IRCS SPONSORED

8th Inter State YRC Training cum Study Camp 23rd to 27th JANUARY 2014

Annamalai University, Annamalainagar, Chidambaram Taluk, Cuddalore District.

INFORMATION TRACK

Venue : **Annamalai University**, Annamalainagar, Chidambaram Taluk,

Cuddalore District. Tamilnadu.

Correspondence Address : **Dr. K. V. Balamurugan**, Associate Professor/ Coordinator,

Youth Red Cross, Dept.of.Phy.Edn. & Sports Sciences, Annamalai

University, Chidhambaram- 608 002.

Mobile: 09443176545, Resi: 04144-239152.

: **Dr. Darwin Christdass Henry**, Assistant Professor in Plant Pathology, Youth Red Cross, Annamalai University, Chidhambaram- 608 002.

Mobile: 09994399135.

Duration : 23rd to 27th JANUARY- 2014

Accommodation : Accommodation will be provided separately for Boys and Girls from

22nd January, 2014, Evening onwards. Campers are requested to bring their own bedding, and personal requirements including sports wear (Yoga and

Aerobics).

Food : Vegetarian & Non-Vegetarian food will be provided.

Awareness Rally : Harassment against Women Awareness Rally on 26.1.2014 kindly bring state

branch/ University Banner

Cultural Programme : Songs, Dance and Skit on "Red Cross Themes" only

Sightseeing : 1. Boating trip to Mangroves Forest Pitchavaram (Tsunami affected Area)

2. Visit to Lord Nataraja and Thillai Kali Temple, Chidambaram

Reporting Time & Date : Participants are expected to report at the University campus before

8: p.m.on 22nd January 2014.

Bus Route : Chennai (Koyambedu Bus Stand) to Chidambaram

: Chidambaram bus stand to University campus by auto Rs.50 or by Share auto

Rs.10 per individual.

Train Route : Trains available from Chennai (Egmore) to Chidambaram.CDM Rly stn to

campus :Auto fare Rs.50/-Website link: http://indiarailinfo.com/search/779/0/6876

Local Contact Persons : Mr. S.Karthikeyan, Assistant Professor in Sociology, YRC Programme

Officer,. Mobile: 9965899822.

Dr.M.Pradhap, Assistant Professor in Zoology, YRC Program Officer,

Mobile: 9994594263

Mrs. K.Renukha, YRC Programme Officer, Lecturer,

Rani Meyyammai College of Nursing, A.U.Mobile: 9865769308

Dr.A.Anbumalar, YRC Programme Officer, Lecturer,

Rani Meyyammai College of Nursing. AU. Mobile: 9443239145



IRCS SPONSORED

5 Days Inter State YRC Study Camp 23rd to 27th JANUARY 2014

Annamalai University, Annamalainagar, Chidambaram Taluk, Cuddalore District.

REGISTRATION FORM

| 1. Full Name (in capital letters) | : | | | | | | | | |
|---|----------|-------------|--|--|--|--|--|--|--|
| 2. Date of Birth | : | | | | | | | | |
| 3. a) Sex | : | | | | | | | | |
| b) Blood Group | | | | | | | | | |
| 4. Residential Address | : | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| 5. Name and address of the College University | <i>!</i> | | | | | | | | |
| • | | | | | | | | | |
| 6. Telephone No. Residence (with STD Code) College/University | : | | | | | | | | |
| 7. Name of the Course/Degree | | | | | | | | | |
| Studying | : | | | | | | | | |
| 8. Experience in YRC activities | : | | | | | | | | |
| 9. Choice of Food | : | veg/non-veg | | | | | | | |
| 10. Hobbies | : | | | | | | | | |
| 11. Personal health problem if any specify: | | | | | | | | | |
| 12. Any additional talents | : | | | | | | | | |
| | | | | | | | | | |

Signature of the Participant.



IRCS SPONSORED

Five Days Inter State YRC Study Camp 23rd to 27th JANUARY 2014

Annamalai University, Annamalainagar, Chidambaram Taluk, Cuddalore District.

DARTICIDANTS DROFORMA

| PARTICIPA | INTS PROFORIVIA |
|--------------------------------|----------------------------------|
| Name of the department : | |
| Name of the Faculty : | |
| <u>List o</u> | f Volunteers |
| Name of the Programme Officer: | |
| | |
| 1cla | .ssDept |
| 2cla | .ssDept |
| 3cla | .ssDept |
| 4cla | .ssDept |
| Reserve: | |
| 5cla | .ssDept |
| 6cla | ssDept |
| | |
| | |
| Signature Programme officer | Signature of the Prof. and Head. |
| | Signature of the 11on and 11oud. |
| | |
| | Signature of the Dean/Principal |

Signature of the Dean/Principal.



IRCS SPONSORED 5 Days Inter State YRC Study Camp 23rd to 27th JANUARY 2014

Annamalai University, Annamalainagar, Chidambaram Taluk, Cuddalore District.

| PARTICIPANTS PROFORMA | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|
| Name of the College : | | | | | | | | | | |
| Name of the University : | | | | | | | | | | |
| <u>List of Volunteers</u> | | | | | | | | | | |
| Name of the Programme Officer: | | | | | | | | | | |
| | | | | | | | | | | |
| 1Dept | | | | | | | | | | |
| 2Dept | | | | | | | | | | |
| Reserve: | | | | | | | | | | |
| 3Dept | | | | | | | | | | |
| 4Dept | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| Signature Programme officer Signature of the Prof. and Head. | | | | | | | | | | |
| Frogramme officer Signature of the Froi. and fread. | | | | | | | | | | |
| | | | | | | | | | | |
| Signature of the Dean/Principal. | | | | | | | | | | |

Trains available from Chennai Egmore to Chidambaram

| Train No. | <u>Name</u> | Type | Zone | From | PF | <u>Dep</u> ↑↑ | Avg | <u>To</u> | PF | <u>Arr</u> | Avg | Duration | Halts | Dep Days | Classes | Qt | Distance | Speed |
|-----------|----------------------|-------------|------|------|----|---------------|-----|-----------|----|------------|-----|-----------------|-------|---------------|-------------------|------|-----------------|--------------|
| 16853 | Chennai Egmore-Tiruc | Exp | SR | MS* | 8 | 08:15 | - | CDM | 1 | 12:49 | - | 4h 34m | 8 | S M T W T F S | II 2S SL 3A 2A 1A | GNWL | 244 km | 53 km/hr |
| 18496 | Bhubaneswar-Rameswar | Exp | ECoR | MS | 6 | 09:20 | - | MV | 3 | 14:53 | - | 5h 33m | 4 | S | II SL 3A 2A | RLWL | 281 km | 50 km/hr |
| 11017 | Mumbai LTT - Karaika | Exp | CR | MS | 4 | 10:45 | - | CDM | 1 | 15:00 | - | 4h 15m | 4 | S | II SL 3A 2A | RLWL | 244 km | 57 km/hr |
| 14260 | Varanasi-Rameswaram | Exp | NR | MS | 6 | 10:50 | - | CDM | 1 | 15:00 | - | 4h 10m | 4 | Т | II SL 3A 2A | RLWL | 244 km | 58 km/hr |
| 16105 | Chennai Egmore - Tir | Exp | SR | MS* | 3 | 16:05 | - | CDM | ?? | 20:29 | - | 4h 24m | 5 | S M T W T F S | II SL 3A 2A | PQWL | 244 km | 55 km/hr |
| 16101 | Boat Mail Express | Exp | SR | MS* | 5 | 21:40 | - | CDM | ?? | 01:37 | - | 3h 57m | 5 | S M T W T F S | II SL 3A 2A 1A | PQWL | 244 km | 61 km/hr |
| 16179 | Mannai Express | Exp | SR | MS* | 3 | 22:00 | - | CDM | 1 | 02:13 | - | 4h 13m | 5 | S M T W T F S | II SL 3A 2A 1A | PQWL | 244 km | 57 km/hr |
| 22623 | Chennai Egmore-Madur | SF | SR | MS* | 2 | 22:45 | - | CDM | 1 | 02:54 | - | 4h 9m | 4 | S F | II SL 3A 2A 1A | GNWL | 244 km | 58 km/hr |
| 16175 | Chennai Egmore-Karai | Exp | SR | MS* | 4 | 23:15 | - | CDM | 1 | 03:44 | - | 4h 29m | 7 | S M T W T F S | II SL 3A FC 2A 1A | PQWL | 244 km | 54 km/hr |
| 16185 | Chennai Egmore - Vel | Exp | SR | MS* | 4 | 23:15 | - | CDM | 1 | 03:43 | - | 4h 28m | 7 | S M T W T F S | II SL 3A | PQWL | 244 km | 54 km/hr |
| 16183 | Uzhavan Express | Exp | SR | MS* | 3 | 23:30 | - | CDM | 1 | 04:06 | - | 4h 36m | 8 | SMTWTFS | II SL 3A 2A 1A | PQWL | 244 km | 53 km/hr |

Dr. K. V. Balamurugan
Coordinator,
Youth Red Cross /Associate professor,
Dept of Phy.Edn and sports sciences
Annamalai University.
Moblile:9443176545
www.annamalaiuniversity.ac.in
Email: yrc_au@yahoo.in