



**Centurion**  
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Empowering Communities...

## Event Report: Two-Day Zonal Level Wellness and Health Equity Program

**Date: 30th–31st August 2025**

**Venue: Women's College, Rayagada**

**Organised by: Youth Red Cross (IRCS, Odisha State Branch)**



**Banner for the event: Two-Day Zonal Level Wellness and Health Equity Program for Women YRC Volunteers – Rayagada**

### Event Details:

The Youth Red Cross (YRC) volunteers of Centurion University of Technology and Management, Paralakhemundi Campus, actively participated in the **Two-Day Zonal Level Wellness and Health Equity Program** at Women's College, Rayagada, held on **30th and 31st August 2025**.

The program was specially organised for women volunteers from the aspirational districts of **Rayagada, Gajapati, Koraput, and Nabarangpur**.

A total of **four women YRC volunteers** from the School of Nursing, CUTM Paralakhemundi, attended the program with enthusiasm and dedication, gaining valuable knowledge on **wellness, health awareness, and equity** to strengthen their capacity in promoting community health.

### List of Volunteers from CUTM (SoN):

SN	Name of the Volunteer	Regn No	School	Enrollment ID
1	Ms. Nirupama Pattnaik	245304430033	SoN	CUTM/YRC/25-007
2	Ms. B. Deepika	245304430017	SoN	CUTM/YRC/25-008



3	Ms. Kodikalu Lahari	232004430005	SoN	CUTM/YRC/25-031
4	Ms. Milan Kumari Muduli	232004430006	SoN	CUTM/YRC/25-032

### Day 1 Highlights – 30th August 2025

- Orientation on **health equity, wellness, and preventive skills**.
- Sessions on **CPR & lifesaving skills**: heat stroke, drowning, fracture, bleeding, bandaging, choking, dog/snake bite, stretcher making.
- **Menstrual & adolescent health training**: self-breast examination, hygiene management, safe sexual practices.
- Focus on **mental health & substance use**: stress and anger management.
- **NCD skills**: BMI, BP, blood sugar monitoring, yoga at workplace.
- **Health check-ups**: Hb, RBS, BP estimation.

### Day 2 Highlights – 31st August 2025

- Sessions on **health queries, depression & suicide management, anaemia, nutrition, immunisation**.
- Hands-on **CPR & first aid practice** in groups.
- **Self-breast examination** training using mannequins.
- **BMI and BP measurement practice**.
- **Post-test assessment, awards, and valedictory session** with certificate & trophy distribution.

**Resource Persons:** Experts from **AIIMS Bhubaneswar**.

Nearly **200 volunteers** from 4 districts participated in the program.

### **Achievements:**

The YRC volunteers of CUTM, Paralakhemundi, showcased exceptional commitment and were recognised as **Vibrant YRC Volunteers**, securing positions among the **Top 10 performers** out of 200 participants.

They also received **special recognition for the Best Re-demonstration in CPR Training**.



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As a mark of appreciation, they were awarded **trophies, certificates of merit, and participation certificates.**

This recognition brought laurels to the University, highlighting the **dedication, talent, and vibrant spirit** of our volunteers, while reinforcing their role as **ambassadors of health, equity, and social service** in their communities.

### **Acknowledgement:**

We extend our heartfelt gratitude to the **Indian Red Cross Society** for organising this impactful program and providing our volunteers a platform to learn, compete, and excel.

Special thanks to **Ms. Soumyasree Pradhan**, YRC Representative from the School of Nursing, for her encouragement and guidance.

We sincerely thank **Prof. S.N. Sandhya**, Vice Principal, SoN, for her constant support, and express our appreciation to **Dr. Ritesh Kumar**, Dean of Student Affairs, for facilitating arrangements and support.

Our gratitude also goes to **Mr. Lingaraj Mohapatra**, Transport Manager, for logistic support, and to **Dr. Anita Patra**, Registrar CUTM, and **Dr. Durga Prasad Padhi**, Director Admin, for their continuous encouragement.

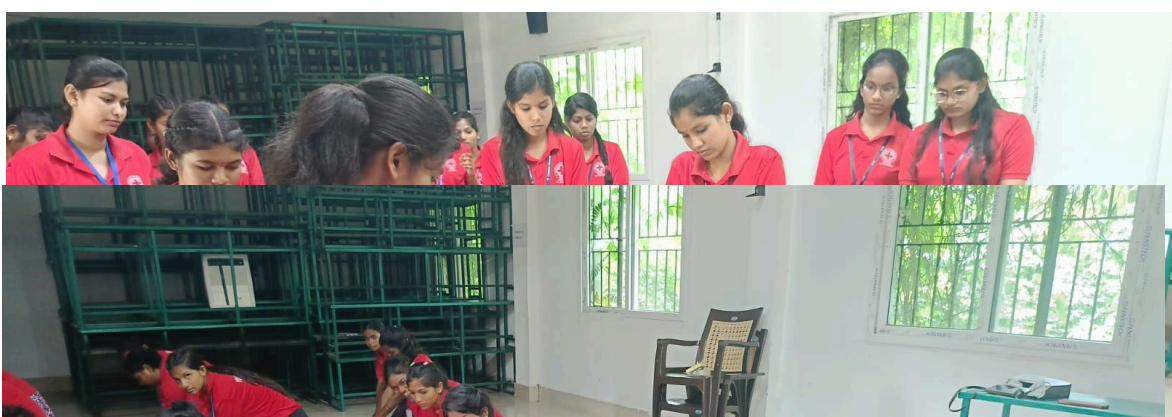
Prof. S.N. Sandhya

Vice Principal, School of Nursing

M.Sc. Nursing (Obstetrics and Gynaecology) (Ph.D.) Candidate Centurion University of Technology and Management (CUTM) Paralakhemundi Campus

Principal  
School of Nursing,Paralakhemundi  
Centurion University

### **Photographs of the Event**





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## CERTIFICATES







# CERTIFICATE OF RECOGNITION

This is to certify that

*Ms. K. Lakari of School of Nursing, CUTM, Gajapati*

has been recognised as a Vibrant YRC Volunteer for securing a position among the  
Top 10 in the Post-Test conducted during the

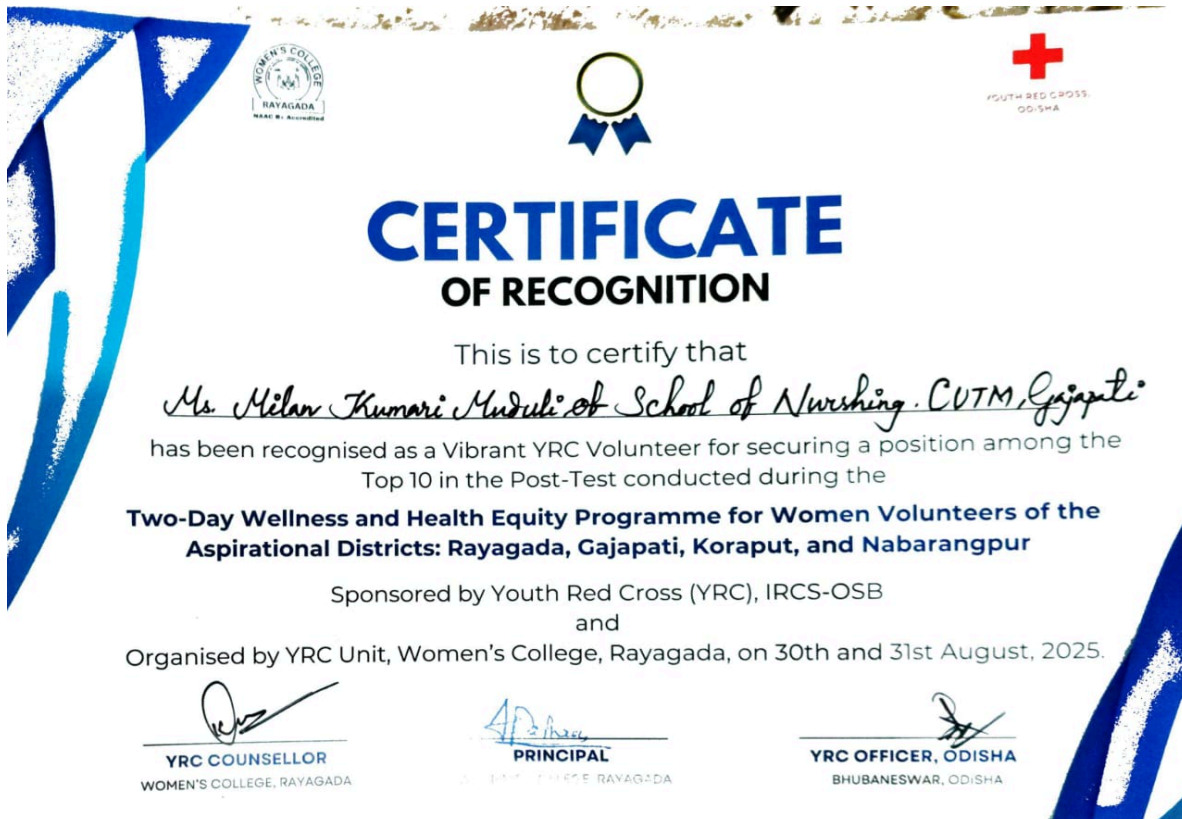
**Two-Day Wellness and Health Equity Programme for Women Volunteers of the  
Aspirational Districts: Rayagada, Gajapati, Koraput, and Nabarangpur**


Sponsored by Youth Red Cross (YRC), IRCS-OSB  
and  
Organised by YRC Unit, Women's College, Rayagada, on 30th and 31st August, 2025.


  
 YRC COUNSELLOR  
 WOMEN'S COLLEGE, RAYAGADA

  
 PRINCIPAL  
 WOMEN'S COLLEGE, RAYAGADA

  
 YRC OFFICER, ODISHA  
 BHUBANESWAR, ODISHA







# CERTIFICATE OF RECOGNITION


This is to certify that


*Ms. Milan Kumari Muduli of School of Nursing, CUTM, Gajapati*


has been recognised as a Vibrant YRC Volunteer for securing a position among the  
Top 10 in the Post-Test conducted during the

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This is to certify that

*Ms Baddu Deepika of School of Nursing, CUTM, Gajapati*

has been recognised as a Vibrant YRC Volunteer for securing a position among the Top 10 in the Post-Test conducted during the

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BHUBANESWAR, ODISHA



# CERTIFICATE OF RECOGNITION

This is to certify that

*Ms. Nirupama Patnaik of School of Nursing, CUTM, Gajapati*

has been recognised as a Vibrant YRC Volunteer for securing a position among the Top 10 in the Post-Test conducted during the

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