Across the globe, the gloom of Covid 19 continues to shadow the wellness and normalcy of individuals, institutions and communities. The pandemic, though global in scale and recent in its occurrence, is only one of the many parallel disasters or threats that human populations are facing. Aside from these current challenges, there are other slow, persistent and parallel calamities like poverty, crime, road accidents, global warming, deforestation, wars & conflicts, erosion of socio-cultural-capital(1), degrading of human capital(2) and over all compromise to physical and mental health(3) of populations. All of these add layers of risk and depth to the vulnerabilities of all most everyone.

And yet, it is from this same vulnerable society heroes come forward risking their safety to keep larger community safer and served. Heroes, leaders, movers and shakers who can make difference to lives of needy, affected, abandoned and distressed populations in an informed, efficient, coordinated and effective manner, are in big demand and this demand is only growing exponentially by the day.

To meet this demand, the supply needs to come from nowhere but from amongst us. Why so? Because, this is largely a bundle of human problems which only humans can solve. Humans from all walks of life, with all their skills competencies and resources need to work together with the WILL to alleviate suffering and reduce risks of fellow humans. Youth as volunteers, is the largest and most powerful pool & tool of compassion and service. And Young India has no shortage of youth. The missing or weak-link in the chain so far seemed to be the capacity, the will and skill among institutions to mobilize, guide, up-skill, channelize, and utilize our strongest asset to meet the demand described above.

Chairman’s Message

S. Naganna  
IRCS, KSB

We at Indian Red Cross Society, Karnataka State Branch believes in making a difference by involving communities and people in our actions. During this Covid-19 pandemic, many of our District and Taluka Red Cross chapters were active in community outreach programmes, including the distribution of masks and soaps. Community outreach is about giving, sharing, and supporting others who cannot support themselves. Public engagement also helps us to influence younger generations to give back to their local community.

Red Cross Volunteers influence people to wear masks, maintain physical distances, wash their hands regularly to prevent the spread of Covid-19.

We launched our #StopTheSpread campaign, I appeal to all our Red Cross district/taluka Branch, staff and volunteers to join this awareness-raising campaign and to encourage families and communities to wear masks. That will be shared on our Red Cross Official Social Media platforms.

As we celebrate the International Day of Volunteers on 5 December 2020. I take this opportunity and pride in congratulating all our corona warriors and volunteers who stood with the Indian Red Cross Society, the Karnataka State Branch, as a beacon of support and determination to fight back against the Covid 19 pandemic.

Because without them, we’re nothing. They have handled and managed all our relief activities efficiently. Remembering all the wonderful moments we spent together with our corona warriors, I thank each and every one of them who joined their hands to fight against Covid-19 to bring a ray of hope to families and communities.

Let us unite together in this tough time to become the voice of voiceless people living around us.

VOICE OF A VISIONARY

by Irene Arathi  
Resource Person at IRCS, KSB.  
Former IFRC, ICRC, CRC Delegate

Across the globe, the gloom of Covid 19 continues to shadow the wellness and normalcy of individuals, institutions and communities. The pandemic, though global in scale and recent in its occurrence, is only one of the many parallel disasters or threats that human populations are facing. Aside from these current challenges, there are other slow, persistent and parallel calamities like poverty, crime, road accidents, global warming, deforestation, wars & conflicts, erosion of socio-cultural-capital(1), degrading of human capital(2) and over all compromise to physical and mental health(3) of populations. All of these add layers of risk and depth to the vulnerabilities of all most everyone.

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To meet this demand, the supply needs to come from nowhere but from amongst us. Why so? Because, this is largely a bundle of human problems which only humans can solve. Humans from all walks of life, with all their skills competencies and resources need to work together with the WILL to alleviate suffering and reduce risks of fellow humans. Youth as volunteers, is the largest and most powerful pool & tool of compassion and service. And Young India has no shortage of youth. The missing or weak-link in the chain so far seemed to be the capacity, the will and skill among institutions to mobilize, guide, up-skill, channelize, and utilize our strongest asset to meet the demand described above.
Red Cross as auxiliary-to-Government is in a unique position of strength with its global spread, public acceptance, valuable century-long experience, credibility with donors and vast technical in-house resources, to access and harness youth by engaging them in JRC/YRC units. Given that technological platform to reach students is working as an antidote to mobility & logistical challenges thrown up by Covid-19, the hurdle of costs involved to train youth on a face-to-face-mode have hugely shrunk leaving the possibility instead, of reaching larger numbers of youth in a given time.

SERV (Social Emergency Response Volunteers) is already a tremendous initiative that by all means must expand and rapidly embrace, more and more youth under its mantle. Simultaneously, YRC units in every college need to undergo rapid evolution through a revolution like momentum. Youth are hungry for extra-curricular value-addition to their academic routines. The day should not be far when KSB leads its district branches in pioneering along with Universities, a tremendously energetic Youth Movement that becomes scalable in other states and across India in near future. The timing can't be better than now, to take the first step to this incredible transformational humanitarian journey.

The vision is clear, missing elements of the puzzle await rearranging in-order to create the highway to reach the goal of inspiring and equipping 20,000 youth as a brigade for humanitarian assistance each year in Karnataka.

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1. Social and cultural capital comprises the social assets of a person (networks, relationships, education, intellect, style of speech, style of dress, etc.) that promote social mobility in a stratified society.

2. Human capital is the stock of habits, knowledge, social and personality attributes (including creativity) embodied in the ability to perform labour so as to produce economic value.

3. Unprecedented burden of chronic diseases, depression, suicides

According to the Karnataka Red Cross, blood donations are critical for:

- Patients with cancer.
- Blood disorders such as hemophilia and thalassaemia.
- Women during pregnancy and childbirth, newborn babies
- Trauma and surgeries.

During the coronavirus pandemic, blood is needed more than ever. The Red Cross states that they need the help of blood and platelet donors, as well as blood drive hosts, to meet the needs of the general public.

Book your blood donation at Karnataka Red Cross Blood Center at 080-22268435

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We're committed to

#StopTheSpread

By wearing mask

Will you stand with us?

You can share your photographs with family/staffs/volunteers with mask

ENDS on 31.12.2020

We will share the same on our social media platforms, Selected photos will be published in our fortnightly communique too.

+91 9538330511
We are overwhelmed with the support of Indo Global Social Service Society (IGSSS) for their kind gesture of donating 10000 Facemasks to Indian Red Cross Society-Karnataka State Branch during COVID-19. We have distributed the same to health workers, Asha workers, quarantined people, unorganized labourers, slum dwellers etc., across Bagalkot, Belagavi, Kodagu, Raichur and Udupi Districts of Karnataka State under the guidance of District Administration.

IRCS Ballari District Branch: SERV Volunteers of Ballari District Branch have organised series of community outreach activities to reach people in communities to provide them with the accurate information and awareness to stop the spread of COVID-19.

No of facemasks issued
1 Bagalkote: 1000 nos
2 Belagavi: 2000 nos
3 Kodagu: 2000 nos
4 Raichur: 4000 nos
5 Udupi: 1000 nos
Statewide, Red Cross in Action!

IRCS-KSB Supported: Centre for Disaster Management, Administrative Training Institute, Mysuru conducted online training programme on “Safe school in context of Covid-19” for Teachers and Education Department officers and invited Karnataka Red Cross to take up sessions on Challenges faced by School children and teachers during covid 19 pandemic. Dr. Kumar V.L.S Vice-Chairman of IRCS, KSB participated as a resource person for the same.

IRCS Ballari District Branch: Organised First Aid and Disaster Management training programs for Revenue staffs, Village Panchayat PDOs of HB Halli talukas in collaboration with District Administration, Zilla Panchayat, DDMA.

The Training was organised on 18th & 19th Nov 2020. They were sensitized on what to do as First Responder during any disasters in their talukas. Mr. Hari Shankar, SERV instructor was participated as a resource person for the same.

Mental health and psychosocial support services have been severely impacted by the COVID-19 pandemic. Innovative solutions such as crisis hotlines, tele-consultations, digital self-help platforms, novel approaches to ensure supply of psychotropic medicines, and task sharing/ shifting for basic psychosocial support, are being used in many Red Cross District Branches in India to overcome service disruptions and maintain care for those with mental conditions.
INVESTING IN YOURSELF IS THE BEST INVESTMENT YOU WILL EVER MAKE. IT WILL NOT ONLY IMPROVE YOUR LIFE, IT WILL IMPROVE THE LIVES OF ALL THOSE AROUND YOU.

Statewide, Red Cross in Action!

IRCS, KSB-Bengaluru: Rotary South Bangalore is donating the blood Donor vehicle of 4 Donor couches worth 45 Lakh Rupees to Karnataka Red Cross.

Joint meeting of Rotary and Karnataka Red Cross for the proposed Mobile Blood Donor Vehicle of 4 Donor coach held at IRCS KSB Bangalore on 26th November 2020.

IRCS Ballari District Branch: Organised many community outreach activities on promotion of health and hygiene in and around the district.

Teaching people about handwashing helps them and their communities stay healthy. Handwashing education in the community:

- Reduces the number of people who get sick with diarrhea by 23-40%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 16-21%
- Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57%

Source: cdc.gov

Handwashing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person’s hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

IRCS-Kolara District Branch: District Branch volunteers of Kolara distributed masks and soaps to the general public as part of community outreach activity to stop the spread of Covid-19.

Join us @ircskarnataka

|| “INVESTING IN YOURSELF IS THE BEST INVESTMENT YOU WILL EVER MAKE. IT WILL NOT ONLY IMPROVE YOUR LIFE, IT WILL IMPROVE THE LIVES OF ALL THOSE AROUND YOU.” ||
Kuvempu University, Shimoga: Youth Red Cross Advisory committee Meeting held today at Kuvempu university Karnataka presided By Vice chancellor of Kuvempu university professor B.P.Verabhadrappa. Had a good discussion on important Topics related to youth Development and strengthening Youth Red Cross units at the college level.

IRCS-Raichur District Branch: Raichur District Branch organised a awareness program to spread the awareness of personal hygiene among Home Guard volunteers in the districts. During the program Red Cross volunteers distributed masks and soaps to volunteers.

IRCS-Mysore District Branch: Mysore District Branch volunteers in association with Youth Red Cross unit of University of Mysore organised a Covid-19 test and distribution of Masks to the students at St. Philomena College on 17.11.2020, Mysuru.

“INVESTING IN YOURSELF IS THE BEST INVESTMENT YOU WILL EVER MAKE. IT WILL NOT ONLY IMPROVE YOUR LIFE, IT WILL IMPROVE THE LIVES OF ALL THOSE AROUND YOU.”

“Big people don't make people feel small.”
IRCS-Belagavi District Branch: Red Cross volunteers of Belagavi distributed soap and face masks to health care workers and police station at rural Marihal village as part of community outreach activity.

IRCS-Kundapura Taluka Branch: World Diabetes Day organised by IRCS Kundapura by organising Free BP, Diabetes and ECG for 50 health and hygiene workers (Pourakarmikas). They were also respected by offering immunity improvement products costing Rs.500 each.

"Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies the unity of mind and body; thought and action; restraint and fulfillment; harmony between man and the nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adaptation of Yoga in our Day today life.

IRCS-Ramanagara District Branch: Volunteers of Ramanagara District Branch conducted a community outreach activity to spread the awareness to stop the spread of Covid-19 and distributed masks and soaps to general public as part of the activity.
ಎರಡೂ ಇಗೂ ಬಗೕ, ಅವರ ಗಂೕರ ಬಾದು ಮುಖಾ ಬಹುಜನ ಾಡಬಹುದು ಇದು ರಂತರಾ 18 ರಕಂದ ಅಸಗಳ ಎನುವ ಗಳ ಲಣವಾಣೕ ನೃತ ಕಂಡು ಇರದು ರಗಳನು ರಕವನು ತಪ ಕಂಡು ಇರುವಲ.

ಕಂಪಗಳ ಬಾಗುದು ಉಳ ಮತು ಬಾಗದ ಅಾಯಾ ಮಂಪ ಇದರ ಈಗಗೂ ಬಾಗುದು ಉತಾ ಮತು ಅಾಯಾ ಮನಸುವ ಆದ.

ಅಾೕಜುಗಳಾಡಾಗುತಿ ಗಳ ಲಣವಾಣೕ ನೃತ ಆದ ರಕವನು ತಪ ಕಂಡು ಇರುವಲ.

ಅಾಯಾ ಬದುನ ಅಸಗಳಾದಂದ ಅವರ ಗಂೕರ ಬಾದು ಮುಖಾ ಬಹುಜನ ಾಡಬಹುದು ಇದು ರಂತರಾ 43 ರಕಂದ ಅಸಗಳ ಎನುವ ಗಳ ಲಣವಾಣೕ ನೃತ ಆದ.

ಜಾನ ವಸುವಲ, ಅಾಯಾ ಬದುಕುಾಗ ಅಾಯ ಕೆಲಸಿದ್ದಾನೆ, ಅಾಯಾ ಬದುಕುಾಗ ಅಾಯಾ ಮಂಪ ಇದರ ಈಗಗೂ ಬಾಗುದು ಉತಾ ಮತು ಅಾಯಾ ಮನಸುವ ಆದ.

ಅಾಯಾ ಬದುನ ಅಸಗಳಾದಂದ ಅವರ ಗಂೕರ ಬಾದು ಮುಖಾ ಬಹುಜನ ಾಡಬಹುದು ಇದು ರಂತರಾ 36000 ಮತು ಬ್ರಾಬ್ರೂ ನ್ಯಾಯ, ಸ್ರಾಂತಿ ಕೊಂಡಿರಾ ವಾಸ ವಾಸ ವಾಸ ವಾಸ ವಾಸ.
We are excited to share your thoughts, stories in our fortnightly communique too!

We request, Red Cross members, volunteers / YRC Program Officers to share your experiences with us at yrckar@gmail.com +91 9538330511

The Indian Red Cross Society, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being.

Young people, knowledgeable and empowered to stay healthy, will assume roles as responsible members of their communities. All young people need support, guidance, and opportunities during adolescence which is a time of rapid growth and change.

Youth always want to contribute for their family, their society, and their nation. They always have positive motivation to do something good for country.

They have the ability to create and identity for themselves and move the nation forward. Our nation needs them to resolve most of our problems.

Youth involvement in Youth Red Cross there are adequate opportunities to support young people on these journeys to do more, the young to represent their ideas and policies for the upliftment of the Nation.

Service and youth are such strong and passionate terms but it’s often saddening to see these terms remain as terms and not translate into action.

But I was grateful to have gotten an opportunity with the Indian Red Cross Society, Karnataka State Branch to find a bow to my service arrow. I first contacted Red Cross State Branch and my only aim was to find a way to serve people and society.

I was immediately given charge as a volunteer of Red Cross and my journey began. This journey has taught the importance of compassion and patience. It has widened my scope of thinking and enabled me to be critical and aware of everything happening around me. I still cherish and remember the time when I was called to be a part of a task force deputed in Coorg during the floods of 2018.

When I look back today, I believe red cross provided me a solid foundation to my social service career and SOCIOENTREPRENEUR.

I wish to continue my acquaintance with red cross in the days to come.

Mr. Prakruth Yadalam
Youth Red Cross, Volunteer
Dayanand Sagar College of Architecture, Bengaluru.

Mr. Prakruth Yadalam
Youth Red Cross, Volunteer
Dayanand Sagar College of Architecture, Bengaluru.

Dr. D. Kotresh
Youth Red Cross Nodal Officer,
Davanagere University, Davanagere.

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"Great Achievements always requires Great Sacrifice." - Robin Sharma

I wish to continue my acquaintance with red cross in the days to come.
Around the world, Red Cross in Action!

Thai Red Cross Society

#RedCross teams in #Thailand are helping in communities affected by floods - cleaning up schools so they can re-open, serving hot meals.

(Source @ThaiRedCross)

RedCross and #RedCrescent volunteers old and new have demonstrated immense compassion and courage responding to #COVID_19 and other emergencies proving that even in the darkest of times, there are incredible stories of kindness and hope.

Never-ending thanks to all volunteers! (Source @IFRCAsiaPacific)

With roads often damaged and covered in mud, boats and water buffaloes join the logistics chain getting supplies to remote communities in the Philippines struggling to rebuild their lives after Typhoon #Vamco.

(Source: Philippine Red Cross)

Rebuilding North Luwu community in South Sulawesi by providing baby kits & health kits. (Source: Indonesian Red Cross)
IVD-2020

We at Indian Red Cross Society, Karnataka State Branch are so grateful for your hard work!

#THANKSVOLUNTEERS

DECEMBER 5, 2020

THANK YOU FOR VOLUNTEERING!

International Volunteers Day-2020

#ThanksVolunteers! 👏👏
ಆಡುಗರು
ತಮಾಲೂಕು / ಜುಗಳನು / ಸುಗಳನು,
ಪಚತ್ತುಗಳನು ನಮಗೂ ಕಳಸಬಹುದು.
International Volunteers Day! #ThanksVolunteers 🌟👏👏

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