



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

YOUTH RED CROSS 2024-2025

COMMITTEE MEMBERS:

Dr.T.Poongodi	-	Chairman
Dr.P.Dinesh	-	Coordinator

SFCW

Mr.S.Kumar	-	Overall Incharge
Mrs.A.Priyanka (Com)	-	Member
Mrs.B.Sandhiya	-	Member

MAINTAINING REPORT :

Dr. T. Poongodi

Objectives:

1. To develop leadership quality among the students
2. To inculcate in the youth of our students
3. To conduct social and health awareness programmes
4. To offer first aid training to all the YRC volunteers
5. To understand and acceptance of civic and human responsibilities

YOUTH RED CROSS activities are conducted so far

- Social Health awareness Programme at Ammapettai, Salem District
- Awareness programme on DRUG abuse in SSC at college auditorium.
- Independence day celebration
- Linking Voter id with Aadhar programme in SSC, College auditorium.
- Health Awareness Programme for college students in SSC, College auditorium.
- Periyar vasipom Programme SSC, College campus
- Social justice day programme at SSC Campus.
- Blood donation camp in SSC auditorium.



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Event No. 1 : Plastic Waste Management and Alternative use of Plastic

Date : 18.05.2024

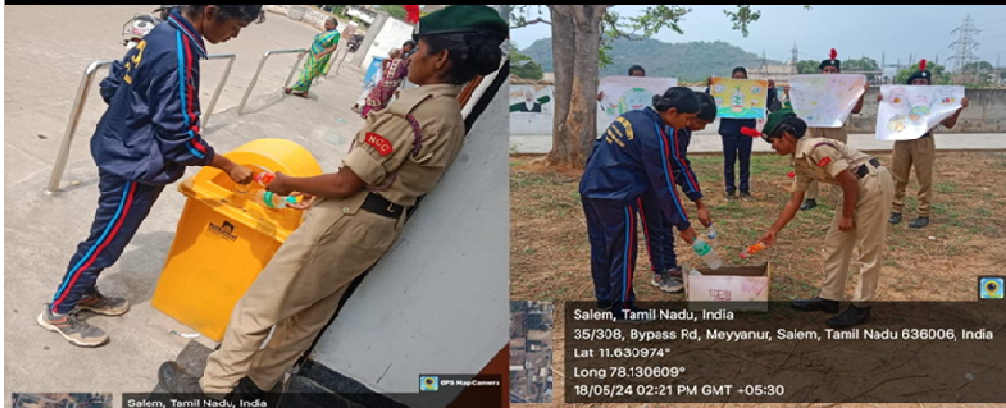
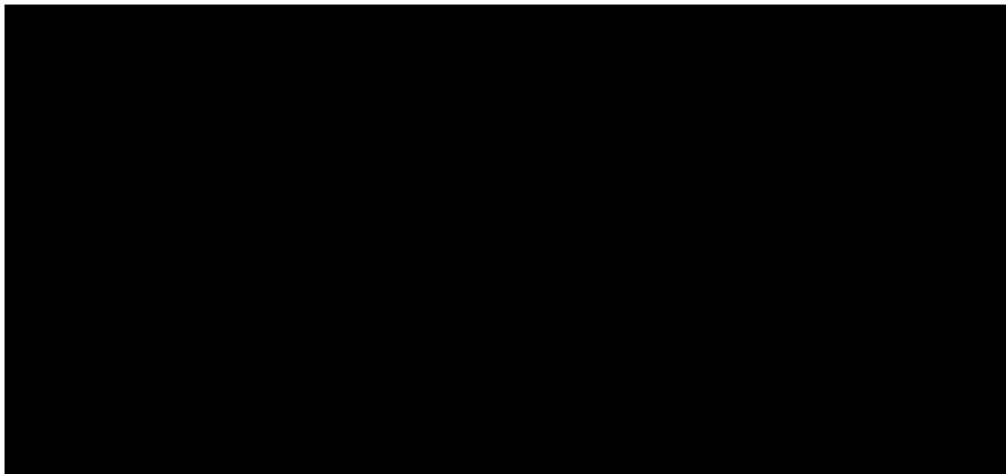
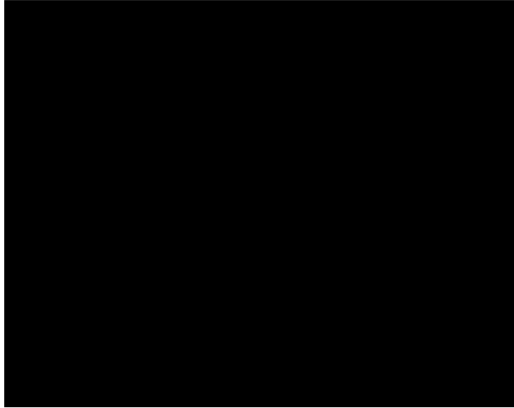
On May 18, 2024, the Youth Red Cross (YRC) unit of Salem Sowdeswari College organized a significant event focused on Plastic Waste Management and Alternative Use of Plastic. The event was held in collaboration with the National Cadet Corps (NCC) within the college campus. The Principal Incharge and Correspondent were present to grace the occasion. The primary objective of the event was to raise awareness about the importance of managing plastic waste and exploring alternative uses for plastic. As part of the event, the YRC team led a campus cleaning drive to ensure the premises were free from plastic waste. Through their efforts, the team successfully made the ground plastic-free. During the event, the YRC team also took the opportunity to advise students and staff on the alternative uses of plastic, promoting sustainable practices. This initiative aimed to foster a sense of responsibility among the college community towards the environment. The event concluded with a heightened awareness among participants about the need for proper plastic waste management. The collaboration between YRC and NCC was key to the event's success. Students actively participated in the cleaning drive and learned about the importance of reducing plastic use. The event was well-received, and the college community appreciated the efforts of the organizing team. By promoting eco-friendly practices, the event contributed to a cleaner and greener campus. Overall, the event was a resounding success in achieving its objectives. The initiative set a positive example for other colleges and communities to follow.



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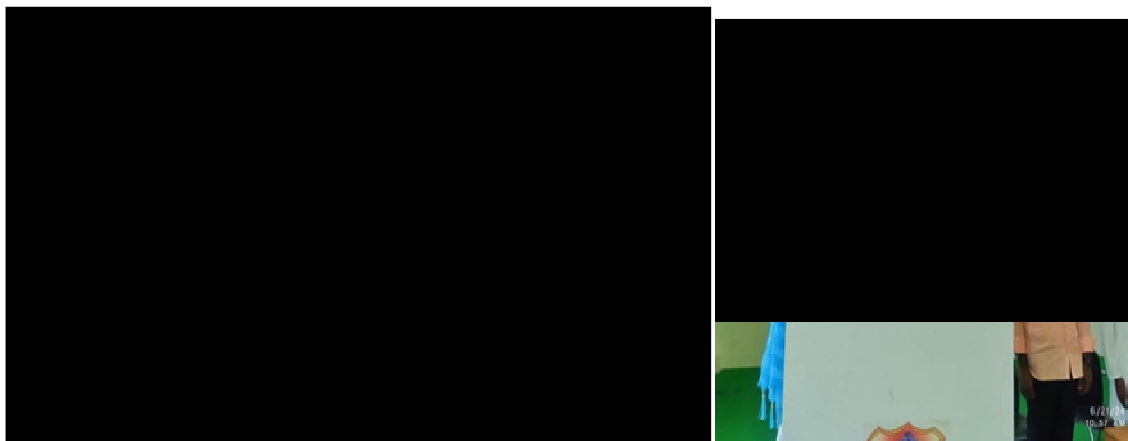
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EVENT 2: International Yoga Day

DATE: 21-06-24

International Yoga Day was celebrated on June 21, 2024, at Dr. J.K.K. Angappa Chettiar Memorial Auditorium. The event was held in the presence of Shri. J.K.A. Kumararajah, Correspondent and Secretary, and Smt. A.Kannammal, Chairman and Executive Trustee, of Salem Sowdeswari College. The program was organized by the Yoga Club, Red Ribbon Club, Youth Red Cross, and NSS. It began with the Tamil Thai Vazhthu, followed by a welcome address by Dr. P. Uma Swarupa. Principal Incharge Dr. T. Poongodi highlighted the importance of yoga. Prof. Soundararajan delivered a special address and led the yoga session, which included various exercises and asanas. The session, attended by around 148 students, received positive feedback. Dr. P. Uma Swarupa proposed the vote of thanks, and the program concluded with the national anthem.





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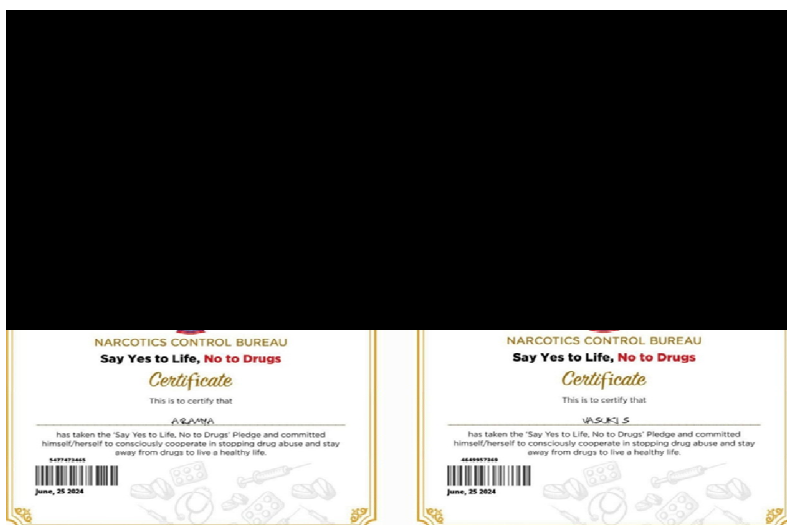
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Event No 3 : SAY YES TO LIFE, NO TO DRUG (Pledge)

Date : 25.06.2024

On June 25, 2024, the Youth Red Cross (YRC) unit of the college collaborated with the Narcotics Control Bureau to organize a pledge-taking ceremony. The event aimed to raise awareness about the dangers of drug abuse and promote a healthy lifestyle. Students took the pledge, saying "Say Yes to Life, No to Drugs," demonstrating their commitment to a drug-free life. The ceremony was attended by students who actively participated in the pledge. After taking the pledge, students received certificates, acknowledging their participation and commitment. The event was a significant step in promoting awareness about the ill effects of drug abuse. By organizing this event, the YRC unit and Narcotics Control Bureau encouraged students to make informed choices. The pledge-taking ceremony was a success, with students showing their determination to lead a healthy and drug-free life. The event concluded with the distribution of certificates to the participating students. This initiative reinforced the importance of saying no to drugs and yes to life.





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Event No. 4

Event Name: First year - Fresher's Day Programme

Date : 03.07.2024

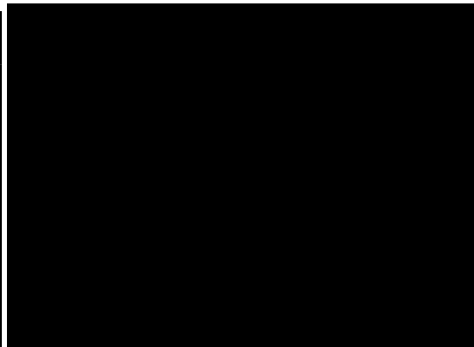
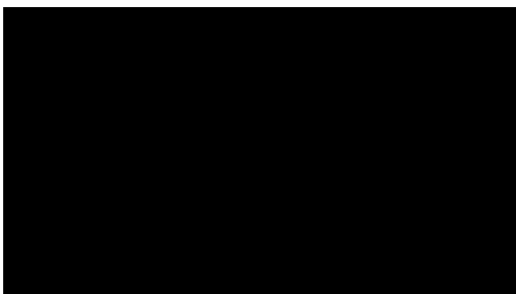
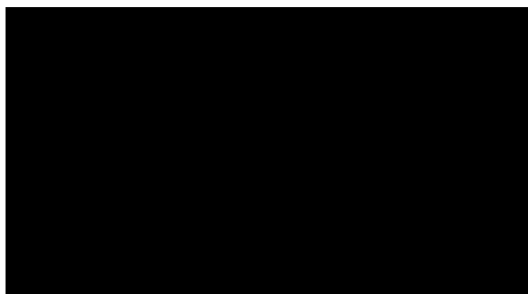
On July 3, 2024, Salem Sowdeswari College hosted a Fresher's Day program, organized by the Youth Red Cross (YRC) unit, to welcome first-year students and their parents. The event aimed to make the new students feel comfortable and familiar with college life. The program provided an opportunity for freshers to interact with their seniors and parents, helping them transition smoothly into college life. YRC organized the event to create a warm and inclusive atmosphere for the new students. The gathering allowed parents to meet with college faculty and staff, discussing their concerns and expectations. The event was a great way to introduce freshers to college life, traditions, and values. First-year students were excited to meet their peers and seniors, building new relationships and connections. The program included various activities to help freshers feel at home. Overall, the Fresher's Day program was a huge success, setting a positive tone for the students' academic journey. The event concluded on a high note, with students and parents looking forward to the new experiences ahead.



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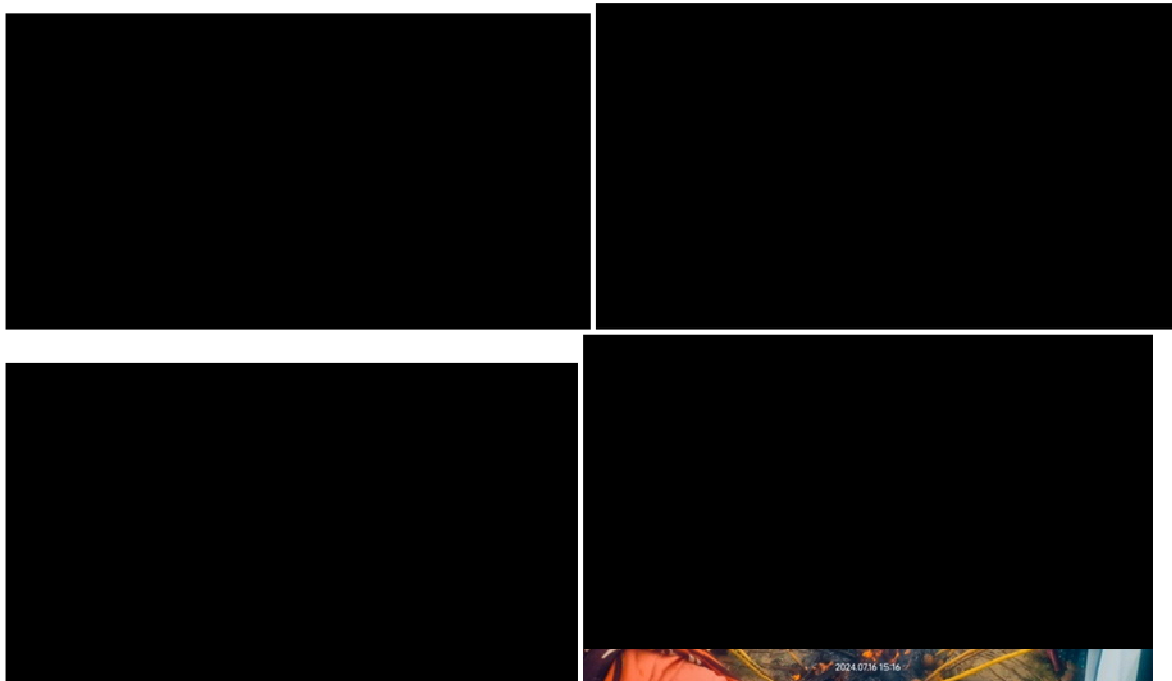
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Event 5 : Campus Cleaning

Date : 16.07.2024

On July 16, 2024, the Youth Red Cross (YRC) team organized a campus cleaning initiative in celebration of Adi 18th day. The event aimed to maintain the cleanliness and beauty of the college premises. YRC team members actively participated in the cleaning drive, ensuring the campus was spotless. The initiative promoted a sense of responsibility and teamwork among the students. Through this effort, the YRC team contributed to creating a clean and healthy environment for the college community.





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Event No. 6

Event Name : International Friendship Day

Date : 06.08.2024

On August 6, 2024, Salem Sowdeswari College celebrated International Friendship Day, organized by the Youth Red Cross (YRC) unit. The event brought students together to cherish the bond of friendship. The celebration began with a cake-cutting ceremony, symbolizing the sweetness of friendships. Students enjoyed dance music, showcasing their moves and having a great time. The event fostered camaraderie and friendship among the students. YRC organized various activities to promote bonding and togetherness. Students shared laughter, stories, and memories with their friends, strengthening their relationships. The celebration was filled with joy, music, and dance. The event concluded on a high note, with students feeling grateful for their friendships. International Friendship Day was a special occasion for students to appreciate their friends. The YRC unit successfully created a platform for students to connect and celebrate friendships. The event was well-received, and students looked forward to many more such celebrations. Overall, the International Friendship Day celebration was a huge success. Students left the event with big smiles, cherishing the memories created. The celebration ended with a sense of happiness and friendship.



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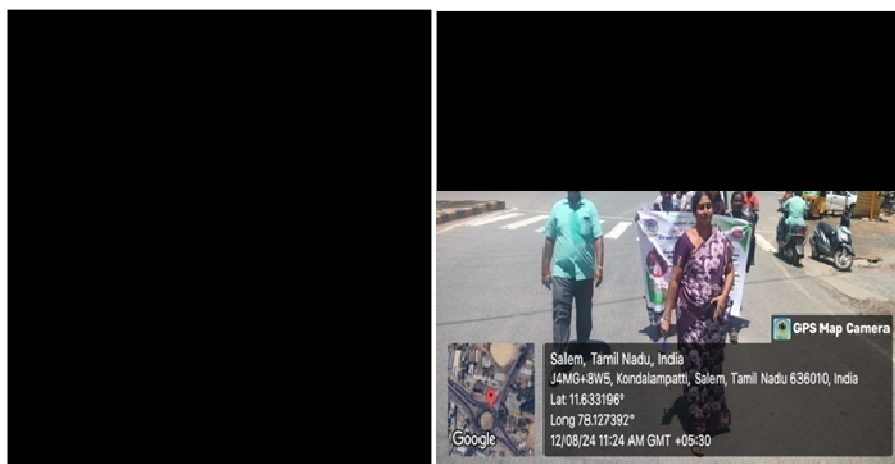
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Event No : 7

Event Name : Anti drug awareness Rally

Date : 12.08.2024

On August 12, 2024, Salem Sowdeswari College's Youth Red Cross (YRC) unit and National Service Scheme (NSS) jointly organized an Anti-Drug Awareness Rally at Kondalampatty Bypass. The rally aimed to educate the public about the dangers of drug abuse. Tmt. K P Saradha, Inspector of Police, Kondalampatty Saragam, and Dr. T Poongodi, Principal (I/C), inaugurated the event. The rally saw active participation from 90 NSS volunteers, led by Programme Officers Dr. S Suguna and Dr. A Sheik Abdullah. The event sought to raise awareness about the ill effects of drug use and promote a healthy, drug-free lifestyle. By organizing this rally, YRC and NSS demonstrated their commitment to community service and social responsibility. The event concluded with a sense of accomplishment, having spread awareness and promoted a positive message among the public.

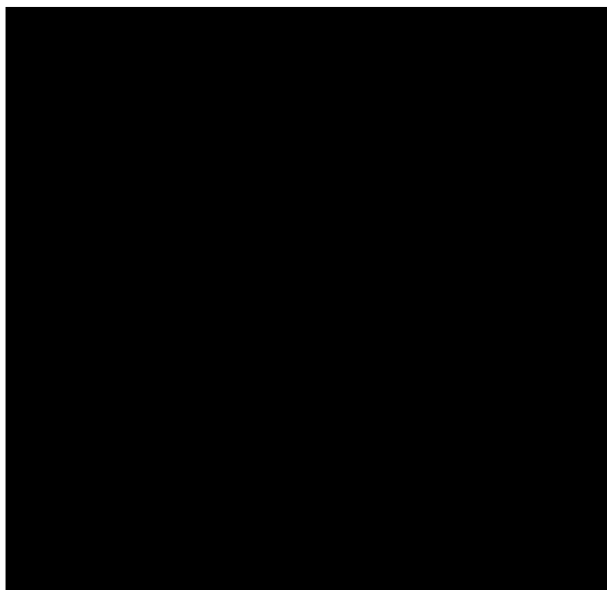




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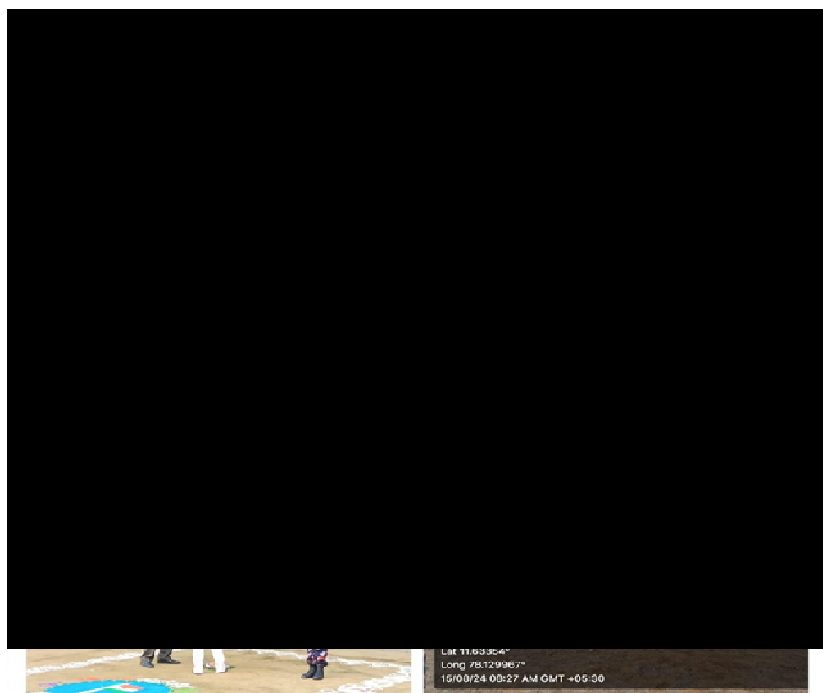
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Event No : 8

Event name : INDEPENDENCE DAY CELEBRATION

Date : 15.08.2024

On August 15, 2024, Salem Sowdeswari College celebrated Independence Day, organized by the Youth Red Cross (YRC) and National Cadet Corps (NCC). The event began with a flag salute, followed by the national anthem. Patriotic speeches were delivered in both Tamil and English, inspiring the audience. A patriotic dance performance added to the festive spirit. To commemorate the occasion, green plants were planted, promoting environmental sustainability. The management also arranged a morning breakfast for the participants. The event was attended by the college Correspondent, Principal, students, as well as the principal and students of Sowdeswari school, fostering a sense of community and patriotism.

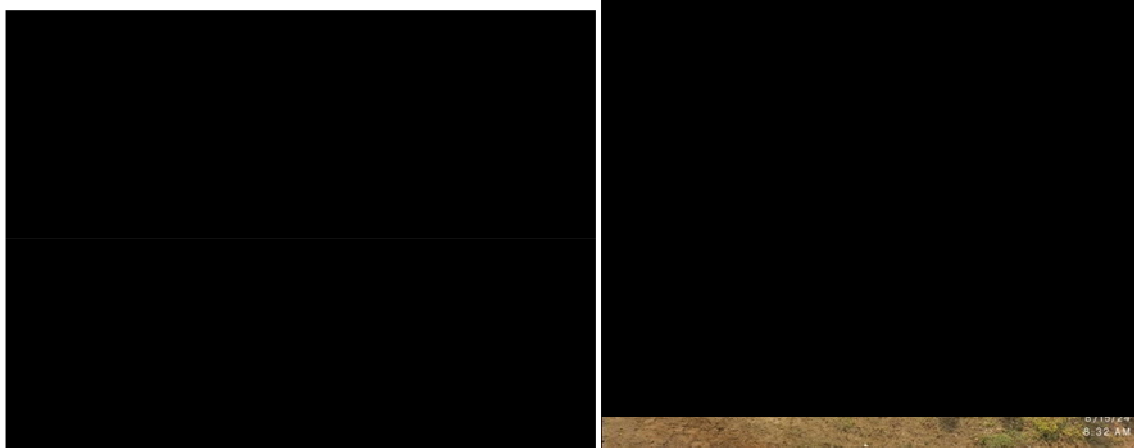
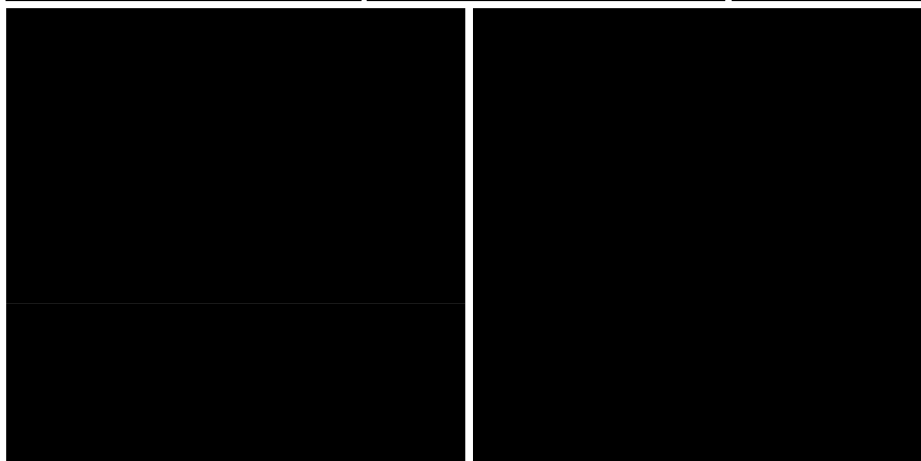
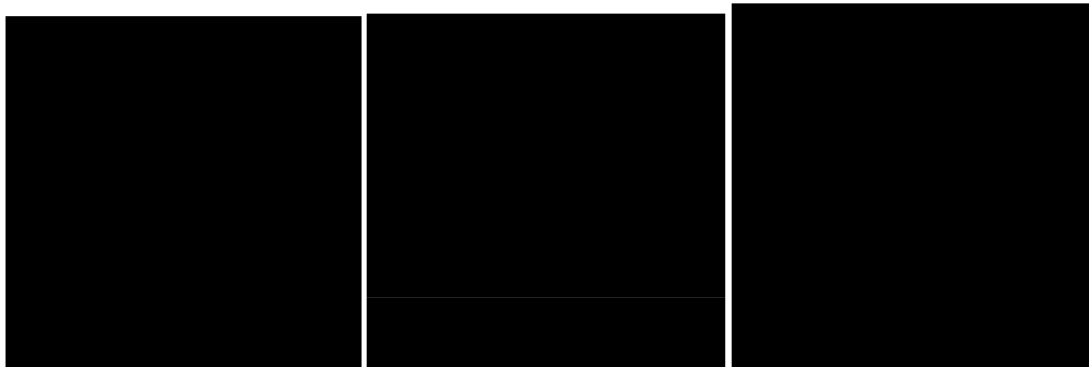




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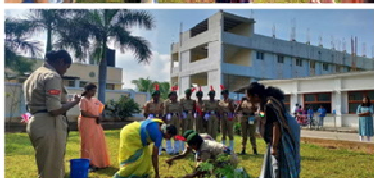
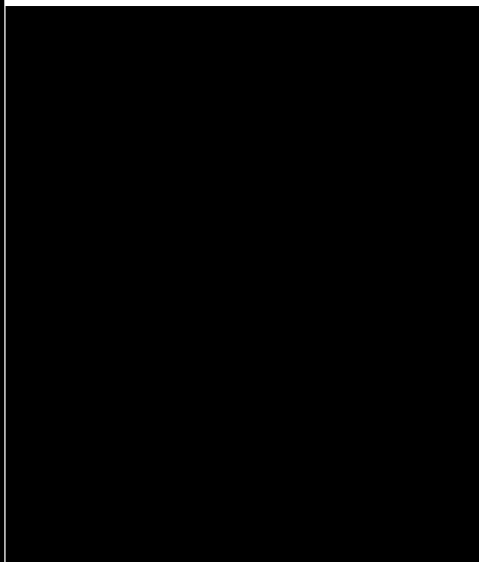
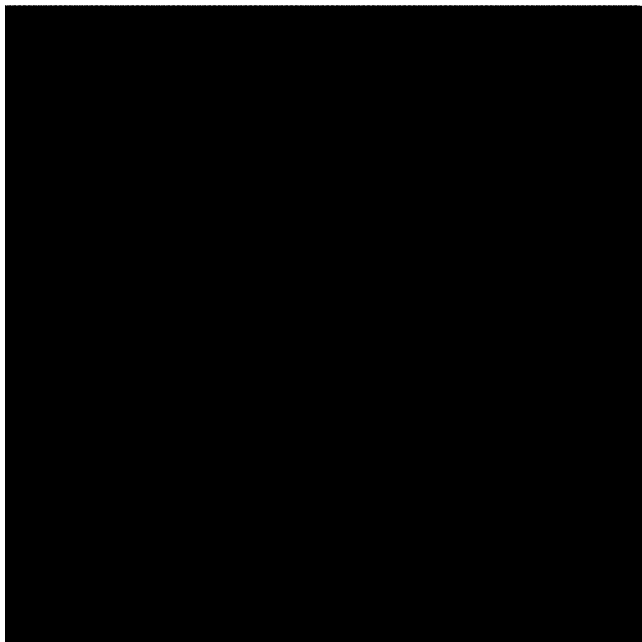




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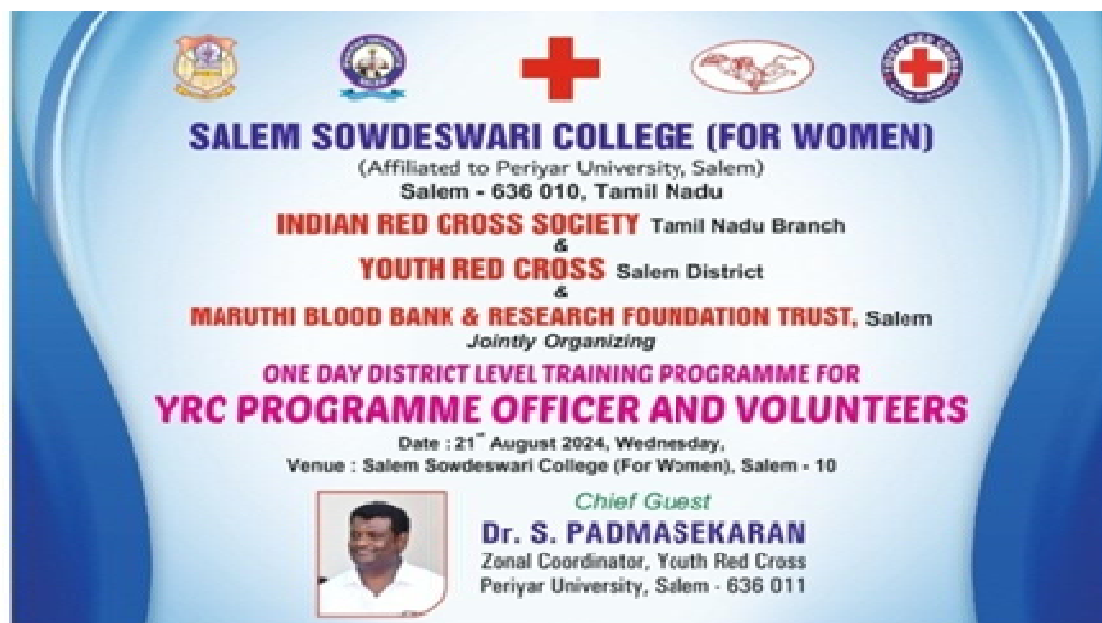
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Event No. :9

Event Name : YRC One Day District level training programme

Date : 21.08.2024

On August 21, 2024, Salem Sowdeswari College, in collaboration with the Indian Red Cross Society, Youth Red Cross, and Maruthi Blood Bank and Research Foundation Trust, organized a one-day district-level training program for YRC program officers and volunteers. The event brought together colleges from the Salem zone. The training aimed to equip YRC volunteers with essential skills and knowledge. Participants engaged in interactive sessions and workshops. The program fostered collaboration and knowledge-sharing among YRC units. Experts from various fields delivered insightful talks and sessions. The event concluded with a sense of accomplishment, having empowered YRC volunteers. The training program was well-received, and participants looked forward to implementing their newfound knowledge. The collaboration between Salem Sowdeswari College and other organizations made the event a success. The program marked a significant step in enhancing YRC's impact in the community.

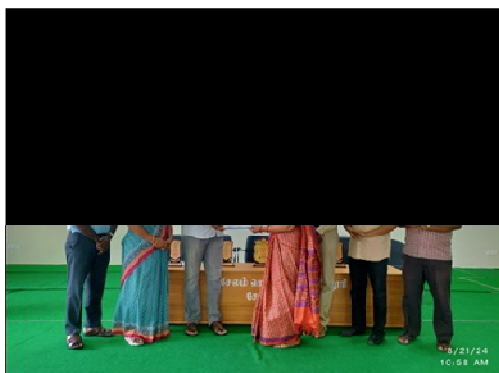
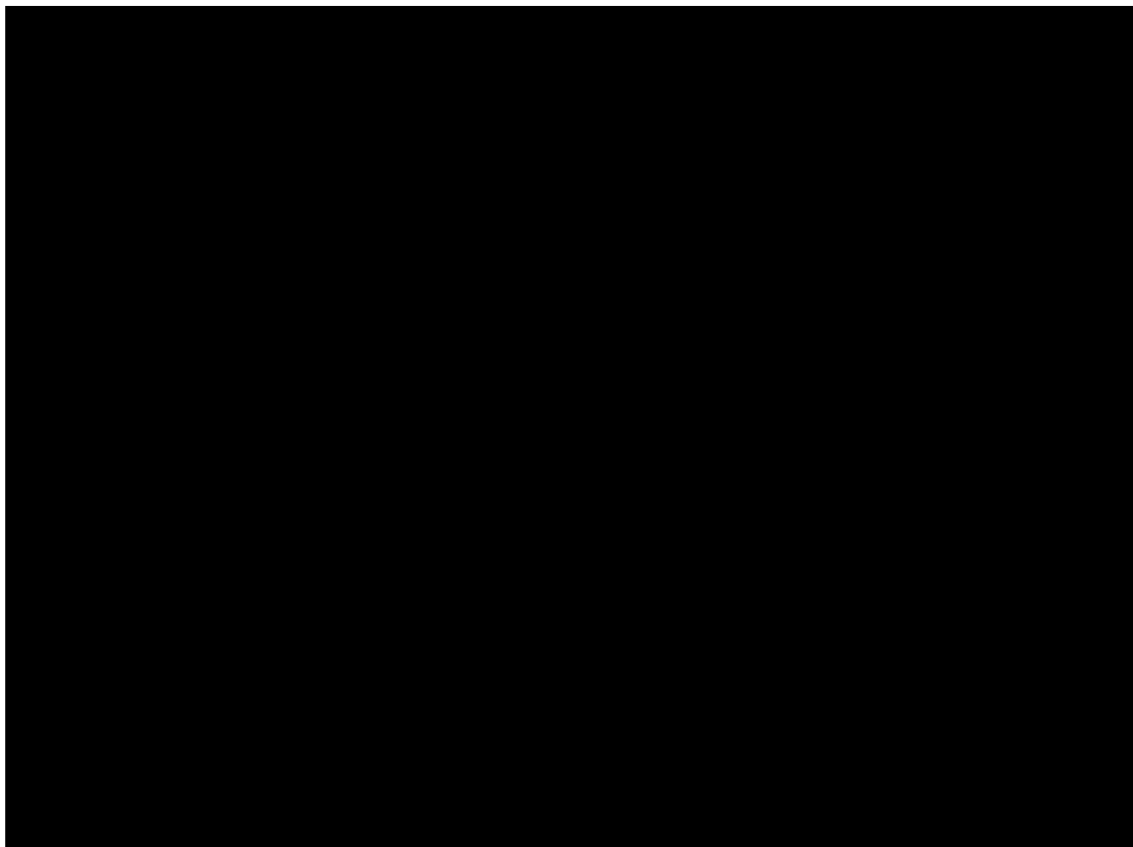




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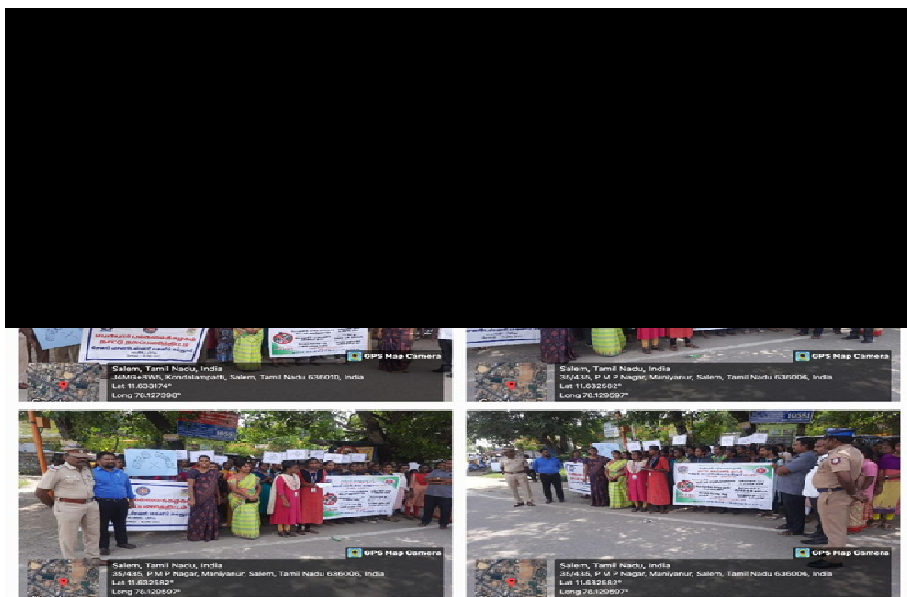
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Event No. : 10

Event Name : Campaign against drug abuse in public place

Date : 11.09.2024

On September 11, 2024, Salem Sowdeswari College's Youth Red Cross (YRC) and National Service Scheme (NSS) units jointly organized a campaign against drug abuse at Kondalampatty Bypass. The campaign began at 11:50 AM and was inaugurated by Dr. T. Poongodi, Principal (I/C). Dr. V. Dinesh, YRC representative, led the organization of the event. The campaign aimed to raise awareness about the dangers of drug abuse in society. The public actively participated, and slogan-shouting was done with the theme "Enakku Vendam". The event was patrolled by the Kondalampatty police, ensuring a safe environment. The campaign successfully spread awareness about the ill effects of drugs. Students and volunteers worked together to convey a powerful message. The event concluded with a sense of accomplishment, having made a positive impact. The campaign was a significant step in promoting a healthy and drug-free community.





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Event No. : 11
Event Name : District Level Red Run Marathon
Date : 01.09.2024

The Tamilnadu State Aids Control Society (TANSACS) organized a District Level Red Run Marathon on September 1, 2024, as part of the Intensified HIV-AIDS campaign-2024. The event aimed to create awareness about HIV-AIDS among college students. The slogan for the marathon was 'Be the frontrunner in creating a HIV-Free World'. Five students from our college participated in the Aids Awareness Marathon competition. A total of 500 students actively participated in the marathon. Before the event, doctors checked the blood pressure and pulse of the participants. The marathon was flagged off by Salem district RTO, Ms. Abinaya. The event started at Hasthampatti and concluded at Salem D.I.G. Office. Dhanush, Vignesh, and Dhayasekar secured the first three places among the RRC gentlemen students. Meenakshi, Gowri, and Swetha secured the first three places among the RRC women students. The winners received cash prizes of Rs 10,000, Rs 7,000, and Rs 5,000 respectively. The marathon successfully spread awareness about HIV-AIDS among the participants. The event concluded with a sense of accomplishment, having promoted a noble cause. The participants ran with enthusiasm, supporting the initiative. The event was a huge success in creating awareness about HIV-AIDS.





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சேலம், செப்.2-
சேலத்தில் எய்ட்ஸ்
விழிப்புணர்வு மாரத்
தான் போட்டி நடந்தது.
இதில் 500-க்கும் மேற்
பட்ட மாணவ-மாணவி
கள் கலந்து கொண்ட
னர்.

மாரத்தான் போட்டி

சேலம் மாவட்டத்தில்
இளைஞர்கள் மத்தியில்
எச்.ஐ.வி. எய்ட்ஸ் பற்றிய
விழிப்புணர்வை ஏற்படுத்தும்
விதமாக கடந்த மாதம் 12-ந்
தேதி முதல் அடுத்த மாதம்
(அக்டோபர்) 12-ந் தேதி வரை
மாவட்டம் முழுவதும் பல்
வேறு விழிப்புணர்வு நிகழ்ச்சி
கள் மேற்கொள்ளப்பட்டு
வருகிறது.

அந்த வகையில் நேற்று
மாவட்ட எய்ட்ஸ் தடுப்பு
மற்றும் கட்டுப்பாடு பிரிவு

சார்பில் 17 முதல் 25 வயது
வரை உள்ள கல்லூரி மாண
வர்கள், செஞ்சுருள் சங்க
மாணவர்களுக்கான 5 கி.மீ
தொலைவிலான மாரத்தான்
போட்டி நேற்று நடத்தப்பட்
து. மாரத்தான் ஒட்டத்தை
குமாரசாமிப்பட்டி ஆயுதப்
படை மைதானத்தில் சேலம்
உதவி கலெக்டர் அபிநயா
கொடியசைத்து தொடங்கி
வைத்தார். இதில் 500-க்கும்
மேற்பட்ட கல்லூரி மாணவ,
மாணவிகள், வினையாட்டு
வீரர்கள், செஞ்சுருள் சங்க
மாணவர்கள் கலந்து
கொண்டு ஓடினர். ஆயுதப்
படை மைதானத்தில் இருந்து
மத்திய சிறைச்சாலை, டி.ஐ.ஐ.
அலுவலகம் பின்புறம், அஸ்
தம்பட்டி அம்மா உணவகம்
வழியாக ரவுண்டானா
வழியே வந்து ஆயுதப்படை
மைதானத்தில்

நிறைவடைந்தது.

பரிசுகள்

இந்த போட்டியில் வெற்றி
பெற்றவர்களுக்கு முதல் பரி
சாக ரூ.10 ஆயிரம், 2-வது பரி
சாக ரூ.7 ஆயிரம், 3-வது பரி
சாக ரூ.5 ஆயிரம் மற்றும் 7
நபர்களுக்கு ஆறுதல் பரிசுகள்
தலா ரூ.1000 வீதம் வழங்கப்
பட்டது. போட்டியில் வெற்றி
பெற்றவர்கள் மாநில, தேசிய
அளவில்தடைபெறும் போட்
டிகளில் கலந்து கொள்ள
உள்ளனர்.

இந்த நிகழ்ச்சியில் மருத்துவ
நலப்பணிகள் இணை இயக்
கினர் (பொறுப்பு) ராதிகா,
துணை இயக்குனர் சவுண்டம்
மான், மாநகர நல அலுவலர்
மோகன், மாவட்ட திட்ட
மேலாளர் அருணாச்சலம்
உள்ளிட்ட அலுவலர்கள்
கலந்து கொண்டனர்.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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YOUTH RED CROSS 2024-2025

Event No. : 12

Event Name : YRC -75th Geneva Convention Day celebration

Date : 12.09.2024

The Youth Red Cross (YRC) and Indian Red Cross Society celebrated the 75th anniversary of the Geneva Convention Day on September 12, 2024, at Sowdeswari College auditorium. The event featured district-level competitions, including prayer, speech, and dance. Mementoes were also presented during the celebration. The occasion marked a significant milestone in the history of the Red Cross movement, highlighting its humanitarian work and principles. The event was a tribute to the Geneva Convention's impact on protecting human life and dignity.

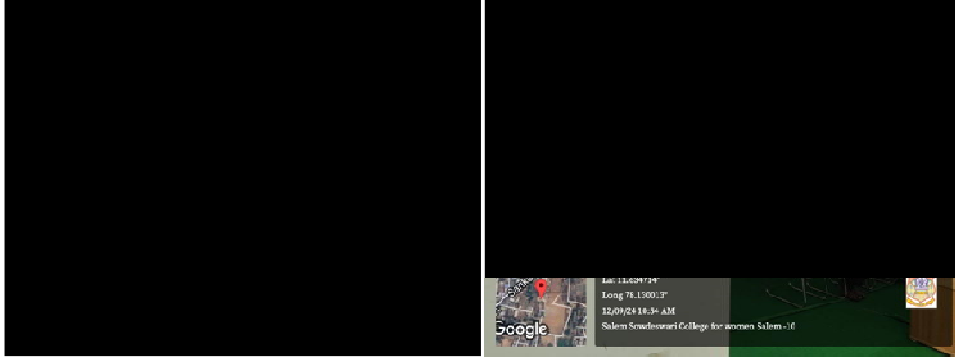




SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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YOUTH RED CROSS 2024-2025



The YRC 75th Geneva Convention Day celebration featured various competitions, including:

- Essay writing (Tamil/English)
- Oratorical competitions (Tamil/English) with topics:
 - English: "Role of YRC/JRC in promoting organ donation"
 - Tamil: "உடல் உறுப்பு தானத்தை ஊக்குவிப்பதில் YRC/JRC பங்கு" (Role of YRC/JRC in promoting organ donation)
- Quiz
- Visualizing and painting competitions
- Cultural programs

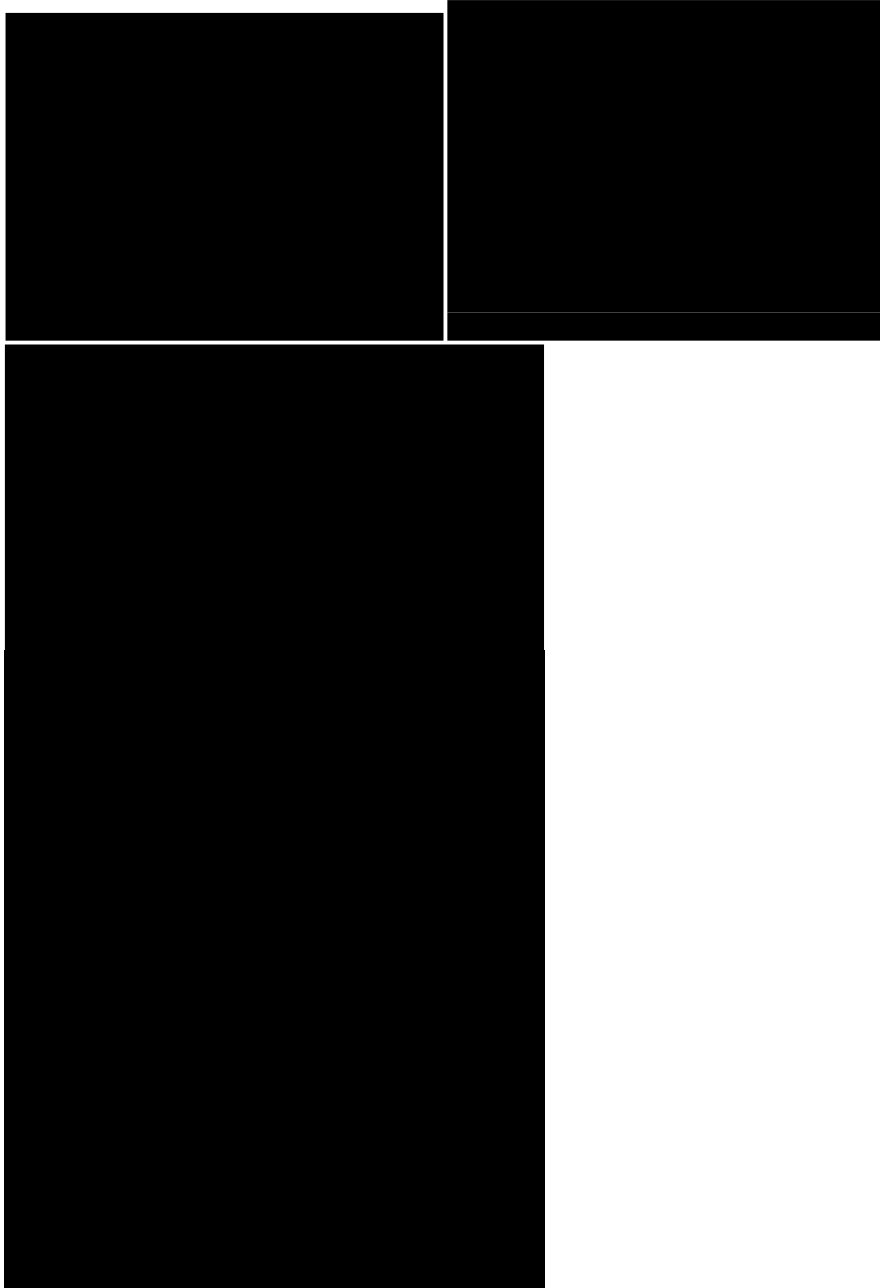
The event aimed to raise awareness about the Geneva Convention's significance and promote humanitarian law values among youth. YRC coordinators and students actively participated, making the event a success. RRC and NSS coordinators assisted in conducting the oratorical competitions.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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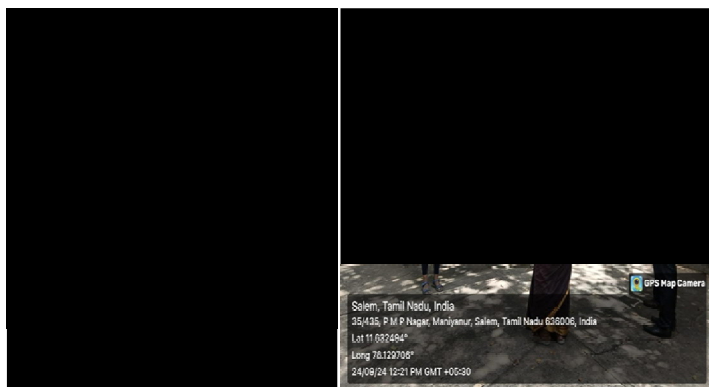
YOUTH RED CROSS 2024-2025

EVENT No : 13

Event Name : Swachhata Hi Seva-Pledge

Date : 24.09.2024

On September 24, 2024, NSS volunteers took the Swachhata Hi Seva-Pledge. Principal (I/C) Dr. T. Poongodi led the initiative. NSS Programme Officers Dr. T. Sheik Abdullah and Mohan Kumar supervised the event. The pledge emphasized the importance of cleanliness and hygiene. Volunteers committed to maintaining a clean environment. The event aimed to promote a sense of responsibility among students. Swachhata Hi Seva campaign encourages community participation. NSS volunteers actively participated in the pledge-taking ceremony. The event concluded with a renewed commitment to cleanliness. Cleanliness awareness was successfully spread among the students.





SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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YOUTH RED CROSS 2024-2025

EVENT No. : 14

Event Name : Drug Awareness Programme

DATE: 25.09.24



A Drug Awareness Programme was held on September 25, 2024, in our college campus. The event was organized by YRC, RRC, UBA, NCC, and NSS. Students took the anti-drug pledge, committing to a drug-free life. They held anti-drug charts and raised slogans against substance abuse. Principal (I/C) Dr. T. Poongodi graced the occasion. The programme aimed to educate students about the dangers of drug abuse. Students actively participated, showing their support for a drug-free society. The event successfully spread awareness about the ill effects of drugs. The anti-drug pledge promoted a sense of responsibility among students. The programme concluded with a renewed commitment to a healthy lifestyle.



SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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YOUTH RED CROSS 2024-2025

Event No. : 15

Event Name : Temple Cleaning Activity

Date : 30.09.2024

YRC volunteers participated in the Swachhata Hi Seva initiative at Karapurathar Temple, Uthamasolapuram. The volunteers cleaned the temple premises and removed plastic waste. Dr.T.Poongodi, YRC Programme Officer, guided the students. The cleaning activity aimed to promote cleanliness and hygiene. YRC volunteers worked together to achieve the goal. The event helped raise awareness about the importance of maintaining clean public spaces. The temple premises were left spotless after the cleaning drive. The initiative reflected the volunteers' commitment to community service. The event was a success, thanks to the team's efforts. The YRC volunteers' hard work was commendable.



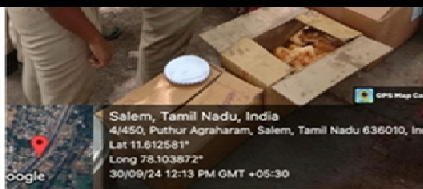
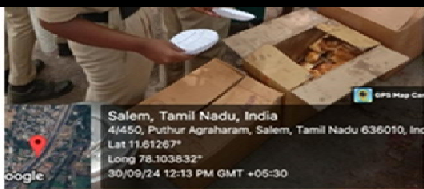
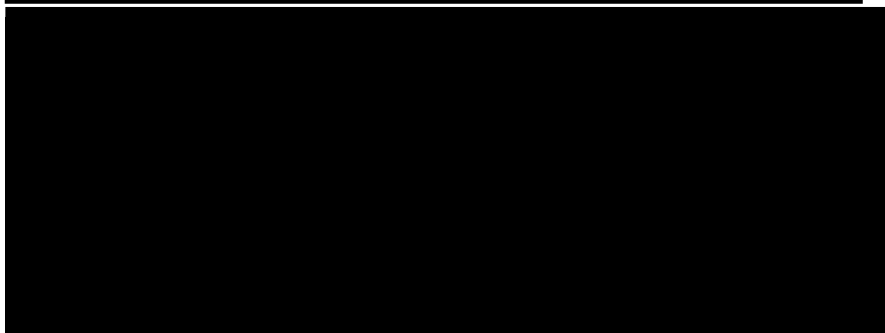
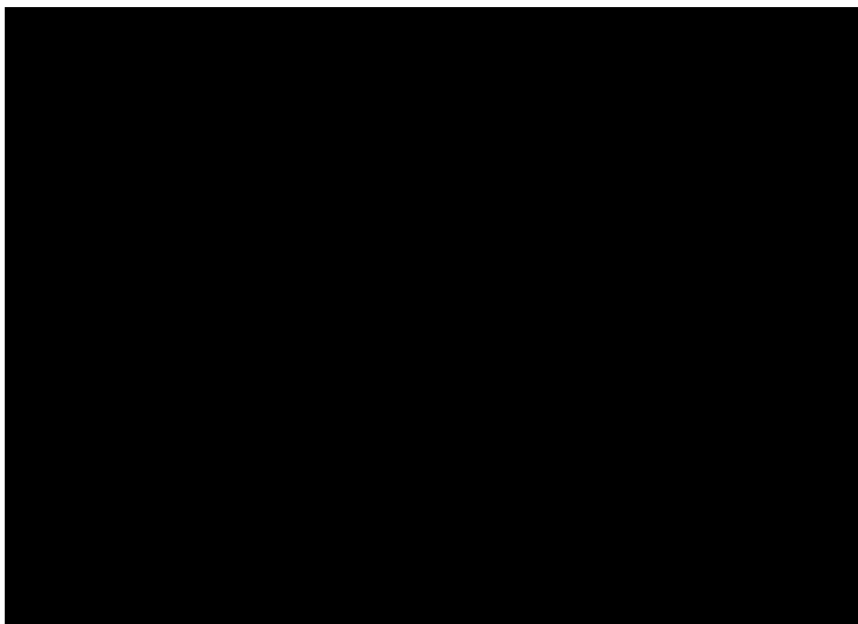
With the college bus, students were transported to Uthama Cholapuram Temple, where they participated in the cleanliness programme. After obtaining permission from the Village Administrative Officer (VAO), the event commenced. The students were provided with food and snacks, boosting their energy for the cleaning activities. Under the guidance of YRC Coordinator Dr. T. Poongodi, the volunteers worked together to clean the temple premises. The programme concluded successfully, fostering a sense of community service among the students..



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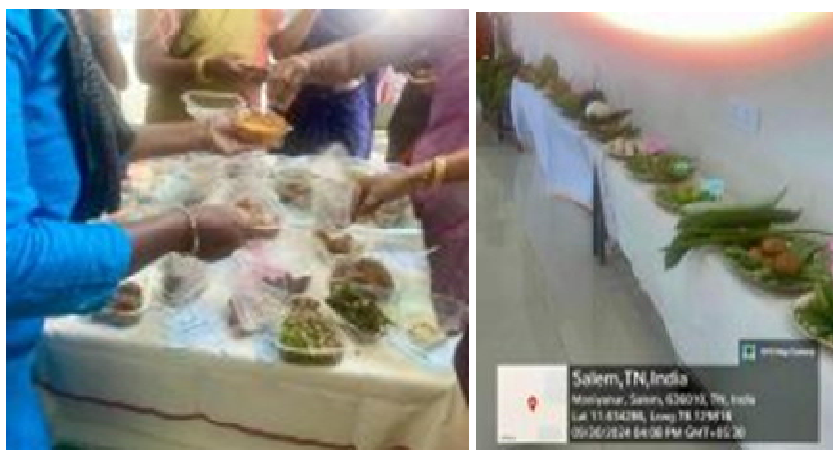
YOUTH RED CROSS 2024-2025

Event No. : 16

Event Name : YRC, Department of ICDS-Salem Rural Block & Poshan MAAH 2024 Campaigns Organised "Nutrition Awareness And Building A Healthier India"

Date : 30.09.2024

"Nutrition Awareness and Building a Healthier India," was organized on 30th September 2024 by the Youth Red Cross (YRC) in collaboration with the Department of ICDS – Salem Rural Block and as part of the Poshan MAAH 2024 campaigns. The event aimed to spread awareness about the importance of proper nutrition and healthy lifestyle choices among the rural population. Various informative sessions and interactive activities were conducted to educate participants on balanced diets, child and maternal nutrition, and preventive healthcare practices. This initiative played a crucial role in promoting health and well-being in alignment with the national goal of creating a healthier India. The collaborative effort highlighted the significance of community participation in tackling malnutrition and improving public health outcomes.





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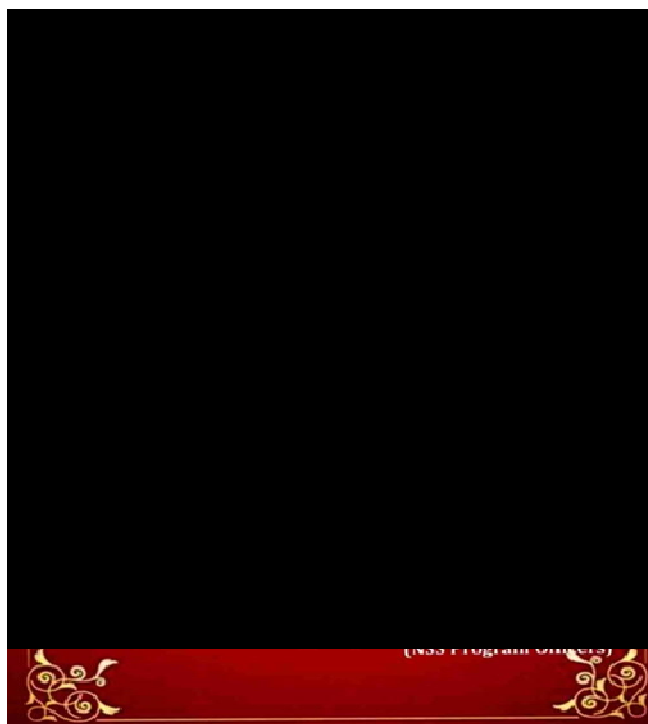
YOUTH RED CROSS 2024-2025

Event No. : 17

Event Name : Drug Awareness programme on Say No to Drugs

Date : 04.10.2024

A Drug Awareness Programme was held on October 4, 2024, to create awareness among the public. The event was organized by NSS Programme Officers. Tmt. K P Saradha, Inspector of Police, Kondalampatty Saragam, was the guest of honor. Dr. T. Poongodi, Principal (I/C), presided over the programme. Dr. Poongodi highlighted the importance of awareness and the negative impact of drug abuse. The programme aimed to educate the public about the dangers of substance abuse. The event emphasized the need for a collective effort to prevent drug abuse. The speakers stressed the importance of saying no to drugs. The programme successfully spread awareness about the ill effects of drugs. The event concluded with a renewed commitment to a drug-free society.

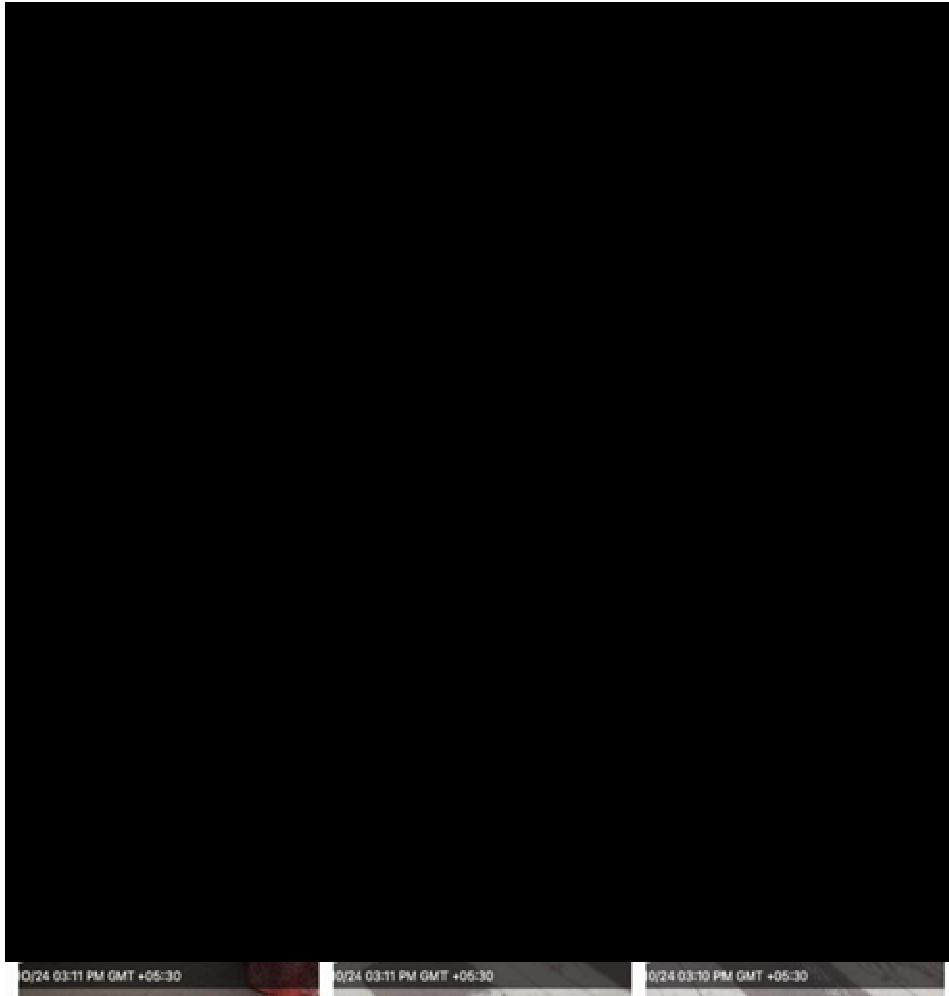




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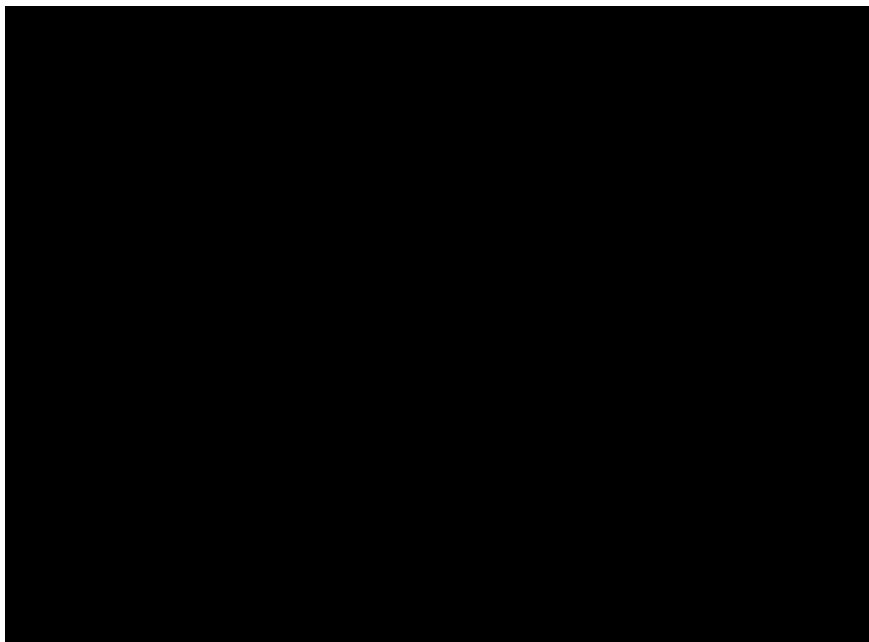
YOUTH RED CROSS 2024-2025

Event No. : 18

Event Name : Campus cleaning activity

Date : 07.10.2024 & 08.10.2024

YRC volunteers participated in a campus cleaning activity on October 7-8, 2024. The volunteers cleaned the main block and pathways. They also relocated sanitary napkin bags from the second-year block to the first-year block. The activity aimed to maintain a clean and hygienic environment. YRC volunteers worked together to achieve the goal. The event reflected their commitment to community service. The campus was left spotless after the cleaning drive. The volunteers' efforts ensured a clean and safe environment for students. The activity was a success, thanks to the team's hard work. The event promoted a sense of responsibility among the volunteers.





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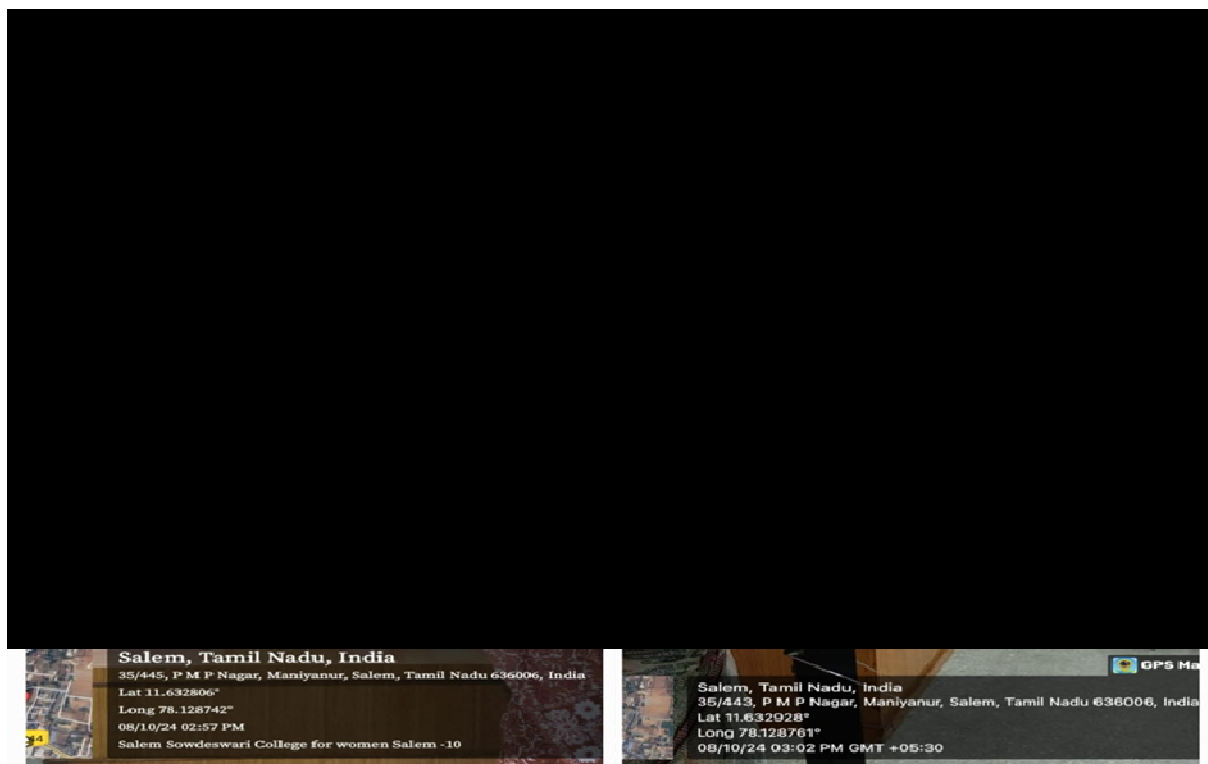
YOUTH RED CROSS 2024-2025

Event No. : 19

Event Name : AIDS awareness and prevention programme

Date : 08.10.2024

YRC, NSS and RRC jointly organized an AIDS awareness and prevention programme on October 8, 2024. The event began with a prayer song. Shri.J.K.A.Kumararajah, Correspondent & Secretary, delivered the presidential address. Dr.T.Poongodi, Principal (I/C), gave the felicitation address. Mrs. A Jayabharathi, ICDC Counsellor, UPHC, was the chief guest. She highlighted ways to prevent HIV and raised awareness about the disease. The programme aimed to educate students about AIDS prevention. The event concluded with the National Anthem. The programme successfully spread awareness about HIV/AIDS. The joint effort promoted a sense of responsibility among students.





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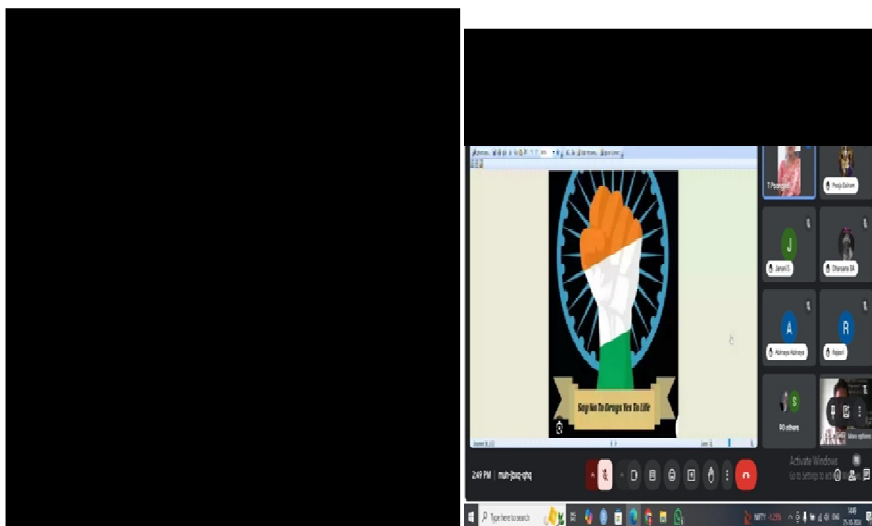
YOUTH RED CROSS 2024-2025

Event No. : 20

Event Name : Webinar on Drug awareness

Date : 25.10.2024

A webinar on drug awareness was held on October 25, 2024, via Google Meet. Dr. V. Dinesh welcomed the gathering. Dr. T Poongodi, Principal (I/C), addressed the webinar on "Say no to drugs, yes to life." The theme emphasized the importance of a drug-free life. 95 first- and second-year UG students participated in the event. The webinar aimed to educate students about substance abuse dangers. Participants were advised to spread awareness among peers and community. The online event promoted awareness about substance abuse. Students committed to a healthy lifestyle. The webinar concluded successfully, spreading a valuable message.

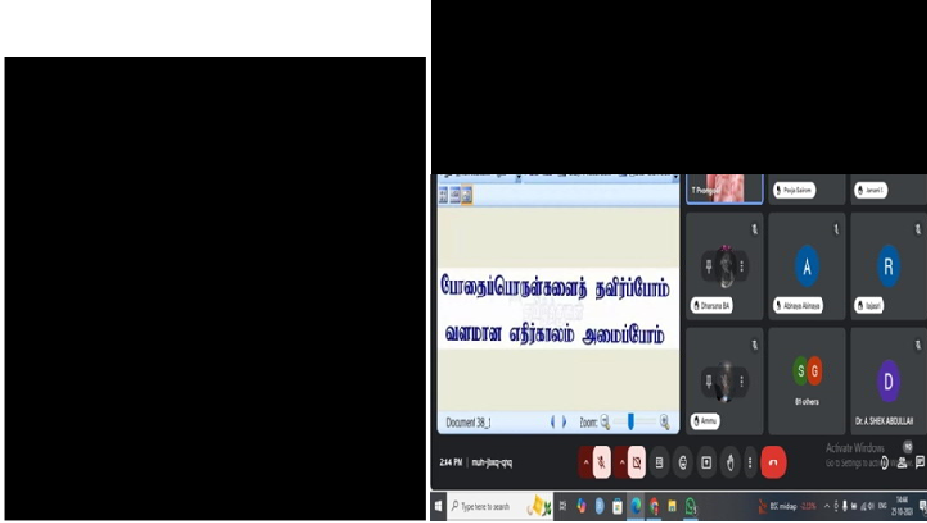




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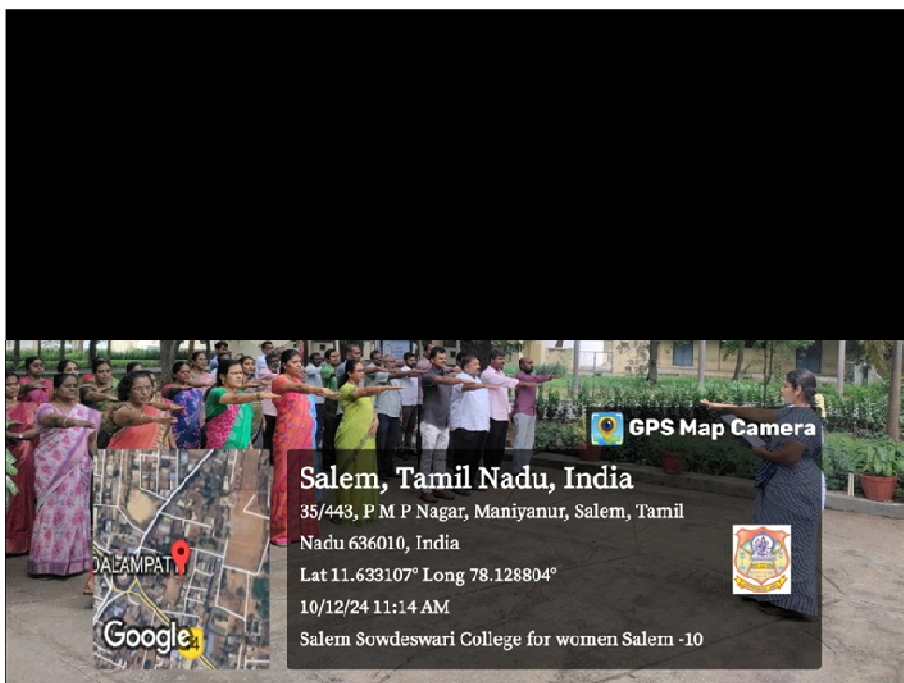
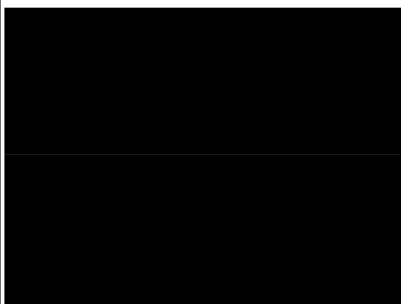
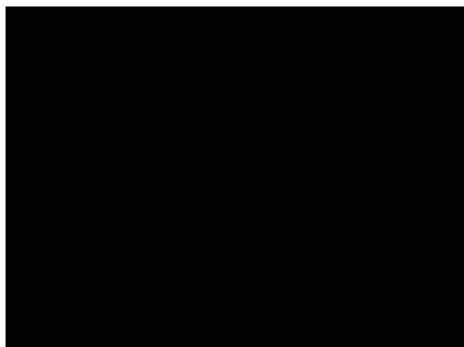
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YOUTH RED CROSS 2024-2025

Event No. : 21

Event Name : Hr and Int - Anti Corruption Day

Date : 10.12.2024





SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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YOUTH RED CROSS 2024-2025

Event No. : 22

Event Name : Circulation of "enakku vendam" message in social media

Date : 12.12.2024

55 students circulated "Enakku Vendam" messages on social media to create awareness against drugs. The messages were shared on WhatsApp and Instagram. The campaign reached a significant audience, with 201 views on Instagram and 85 on WhatsApp. The initiative aimed to spread awareness about the dangers of substance abuse. The students' efforts helped educate social media users about the importance of a drug-free life. The campaign was successful in creating a positive impact. The "Enakku Vendam" message resonated with the online community. The students' initiative promoted a healthy lifestyle. The campaign demonstrated the power of social media in spreading awareness. The event concluded with a positive outcome, reaching a wider audience.





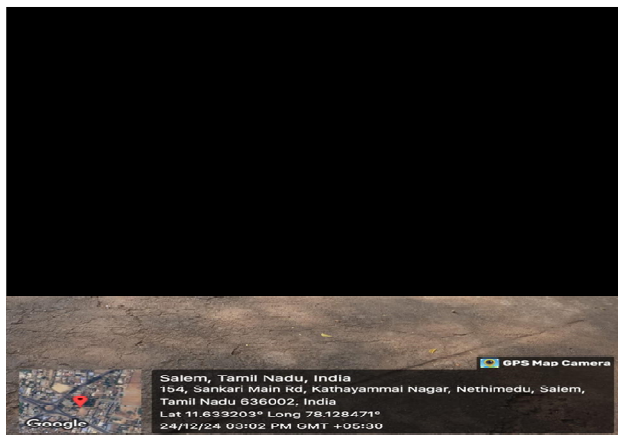
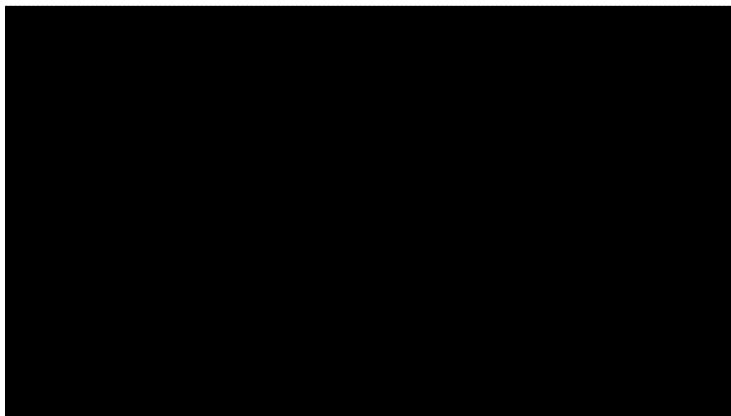
SALEM SOWDESWARI COLLEGE (FOR WOMEN)
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YOUTH RED CROSS 2024-2025

Event No. : 23

Event Name : Playground cleaning and campus cleaning

Date: 18/12/2024, 19/12/2024 & 23/12/2024

On 18/12/2024 & 19/12/2024 play ground cleaning activity was done by Dr.V.Dinesh YRC representative along with VolunTERS participated to move pushes. On 23/12/2024 campus cleaning activity carried from the second main gate to the canteen was done by YRC volunteers.





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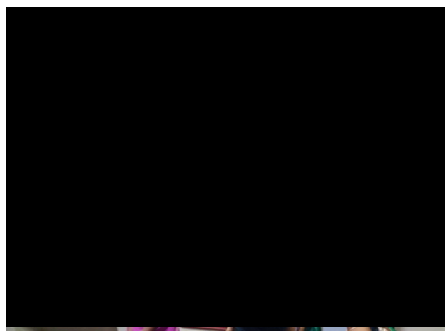
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YOUTH RED CROSS 2024-2025

Event No. : 24

Event Name : Napkin Burning Machine Demonstration

Date : 17.12.2024





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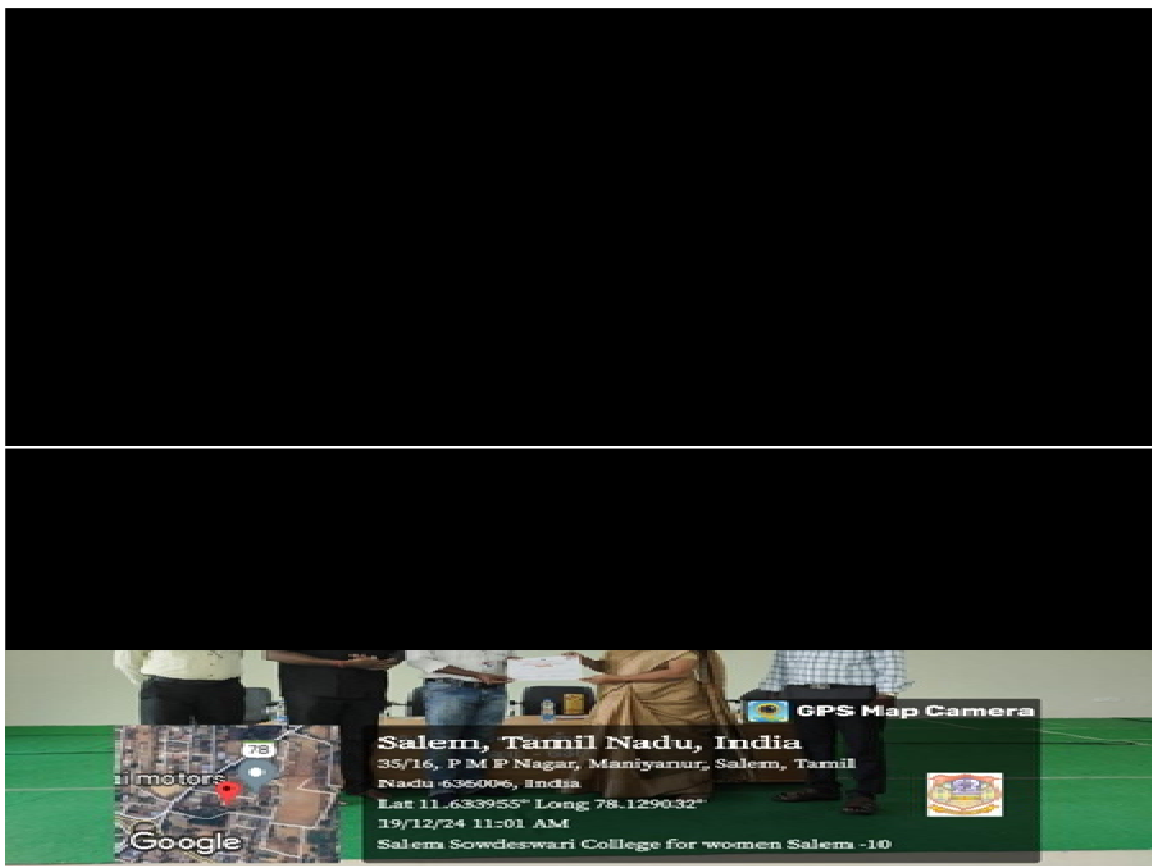
YOUTH RED CROSS 2024-2025

Event No. : 25

Event Name : YRC District Level Study Camp

Date : 19.12.2024

The YRC District Level Study Camp was held on December 19, 2024. A doctor from Mohan Kumaramangalam was invited as the chief guest. The event provided a platform for participants to engage in meaningful discussions and learning experiences. The chief guest shared valuable insights, enriching the attendees' knowledge. The camp was a successful initiative, fostering growth and development among participants.

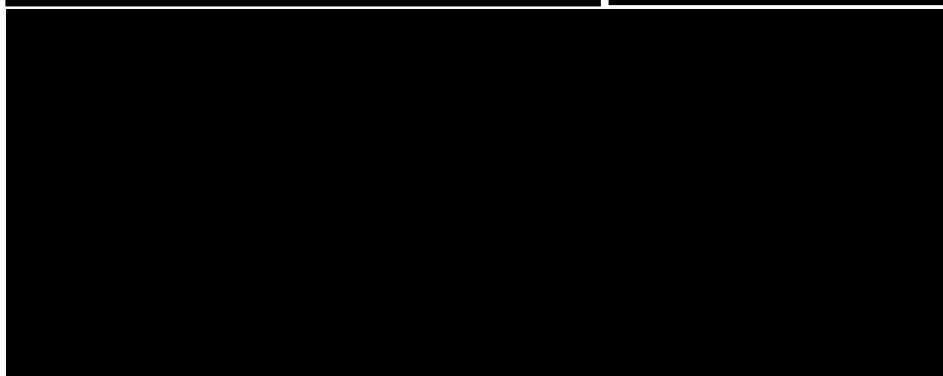
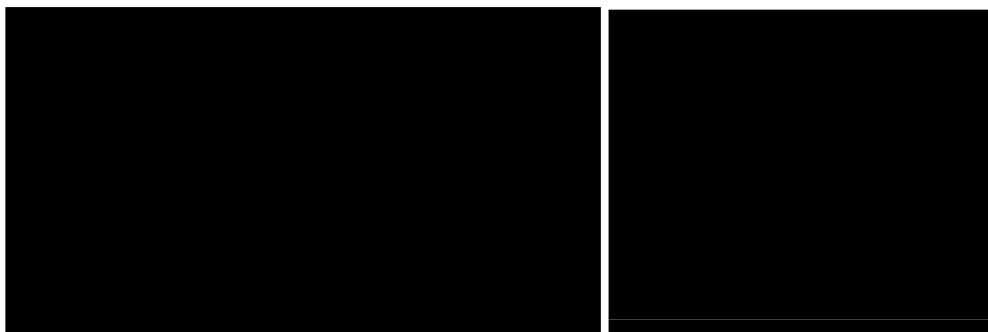




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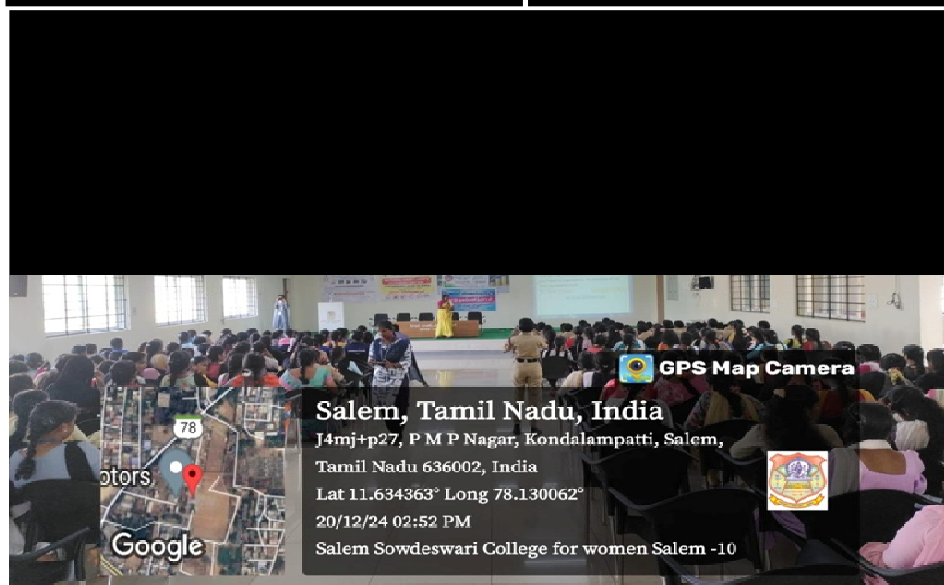
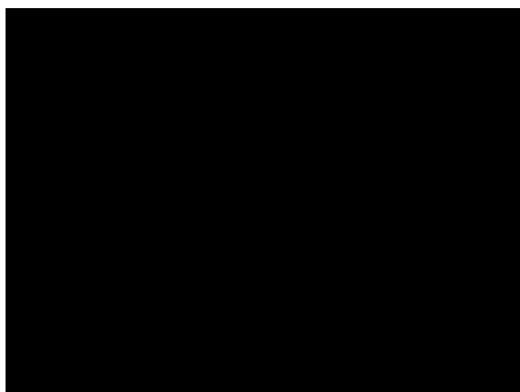
YOUTH RED CROSS 2024-2025

Event No. : 26

Event Name : Drug awarenss programme on ADC

Date : 20.12.2024

A Drug Awareness Programme was held on December 20, 2024. The event aimed to educate participants about the dangers of substance abuse. Experts shared insights on the effects of drug addiction and prevention strategies. The programme successfully raised awareness and promoted a healthy lifestyle. Participants gained valuable knowledge to make informed choices.





SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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Event No. : 27

Event Name : Drug awareness human chain programme

Date : 03.01.2025

YRC, NSS, and NCC organized a Drug Awareness Human Chain Programme on January 3, 2025. The event aimed to create awareness among the public from Kondalampatty By-pass to Nethimedu. Dr. T Poongodi, Principal (I/C), Mrs.K.P.Saradha, Inspector of Police, and Mr. S Anandh, Sub-Inspector of Police, inaugurated the human chain. They highlighted the dangers of substance abuse and the importance of staying drug-free. YRC volunteers formed a human chain to spread awareness. The programme emphasized collective responsibility in preventing substance abuse. Students played a key role in promoting a drug-free society. The event successfully raised awareness about the risks of drug abuse. The programme was organized by YRC Programme Officers of Salem Sowdeswari College. The human chain was a powerful symbol of the commitment to a drug-free community.





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YOUTH RED CROSS 2024-2025



SALEM SOWDESWARI COLLEGE (FOR WOMEN)
Salem - 636 010.
NATIONAL CADET CORPS
&
NATIONAL SERVICE SCHEME
Jointly Organises
DRUG AWARENESS HUMAN CHAIN PROGRAMME
ON
DRUG AND NARCOTICS SUBSTANCES AND BANNED TOBACCO PRODUCTS
Date : 03.01.2025 | Time: 10.30 Am
Venue: Kondalampatty Bypass
In the Honourable Presence of
Shri. J. K. A. KUMARARAJAH, Correspondent & Secretary
Salem Sowdeswari College(for Women), Salem - 10.
Convenor
Dr. T. POONGODI
Principal In-Charge
Organizing Committee
Co-Ordinators of NCC & NSS





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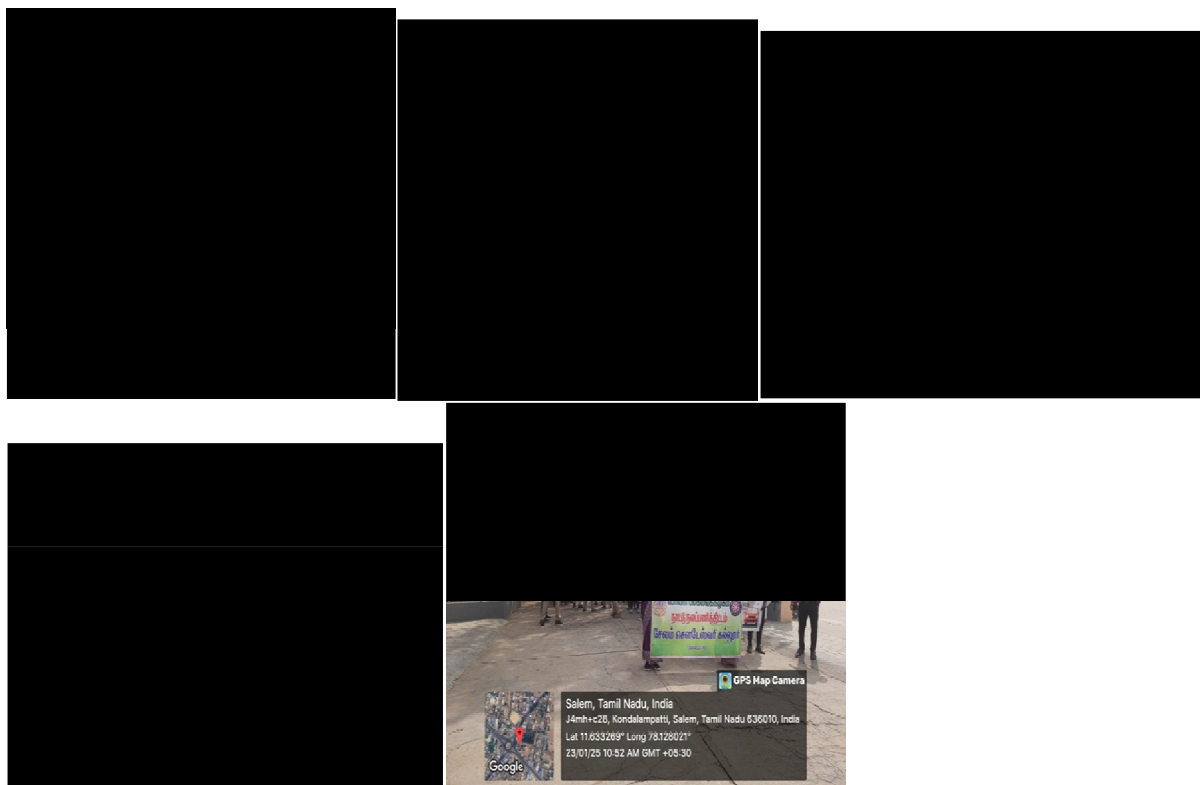
YOUTH RED CROSS 2024-2025

Event No. : 28

Event Name : Road safety awareness programme

Date : 23.01.2025

A Road Safety Awareness Rally was held on January 23, 2025, in association with Traffic Police. Dr. T. Poongodi, Principal (I/C), inaugurated the rally by showing a green flag. 200 NSS volunteers participated, creating awareness about road safety and traffic rules. Traffic police officials Mr. Ravichandran, R. Nisha, K. Kittu, and Palanisamy explained the importance of helmet use and road safety. The volunteers distributed notices and raised slogans to educate the public. The rally aimed to promote responsible road behavior. Mr. Ravichandran delivered a vote of thanks at the end. YRC Programme Officers organized the programme. The event successfully spread awareness about road safety. The rally concluded with a positive impact on the community.

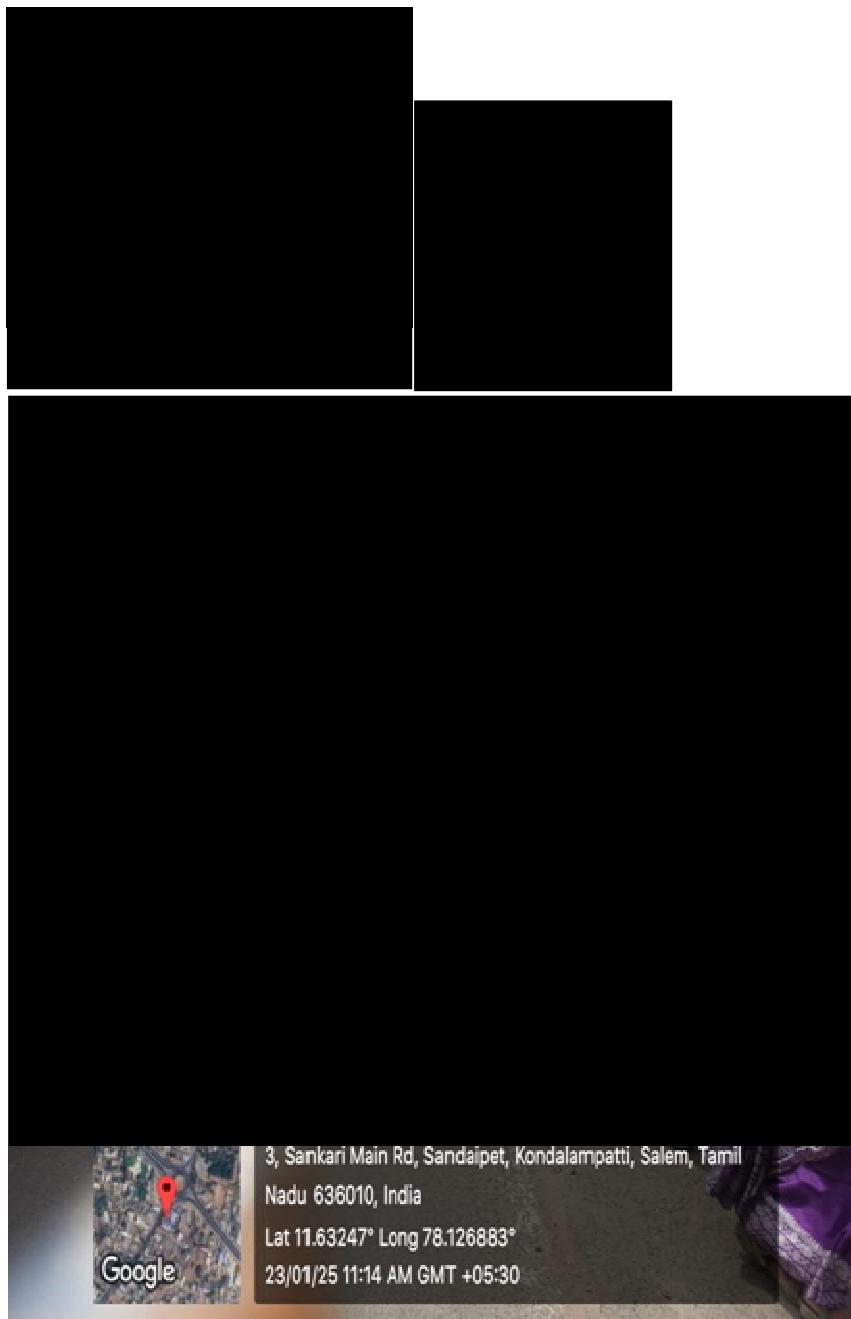




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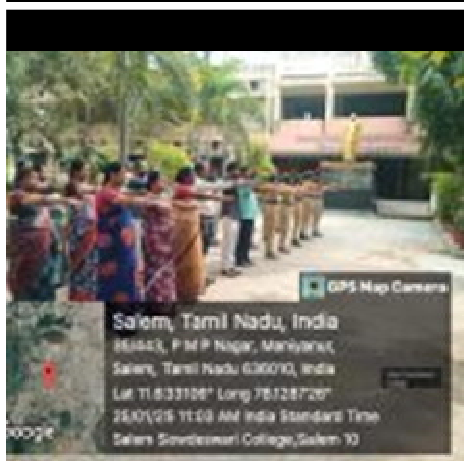
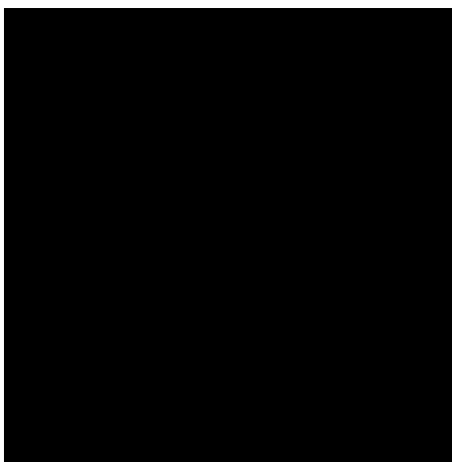
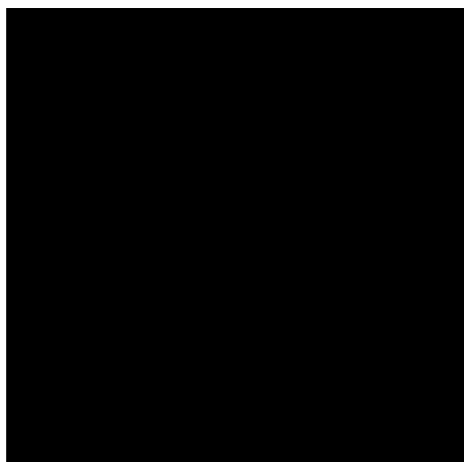
YOUTH RED CROSS 2024-2025

Event No. : 29

Event Name : National Voters Day Pledge

Date : 25.01.2025

"National Voters Day Pledge," was observed on 25th January 2025. The event aimed to promote democratic values and encourage active participation in the electoral process. Students and staff took the National Voters Day pledge to uphold the principles of the Constitution and exercise their right to vote responsibly. The pledge highlighted the importance of informed and ethical voting in strengthening democracy. It served as a reminder of every citizen's duty to contribute to free and fair elections.





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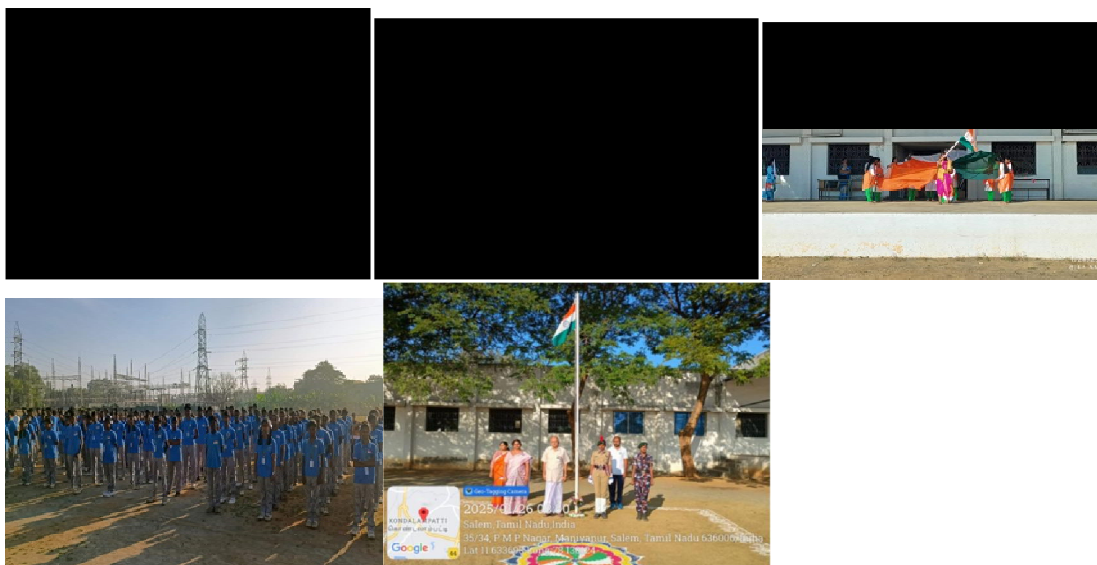
YOUTH RED CROSS 2024-2025

Event No. : 30

Event Name : Republic Day Celebration

Date : 26.01.2025

"Republic Day Celebration," was held on 26th January 2025 with great patriotism and enthusiasm. The event marked the 76th Republic Day of India, honoring the adoption of the Indian Constitution. The celebration began with the hoisting of the national flag, followed by the singing of the national anthem. Cultural programs, patriotic songs, and speeches highlighted the significance of the day. The event inspired students and staff to uphold the values of justice, liberty, equality, and fraternity.





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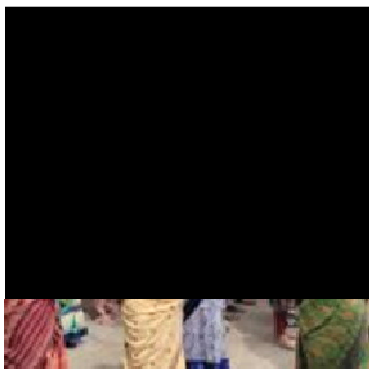
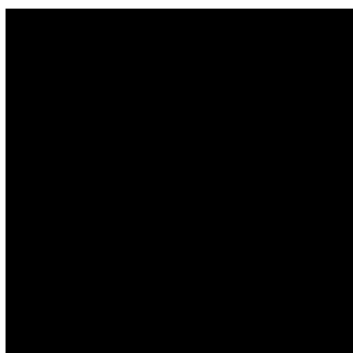
YOUTH RED CROSS 2024-2025

Event No. : 31

Event Name : Pledge of Abolition of Untouch

Date : 30.01.2025

"Pledge of Abolition of Untouchability," was conducted on 30th January 2025 to promote social equality and harmony. Students and staff took a solemn pledge to reject untouchability and uphold the values of dignity, respect, and justice for all. The event emphasized the importance of eradicating social discrimination and building an inclusive society. It served as a tribute to Mahatma Gandhi's vision of unity and equality. The pledge inspired participants to contribute towards a more just and humane nation.





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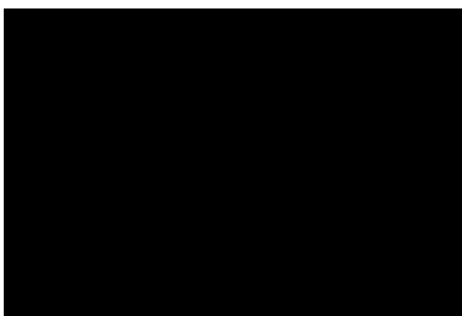
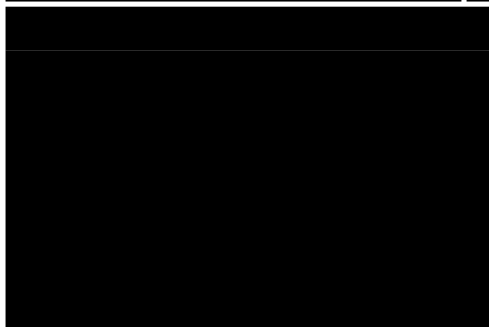
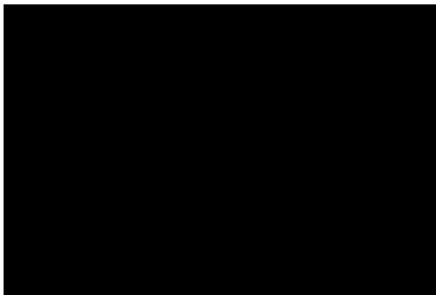
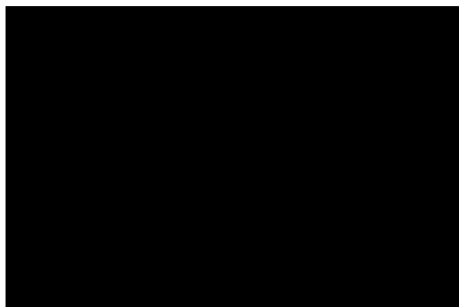
YOUTH RED CROSS 2024-2025

Event No. : 32

Event Name : Public Awareness Programme

Date : 16.02.2025

Salem Sowdeswari College YRC and Chef Dinu organized a Public Awareness Programme on February 16, 2025. The event focused on the importance of food and featured various food preparations. Public participants from Salem and surrounding areas showcased their culinary skills. The programme promoted awareness about healthy eating and food diversity. It was a celebration of food culture and creativity.





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Event No. : 33

Event Name : Anti-Drug awareness Programme

Date : 20.02.2025

Salem Sowdeswari College organized an Anti-Drug Awareness Program on February 20, 2025. The event aimed to educate students about the harmful effects of drug abuse and addiction. Dr. R. Jagatheesan delivered a keynote session on the causes and consequences of drug abuse. He discussed the physical, psychological, and social impact of substance abuse. Dr. N. Rajendran explained the features and benefits of the Drug-Free TN App. The program encouraged students to lead a drug-free life and use the app to report drug-related activities. Many students showed interest in contributing to a safer society. Dr. T. Poongodi emphasized the importance of drug awareness programs in fostering a healthier society. She highlighted the collective responsibility of institutions, government, and communities in eradicating drug abuse. The program successfully raised awareness and promoted a drug-free lifestyle.





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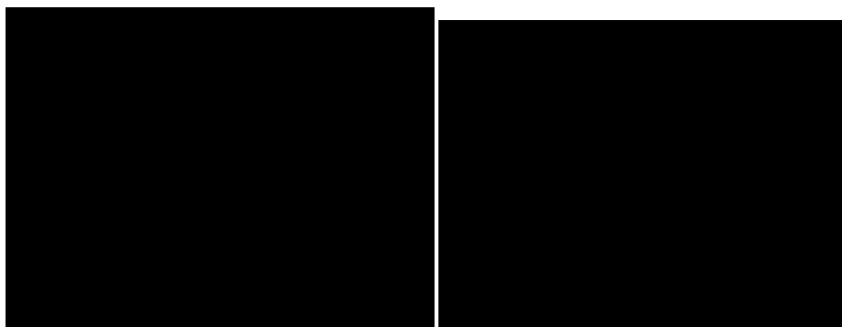
YOUTH RED CROSS 2024-2025

Event No. : 34

Event Name : Awareness Programme on ADC

Date : 12.03.2025

An Awareness Programme on ADC was held on March 12, 2025. The event aimed to educate participants about the importance of ADC. Experts shared insights and knowledge on the topic. The programme successfully raised awareness and promoted understanding. Participants gained valuable information and perspectives on ADC.





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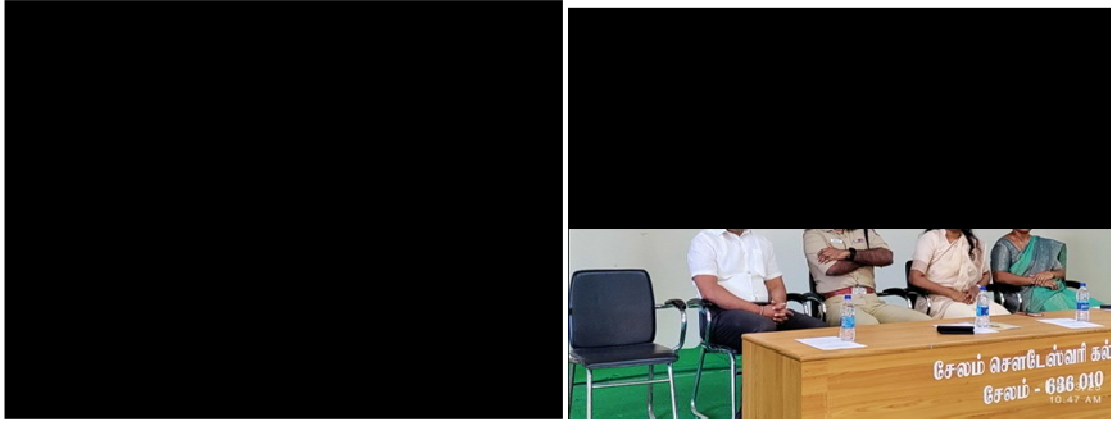
YOUTH RED CROSS 2024-2025

Event No. : 35

Event Name : Vaagai Soodava - Awareness regarding Civil examinations

Date : 13.03.2025

Vaagai Soodava: Awareness on Civil Examinations was held on March 13, 2025. Mr. Gautam Goyal, IPS, and Mr. M. Boominathan shared valuable insights on civil exams. Mr. J.K.A. Kumararajah, Correspondent, welcomed the gathering. The event aimed to guide students on applying for civil examinations. Tips and strategies for cracking the exams were discussed. Students were motivated to pursue a career in civil services. The speakers emphasized the importance of preparation and hard work. Kumudham also contributed to the awareness program. Students gained valuable knowledge and inspiration to excel in civil exams. The event concluded with a renewed sense of determination among students.

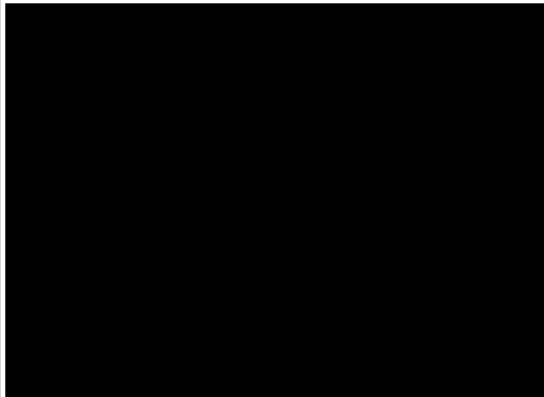
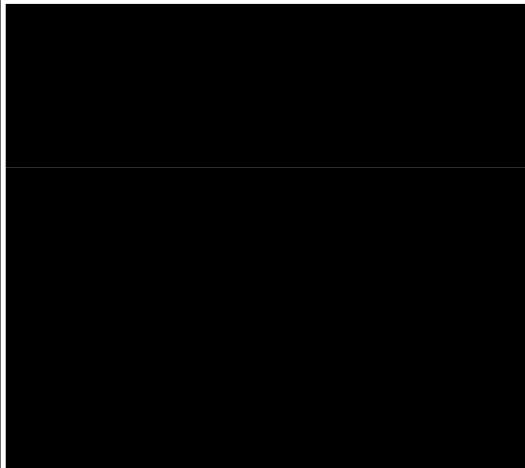
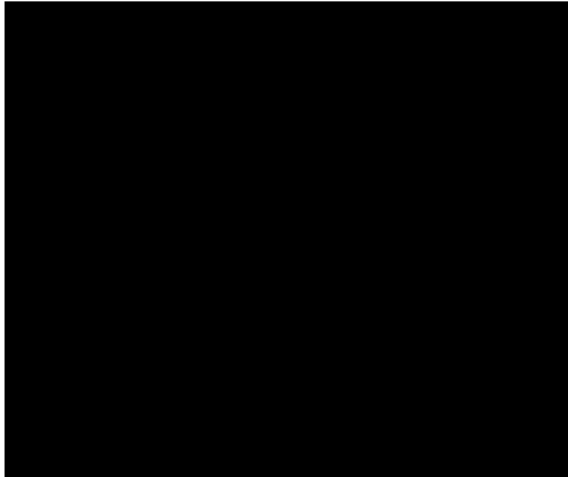




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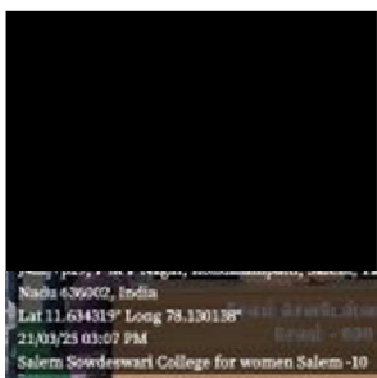
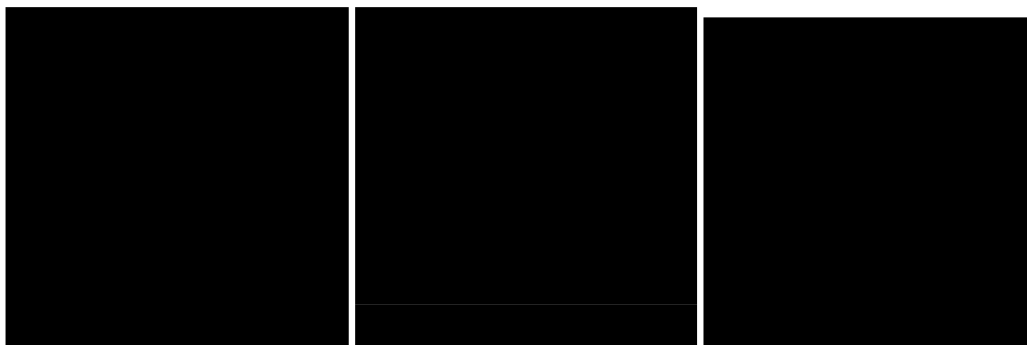
YOUTH RED CROSS 2024-2025

Event No. : 36

Event Name : YRC and Valli Orthopedic and Sports hospital jointly organised a training programme on "Emergency First Aid"

Date : 21.03.2025

"Emergency First Aid Training Programme," was conducted on 21st March 2025 by the Youth Red Cross (YRC) in collaboration with Valli Orthopedic and Sports Hospital. The training aimed to equip students with essential life-saving skills and immediate response techniques during medical emergencies. Participants received hands-on guidance on handling injuries, fractures, bleeding, and CPR procedures. The session emphasized the importance of timely action in critical situations to reduce risks and save lives. It was an informative and practical initiative that enhanced the participants' confidence and preparedness in emergency situations.





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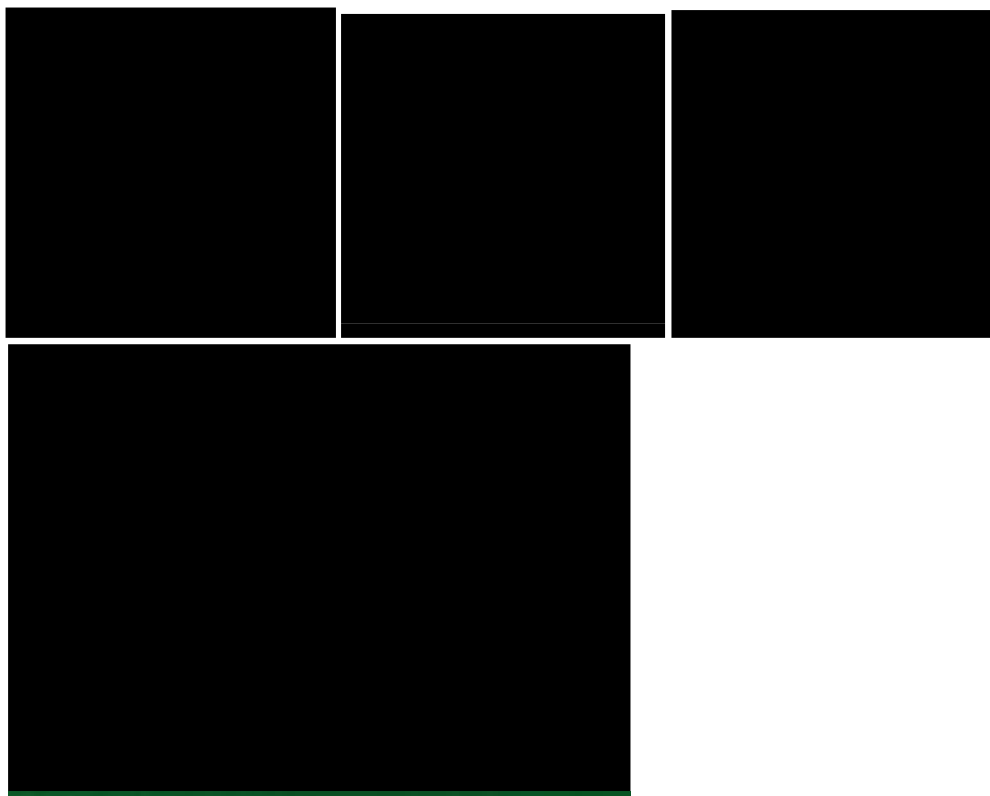
YOUTH RED CROSS 2024-2025

Event No. : 37

Event Name : YRC and Kaveri Hospital - TB Awareness programme

Date : 21.03.2025

The YRC and Kaveri Hospital – TB Awareness Programme was conducted on 21st March 2025 to educate students and staff about Tuberculosis (TB) and its prevention. The session focused on raising awareness about the causes, symptoms, transmission, and treatment of TB. Medical professionals from Kaveri Hospital provided valuable insights on early detection and the importance of completing medication. The programme highlighted the role of community support in eradicating TB and promoting public health. It was a meaningful initiative that encouraged participants to be informed and proactive in the fight against tuberculosis.





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Event No. : 38
Event Name : Tree Plantation
Date : 27.03.2025

Salem Sowdeswari College YRC and Kalam 1000 organized a tree plantation awareness program on March 27, 2025. The event highlighted the importance of tree plantation for a sustainable environment. Final-year students were given saplings to plant. The initiative aimed to promote environmental conservation. Students were motivated to contribute to a greener future. The program emphasized the role of individuals in protecting the environment. By planting trees, students can make a positive impact. The event concluded with a sense of responsibility among students. The saplings symbolized a commitment to a healthier planet. Students were encouraged to nurture their saplings and care for the environment.