Junior Red Cross Hand Book

JEAN HENRY DUNANT
FOUNDER
1828-1910

INDIAN RED CROSS SOCIETY
KARNATAKA STATE BRANCH, Bengaluru - 560 001
**INDIAN RED CROSS SOCIETY HAS BEEN AWARDED NOBEL PEACE PRIZE FOR 4 TIMES**

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<td>1901</td>
<td>Henry Dunant was awarded 1st Nobel Peace Prize</td>
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<td>1917</td>
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<td>International Committee of the Red Cross awarded Nobel Peace Prize</td>
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Chairman Message

The Indian Red Cross Society, Karnataka State Branch was established in 1921 and is currently celebrating its centenary celebration of humanitarian journey in 2021. During peace time, it focuses on humanitarian principles and values, promoting Health, providing humanitarian assistance during Natural Disasters, conducting Health awareness programs and enhancing the overall well-being of society.

In our civilised society people often say, that man throws his human values into the air. Emotions fade, forget the duty and live a impulsive life. But it is only when we notice what's going on around us that we become aware of the truth.

Every object and every event has a different face that we can't directly see. Many of us are contributing to the society. We're losing a sense of identity in
mechanical life. There are still people out there who help selflessly.

The child's mind is like a blank sheet. If social thought is drawn upon it, their thinking is carried on to the same end and it increases the cultural value and ethics of the child. Likewise the children need to be taught with all the principles of humanitarian values. Likewise it is great time for all of us to work together to make our children more responsible in building resilient communities. I congratulate all the Junior Red Cross members and volunteers who are actively working to reach out to all the children of Karnataka in this regard.

Let us strive hard to spread the fundamental-principles of the Red Cross Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality among the school children and the General Public in order to build an inclusive and peaceful society.

Sri S. Naganna
Chairman
Indian Red Cross Society
Karnataka State Branch
Vice Chairman Message

Indian Red Cross Society, Karnataka State Branch is serving the humanity since 100 years.

The main core activities of Indian Red Cross are Promotion of Health Services, Disaster Preparedness and First Aid. Red Cross Society is Conducting First Aid Training regularly. Since 2018 Red Cross has trained more than 35000 un organized labors.

A new flagship programme was introduced by Indian Red Cross Society, National Head Quarters New Delhi called Social Emergency Response Volunteers (SERV). The main objective of the programme is to educate the community about Disaster Preparedness and Response, we have Approximately 564 trained SERV volunteers across Karnataka.
Red Cross is into various Relief operations assisting and supporting needy people at the time of emergencies and also supplying the relief materials to the victims affected by various types of Disasters. Rebuilding and restoring their lives is also a part of work.

The youth of today are the future of tomorrow. I request all the youth to come forward and join us to build the better society.

**Dr. V.L.S. Kumar**  
Vice Chairman  
Indian Red Cross Society  
Karnataka State Branch
Treasurer Message

The activities of the Indian Red Cross will raise awareness of the skills that children need to be able to manage their lives effectively, such as personal hygiene, disaster management, first aid, psychological morale, and confidence.

With the over development of civilization and urbanization, humans’ life style has become more scientific and easier. The trend forward continues with an expectation of much more easier life. In this greedy process, humans have forgotten the well being of the society.

With the current situation, we should realize our duties and responsibility in building Health and peaceful Society.

The children of today are the citizens of tomorrow. The way we bring them up will determine the future of the country. Teaching the values of life, patriotism, discipline, and culture can make them grow as responsible citizens of tomorrow, with harmonious development of the personality.
Indian Red Cross Society, Karnataka State Branch intends to sow humanitarian values in the young minds and enhancing the skill sets by training them in First Aid, Disaster Management, Personal Hygiene, Discipline, Patience and other social responsibilities.

When the Junior Red Cross unit of Indian Red Cross Society, Karnataka State Branch approached Govt. of Karnataka to support this programme, they funded the Pariposhanam Project.

GoK has issued an order for registration of all the High Schools (Government, Aided, Unaided and Private High Schools) under this programme. Around 28 lakhs from 17500 high schools across the state are benefitted and can be brought up as best citizens and volunteers through this programme.

The efforts of our beloved Chairman Sri. S. Naganna in the implementation of the programme is highly appreciated.

The young minds who read this book and inculcate the values of Red Cross will become a moralized and etiquette person in future.

Sri Anand Jigajinni
Hon. Treasurer
Indian Red Cross Society
Karnataka State Branch
Message

Junior Red Cross and Youth Red Cross are the two youth wings functioning in high schools and colleges since several years. I consider that these two wings are the foundation for development of Indian Red Cross Society, Karnataka State branch.

The Education Department of Government of Karnataka has recognised the importance of strengthening these two youth programs in order to inculcate humanitarian values, an attitude of service to society and also developing leadership qualities among neo adolescents. The extension of financial support is based on these objectives.

In the year 2019 more than 21,000 students at high school level have taken Red Cross Examination with great enthusiasm as compared to 10,000 students
In the year 2018. They are enriched with the knowledge of first aid and how to evacuate injured persons. In the coming years, we expect more than 50,000 students to take up this examination and thus build a strong team of Red Cross Volunteers equipped to handle emergency situations.

We have a plan to train 70 teachers (Counsellors) for two days in each District of Karnataka to ensure establishing Junior Red Cross wing in almost all the schools. We acknowledge with gratitude the support extended by the Education Department of Govt. of Karnataka.

This booklet contains the history of Red Cross and various activities of Junior Red Cross which will be very useful to all those who are involved in this movement.

**Dr. C.N.N. Raju**
Director
Junior Red Cross Sub Committee
Indian Red Cross Society
Karnataka State Branch
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The Birth of Red Cross

The Battle of Solferino: The story of Red Cross is an interesting episode in human history and it began in a place where there was an inhuman battle that was fought on 24th June 1859. The combined armies of France and Italy were on one side and the Austrian army were on the other side. Napoleon III commanded the combined armies of France and Italy and more than three Lakh people fought the battle.

The battle held at ‘Solferino’ on 24th June 1859, was a bitter one and was fought for over 15 hours and in the end, the whole battlefield was strewn with the dead and the wounded. In those days, the armies had few hospitals and few doctors and assistance was insufficient to look after the wounded soldiers and give them treatment.
By sunset, “Jean Henry Dunant”, a Swiss National started rendering his support & help that he could do to the wounded soldiers, with the help of local villagers he picked the wounded and brought them in ox-carts to Castiglione and put them in private homes, churches, monasteries and barracks.

Henry Dunant was a Swiss merchant. He had come to meet Napoleon to obtain permission to run
corn mills in Algeria. He had, on his way seen the injured in the battlefield. He heard the groans of the wounded. He organized a band of volunteers to give medical relief. Among the wounded, there were people of all Nationalities.

As days passed by, people forgot about the battle that was fought so ferociously. But to Dunant the agonizing scene made such an impression in his mind
that he thought that two things were necessary to prevent future suffering in human race.

1. An International Organization of Volunteers formed in advance in all countries during peacetime, which should go into action immediately on the outbreak of war to help the wounded in the battlefield, irrespective of Nationality.

2. To make this work possible, Nations must sign an international treaty declaring the wounded soldiers, the doctors and others as Neutral.

He published a book called ‘The Memory of Solferino’ and distributed the copies to Heads of States, Journalists and Welfare Institutions all over the World.

After reading this wonderful book, a charitable institution in Geneva called Geneva Public Welfare Society promised to help Dunant in his mission. A committee consisting of five persons with Dunant as its Secretary was formed to find ways and means of achieving the objective. The members were:
General G Henry Dufour - President
Mr. Gustave Moynier - Vice President
Dr. Theodore Mamnoir - Member
Dr. Louis Appia - Member
Mr. Henry Dunant - Secretary

General Henry Dufour was a retired Commander in Chief of Federal army of Switzerland. Mr. Moynier was a social worker and the others were Doctors & well known Surgeons.

The committee met on 17th February 1863 and decided to convene an International Conference at Geneva in October 1863 to form an organization. Later Dunant toured the German speaking States in Europe, Russia, Bavaria, Austria etc., where he met kings and ministers who promised to help him.

Dunant travelled all over the World and met the prominent persons to secure their support for the plans. As a result of his efforts leaders of other Nations met at an International Conference in Geneva on 26th October 1863 to discuss the proposals.
General Dufour presided over it. Delegates of 16 Countries attended this conference.

It was decided at this conference to set up an International Organizations called The Society for Aid to Wounded Soldiers and the society later came to be called the “Red Cross Society”.

First, it was felt desirable that each nation should have a voluntary organization in peacetime alone, so that when hostilities break out this organization would gear up and switch on to wartime activities without any loss of time. Giving relief to the wounded soldiers in times of war was the main objective of this organization. Secondly, it was agreed that workers engaged in providing this relief should be considered as neutrals since they would not take part in the war.

It was considered that an Emblem of a Red Cross on a white background was a suitable sign to represent such neutrals engaged in providing relief to the wounded in the battlefield. And this sign on a badge and on a flag was adopted under which the Red Cross Volunteers could work. The National flag of Switzerland has a white cross on a red background. Since Henry Dunant also
belonged to Switzerland and by reversing these colours. i.e., a red cross on a white background, the conference felt that it was indirectly paying tribute to Switzerland. It was also felt that similar organization ought to exist in all nations and an **International Committee** was appointed to organize **National Committees** in various countries. These National committees were the Executive bodies to the National Red Cross Societies in different countries.

The committee of five members requested the Swiss Government to convene an International Conference consisting of representatives from other Nations. Accordingly, the Swiss Government convened a diplomatic conference, which was held on 8th May 1864. After deliberations carried out for about two weeks, the suggestion to recognize the National and International Societies were accepted by all participating Countries.

A draft treaty called the First Geneva Convention was signed on 12th August 1864 by 12 nations. According to this Convention, it was binding on the countries engaged in war.
☐ To give medical assistance to the sick and the wounded soldiers in times of war irrespective of their Nationality.

☐ To consider that army medical personnel, ambulance and hospital in which they work, and the auxiliary staff attending on them as Neutrals and to guarantee their safety.

☐ To recognize the Red Cross symbol on a white background as a protective symbol.

At this conference the name of International Committee of Five was changed to International Committee of the Red Cross.

Today, there are more than 192 Nations who have established National Red Cross Societies in their countries all over the world in different names and styles like Red Crescent, Red Lion, Sun Society etc.,

In the following years Dunant was actively associated with the formation of the Red Cross and it was largely due to his efforts. In the First Geneva Convention, The below mentioned principles were accepted.

➕ The Emblem: For the protection of the volunteers on the battlefield the conference prescribed

18 / The Red Cross
a distinctive badge to be worn by them, a Red Cross on a white background. It is formed by the reversion of the colours of the Swiss flag, which is a white cross on a red background. All the four arms of the cross are equal to one another.

The Red Cross symbol is displayed on flags and on all equipments used by the medical services. Persons and articles displaying Red Cross emblems have to be considered as **neutrals** and be protected according to the Geneva Conventions.

It is interesting to note that the National Society for Aid to Wounded Soldiers was formed within 2 months of the International conference. In 1867 the Netherlands Society came into existence with the name Red Cross Society. Gradually this became a practice for other National Societies. By 1878 all the National Societies named themselves as Red Cross Societies. In 1880 the Geneva Committee of five, which was still then called International Committee for Aid to wounded soldiers officially took its present name; **International Committee of the Red Cross.**
Jean Henry Dunant was born on May 8th 1828 in Geneva, Switzerland. He inherited his father’s interest in business and his mother’s deep religious convictions. As a boy, he used to visit with his mother the houses of poor families and give articles of food, medicines to the aged and sick. Henry Dunant’s father Jean Jacque Dunant was a social worker too.

In college Dunant was a brilliant student and yet he did not complete his studies to obtain a degree. To him work was more important than study and helping people was always his aim. Dunant was a Fluent speaker. He and his friends were interested in religious discussions. They formed such religious groups in other parts of
Switzerland and later in other countries. In 1844 Young Men’s Christian Association (YMCA) was started in England, and Dunant and his friends began calling their religious groups after the name of Y.M.C.A.

Dunant was anxious to build up a career for himself. He entered into service in a big bank in Geneva. In 1853, he was sent to Algeria in North Africa by the bank authorities as Cashier of a new business which was started by them.

Even in Algeria, as a member of Y.M.C.A. Dunant carried his mission of service. His interest in religion now turned more towards humanitarian work, particularly against slavery. Being a member of the Y.M.C.A. he persuaded the Y.M.C.A. groups to take up the cause of the slaves and later proposed the formation of World Federation of Young Men’s Christian Association, and he suggested an International conference to be convened in Paris for the purpose of forming the World Federation.

During Franco Prussian war in 1870 and 1871 Dunant advised the French Government to create
neutralization of few towns, where the wounded and sick soldiers could be sheltered.

Even in these adverse circumstances Henry Dunant was always thinking of relief to the distressed and he drew up a plan for the betterment of the prisoners of war, which later on in 1929 formed the basis of the Third Geneva Convention. He also sponsored proposals for the protection of the sick and wounded at sea.

Around a period from 1876, he was in severe poverty and leading a very difficult life. He disappeared from the vision of people. He was found in the small town of Heiden, Eastern Switzerland again serving people in the year 1887.

In 1895, a journalist who came to Heiden to see Dunant sought an interview and gave him wide publicity. The greatest honor in the history of humanity came to him in 1901, when he was awarded the “First Nobel Prize” for peace. The International Committee of Red Cross sent this message from Geneva, “There is no other man, who deserves this honor more than you. It was you who dedicated your 40 years of life in becoming the stepping stone to start a
International Organization, Which aims to provide relief to the wounded soldiers at the battlefield. In the era of 19th century without you the supreme achievement of establishing a humanitarian organization would never be possible”. Until his death, he continued his selfless service in a charitable hospital. On Sunday the 30th October 1910, Jean Henry Dunant, the founder of the Red Cross, who has saved millions through his compassion had passed away at Heiden.

Henry Dunant once wrote that his ideas could be expressed in three simple words; “People helping People”. Those words express just what the Red Cross has been doing. By its helpful services the Red Cross has become a source of universal hope and comfort. Red Cross has become all time service organization serving at both war time as well as peace time activities.

All over the World, 8th May, the birthday of Jean Henry Dunant, is observed as World Red Cross Day every year.
CHAPTER III

GENEVA CONVENTIONS

Until 1864 there was no permanent treaty binding Nations. There were some temporary agreements between two Nations to protect the defeated Army or Nursing the wounded soldiers.

Dunant was responsible for the signing of the First Geneva Convention incorporating the principles of the Red Cross, which was signed by 12 Nations on 12th August, 1864. During subsequent years, wars were still being fought and problems that arised due to wars were solved. These were incorporated in subsequent conventions.

The Second Geneva Convention was signed on 6th July 1906 and it dealt with victims involved in the Naval Warfare. The Third Geneva Convention was signed on 12th July 1929 and it included treatment of prisoners.
of war. Finally the Fourth Geneva Convention was signed on 12th August 1949, it was the civilian population involved in war that received its attention.

**THE FIRST GENEVA CONVENTION:**

This was intended to protect sick and wounded soldiers on the battlefield. Some of the main provisions are as follows.

1. The sick and the wounded on the battlefield should be found, protected and medical treatment should be given, without any distinction of Nationality.

2. The dead have to be searched for and information about them has to be given to the Red Cross.

3. Wounded soldiers and troopes that surrender should not be attacked.

4. The ambulance, medical personnel, hospital staff should not be attacked and shall be treated as Neutrals and their safety should be guaranteed.

5. The Red Cross symbol on a white background has to be recognized as the protective symbol.
6. The hospital and other establishments protected by this sign cannot be used in any other way to support the war effort by the fighting forces.

7. The Military authorities were in charge of maintaining the record of sick and wounded / dead Soldiers and inform the same to the enemy/ opposite army through an intermediate agency called Central Prisoners of War Agency.

8. The army can take the assistance of the civilian population and relief organizations in occupied areas to find the wounded and provided care to them. The persons nursing the wounded should not be molested or convicted.

9. Army priests have to be protected.

**The Second Geneva Convention :-**

In this convention, the provisions of the First Geneva convention were extended to protect the sick and the wounded in naval warfare. It was also made applicable to ship wrecked persons as well.
THE THIRD GENEVA CONVENTION :-

This is meant for the welfare of the prisoners of war.

1. The prisoners of war should be accommodated in a safe place. They should be provided with good food and clothing. Medical facilities should be given when required and also they should be given the freedom of worshipping according to their faith.

2. They should be provided with the facilities as prescribed in the Scheduled correspondence.

3. The Prisoners of the war should be treated with respect regardless of their sex.

4. The prisoners of war have to give their details such as Name, Address, Proof of Identity and Particulars of regiment etc.

5. International committee of Red Cross must have the facilities to distribute relief materials to them.

6. Representatives of International Committee of Red Cross must be given access to visit prisoners of war in their camps and talk to them
in private to consult them about actual living conditions and enquire them about the grievances etc.

7. They should be protected against inhuman treatments. They should not be used for any experimental purpose and without conducting proper enquiry, they should not be executed.

8. They must be subjected to medical examination once in every 6 months.

9. The prisoners of war can be used as labourers and considering their age, sex, and Grade different types of work can be assigned.

10. The Prisoners of war must be paid for their work according to their Grades.

11. The prisoners of war are permitted to elect their own representative by secret ballot system once in every six months. The selected candidates will be representing the prisoners of war in front of the military officers and the International committee of Red Cross.
THE FOURTH GENEVA CONVENTION:-

This relates to the safety of civilian population during the war. It is the responsibility of the army occupied to protect them.

1. Creation of Safety Zones:- The hospitals and areas are established in a organized manner to protect wounded soldiers, aged persons, children under 15 years of age, expectant mothers and mothers of children under 7 years of age, from the effects of war.

The warring parties in the besieged or encircled area should not attack the wounded soldiers, the
sick, the aged, children and maternity cases and also they should allow the passage of priests, doctors, medical equipment, etc.,

2. Civil Hospitals which treat the sick and wounded people, aged and maternity cases; should not be attacked. Medical Personnel working in such civil hospitals should have the freedom to work.

3. **Relief Articles:** Medical equipments & hospital materials & things related to religious worship should be allowed without objection.
4. **Child Welfare**: Children under 15 years of age who are orphans or separated from their families, should be taken care specially by giving them the required religion, education and other facilities.

5. **Family News**: People who are under the occupied side of the enemy should be allowed to communicate the news of their well being to this relatives living away from them.

6. **Protected Persons**: A protected person is one who at the outbreak of war remains in the hands of the warring party or army of occupation and does not belong to either of warring nationalities.

- Protected people must be permitted to continue their religious pursuits and are entitled for their rights and human treatment.

- Protected people shall have the facility to apply to the protecting power with International Committee of the Red Cross or the National Red Cross Society.
Protected people should not be forced to give any information that he may be aware of.

Plundering or looting of property is prohibited.

7. **Foreigners**: The foreigners belonging to the enemy living in a country at the time of outbreak of war are permitted to leave the country. They can also be interned by the warring nation. In this case, they should receive relief, medical attention and hospitalization, if needed.

8. Displacement of protected people from an occupied territory of deportation to the territory of the occupying power is prohibited.

9. The occupying power should ensure smooth running of establishments for the care and education of children.

10. The occupying power is responsible for the maintenance of law and order.
11. The occupying power should ensure adequate supply of food and other articles to the citizens of the occupied territory.

12. Senseless destruction of private property is forbidden.

13. The National Red Cross Society should be allowed to give relief articles to the people and to carry on its humanitarian work.

14. The civilian interness cannot be forced to work.

These Conventions are applicable during rebellions or civil wars that occur in any country.
INTERNATIONAL RED CROSS
ITS ORGANISATION

The organization International Red Cross is a complex one. International Red Cross is the collective name for the International Committee of Red Cross (ICRC), National Red Cross Societies and the International Federation of Red Cross. These three bodies, though different in their composition and functions are held together by the International Red Cross Conference. The International Red Cross Conference is the supreme authority of the Red Cross. The International Red Cross Conference lays down the principles of the organization as a whole and issues instructions to the constituent bodies to carry out the work allotted to them.

The conference meets once in four years. It consists of representatives of the Red Cross Societies
and Governments that are parties to the Geneva Convention. To know the organization on International Red Cross, we have to know the nature and functions of these Five institutions.

1. International Committee of the Red Cross (ICRC)
2. National Red Cross Societies
3. International Federation of Red Cross Societies
4. International Red Cross Conference
5. Standing Commission of the International Red Cross.

1  INTERNATIONAL COMMITTEE OF
THE RED CROSS (ICRC)

The International Committee of the Red Cross is a non governmental, non political, non religious & independent organization. It has its head quarters at Geneva in Switzerland, a Country which has all along been neutral.

It is composed exclusively of Swiss citizens and consists of members not exceeding 25 members. These 25 Swiss citizens are the country’s most important personalities. These members are not nominated by Government nor are they elected. They are all co-opted.
The Committee elects its own President. When any of the member dies, his place is taken by another Swiss citizen. The world International does not mean that the Committee is composed of citizens of many countries. It only means that the International committee is spread globally.

2. **National Red Cross Societies:**

The XVII International Red Cross Conference held in Stockholm in 1948 laid down 10 conditions which must be fulfilled by a National Red Cross Society before it is recognized by the International Committee of Red Cross. Some of the important conditions are:

1. The country should be an independent country which has acceded to the Geneva Convention.
2. It should be the only National Red Cross Organization in the Country.
3. It should be recognized by the Government of the Country, as its auxiliary relief organization.
4. It should independent to the government, that means it has to work independently.
5. It should extend the benefits of its services to the people of its country without discriminating religion, colour, political beliefs etc.,
During normal times the burden of humanitarian work is the responsibility of the National Red Cross Society and the three main objectives are:

- Promotion of health
- Prevention of disease
- Mitigation of suffering

3. **INTERNATIONAL FEDERATION OF RED CROSS SOCIETIES**:

The League is an International Federation of all the National Red Cross, Red Crescent and Red Lion and Sun Societies. It was established on 5th May 1919 in Paris for the purpose of mutual co-operation and to assist the National Societies in their varied activities, particularly in the field of improvement of health, prevention of disease and mitigation of suffering.

4. **INTERNATIONAL RED CROSS CONFERENCE**:

The supreme authority of the Red Cross is the International Red Cross Conference, which usually meets in 4 years. According to the convention the country in which the conference takes place the head of the country’s National society will also be the head for the conference. It is composed of:
1. The International Committee of Red Cross.
2. The League of the Red Cross Society.
3. Representatives from all the National Red Cross, Red Crescent, Red Lion and Sun Societies.
4. Representatives from all the Governments that have signed the Geneva Conventions.

5. **STANDING COMMISSION OF THE INTERNATIONAL RED CROSS:**

   The Standing Commission is composed of 9 members. Its functions are:

   1. To make arrangements for holding the next International Conference in collaboration with the National Red Cross Society and to draw up the agenda.

   2. To bring harmony between the International committee of Red Cross and the league between the time period of two conferences.
International Red Cross & Red Crescent movement is made up as the following.

The International Committee of the Red Cross is an impartial, neutral and independent organization whose humanitarian mission is to protect the lives and dignity of victims of war and internal violence and to provide them with assistance. It directs and coordinates the International relief activities conducted by the Movement in situations of conflict. It also endeavours to prevent suffering by promoting and strengthening humanitarian law and universal humanitarian principles. Established in 1863, the ICRC is at the origin of the International Red Cross and Red Crescent Movement.

The International Federation of Red Cross and Red Crescent Societies works on the basis of the Principles of the Red Cross and Red Crescent Movement to inspire, facilitate and promote all humanitarian activities carried out by its member National Societies to improve the situation of the most vulnerable people. Founded in 1919, the Federation directs and coordinates international health emergencies. It acts as the official representative of its member Societies in the International field. It promotes cooperation between National Societies, and works to strengthen their capacity to carry out effective disaster preparedness, health and social programmes.
National Red Cross and Red Crescent Societies embody the work and principles of the International Red Cross and Red Crescent Movement in more than 192 countries. National Societies act as auxiliaries to the public authorities of their own countries in the humanitarian field and provide a range of services including disaster relief, health and social programmes. During wartime, National Societies assist the affected civilian population and support the army medical services.
RED CROSS PRINCIPLES

During war the Red Cross endeavours to induce to act according to the fundamental principles laid down by the Geneva conventions held on October 1965 in Vienna. Though the Red Cross has no powers to stop wars it attempts to build up a society where all are considered as brothers. If this thought has to be realized it is the duty of every one of us to support the Red Cross and act according to the following fundamental principles of Red Cross in times of war and peace.

Humanity : The Red Cross is born of desire to bring assistance without discrimination to the wounded on the battle field, endeavours, in the international capacity, to prevent and alleviate human suffering wherever it may be found. Its prime purpose is to protect life, health and to ensure respect for the human being.
It promotes mutual understanding, friendship, co-operation and lasting peace amongst all people.

**Impartiality:**

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions.

**Neutrality:**

To protect the confidence that people have on Red Cross. It may not take sides in hostilities, or engage at any time in controversies of a political, racial, religious or ideological nature.

**Independence:**

Red Cross is International and independent. The National societies while being auxiliaries in the humanitarian services of their own governments are subjected to the laws of their own autonomy so that they may be able at all times to act in accordance with Red Cross Principles.

**Voluntary Service:**

The Red Cross is a voluntary relief organization, It does not work for any profit.
Unity:

There can be only one Red Cross Society in any country. It must be open to all and it must carry on its humanitarian work throughout its country.

Universality:

The Red Cross is a world wide institution in which all societies have equal status and they share equal responsibilities and duties in helping others.
1. **What is Red Cross emblem?**

   It is an Emblem. It is used by those people belonging to the Red Cross Movement and Army Medical Services who are involved in humanitarian work mainly in times of armed conflicts and Natural Disasters. It is not the emblem of medical professionals and its use is regulated by International and National laws.

2. **Why was the Red Cross emblem adopted in 1864 at the First Embassy Level Conference in Geneva?**

   During the Embassy Level Conference in 1864, to identify the relief medical committee and army Medical Services, Red Cross adopted a Neutral Red Cross sign the same was approved by the conference. It was adopted to facilitate access to the wounded soldiers and other
victims of war, that much needed assistance could reach them in time. **Red Cross on white background**, which is formed by reversing the colors of the Swiss Federal flag was adopted to pay tribute to Switzerland which played a key role in establishing National relief societies and convening the First Geneva Conference. The Geneva Conventions of 1949, which now form the basis of International Humanitarian Law (IHL), retained this emblem, besides recognizing two more symbols; the Red Crescent and the Red Lion and Sun on a white background.

3. **What is the significance of the Red Cross emblem?**

   The approved Red Cross Emblem in the Geneva Conventions, has become a universally known and legally sanctioned neutral sign to identify people to protect themselves in situations of armed conflict, i.e., the armed forces medical units, the chaplains and the relief committees. They are in the battlefield exclusively for the amelioration of the condition of the wounded and sick soldiers and other victims of war, and are protected from all kinds of hostile military action
under International Humanitarian Law. The Red Cross emblem is expected to International Humanitarian law stimulate a reflex of restraint and respect from the combatants in the battlefield. Use and repression of misuse of Red Cross emblem is regulated by International and National laws. When the components of the Red Cross Movement use this emblem. It signifies the seven fundamental Principles, which underlie their humanitarian and relief activities in situations of armed conflicts and Natural disasters.

4. **Who are the authorized users?**

   - The military medical services, their personnel, units, installations and means of transport.
   - International Committee of the Red Cross (ICRC)
   - The International Federation of Red Cross and Red Crescent Societies (The Federation).
   - National Societies.
   - First aid centre that offer totally free medical assistance and are authorized by their National society.
5. **What constitutes misuse of the emblem?**

Following acts are considered as misuse of the emblem:

- Use of the emblem by those who are not authorized by the laws. (1949 Geneva Conventions, Additional Protocols of 1977 and Geneva Conventions Act 1960 of India)
- Improper use of the emblem by those who are authorized to use it.
- Imitation of Red Cross emblem by using a symbol similar to it.
- Perfidious use of the emblem to betray the confidence of adversary in a military action.

6. **What is the Indian national law regulating the use of the emblem?**

The Indian law regulating the use of the emblem is called the Geneva Conventions Act. The Parliament of India made this act in 1960. Chapter IV of this Act deals with the abuse of the Red Cross emblem. Section 12 and section 13 of this chapter makes unauthorized use of the Red Cross emblem or its imitation as a punishable offence.
7. What is the punishment for such abuse of the emblem in India?

The Punishment is a fine of Rs. 500, besides the provision for forfeiture of the goods or vehicles on which the emblem has been used without authorization.
Disaster means a Catastrophe, mishap, Calamity or grave occurrence affecting any area from natural and manmade causes or by accident or negligence, which results in substantial loss of life or human suffering or damage to, and destruction of property or damage to or degradation of environment.

Factors Leads to Disaster:–

1. Meteorological
2. Geological
3. Ecological/Environmental
4. Technological etc.

Types of Disaster:–

1. Natural
2. Man Made
1. **Natural Disaster :-**
   a. Earthquake.  
   b. Cyclones  
   c. Floods  
   d. Epidemic  
   e. Tsunami  
   f. Drought  
   g. Flash flood  
   h. Landslides  
   i. Pest Attacks  
   j. Cloudbrusts.

2. **Man Made Disaster :-**
   a. Communal Riots  
   b. Fire Accidents  
   c. Road Accidents  
   d. Industrial Disasters  
   e. Chemical Disasters  
   f. Technological Disasters  
   g. Serial Bomb Blast  
   h. Terrorist Attacks  
   i. Train Accident  
   j. Leakages of Gas  
   k. Plane Crash
**Disaster Management:**

Collective actions taken before, during and after disaster to predict, reduce or cope with impact of Disaster. Disaster management is divided into four major parts:

1. Disaster Response
2. Rehabilitation
3. Risk reduction or Mitigation
4. Disaster Preparedness

1. **Disaster Response:**

Activities that take place when a disaster strikes to reduce loss of life, to minimize disability and to deliver relief assistance as quick as possible to the affected people, which includes:-
a. Search and rescue  
b. Provide First Aid service  
c. Emergency supply of water, food and medicines  
d. Steps to prevent epidemics  
e. Provisions of Temporary shelters  
f. Restoring family links.

2. **Rehabilitation :-**  
   Measures taken after the disaster to return the community to normal.

   A. **Social Rehabilitation**  
      (a) Welfare centre  
      (b) Reconstruction of health care facilities

   B. **Economic Rehabilitation**  
      (a) Incentive (food and work)  
      (b) Distribution of livelihood kits  
      (c) Financial Loans  
      (d) Temporary Housing
C. **Psychological Rehabilitation**
   (a) Counseling
   (b) Meet primary needs and support

3. **Risk reduction or Mitigation:**
   It is the long term measures taken before a disaster to lessen its effect on the communities in disaster prone areas, which includes;
   a. Strengthening of existing buildings and infrastructures.
   b. Build flood walls or elevated structures in flood prone areas.
   c. Building cyclone shelters.
   d. Organizing public awareness programme.

4. **Disaster Preparedness:**
   Preparing measures to make community resilient to cope with the disasters as on how to respond quickly and effectively before a disaster can take place, which includes.
   a. Identifying disaster prone area in the community.
   b. Develop early warning systems through emergency communication system.
c. Formation of rescue team.
d. Community based First Aid Training.
e. To have warehouse with stock of non perishable relief materials.
f. Development of information flow channels.
g. Preparedness Plans.

The Indian Red Cross Society plays a Complimentary role in Disaster management, which includes;

a. Deputing the volunteers to extend the services to the needy.
b. Deputing team of Doctors and Para medicals for immediate Health care and also to take steps to prevent epidemics.
c. Mobilize relief materials and donations and sending of the same to the affected areas through authenticated designated personnel.
INDIAN RED CROSS SOCIETY

The Indian Red Cross Society is one of the largest and oldest International humanitarian organization in the country. It is known for its work in Disaster response, health care services, Blood Center services, Junior and Youth Red Cross activities.

Indian Red Cross Society was established in 1920 under the Indian Red Cross Society Act.-Parliament Act of XV 1920 with its Headquarters at New Delhi. India has 28 States, 8 Union
Territories and One National Capital Territory region. The Indian Red Cross Society has more than 1100 District and Sub-District Branches.

The Indian Red Cross is a National Federation of all its branches. Neither the Headquarters nor the branches are by themselves the Society. They collectively, interwoven together makes up the Indian Red Cross Society.

The President of India is the President of Indian Red Cross Society. The main governing body is the National Managing Body, which consists of 18 members, 12 of whom are elected by the State and Union Territory branches through an electoral college formed with the representatives of the branch committees. The President of Indian Red Cross Society nominates the remaining six members, which includes the chairman. The Secretary General appointed by the Managing Body is the Chief Administrative Officer.

The Provincial Branches follow a similar organizational pattern as that of the National
Headquarters, although details of their governing structure differ slightly from branch to branch.

The Society has warehouses, cyclone shelters, hospitals, Primary Health Centres, Blood Banks, Training Centres to facilitate the effective implementation of its programme.

The Society collaborates with other organizations in the country, which share similar objectives and principles. International Federation of Red Cross and Red Crescent Societies and partner National Societies such as German Red Cross, American Red Cross, British Red Cross, Canadian Red Cross etc., have supported its programmes. The Indian Red Cross also works closely with various government departments such as Health, Education and Social Welfare.

**Activities:**

1. **War Time Activities:** During the Second World War the Indian Red Cross Society played a very prominent role by undertaking various relief operations for the sick and the wounded soldiers and also for the prisoners of war.
2. **Peace Time Activities:**

- a. Promoting humanitarian Principle and values
  - b. Disaster Management
  - c. Promotion of Health:

- ☐ Maternity and Child welfare services
- ☐ Family Welfare services.
- ☐ Hospital Services.
- ☐ Care of sick and wounded defence personnel.
- ☐ Blood Transfusion Services.
- ☐ Awareness Programme about HIV/AIDS and other epidemics.

a. **Promoting humanitarian Principles and values:**

The values which shape humanitarian action based on the fundamental principles of Red Cross/ Red Crescent movement, which include the protection of life, health and human dignity. Respect for others and the acceptance of responsibility to help others without discrimination based on Nationality, Race, Gender, Religion, Belief, class or political opinions.
b. **Disaster Relief:**

The Indian Red Cross Disaster Management Programme incorporate Disaster response and Disaster preparedness.

The sharp increase in the number of Natural disasters in recent years has prompted the Indian Red Cross to devote more attention to disaster preparedness activities. These aims to make communities aware of the risks they face, increase capacity to reduce their vulnerability and enhance their ability to cope when disaster strikes. Since 1996, Indian Red Cross has been running community based disaster preparedness programme in collaboration with German Red Cross for its Personnel, Volunteers and Government Officials.

c. **Promotion of Health:**

Indian Red Cross has established hospitals at State, District and Sub-Districts to provide health care services to mother and children and also there are blood banks, which are playing major role in organizing voluntary Blood Donation Camps to meet the requirement. With co-operation from International Federation Indian Red Cross have implemented Youth
Peer Education Programme in selected states to create awareness about HIV/AIDS.

3. **Red Cross Home:**
   Red Cross Home at Bengaluru was established in the year 1942 to take care of disabled ex-service men, equipped to accommodate 75 inmates. Red Cross Home provides nursing care and medical treatment to ex-servicemen. Medical Superintendent with Para-medical staff take care of inmates. If necessity arises experts advice will be sought from local Armed Forces Hospital.

4. **Junior and Youth Red Cross:**
   Junior Red Cross in schools and Youth Red Cross in colleges have more than 7 million members across the country. Their activities are based on three fold objectives of promoting health, service and friendship and tries to inculcate the fundamental principles of the movement among students by involving them in humanitarian services.
Indian Red Cross Society

(Karnataka State Branch)

Karnataka State Branch was established in 1921, Bangalore being its Headquarters.

His Excellency the Governor of Karnataka is the President of the Indian Red Cross Society, Karnataka State Branch.

At District level, Deputy Commissioner is the President of the District Red Cross Branch and at the Taluk level the Tahsildar is the President of Red Cross.

Activities:

1. Blood Transfusion Services: Karnataka Red Cross Blood Bank was established in 1991. The Blood is collected through voluntary Blood donation camps organized by Educational Institutions, Factories and Corporate Offices. Apart from this individuals donate
the blood directly at the Blood Bank. The Blood that collected after mandatory test as per specification will be dispensed after cross matching with blood sample received from the health institutions. The blood collected has to be utilized within 35 days from the date of collection.
Blood is provided free of cost. Only the Processing fee will be collected as per the guidelines of Drug Controller.

Any healthy person between 18 to 60 years old with a weight of 45 Kgs can donate blood. The actual blood donation takes about 4 to 6 minutes. Sterile disposable needles are used for each donor.

The blood donated will be completely replenished within 72 hours. Male donors can donate blood every 3 months. Whereas female donor can donate blood once in 4 months.

One Unit of Blood can save 03 lives subjected to component separation i.e., platelet, plasma and Red blood cells.
Karnataka Red Cross Blood Bank provides services 24/7.

2. **Maternity and Child Health Service:**
   Urban Family Welfare Centre Karnataka State Branch of Indian Red Cross was established in 1969 and is functioning at Sirsi Circle Maternity Home, Chamarajpet, Bengaluru. It takes care of health of mother and children and makes community aware of small norms.

3. **Community Eye Care:**
   Karnataka Red Cross Optical Unit was established in 1987 in the premises of Minto Hospital. It provides spectacles at subsidized rate.

4. **Disaster Management:**
   Whenever there is Disaster anywhere in India, Indian Red Cross Society, Karnataka State Branch mobilizes relief materials and donations to the victims of disaster. Team of doctors and volunteers are deputed to extend their services to the needy.

   During, Earthquake in Bhuj: in the State of Gujarat in 2001, Karnataka Branch has sent Rs. One
Crore relief materials and donations. For this extraordinary work Karnataka State Branch has been awarded 06 Red Cross Gold Medals from National Head Quarters, of Indian Red Cross Society, New Delhi.
During Tsunami, in 2004: Karnataka State Branch sent relief material worth Rs. 60 lakhs to Tamilnadu, Andhra Pradesh and Andaman and Nicobar for the victims of Tsunami. Apart from this mobilized donation of Rs. 3.7 crores. Karnataka State Branch of Red Cross has donated 15 lakhs to the victims of Tsunami

During Earthquake in Jammu Kashmir: In the year 2005 Karnataka State Branch of Red Cross mobilized donation of Rs. one Lakh and the same was donated to Jammu & Kashmir, State Branch of Red Cross. Apart from this, 190 tents were sent for the victims of earthquake.

In the year 2018 Kodagu landslides have caused heavy damage, relief Materials were sent to affected areas of Kodagu.

In the Year 2019 Floods in Bagalkot, Belagavi, Raichur, Vijayapura, Mangalore, Udupi, Shivamogga, Chickamagaluru, Haveri, Uttara Kannada, Yadagiri and Kodagu etc have created havoc. Relief Materials worth Rs. 4.5 core were distributed to most of the North, South Karnataka districts, These Materials were distributed through District Red Cross Branches. This is the milestone in the history of Indian Red Cross
Society, Karnataka State Branch. All the office bearers of the flood affected district and volunteers have worked 24/7 to reduce the effect, provide assistance & minimize the suffering of the affected people.

In the Year 2020, Due to the Public Health Emergency Covid-19 entire Nation was locked down people who are daily wage workers, elderly people, Slum dwellers have suffered a lot. Indian Red Cross Society Karnataka State Branch have minimized their suffering by supplying them with the Sanitizers, Facemasks, Grocery Kits, required medicines and other essentials all over Karnataka. Our Volunteers also taught the community about hand washing techniques, Social Distancing & Hygiene promotion activities. The year 2020 has been worst year. Again in the month of October 2020 floods happened to strike most of the districts, we have donated the relief materials to the affected and needy people.

5. Appliances to the Physically challenged:

Tricycles, wheelchairs, Hearing aids and Canes are provided to the physically challenged and economically backward families.
6. Health Checkup & Eye Screening Camps:

Karnataka State Branch of Red Cross in collaboration with Non Governmental Organizations organizes health checkup and Eye screening camps for the benefit of economically weaker sections specially in Rural areas.

\[\square\square\]
JUNIOR RED CROSS
AND YOUTH RED CROSS

JUNIOR RED CROSS

The Junior Red Cross is the students wing of the Red Cross. It is a group movement organized within schools. Students who take part in junior Red Cross activities are known as “Juniors”. The teacher who guides the students in Junior Red Cross activities is called “Counselor”.

GROWTH IN INDIA:

Junior Red Cross wings was first started in Punjab in the year 1926 followed by other States, JRC is becoming more and more popular and is being encouraged by educational authorities. The movement is extended to the college students under the name of Youth Red Cross.
JUNIOR RED CROSS MOTTO

PRINCIPLES AND PLEDGE

Motto : ISERVE
Principles: HEALTH, SERVICE, FRIENDSHIP

Junior Red Cross is based on three fold programs:

a) Protection of health and life (Health)
b) Service to others (Service)
c) National integration & International understanding (Friendship)

These activities help young people to develop their mental and moral capabilities which makes them better Citizens.

JUNIOR RED CROSS PLEDGE:

Junior Red Cross pledge is an important aspect in Red Cross. Juniors and counselors should pronounce the pledge in JRC Classes, functions and camps.

JUNIOR’S PLEDGE:

I pledge myself to care for my own health and that of others, to help the sick and suffering specially children and to look upon other children all over the world as my friends”.

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COUNSELORS PLEDGE:

“I pledge to counsel the Juniors in achieving the aims of Junior Red Cross, namely, promotion of health, selfless service and National & International friendship by setting the example by himself/herself.”

MEMBERSHIP FEE:

Institution: All the High Schools to be registered as members of Junior Red Cross by sending Rs.:100/- every year, and also collect Rs.10 per each student of High Schools every year. Of Rs.10, Rs.4 should sent to The Indian Red Cross Society, Karnataka State Branch, Bengaluru and Rs.6 has to retain with schools for conducting Red Cross Activities.
The Registration Fee and Student Membership Fee should be sent in Favour of General Secretary, Indian Red Cross Society, 26, Red Cross Bhavan, Race Course Road, Bengaluru 560 001. Through Any Nationalized Bank Demand Drafts only.

**STRUCTURE OF JUNIOR RED CROSS UNIT**

Indian Red Cross Society, Karnataka State Branch

↓

State Junior Red Cross Sub committee

↓

District Junior Red Cross Sub committee

↓

Taluk Junior Red Cross Sub committee

**COUNSELORS TRAINING COURSE**:

The teacher who is in charge of Junior Red Cross Wing in a school is called JRC Counsel &. Effective training of Counselors is the responsibility of State Junior Red Cross committee in collaboration with the District Committees.

Syllabus for the course covers the history of Red Cross and Junior Red Cross, topics on health, service and friendship, functioning of JRC Student committee
formed in Schools, practical classes on craft, drawing etc., can be conducted.

On completion of the course, a test is conducted and successful counselors are given certificates.

**HOW TO ESTABLISH AND CONDUCT JRC IN SCHOOLS:**

A students meeting is convened by the Head of the School to brief them about the Red Cross, like wise Junior Red Cross, activities and advantages of having JRC wing in the school. Students, who volunteer, are enrolled as JRC members. According to the strength of membership, more than one group can be formed.

A willing teacher of the school is nominated by the Principal of the school as JRC Counselor to look after the activities of JRC Wing.

**ELECTION OF OFFICE BEARERS:**

**STUDENT COMMITTEE**

By the vote of JRC members following office bearers will be elected:

- a) President
- b) Vice-President
- c) Secretary &
- d) Treasurer
**Sub Committees:**

With the remaining members, various committees are formed to undertake activities based on the objectives of JRC like health, service, friendship, road safety, First aid etc.

**Inaugural Function:**

Formal Inauguration of the wing has to be organized as a mark of formation of JRC Wing.

**Functioning of JRC in Schools:**

Junior Red Cross activities are formulated based on its principles of Health, Service and Friendship. The programs are chalked out in such a way so as to suit the occasions, locations and social requirements. Some of the activities that can be organized are indicated here below:

1. **Promotion of Health:**
   a. Practice of health habits,
   b. Cleanliness of school premises,
   c. Health awareness campaign in local Communities,
   d. First aid training
   e. Blood grouping camps for JRC members
2. Service to Others:
   a. Providing Books, Medicines, Food, Clothing etc. to Poor School Children,
   b. Voluntary service during relief Operations Connected with Disasters.
   c. Proving first aid to the Wounded/Sick,
   d. Visit to Hospitals, Orphanage, Home for the Aged,
   e. Adoption of nearby slum for Literacy Campaign,
   f. Awareness of Traffic Rules and Road Safety

Friendship:
   a. Participation in State/National level Junior Red Cross Camps, Competitions, Exhibitions etc.
   b. Sending Greetings,
   c. Exchange of Albums,
   d. Organizing Inter Religious Harmony Rally.

JRC Uniform:
Jean Henry Dunant was helping the war victims in the Battle of Solferino. He was wearing white dress and so he was called by the victims of war as “The Gentlemen in White”. This provided lead to suggest white colored dress as uniform for Junior Red Cross
Boy/Girl and Male/Female Counselor. The same uniform code is applicable to Youth Red Cross boys and girls and program officers.

<table>
<thead>
<tr>
<th>JRC Boy/ JRC Counselor</th>
<th>JRC Girl / JRC Counselor</th>
</tr>
</thead>
<tbody>
<tr>
<td>White half slack shirt</td>
<td>White Blouse</td>
</tr>
<tr>
<td>White half short/ full pant</td>
<td>White skirt/saree &amp; white ribbon</td>
</tr>
<tr>
<td>Scarf &amp; Woggle and badge</td>
<td>Scarf &amp; Woggle and badge</td>
</tr>
<tr>
<td>White shoes &amp; white socks</td>
<td>White shoes &amp; white socks</td>
</tr>
</tbody>
</table>

**JRC Examination:**

Indian Red Cross society, Karnataka State branch is conducting Red Cross Examination for juniors (8th, 9th and 10th Students) Every Year. It's a certification
programme to encourage juniors to participate in Red cross activities

**RED CROSS SONGS:**

**PRAYER SONG:**

Dhartikaro, nirmalkaro, peedaprabhu hey]
Jeevankarovujvalnavayothikaro hey]
Dhukijanokiseva ham kare-2
Pathalithonkogale lagaley-2
hanthipathashanthikarya, shanthivrada hey]
Jeevankarovujvalnavayothikaro hey]
navayothikaro hey navayothikaro hey]

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**Flag De-Hoisting Song**

God be with us till we meet again,
Till we meet, till we meet, till we meet at Red Cross Feet

**Records to be Maintained:**

- Application forms and Admission Register
- Attendance Register
- Circular File
- Minutes of the meetings (Book)
- Receipt book & cash book
- Work done register
- Stock register
- Album (Photographs)
- Files for communication
- First Aid box
- Health cards of Juniors
- Information Board
- Flag Mast Pole, Ropes, Festoons etc.
- Uniform materials
- Visitors book
- JRC name board at the gate of the School
YOUTH RED CROSS POLICY & PROGRAM GUIDELINES

POLICY: The Youth Red Cross is a most important constituent of its mother organization Indian Red Cross Society. YRC aims at inculcating the 7 impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality. The Youth Red Cross is organized with a view to develop and deploy student youth resource for working towards these principles.

   It also aims at inculcating in youth the ideals and practice of service specially in relation to:
1. Taking care of their own health and that of others.
2. Understanding and accepting civic responsibility.
3. Promotion of national and international understanding and goodwill by using their international link of the movement.
4. Promotion of volunteerism.
YOUTH RED CROSS MEMBERSHIP:-

All students admitted to the Degree, Post Graduate and Diploma Courses by virtue of their joining the college / Polytechnic, keeping attendance as per university rules and paying the prescribed Youth Red Cross fee shall become the members of the Youth Red Cross of that college / Polytechnic.

CORE GROUP VOLUNTEERS:

Any member of YRC who can volunteer his / her time and talent for the cause of Youth Red Cross can become a core group volunteer upon making an application to and on selection by the Youth Red Cross Programme Officer.
**Certificate:** Core group volunteers on completion of two years of volunteer ship and assigned tasks and targets shall be issued with a certificates by the University.

**Programme Guidelines**

1. **Volunteer Orientation:**

   Once the Core Group Volunteers are selected and the YRC unit is formed the volunteers need to be oriented to make them understand their role and responsibilities. They should be empowered with the knowledge, attitude, skills and other competencies needed to perform as a member of the team. This may require two days and may be organised during the weekends. (Online YRC Programs can also be given at each college level)

2. **Training on First Aid**

   It is obligatory to all the core group volunteers to undergo the prescribed training in First Aid.

   The Youth Red Cross Unit may organize this training course for the interested students of the college. The certificate issued by the IRCS which is an
approved training and certifying agency shall be valid for obtaining motor vehicle driving license etc.,

3. **Training on Disaster Preparedness and Management**

   It is desirable to organise this program for core group of volunteers and other Members of YRC on the core issues of calamities such as forecasting, vulnerability, retrofitting, communication, logistics, rescue, relief, rehabilitation, emergency health care etc., (Online Disaster Relief Training can also be given at each college level).

4. **The Training on Minimum Competencies**

   Learning takes place both in academic and co-curricular situations. A set of skills and competencies have been universally identified as minimum requirement to perform job demands or the civic responsibilities and in running the ordinary business of life. It is essential, that every student should try to acquire these competencies.

   Researchers have identified five general knowledge areas of primary importance.

1. Consumer economics
2. Employment knowledge
3. Community resources
4. Health
5. Law and Governance
There are five skills areas
1. Communication Skills    2. Computation Skills
3. Problem solving skills    4. Inter-personal relation skills
5. Survival / life saving skills

There are also other associated areas of knowledge and skills that one should learn in order to become a functionally efficient, economically productive and socially useful member of the society.

5. Motivation of Blood Donors

A minimum of two blood donation camp in a year should be organised by motivating donors from the members of YRC, NCC, NSS Rovers & Rangers, Sports, Red Ribbon Clubs etc., At least 33% of core group members should donate blood during the 2 years period of their volunteer ship. (as for as possible blood donation camp must be conducted along with IRCS blood bank / government hospital blood banks only).

6. Observation of Important Days

Observation of the following days by way of organized meetings and displays are the minimum mandatory activities of the Youth Red Cross.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>January 12</td>
<td>National Youth Day</td>
</tr>
<tr>
<td>April 07</td>
<td>World Health Day</td>
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<tr>
<td>May 08</td>
<td>World Red Cross Day</td>
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<tr>
<td>June 05</td>
<td>World Environment Day</td>
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<tr>
<td>August 12</td>
<td>Geneva Convention Day</td>
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<tr>
<td>October 01</td>
<td>Voluntary Blood Donor’s Day</td>
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<tr>
<td>October 30</td>
<td>Death anniversary of Jean Henry Dunant</td>
</tr>
<tr>
<td>December 01</td>
<td>World Aids Day</td>
</tr>
<tr>
<td>December 05</td>
<td>International Volunteers Day</td>
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</table>
FIRST AID

First Aid is a basic medical care given in good faith to a victim of accident, sick or injured person to maintain life until professional medical help becomes available.

The founder of First Aid is Dr. Johnnes Friedrich August Von Esmarch.
Who is called First Aider?

Any person who has undergone First Aid Training and obtained lay lecturer certificate is qualified to train people and render First Aid to sick and wounded person.

Main objectives of First Aid

1. Preserve Life
2. Prevent Worsening
3. Promote Recovery
4. Providing safe transportation to the sick and wounded.

The history of First Aid goes back to the year 1099. In 1792, a French Army Surgeon formed the First official army medical corps. During the 1860’s the First Geneva Convention and International Red Cross came into existence to deal with sick and injured soldiers on the battlefield. In 1877 St. John Ambulance was introduced, meanwhile St. Andrews Ambulance association was started in Scotland in 1882. Thus the history of First Aid was born.
In Karnataka, First Aid training was started in the year 2011 and we have trained more than 40000 candidates till now. Karnataka State Branch has given First Aid training to High School Students, College students, Drivers, Industrial workers and General Public. Upon successful completion of the assessment test, certificates are issued to the qualified candidates.

**Basic First Aid in different scenarios**

**Bleeding:** Apply pressure on a bleeding wound to stop the flow of blood and keep on pressing the bleeding area for at least 10 minutes.

**Drowning:** stay on dry land, hold out a stick or branch or rope for him/her to grab and then pull him/her out of water. Once the casualty is out of water,
shield him/her from the wind by covering him/her with a warm clothes and blankets.

**Bites:** Reassure the victim, the wound should be covered with a sterilized dressing and finally take him/her to the hospital.

**Burns:** Burns should be cooled with cold ware as soon as possible for minimum of 10 minutes, wound should be dressed with a sterile dressing, serious wounds will be treated by doctor and for minor burns honey or aloe vera may be applied.

**Basic First Aid Rules**

- Clear the crowd with nice words, do not allow the people to crowd around the victim.
♦ Inspect the Area, fallen Electric Wires, Moving Machinery etc should not be there.
♦ Note the weather i.e. without rain or heat or cold breeze, transport the victim to the Safer Place.
♦ Reassure the victim
♦ Reassure the victim with Soft Words.
♦ Call for an Ambulance.
♦ First Aid Kit is a must in Schools

**FIRST AID KIT IN SCHOOL**

All schools should be equipped with the First Aid Kit containing:

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>2. Gauze Pad</td>
<td>10. Ice Bag</td>
</tr>
<tr>
<td>3. Lotion Chlorhexidine (Savlon)</td>
<td>11. Cotton</td>
</tr>
<tr>
<td>4. Lotion Povidone-Iodine (Betadine)</td>
<td>12. Eye pad</td>
</tr>
<tr>
<td>5. Scissors</td>
<td>13. Tape Adhesive</td>
</tr>
<tr>
<td>6. Framycetin Sulphate (Sofremycin)</td>
<td>14. Band Aid</td>
</tr>
<tr>
<td>7. Splints</td>
<td>15. Hot water bottle</td>
</tr>
<tr>
<td>8. Tourniquet</td>
<td>16. O.R.S. Powder</td>
</tr>
</tbody>
</table>

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CARDIO PULMONARY RESUSCITATION (CPR)

The heart may suddenly become dysfunctional. This is known as heart attack or cardiac arrest. Blood clots in the blood vessels that supply blood to the heart obstruct the flow of blood. Blood clots are the cause for heart failure. CPR should be initiated immediately. If the pulse is weak or suspect. The heart may suddenly become dysfunctional. This is known as heart attack or cardiac arrest. Blood clots in the blood vessels that supply blood to the heart obstruct the flow of blood. The order of the CPR is as follows.

C-Chest Compressions
A- Air Way
B- Breathing

Following above steps can save a person from a heart attack.
First Aid Mobile Application:

Government of India and Indian Red cross society, National Head quarter developed an app called First Aid to give more information about first aid to School teachers and children. They can download first aid application from their smartphone at Play Store.
SELF HYGINE

THE HUMAN BODY:

HEALTHY FOOD:

Nitrogens : Meat, Fish, Cheese, Grains, Milk, Curd, Eggs and Dry Fruits
Fat : Cheese, Eggs
Sugar and Fats : Grains, Potato and Sugar
Vitamins : Milk, Eggs, Grains, Vegetables and Fruits
Irons : Vegetables, Fruits and Grains
**Daily Routine**

- **Getup Early Morning**
  - 6:00 AM

- **Toilet and Teeth Cleaning**
  - 6:10 am to 6:30 am

- **Walk and Exercise Morning at**
  - 6:30 to 7:00 am

- **Bath**
  - 7:00 AM to 7:30 AM

- **Breakfast**
  - 7:30 AM to 8:00 AM

- **School AM**
  - 8:00 AM to 1:30 PM

- **Afternoon Lunch**
  - 1:30 PM to 2:00 PM

- **Washing Face, Television and Rest**
  - 2:00 PM to 3:00 PM

- **School Home Work**
  - 3:00 PM to 4:30 PM

- **Evening Snacks**
  - 4:30 PM to 5:00 PM

- **Field Game**
  - 5:00 PM to 7:00 PM

- **Hobbies Time**
  - 7:00 PM to 8:30 PM

- **Dinner**
  - 8:30 PM to 9:30 PM

- **Teeth Cleaning and Bath**
  - 9:30 PM to 10:00 PM

- **Sleeping**
  - 10:00 PM
SELF-HYGIENE: DO’S

- Hand Washing
  - Before Food and After Food
  - After Toilet Use
  - After Coughing, Sneezing etc
  - After Playing with Pet Animals
  - After Playing

- Brush your teeth 2 times daily
- Bath atleast 2 times a day.
- More oftenly comb your hairs.
- Change your undergarments daily.
- Cut down your nails regularly
- Cover your face while sneezing and coughing
- Always wear clean clothes
- Used clothes and papers should be put in the dustbin.
If personal hygiene is not taken care, you may face the following problems:

- Smell in the body
- Bad breath
- Teeth problems
- Airborne diseases
- Food related diseases
- Water related diseases
- Skin and hair related diseases
- Urinary tract related problems
- Eye and Ear related diseases
- Social prohibition
- Depression
CHAPTER XIII

SCHOOL SAFETY

School means country’s future temples, Children who are future human resources of the country and will study here. These places should be built under safe environment and building should be constructed in such a way that it will be resilient to Disasters.

Building plan of schools should be included in the plan of action, building plan should contain the factors such as sensitivity of the building, electric lines, drainage holes etc., preference should be given to school building plan.

List of dangers are mentioned below:-

1. Interruption of power supply/power cut (alternate supply of electricity such as UPS)
2. Stairs collapsing, cement steps, Unequal floors, damage of wall and ceiling plasters.
3. Halls damaged due to damping of Tables, Chairs and cupboards.
4. Halls filled with smoke due to burning of plastic, paper etc.,
5. Jam of Doors and Windows
6. Rusting of iron rods and collapsing of moulds.

ROLES AND RESPONSIBILITIES

Before Disasters
1. School entry and exit checkout
2. Finding empty place to assemble everyone during disaster
3. Finding a safer place
4. Deciding the requirement of easily available needy things
5. Patient and physically challenged person should be taken special care.
6. Practice exiting the building with other authenticated committees.
During Disasters
1. In case of building collapse/earthquake, DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there isn’t a table or desk near you, cover your face and head with your arms and crouch in an inside.
2. Conducting demo sessions for building collapse/earthquake preparedness.

After Disasters
♦ Confirming the place is safe to stay
♦ Fulfilling the responsibilities of emptying the building
♦ Reporting to principal about the disaster.

Required training
Finding, guarding, saving and protection techniques training involving local police, fire department and other related departments.

School Disaster Management plan steps
♦ Conducting awareness convention to make school premises more resilient.
♦ Constructing school Disaster Management committee.
Detecting dangers and Deciding protection
♦ Construction of School Disaster Management Authority plan (SDMAP)
♦ Convening of mock session in regular form and informing school management authority.
♦ Evaluating plan of action, timely.

The following members should be made aware of sensitivity
♦ Principal/Head Master
♦ Associate Principal/Head Master
♦ Executive Management Group
♦ All teachers and student leaders

School Disaster Management Authority and coordination committee members
♦ Chairman- School Principal/Head Master
♦ Vice Chairman – Primary and Higher primary school principals
♦ Development department education officer
♦ Teacher-Parent union leader
♦ 1-2 parents (at least one female member should be there)
♦ Other local Government officers group.
Danger detection and protection preparation

Earthquakes, landslides, floods, drought, fire etc should be kept in mind while constructing a building and protection, So well qualified engineer, contractor and Disaster Management expert and Deputy Officers should be contacted to construct a school.

Conclusion

Future dangers should be kept in mind while constructing a building, analyzing the disasters that happened 20 to 25 years before, based on that building plan for the school should be prepared and nearby places of schools should be evaluated for the dangers and the plan may be finalized.
COVID-19 VIRUS
MEANING, FEATURES AND SPREADING METHODS

What is Corona or Covid-19

• Covid-19 is recently found Novel Corona Virus in the year 2020.

• Covid-19 is caused by SARS-COV-2.

• People who are normal will recover from Covid-19 virus within 14 days by suffering mild respiratory problems but people who are suffering from heart problems, Diabetes, Prolonged respiratory problems, cancer etc and people who are aged will suffer severely from Covid-19 virus.

• Cold, Cough and Fever are symptoms of Covid-19.

• If there are no symptoms Cold, Cough and Fever then there is no need to for Covid-19 test.
What happens post Covid-19

- 80% of the people or most of the people will recover without taking any treatment.
- 20% of the people who had past medical conditions will be admitted to hospitals and people with severe past medical conditions will be kept in Intensive Care Unit.

Covid-19 General Features

- Cold, Cough, Sore Throat, Fever and Breathing problems.
- General Cold, flu etc., symptoms will be similar to Covid-19.

How Covid-19 spreads

- If a person suffering from Covid-19 sneezes or coughs, then innumerable droplets will be spread in the air, floor and nearby things.
- If a person stays nearby and inhales the droplets or if the person touches his eyes, nose or ears during this situation, then the person will get infected by Covid-19.
- If the infected person is in the radius of 1M to the another person, then there are chances that he may get infected by Covid-19.
Information about Facemasks

Covid-19 spreads rapidly by contact with the infected person. Droplets which carry viruses will dry and they get converted into spores. These spores float and then tosses on the floors and other places.

It is found out that virus stays in the air in solid form or in the liquid from for 3 hours or it stays on the plastic or stainless steel materials for at least 03 days.

When should we wear Facemask?
• People who suffer from Cough/Fever should wear 3 layer medical facemask. It avoids the spread of Covid-19 and washing hands also prevents disease.
• While visiting Covid-19 hospitals
• People who are treating Covid-19 patients.
• Covid-19 patients family members and house quarantine family members should wear medical mask.

Who are most likely get affected by the virus
• Everyone can get affected by this virus.
• If the Covid-19 patients are at home, if proper care is not taken then children at home can get infected by the virus.
• In children Covid-19 disease is short lived.
• People who are aged and people who are suffering from high Blood Pressure, heart related diseases, cancer, diabetes and other diseases will be severely affected by this virus.

How to wash Hands
• There is standard procedure to wash the hands, after washing hands, it should be dried off.
• Wash hands more frequently.
• Hands should be washed for 20-60 Seconds
• Use Hand sanitizers as per the requirement
• For hand washing soaps and hand washers can be used, in which alcoholic content is more.

Role of Hand Sanitizers
• People who are treating Covid-19 patients should use hand sanitizers more frequently.
• The best choice is to wash hands with soaps or liquid hand wash with water.
• If the hands are dirty or mud covered, then alcohol based liquids should not be used instead hands should be washed with water and soap.
Food consumption during Covid-19

There is no particular Diet plan for Covid-19 patients. They can follow their daily diet plan, they can add vegetables and fruits in their diet, to make the food more nutrient.

Covid-19 vaccination

Presently there is no vaccination for Covid-19, our scientists are working day and night to find the vaccination.

Covishield and covaxin are India’s indigenous covid-19 vaccine. These vaccines may prevent you from getting covid-19 disease.

In the ongoing clinical trials, the vaccines has been shown to prevent covid-19 disease following 2 doses given between 4 and 12 weeks apart. The duration of the protection against covid-19 disease is currently unknown.
(ಕೆಲ ದಿನಾಂಕವನ್ನು ಮಾಡಲು ಸಂಗ್ರಹಿಸಿದರೆ, ವಿವರಣಾರೂಪದೊಂದಿಗೆ 3/- ಮುಂದ ಸೇವಾವೇಳೆಯುವಂತಂದೆ, ತಮ್ಮದೊಂದಿಗೆ ಮುಂದ ಸೇವಾವೇಳೆಯುವಂತಂದೆ.)

1. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ (ಸೇವಾ ಪತ್ರ), ಸೇವಾವೇಳೆ
2. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಬೆಳೆದಾರ, ಸೇವಾವೇಳೆ
3. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಬೆಳೆದಾರ ಆಯುಷ್ಯ ಬರೆದಾರ, ಸೇವಾವೇಳೆ
4. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ / ಸೇವಾವೇಳೆ
5. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
6. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
7. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
8. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
9. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
10. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ

1. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
2. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
3. ಮೇಲೆನಿವೇದ್ಯ ಸೇವಾ ಮೃದು ಬರೆದಾರ, ಸೇವಾವೇಳೆ
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Indian Red Cross Society
KARNATAKA STATE BRANCH
APPLICATION FORM FOR REGISTRATION OF SCHOOLS AND ENROLMENT OF STUDENT FOR
THE JUNIOR RED CROSS WING

From,
The Head Master,
__________________________ School,
__________________________

To,
The General Secretary,
Indian Red Cross Society, Karnataka State Branch,
#26, Red Cross Bhavan,
1st Floor, Race Course Road,
Bangalore-560 001

Dear Sir/Madam,

Sub: Enrolment of our School for IRC Wing
2. Your Office Letter No: IRC:IRC/W(5-537/2020-21 Dated: 15/05/2020

We propose to form a Junior Red Cross Wing in our School / Institute. There are _________ students (Mention no of Students) Studying in 8th, 9th and 10th std).

Please find enclosed Junior Red Cross registration fee of Rs. 100/- (one hundred Only) vide DD/NEFT/UTR No/Cash Deposit _________ date ___________ drawn on ______________ Bank (mention the name of the Bank) ____________ Branch (Mention name of the place).

And

Please find enclosed DD/NEFT/UTR No/Cash Deposit for Rs. _________ (_______) being 40% of the student membership fee (Rs. 4 per Student) in respect of ________ students (Mention number of students) vide DD/NEFT/UTR No/Cash Deposit _________

dated ___________ drawn on ______________ Bank (mention the name of the bank) ____________ branch (mention name of the place).

Sri/Smt. ________________ is the Junior Red Cross Counselor and his/her mobile number ________________

Thanking you,
Yours faithfully

(Name of the Head Master
School Address with Seal)

Please Note: Registration Fee and Student Membership Fee should be drawn in favor of General Secretary, Indian Red Cross Society, Karnataka State Branch and Payable at Bangalore.

III / The Red Cross
For Organizing First Aid Training at your institution, you may contact the following address:

**Indian Red Cross Society**

**Karnataka State Branch**

# 26, Red Cross Bhavan, 1st Floor,
Race Course Road, Bengaluru – 560 001
Ph: 22264205 Blood Bank: 22268435
E-mail: ircskar@gmail.com / ircskarnataka@yahoo.in
Website: www.redcrosskarnataka.org.
RED CROSS PRINCIPLES

+ Humanity
+ Impartiality
+ Neutrality
+ Independence
+ Voluntary Service
+ Unity
+ Universality