

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala-571432, Mandya Dist.

YOUTH RED CROSS UNIT

Red Cross event list 2018-19

Sl. No	Event Name	Date
1	National Sadbhavana Diwas	20/08/2018
2	Concentration Program	22/12/2018
3	Swami Vivekananda Jayanthi and national Youth day program	12/01/2019
4	The effect of Tobacco Consumption	24/01/2019
5	Quiz program report	15/03/2019
6	Trekking Camp	16/03/2019

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National Sadbhavana Diwas

Sri Adichunchanagiri College of arts, commerce and Science Nagamangala and the colleges Red Cross unit and NSS unit I on **20-08-2018**, celebrated the 44th national Sadbhavana Diwas, as a symbol of Nationalism, it is a major day. The programme was chaired by the principal of the College D.R. B.K.Lokesha, he told the Students about the significance of national Sadbhavana Diwas, he gave pledge of national Sadbhavana Diwas to all the faculty, and non -teaching staff members of the college who actively participated in the programme.

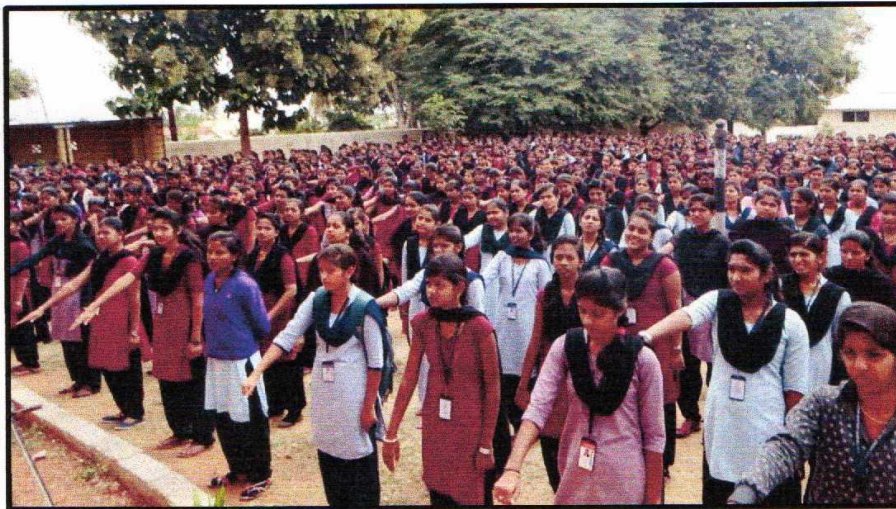
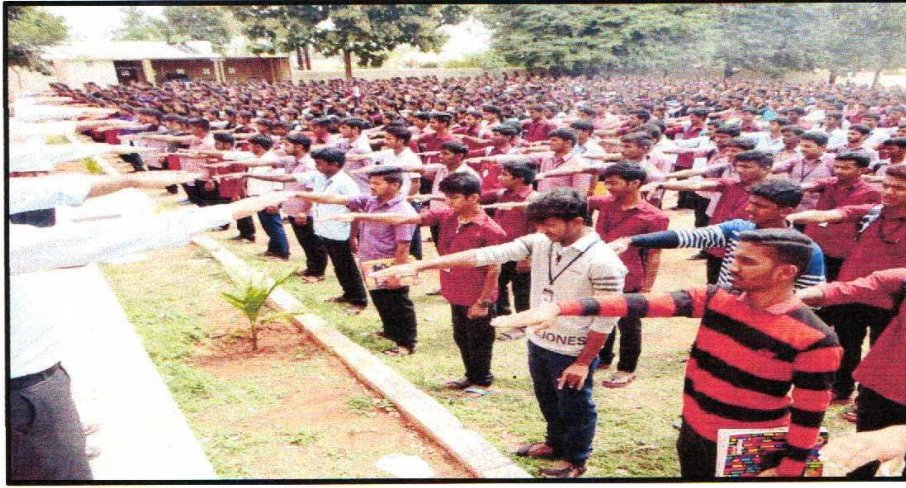
Sadbhavana Diwas is celebrated on 20 August every year to commemorate the birth anniversary of former Prime Minister Rajiv Gandhi. This day is observed to encourage the national integration, peace, affection and communal harmony among the Indian people of all religions. Let us find more about Sadbhavana Diwas.

This day is observed to encourage the national integration, peace, affection and communal harmony among the Indian people of all religions. 'Sadbhavana' in English language means goodwill and bonafide. Being as the youngest Prime Minister, Rajiv Gandhi's thought process was modern and different from others.

Sadbhavana Diwas is celebrated in the memory of Rajiv Gandhi every year who dreamed to make India a developed country. His several economic and social works clearly shows his dream.


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National Sadbhavana Diwas, Date : 20-08-2018


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YOUTH RED CROSS UNIT
Concentration Programme

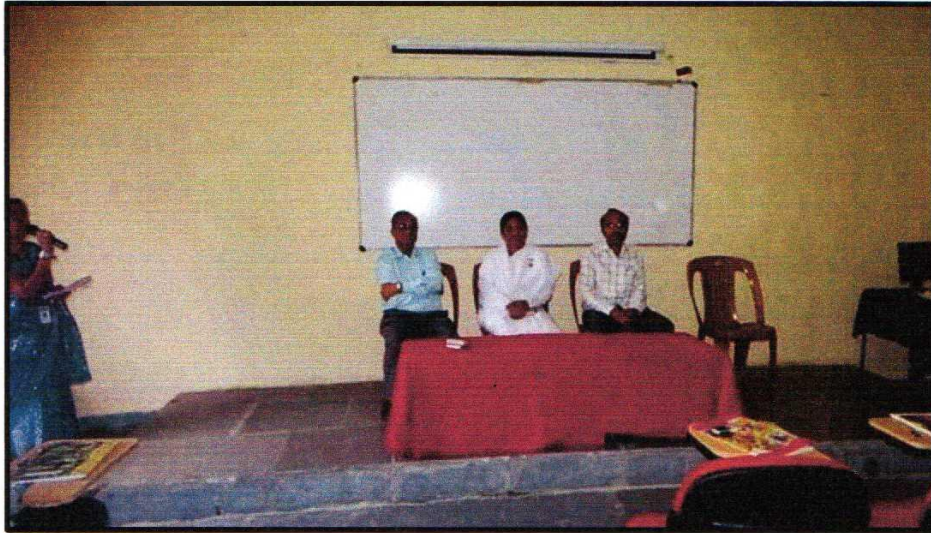
Date: 28-12-2018

Concentration is the ability to direct one's attention in accordance with one's will. Mysore Brahamakumari Eshwari Samajaakka Shoba gave information to our students .It means control of the attention. It is the ability to focus the mind on one subject, object or thought without being distracted. It is the ability to focus the attention, and at the same time, ignore other unrelated thoughts.

Principal Dr.B.K. Lokesha in his speech talked about, concentration as the ability to do one thing at a time, instead of jumping from one subject to another, and losing attention, time, and energy. Concentration is a state, in which one's whole attention is engrossed in one thing only, and being oblivious to everything else. During concentration, the mind focuses on the object of concentration, and only one thought occupies the mind. The whole energy of the mind becomes concentrated on this one thought. The ability to command the mind and control the attention is not common, and requires training. Most people lack the ability to control their attention and focus their mind exclusively on one thought subject for any length of time. They can't command their mind to concentrate, whenever they want to. Compeering was done by Thriveni H.R and vote of thanks was done by Srinivasa H.R.


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Concentration Programme, Date: 28-12-2018


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YOUTH RED CROSS UNIT

Date : 12-01-2019

**Swami Vivekananda Jayanthi and National Youth Day
Programme**

Sri Adichunchanagiri College of Arts & Commerce, celebrated Swami Vivekananda jayanathi and the national youth day programme was organized by the Red Cross unit. The event was sponsored by Red Cross volunteers Kumari Pooja G. M did the invocation. The resource person and Guest of honor were greeted by Professor Byre Gowda head of the department of history ,the programme was chaired by the college principal Dr. B.K. Lokesh introduced and volunteers' the programme was inaugurated by the chief guest by the lighting the lamp. Then the history Professor K. Bhairappa delivered a long speech to the volunteers', he also conveyed the biography and message of Swami Vivekananda to the volunteers', he then gave a lengthy lecture on the subject of Swami Vivekananda .He convinced the younger generation ,not to be misled, he also told the young people that swami Vivekananda did the job of building the nation .The Chief Guest of the event were : Rajendra , HOD of commerce and Professor Ramakrishnegowda were present .Assistant professor D.S. Chetana, Dept. of Geography did the compeering and also did the vote of thanks. The programme was made successfully by the collaboration of the college Principal volunteers'' and all the faculty members of the college.


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Swami Vivekananda Jayanthi and National Youth Day Programme, on 12-01-2019


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YOUTH RED CROSS UNIT

The Effect of Tobacco Consumption

Date:24-01-2019

The event was organized by the Principal of our college Dr. B.K. Lokesha, on this occasion, District Health Adviser Dr. Timmaraju spoke about the history Of tobacco products and the different types of tobacco products ,how Adolescents and young women are consuming them?, and how Cancer and cardiovascular diseases are in rise due the use of tobacco?. He briefed the Students about the benefits of quitting tobacco and making Mandya a tobacco free district.

Tobacco is extracted from around 65 known species of the tobacco plant of which the one that is grown commercially and widely as a source of tobacco is *Nicotianatobaccum*. Most of the tobacco from Northern India and Afghanistan comes from the species *Nicotianarustica*. The growing use of tobacco is a cause of great concern around the world, due to its serious effects on health.

The nexus between tobacco consumption and poverty was well-documented; however, the tobacco control measures are uniformly applied , without due consideration for the high-risk target group.

Students organized a speech competition, many volunteers expressed their views.

1. Diyva MS
2. Sushma DD
3. BhumiGK

These students spoke and concluded the program with first, second, and third prizes respectively.


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The Effect of Tobacco Consumption, Date: 24-01-2019


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YOUTH RED CROSS UNIT
Quiz Programme Report

Date: 15-03-2019

A quiz programme was organized by the Indian Youth Red Cross Unit of our college. The event was organized with the permission of the Red Cross unit officers, of the college and Dr.B.K. Lokesha, the college dynamic principal, in this programme he talked about the importance of current affairs for students'. 16 students were divided into 8 teams, all 6 round quiz programme was conducted .This quiz showcased: History, Economics, Banking, Geography, Constitution of India, Current affairs, General knowledge .Eventually two teams won first prize and second prizes. The prizes distribution was presented by Prof.Rajendra, Senior Prof. Byregowda, and Prof. Ramakrishnegowda.

First Prize

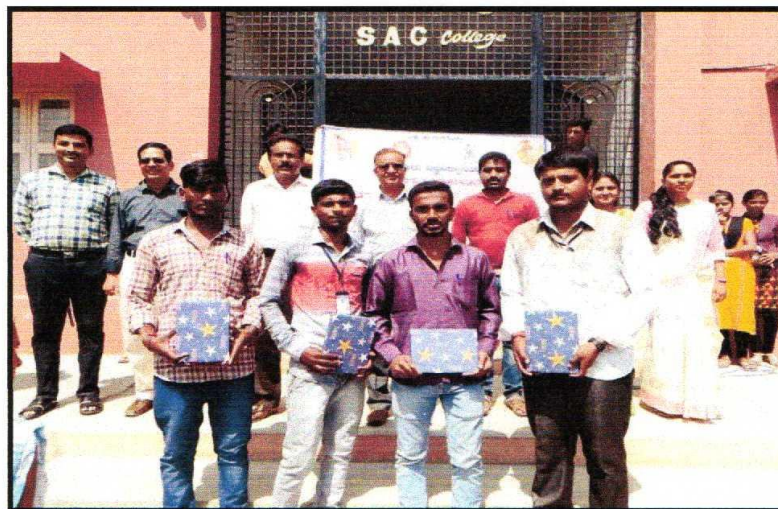
- 1.Sharanakantha III BA
- 2.Bharath II B.COM

Second Prize

- 1.Ajithkumar III BA
- 2.Chethankumar III B.COM


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Quiz Programme, Date: 15-03-2019


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YOUTH RED CROSS UNIT
TREKKING CAMP

DATE: 16-3-2019

A special trekking camp for 25 volunteers' was organized by the Red Cross unit of Sri Adichunchanagiri College of Arts, Commerce and Science, on Saturday 16-3-2019. Arrangement were made with the permission of Principal Dr.B.K. Lokesha to organize a trekking camp for the Vindyangiri and Chandragiri mountains, Shravanabelagola on Saturday .on the morning of 16-3-2019 at 7.30a.m. , the programme officer D.S.Chethan and volunteers' travelled in KSRTC bus to Shravanabelagola, they arrived at 9.30 a.m. and had the morning breakfast and started to trek at 10 a.m. .The Vindyangiri mountain trek concluded at 12.30 p.m, then they rested for 30 minutes and started to for Chandragiri mountain at 1.00 p.m. and finished the trekking at 2.30 p.m. .

On this trekking, 25 Red Cross volunteers' climbed the steep cliffs and made an adventure. After having lunch at 3.00 p.m., they left for college and reached Nagamangala at 5.30p.m.




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