, Biotechnology, Zoology, English, physics, commerce & Chemistry(95)

departments have attended the “ADVANCE LIFE SUPPORT” (**FIRST AID FOR MEDICAL EMERGENCIES**)

- They were eager and willing to participate in this programme.
- They were willing to participate this type of workshop in future
- They greeted the management for arranging this type of workshop which will be helpful in their life.

MUTHAYAMMAL COLLEGE OF ARTS & SCIENCE, RASIPURAM

AWARENESS ON AIDS (WORLD AIDS DAY CELEBRATION)

ORGANIZED BY

YRC & RRC CELL

DATE: 07/12/18

OBJECTIVE:

To promote the awareness among the students about the spread of Aids and preventive measures of HIV.

TOPIC DEALT WITH:

HIV stands for human immunodeficiency virus. If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome).

Unlike some other viruses, the human body can't get rid of HIV completely. So once you have HIV, you have it for life.

HIV attacks the body's immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections. If left untreated, HIV reduces the number of CD4 cells (T cells) in the body, making the person more likely to get infections or infection-related cancers.

Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. These opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS, the last state of HIV infection.

No effective cure for HIV currently exists, but with proper treatment and medical care, HIV can be controlled.

The medicine used to treat HIV is called antiretroviral therapy or ART. If taken the right way, every day, this medicine can dramatically prolong the lives of many people with HIV, keep them healthy, and greatly lower their chance of transmitting the virus to others. Today, a person who is diagnosed with HIV, treated before the disease is far advanced, and stays on treatment can live a nearly as long as someone who does not have HIV.

AIDS stands for acquired immunodeficiency syndrome. AIDS is the final stage of HIV infection, and not everyone who has HIV advances to this stage.

AIDS is the stage of infection that occurs when your immune system is badly damaged and you become vulnerable to *opportunistic infections*. When the number of your CD4 cells falls below 200 cells per cubic millimeter of blood

HIV is not spread easily. Only certain body fluids from a person who has HIV can transmit HIV:

- Blood
- Semen (cum)
- Pre-seminal fluid (pre-cum)
- Rectal fluids
- Vaginal fluids
- Breast milk
-

These body fluids must come into contact with a mucous membrane or damaged tissue or be directly injected into your bloodstream (by a needle or syringe) for transmission to occur. Mucous membranes are found inside the rectum, vagina, penis, and mouth.

HIV does not survive long outside the human body (such as on surfaces) and it cannot reproduce outside a human host. It **is not** spread by:

- Air or water
- Mosquitoes, ticks or other insects
- Saliva, tears, or sweat that is not mixed with the blood of an HIV-positive person
- Shaking hands, hugging, sharing toilets, sharing dishes/drinking glasses, or closed-mouth or “social” kissing with someone who is HIV-positive
- Drinking fountains
- Other sexual activities that don’t involve the exchange of body fluids (for example, touching).

PHOTOGRAPHS:





FEEDBACK:

- Student of 1st UG & PG Biotech, CA, Chemistry designing and Electronics & communication participated in this programme.
- They were eager and willing to participate in this programme.
- They were willing to participate this type of programme in future
- They greeted the management for arranging this type of awareness programme which will be helpful in their life.

**ONE DAY ZONAL LEVEL (SEMINAR) ORIENTATION CAMP FOR YRC
PROGRAMME OFFICERS**

ATTENDED BY

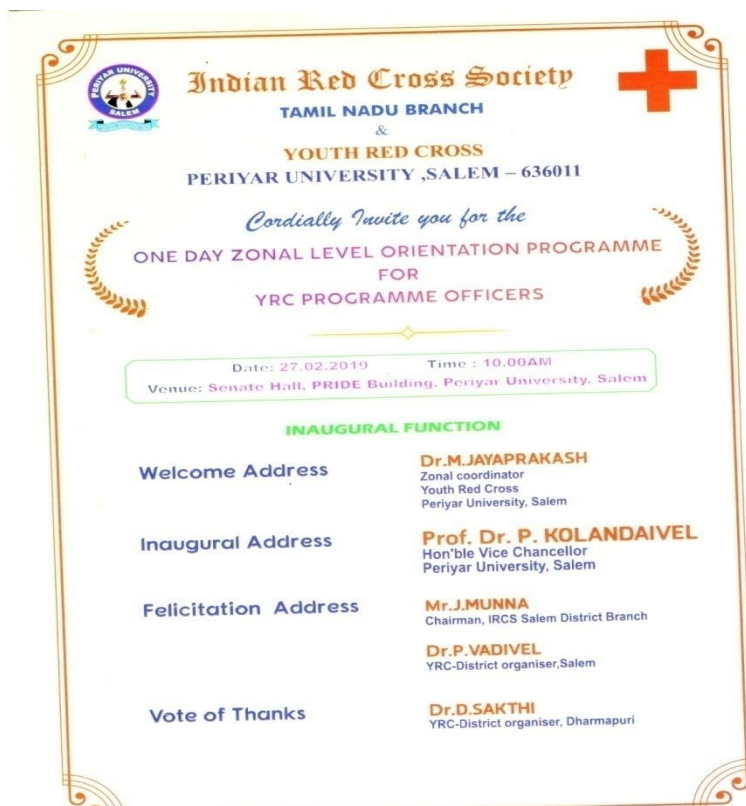
Mr. B.SIVASANKARAN
Assistant Co-Ordinator, YRC/RRC

DATE: 27/02/2019

OBJECTIVE:

To obtain information related with Indian Red Cross Society and their activities.

AGENDA:



TECHNICAL SESSION-I

HISTORY OF RED CROSS & YOUTH ACTIVITY

Dr.P.Thirumoorthi

Associate Professor, PRIMS
Periyar University, Salem

TECHNICAL SESSION-II

HEALTH HYGIENE

Dr.P.Nazni

Professor and Head
Department of Nutrition and Dietetics
Periyar University, Salem

TECHNICAL SESSION-III

FIRST AID AWARENESS ACTIVITIES

Prof.V.Ramakrishnan

YRC District Organiser
Salem Zone Polytechnic Colleges

TECHNICAL SESSION-IV

DISASTER MANAGEMENT

Mr.K.S.Loganathan

YRC District Organiser
Namakkal District

VALEDICTORY FUNCTION

TIME : 4.16PM

Welcome Address

Dr.M.SUGUNA

Programme officer
Youth Red Cross
Periyar University, Salem

Programme Report :

Dr.G.V.Kumar

YRC District Organizer
Krishnagiri District

Valedictory Address& Certificate Distribution

Prof.Dr.K.THANGAVEL

Registrar i/c
Periyar University, Salem

Felicitation Address

Dr.V.NATARAJAN

Syndicate Member
Professor and Head
Dept. of Journalism and Mass Communication
Periyar University, Salem.

Vote of Thanks

Dr.M.JAYAPRAKASH

Zonal coordinator
Youth Red Cross
Periyar University, Salem



TOPIC DEALT WITH:

The seminar focused on highlighting the Indian Red Cross Society and Youth Red Cross activities for the forth coming years and their application.

The orientation programme has 4 sessions which was handled by the technical expertise.

RED CROSS ACTIVITIES

It was handled by Dr.P.Thirumoorthi, zonal coordinator, Periyar University, Salem. He explains about the activities done in the past year and to be done in the forth coming year by the Youth Red Cross society in the colleges comes under the Periyar University Salem.

He explains importance of Blood donation camp and awareness camp.

SESSION – II (DISASTER MANAGEMENT)

The session was handed by Dr.K.S.Loganathan, District Organizer, YRC, Namakka District, he explains about the disaster happened in Chennai. And the procedure to be done if any disaster happens in our district. He also explains the importance of forming the disaster rescue team in every colleges aided under Periyar University.

SESSION – III (FIRST AID AWARENESS)

Handled by V.Ramakrishnan, District Organizer, Salem zone polytechnique college.

First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening

One of the critical skills for performing effective First Aid is to insure that the scene is safe for the victim as well as everyone else present. All precautions have to be taken prior to administering the actual First Aid. If it's a traffic accident, insure that the cars driving by are aware of the accident

some general guidelines :

1. If the victim is responsive introduce yourself and offer help
2. If the victim agrees proceed with First Aid administration

3. If the victim refuses, call 108 and wait for the arrival with the victim
4. If person is unresponsive, assume that your help is needed and proceed with First Aid/CPR

SESSION – IV (FOOD & HYGINE PRACTISES)

The session was handed by Dr. P.NAZNI, HOD, Dept of Clinical Nutrition & Dietiecs, Periyar university, Salem.

- Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals
- Food safety and food security are monitored by agencies like the International Association for Food Protection, World Resources Institute, World Food Programme, Food and Agriculture Organization, and International Food Information Council.
- Most food has its origin in plants. Some food is obtained directly from plants; but even animals that are used as food sources are raised by feeding them food derived from plants.
- Cereal grain is a staple food that provides more food energy worldwide than any other type of crop. Corn (maize), wheat, and rice – in all of their varieties – account for 87% of all grain production worldwide.
- Most of the grain that is produced worldwide is fed to livestock.
- sanitation tips to prevent food borne illnesses in food service and retail businesses. They are:
 1. Proper personal hygiene, including frequent hand and arm washing and covering cuts;
 2. Proper cleaning and sanitizing of all food contact surfaces and utensils;
 3. Proper cleaning and sanitizing of food equipment;
 4. Good basic housekeeping and maintenance; and
 5. Food storage for the proper time and at safe temperatures.

PHOTOGRAPH:



FEEDBACK:

Got information about the activities done and to be done by Youth Red Cross Society in every colleges. Got more information in current trends of activities.

THREE DAYS ZONAL LEVEL ORIENTATION PROGRAMME FOR YRC VOLUNTEERS

ATTENDED BY

1. Mr. S.KARAN, BCA
2. Mr. D.V. DURGESHWARAN, BCA

Venue: Periyar University, Salem

Date: 13 Mar to 15 Mar 2019

OBJECTIVE:

To obtain information related with Indian Red Cross Society and their activities.

AGENDA:

Session - XII (2.00 PM - 3.15 PM)	
Topic Resource Person	AWAIRENESS FOR BLOOD DONATION Mr. P. Nallathambi District Supervisor, DAPCU Salem Collector office
VALEDICTORY FUNCTION & CERTIFICATE DISTRIBUTION 15-03-2019, 3.30 PM	
Welcome Address	Mr. K. KANNAN YRC Programme Officer Periyar University College of Arts and Science, Mettur
Programme Report	Dr. M. JAYAPRAKASH Zonal Co-ordinator Youth Red Cross, Periyar University, Salem
Valedictory Address & Certificate Distribution	Prof. Dr. K. THANGAVEL Registrar, IIC Periyar University, Salem
Special Address	Dr. C. BALAGURUNATHAN Syndicate Member Periyar University, Salem
Felicitation Address	Dr. E. V. RIGIN Zonal Co-ordinator, Youth Red Cross Madurai Kamaraj University, Madurai
Vote of Thanks	Dr. D. SAKTHI YRC District organizer Dharmapuri
<i>All are Welcome</i>	
ORIENTATION PROGRAMME ORGANIZING COMMITTEE	
ORGANIZING SECRETARY Dr. M. JAYAPRAKASH Zonal Co-ordinator, YRC Periyar University, Salem	ORGANIZING COMMITTEE CHAIR YRC-District organizers Salem, Namakkal, Dharmapuri and Krishnagiri
<i>Thank you</i>	

Indian Red Cross Society TAMIL NADU BRANCH & YOUTH RED CROSS PERIYAR UNIVERSITY, SALEM - 636 011	
<i>Jointly Organise</i>	
THREE DAYS ZONAL LEVEL ORIENTATION PROGRAMME FOR YOUTH RED CROSS VOLUNTEERS (STUDENTS)	
Date: 13 th , 14 th and 15 th March, 2019	
Prof. Dr. P. KOLANDAIVEL Hon'ble Vice Chancellor Periyar University, Salem	
has Kindly Consented to Inaugurate the Programme	
Venue: Seminar Hall, Old Science Block, Periyar University, Salem	
<i>All are Cordially Invited</i>	
<i>Dr. P. S. M. P. N. S.</i>	

Programme	
13.03.2019 (Wednesday)	
09.30 am to 10.00 am Registration	
10.00 am to 10.15 am Flag Hoisting	
INAUGURAL FUNCTION	
Welcome Address	Dr.M.JAYAPRAKASH Zonal Co-ordinator Youth Red Cross Periyar University, Salem
Inaugural Address	Prof. Dr. P. KOLANDAIVEL Hon'ble Vice Chancellor Periyar University, Salem
Presidential Address	Dr. J. TRAVEEN CHARLESTON District Youth Co-ordinator Salem
Felicitation Address	Mr.J.MUNNA Chairman, IRCS Salem District Branch
Special Address	Mr.R.SELVA KUMAR Deputy Director of Health Services Principal HMDS, Salem
Vote of Thanks	Dr.T.ELANGO VAN Programme officer YRC, Periyar University, Salem
TECHNICAL SESSIONS	
(Date: 13-03-2019 (Day-I))	
Topic	PRINCIPLES OF RED CROSS
Resource Person	Dr.P.Vadivel YRC District Organiser Salem
Topic	MEDIA AND SOCIETY IN SOCIAL ACTIVITIES
Resource Person	Dr.P.Nandha kumar Professor Department of JMC, Periyar University, Salem
Topic	PSYCHO SOCIAL SKILLS FOR VOLUNTEERS
Resource Person	Dr.S.Kathiravan Professor and Head Department of Psychology, Periyar University, Salem
Topic	FIRST AID AND DISASTER MANAGEMENT
Resource Person	Dr. G.V.Kumar YRC District Organiser Kishnagiri & Mr. K.S.Loganathan YRC District Organiser Namakkal
Date: 14-03-2019 (Day-II)	
Topic	TEAM BUILDING AND LEADERSHIP SKILLS
Resource Person	Dr.R.Subramaniya Bharathy Associate Professor PRMS, Periyar University, Salem
Topic	FOR YOURS ONLY
Resource Person	Dr.Sasikumar Sasi Eye Care Hospital Salem
Topic	IMPORTANCE OF BLOOD DONATION
Resource Person	Dr.S.M.Venkatachalam Molecular Biologist Bhavani Hospital, Salem
Topic	WOMEN EMPOWERMENT
Resource Person	Dr.A.Lalitha Co-ordinator, Centre for Women's studies Periyar University, Salem
Date: 15-03-2019 (Day-III)	
Topic	FOOD FOR HEALTH
Resource Person	Dr. T. Poongodi Vijayakumar Professor and Head, Department of Food science Periyar University, Salem
Topic	YOUTH FOR NATIONAL DEVELOPMENT
Resource Person	Dr. K. Jayaraman Syndicate Member, Associate Professor of Economics Periyar University, Salem
Topic	ROLE OF YRC VOLUNTEERS AND KNOW YOUR ENVIRONMENT
Resource Person	Dr. E.G.Wesely YRC Programme Officer A.A. Govt. Arts College, Namakkal

TOPIC DEALT WITH:

The programme **focused** on highlighting the Indian Red Cross Society and Youth Red Cross activities for the forth coming years and their application.

The orientation programme has 11 sessions which was handled by the technical expertise.

RED CROSS ACTIVITIES

It was handled by Dr. M.Jayaprakash, zonal coordinator, Periyar University, Salem. He explains about the activities done in the past year and to be done in the forth coming year by the Youth Red Cross society in the colleges comes under the Periyar University Salem.

He explains importance of Blood donation camp and awareness camp.

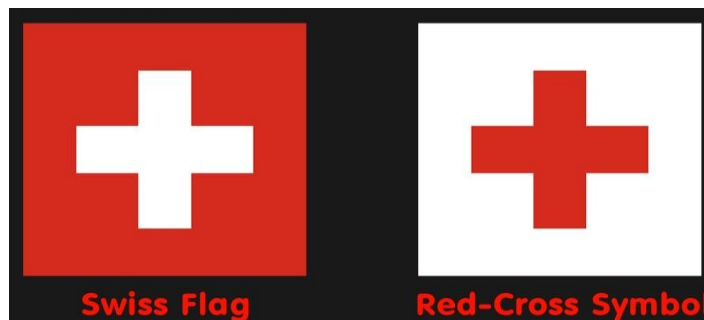
DAY – 1

SESSION – I (RED CROSS HISTORY & PRINCIPLES)

The session was handled by Dr.P.Vadivel, District Organizer, Salem.

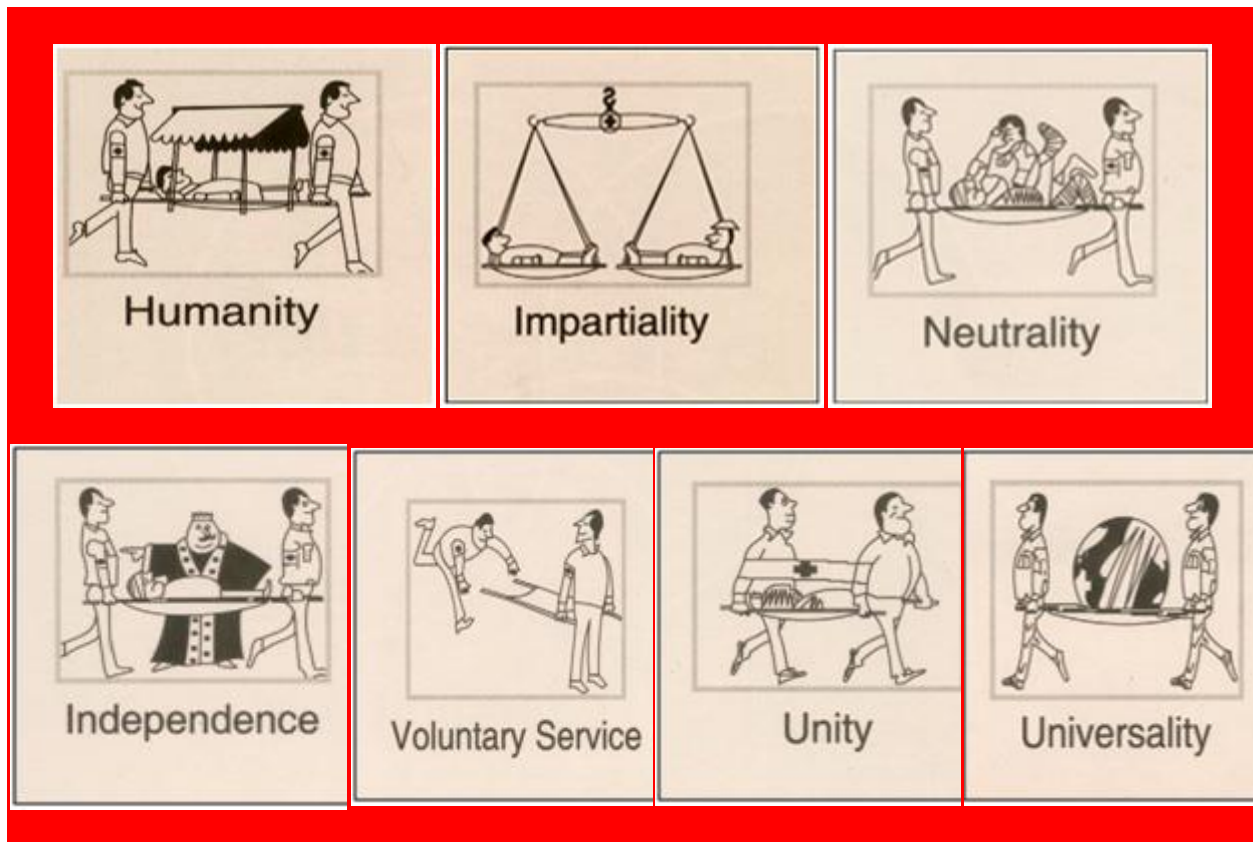
History of Red Cross Movement

- Young Swiss businessman, Jean Henry Dunant was appalled by the condition of the wounded soldiers he happened to see 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.
- International Red Cross Movement was established by Geneva Convention of 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.



- Indian Red Cross Society (IRCS) was established in 1920 under the Indian Red Cross Society Act and incorporated under Parliament Act XV of 1920. The act was last amended in 1992 and of rules were formed in 1994.
- The IRCS has 35 State / Union Territories Branches with their more than 700 districts and sub district branches.
- Honourable President of India is the President and Hon'ble Union Health Minister is the Chairman of the Society.
- The Vice Chairman is elected by the members of the Managing Body.

- The Red Cross Movement, is driven by the 7 fundamental principles which guide our humanitarian work across borders.
- we celebrate our principles which help us reach out to anyone in need and crisis.



SESSION – II (LEADERSHIP QUALITY)

The session was handed by Dr. R.SUBRAMANIA BHARATHY, Assistant Professor, PRIMS, Periyar University, Salem.

Being a leader is one of most difficult and rewarding positions

- 1) Self respect and respect for others
- 2) Know to manage failures and set backs
- 3) Able to delegate

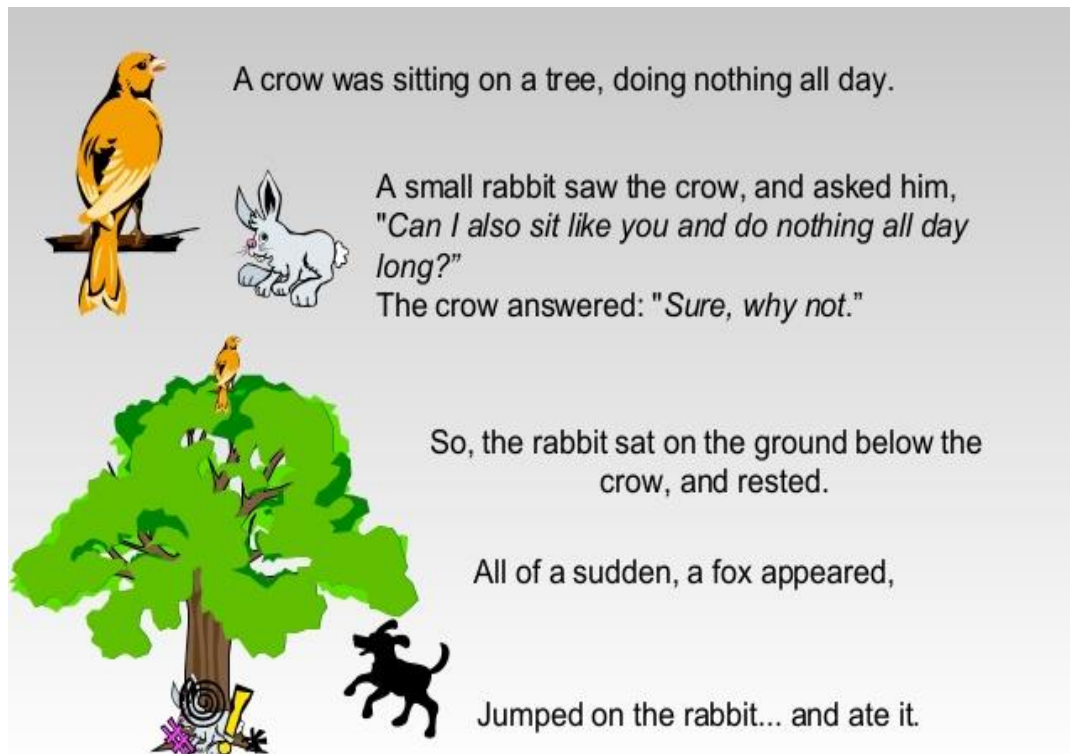
4) Exhibit confidence

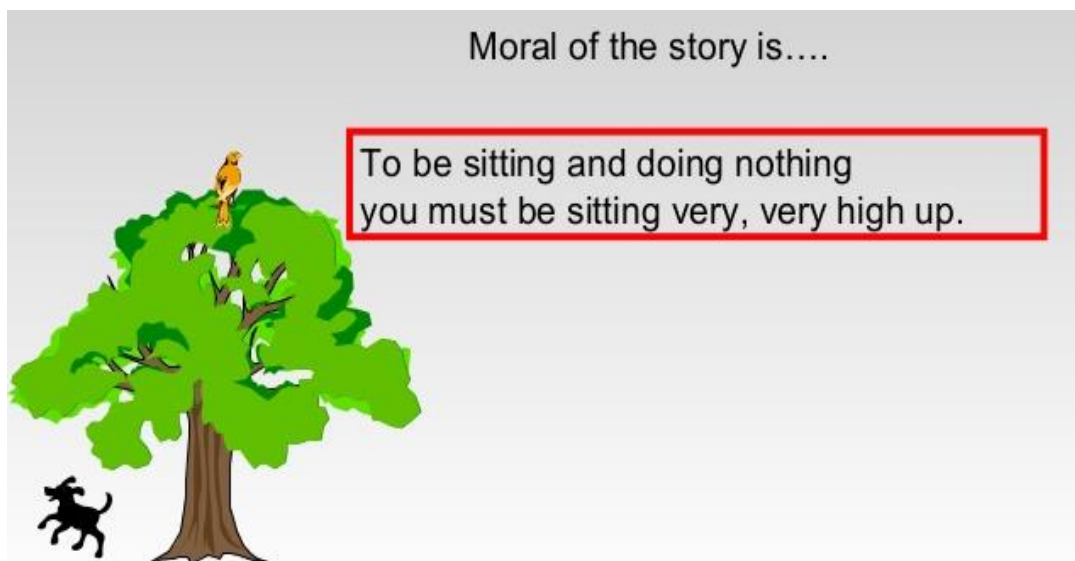
5) Sense of humour

6) Self-motivated

7) Integrity

- Said the story of Crow and Rabbit





SESSION – III & IV (FIRST AID AWARENESS)

Handled by Dr. G.Kumar, District Organizer, YRC, Krishnagiri.

First aid is the assistance given to any person suffering a sudden [illness](#) or [injury](#), with care provided to preserve life, prevent the condition from worsening

One of the critical skills for performing effective First Aid is to insure that the scene is safe for the victim as well as everyone else present. All precautions have to be taken prior to administering the actual First Aid. If it's a traffic accident, insure that the cars driving by are aware of the accident

some general guidelines :

1. If the victim is responsive introduce yourself and offer help
2. If the victim agrees proceed with First Aid administration
3. If the victim refuses, call 108 and wait for the arrival with the victim
4. If person is unresponsive, assume that your help is needed and proceed with First Aid/CPR

DAY – 2

SESSION – V (CONSEQUENCES OF CLIMATE CHANGE)

The session was handed by Dr. E.G.WESELY, YRC Programme officer, Arignar Anna Govt College, Namakkal.

Climate change affects all regions around the world. Polar ice shields are melting and the sea is rising. In some regions extreme weather events and rainfall are becoming more common while others are experiencing more extreme heat waves and droughts.

Climate change is already having an impact on health:

- There has been an increase in the number of heat-related deaths in some regions and a decrease in cold-related deaths in others.
- We are already seeing changes in the distribution of some water-borne illnesses and disease vectors
- Climate change is happening so fast that many plants and animal species are struggling to cope.
- Many terrestrial, freshwater and marine species have already moved to new locations. Some plant and animal species will be at increased risk of extinction if global average temperatures continue to rise unchecked.

SESSION – VI (BLOOD DONATION & AIDS AWARENESS)

The session was handed by Dr .S M . Vengadachalam, molecular biologist, Bhavani Hospital, Salem.

Blood donation:

- Blood cannot be manufactured – it can only come from generous donors.
- Type O-negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.
- Type AB-positive plasma can be transfused to patients of all other blood types. AB plasma is also usually in short supply.
- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.

- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.
- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 min.
- The average adult has about 10 units of blood in his body. Roughly 1 unit is given during a donation.
- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be transfused to patients.

HIV & AIDS:

- HIV stands for human immunodeficiency virus. If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome).
- Unlike some other viruses, the human body can't get rid of HIV completely. So once you have HIV, you have it for life.
- HIV attacks the body's immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections.
- If left untreated, HIV reduces the number of CD4 cells (T cells) in the body, making the person more likely to get infections or infection-related cancers. .
- Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease.
- These opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS, the last state of HIV infection.
- No effective cure for HIV currently exists, but with proper treatment and medical care, HIV can be controlled. The medicine used to treat HIV is called antiretroviral therapy or ART.

- If taken the right way, every day, this medicine can dramatically prolong the lives of many people with HIV, keep them healthy, and greatly lower their chance of transmitting the virus to others.
- Today, a person who is diagnosed with HIV, treated before the disease is far advanced, and stays on treatment can live a nearly as long as someone who does not have HIV.

SESSION – VII (FOOD & HYGINE PRACTISES)

The session was handed by Dr. T.Poongodi vijayakumar, professor & HOD, Dept of Food Science, Periyar university, Salem.

- Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals
- Food safety and food security are monitored by agencies like the International Association for Food Protection, World Resources Institute, World Food Programme, Food and Agriculture Organization, and International Food Information Council.
- Most food has its origin in plants. Some food is obtained directly from plants; but even animals that are used as food sources are raised by feeding them food derived from plants.
- Cereal grain is a staple food that provides more food energy worldwide than any other type of crop. Corn (maize), wheat, and rice – in all of their varieties – account for 87% of all grain production worldwide.
- Most of the grain that is produced worldwide is fed to livestock.
- sanitation tips to prevent food borne illnesses in food service and retail businesses. They are:
 6. Proper personal hygiene, including frequent hand and arm washing and covering cuts;
 7. Proper cleaning and sanitizing of all food contact surfaces and utensils;
 8. Proper cleaning and sanitizing of food equipment;
 9. Good basic housekeeping and maintenance; and
 10. Food storage for the proper time and at safe temperatures.

SESSION – VIII (HUMAN RIGHTS & VALUES)

The session was handed by Mr.A.K.P. KATHIRVELU, Founder President, Bharatha Venpura Movement, Salem.

The Constitution of India provides for Fundamental rights, which include freedom of religion. Clauses also provide for freedom of speech, as well as separation of executive and judiciary and freedom of movement within the country and abroad.

DAY – 3

SESSION – IX & X (DISASTER MANAGEMENT)

The session was handed by Dr.K.S.LOGANATHAN, YRC district organizer, Namakkal.

Disaster Management can be defined as the organization and management of resources and responsibilities for dealing with all humanitarian aspects of emergencies, in particular preparedness, response and recovery in order to lessen the impact of disasters.

Four Principles :

- *Promoting humanitarian principles and values
- *Disaster management
- *Health and Care in the community.
- *Disaster preparedness.

Types of Disaster

- *Volcanos
- *Earthquake
- *Tsunami
- *Cyclone
- *Flood
- *Avalanches

Disaster :

- *Natural and Man-made
- *Before the disaster - The role of volunteers
- *Awareness about in and out of all kind of disaster .
- *First aid knowledge.
- *We have to collect our area ambulance and doctors and govt . generator and free water, service contacts .
- *Arrange things required to meet the need of victims first aid kit.

Six Regional Warehouses:

- *Bahadurgarh (Haryana)
- *Arkkonam (Tamil nadu)
- *Viramgam (Gujarat)
- *Virkoli (Maharashtra)
- *Salt Lake (West Bengal)
- *Noonmati (Assam)

SESSION – XI (STRESS MANAGEMENT & YOGA PRACTISES)

Stress management is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control

1. Move your body frequently—don't sit for more than an hour
2. Make positive face-to-face connection with other people a priority
3. When you can't change the stressor, learn to avoid, alter, adapt, or accept
4. Reduce your intake of alcohol, nicotine, and caffeine
5. Do something you enjoy every day

6. Get all the restful sleep that you need to feel your best
7. Learn more by reading the related articles

PHOTOGRAPH:



FEEDBACK:

Got information about the activities done and to be done by Youth Red Cross Society in every colleges. Got more information in current trends of activities.



Indian Red Cross Society

Tamilnadu State Branch

**YOUTH RED CROSS
PERIYAR UNIVERSITY ,**

Salem -636 011, Tamilnadu
NAAC A Grade - State University - NIRF Rank 90



**THREE DAYS ZONAL LEVEL ORIENTATION TRAINING
PROGRAMME FOR YOUTH RED CROSS VOLUNTEERS**

CERTIFICATE

This is to Certify that Dr./Mr./Ms D.V. Durgeshwaran
Muthayammal College of Arts & Science, Rasipuram.

----- has participated in the "THREE
DAYS ZONAL LEVEL ORIENTATION TRAINING PROGRAMME FOR YOUTH RED CROSS
VOLUNTEERS" sponsored by Indian Red Cross Society, Tamilnadu State Branch, Chennai
held at Periyar University, Salem, TamilNadu from 13th March 2019 to 15th March 2019.

Dr.M.Jayaprakash
YRC Zonal Co-ordinator
Indian Red Cross Society, Periyar University, Salem

General Secretary
Indian Red Cross Society
Tamilnadu State Branch, Chennai



Indian Red Cross Society

Tamilnadu State Branch

**YOUTH RED CROSS
PERIYAR UNIVERSITY ,**

Salem -636 011, Tamilnadu
NAAC A Grade - State University - NIRF Rank 90



**THREE DAYS ZONAL LEVEL ORIENTATION TRAINING
PROGRAMME FOR YOUTH RED CROSS VOLUNTEERS**

CERTIFICATE

This is to Certify that Dr./Mr./Ms S. Karan
Muthayammal College of Arts & Science, Rasipuram.

----- has participated in the "THREE
DAYS ZONAL LEVEL ORIENTATION TRAINING PROGRAMME FOR YOUTH RED CROSS
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Dr.M.Jayaprakash
YRC Zonal Co-ordinator
Indian Red Cross Society, Periyar University, Salem

General Secretary
Indian Red Cross Society
Tamilnadu State Branch, Chennai

RED RIBBON PROGRAMME OFFICER MEET AND THE PEER EDUCATORS TRAINING PROGRAMME

ATTENDED BY

P.SELVAMALEESWARAN
CO-ORDINATOR-YRC/RRC

P.Ranjithkumar & D.Rohan II BSC Physics, RRC Volunteers

DATE: 20/03/2019

OBJECTIVE:

To obtain information related with Red Ribbon Club and their activities.

AGENDA:



The invitation card is for an event at Periyar University, Salem. It features the university's logo on the top left and the Red Ribbon Club logo on the top right. The text is centered and includes the following details:

PERIYAR UNIVERSITY
Salem - 636 011, Tamilnadu
NAAC A Grade - State University - NIRF Rank 90

RED RIBBON CLUB
Cordially Invite you all for the

**"RED RIBBON CLUB PROGRAMME OFFICERS MEET
AND THE PEER EDUCATORS TRAINING PROGRAMME"**

Date: 20-03-2019 **Time:** 10:00 AM
Venue: Seminar Hall, Old Science Block, Periyar University, Salem

INAUGURAL FUNCTION

Welcome Address	Dr.M.JAYAPRAKASH Zonal Co-ordinator, RRC Periyar University, Salem
Inaugural Address	Prof. Dr. P. KOLANDAIVEL Hon'ble Vice Chancellor Periyar University, Salem
Presidential Address	Dr.K. JAYARAMAN Syndicate Member, Associate Professor of Economics Periyar University, Salem
Special Address	Dr.L. ARUNACHALAM District Programme Manager District AIDS Prevention and control Unit, Salem
Felicitation Address	Mr.K.ULAGANATHAN District ICTC Supervisor District AIDS Prevention and control Unit, Dharmapuri
Vote of Thanks	Dr.M.SUGUNA Programme officer, RRC Periyar University, Salem

At the bottom left, there is a handwritten signature in green ink that reads "RRC coordinator" followed by the number "8834".

TECHNICAL SESSIONS	
Technical Session-I : 11.00AM - 12.00 Noon Topic: Life Skill Education Resource Person: Mr.P.Nallathambi District Supervisor, DAPCU, Salem	Technical Session-II : 12.00 Noon - 01.00 PM Topic: Aids Awareness Campaign Resource Person: Dr. M.R.Suriyaprakash ART Medical Officer, Anti Retroviral Treatment Centre Govt. Head Quarters Hospital, Namakkal
Technical Session-III : 02.00 PM - 03.00PM Topic: Prevention of STD Resource Person: Dr.(Major) D.Ravishankar, MD. Director & Consultant Physician and Dialectologist Alshwaryam Specialty Hospital,Salem	Technical Session-IV : 03.00 PM - 04.00 PM Topic: Positive Self Esteem Resource Person: Mr. C.Arul District Supervisor DAPCU, Krishnagiri
VALEDICTORY FUNCTION	
20-03-2019 , 4.16 PM	
Welcome Address	Dr.T.ELANGOAN Programme officer, RRC Periyar University, Salem
Valedictory Address & Certificate Distribution	Prof. Dr.K.THANGAVEL Registrar i/c Periyar University, Salem
Special Address	Dr.S.KADHIRAVAN Professor and Head Department of Psychology, Periyar University, Salem
Felicitatation Address	Mr. M.THIRUNAVUKKARASU District Programme Manager i/c District AIDS Prevention and control Unit, Namakkal
Vote of Thanks	Dr.M.JAYAPRAKASH Zonal Co-ordinator ,RRC Periyar University, Salem
<i>All are Welcome</i>	
TRAINING PROGRAMME ORGANIZING COMMITTEE	
ORGANIZING SECRETARY Dr.M.JAYAPRAKASH Zonal Co-ordinator, RRC Periyar University, Salem	ORGANIZING COMMITTEE CHAIR RRC- Programme Officers Unit I,II Periyar University, Salem
Dr.T.ELANGOAN Programme officer, RRC Periyar University, Salem	Dr.M.SUGUNA Programme officer, RRC Periyar University, Salem

TOPIC DEALT WITH:

The seminar focused on highlighting the Indian Red Cross Society and Youth Red Cross activities for the forth coming years and their application.

The orientation programme has 4 sessions which was handled by the technical expertise.

RED RIBBON ACTIVITIES

It was handled by Dr.M.Jayaprakash, zonal coordinator, Periyar University, Salem. He explains about the activities done in the past year and to be done in the forth coming year by the Red Ribbon Club in the colleges comes under the Periyar University Salem.




He explains importance of Blood donation camp and awareness camp.

SESSION – I to III (BLOOD DONATION CAMPS & HIV AWARENESS)

The session was handled by Mr. P.Nallathambi, District supervisor, DAPCU, Salem. And Dr. M R.Suryaprakash, ART Medical Officer, Govt, head quarters hospital, Namakkal, Dr.D.Ravishanker, Director and consultant physician Aishwaryam speciality hospital, salem,

He explains the criteria to be followed for collecting the blood from the students and conducting the Blood donation camp in the college.

The criteria includes

-  Age group between 18 to 60
 -  Volunteer only used for donation
 -  Time period for donation is to be 3 months etc..
-
- * The most common symptoms of recent HIV infection are severe flu-like symptoms, including a sore throat and fever, and a rash on the chest. Other symptoms can include fatigue, nausea and diarrhoea.
 - * Around 70-90% of people recently infected with HIV experience these symptoms, and they are unusual in otherwise healthy people so should indicate the need for an HIV test if they occur within six weeks of sex without a condom (especially with a new or casual partner).
 - * After two to three weeks these symptoms will disappear, and even if you see a doctor they may fail to recognise the signs of early HIV infection. A person with HIV may then live for many years without any further symptoms or indications that they are HIV positive.
 - * An AIDS diagnosis takes place at such a late stage of infection when one or more of the most commonly experienced illnesses linked to HIV occurs (known as an AIDS-defining illness).
 - * Highly effective HIV medication will prevent the HIV infection from damaging the immune system so severely and can stop opportunistic infections or AIDS-defining illnesses.

SESSION – IV (ENVIRONMENTAL AWARENESS With Youth)

Handled by Mr.C. Arul, District supervisor, DAPCU, krishnagiri. He explains about the abuse of nature by our human activities in the environment. And the changes take place by the activities. He infused to preserve the nature and to plant more trees by the help of youth in our district.

PHOTOGRAPH:





FEEDBACK:

Got information about the activities done and to be done by Red Ribbon Club in every colleges. Got more information in current trends of activities.

CERTIFICATE:





PERIYAR UNIVERSITY




Salem -636 011, Tamilnadu
NAAC A Grade - State University - NIRF Rank 90
RED RIBBON CLUB

Tamil Nadu State AIDS Control Society, Chennai
"RED RIBBON CLUB PROGRAMME OFFICERS MEET
AND THE PEER EDUCATORS TRAINING PROGRAMME"
CERTIFICATE

This is to Certify that Dr./Mr./Ms P. RANJITH KUMAR, II B.Sc. PHYSICS
MUTHAYAMMAL COLLEGE OF ARTS AND SCIENCE, RASIPURAM

----- has participated in the "RED
RIBBON CLUB PROGRAMME OFFICERS MEET AND THE PEER EDUCATORS TRAINING
PROGRAMME" organised by RRC, Periyar University, Salem and Tamilnadu State AIDS
Control Society (TANSACS), Chennai, Tamilnadu On 20th March 2019.


Dr.M.Jayaprakash
Zonal Co-ordinator
Red Ribbon Club, Periyar University, Salem


Registrar
Periyar University, Salem



PERIYAR UNIVERSITY



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This is to Certify that Dr./Mr./Ms D. ROPAN, II B.Sc. PHYSICS
MUTHAYAMMAL COLLEGE OF ARTS AND SCIENCE, RASIPURAM

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Dr.M.Jayaprakash
Zonal Co-ordinator
Red Ribbon Club, Periyar University, Salem


Registrar
Periyar University, Salem

IMPORTANT DAYS

1.	12th January	Youth Day(India)
2.	4th February	World Cancer Day
3.	22nd March	World Water Day
4.	24th March	World TB Day
5.	7th April	World Health Day
6.	22nd April	World Earth Day
7.	23rd -30th April	World Immunization Week
8.	25th April	World Malaria Day
9.	5th May	World Asthma Day
10.	8th May	World Red Cross Red Crescent Day
11.	31st May	World No Tobacco Day
12.	5th June	World Environment Day
13.	14th June	World Blood Donor Day
14.	21st June	International Day of Yoga
15.	12th August	International Youth Day/Anniversary of Geneva Conventions
16.	1st October	National Voluntary Blood Donation Day
17.	13th October	International Day for Disaster Reduction
18.	15th October	Global Hand washing Day
19.	14th November	World Diabetes Day
20.	15th November	World Day of Remembrance for Road Traffic Victims
21.	1st December	World AIDS Day
22.	3rd December	World Disabled Day
23.	5th December	International Volunteers Day