

## **A Report on the Programmes Organised by Youth Red Cross, Shillong College during the year 2018:**

**1. Pledge taking ceremony:** The pledge taking ceremony was held on 17<sup>th</sup> march, 2018 and was conducted by Shri. L.Khongiang, YRC Counsellor for the newly recruited members of YRC.

**2. Awareness Programme on Women's Health:** The Awareness Programme on Women's Health was held on 17<sup>th</sup> March, 2018 in the College Conference Hall. Youth Red Cross, Shillong College Unit programme officers, student members as well as other degree students of different departments attended the programme. The resource persons were Ms D. Syiem, Social Worker, North-East Network, Shillong and Dr. C. Khongwar.



Dr. K. D. Ramsiej delivering the welcome address during the Inaugural programme



Ms D. E. Kharshiing, chief guest of the Inaugural programme delivering her speech



Youth Red Cross student member taking their pledge



Stretcher provided by Indian Oil Corporation to YRC, Shillong College Unit



Participants of the Inaugural function on programmes of YRC, Shillong College sponsored by Indian Oil Corporation



Mrs D. Syiem during her presentation



Dr C Khongwar during her lecture on women's health



Members of YRC, Shillong College Unit and Resource persons of the Awareness programme on Women's Health

### 3. First Aid Training programme Programme

A two day First Aid Training programme was organised by Youth Red Cross, Shillong College Unit on 23<sup>rd</sup>-24<sup>th</sup> March, 2018. Mr P H Khongsngi, Deputy Controller, Civil Defence Shillong was the main Resource Person during the the programme. Trainers from the Directorate of Home Guards and Civil Defence, Govt. Of Meghalaya were the resource persons for the said programme.

On the first day of the programme, Mr W Nongtlang, Senior Instructor, Civil Defence Shillong instructed the students participants the various techniques that are important during search and rescue operation in the event of any disaster. He also taught the different first aid techniques that first aider should use in case of any accidents or emergencies. The followings are some the techniques shown:-

1. Rope technique like thumb knot, reef knot, multi-thumb knot, chair knot, clove hitch, bow line, draw hitch and many more.
2. Bandage technique which are triangular bandage, open bandage, narrow bandage, head bandage, jaw bandage, elbow bandage, shoulder bandage, chest bandage, hand bandage thigh bandage.

On the second day of the training, the resource persons demonstrated on how to handle with victims in case of accidents or calamities. Firstly they trained the students on how handle with a victim who can talk and explain his injury and how to give them first aid and take them to the hospital. They showed how to make human crutch like human cradle for light victim, two handed seat, three handed seat, four handed seat, and chair lift. Secondly they displayed various techniques to carry victims who are unconscious and how to make a stretcher with blanket or sack and two bamboo poles. The students were also shown how to perform Cardio Pulmonary Resuscitation.



Principal delivering a speech during the first Aid Training Programme



Shri P. Nonglang, Head Trainer, Department of Home Guards and Civil Defence





Practical session during the training program



Student being taught how to perform CPR





Smt S. R. J. Khongwar delivering the vote of thanks



Participants and resource persons of the First Aid Training Programme

#### **4. First Aid Training Programme held on 17<sup>th</sup> December, 2018**

The programme was chaired by Smti Kareen Kharsohtun, Counsellor YRC and commenced with a welcome speech by the Convener of Youth Red Cross, Shillong College Unit, Shri B. Nongbri who welcomed Dr M. Dey, Vice Principal, Shillong College, Shri P.H. Khongsngi Deputy Controller, Civil Defence and Home Guard, other instructors, the counsellors of YRC as well as all participants present during the Training.

This was followed by a speech by Dr. M. Dey, Vice Principal who lauded the efforts of the YRC, Shillong College Unit for organising the programme. According to him, the training is important and would no doubt benefit the student and society at large in the long run in case of occurrence of any such disaster..

Thereafter, Shri P.H Khongsngi, Deputy Controller, Civil Defence and Home Guard took over as the Resource Person who at the very outset expressed his happiness as many students voluntarily attended the programme. He started the training by enlightening the gathering about the true purpose of a volunteer. According to him, a volunteer is the one who volunteer to work for a cause without expecting any return or reward. He talked about various aspects of being a YRC volunteer and the need for a well trained volunteer.

He also stated that Civil Defence and Home Guard in its endeavour to save life, minimise damage due to any cause whatsoever, requires volunteers. Therefore he encouraged the participants to register with Civil Defence and Home Guard. Full training will be given to those interested and a certificate will be awarded.

This was followed by a hand-on training on first aid techniques by the instructors from the Directorate of Civil Defence and Home Guard. Rope technique like thumb knot, reef knot, multi-thumb knot, chair knot, clove hitch, bow line, draw hitch and many more as well as bandage techniques like triangular bandage, open bandage, narrow bandage, head bandage, jaw bandage, elbow bandage, shoulder bandage, chest bandage, hand bandage thigh bandage were being taught during the training.

At the conclusion of the training programme, Dr. K D Ramsiej, Principal, Shillong College gave a speech. Dr. Ramsiej briefly address the gathering on the need to offer our service for humanity, and in order to be able to render help to people in times of need we need to be well trained. He expressed his happiness and congratulated the YRC, Shillong College Unit for organising such a programme as it will equipped the youth with the skills needed to assist people in times of need.

The Programme ended with a vote of thanks by Smti K. Kharsohtun, Counsellor YRC.

The students were very much benefited from the various programmes conducted by YRC, Shillong College Unit. The Unit thankfully acknowledge the financial support rendered by the Indian Oil Corporation, without whose support these programme would not possible.

