



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**

Accredited with 'A' Grade by NAAC in the 3<sup>rd</sup> Cycle with CGPA 3.62

Accorded Star Status by DBT

Recognized by DST-FIST at level '0'

Red Fields, Coimbatore -641018, Tamil Nadu, India.

# **YOUTH RED CROSS AND VOLUNTARY BLOOD DONATION CLUB**

**GBM: 28.03.2022  
POLICY NUMBER: NCW040**



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### **YOUTH REDCROSS AND VOLUNTARY BLOOD DONATION CLUB**

The International Red Cross movement is the well-known and worldwide humanitarian organization, present in almost all the countries. The motto of Youth Red Cross (YRC) is "To Serve". The Youth Red Cross is the most important constituent of its mother organization, Indian Red Cross Society. It is a group movement organized in the college and students are expected to register as soon as their entry into the college as their age limit should be between 18 to 25 years. The club functions under the guidance of the principal, and the Programme Officer and the students are trained and encouraged to manage various programmes.

**The fundamental principles of Red Cross movement are:**

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

The Principles, Procedures and Outcomes of YRC is formulated based on the following key indicators:

1. Promotion of Health and Hygiene
2. Service to Others
3. Promotion of National & International Friendship, to develop the mental and moral capacities of the youth

### **POLICY**

1. Promotion of Health and Hygiene:



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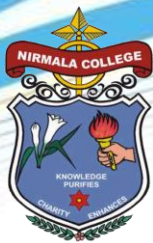
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2. To create an awareness on the self- care of health and hygiene and care for others.
3. Service to Others:
  - a. To imbibe in them a habit of serving others with dedication.
  - b. YRC serves as a platform to serve the society.
  - c. Promotion of National & International Friendship, to develop the mental and moral capacities of the youth:
  - d. To inform the youth about the roles and responsibilities of the Red Cross and encourage them to contribute wholeheartedly towards the same
  - e. To develop the mental and moral capacities of the Youth, to foster better friendly relationship with everyone and bring all-round development of its members

### **PRACTICES**

1. **Promotion of Health and Hygiene:** YRC club conducts programmes on Promotion of Health and Hygiene among the members by :
  - a. Practising Healthy Habits
  - b. Maintaining Cleanliness in the College Premises and outside and
  - c. Conducting free medical check -ups.
2. **Service to Others:**
  - a. Organisation of regular Blood grouping and blood donation camps with the help of District Medical Officers
  - b. Conducting Awareness programmes on Disaster Management Programme
  - c. Organisation of Fire safety Awareness Programme to impart knowledge on fighting against Fire and Rescue operations
  - d. Tree plantations
  - e. Identification of the needy poor people and providing them helping hand
  - f. Observance of World Health Day, International Yoga Day, World Hepatitis Day, Blood Donation Day etc.
3. **Promotion of National & International Friendship, to develop the mental and moral capacities of the youth:**
  - a. Personality Development programmes



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- b. Orientation Programme for first year volunteer
- c. Conducting Competitions, Cultural Programmes
- d. Orientation and training Programmes are organised.

### **OUTCOMES**

#### **Promotion of Health and Hygiene:**

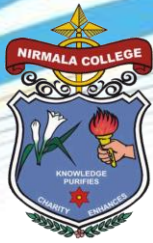
- a. The Healthy habits help the volunteers to lead a happy and healthy life and help others also lead happy and contented life.
- b. The College Premises is maintained clean and will develop a habit of maintaining even public places clean and green.
- c. Satisfaction with our own environment will automatically boost the self-confidence of the volunteers.
- d. Regular Medical Check-ups will aid in identifying the health issues before they grow as a serious problem.

#### **Service to Others:**

- a. Volunteering the time and energy to help others make the world better place and also makes the volunteers feel better.
- b. When we help others, it can promote physiological changes in the brain linked with happiness. This increased sense of well-being might be the by-product of being more physically active as a result of voluntary services.
- c. Helping others can teach the volunteers to help themselves.
- d. Service to others help to change the volunteers outlook and attitude and the act of kindness makes the volunteers more optimistic and positive.

#### **Promotion of National & International Friendship, to develop the mental and moral capacities of the youth:**

- a. Involving young people, as future leaders, in community activities that include different cultures and promote better understanding and respect for fellow beings.



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- b. Promotion of National & International Friendship can extend the sense of empathy beyond our own communities and country.
- c. It becomes very important for a volunteer to keep both his body and mind fit and healthy. Both physical and mental health is equally important for better performance and result which will be reinforced among the volunteers.
- d. Emotionally fit and the stable youth always feels vibrant and truly alive and can easily manage emotionally difficult situations. To be emotionally strong, one has to be physically fit. Being both physically and emotionally fit is the key to success in all aspects of life. Youth Red cross and Voluntary Blood Donation Club of our college is taking all the vibrant steps to ensure the above.

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