



ST. TERESA'S COLLEGE, ERNAKULAM (AUTONOMOUS)

YOUTH RED CROSS CLUB

REPORT OF ACTIVITIES: 2015-16

The Indian Red Cross Society is a voluntary humanitarian organization having a network of over 700 branches throughout India, providing relief in times of disasters/emergencies and promoting health & care of the vulnerable people and communities. It is a leading member of the largest independent humanitarian organization in the world, the International Red Cross and Red Crescent Movement.

Red Cross promotes the Humanitarian values, which encourage respect for other human beings and a willingness to work together to find solutions to problems. From the seven fundamental principles, the movement aims to influence the behaviour of all the people..

The youth Red Cross is an active wing of the society to build up the personality of youth and to inculcate the deals of love and service among the young generation

OBJECTIVE

- ❖ The main objective is to reduce the suffering and distress especially in the casualties of war and natural calamities irrespective of race, class, creed or political considerations

MISSION

- ❖ The mission of the Indian Red Cross is to inspire, encourage and initiate at all times all forms of humanitarian activities so that human sufferings can be minimized and even prevented and this contribute to create climate for peace

REPORT FOR THE YEAR 2015-16

INAUGURATION OF YOUTH RED CROSS AT THE COLLEGE,

This Year the Youth Red Cross Programme started with the inauguration. It was held in the Science Block Audio Visual Room on 24th July 2015, by the Secretary of District Youth red Cross Society Sri Bijoy K.P. He mentioned the values and the benefits of the society. Dr Sajimol Augustine, Principal delivered the Presidential address and Dr. Sr Vinitha, Director of St. Teresa's College address the gathering with the keynote address



VISIT TO VIMALARAM HOME

38 students of YRC visited to one of Kochi's Mentally Retarded Children's home at Fort Kochi on August 10th 2015 to spend some time with the inmates. The YRC members sang and danced for them .They conducted competitions and gave them prizes.

In our daily life we are complaining about everything By seeing the children, the YRC members really understood that how much gift the God has given them. Around 35 children and 20 sisters to look after them were there



CONDUCTED WORLD AIDS DAY

On December 1st we organised world AIDS day at College Campus. This gave an opportunity for students to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. **World AIDS Day** was the first ever global health **day** and the first one was held in 1988. We organized this with a Signature campaign. The Programme was inaugurated by Our College Director Rev Dr Sr. Vineetha .College Principal Dr.Sajimol Augustine delivered the 'AIDS DAY OATH'. All the students took the oath against AIDS.



MEDICAL CHECKUP CAMP

Healthy mind comes from a healthy body. The mental makeup of a person also depends on his/her health. Therefore good health is inevitable for a student to perform well in all activities.

YRC organized a one -day medical health check up camp for the freshman of St.Teresa's college on 11th February 2016. The camp was conducted by a group of dedicated doctors and nurses from Medical Trust hospital. More than four hundred students participated in the camp that was held in the physical education department. Followed by the examination, a medical certificate was issued to the students with details of their health and physical traits like height, weight etc. Students who were unhealthy were given advices and referred to further check up. It was also an opportunity for the students to understand their body conditions. Usually people visit hospital when there is disease or some accidents, Keralites are not used to health check up otherwise.

This campaign opened up an awareness to take such medical tests occasionally. And a suggestion came from the medical side that every year we should conduct such a camp to understand the health of the students and give follow up procedures. The

programme started with an Inauguration by the Principal Dr .Sajimol Augustine and end up with a Valedictory Function by the Director Dr.Sr.Vineetha



RED ENERGY PROGRAMME

Red Cross Office Bearers of St.Teresa's College attended the Red energy Campaign at Al-Ameen College,Edathala on 19th January 2016.11 Members participated in this .In the morning section the classes were on Personality Development, Leadership Qualities etc and in the afternoon several competitions were conducted. All the members actively participated in this.



VISIT TO PALIATIVE CARE UNIT

38 students escorted by one staff member visited the pain and Palliative care unit at Aluva on February 20th. They spend 2-3 hour with them. Shared the sorrows and pains with them. It was a really worth experience to the members



ANNUAL CAMP

District organizers conducted 2 day Annual Red Cross camp at YMCA, Aluva on Feb 26th & 27th. 17 students from our college actively participated in this. This was an opportunity to the students to interact with other college students of their own age group and they shared their experience, migled each other. In camp fire programme they enjoyed a lot, got an opportunity to participate in many programmes. It was really interesting



PULSE POLIO PROGRAMME

5 students volenteerly given their service for the Pulse Polio day on 21st February at South Railway station. It was a nice experience to the students. The polio day started at 9.00 and end up with 5.00pm.The participated students got a certificate of service for this.

