

Sri Adichunchanagiri College of Arts and Commerce

Nagamangala-571432, Mandya Dist.

YOUTH RED CROSS UNIT

Red Cross event list 2019-20

Sl. No	Event Name	Date
1	Stress in Health and Disease	08/07/2019
2	Pressure in our life	26/07/2019
3	Pre introduction program	26/09/2019
4	Touch less sanitizer dispenser units donation program	12/01/2020
5	Trekking camp	14/03/2020

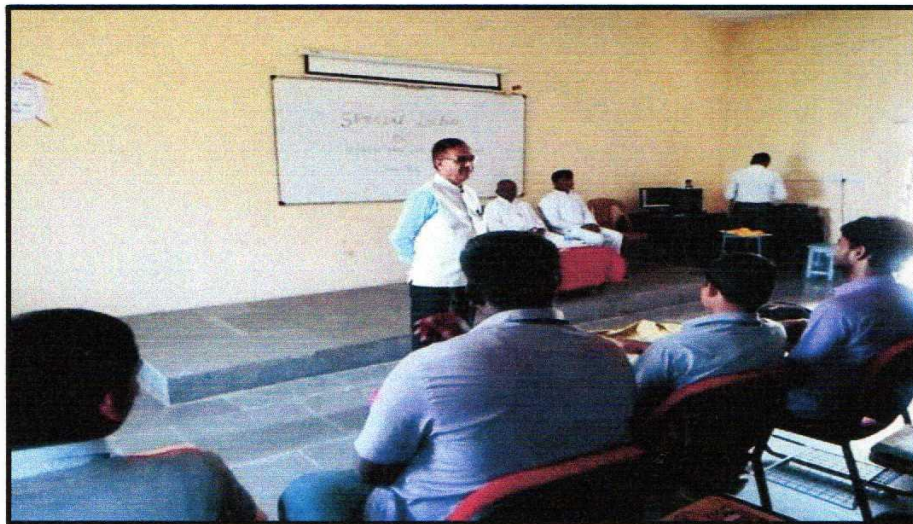
YOUTH RED CROSS UNIT

Stress in Health and Disease

Nowadays, stress is a common problem in modern life. Stress is a basic thing of everyday life and there is no way to escape. Stress defines when the body did not give any specific reaction .Psychologist describe stress tension experienced on individual over a period of time which spoils the aptitude of the singular to accomplish his part.

Stress able to create bodily or mentor indications and stress can be engendered by pressure also problem in work environment and individuals lifestyle. The heavy pressures in our life are often linked to different kinds of diseases ,we work you him pressure stress we work under it we are driven by it we suppress it we deny it and try to escape it.

On 08 July 2019 B.K. Pranesh Sarvodaya Retreat Center Mysore delivered a lecture on stress free life and holistic heal that 3 p.m. for degree students.




Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


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Pressure in Our Life

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We become victims for it. We feel it in our chest our stomach churns our palms, we get sweat and all of us are squeezed by it today. On 26-07-2019 C.B. Mohankumar from acupressure care system Bangalore, spoke about pressure in our life and care system. It was a very so interesting programme and our staff members enjoyed the programme well.


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Pressure in Our Life, date: 26-07-2019


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PRE INTRODUCTION PROGRAMME

Date 26-9-2019 a pre introduction event was organized by the Youth Red Cross Unit of our college ,to volunteers .The guest of honor of the event was Prof. K. Shoba, college of Nursing B .G. Nagar ,speaking at the program, she gave a lot of information about the origin and history of the red cross unit, and the benefits of the red cross unit was explained briefly for the Volunteers'. The program was chaired by college dynamic Principal Dr .B.K. Lokesha in his presentation ,he addressed to the volunteers' the importance of the college red cross unit ,the compeering was done by D.S.Chethan ,Program officer .The events was successfully collaborated by NSS.




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Pre Introduction Programme, Date: 26-09-2019


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|| Jai Sri Gurudev ||
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YOUTH RED CROSS UNIT

Touch less sanitizer dispenser Units Donation Programme

Date: 01-12-2020

The College's senior student, LIC chief advisor Sri Lingachikkegowda, donated two touch less sanitizer dispenser units worth Rs.10,000 to the college. On behalf of the college, Thank you.



MLH
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YOUTH RED CROSS UNIT

Trekking Camp

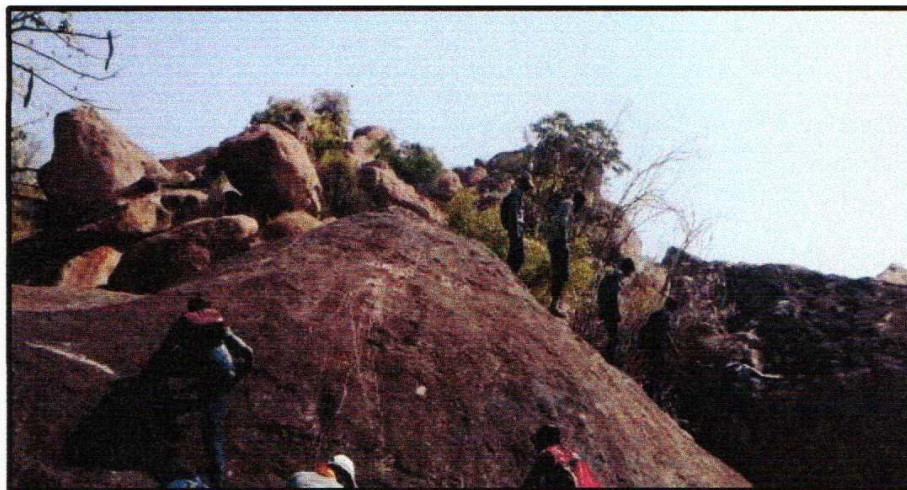
Date :14-03-2020

A special trekking camp was organized for 25 volunteers by the red Cross unit of Sri Adichunchanagiri College of Arts , commerce and Science on Saturday, a trekking camp for Kuntibetta in Pandavapura taluk, on Saturday 03-03-2020 at 7.30 a.m..On the morning of 14-03-2020 ,faculty member D.S.Chethan and his volunteers traveled in KSRTC bus to Pandavapura, the trek commenced at 10.00a.m., at ended at 2,30p.m. Then they rested for 30 minutes on this trek, 25 red cross volunteers climbed the rocky cliff ,and made their adventure on a one day special trekking Camp ,then they finished of lunch at 3,00p.m. and left for the college .

It was a very difficult trek, with elevated features, and scenic beauty. The students were guided all along the trek, by the staff and were also educated about the environment and its importance for the mankind. It was time for the lunch and the students enjoyed their packaged lunch in the midway of the trekking. After the lunch, the journey was continued till the participants reached their destination.. The students enjoyed the spot and played. The return journey was started at 3:30 p.m. through the same route.


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Trekking Camp, Date :14-03-2020


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