



# Shailabala Women's Autonomous College, Cuttack

Accredited with 'A' grade by N.A.A.C. (U.G.C.) (2006 & 2017)

सत्यमेव जयते नानृतं सत्येन पन्था विततो देवयानः।

*"Oldest Women's College of Odisha!"*

### 3.6.3. Outreach programmes conducted by the YRC BUREAU, SBWC

SL.NO	Name of the activity	Year of the activity	Number of students participated in such activities
1	BLOOD DONATION CAMP	16.11.2019	46
2	INDUCTION TRAINING PROGRAM FOR YRC	20.11.2021	50
3	SEMINAR OF CAUSES AND PREVENTION OF HIV AIDS	01.12.2021	48
4	YOGA AND MASS SURYA NAMASKAR PROGRAM	18.02.2022	42
5	DENTAL AND SKIN : FREE CHECK-UP CAMP	08.03.2022	47
6	ONE DAY FIRSTAID TRAINING PROGRAM	17.03.2022	45
7	DISTRIBUTION OF HYGIENE KITS TO RESIDENTS OF IMAMPARA CUTTACK	07.04.2022	50
8	WORKSHOP ON BREAST FEEDING BENEFITS	15.09.2022	50
9	MEGA BLOOD DONTION CAMP ORGANISED BY YOUTH RED CROSS	<b>21.10.2022</b>	45
10	WORKSHOP ON BREAST CANCER	<b>05.11.2022</b>	46
11	SEMINAR ON PREVENTION OF HIV AIDS	<b>01.12.2022</b>	50
12	INDUCTION PROGRAM OF YRC VOLUNTEERS AND ORIENTATION PROGRAM ON DIFFERENT CAREER PROSPECTS IN RBI	<b>16.12.2022</b>	50
13	ACITIVITY OF RED RIBBON CLUB	14.02.2023	50

## **BLOOD DONATION CAMP**

**DATE: 16.11.2019**

A blood donation camp was organized by Youth Red Cross wing of Shailabala Women's Autonomous College, Cuttack on Dt. 16/11/2019. 46 units of blood were collected in this program. OIC, YRC along with members Smt Padmaja Jagati and Dr. Gayatri Kar coordinated in this program.

**Outcome:** 46 units of blood were donated to the blood bank to continue the tradition of this institution in the direction of helping the blood recipients for health care. The donors took pride in such noble work.

## **INDUCTION TRAINING PROGRAM FOR YRC VOLUNTEERS**

**DATE: 20.11.2021**

+3 YRC wing of Shailabala Women's Autonomous College, Cuttack organized an induction training program for youth red cross volunteers in the college auditorium. Prof. Dr. Surekha Sundari Swain, Principal of the college, presided over the program. Dr. Menakarani Sahoo, Counsellor, YRC presented the introductory speech. Invited resource person Dr. Gopal Krishna Mishra, State Co-ordinator, YRC explained the motto of YR and motivated the volunteers towards community service along with studies. Dr. Sasmita Pattnaik, Convenor, YRC, Cuttack oriented the YRC volunteers regarding history, vision, mission and work ethics of youth red cross. Dr. Gayatri Kar, member, YRC hosted the event. Mrs. Padmaja Jagati, member, YRC offered vote of thanks. Fifty(50)YRC volunteers attended the program.

**Outcome:** The program educated and empowered the youth in the spirit of Red Cross through constructive training and effective leadership.



## **SEMINAR ON CAUSES AND PREVENTION OF HIV AIDS**

**DATE-01.12.2021**

Shailabala Women's Autonomous College, Cuttack organized a seminar on "Causes and Prevention of HIV AIDS" on dt1/12/2021. Hon'ble principal Prof. (Dr.) Surekha Sundari Swain and National President of Servants of the People's Society and Chief Administrative Officer of The Samaj newspaper Dr. Pravas Acharya showed green flag as a signal to start the rally from Samaj office at 10:00 AM in the morning. The volunteers of NSS and YRC of Shailabala Women's Autonomous College, Cuttack and program officers of NSS and YRC Counsellors participated in this rally with handmade placards, red ribbon symbols and marched to the college campus giving out slogans of HIV AIDS Awareness. After the rally an awareness meeting was organized in the college auditorium. Principal Prof. (Dr.) Surekha Sundari Swain presided over the meeting. Dr. Nivedita Pattnaik, M.D.(Paediatrics), Ex-Senior Resident Rainbow Children's Hospital, Hyderabad attended the meeting as resource person and discussed about the HIV Virus, mechanism of infection, stages of multiplication in human beings, symptoms of AIDS, methods to prevent, detect or control it. Since it spreads through infected blood and body fluids and secretions of reproductive tract it is recommended to avoid polygamy, sharing of needles, blades, unsafe sexual activities. One should get tested for detection of the virus in her body. It can be transmitted from infected mother to the child during gestation, delivery or breast feeding. The baby can be safe from contracting the virus if mother's HIV test is done prior completion of first trimester. The HIV infected person should be treated with compassion. Sharing of towel, food, bed, swimming pool with the infected person does not spread the disease. There are various methods to control the deadly HIV to cause AIDS. Thus knowing AIDS is the first step to winning it. A number of queries were put together by the students and the resource person answered to all those aptly. The program was co-ordinated by Dr. YogamayaPanda and Smt. Sushree Shibane Dash, Program Officers of +3 NSS. YRC Counsellors of the college also co-operated in the program.

**Outcome:** The program served to spread awareness regarding HIV AIDS and its preventive measures. AIDS is a deadly disease. The program also helped the NSS volunteers to know about the diseases and other life-long health problems associated with it and how to extend compassion to the people affected or detected positive.





## YOGA AND MASS SURYA NAMASKAR PROGRAM

**DATE: 18.02.2022**

Shailbala Women's Autonomous College, Cuttack in collaboration with Patanjali Yoga Samiti organized Yoga and Mass Surya Namaskar Program on Dt. 18.02.2022. Principal Prof. Dr. Surekha Sundari Swain inaugurated the program at 7:00 am inaugurated the program at 7:00 AM. Dr. Boblina Mohanty, Deputy Superintendent, SVPPGIP, Sishubhawan, Cuttack joined as chief guest of the occasion. She gave valuable ideas to strengthen body and mind through yoga and surya namaskar. The resource person yoga trainer Smt. Sagarika Jena delivered motivational talk on benefits of yoga postures and taught the steps of surya namaskar. The program was co-ordinated by Dr. Menakarani Sahoo, YRC counsellor, Nibedita Pati, Mamata Mohapatra, Kalpana Parida, Sabita Parida and Bandita Mohapatra, all the members of Patanjali Yoga Samiti. Dr. Sipra Ray, Dr. Priti Pragyan Ray, Dr. Madhulita Sahu, Dr. Gaytari Kar, Padmaja Jagati, Alita Minz, Swarnalata Bal also participated to make the program successful. The programme was ended with vote of thanks.

**Outcome:** The participants were motivated to adopt Yoga in everyday practice to stay healthy.

## **DENTAL AND SKIN : FREE CHECK-UP CAMP**

**DATE: 08.03.2022**

Youth red cross society of Shailabala Women's Autonomous College, Cuttack organized a Dental and skin chek-up program on 08.03.2022. Principal Prof. Dr. Surekha Sundari Swain inaugurated the program. She offered the welcome address. Dr. Amrita Mishra, MDS & FMC and Dr. Akakhya Mishra, BDS joined the program as resource persons and discussed the causes, symptoms, detection and treatment procedure of dental and skin related diseases. Teaching and non-teaching staff, volunteers of YRC and students of the college participated in this program. The participants interacted with the doctors. The program ended with a vote of thanks.



## **ONE DAY FIRSTAID TRAINING PROGRAM DATE: 17.03.2022**

Youth red cross wing of Shailabala Women's Autonomous College, Cuttack in collaboration with St. John Ambulance, Bhubaneswar organized one day first aid training program on 17.03.2022 in the college auditorium from 11:00 AM to 6:00 AM. Principal Prof. Dr. Surekha Sundari Swain inaugurated the program. The program was co-ordinated by Dr. Menakarani Sahoo, YRC Counsellor. YRC committee members Dr. Gayatri Kar and Dr. Padmaja Jagati participated in the training program. Dr. Ajay Mohapatra, Dr. P. P. Mohapatra, Mr. Purusottam Bal were the first AID master trainers who joined the training program. After the welcome address and energetic speech by the principal all trainers expressed their views regarding importance of first aid training. After completion of the meeting volunteers were trained by the trainers on first aid techniques, recovery positions, CPR, choking, bleeding, fracture, burn, injury, drowning, fire rescue, transportation techniques, etc. At last the volunteers were felicitated by appreciation certificate from the trainers. All staff and students attended the program.

**Outcome:** The participants received necessary preliminary first aid training in this program.

## **DISTRIBUTION OF HYGIENE KITS TO RESIDENTS OF IMAMPARA CUTTACK**

**DATE: 07.04.2022**

Youth Red Cross wing of Shailabala Women's Autonomous College, Cuttack distributed 20 hygienic kits to the slum people of Imampara of Cuttack district on 07.04.2022. The program was organized under the chairmanship of Principal Prof. Dr. Surekha Sundari Swain. Dr. Menakarani Sahoo, OIC, YRC, Smt. Padmaja Jagati, member, YRC and YRC volunteers participated to make this program successful.

**Outcome:** The slum dwellers received hygienic kits and got benefited in the program.



## **WORKSHOP ON BREAST FEEDING BENEFITS**

**DATE: 15.09.2022**

A workshop on breast feeding was organized in Madhsudan auditorium in Shailabala Women's Autonomous College, Cuttack on 15.09.2022 at 11:30 AM in collaboration with HDFC Bank, Cuttack. Principal Prof. Dr. Gayatri Biswal inaugurated the program, offered welcome address and highlighted regarding importance of breast feeding to the participants. Dr. Sarojini Sarangi, veteran Retd. Gynaecologist, SCBMCH discussed in detail about breast feeding. Dr. Prabhavati Panda, Retd. Prof. of Odia spoke about the significance of breast feeding in maintaining health of both mother and child and ultimately as a beneficial method to make healthy future India. Breastfed children perform better on intelligence tests, are less likely to be overweight and less prone to diabetes in later life. It also relaxes from stress, helps to maintain healthy weight, good for reproductive health and protects from breast cancer. Dr. Menakarani Sahoo, OIC, Red Cross offered guest introduction. Dr. Gayatri Kar, Member, YRC co-ordinated and offered vote of thanks. All YRC volunteers and faculty members attended the program.

**Outcome:** The participants got aware regarding significance of breast feeding.



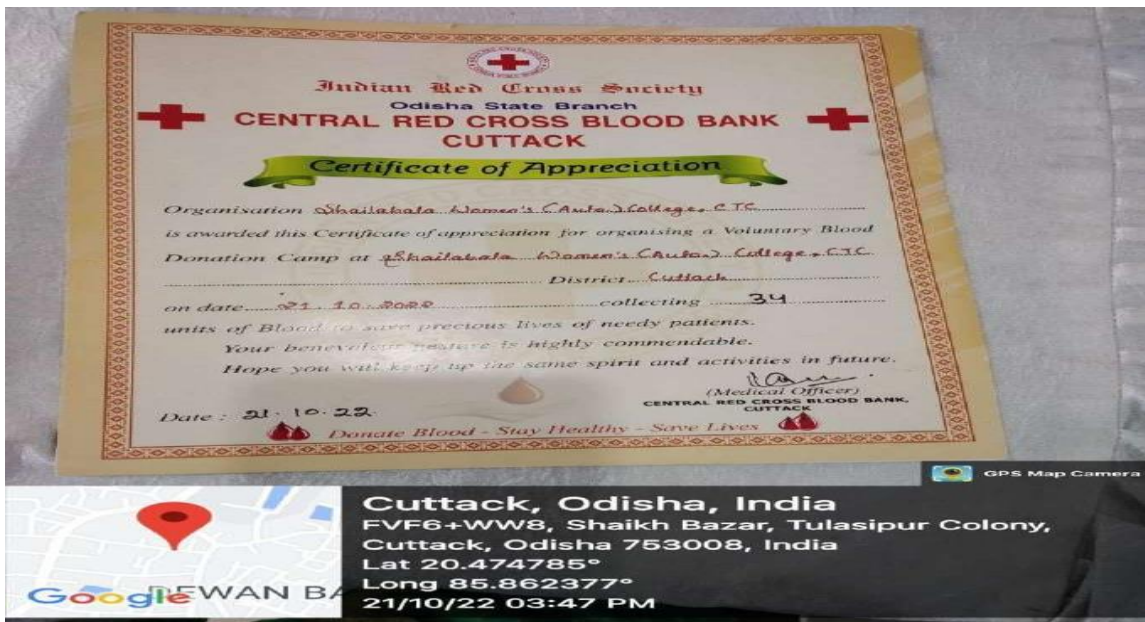


## MEGA BLOOD DONTION CAMP ORGANISED BY YOUTH RED CROSS

**DATE: 21.10.2022**

A mega blood donation camp has been organized under the chairmanship of principal Prof. Dr. Gayatri Biswal. A medical team from central blood bank, Red Cross Society, Cuttack collected 34 units of blood from our students. It was organized by the Youth Red Cross wing of Shailabala Women's Autonomous College, Cuttack. Dr. Anandini Panda, OIC, Red Cross and other members Dr. Menakarani Sahoo and Dr. Gayatri Kar conducted the program with team spirit.

**Outcome:** 34 units of blood was donated to the central blood bank. The participants were made aware about the benefits of blood donation.





**WORKSHOP ON BREAST CANCER**  
**DATE: 05.11.2022**

A workshop on breast cancer was organized in Madhusudan auditorium of Shailabala Women’s Autonomous College, Cuttack on 05.11.2022 at 11:30 AM. Principal Prof. Dr. Gayatri Biswal presided over the meeting. She inaugurated the workshop with a welcome address. The chief guest and resource person Dr. Subrat Samantray, Associate Professor, Surgical oncology, Achary Harihar Post Graduate Institute of Cancer, Cuttack discussed about the stigma related to breast cancer. All the participants gained awareness regarding signs, symptoms, early detection techniques, treatment, myths and facts related to breast cancer. Dr. Anandini Panda, OIC, Red Cross introduced the guests to the audience. Dr. Menakarani Sahoo and Dr. Gayatri Kar, members of YRC co-ordinated to arrange the program. Dr. Gayatri Kar offered vote of thanks. The volunteers, students and faculty members attended the program. **Outcome:** The participants were made aware regarding breast cancer.







**SEMINAR ON PREVENTION OF HIV AIDS DATE: 01.12.2022**

A seminar was organized on prevention of HIV AIDS in Shailabala Women’s Autonomous College, Cuttack on Dt01.12.2022. Dr. Suwendu Sekhar Panda, Surgeon, attended this as resource person and he spoke to the participants regarding signs, symptoms, causes, preventive measures, socioeconomic, emotional and ethical issues related to HIV AIDS. Dr. Anandini Panda, Dr. Menakarani Sahoo and Dr. Gayatri Kar led 47 YRC volunteers to make this program a successful one.

**Outcome:** The participants gained awareness to prevent HIV infection and to show compassion to the affected people.



**Cuttack, Odisha, India**  
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 Long 85.864137°  
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**INDUCTION PROGRAM OF YRC VOLUNTEERS AND ORIENTATION PROGRAM ON DIFFERENT CAREER PROSPECTS IN RBI**  
**DATE: 16.12.2022**

An induction program was organized on 16.12.2022 to make the YRC volunteers aware regarding origin, movements and fundamental principles of YRC. They were motivated to contribute to the society with the motto to restore health, service and friendship in need such as any calamity. Students were oriented on different career prospects available in Reserve Bank of India. It was co-ordinated by Dr. Anandini Panda, OIC, YRC and Dr. Menakarani Sahoo and Dr. Gayatri Kar, Members, YRC. A total of 138 volunteers, students and teachers attended the program.

**Outcome:** The participants were made aware to contribute to the society with the motto to restore health, service and friendship in need such as during any calamity as well as oriented to choose different career options in RBI.



**Cuttack, Odisha, India**  
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 16/12/22 12:35 PM GMT +05:30

## ACTIVITY OF RED RIBBON CLUB

**DATE: 14.02.2023**

Drawing and debate competitions were organized by the Red Ribbon Club functioning under Youth Red Cross wing on 14.02.2023 in Shailabala Women's Autonomous College, Cuttack. The theme of the competitions was: Stigma and Awareness of HIV AIDS. 14 candidates participated in the debate competition and 15 in drawing competition respectively. The judges of debate competition were Dr. Narendranath Nayak, , Asst. Prof. of Odia Dr. Menakarani Sahoo, Asst. Prof. of Sanskrit and Dr. Sonali Dutta, Asst. Prof. of English.

Winners of Debate competition:

1<sup>st</sup>-Jayanti Gochhi, UG 1<sup>st</sup> Yr, 1<sup>st</sup>-

Bijayalaxi Nayak , P.G. 2<sup>nd</sup> Yr

2<sup>nd</sup>-Niharika Mishra, UG 3<sup>rd</sup> Yr

3<sup>rd</sup>-Baisakhi Ghadei, P.G. 2<sup>nd</sup> Yr

3<sup>rd</sup>-Barsha Rout, P.G. 2<sup>nd</sup> Yr

The judges of drawing competition were Ms. Aradhana Nayak, , Asst. Prof. of Psychology, Ms.

Padmaja Jagati, Asst. Prof. of Home Science and Sri Jitendra Kumar Sahoo, Artist.

Winners of Drawing competition:

1<sup>st</sup>-Binapani Dash, PG 2<sup>nd</sup> Yr,

2<sup>nd</sup>-Priyadarshini Padhi, UG 2<sup>nd</sup> Yr

3<sup>rd</sup>-Barsa Rout, P.G. 2<sup>nd</sup> Yr

3<sup>rd</sup>-Bijayalaxmi Nayak, P.G. 2<sup>nd</sup> Yr

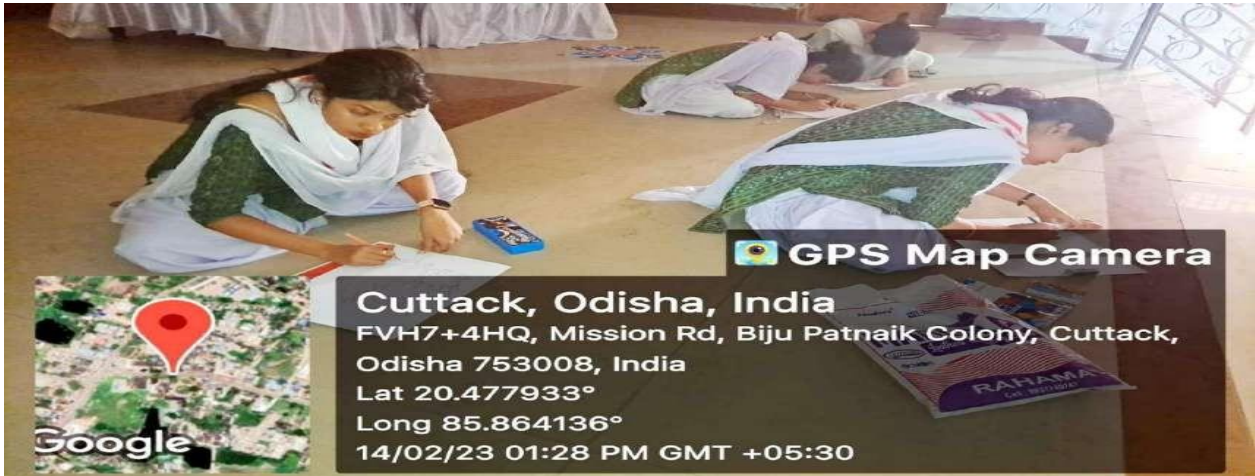
3<sup>rd</sup>-Swetapadma Swain, U.G. 2<sup>nd</sup> Yr

It was co-ordinated by Dr. Anandini Panda, OIC, YRC and Dr. Menakarani Sahoo and Dr. Gayatri Kar, Members, YRC. 50 YRC volunteers also attended in this program.

**Outcome:** The students showcased their talent in the program and won prizes.







**GPS Map Camera**



**Cuttack, Odisha, India**  
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**GPS Map Camera**



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କଟକ, ୧୬/୧ (ନି.ପ୍ର): ଶୈଳବାଳା ମହିଳା ସ୍ୱୟଂଶାସିତ ମହାବିଦ୍ୟାଳୟରେ ଯୁବ ରେଡକ୍ରସ ଓ ରେଡ ରିବନ୍ କ୍ଲବ ପକ୍ଷରୁ ଏଟିଆଇଭି ନିରାକରଣ ସମ୍ମିଳନୀରେ ଏକ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ

ଅନୁଷ୍ଠିତ ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷା ପ୍ରଫେସର ଗାୟତ୍ରୀ ବିଶ୍ୱାଳ ଅଧ୍ୟକ୍ଷତାରେ ଅନୁଷ୍ଠିତ କାର୍ଯ୍ୟକ୍ରମରେ ରେଡକ୍ରସ୍ ସ୍ୱେଚ୍ଛାସେବୀଙ୍କ ମଧ୍ୟରେ ବକ୍ତୃତା ଏବଂ

ହୋଇଯାଇଛି । ଯୁବ ରେଡକ୍ରସ୍ ଅଧିକାରୀ ଓ ଆନାୟିନା ପଣ୍ଡା, ଡ.ମେନକାରାଣୀ ସାହୁ, ଡ.ଗାୟତ୍ରୀ କରଣୀ ପ୍ରମୁଖ କାର୍ଯ୍ୟକ୍ରମ ପରିଚାଳନା କରିଥିଲେ ।

ଏହି ବିଶେଷ କାର୍ଯ୍ୟକ୍ରମରେ ନେତୃତ୍ୱ ଦେଖାଇଥିବା ଏଡ୍ସ ନିରାକରଣ ସଚେତନତା ପ୍ରସାରଣ କମିଟିର ସଭ୍ୟ ଡ.ମେନକାରାଣୀ ସାହୁ କହିଛନ୍ତି ।

**ଶିଶୁ ସୁରକ୍ଷା**



**GPS Map Camera**



**Cuttack, Odisha, India**  
 FVH7+2HR, Biju Patnaik Colony, Cuttack, Odisha  
 753001, India  
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 Long 85.864016°  
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