# PROGRAMMES ORGANIZED BY YOUTH RED CROSS ASSOCIATION (2024 - 2025)



TIRUCHENDUR - 628 215



## ANTI-DRUG CLUB & YRC JOINTLY ORGANISE A



Seminar on Tobacco Abuse

**Guests of Honour** 

Dr. A. Venuka. District Consultant District Tobacco Control Cell, Tobacco Control Cell, Thoothukudi District.

Mrs. V. Rosary Fathima, Social worker. Thoothukudi District

Mr. M. Marutham Brighteon PA to DHO Department of Health.

Date: 26.06.2024

Time : 2.00 P.M Venue: PG Seminar Hall

Dr. J. Ananthi Banu Dr. P. Jamuna Dr. P. Jeyanthi Anti-Drug Club YRC Programming Principal Co-ordinator Officer

#### Report of the Programme

Name of the programme

: Guest lecture

Venue

: PG Seminar hall

Date

: 26.06.2024

Brief objective of the programme

: • To create awareness among the students about

ill effects of tobacco addiction.

To insist how the usage of certain medicines

prevents the habit of smoking.

Name of the chief guest with designation

: 1. Dr. A. Venuka,

District Consultant,

District Tobacco Control Cell,

Thoothukudi District.

2. Mrs. V. Rosary Fathima,

Social Worker,

District Tobacco Control Cell.

Thoothukudi District.

3. Mr. M. Marutham Brighton,

PA to DHO,

Department of Health, Thoothukudi District.

Topic of the lecture

: Tobacco abuse

No. of students participated

: 180

Outcome of the programme

: • The students learnt various precautionary ways

of avoiding the usage of tobacco.

 They also came to know about the various diseases caused by smoking and inhaling

narcotics powder.

1. J. Ananteise (ADC)
2. January (YRC)









TIRUCHENDUR - 628 215

# ANTI-DRUG CLUB & YRC JOINTLY CELEBRATES

ANTI DRUG DAY
BY
CONDUCTING
COMPETITION

Essay : Dangers of Drug use

Daile: 02.07.2024

Venue: Room No:15 D

Time : 3.30 P.M.

Dr. J. Ananthi Banu

Dr. P. Jamuna

Dr. P. Jeyanthi

Anti-Drug Club

YRC Co-ordinator

Principal

Co-ordinator

#### Report of the Programme

Name of the programme : Essay writing competition

Venue : Room no. 15D

Date : 02.07.2024

Brief objective of the programme : •

• To create awareness among students about the dangers and consequences of drug abuse.

To point out their significant role in the

eradication of drugs.

**Topic** : Dangers of drug use.

No. of participants : 55

Details of the prize winners : I Place – M. Jerobina, II M.Sc. (Maths)

II Place – P. Kamala Devi, II BCA

Outcome of the programme : • The students gained knowledge about the

steps to overcome drug addiction.

They developed their writing and creativity

skills, and gained valuable experiences.

1. J. Anantubu (ADC

. Hay (YR





TIRUCHENDUR - 628 215

# ANTHORUG CLUB & YRC JOINTLY CELEBRATES ANTI DRUG DAY BY CONDUCTING

COMPETITION

Elocution : Say no to drugs

Date: 03.07.2024

Venue: Room No: 15 D

Time : 3.30 P.M

Dr. J . Ananthi Banu

Dr. P. Jamuna

Dr. P. Jeyanthi

**Anti-Drug Club** 

YRC Co-ordinator

**Principal** 

Co-ordinator

#### Report of the Programme

Name of the programme : Elocution competition

Venue : Room no. 15D

Date : 03.07.2024

**Brief objective of the programme** : • To create awareness among students about the

goal of a world free of drug abuse.

To promote public awareness against the evil

effects of illegal drug use.

**Topic** : Say no to drugs

No. of participants : 55

Details of the prize winners : I Place – J. Amala Tharshini Rose, II B.A. (English)

II Place – S. Anandhi, III B.A. (Tamil)

Outcome of the programme : • The students gained knowledge about the

steps to overcome drug abuse and addiction.

• They also understood their role in the

eradication of drugs.

1. J. Arantle Strip (ADC

2. Harry (YRC







#### Govindammal Aditanar College for Women, Tiruchendur – 628 215



#### Youth Red Cross Association,

Organizes a



#### LPG Safety Awareness Programme

Guests of Honour

Mr. E. P. Sathish, Proprietor, Velavan Gas Agency, Tiruchendur Mr. N. Subramanian, Manager, Velavan Gas Agency, Tiruchendur

Date: 25.07.2024

Time: 3.30 p.m.

Venue: PG Seminar Hall

Dr. P. Jamuna YRC Programming Officer Dr. P. Jeyanthi Principal

#### **GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR**

#### **Youth Red Cross Association**

#### Report of the programme

Name of the programme

: LPG Safety Awareness Programme

Venue

: PG Seminar Hall

Date

25.07.2024

Brief objective of the programme

 To gain knowledge about the safety procedure for using LPG, Gas tube and cylinder.

• To know about how to remove the regulators from the empty cylinder and then to fix in the new cylinder.

 To give the practical knowledge to the students about how to use the gas cylinder and gas stove very effectively to save energy and save cost.

**Guests of honour** 

 Mr. E. P. Sathish, Proprietor, Velavan Gas Agency, Tiruchendur.

 Mr. N. Subramanian, Manager, Velavan Gas Agency, Tiruchendur.

No. of participants

: 150

Outcome of the programme

 The students got awareness about the safety uses of LPG, tube and cylinder.

 They got knowledge about how to maintain the gas stove, gas tube with care to save energy and cost.

YRC Programme officer











#### GOVINDAMMALADITANAR COLLEGE FOR WOMEN TIRUCHENDUR - 628215



#### YOUTH RED CROSS ASSOCIATION

Organizes an

Awareness Programme of Pranic Healing



#### **Chief Guest**

Mrs. V. Umadevi, B.Sc., Associate Certified Pranic Healer, Tiruchendur.

Date: 01.08.2024

Time: 2.30 p.m.

Venue: Hall No: 15

Dr.P.Jamuna YRC Programme Officer

Dr. P. Jeyanthi Principal

#### GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

#### **Youth Red Cross Association**

#### Report of the programme

Name of the programme

: Awareness Programme - Pranic Healing

Venue

: Hall No. 15

**Date** 

: 01.08.2024

Brief objective of the programme

 To make the students aware of curing diseases using pranic healing method i,e no touch and no drugs.

 To gain knowledge about the pranic healing techniques for curing the diseases without taking drugs.

Name of the chief guest with designation : Mrs. V. Uma Devi,

Mrs. V. Uma Devi, Associate Certified, Pranic healing trainer, Aruppukottai

No. of participants

: 180

Outcome of the programme

 The students have known about the pranic healing methods and how to cure prolonged diseases

 They gain knowledge about how to recover from diseases by following the concept of "no touch and no drugs".

YRC Programme officer







TIRUCHENDUR - 628 215



# ANTI- DRUG CLUB & YRC JOINTLY ORGANISE AN



Awareness Programme on

"Save the world without drugs"

#### **Chief Guest:**

Sadiq Manzoor, M.C.Acu., D.Ed(Acu) ., Acuhealer.

Tirunelveli.

**Date**: 04.09.2024

Time: 11.00 A.M Venue: Room No.24

Dr. J. Ananthi Banu Dr. P. Jamuna Dr. P. Jeyanthi

Anti-Drug Club YRC Programming Principal

Co-ordinator Officer

#### Report of the Programme

Name of the programme

: Drug Awareness Programme

Venue

: Room No:24

Date

: 04.09.2024

Brief objective of the programme

: • To educate students about the risks of drug use and promote healthy lifestyle choices.

To engage the youth in various healthy

practices.

Name of the chief guest with designation

: Sadiq Manzoor, M.C.Acu., D.Ed(Acu).,

Acuhealer, Tirunelveli.

Topic of the lecture

: Save the world without drugs.

No. of students participated

180

Outcome of the programme

: • The students gained knowledge about reducing the drug abuse and addiction rates globally.

• They were advised to engage themselves in sports, arts and mentorship programmes to reduce the allure of drugs. In this way they came to know about the world where individuals can live healthy and productive lives free from the grip of addiction.

1. J. Arantelan (Anti-drug)

2. Hunglary (YRC)







**Youth Red Cross Association &** 

**Tiruchendur Anganvadi Integrated Child Development Services** 



jointly organ



### Food Exhibition on Iron Rich Food **Guests of Honour**

Ms.P.Pitchai Kani Mrs.M.P.Gayathri Dr.S.Priya Dayana

**Assistant Professor** 

Child Development Ayush Medical Officer

Sivanthi Aditanar College

**Project Officer** 

Govt PHC

of Nursing

Pitchivilai

Tiruchendur

Date:10.09.2024

Time: 11 a.m Venue: PG Seminar Hall

Dr.P.Jamuna

Dr.P.Jeyanthi

**YRC Co-Ordinator** 

Principal

#### **GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR**

#### **Youth Red Cross Association**

#### Report of the programme

Name of the programme : Exhibition of iron rich food

**Venue** : PG Seminar Hall

Date : 10.09.2024

Brief objective of the programme : • To educate the students to know about

the iron - content foods and its health

benefits.

• To exhibit creative iron rich dishes and

demonstrate its recipes.

Guests of honour : • Mrs. P. Pachaikani,

Assistant Professor,

Sivanthi Aditanar College for Nursing,

Tiruchendur.

• Dr. Priya Dayana,

Ayush Medical Officer,

Govt. Primary Health Centre,

Pitchivilai.

• Mrs. M. P. Gayathri,

ChildDevelopment Project Officer,

Tiruchendur.

Number of exhibits : 20

No. of visitors : 450

Outcome of the programme : • The students were made aware of the

importance of the iron rich food products and its benefits for

maintenance good health.

YRC Programme officer

 They also understood the iron content food items which prevent iron deficiency, anaemia and supports immunity.









#### GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN TIRUCHENDUR-628215





## ANTHDRUG CLUB&YRC JOINTLY



#### ORGANISE A

Rehabilitation Programme for Drug Addiction

Chief Guest: Dr. C. Selvan Rajasekaran,

M.B.B.S, F.D.M., (Diabetology),

Managing director,

**Annam Multispeciality** 

Hospital.

Tiruchendur.

Date: 10.02.2025

Fime: 2.30 P.M Venue: PG Seminar Hall

Dr. J. Ananthi Banu Dr. P. Jamuna Dr. P. Jeyanthi
Anti-Drug Club YRC Programming Principal
Co-ordinator Officer

#### Report of the Programme

Name of the programme

: Drug Awareness Programme

Venue

: PG Seminar Hall

Date

: 10.02.2025

Brief objective of the programme

: • To make awareness about drug and its effects among students.

 To explain the diseases arise out of using drugs and to give remedies for drug addiction.

Name of the chief guest with designation

: Dr. C. Selvan Rajasekaran, M.B.B.S, F.D.M.

(Diabetology),

Managing director,

Annam Multispeciality Hospital,

Tiruchendur.

Topic of the lecture

: Rehabilitation Programme for Drug Addiction .

No. of students participated

: 180

Outcome of the programme

: • The students gained knowledge about the

types of drugs and their impact.

• They understood about the rehabilitation programme available for the recovery of

drug addicts.

1. J. Avantera (Anti-drug)
13/2/25
2. Para (YRC)





#### GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR YOUTH RED CROSS AND INTERNAL QUALITY ASSURANCE CELL

#### Report of the programme

Name of the programme

Meditation

Venue

PG Seminar hall

:

Time and duration

3.30 - 4.30 p.m. for three days in a year

Brief objective of the

program

• To inculcate a positive spirit and attitude in the minds of students.

• To increase their self-awareness and get them relieved from stress.

To keep their mind and body calm and

healthy.

Name of the trainer with designation

Mr. K. Ramdoss,

Trainer, Heartfulness institute, Sri Ram Chandra Mission,

Kumarapuram, Tiruchendur.

No. of participants

550 (UG final year students)

#### Outcome of the programme

:

- The students are trained in mind relaxation, mind cleaning and meditation prayer. Both the theoretical and practical classes are conducted for them.
- They benefit from reduced anxiety and improved self-control for them.
- This would be very helpful for the students to lead a healthy life in all aspects of their future life.
- They are given a certificate of merit at the end of the programme.

YRC Co-ordinator

IQAC Co-ordinator

Principal 3









