

St. Joseph's Degree & PG College
Autonomous - Affiliated to Osmania University Re-accredited
by NAAC with 'A' Grade with a CGPA of 3.49 King Koti
Road, Hyderabad, Telangana

YOUTH RED CROSS WING ACTIVITIES: 2018-19

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✚ *Pranayam Shibir for Students*

Youth Red Cross Wing of the college organized “Pranayam” for I year (B.Com, BSc and BA) students from 17th to 20th September 2018 and interested II and III year (B.Com, BSc and BA) students on 24th September 2018 from 12.20 pm to 1.10 pm in Chapel Hall and respective class rooms. Pranayam was taught by Mrs.O.S. Suguna Sheela, YRC Coordinator and it was conducted to enhance the concentration level of the students



Pranayam



Pranayam

✚ *Felicitation of Faculty*

Mrs. O.S.Suguna Sheela, YRC Coordinator of the college and Mr.T.Krishna, YRC member were felicitated at “ Gurupoojothsavam – Teachers Day Celebrations” organized by Indian Red Cross Society, Hyderabad Branch held at Arts College, Osmania University on 8th September 2018



“Gurupoojothsavam – Teachers Day Celebrations”



Felicitation of Faculty

Awarathon

On the occasion of World Alzheimer Day, 40 students from I, II and III year (B.Com, BSc and BA) participated in “Awarathon 2018 – A walk for a cause” organized by Red Cross Nightingales Dementia Day Care Centre Trust on 21st September 2018 at Phoenix Arena, Hitech City, Hyderabad.



“Awarathon 2018 – A walk for a cause”



“Awarathon 2018 – A walk for a cause”

Helping Hand

Aryan Singh, Arul Marian of B.Sc (MSC’s) II year and Syed Khaja Nayabrasool of B.Sc (MEC’s) I year donated blood to mother of Mrs.Pauline Joseph, Assistant Professor, Department of English on 12th October 2018, which is very rare blood group (AB negative)

Pranayam Shibir

Youth Red Cross Wing of the college organised Health Awareness Programme on “Pranayam” for the faculty from 4th to 8th June 2018 from 8.45 am to 9.15 am in Josephs Hall. Pranayam was taught by Mrs.O.S. Suguna Sheela, YRC Coordinator. It helps in improving the level of concentration and also to overcome health issues.



Pranayam Shibir



Pranayam Shibir



Pranayam Shibir

YRC Meeting

First meeting of Youth Red Cross Wing for the academic year 2018-19 was conducted by Mrs.O.S.Suguna Sheela, YRC Coordinator on 18th June 2018 from 1.30 pm to 2.30 pm in Jubilee hall. A. Sahithi, Ujwal Kumar Dughar, Mohd.Jalaluddin, Tanmai Kamdar, Pranay Jhawar from B.Com III year Computers and Hari Haran and Piyush Agarwal from B.Sc (MEC's) III year were selected as student coordinators. The activities for the academic year such as Blood Screening Camp, Blood Donation Camp, Awareness Programmes, Outdoor Events etc were discussed and planned in the meeting.



YRC Meeting

International Yoga Day

Youth Red Cross Wing of the College organized International Yoga Day celebrations on 21st June 2018 at Josephs Hall from 1.30 pm to 2.30 pm. The Dignitaries were Ms. Swetha Agarwal

from Gandhi Gyan Mandir Yoga Kendra, Hyderabad, Rev.Fr.Arogyam, Vice Principal, Mrs.N.Srilatha, Head, Department of Commerce and Mrs.O.S.Suguna Sheela, YRC Coordinator. The Programme commenced with lighting of the lamp followed by welcome address by Rev.Fr.Arogyam. Ms. Swetha Agarwal addressed the gathering and said that Yoga embodies unity of mind and body, thought and action, a holistic approach that is valuable to our health and our well-being. Veda was recited by Mrs.Aparna Rajhans, Assistant Professor, Department of Sanskrit. Faculty and students from all streams participated in the event. The programme was a grand success.



Dignitaries on the dais



lighting of Lamp



Address by Rev.Fr.Arogyam



Address by Ms. Swetha Agarwal

Faculty doing Yoga



Students doing Yoga

YRC Student Coordinators



Address by YRC Coordinator

Felicitation of the Guest

Blood Screening Camp

Blood Screening Camp was organized by Youth Red Cross Wing of the college in coordination with Red Cross Blood Bank, Vidya Nagar, Hyderabad for first year students of B.Com (General, Computers, Honors, Professionals) on 29th June 2018 and for BA (Mass Comm.& JPE), B.Sc (MPC, MEC, MPCs) and B.Com (IT & IF&A) on 3rd July 2018 in Josephs Hall from 8.30 am to 1.30 pm. Mrs.O.S.Suguna Sheela, YRC Coordinator addressed the students on youth Red Cross wing of the college. A Sahithi from B.Com Computers III year highlighted about the activities of the YRC wing. Technicians from Red Cross blood bank Mr.Krishna, Ms. Sureka, Ms.Nikitha and Ms. J.Gowthami conducted blood Screening. The test was organised to keep a record of the blood group of students and to help the needy when required.



Address by YRC Coordinator



I year Students



Blood Screening Camp