

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 REPORT: 2019-2020

4 YRCW Meeting

First meeting of Youth Red Cross Wing for the academic year 2019-20 was conducted by Mrs.O.S.Suguna Sheela, YRCW Coordinator on 19th June 2019 from 1.15 pm to 2.15 pm in chapel hall. The agenda of the meeting was to select student coordinators and to plan the events for the academic year. Bhut Vasu Patel from B.Com final year (IT) was selected as student coordinator and Christu Raj from B.Com final year Generals and Nainika Dedhai from B.Sc (MPC's) final year were selected as deputy student coordinators. Mrs.O.S. Suguna Sheela highlighted the importance of yoga, benefits of Pranayam and also briefed the role and duties of Coordinators. It was decided that yoga class will be conducted for faculty and students from 8:45am to 9:45am in Josephs Hall on every first Saturday of the month and also meeting of Coordinators and Volunteers will be conducted on every second Friday of the month.



First Meeting of YRCS

🖊 Yoga Shibir

On the occasion of International Yoga Day, Youth Red Cross Wing of the College organised Yoga Shibir for faculty and students on 21st June 2019 from 8.00 am to 8.40 am in Josephs Hall. Mrs.O.S.Suguna Sheela, YRCW Coordinator highlighted the importance and benefits of yoga. Kirti Malpani, yoga instructor from B.Com II year Professionals taught pranayam and yoga to the gathering.



Yoga Shibir

4 Flash Mob

On the occasion of International Yoga Day, Youth Red Cross Wing of the College organised Flash Mob of Yogasanas on 21st June 2019 from 11.05 am to 11.25 am. 12 Red Cross Volunteers performed Surya Namaskar. Kirti Malpani from B.Com II year Professionals and her team of trained yoga instructors namely Harshita, Naina, Swarna and Bhavani from Namaste India School of Yoga, Hyderabad performed different postures of yoga. The highlight of the flashmob was the advanced yogasanas performed by Kirti Malpani and Harshita Malpani by holding lamp (Diya) on the forehead which has drawn every ones attention.



Kirti Malpani and Harshita Malpani performing yogasanas



Surya Namaskar

Red Cross Coordinators &Volunteers with Principal

4 Orientation Programme for B.Com First Year Students

Youth Red Cross Wing of St.Josephs Degree & PG College organized Orientation Programme for first year students of B.Com (General, Computers, Honors, Professionals, IT & IFA) on 4th July 2019 in Josephs Hall from 1.30 pm to 2.30 pm. The Faculty incharges were Mrs.O.S.Suguna Sheela, YRCW Coordinator and Mrs.Preethi Rathi, YRCW Member.

Mrs.O.S.Suguna Sheela welcomed the students for the event and said that Youth Red Cross Wing (YRCW) was inaugurated in our college on 18th July 2008 by Mr.Krishna Rao, IRCS,

Andhra Pradesh State Coordinator. She said that Indian Red Cross Society is a Voluntary Organization to protect human life and health of the people. L. Raksha Anjani from B.Com final year Generals briefed the students about Vision, Mission, Objectives and Principles of Indian Red Cross Society, Vision and Mission of YRCW of the College. Bhut Vasu Patel from B.Com final year IT spoke on the activities of Youth Red Cross Wing of the college, Achievements of YRCW and Students Achievements. The event concluded with Vote of Thanks.



Address by Mrs.O.S.Suguna Sheela



L. Raksha Anjani and Bhut Vasu Patel addressing the students

4 Orientation Programme for B.Sc & BA First Year Students

Youth Red Cross Wing of St.Josephs Degree & PG College organized Orientation Programme for first year students of BA (MCJ & JPE) and B.Sc (MPC's, MEC's, MPC's) on 5th July 2019 in Josephs Hall from 1.30 pm to 2.30 pm. The Faculty incharges were Mrs.O.S.Suguna Sheela, YRCW Coordinator and Mrs.Rana Anjum, YRCW Member.

Mrs.O.S.Suguna Sheela welcomed the students for the event and said that Indian Red Cross Society endeavours to relieve the suffering of individuals, being guided solely by their needs, and gives priority to the most urgent cases of distress." She said that Yoga and Pranayam are also conducted for both Faculty and Students for better health. Nainika Dedhia from B.Sc (MPC's) final year briefed the students about Vision, Mission, Objectives and Principles of Indian Red Cross Society, Vision and Mission of YRCW of the College. Ali Chraniya from B.Com final year Honors spoke on the activities of Youth Red Cross Wing of the college, Achievements of YRCW and Students Achievements. The event concluded with Vote of Thanks.



Address by Mrs.O.S.Suguna Sheela



Ali Charaniya addressing the students

H 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 8th July 2019 in Jubilee Hall from 8.30 am to 1.30 pm and for BA (MCJ & JPE), B.Sc (MPC's, MEC's, MPC's) and B.Com (IT & IF&A) on 9th July 2019 in Room No. 207 from 8.30 am to 12.00 pm. Rev.Fr.K.Marreddy, Principal and Mrs.O.S.Suguna Sheela, Coordinator graced the occasion. Technicians from Red Cross blood bank Ms. Anuradha and Ms.Surekha conducted blood Screening. The Camp was organised to keep a record of the blood group of students and to help the needy when required.



Rev.Fr.K.Marreddy, Principal

Mrs.O.S.Suguna Sheela, Coordinator



Blood Screening Camp



Blood Screening Camp



Blood Screening Camp



Blood Screening Camp



Faculty participating in Blood Screening Camp

4 Investiture Ceremony

Youth Red Cross Wing of St.Josephs Degree & PG College organized Investiture Ceremony for Student Coordinators on 17th July 2019 in Jubilee Hall from 1.30 pm to 2.30 pm. The Ceremony was graced by Rev.Fr.K.Marreddy, Principal; Rev.Fr.Thumma Uday Bhasker, Dean, Academics; Mrs.O.S.Suguna Sheela, YRCW Coordinator and Mrs. Preethi Rathi, YRCW Member. The event began with prayer by college choir "Anna Domini" followed by welcoming of Dignitaries with token of love.

Rev.Fr.K.Marreddy in his address said that "Indian Red Cross Society is a voluntary relief movement not prompted in any manner by desire for gain" All people will be in need of help

some time and all have something to give. Every contribution is meaningful, no matter how small it is so that the receiver gets the right assistance is important. He said that the society's mission is to provide relief in times of Disasters or Emergencies and to protect health of people. World Bank and other organizations also provide funds to the society for conducting its activities.

Rev.Fr.Thumma Uday Bhasker in his address said that Red Cross Society makes no discrimination as to nationality, race, religious beliefs, class or political opinions and endeavors to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all people." Mrs. O.S.Suguna Sheela in her address said that Prevention of suffering is the most important task of the Red Cross Society. She urged the students to help each other in times of need. She appreciated the coordinators for making all arrangements for the ceremony.

Rev.Fr.K.Marreddy, Rev.Fr. Thumma Uday Bhasker and Mrs.O.S.Suguna Sheela bestowed the badges to the Student Coordinators. Principal administered oath to the newly constituted student body. He congratulated the Prefects and encouraged them to shoulder their duties with honesty and sincerity. Ali Charaniya and Christu Raj from B.Com final year Honors and Generals respectively shared the duties and responsibilities of all the Prefects. Bhut Vasu Patel and L.Raksha Anjani from B.Com final year IT and Generals respectively highlighted the activities of Youth Red Cross Wing of the college and also shared their experiences. The Ceremony came to an end with Vote of Thanks by Bhut Vasu Patel.

List of Prefects

S.No	Name of the Student	Class	Designation
1	Bhut Vasu Patel	B.Com III(IT)	President
2	L.Raksha Anjani	B.Com III Generals 'B' Section	Vice President
3	Christu Raj	B.Com III Generals 'B' Section	Hon. Secretary
4	Ali Charaniya	B.Com III Honors	Hon. Secretary

5	Nainika Dedhia	B.Sc (MPC's) III year	Reporting Head
6	Maria Jean Peter	BA (MCJ) III year	Reporting Head
7	R.Sai Ram	B.Com III(IT)	PR Manager
8	Y.Dhanesh	B.Com III(IT)	PR Manager
9	Ebrahim Badsha	B.Com II(IT)	Asst. PR Manager
10	K.Sri Tejaswi	B.Com III Generals 'A' Section	Event Manager Head
11	Manasa Venkatraman	BA (JPE) III year	Social Media Head
12	G.Sai Kiran	B.Com III(IT)	Social Media Head
13	C.R.Bhavana	BA (JPE) III year	Physical Trainer
14	Kirti Malpani	B.Com II Professionals	Physical Trainer
15	Farwa Basith	B.Com II Professionals	Event Organiser
16	Simran Malu	B.Com II Professionals	Event Organiser
17	Anamika Das	B.Com II(IT)	Event Organiser



Welcoming of Dignitaries



Address by Rev.Fr.K.Marreddy



Address by Rev.Fr.Thumma Uday Bhasker



Address by Mrs.O.S.Suguna Sheela

Address by Mrs.Preethi Rathi



Bhut Vasu Patel

L.Raksha Anjani



Christu Raj





Nainika Dedhia

Maria Jean Peter



Y.Dhanesh

R.Sai Ram



Ebrahim Badsha

G.Sai Kiran



Kirti Malpani

Simran Malu & Anamika Das



C.R.Bhavana

Coordinators taking Oath



Ali Charaniya & Christu Raj Sharing duties and responsibilities of all Prefects



Vote of Thanks

Prefects

4 Awareness Programme on Organ Donation & Transplantation

Youth Red Cross Wing (YRCW) of the College organized "Awareness Programme on Organ Donation and Transplantation" by MOHAN Foundation (Multi-Organ-Harvesting-Aid-Network), Hyderabad for 114 registered students of I, II and III year from all programs of B.Com, BSc and BA on 20th August 2019. It is a not for profit NGO started to promote organ donation in 1997 in Chennai by Philanthropists and medical professionals led by Dr.Sunil Shroff. The resource persons were Dr.Bhanu Prakash and Mr.Sachin Sunny, Transplant Coordinators from MOHAN Foundation.

Mr.Sachin Sunny in his address said that social activism is an art of helping others who are in need. He stated that one must have proper balance between Success, Happiness, and Peace and also explained the importance of organ donation. Dr.Bhanu Prakash gave an insight on history, vision and mission of MOHAN foundation. He briefed the students about the types of donars namely live donar and deceased donar. He explained about who can donate organs and difference between cardiac death and brain stem death. He said that live donar can donate Blood, Bone marrow, Arteries and veins, Kidney (only one), Tendons/bones and Cartilage. A person who is brain dead (Brain-stem Death) can donate kidney (both), Heart, Pancreas, Eyes (both), Liver, Lungs (both), Limbs and Skin. A person who has Cardiac Death can donate only Corneas.

Pamphlets and donor cards were distributed to all the students. The session came to an end with answering of queries. Students pledged that they will their donate organs whenever possible and also create an awareness on organ donation among family, friends etc. The event was coordinated by Mrs.O.S.Suguna Sheela, YRCW Convenor, Department of Commerce.



Address by Mr. Sachin Sunny



Address by Dr. Bhanu Prakash



Dignitaries on the dais

Donar Cards distributed to Students

4 Visit by IRCS Members

On the eve of Indian Red Cross Society celebrating its centenary year, Mrs.C.Parvathi, organizing Secretary of IRCS Hyderabad, Mr.A.S.Balaji, Convenor of IRCS Hyderabad and Mrs. Veeramani, member of IRCS Hyderabad visited the college on 5th November 2019. They met Rev.Fr.K.Marreddy, Principal and Mrs.O.S.Suguna Sheela, YRCW Convenor of the college regarding Youth volunteer Drive and requested them to encourage students to enroll as Youth Red Cross Volunteers.



IRCS members with Rev.Fr.K.Marreddy, Principal

4 Yoga Session on First Saturday of Every Month

Youth Red Cross Wing (YRCW) of the College organized Yoga Session on first Saturday of every month (3rd August 2019, 7th September 2019 and 7th December 2019) for Faculty and Students of all Programs from 9.00 am to 10.15 am in Josephs Hall. The session was conducted by Kirti Malpani of B.Com II year Professionals and C.R.Bhavana from BA (JPE) III year. The session started with prayer followed by Yoga warm up and Asanas. The following are the details:

S.No	Name of Asanas	Names of the Faculty	Names of the Student	Class
1	Surya Namaskar	Mrs.O.S.Suguna Sheela –	Khushu Sanghi	B.Com II(IFA)
		Commerce Department		

2	Chalanatana	Mrs. Aarati Samala –	Kirti Malpani	B.Com IIP
		Commerce Department		
2	T Tet and a second	-	II. web to I. to	D.C IA
3	Uttanasana	Mrs. Shanti Kiran –	Harshita Jain	B.Com IA
		Commerce Department		
4	Sethubandhasana	Mrs.K. Radha-	Sanjana Upadhyay	B.Com IA
		Commerce Department		
5	Trikutasana	Dr. Sumitra Pujari –	D. Srikanth	B.Com IIC
		Commerce Department		
6	Talasana	Mrs. Rupa Josephine	Harsh Asthana	B.Com I (IFA)
		Samuel – English		
		Department		
7	Vajrasana	Mrs. Archana Singh –	Anamika Das	B.Com II(IT)
		Commerce Department		
8	Suptavajrasana	Mrs. Rana Anjum –	C. R. Bhavana	BA (JPE) III year
		English Department		
9	Mandukasana	Mrs. Pauline. R. Joseph –	Manasa	BA (JPE) III year
10	Krishna Posture	English Department	Maria Jean	BA (JPE) III year
11	Balanasana		Nainika Dedhia	B.Sc (MPC's) III
				year
12	Athachaturangadand		Nabella Nashat afra	BA (JPE) I year
	asana			
13	Makarasana		Simran Malu	B.Com IIP
14	Marjhalasana		Farwa Basith	B.Com IIP
15	Shikshanakrama		Dharna Agarwal	B.Com IB



4 Launch of Alumni Blood Donors Club

Alumni Blood Donors Club was launched by Youth Red Cross Wing (YRCW) of St.Josephs Degree & PG College on 7th December 2019 at 11.00 am in Chapel Hall. The Chief Guest for the ceremony was Mr.Pitchi Reddy, Chairman Red Cross Blood Bank, Vidya nagar, Hyderabad and other Dignitaries were Rev.Fr.Uday Bhaskar Reddy, Dean Academics and Mrs.O.S.Suguna Sheela, Convenor, YRCW of the College from Department of Commerce

The ceremony was hosted by Ali Charaniya from B.Com III year Honors and Kirti Malpani from B.Com II year Professionals. The Dignitaries were welcomed with token of love by Nainika Dedhia from B.Sc (MPC's) III year; K.Sri Tejaswi from B.Com III year Generals and Farwa Basith from B.Com II year Professionals. The ceremony commenced with prayer song by college choir "Anna Domini" followed by lighting of the lamp by Dignitaries.

Mr.Pitchi Reddy in his address expressed his joy and said that the launch of the club is a positive step towards humanity. Rev.Fr.Uday Bhaskar Reddy congratulated YRCW members for taking an initiative in starting the club. Mrs.O.S.Suguna Sheela said that it was her dream to start the club in 2007 which has become true now.

Alumni Blood Donors club is a platform for the alumni to help the needy by donating blood when required. Names, Phone numbers and Blood group of Alumni will be displayed on website under Alumni Blood Donors Club. A Sahithi, Alumni was elected as president of the club. The ceremony concluded with vote of thanks



Arrival of Dignitaries



Welcoming of Dignitaries

Prayer Song by College Choir "Anna Domini"



Lighting of Lamp

Dignitaries on the Dais



Chief Guest with Alumni

Faculty & Student Coordinators

4 Blood Donation Camp

Youth Red Cross Wing (YRCW) of St.Josephs Degree & PG College in collaboration with HDFC bank organised Blood Donation Camp on 11th December 2019 at 9.00 am in Josephs Hall. The Dignitaries were Mr.Vittal, HDFC Bank, Dr. Komal Jagadish, from Red Cross Blood Bank Vidya nagar, Hyderabad, Rev.Fr.K.Marreddy, Principal and Rev.Fr.Uday Bhaskar Reddy, Dean Academics. The camp commenced with prayer song by college choir "Anna Domini" followed by lighting of lamp by the Dignitaries. Bhut Vasu Patel from B.Com (IT) final year who has been donating blood since 3 years and Mr.Ch.V.S.R. Pavan Kumar, Technical Assistant who was donating blood since 2007 were felicitated by principal. The camp was a huge success and 150 students have donated blood. Fruits and Biscuits were given to Blood Donors. The camp was coordinated by Mrs.O.S.Suguna Sheela, YRCW Convenor and Mrs.Preethi Rathi, YRCW member along with student coordinators.



Lighting of Lamp

Inauguration of Blood Donation Camp



Students registering for Blood Donation Camp



Students donating Blood



Mr.Pavan Kumar & Vasu Patel felicitated by Principal



Faculty donating Blood

Faculty & Student Coordinators

4 Inauguration of First Aid Stall & Awareness Rally

On the occasion of National Youth Day in memory of Swami Vivekananda Birthday, Indian Red Cross Society (IRCS), Hyderabad Branch inaugurated First Aid stall and also organized Awareness rally on promoting usage of Cotton and Jute bags instead of Plastic at All India Industrial Exhibition "Numaish-2020", Exhibition grounds, Nampally, Hyderabad on12th January 2020. Muskan khetan and Tazim of BA (JPE) first year participated in the inaugural ceremony and Awareness rally.



Students participating in Awareness Rally



Students participating in Awareness Rally

4 Swach Numaish

Indian Red Cross Society (IRCS), Hyderabad Branch organized Swach Numaish Program at All India Industrial Exhibition "Numaish-2020", Exhibition grounds, Nampally, Hyderabad on 21st January 2020. 20 student volunteers along with Mrs.O.S.Suguna Sheela, YRCS, Convenor of the college participated in the program. The students cleaned the premises and took out a rally on promoting usage of Cotton and Jute bags instead of Plastic



Students promoting use of Cotton & Jute Bags



Students at Swach Numaish Program

🖊 Yoga Video

Youth Red Cross Wing (YRCW) of the College made a two minute video on Yoga in coordination with Department of Mass Communication and Journalism. Kirti Malpani of B.Com II year Professionals and C.R.Bhavana from BA (JPE) III year demonstrated Pranayam and Yoga warm up. It was made under the guidance of Mrs.O.S.Suguna Sheela, YRCW, Convenor The video was sent to all the students which will be helpful in practicing pranayama in the college every friday for 10 minutes before break from 10.50 am to 11.00 am

4 Yoga session for Class Representatives

Youth Red Cross Wing (YRCW) of the College conducted Yoga session for Class representatives of all programs on 14th February 2020 in Josephs Hall from 1.10 pm to 2.30 pm. Mrs.O.S. Suguna Sheela, YRCW Convenor explained about the benefits of Pranayam and said that it helps in improving the level of concentration and to overcome headache and other health issues. Kirti Malpani of B.Com II year Professionals and C.R.Bhavana from BA (JPE) III year demonstrated few asanas and Yoga warm up which can be easily practiced in class.



Class representatives attending Yoga Session

🖊 Pranayam

- Students from all programs practiced Pranayam in class for 10 minutes from 10.50 am to 11.00 am on 28th February 2020
- Mrs.O.S. Suguna Sheela, YRCW Convenor has given training on Pranayam to faculty at 2.30 pm in Jubilee Hall on 5th March 2020 to enable them to supervise students while doing Pranayam in class

🖊 First Aid Training Program

Indian Red Cross Society (IRCS), Telangana State Branch organized training program on "First Aid" on 20th March 2020 from 9.30 am to 4.00 pm. The training was given by Dr. Komal

Jagadish, from Red Cross Blood Bank Vidya nagar, Hyderabad and Mr.Ramana, IRCS State Coordinator. The program was attended by Mrs.O.S.Suguna Sheela, YRCW, Convenor of the college and 5 students

List of Students

S.No	Name of the Student	Class
1	P.Abhishek	B.Com III(IT)
2	Marthole Raj Kumar	B.Com IC
3	Bhavesh Golecha	B.Com IA
4	L.K.Sanjana	B.Com IA
5	Jain Karishma	B.Com IA



First aid Training Program

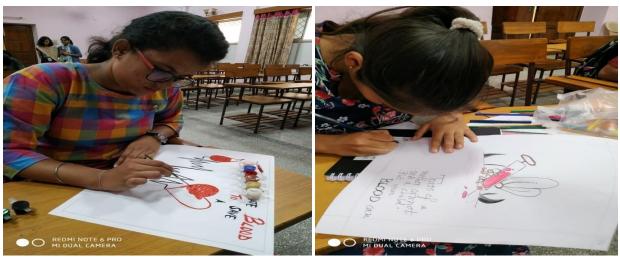
4 Student Achievements under YRCW

Christu Raj from B.Com Generals III year and Marthole Raj Kumar from B.Com Computers I year helped as volunteers for one week in "First Aid stall" opened by Indian Red Cross Society (IRCS), Hyderabad Branch at All India Industrial Exhibition "Numaish-2020", Exhibition grounds, Nampally, Hyderabad in January 2020. Mrs.O.S.Suguna Sheela, YRCW Convenor of the College was volunteer for one day. Christu Raj was selected by Indian Red Cross Society (IRCS), Hyderabad Branch to represent Telangana state to attend IRCS Training camp at Haryana but the camp was cancelled due to COVID-19

S.No	Date	Details of the Event	Names of the Winners	Class	Prize
1	22 nd	"Poster Making"	Eshika Gupta	B.Com IH	Ι
	July	19 No. of Participants: 22	Kashish Tekchandani	B.Com IH	II
	2019		Khushboo Rajpurohit	B.Com IB	III
			Aditi Rathi	B.Com IH	III
		Venue: Chapel Hall			
		Faculty Coordinators:			
		1.Mrs.O.S.Suguna Sheela, Dept. of Commerce			
		2.Mrs.Preethi Rathi, Dept. of Commerce			
		Judges:			
		1.Mrs. Rana Anjum, Dept.of English			
		2.Ms.M.Prashanthi, Dept.of Commerce			
		3.Mrs.Bh.Srivatsala, Dept.of Commerce			
		Student Coordinators:			
		1.Ali Charaniya – B.Com IIIH			
		2.Christu Raj – B.Com IIIB			
		3.K.Sri Tejaswi – B.Com IIIA			
2	18 th	"Logo Making"	Likki Shreya Reddy	B.Sc (MEC's)	
	Sept 2019			III year	I
			Anamika Das	B.Com II(IT)	II
		Time : 1.30 pm to 2.30 pm			
		Venue: Chapel Hall			
		Faculty Coordinator & Judge:			
		1.Mrs.O.S.Suguna Sheela, Dept. of Commerce			
		Student Coordinators:			

4 Competitions organized by YRCW

1.Ali Charaniya – B.Com IIIH		
2.Kirti Malpani – B.Com IIP		



Poster Making Competition



Poster Making Competition



Faculty Coordinators and Judge of Poster Making Competition



Logo Making Competition



Logo Making Competition

Faculty & Student Coordinators