INDIAN RED CROSS SOCIETY,
TAMIL NADU BRANCH
NEWSLETTER – April to June 2024

CHAIRMAN'S MESSAGE

The International Federation of Red Cross and Red Crescent Societies is the world's largest volunteer- based humanitarian network, reaching over 160 million people each year through National Societies with over 191 members.

Indian Red Cross Society, established under the Indian Red Cross Society Act, 1920, is an extensive network of more than 1100 branches across the nation, plays a pivotal role in delivering relief during times of disasters and emergencies. Additionally, it is committed to advancing the health and well- being of vulnerable individuals and communities.

The mission of Indian Red Cross Society is to inspire, encourage and implement various humanitarian initiatives, ensuring that human suffering is mitigated and, when possible, prevented altogether. By doing so, the organization contributes to the creation of a more conducive environment for peace and prosperity based on the seven fundamental principles of the Red Cross which are humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

These seven fundamental principles sum up the movements' ethics and are at the core of its approach in helping people in need across the globe.

Let us work together to make the motto of Indian Red Cross Society, 'Through Humanity to peace', a reality.

Dr. JUSTICE M. JAICHANDREN
Former Judge, High Court of Madras
Senior Advocate, Supreme Court of India
Chairman, Administrative Committee, IRCS - TNB
Member, National Managing Body, IRCS, New Delhi

THE FOLLOWING ARE THE ACTIVITIES CONDUCTED BY IRCS TN HQ AND THE BRANCHES

1. **DAY CARE HOSPITAL**
2. **BLOOD CENTRE**
3. **PHYSIOTHERPY SECTION**
4. **IRCS COMMUNITY COLLEGE NURSE AID COURSE – VOCATIONAL ADVANCED DIPLOMA IN GENERAL DUTY ASSISTANT (2 YEARS COURSE)**
5. **FIRST AID**
6. **DISASTER MANAGEMENT & RELIEF**
7. **STATE EMERGENCY OPERATION CENTRE (SEOC)**
8. **URBAN FAMILY WELFARE UNIT**
9. **YOUTH RED CROSS**
10. **JUNIOR RED CROSS**
11. **FUND RAISING**

DAY CARE HOSPITAL

The Day care hospital is functioning from Monday to Saturday. General & Specialist doctors attend the Day Care Hospital on a weekly basis. Below is the report for the Day Care Hospital from April to June 2024.

S. No.	Particulars	April No. of Patients	May No. of Patients	June No. of Patients
1.	Total OP Cases (A + B)	**1081 + 320** ---------- **1401 Total Patients**	**998 + 397** ---------- **1395 Total Patients**	**1037 + 178** ---------- **1215 Total Patients**
2.	General Physician			
	• Dr. Anandhi • Dr. P. Yogeshwaran **Total OP Cases (A)**	332 Patients 749 Patients ---------- 1081 Patients	794 Patients 253 Patients ---------- 1047 Patients	894Patients 143 Patients ---------- 1037 Patients
3.	Specialist Physician			
	• ENT • Gynaecology • Dermatologist • Dentistry • Diabetic • Eye • Ortho • Scan • Out Patients **Total Specialist Cases(B)**	09 Patients 05 Patients 44 Patients 11 Patients ------ 10 Patients 69 Patients ------ 172 Patients ---------- 320 Patients	08 Patients 04 Patients 16 Patients 06 Patients ------ ------ 91 Patients ------ 226 Patients ---------- 351 Patients	08 Patients 05 Patients 49 Patients ------ ------ 6 Patients 95 Patients ------ 193 Patients ---------- 178 Patients
4.	Free Patients	37 Patients	27 Patients	18 Patients
5.	Master Health Check up	14 Patients	12 Patients	4 Patients
6.	ECG	61 Patients	71 Patients	50 Patients
7.	Injection	282 Patients	268 Patients	337 Patients
8.	Digital X-Ray	70 Patients & 85 Test	64 Patients & 83 Test	36 Patients & 48 Test
9.	Clinical Lab for Various Investigations	190 Patients & 1395Test	226 Patients & 1804 Test	221 Patients & 1451 Test
10.	Scan	-----	2 Patients & 2 Test	-----
11.	Total Collection Amount	Rs. 1,61,840/-	Rs. 1,81,250/-	Rs.1,59,920/-

BLOOD CENTRE

Blood Centre conducted the Blood Donation Camp in various places from April 2024 to June 2024. The activities focused on promoting Blood Donation through the Indian Red Cross Society.

VOLUNTARY BLOOD DONATION CAMPS:-

The Blood Centre conducted eighteen voluntary blood donation camps, collecting a total of 978 units of blood during the specified period. The breakdown of camps and collections is as follows:

S.No	Date	Place of the Camp	No. of Donors	Rejection	No. of units collected
April 2024 – No Camp					
1.	03.05.2024	M/s.Ups Express Pvt.Ltd..,	34	10	24
2.	08.05.2024	In-house Camp – World Red Cross Day 2024	19	3	16
3.	12.05.2024	General Public Camp at Kundrathur Bus Stand.	72	11	61
4.	22.05.2024	M/s.Barclays Company, DLF, Ramapurm	169	42	127
5.	23.05.2024	M/s.Barclays Company, DLF, Ramapurm	153	40	113
6.	24.05.2024	M/s.DLF Company, Ramapuram	50	6	44
7.	27.05.2024	M/s.Valeo India Pvt Ltd, Navalur	113	22	91
8.		In-house Camp @ IRCS TNB Premises	6	0	6
9.	03.06.2024	M/s.Valeo India Private Limited Pacifica Tech Park, Navalur.	48	10	38
10.	10.06.2024	IRCS – Blood Centre	1	-	1
11.	11.06.2024	M/s. RMZ One Paramount, Porur, Chennai.	61	11	50
12.	13.06.2024	M/s. Millenia Business Park, Perungudi, Chennai.	87	12	75
13.	14.06.2024	M/s.Saveetha School of Law Maduravoyal, Chennai.	50	15	35
14.	14.06.2024	M/s. Mahindra Research Valley, Chengalpattu District.	123	22	101
15.	14.06.2024	IRCS – Blood Centre	2	-	2
16..	15.06.2024	M/s. Taj Club House, Royapettah, Chennai.	25	12	13
17.	17.06.2024	M/s. Tata Consultancy Services Sholinganallur, Chennai.	17	1	16
18.	21.06.2024	M/s. Concrete OEM Private Ltd Poonamallee, Chennai.	36	7	29

19.	24.06.2024	M/s. Adani Connex Pvt Ltd Siruseri, Chennai.	20	9	11
20.	26.06.2024	M/s. Boeing India Pvt, Ltd., DLF, Ramapuram, Chennai.	111	41	70
21.	28.06.2024	M/s. TPI Composites Indian Pvt. Ltd, Vallam near Sriperumbudur.	85	31	54
22.	29.06.2024	IRCS – Blood Centre	1	-	1
		Total	**1283**	**305**	**978**

COMPONENT SEPARATION UNIT:

In our Blood Centre, blood components including Whole Human Blood, Packed Red Blood Cells, Fresh Frozen Plasma, and Platelet Concentrate were separated using sophisticated modern equipment and supplied to various hospitals and Nursing Homes based on requisition letters.

S.No	Name of the Months	Whole Human Blood	Packed Red Blood Cells	Fresh Frozen Plasma	Platelet Concentrate
1.	April 2024	0	2	2	0
2.	May 2024	23	459	457	16
3.	June 2024	21	475	474	0
	Total	**44**	**936**	**933**	**16**

Total Blood and its components issued to private hospitals and Govt. Hospitals for the period from April 2024 to June 2024:

S.No	Name of the Months	Whole Human Blood		Packed Red Blood Cells		Fresh Frozen Plasma		Platelet Concentrate	
		Private Hospital	Govt. Hospital	Private Hospital	Govt. Hospital	Private Hospital	Govt. Hospital	Private Hospital	Govt. Hospital
1.	April 2024	0	0	287	176	76	0	0	5
2.	May 2024	5	0	248	0	567	0	0	16
3.	June 2024	25	0	446	0	84	0	0	0
	Total	**30**	**0**	**981**	**176**	**727**	**0**	**0**	**21**

BLOOD
DONATION
DRIVE

INDIAN RED CROSS SOCIETY
Donate Blood
Save Life !

INDIAN RED CROSS SOCIETY
TAMIL NADU BRANCH

WORLD RED CROSS DAY:-

The World Red Cross Day was celebrated on May 8, 2024, at the IRCS-TNB premises in a dignified manner. Thiru. S. R. Krishnan, Member of the Administrative Committee of IRCS – TNB, hoisted the flag and briefed everyone about World Red Cross Day. He also garlanded the statue of Jean Henry Dunant, the founder of the Red Cross.

On the eve of World Red Cross Day, a Blood Donation Camp was conducted, during which 16 units of blood were collected and separated into components: PRBC (16 units), FFP (16 units), and Platelet Concentrate (16 units).

The program concluded with the distribution of sweets to staff, students, and the public."

PHYSIOTHERAPHY & REHABILITATION CENTRE

In our physiotherapy and rehabilitation centre, we offer a wide range of effective treatments for various patients, from pediatric to geriatric, utilizing advanced treatment modalities and techniques under the supervision of highly qualified professionals and doctors.

From April to June 2024, a total of 2,635 patients received effective treatment, and we collected a total of Rs. 3,24,150/-. During this period, 51 students from various physiotherapy colleges underwent clinical internship and training programs at our centre.

Month	Ortho	Neuro	Pediatrics	Fitness	Total	Amount Collected Rs.
April	750	62	2	63	877	1,07,800/-
May	786	70	6	54	916	1,12,000/-
June	727	68	5	42	842	1,04,350/-

Treatments Offered Include:

Orthopedic Problems:

- Neck pain & back pain
- Deformity and contracture corrections
- Post-operative and post-traumatic rehab
- Sports injuries
- Rehabilitation for amputees
- Gait training using ICRC protocol
- All types of joint pain and sprains
- General fitness for women diagnosed with PCOD and Thyroid
- Geriatric rehabilitation
- Mobilization exercises
- All congenital deformities

Neurological Conditions:

- Hemiplegia
- Muscular dystrophy
- Parkinson's disease
- Bell's and facial palsy
- Erb's palsy
- Developmental milestone delay for children
- Cerebral atrophy
- Wilson's disease
- Cerebral palsy"

SHORTWAVE DIATHERMY

FITNESS

ERB'S PALSY REHAB

INTERMITTENT PELVIC TRACTION

FIRST AID & DISASTER MANAGEMENT

30.03.2024 to 01.04.2024 (First Aid Training)

From March 30, 2024, to April 1, 2024, a First Aid training program was conducted for DBS Bank India Ltd, Chennai District. A total of 28 employees were trained during the sessions, which ran from 10:30 a.m. to 5:30 p.m.

Mr. Jai Ganesh, Operation Manager, inaugurated the program on the first day. The training covered the following topics in detail:

A) Pre-Questionnaire and Examination

B) What is First Aid, Importance of First Aid, Qualities of a First Aider, Aims of First Aid, Do's and Don'ts in First Aid

C) Structure of the Body, Human Anatomy, 12 Systems of the Body (Respiratory, Circulatory, Nervous System, Muscular, Digestive, Excretory System, etc.)

D) First Aid for Unconsciousness and CPR: Checking Pulse, DRABC, ECC, CPR Methods, etc.

E) Wounds and Bleeding: External Bleeding, Nose & Ear Bleedings, Bandages to Arrest Bleeding, Internal Bleeding

F) First Aid for Burns, Electric Shock, Chemical Splash, Fire: 3 Stages of Burns, Do's and Don'ts During Shocks, First Aid for Fire, Fire Extinguisher Usage

G) First Aid for Fracture, Sprain, Drowning: Types of Fractures, Bandages for Fractures, Sprain Strain, Victim Transportation Methods

H) First Aid for Poisoning, Heatstroke, Choking: First Aid for Snake Bites, Inhalation of Poisons, Collection of Filled Forms and Related Procedures

I) First Aid for Heart Attack, Epilepsy

J) Post-Examination

K) Recap of All First Aid Topics

L) Viva by Doctor: Explanation of Heart, Arteries, Brain, and Their Functions

08.04.2024 (First Aid Orientation -Nursing College)

A First Aid training session was conducted for the nursing students of Karpagavinayaga College of Nursing, Pudhukottai. Specifically, 60 B.Sc. Nursing 2nd-year students participated in the training.

The training covered the following topics:

- First Aid basics
- Human Anatomy
- Bleeding Control
- Fracture Management
- Unconsciousness and CPR
- Burns
- Electric Shock
- Heart Attack
- Fits
- Poisoning

09.04.2024 (First Aid Orientation -Nursing College)

On April 9, 2024, a First Aid training session was conducted for B.Sc. Nursing 1st-year students at Karpagavinayaga College of Nursing, Pudhukottai. A total of 60 students participated in the training.

First Aid basics, Human Anatomy, Bleeding Control, Fracture Management, Unconscious and CPR, Burns, Electric Shock, Heart Attack, Fits, Poisoning etc were taken for Training Session. Bandages, Victim Transportation also handled during the Sessions. End of the session Students conducted Mock Drill.

Additionally, sessions included practical aspects such as bandaging techniques and victim transportation. At the end of the session, the students participated in a mock drill.

12.04.2024 (First Aid Orientation -Nursing College)

First Aid training was conducted for 60 B.Sc. Nursing 1st-year students at JKKM College of Nursing, Erode. The training covered topics such as First Aid basics, Human Anatomy, Bleeding Control, Fracture Management, Unconsciousness and CPR, Burns, Electric Shock, Heart Attack, Fits, Poisoning, etc. Sessions also included practical exercises in bandaging techniques and victim transportation. At the end of the session, students participated in a mock drill.

13.04.2024 (First Aid Orientation -Nursing College)

First Aid training was conducted for 60 B.Sc. Nursing 1st-year students at JKKM College of Nursing, Erode.

The training covered topics such as First Aid basics, Human Anatomy, Bleeding Control, Fracture Management, Unconsciousness and CPR, Burns, Electric Shock, Heart Attack, Fits, Poisoning, etc. Sessions also included practical exercises in bandaging techniques and victim transportation. At the end of the session, students participated in a mock drill.

22.04.2024 (First Aid Awareness)

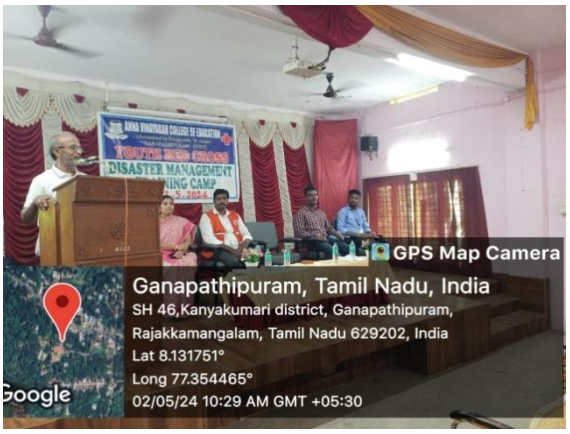
On April 22, 2024, a First Aid awareness training program was conducted for 50 second-year students of Annammal College of Education, Tuticorin District. The training was facilitated by E. Blithe Sudhar, First Aid / DM Training cum Field Coordinator, who covered various aspects of First Aid including bleeding control, degrees of burns, recovery from heart attacks, fracture management, aid for unconscious victims, CPR methodology, bandaging techniques, choking first aid, drowning and rescue methods, victim transportation, and more.

The program was inaugurated by Principal Dr. A. Joycilin Shermila, along with Dr. N. Sudha Kumari, YRC Coordinator and Secretary of IRCS Tuticorin District Branch, who coordinated the event.

02.05.2024 – One Day Disaster Management Programme

This program was inaugurated by Dr. V. Venukumar, Past YRC District Organizer of Kanyakumari District. A special speech was given by Dr. Mivizhi, the Principal of the College. The sessions covered the History of the Red Cross, its principles, Indian Red Cross Service activities, Disaster Risk Reduction Methods (D5saster Risk Reduction Methods), the Role of the Red Cross in Disaster Management, both Natural and Man-Made Disasters,

Mitigation Activities, the Role of Government in Disaster Response, Volunteer Management, etc. Basic first aid information was also provided during the session. Dr. Vigil, YRC Program Officer, made all the arrangements. More than 100 students participated.



Meeting for First Aid

On May 21, 2024, an online meeting on First Aid organized by the Indian Red Cross Society National Headquarters (IRCS NHQ) was attended in accordance with instructions from IRCS TNB. The meeting, which commenced at 11:00 A.M., focused primarily on discussing the rollout plan for Online First Aid and Allied Examinations.

The major agenda included a briefing on applications, the pilot phase, NHQ support for rollout requirements at the state and district levels, and the adoption rollout approach. Representing the Indian Red Cross Society, Tamil Nadu State Branch, the General Secretary took the lead in discussing the pilot phase of the rollout plan.

30.05.2024 (Mock Drill – Tiruvarur District)

On May 30, 2024, the Tamil Nadu Fire and Rescue Department, in conjunction with the Indian Red Cross Society Tiruvarur District Branch, jointly organized a South West Monsoon Mock Drill for Disaster Awareness and Preparedness in Tiruvarur District. The event aimed to educate the public on water rescue techniques, CPR, and methods of transportation.

31.05.2024 (First Aid Orientation – B.Ed College)

First Aid training was conducted for B.Ed. students of Government B.Ed. College, Orathanadu. Both first and second-year students, totaling 120, underwent training. The session covered First Aid basics, Human Anatomy, Bleeding Control, Fracture Management, Unconsciousness and CPR, Burns, Electric Shock, Heart Attack, Fits, Poisoning, etc. Bandaging techniques and victim transportation were also addressed during the sessions.

INDIAN RED CROSS SOCIETY COMMUNITY COLLEGE

During the months of April to June, VADGD students were deputed for intensive practical training at the following hospitals in batches:

1. S.P. Hospital, Alandur
2. Lakshmi Sundharavadhanam Hospital, Poonamalli High Road
3. RSV Skin Care Clinic, Kodambakkam

The Blood Donation Camp was conducted by IRCS-TNB at various places in and around Chennai along with the Nurse Aide Students. The details of venues and dates are given below:

1. West Mambalam, on 03.05.2024
2. DLF at Porur, on 22.05.2024 and 23.05.2024
3. Capjemary at Navallur, on 27.05.2024
4. Porur on 11.06.2024
5. ECR at Prungudi on 13.06.2024
6. Saveetha College at Poonamalli on 14.06.2024
7. Mahendhracity at Chengalput on 14.06.2024
8. Taj Hotel at Nungambakkam on 15.06.2024

Health education was provided by the students on the following topics:

- Rajeshwari – Cardiac Diet
- Avanthika – Malaria
- Sadhana – Typhoid Fever
- Tamil Selvi – Old Age Diet
- Ramalakshmi – Water Purification
- Karthika – Vector Borne Disease
- Seetha – National Nutrition Programme
- Divya Sri – Disinfection
- Mahalashmi – Antenatal Nutrition
- Unnamalai – School Age Diet
- M. Swetha – Puerperium
- Elakkiya – Tuberculosis
- Sughashini – Tick-borne Disease

Life Coping Skills:

- What is shyness?
- How to overcome shyness?
- Tips to overcome shyness
- Coping with loneliness
- Finding ways to change feelings of loneliness
- Overcoming loneliness
- Tips to overcome loneliness

Community Health Nursing Advanced Community Health Nursing:

1. Health Problems
2. Communicable Disease Problems
3. Environmental Sanitation
4. Medical Care Problems
5. Population Explosion Problem
6. Health Problems and Quality of Life
7. Health Worker's Role in Prevention and Control of Health Problems
8. Job Responsibilities of Health Worker (Male)
9. Job Responsibilities of Health Worker (Female)
10. Basic Sanitation Needs at Village, Towns, and Semi-Urban Levels
11. Measures for Prevention Spread of Infection
12. Home Care of Sick Patient, Individual Articles for Hygienic Care, Food, and Fruits

Fundamentals of Nursing, Advanced Basic Science:

- Groups
- Social Process
- Social Controls
- Factors Influencing Human Behavior
- Life Stages and Behavioral Patterns
- IM Injection
- Dressing
- Mouth Care

Maternity and Maternal and Child Health Nursing:

- Abortion
- MTP (Medical Termination of Pregnancy)
- Minor Disorders of Pregnancy
- Retroverted Uterus
- Antenatal, Postnatal, and Intranatal Care
- Breastfeeding
- Artificial Feeding
- Immunization Schedule
- Common Cold
- Eye Infection
- Ear Infection
- Skin Infection
- Diarrheas
- Pneumonia
- First Aid Measures
- School Feeding Programme
- Contraceptive Methods
- Intra-Uterine Devices
- Terminal Methods
- Safe Period Methods

WORLD ENVIRONMENT DAY:-

The IRCS – TNB celebrated World Environment Day on 05.06.2024 by cleaning the inner and outer areas of our office premises. Thiru. K. Vedavyas, General Secretary of IRCS – TNB, presided over this program. On the eve of World Environment Day, Thiru. G. Sundaravadivel, Chief Administrative Officer, along with staff and nursing students, took the pledge. The General Secretary, staff, and nursing students participated in the tree sapling programme at our Red Cross premises.

FIRE TRAINING PROGRAMME:-

In our IRCS-TNB, a Fire Rescue Training Programme was conducted for staff and Nurse-Aide Students on 05.06.2024 at the Red Cross premises. Thiru. Muthusamy, Inspector of Fire Extinguisher from Egmore, conducted a session on fire prevention, rescue methods, and assisting people in case of fire emergencies.

In our IRCS – TNB conducted the Fire Rescue Training Programme to Staff and Nurse-Aide Students on 05.06.2024 at Red Cross Premises. Thiru. Muthusamy, Inspector of Fire Extinguisher, Egmore have take session how to prevent Fire rescue, How to help the people. Whats method of fire rescue, etc.,