

## **Report on Youth Red Cross Webinar: Health During Covid Crisis**

The Youth Red Cross Wing of SJR College for Women had organized a Webinar on 17th July 2020. The session was Presided by Sri NR Nandish, Hon. Secretary, SJRES in presence of Dr. Prema Siddaraju, Principal SJRCW. The Webinar was attended by all the Faculty members and the Youth Red Cross student volunteers of SJRCW to learn some expert advice from smt. Madhura Ashok Kumar(Social Worker) and Dr. Rekha Rajendrakumar (Medical Director at Miracle IVF Hospital, Chandana Hospital) about Youth Red Cross Society and most importantly about the Health During Covid Crisis.

After the formal introduction of the first guest speaker smt. Madhura Ashok Kumar enlightened the participants with the importance of Youth Red Cross Society, Red Cross Emblem policy and also elucidated the misconceptions about Blood Donation. She even encouraged the student volunteers to take active participation in donating blood and also highlighted the other units under the YRC such as Family welfare Unit, Optical Unit and Disaster Management Unit.

The second guest speaker Dr. Rekha Rajendrakumar majorly focused on the four areas of Healthcare during this pandemic Covid-19:

- Emergence of Covid - 119.
- How does it spread?
- What are the symptoms?
- Diagnosis and treatment.

Dr. Rekha outlined the possible prevention measures to be considered in this pandemic situation, which demands maintaining personal hygiene, social distancing, wearing mask, cleaning and disinfecting. Dr. Rekha offered the participants with some effective guidelines to improve immunity and also things to do if tested positive. Many attendees sent in their questions in the interaction session about the myths of Covid-19 spreading over and clarified their doubts. Sri NR Nandish delivered the presidential address and spoke about maintaining health by consuming nutritious food and performing yoga. The Webinar was concluded with a vote of thanks, an acknowledgement to all the active participants and the speakers by the coordinator of Youth Red Cross Wing of SJR College for Women.

