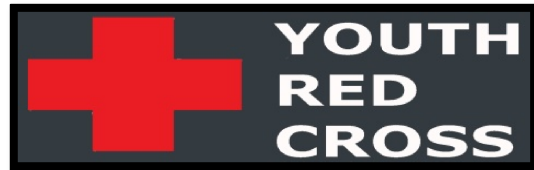




**VIDYAVARDHAKA LAW COLLEGE**  
Sheshadri Iyer Road, Mysuru-01

**YOUTH RED CROSS COMMITTEE**  
**2022 - 2023**





25.11.2022

## **VIDYAVARDHAKA LAW COLLEGE**

Sheshadri Iyer Road, Mysuru-01

### **CONSTITUTION OF YOUTH RED CROSS COMMITTEE** **2022-2023**

The constitution of this Youth Red Cross Committee intends to regulate and supervising the activities, events in the college and with object to facilitate such activities in the best possible ways of 2022-2023 academic year.

The constitution of this Youth Red Cross Committee shall be for one academic year whereas the Principal shall be the chair person and shall be freshly constituted with new member. The constitution of this Youth Red Cross Committee as follows:

<b>Sl. No.</b>	<b>Name</b>	<b>Designation</b>	<b>Position held</b>
<b>1.</b>	<b>Dr. Deepu P.</b>	<b>Principal</b>	<b>Chairperson</b>
<b>2.</b>	<b>Dr. K.L. Chandrashekhara</b>	<b>Assistant Professor</b>	<b>Coordinator</b>
<b>3.</b>	<b>Sri. Rajesh M.C.</b>	<b>Assistant Professor</b>	<b>Member</b>
<b>4.</b>	<b>Dr. S.B. Bore Gowda</b>	<b>Assistant Professor</b>	<b>Member</b>
<b>5.</b>	<b>Swathi I.G., IV Year B.A.LL.B. (5 Years)</b>	<b>Student</b>	<b>Member</b>
<b>6.</b>	<b>Narasimha R. IV Year B.A.LL.B. (5 Years)</b>	<b>Student</b>	<b>Member</b>

**COORDINATOR**  
**(Dr. K.L.Chandrashekhara)**

**PRINCIPAL**  
**(Dr. Deepu P.)**



26.11.2022

**VIDYAVARDHAKA LAW COLLEGE**  
Sheshadri Iyer Road, Mysuru-01

**YOUTH RED CROSS COMMITTEE**

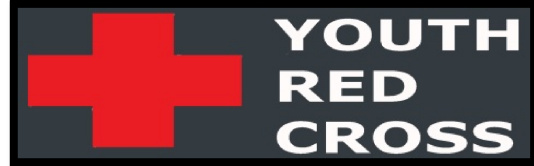
**MEETING CIRCULAR**

It is hereby informed to Coordinator and all the Members of Youth Red Cross Committee to attend the meeting on 28<sup>th</sup> November 2022 at 3 PM to discuss about *Aims, Objectives and Functions of the Youth Red Cross Committee.*

Sl. No.	Name	Designation	Position held	Signature
1.	Dr. Deepu P.	Principal	Chairperson	
2.	Dr. K.L. Chandrashekhara	Assistant Professor	Coordinator	
3.	Sri. Rajesh M.C.	Assistant Professor	Member	
4.	Dr. S.B. Bore Gowda	Assistant Professor	Member	
5.	Swathi I.G. IV Year B.A.LL.B. (5 Years)	Student	Member	
6.	Narasimha R. IV Year B.A.LL.B. (5 Years)	Student	Member	

**COORDINATOR**  
(Dr.K.L. Chandrashekhara)

**PRINCIPAL**  
(Dr. Deepu P.)



29.11.2022

**VIDYAVARDHAKA LAW COLLEGE**  
Sheshadri Iyer Road, Mysuru-01

**YOUTH RED CROSS COMMITTEE**  
**PROCEEDINGS OF THE MEETING**

On 28<sup>th</sup> November 2022 Youth Red Cross Committee meeting was called and the following agendas were discussed:

- Freshers were explained about the objectives and aims of the committee.
- The freshers were informed about the various events to be organized by the committee.
- Students were encouraged to participate voluntarily in organizing the events with YRC committee and committee members for the Academic Year 2022-2023 were selected by the Executive Committee of YRC.
- Decided to conduct Special Lectures on Health and also to conduct various events like Blood Donation Camp, Eye Check-up, Primary Health Check-up etc., in this academic year.

**COORDINATOR**  
**(Dr.K.L. Chandrashekhara)**

**PRINCIPAL**  
**(Dr. Deepu P.)**



01.12.2022

**VIDYAVARDHAKA LAW COLLEGE**  
Sheshadri Iyer Road, Mysuru-01

**YOUTH RED CROSS COMMITTEE**

**MEETING CIRCULAR**

It is hereby informed to Coordinator and all the Members of Youth Red Cross Committee to attend the meeting on 02<sup>nd</sup> December 2022 at 3 PM to discuss about organizing **Blood Donation Camp** in association with **Blood Bank, K.R. Hospital, Mysuru and HDFC Bank, Mysuru.**

Sl. No.	Name	Designation	Position held	Signature
1.	Dr. Deepu P.	Principal	Chairperson	
2.	Dr. K.L. Chandrashekhara	Assistant Professor	Coordinator	
3.	Sri. Rajesh M.C.	Assistant Professor	Member	
4.	Dr. S.B. Bore Gowda	Assistant Professor	Member	
5.	Swathi I.G. IV Year B.A.LL.B.	Student	Member	
6.	Narasimha R. IV Year B.A.LL.B.	Student	Member	

**COORDINATOR**  
(Dr. K.L. Chandrashekhara)

**PRINCIPAL**  
(Dr. Deepu P.)



03.12.2022

## VIDYAVARDHAKA LAW COLLEGE

Sheshadri Iyer Road, Mysuru-01

### YOUTH RED CROSS COMMITTEE

#### PROCEEDINGS OF THE MEETING

As per the meeting held on 02<sup>nd</sup> December 2022, it is hereby informed that the committee is agreed to organize a one-day **Blood Donation Camp** in association with **Blood Bank, K.R. Hospital, Mysuru and HDFC Bank, Mysuru** on **7<sup>th</sup> December 2022** at VVLC.

Sl. No.	Name	Designation	Position held	Signature
1.	Dr. Deepu P.	Principal	Chairperson	
2.	Dr. K.L. Chandrashekhara	Assistant Professor	Coordinator	
3.	Sri. Rajesh M.C.	Assistant Professor	Member	
4.	Dr. S.B. Bore Gowda	Assistant Professor	Member	
5.	Swathi I.G. II Year B.A.LL.B. (5 Years)	Student	Member	
6.	Narasimha R. I Year B.A.LL.B. (5 Years)	Student	Member	

**COORDINATOR**  
(Dr. K.L. Chandrashekhara)

**PRINCIPAL**  
(Dr. Deepu P.)



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# Report of the Blood Donation Camp

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**07<sup>th</sup> December 2022**

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**VIDYAVARDHAKA LAW COLLEGE**  
**Report by: Dr. K.L.CHANDRASHEKHARA**



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## **Report of the Blood Donation Camp**

Youth Red Cross Committee, Vidyavardhaka Law College, Mysuru in association with Blood Bank, K.R. Hospital, Mysuru and HDFC Bank, Mysuru on 7<sup>th</sup> December 2022 at VVLC, held at Vidyavardhaka Law College, Mysuru.

Dr. Deepu P., Principal, Vidyavardhaka Law College, Mysuru formally welcomed the guests and Prof. K.B. Vasudeva, Director of Legal Studies, VVLC, Mysuru inaugurated the Blood Donation Camp. Smt. Poornima, City Head, Mysuru Circle, HDFC Bank, Mysuru, delivered a keynote address relating to Blood Donation:

### **Benefits of Blood Donation**

Donating blood has benefits for your emotional and physical health. According to a report by the Mental Health Foundation, helping others can:

- Reduce stress
- Improve your emotional well-being
- Benefit your physical health
- Help get rid of negative feelings
- Provide a sense of belonging and reduce isolation

Research has found further evidence of the health benefits that come specifically from donating blood.

### **Free health checkup**

In order to give blood, you're required to undergo a health screening. A trained staff member performs this checkup. They'll check your:

- Pulse
- Blood pressure
- Body temperature
- Hemoglobin levels

This free mini-physical can offer excellent insight into your health. It can effectively detect problems that could indicate an underlying medical condition or risk factors for certain diseases.

### **Your blood is also tested for several diseases. These include:**

- Hepatitis B
- Hepatitis C
- HIV
- West Nile virus
- Syphilis
- Trypanosoma cruzi

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## **Side effects of Donating Blood**

Blood donation is safe for healthy adults. There's no risk of contracting disease. New, sterile equipment is used for each donor.

Some people may feel nauseous, lightheaded, or dizzy after donating blood. If this happens, it should only last a few minutes. You can lie down with your feet up at the until you feel better.

You may also experience some bleeding at the site of the needle. Applying pressure and raising your arm for a couple of minutes will usually stop this. You may develop a bruise at the site.

### **Call the Blood Donation center if:**

- You still feel lightheaded, dizzy, or nauseous after drinking, eating, and resting.
- You develop a raised bump or continue bleeding at the needle site.
- You have arm pain, numbness, or tingling.

### **What to know before you donate**

Here are some important things to know before you donate:

- You need to be 17 or older to donate whole blood. Some states allow you to donate at 16 with parental consent.
- You have to weigh at least 110 pounds and be in good health to donate.
- You need to provide information about medical conditions and any medications you're taking. These may affect your eligibility to donate blood.
- You must wait at least 8 weeks between whole blood donations and 16 weeks between double red cell donations.
- Platelet donations can be made every 7 days, up to 24 times per year.

### **The following are some suggestions to help you prepare for donating blood:**

- Drink an extra 16 ounces of water before your appointment.
- Eat a healthy meal that's low in fat.
- Wear a short-sleeved shirt or a shirt with sleeves that are easy to roll up.

***Smt. Poornima, City Head, Mysuru Circle, HDFC Bank, Mysuru, delivered a keynote address relating to 'Blood Donation' and distributing Certificate to the first Blood Donor. Dr. Deepu P, Principal, VVLC, and Prof. K.B. Vasudeva, Director of Legal Studies, VVLC, Mysuru are in the picture.***



***Smt. Poornima, City Head, Mysuru Circle, HDFC Bank, Mysuru, Dr. Deepu P, Principal, VVLC, and Prof. K.B. Vasudeva, Director of Legal Studies, VVLC, Mysuru are with Blood Donors.***



39 students, teaching and non-teaching members of Vidyavardhaka Law College, Mysuru donated blood. In the preliminary round of health checkup nearly 25 students were based on their health condition rejected to donate blood. The 39 Donors of blood will be contacted personally by the Hospital staff if their blood testing found any issues.

*After preliminary health checkup students of Vidyavardhaka Law College, Mysuru are donating blood.*



*A Student of Vidyavardhaka Law College receiving her Certificate of Blood Donation and gift from the Resident Doctor of K.R. Hospital and Prof. K.B.Vasudeva, Director, VVLC, Mysuru.*



*Students of Vidyavardhaka Law College, Mysuru donating blood, the coordinator and volunteer are monitoring the event.*



*Students of Vidyavardhaka Law College, Mysuru donating blood, the coordinator and volunteer are monitoring the event.*



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Dr. K.L. Chandrashekhara, Coordinator, Youth Red Cross Committee, Vidyavardhaka Law College, Mysuru concluded the programme by offering vote of thanks to staff of Blood Bank, K.R. Hospital, Mysuru and HDFC Bank, Mysuru.

**Dr. K.L. Chandrashekhara  
Coordinator  
Youth Red Cross Committee  
Vidyavardhaka Law College  
Mysuru.**



Estd: 1974 For Legal Education par Excellence

**VIDYAVARDHAKA  
LAW COLLEGE**



**YOUTH  
RED  
CROSS**

**VIDYAVARDHAKA LAW COLLEGE**

Sheshadri Iyer Road, Mysuru-01

Youth Red Cross Committee, VVLC, Mysuru

in association with

K.R. Hospital Blood Bank, Mysuru and HDFC Bank, Mysuru

Organizing

## **Blood Donation Camp**

**Keynote Address**

**P.S. Sudhir**

Vice President, Circle Head, Mysuru Circle, HDFC Bank, Mysuru.

**Presided by**

**Dr. Deepu P.**

Principal, VVLC, Mysuru

**Guest of Honour**

**Prof. K.B. Vasudeva**

Director of Legal Studies, VVLC, Mysuru

**Programme Coordinator**

**Dr. K.L. Chandrashekhara**

Youth Red Cross Committee, VVLC, Mysuru

**Date: Wednesday, the 07<sup>th</sup> December 2022**

**Time: 10.00 a.m.**

**Venue: Moot Court Hall, VVLC, Mysuru**