

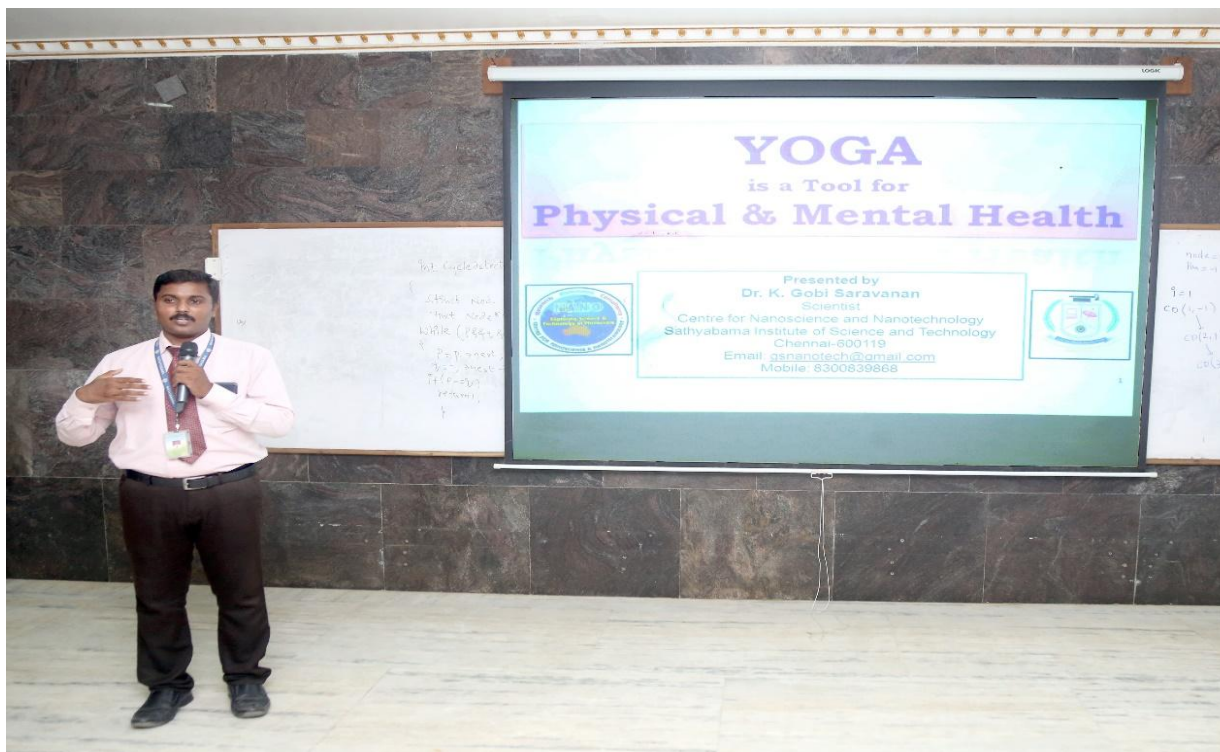
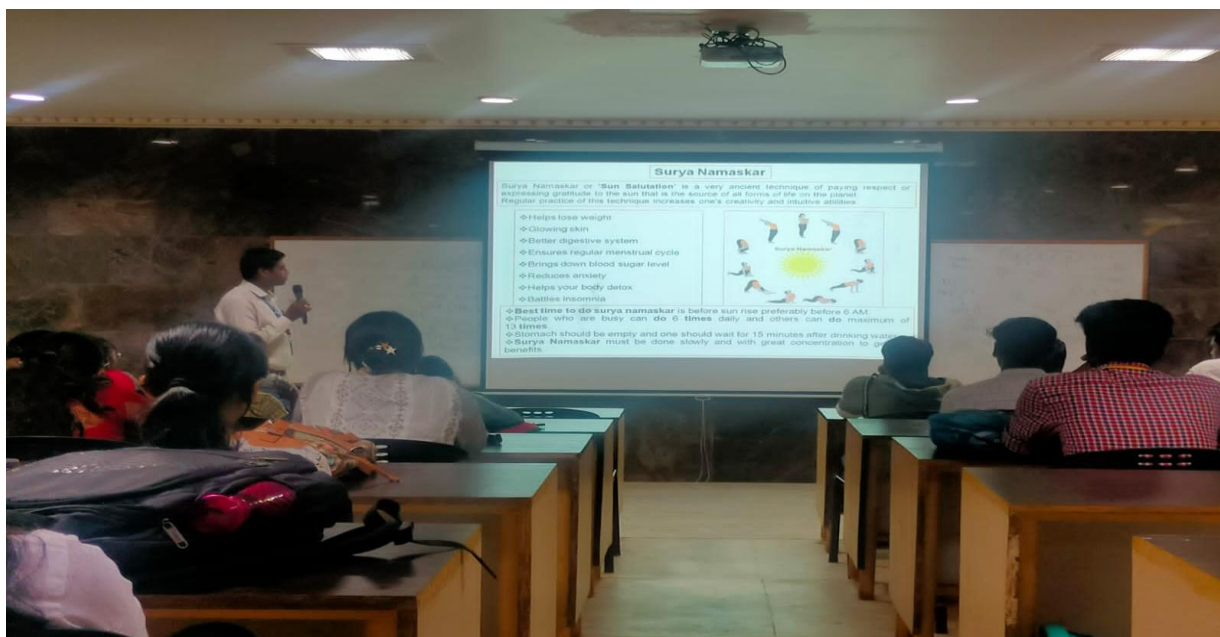
## YRC – Blood Donation Camp

**"Sometimes money cannot save life but donated blood can".** To prove the above mentioned quotes, Our NSS and YRC Unit of Sathyabama Institute of Science and Technology conducted the blood donation camp in association with Indian Red Cross Society, Tamil Nadu Branch, Chennai on 19.05.2022. It was inaugurated by our Registrar Dr.S.S.Rao, Pro - Vice chancellor Dr.E.LogaShanmugam, Dean - Student Affairs Dr.G.Sundari and vote of thanks given by NSS & YRC Coordinator Dr.M.John Paul. A Total of 251 volunteers donated their blood to save humanity through our social service activities.



## YRC – International Yoga Day

The YRC Unit, Sathyabama Institute of Science and Technology organized a workshop on “**Yoga - Tool for Physical and Mental Health**” on 28.06.2022 as a part of regular activities. Around 120 registered students participated in this workshop with enthusiasm and gained the knowledge of Yoga & meditation.





## YRC – First Aid and CPR Training

The NSS and YRC Unit, Sathyabama Institute of Science and Technology, Chennai conducted a Hands-on Training session on "Personal Empowerment in Emergency Response " as a part of regular activities on 25.07.2022 at Dr.RemibaiJeppiaar Auditorium. Around 400 students participated in this training session with enthusiasm and gained knowledge of First-Aid and CPR (Cardiopulmonary Resuscitation) techniques that help humanity during an emergency situation. The Training was given by Mr. Karal Marks, Assistant Manager, Training and Public Affairs - ALERT NGO, Chennai.



