

Report on Distt. Level J.R.C.(Junior Counsellors of Red Cross) Camp Sonipat

A district level J.R.C. Counsellor camp was organised by Education Department of Sonipat from 30.05.2023 to 2.06.2023 at Habitat Club Sonipat. It was assisted by Sashi Mehta ji Distt. Coordinator of J.R.C.

Dated.30.05.2023

Camp was started with flag hosting ceremony, flag song and Prayer of Red Cross.



Resource person Mr. Subhash Vashisth Ex. Distt. Sec. R. C. Sonipat apprise the Story of Red Cross that it is an international humanitarian network that provides assistance to victims of disasters, armed conflict and health crises. It was founded in 1863 by **Henry Dunant**, a Swiss businessman who witnessed the aftermath of a bloody battle in Italy and advocated for the establishment of national relief

organizations. The Red Cross follows the Geneva Convention to protect the war-injured and has a symbol of a red cross on a white background, an inverse of the Swiss flag.

The American Red Cross is a branch of the global Red Cross network that was founded in 1881 by Clara Barton, a nurse who helped the war-injured during the Civil War. It has more than 1,300 local chapters that provide relief to victims of war and natural disasters, such as floods, fires, earthquakes, and droughts. It also started the nation's first blood program for civilians and the military.

The Indian Red Cross Society is another branch of the global Red Cross network that was established in 1920 under the Indian Red Cross Society Act and incorporated under **Parliament Act XV of 1920**. It has a network of over 1100 branches throughout the country and provides relief in times of disasters/emergencies and promotes health & care of the vulnerable people and communities

The Honourable President of India is the President and Hon'ble Union Health Minister is the Chairman of the Society.

He motivated the counsellors and appealed to be connected with social organisations and groups for the well beings of humanity.

31.05.2023

As usual the day started with flag hosting ceremony and daily routine.

Resource Person- Mr. Lalit Batra Ex. Vice Chairman of B.J.P. expressed his opinions about RED CROSS that this organisation was set up to help the soldiers who were wounded in the war. Its main aim is to save the life of human beings and help the people in difficulty. He told the importance of precious resource water and motivated to donate blood. He also gave a brief description about MODI Government's Public Welfare Schemes.

Resource Person- Mr. Surender Vishwas

He motivated the counsellor to donate blood and body parts eye and complete body.

He told that donating blood and eyes is a noble act that can save lives and improve the quality of life for many people. He expounded the benefits of donating blood and eyes:

- Donating blood can benefit our health. We will get a free health check-up before donating blood, which can help us detect any problems with our blood pressure, haemoglobin levels, or infections¹. Donating blood can also lower our iron levels, which may reduce the risk of heart disease.
- Donating blood can benefit our emotional well-being. Helping others can make us feel good about ourselves, reduce stress, and increase our sense of belonging and purpose. We can also take pride in knowing that we are making a difference in someone's life.

- Donating eyes can restore vision in people with corneal blindness. Cornea is the clear tissue covering the front of the eye, which can be damaged by injury, infection, or disease. By donating our eyes after death, we can give the gift of sight to someone who needs it.
- Donating eyes can honour our life and legacy. By donating our eyes, we can leave a lasting impact on the world and show our compassion and generosity. We can also inspire others to follow our example and become eye donors.

01.06.2023

Resource Person- Ms. Sunita Dull.

She told about CPR, Life saving skills, Recovery position and First Aid Golden Rules.

She stressed to follow some steps during casualty :-

- First check that you and the casualty aren't in any danger, and, if possible, make the situation safe
- If necessary, phone 999 or 112 for an ambulance when it's safe to do so
- Carry out basic first aid
- The basic first aid involves assessing the casualty's airway, breathing and circulation (ABC)
- If the casualty is unresponsive, open their airway by tilting their head back and lifting their chin
- Check for normal breathing for up to 10 seconds
- If they are not breathing or not breathing normally, start chest compressions and use a defibrillator if available
- If they are breathing normally, place them in the recovery position and monitor their condition until help arrives
- If the casualty is in shock, lay them down with their legs raised and supported, and keep them warm and comfortable.

Resource Person Mr. Satpal Singh Ahlawat founder of Sarthi Trust Regd., Sonipat.

He started his motivational speech on SAVE WATER and focussed on water scarcity and appealed to save this precious resource. He told that it is vital for our health, food production, energy generation, and environmental protection. However, water is also a limited and threatened resource due to factors such as population growth, climate change, pollution, and wastage. Therefore, it is important to save water and use it wisely. He suggested some ways and gave reasons why we should save water and how we can do it:-

- By saving water, we can reduce the pressure on our water resources and ensure their sustainability for the present and future generations¹.
- By Saving water we can reduce energy consumption and greenhouse gas emissions.

- By Saving water we can save money and improve our health. Water is not free. We pay for the water we use at home or at work through our bills or taxes. The more water we use, the more we pay. By saving water, we can save money and reduce our expenses. He gave some tips to follow:
- Turn off the tap when not in use while brushing teeth, shaving, washing hands, etc.
- Fix leaks and drips. A leaking tap or pipe can waste up to 20 liters of water per day. By fixing leaks and drips promptly, we can save water and avoid damage to our property.
- Use less water for washing and cleaning like a bucket or a mug instead of a hose or a shower for washing cars, bikes, pets, etc.
- Reuse and recycle water.
- Practice water-efficient agriculture.

He stressed to store rainwater and become **JAL MITRA**.

02.06.2023

It was the closing day of camp and Mr. Bijender J.R.C. Counsellor suggested some ways to start JRC Unit in Private Schools. Mr. Sashi Mehta shared his life experience and motivated the team for noble causes by saying that service to humanity is the service to God.

Main Chief Guest MR. Naveen Gulia D.E.O. (Sonipat) said that all the Govt. and Private institutions alongwith teachers and students of both sectors are equal to him and all activities performed in govt. schools will also be exercised in private schools.

He motivated and honoured the counsellors with shields and certificates.

Conclusion:

Red Cross camp is a place where Red Cross volunteers and staff provide various humanitarian services to the people in need. Red Cross camp is important for many reasons, such as:

It can save lives and alleviate suffering, promote humanitarian values and principles. independence, voluntary service, unity, and universality. It also empowers and develop the local communities, foster a culture of peace, tolerance, respect, and solidarity among the people.

Regards

Radheshyam Vashisth