



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

ANNUAL MAGAZINE OF YOUTH RED CROSS COMMITTEE, KRMU

2023-2024



"From Compassion to Action, Across the Nation."



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Chairperson's Note

With profound pride and deep gratitude, I extend my heartfelt greetings to all the readers of our Annual Youth Red Cross Magazine. The Youth Red Cross has consistently served as a transformative platform, empowering students to comprehend pressing social issues and actively engage in humanitarian efforts that foster positive change within our communities.

Over the past year, our dedicated volunteers have exemplified remarkable commitment, empathy, and resilience while addressing many challenges. Through diverse initiatives—including health awareness campaigns, disaster preparedness workshops, and environmental sustainability projects—our volunteers have genuinely embodied the core principles of the Red Cross movement: humanity, impartiality, neutrality, independence, voluntary service, unity, and universality. These initiatives have provided students with hands-on learning experiences beyond the classroom, enabling them to apply theoretical knowledge to practical scenarios. Whether organizing awareness drives, participating in community service, or leading health workshops, students have developed essential skills such as leadership, teamwork, and problem-solving. These activities have nurtured empathy and social responsibility, fostering a holistic educational environment where students learn to become compassionate and proactive citizens dedicated to creating a better world.

As we reflect on our significant accomplishments, let us envision the future with renewed enthusiasm and unwavering determination. Together, we can continue to make a lasting impact—one meaningful act of service at a time. Through our collective efforts, we can inspire change and promote the ideals of compassion and solidarity at the heart of the Red Cross mission. I would like to express my sincere appreciation for your unwavering dedication and hard work. I encourage each of you to remain actively engaged, to seek inspiration in your service, and to perpetuate the flame of altruism and humanitarianism within our society.



Warm regards,

Prof. Raghuvir Singh

Chairperson

YOUTH RED CROSS COMMITTEE

K. R. Mangalam University, Gurugram



Message from Youth Red Cross Program Coordinator



As the Program Coordinator, I have had the privilege of witnessing the unwavering spirit of service that drives our members to make a positive difference in the lives of others.

Throughout the year, our volunteers have engaged in various activities, from organizing blood donation drives to raising awareness about health and hygiene. Their efforts have not only brought about tangible change but have also inspired others to join the cause of humanitarian service. Each initiative has been a step towards building a more compassionate and connected community.

The Youth Red Cross stands as a symbol of hope, empathy, and unity. It is heartening to see how our volunteers, through their selfless actions, have embodied these values. As we reflect on the past year's accomplishments, let us also look forward with a renewed commitment to continue our mission of serving humanity. I am confident that with the same spirit of enthusiasm and teamwork, we will reach greater heights in the coming years.

I extend my heartfelt gratitude to all the members, volunteers, and supporters who

have been integral to our journey. Your tireless efforts and dedication have been the backbone of our success. Let this message serve as a testament to your hard work and a reminder of the impact we can make when we come together for a noble cause.

Wishing everyone a successful and inspiring year ahead.

Warm regards,

Dr. Monika Yadav

Program Coordinator

Youth Red Cross Committee





Message from IQAC Coordinator



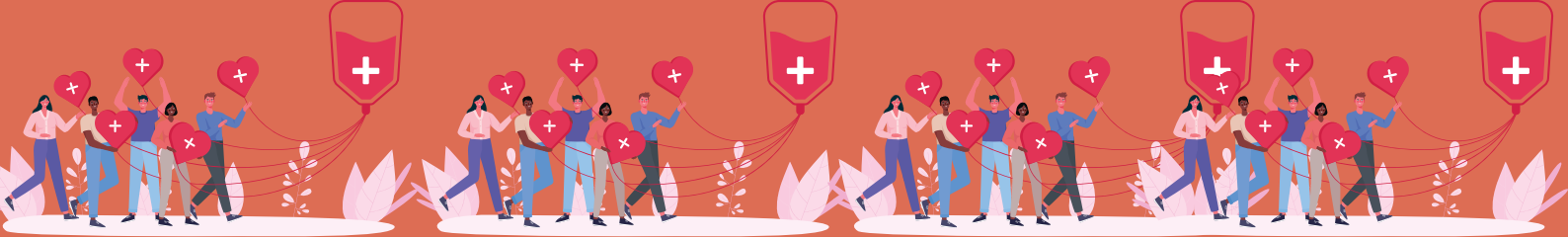
One of the most exemplary qualities of humankind is service, upholding the essence of selfless dedication. It's with great honor I congratulate the Youth Red Cross, K.R. Mangalam University, on the publication of annual magazine, "From Compassion to Action Across the Nation." Our Youth Red Cross is doing remarkable work in community service programs, reaching out to neighboring villages such as Ghamroj, Garhi Bazidpur, Berka, Lakhuwas, Kharoda, Nuh, and Ghanghola in Gurugram. These programs have further augmented the sense of social and moral responsibility towards the community among our young minds.

Today, the Youth Red Cross has become one of the leading social service forums at the university, making a meaningful impact through its dedicated efforts. Through these community connections, we aim for holistic, sustainable learning that builds strong social bonds. Notable service activities have been accomplished by YRC include blood donation camp, drug deaddiction awareness

camp, hygiene drives ,gender sensitization awareness that is assisting nurturing in our students and communities a deep sense of integrity, honesty, kindness, and empathy, contributing to the overall development of morality, ethics and above all compassion.

I take this opportunity to congratulate our Youth Red Cross volunteers on their success and dedication to the spirit of service.





Through humanity to peace

About The Youth Red Cross

Red Cross Society

Jean Henry Dunant, a Swiss businessman, founded the Red Cross. The reason behind the Red Cross Movement was the Battle of Solferino, fought in Italy in 1859 between the Austrian army and the alliance between the French and Italian armies. This battle was a bitter one, and, in the end, the whole battlefield was strewn with dead bodies, and the wounded soldiers were left to suffer without medical Aid. While traveling on a business mission, Jean Henry Dunant saw the ghastly scene on the battlefield. He started relief operations for all the wounded soldiers without any discrimination with the help of the local villagers. The Red Cross was officially established in 1863. All over the world, the birthday of Henry Dunant, the 8th of May, is observed as "World Red Cross Day" every year. The international organization "Red Cross Society" has become a source of universal hope and comfort; it's a whole organization with wartime and peacetime activities by "People Helping People." Its selfless service saved a million lives. The peacetime activities are Promoting humanitarian principles and values, Disaster Management, Promotion of Health, Maternity, and Child welfare services, Family Welfare Services, Hospital Services, Care of sick and wounded defense personnel, Blood Transfusion Services, and Awareness Programs about HIV/AIDS/TB/First Aid.

Indian Red Cross Society

The Indian Red Cross Society (IRCS) was established in 1920 under the Indian Red Cross Society Act and is incorporated under the Parliament Act XV of 1920. It is a member of the International Federation of the Red Cross and Red Crescent Societies and is recognized by the International Committee of the Red Cross; the National Headquarters



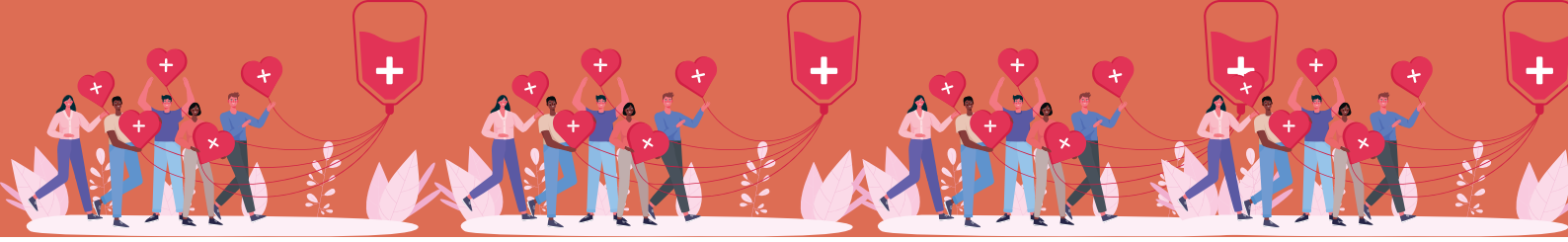
of IRCS is in New Delhi.

Youth Red Cross

The Youth Red Cross (YRC) is an essential constituent of its mother organization, the Indian Red Cross Society. YRC aims to teach the 7 fundamental principles of the Red Cross movement: Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity, and Universality. It is organized to develop and deploy student youth resources to work towards these principles.

Overview:

The Youth Red Cross (YRC) programs are a vital part of the strategic vision of the Indian Red Cross Society. These programs recognize and harness young people's diverse and significant roles, whether as innovators, cultural ambassadors, peer educators, community mobilizers, or advocates for change. Youth Red Cross members are seen as catalysts for change, working tirelessly to support vulnerable communities. When collaborating with older generations, they bring fresh ideas and energy, fostering an environment of mutual respect and cooperation. This interaction between generations promotes the exchange of knowledge and skills, with experienced Red Cross volunteers offering valuable mentorship. This synergy is essential for nurturing the next generation of leaders today.



The YRC initiatives help the Indian Red Cross Society to uphold and implement the core principles of the Movement by focusing on:

- International Humanitarian Law
- Protection of health and life
- Community service

Promoting national and international friendship and understanding through the global network of the Red Cross.

At K.R. Mangalam University, the Youth Red Cross has been established to inspire young students with a passion for serving society. The primary goal is to instill in them the core values of the Red Cross, fostering a spirit of selfless service and volunteerism. By training zealous young students in the fundamental principles of the Red Cross, the program ensures that they remain resilient and motivated to serve vulnerable communities locally and globally. YRC at K.R Mangalam University carries out its social mission under the framework of the seven fundamental principles of the Red Cross: Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity, and Universality.

Objectives:

Youth Red Cross, K.R Mangalam University, aims to prepare the student volunteers with the Fundamental Principles of the Red Cross to remain calm, energetic, and unwavering and develop the elements of quiet self-sacrifice when disasters strike humanity. Keeping this in view, the Youth Red Cross at K.R Mangalam University endeavors as follows:

1. Voluntary Blood Donation
2. Promotion of Health & Hygiene
3. Youth Red Cross Volunteers involve the community in awareness drives for a green and clean environment, the prevention of endemic diseases, etc.

4. Awareness Drives on Environment & Climate Change and endemic diseases

5. Disaster Preparedness by training them to deal effectively with pre-, during & post-disaster scenarios.

6. Capacity Building of Youth Red Cross Volunteers

7. First Aid Training Programme





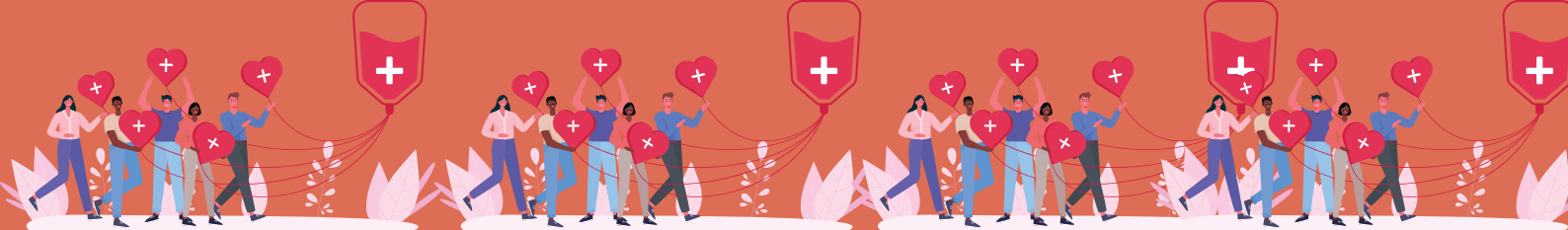
YOUTH RED CROSS COMMITTEE

S. No.	NAME	Designation
1	Prof.(Dr.) Raghuvir Singh Vice-Chancellor K R Mangalam University	Chairperson
2	Dr Anjana Singh – Dean Student Welfare	Member
3	Dr Rahul Sharma Registrar K R Mangalam University	Member
4	Mr Rohit Sharma, Camp Director, Haryana State Branch, Chandigarh	Member
5	Mr Vikas Kumar, District Red Cross Branch, Gurugram	Member
6	Dr Nitin Tyagi, Program Counsellor	Member
7	Dr Shikha Dutt Sharma, SOHS	Member
8	Ms Shweta Kumar, SPRS	Member
9	Ms Gargi Singh, SOLS	Member
10	Dr. Pradeep Kumar	Member
11	Dr. Neeraj Kumari, NSS Program Coordinator	Member
12	Mr Priyanker, Student volunteer	Member
13	Mr Shivang, Student Volunteer	Member
14	Dr Monika Yadav, Program Coordinator	Member Secretary

MAJOR EVENTS & ACTIVITIES

Stay Informed, Stay Safe: A Discussion on Drug Addiction





Youth Red Cross, in collaboration with The School of Management & Commerce, organized an extension activity on October 30, 2023, in Lakhuwas village to raise awareness about drug use and its harmful effects. Dr. Monika Yadav, the event coordinator, aimed to educate the community, especially the youth, on the physical, mental, and social consequences of drug addiction. The primary objectives were to inform participants about the risks of drug use, recognize early signs of addiction, and empower them to make informed choices to prevent drug abuse.

During the session, Dr. Monika Yadav highlighted the growing issue of drug addiction, stressing the importance of

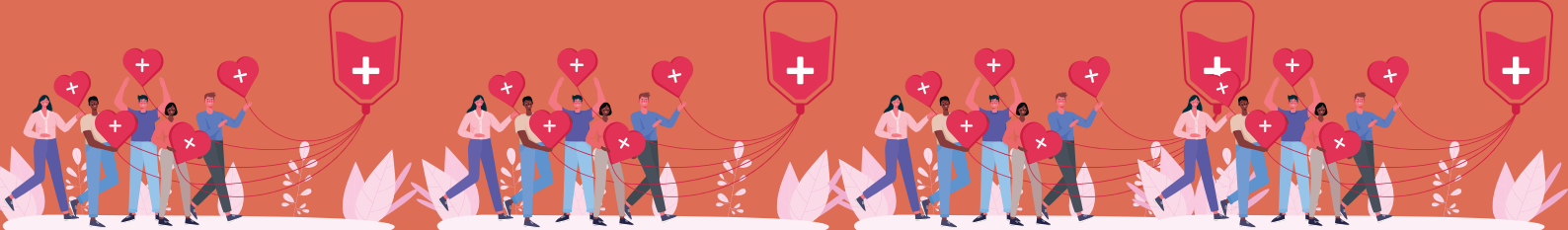
community initiatives and awareness campaigns. Attendees gained knowledge about the dangers of substance abuse and strategies to resist experimentation. The event encouraged early intervention, offering a supportive and non-judgmental environment for those needing help.

The outcomes included increased awareness, preventative knowledge, and fostering a community-based approach to combating drug addiction. The event also contributed to Sustainable Development Goal (SDG) 3: Good Health and Well-being by promoting health education. The activity facilitated open discussions, support, and guidance, fostering hope for a drug-free future in Lakhuwas village.

An awareness program on the adverse effects of drug use was held in Lakhuwas, Haryana, as part of an extension activity by K.R. Mangalam University in collaboration with the Youth Red Cross Committee.



Community engagement and awareness of the adverse effects of drugs.



Road Safety Awareness Programs



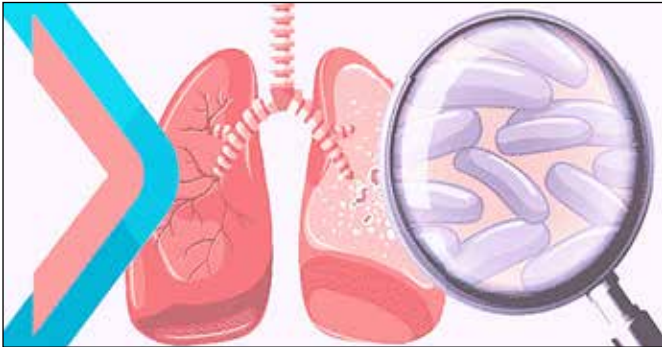
An awareness Session on road safety was organized by the Youth Red Cross Committee at K.R. Mangalam University on 30th January 2024. The lecture, aimed at educating students about road safety, addressed the risks associated with road travel and encouraged safe behaviors among pedestrians, cyclists, and drivers. Dr. Sakshi delivered a comprehensive presentation covering key topics, including road design, traffic management, vehicle safety, and user behavior. She emphasized the need for multi-disciplinary approaches and collaboration between stakeholders to tackle road safety issues effectively. The session

also included an engaging Q&A, where students raised pertinent questions about road safety practices and policies, allowing for a dynamic exchange of ideas. The session successfully instilled safety awareness among students, aiming for long-term habits that could contribute to reducing accidents and fostering a safety-conscious culture. The event was well-coordinated and actively attended, highlighting the university's commitment to public health issues. This extension activity marks a step toward promoting responsible road habits among the youth, potentially contributing to a safer community.





Survey on TB MukT Bharat



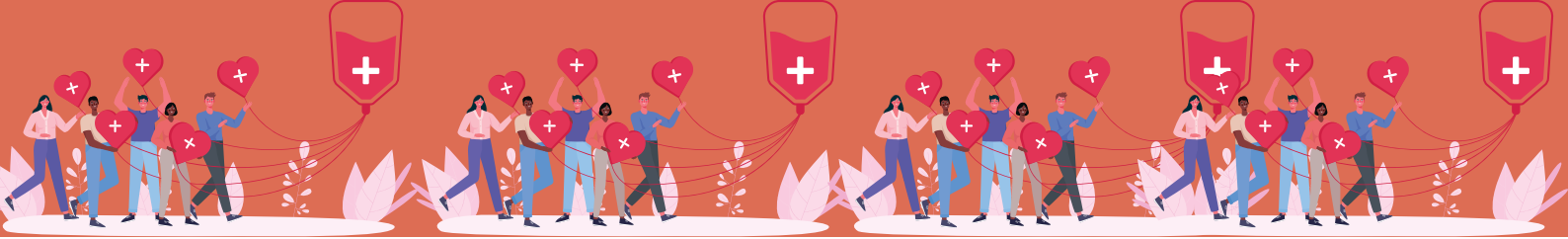
Students engaging in a community survey as part of the TB MukT Bharat Abhiyan, raising awareness and gathering data to support tuberculosis eradication efforts.

The "Survey on TB MukT Bharat," conducted by YRC, KR Mangalam University in collaboration with the District Red Cross Society on 1st March 2024 in Lakhuwas Village, was part of a project awarded to KR Mangalam University by the District Red Cross Society. This preliminary survey aimed to evaluate the awareness, perceptions, and practices of villagers regarding tuberculosis (TB) and the government's TB MukT Bharat initiative, which seeks to eliminate TB from India by 2025. With 230 villagers participating, the survey findings indicated a general awareness of TB; however, significant misconceptions persisted regarding its transmission and treatment, and many

villagers were unaware of the healthcare services available under the initiative. Nonetheless, respondents demonstrated a positive disposition towards testing and treatment, with the majority expressing willingness to undergo testing if necessary. These insights will inform the development of targeted awareness campaigns and healthcare interventions aimed at enhancing TB control measures within the community, thereby supporting India's overarching objective of achieving TB elimination.



Survey on TB MukT Bharat, involving community engagement and awareness on tuberculosis eradication



Street play to create Awareness of cyber and mobile phone frauds in collaboration with SBAS

On 4th and 5th April 2024, students from the BSc Forensic Science program at K.R. Mangalam University, in collaboration with the Youth Red Cross Committee, presented a street play to raise awareness about cyber and mobile phone frauds. The play was performed at the university campus on the 4th and in Lakhuwas village on the 5th, with the participation of 25 students and an audience of approximately 45 villagers. Coordinated by Ms. Ruddhida R Vidwans and Ms. Komal Yadav, the play highlighted common online scams related to shopping, financial transactions, and KYC updates.

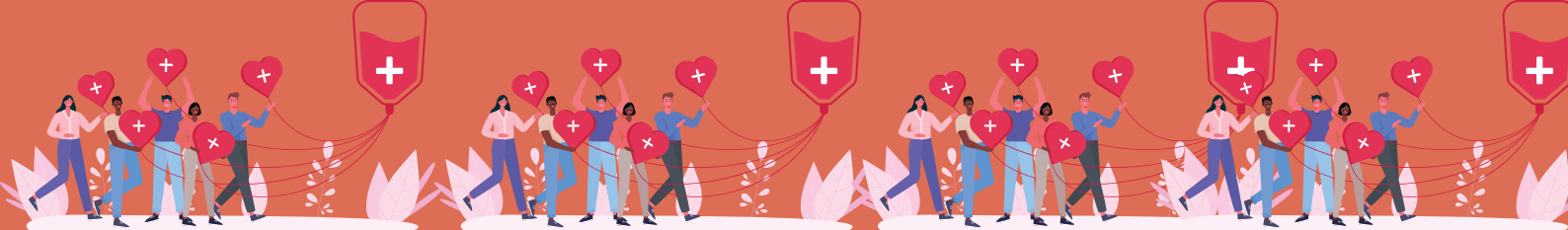
The event aimed to educate the public about online frauds that occur in everyday activities. Each 3-4 minute performance was staged at multiple locations within the village, gathering local audiences with the support of Mr. Mohammed Tufail G., the village project coordinator. Students also engaged in an



interactive session with villagers to answer questions and provide additional information on avoiding cyber fraud. This event not only spread crucial awareness but also allowed students to connect with the local community and demonstrate their skills. The event's success was supported by the university's management, which provided resources such as transportation, food, and banners. The experience was both educational and impactful for students and the community.



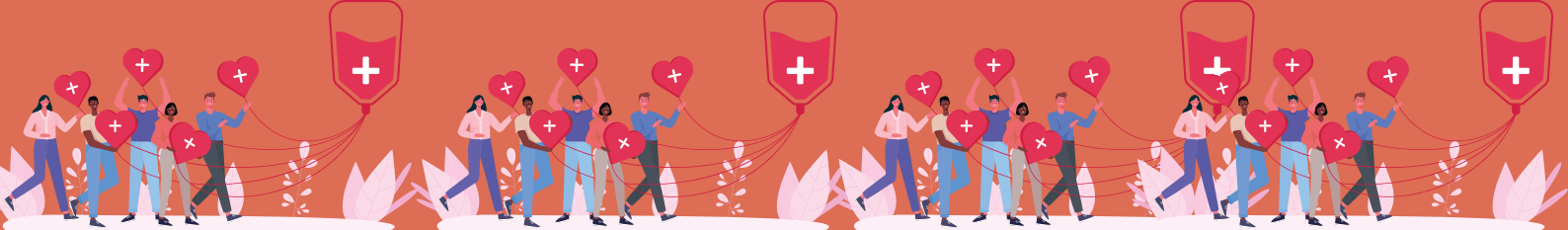
Group photograph of the active performers of the street play.



Students performing the street play.



Performers performing the street play

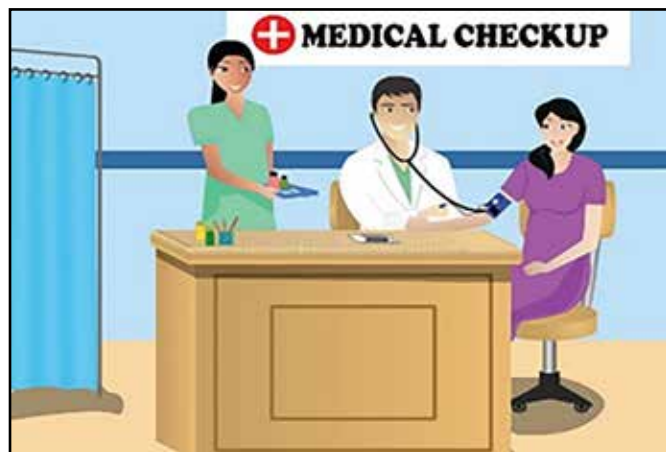


Wellness Outreach: Lakhuwas Village Medical Camp

On May 19, 2024, the Youth Red Cross Committee organized a medical camp in Lakhuwas Village, coordinated by Dr. Monika Yadav (Program counselor) and student coordinator Priyanker. The event aimed to provide essential healthcare services, improve health awareness, and promote well-being among residents.

More than 20 plus villagers and 10 university students participated in the camp, which offered a range of services, including general health check-ups and specialized eye consultations. Medical professionals conducted health assessments, measuring blood pressure and blood sugar levels, and provided personalized consultations for specific health concerns. An eye check-up station was also established to address ocular health issues.

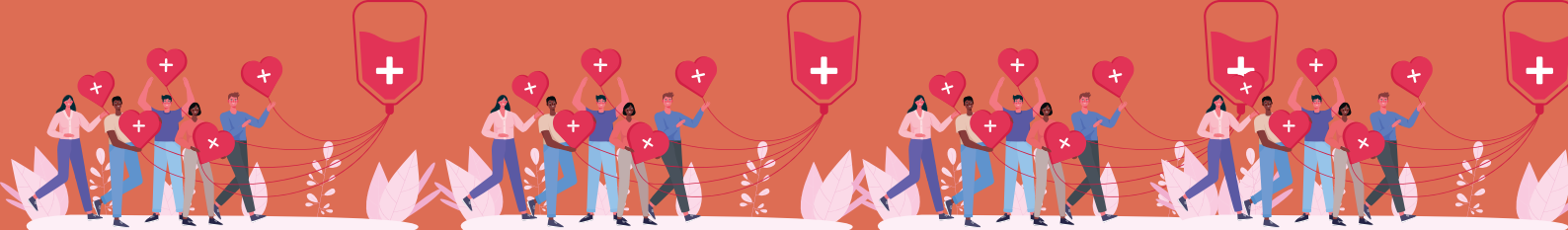
Additionally, essential medicines and health-related literature were distributed



to educate the community about hygiene, nutrition, and lifestyle management. The camp completed 20 medical consultations, identified key health issues, and provided necessary referrals for further medical care. Overall, the initiative raised awareness about health practices and contributed significantly to the community's health education and welfare, marking a positive impact on the residents of Lakhuwas Village.



Health Check-up Camp at Lakhuwas Village, Haryana, providing essential healthcare services.



Eye check-up being conducted at the Health Camp in Lakhawas Village.





ISSUES AND CHALLENGES

(Faced by the Residents of Foundation)

Starting an NGO is an inspiring endeavor, often fueled by a passion to bring positive change and supported by resources, donations, and community backing. “Every NGO begins with a vision to make a difference, but the road to meaningful change is rarely smooth.” While these provisions lay a strong foundation, they are rarely enough to shield the organization from inevitable challenges. Despite the support, NGO is going through a lot issues and challenges whether being any internal administration problem or difficulties faced by the people. Every patient there has different challenge because of their age, disease, personality etc. and many of them aren’t able to cope up with them. The foundation face a variety of issues, many of which stem from broader social, economic, and health disparities. Here are some of the key challenges they encounter:

Food insecurity and improper management- Despite the best efforts of the NGO, some people still suffer from malnutrition. This can be due to a limited resources and kitchen supplies , supply chain disruptions, or logistical challenges such as, preparing and distributing meals to a large number of residents. Ensuring consistent quality and availability of nutritious food is critical for the health and well-being of the residents. Many of the residents have complained that they are forced to skip meals sometimes deteriorating their health.

Negligence and Abandonment- Many elderly people are abandoned by their families and are already going through emotional and physical neglect. When NGO fails to provide them this emotional support, they can go through depression and many other mental disorders. Also vulnerable populations including the elderly and mentally ill often experience social isolation, which can negatively impact their mental and physical health.

Disabilities and Rehabilitation- Patients with physical disabilities often lack access to appropriate rehabilitation services and assistive devices. Ongoing rehabilitation is essential for recovery and improvement the quality of life but resources are limited. With more advanced technologies the NGO can boost up its medical facilities.

Lack of awareness and education- Limited understanding of health issues and preventive measures leads to poor health outcomes. Insufficient awareness about available healthcare services and rights prevents patients from seeking help. Many of the people there being poor and uneducated doesn’t know about the proper medications they should get and hence are deprived of them.

Managing Human Resource Management and Capacity Building- Managing human resources and capacity building presents another major challenge for our NGO. Like many non-profits, we operate with a limited budget, which restricts our ability to attract and retain skilled personnel. Additionally, the high turnover of staff and volunteers can disrupt ongoing projects and reduce organizational stability. Capacity building is equally challenging, as providing training and development opportunities often requires additional funding and resources that aren’t always readily available. This can hinder the growth of our staff and volunteers, limiting their ability to handle complex issues effectively.



ISSUES AND CHALLENGES

(Faced by the NSS Volunteers)

Visiting an NGO and engaging with the individuals whose lives are touched by its work is an experience that is both humbling and eye-opening. It offers a window into the resilience of the human spirit and the profound impact of compassion and community. However, this experience also brings its own set of challenges. As we step into spaces where hardship and hope coexist, we may find ourselves navigating emotional, cultural, and communicative complexities. When they visit an NGO and engage with the people there, several challenges can arise, both for me as a visitor and for those being supported by the organization. Here are some of the issues encountered

Unclear Expectations- Sometimes, the students may not fully understand the purpose of my visit or the expectations the NGO has for their involvement. Without clear guidance, they might feel unsure about how to interact or what they should be doing. The individuals they meet at the NGO might also be confused about the role the students playing. If they don't understand they there or what they can offer, it can feel awkward or unclear on both sides.

Limited Time and Impact- The time at the NGO is often short, and the students feel a sense of frustration knowing that they can't make a long-term impact in just a few hours or days. It's difficult to truly understand or connect with people in such a limited timeframe. For the people volunteers meet, they might feel that their presence is temporary and that they won't be around to offer continuous support. This could reinforce feelings of abandonment or a sense of impermanence.

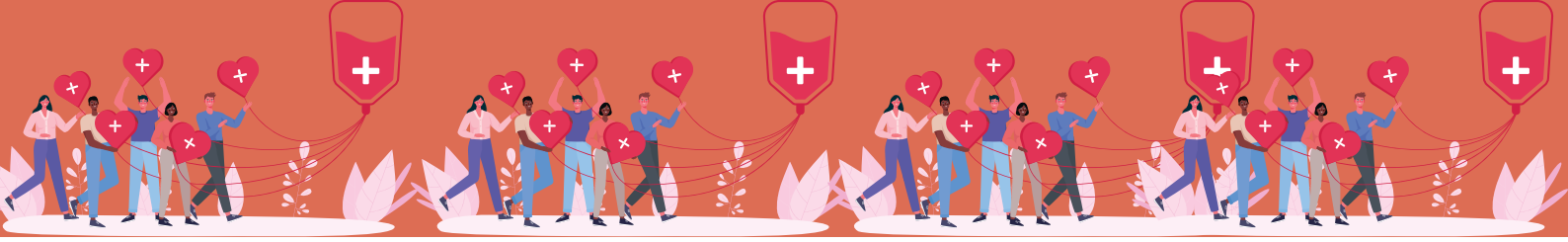
Logistical or Environmental Challenges- The physical environment of the NGO—whether it's overcrowded, lacks resources, or has uncomfortable conditions—can sometimes make the visit difficult to navigate. It can be challenging to see people living in these conditions, and I may feel unsure of how to respond or help.

Language and Communication Barriers- If the individuals in the NGO speak a different language or dialect, communication can become a barrier. This might affect the ability to connect on a deeper level or fully understand the challenges they face. Some people may have difficulty expressing themselves, especially if they have experienced mental or emotional trauma. This can create misunderstandings or a lack of clarity about their needs.

Emotional Overwhelm- Listening to personal stories of hardship, trauma, or suffering can be emotionally overwhelming, especially when faced with the stark realities of poverty, abuse, or illness.

Visitors might struggle with feelings of helplessness or guilt about not being able to do more.

The challenges faced—whether emotional, communicative, or cultural—serve as both obstacles and opportunities for growth. These encounters offer valuable lessons in empathy, resilience, and the power of human connection. While the difficulties are real, they also highlight the strength and perseverance of those served by the foundation. Through thoughtful engagement and a commitment to understanding, visitors can bridge gaps, build trust, and contribute meaningfully to the work being done. Ultimately, it is through these interactions that



we all become more attuned to the needs of others, fostering a shared responsibility for creating a more compassionate and just

INITIATIVE TAKEN BY NSS VOLUNTEERS

After visiting the NGO and listening to the stories of the residents, NSS volunteers initiated several impactful actions to make a positive difference in their lives:

- Volunteers organized regular interactive sessions with the residents, offering a safe space to share their thoughts, experiences, and emotions. These sessions fostered a sense of belonging and emotional connection among the residents.
- To improve living conditions and provide essentials, volunteers organized fundraising events and donation drives, collecting items such as clothing, blankets, and toiletries for the residents.
- The NSS team worked on advocacy efforts, trying to reconnect some residents with their families by counseling both parties and raising awareness about the emotional consequences of abandonment.

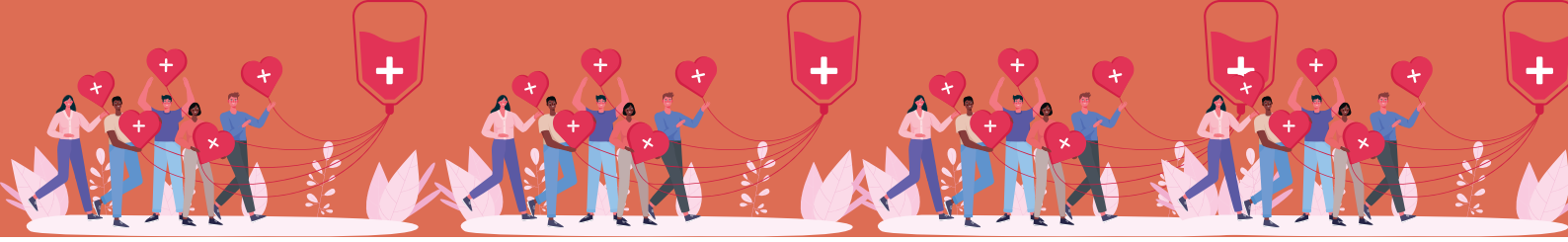
These initiatives helped foster a supportive community within the NGO and ensured that the residents received ongoing care and compassion.

RECOMMENDATIONS (To the community)

"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi

Small gestures, while seemingly minor, can have a profound and lasting impact on the lives of individuals at the Earth Saviours Foundation. These acts of kindness and consideration not only provide immediate relief but also foster a sense of belonging, dignity, and hope. Regular visits and consistent interaction help build trust and reduce feelings of loneliness and isolation among the residents. Donating clothes, toiletries, and other personal items can significantly improve the daily lives of the residents by ensuring they have access to basic necessities. Volunteering to assist with medical check-ups or providing transportation to medical appointments can facilitate access to healthcare services. Offering to teach basic literacy, vocational skills, or other educational subjects can empower residents with knowledge and skills for self-sufficiency. Celebrating small achievements and milestones of the residents can boost their self-esteem and motivate them to strive for further personal growth. Participating in or organizing celebrations for festivals and special occasions can create a sense of community and belonging, making residents feel included and cared for. Assisting residents with daily tasks such as cleaning, organizing, or running errands can make their lives easier and less stressful. Providing guidance on accessing social services or advocating for their rights can help residents navigate bureaucratic processes and secure necessary resources.

Small gestures, though seemingly simple, can have a transformative impact on the lives of individuals at the Earth Saviours Foundation and other people in need. These acts of kindness not only address immediate needs but also contribute to the emotional, mental, and physical well-being of the residents. By fostering a sense of belonging, dignity, and hope, small gestures play a crucial role in improving the quality of life for the foundation's beneficiaries. This highlights



the power of compassion and human connection in creating meaningful and lasting positive change.

Conclusion: Creating Tomorrow's Hope through Today's Actions

Let us stand united in this vision, steadfast and strong,
For a world of kindness, where all belong.
Through dedication and justice, we pave the way,
For a brighter, fairer, and more compassionate day.

In summation, the Earth Saviours Foundation stands as a beacon of hope, tirelessly forging a path toward transformation and progress. Through the careful and deliberate application of diverse strategies, the foundation is not merely navigating its way forward—it is reshaping the landscape of societal impact, creating a future that is brighter, more resilient, and more inclusive. Every effort, every tactic employed, is a brushstroke in the grand masterpiece of change that is slowly, yet steadily, coming to life. As we embark on this remarkable journey of transformation, it is crucial that we remain steadfast in our dedication to the cause. Let us continue to lead with compassion, embrace resilience, and champion social justice, as we pave the way for a tomorrow that is not only brighter but more just. A tomorrow where every individual has the opportunity to thrive, where hope is not a fleeting dream, but a lasting reality. Together, with unwavering commitment and collective strength, we are laying the foundation for a future where every soul finds dignity, every community is empowered, and the world shines with the light of shared humanity.





World Red Cross Day celebration – Blood Donation and poster-making competition

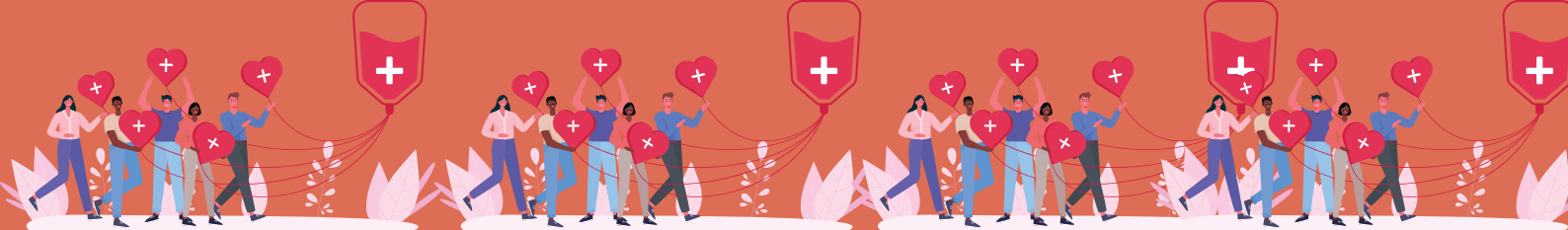
On May 8, 2024, the Youth Red Cross Society at KRMU, in collaboration with the District Red Cross Society, celebrated World Red Cross Day under the theme "Keeping Humanity Alive." The event included a well-organized Blood Donation Camp, where many volunteers generously donated blood to support those in need. Simultaneously, a Medical Camp provided essential healthcare services and screenings to attendees. A Slogan and Painting Competition encouraged creativity, with participants expressing their passion for humanitarianism. The event concluded with a Felicitation Ceremony, recognizing winners and their contributions to the spirit of compassion. Overall, the celebration



raised awareness about humanitarian values, improved community health services, and fostered a sense of solidarity, demonstrating the Red Cross's commitment to keeping humanity alive.



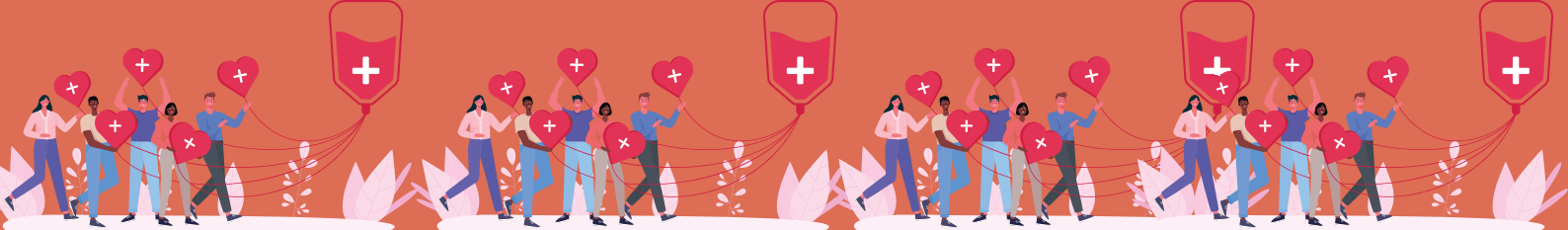
Light lamping ceremony taking place on the event of World Red Cross Day.



A short interaction with the blood donors.



Students actively taking part in the event.



Youth Engagement Camps (FOR BOYS)

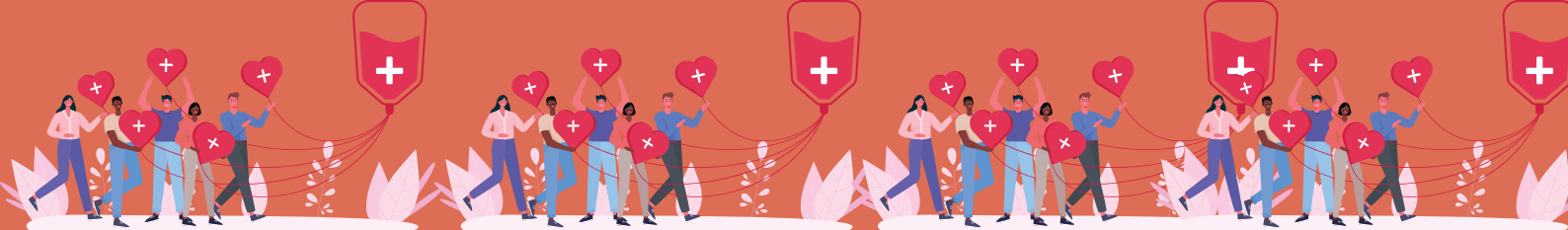
The National Level Youth Red Cross Training Camp for Boys was held from March 16 to 21, 2023, at Gita Gyan Sansthanam in Kurukshetra, organized by the Haryana State Branch of the Indian Red Cross Society. The camp engaged 250 students and 30 program coordinators in community living, health awareness, and first aid training activities. Inaugurated by Chief Guest Smt. Sushma Gupta, the event included lectures on road safety, drug addiction, and cybercrime. Participants also enjoyed cultural activities, yoga sessions, and competitions in singing, dancing quizzes, and impromptu speeches. The camp concluded with a valedictory session featuring Dr. Mukesh Agarwal, where awards were distributed, and Mr. Rajinder Saini gave a vote of thanks. This immersive experience aimed to equip youth with essential life skills and foster a sense of community service.



Students taking the Youth Red Cross Pledge.



K.R. Mangalam University Students attending the National Level Youth Red Cross Training Camp for Boys.

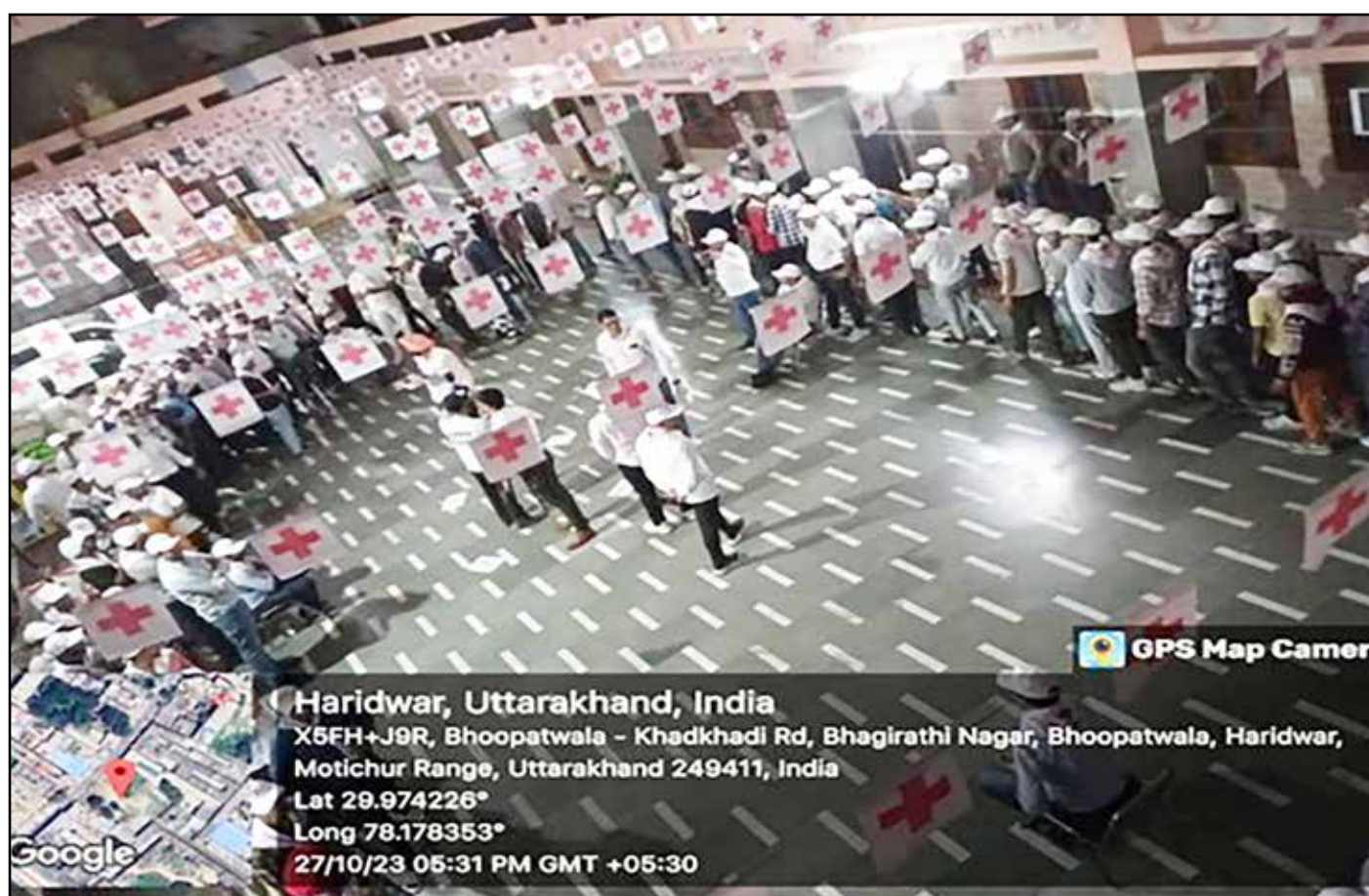


The National Level Youth Red Cross Training Camp for Boys was successfully held from October 26 to 31, 2023, at Nangli Bela Ashram, Haridwar. The Haryana State Branch of the Youth Red Cross Society organized the camp aimed to instill humanitarian values, impart life skills, and promote health awareness among 250 participants, including 6 boys from KRMU. Activities included expert-led workshops on disaster response and first aid, team-building exercises, and cultural exchange events showcasing India's diverse heritage. A notable highlight was the inauguration ceremony, featuring prominent figures from the Red Cross Society and community leaders. The camp also focused on health and wellness through yoga sessions and community outreach initiatives like blood donation drives. Participants were recognized for their contributions, and Mr.



Valedictory ceremony of the Camp

Bhanu was awarded Best Student Volunteer of Haryana, inspiring continued dedication to humanitarian efforts beyond the camp. The event fostered teamwork, resilience, and a spirit of service among young participants.



Mr. Bhanu was awarded the Best Student Volunteer of Haryana

Youth Engagement Camps (FOR GIRLS)

The State Level Youth Red Cross Training Camp for Girls was held from November 1 to 7, 2022, at Shri Krishna Kripa Dham in Mathura, organized by the Haryana State Branch of the Indian Red Cross Society. With 400 participants and 50 program coordinators, the camp aimed to foster community living, enhance knowledge of the Red Cross, and raise awareness about general health and first aid. Notable events included talks by prominent figures, such as Smt. Sushma Gupta shared her experiences and contributions under the Red Cross umbrella, and Dr. Ajit Singh addressed higher education's role in social service. Other resource persons included experts from various fields who provided valuable insights on topics like mental health and community welfare. The camp also facilitated discussions on pressing issues such as saving the girl child and environmental protection, ensuring

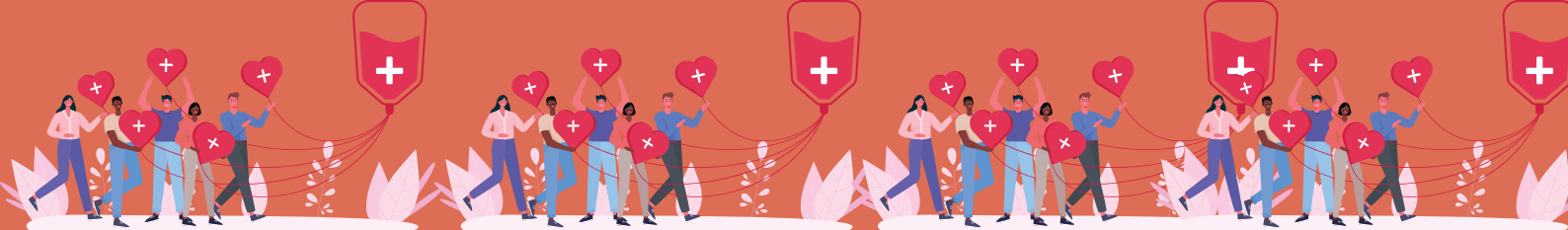


Volunteer interaction at the State-Level Youth Red Cross Training Camp for Girls.

participants developed essential life skills. Overall, the event empowered young girls through education and hands-on experience in humanitarian efforts.



K.R. Mangalam University Students attending the State Level Youth Red Cross Training Camp for Girls



Insights from Student Members



Being a member of the Youth Red Cross Committee at KRMU has genuinely been one of the most enriching experiences of my life. Through various training programs and outreach activities, I have gained invaluable leadership, teamwork, and community service skills. The committee has not only equipped me with essential first-aid knowledge but also taught me the importance of empathy and compassion in our interactions with others. Working alongside fellow students who are equally passionate about making a difference has fostered a sense of belonging and purpose within me. I have learned how crucial it is to be proactive in addressing societal issues and advocating for those who are less fortunate. This journey has inspired me to continue my efforts in humanitarian work and instilled a deep commitment to serving others in my community, reinforcing my belief in the power of collective action to create meaningful change.

Amar Mittal
LLB (H)



Being part of the Youth Red Cross Committee at KRMU has been a transformative experience for me. I've learned the significance of humanitarian work and developed essential life skills, such as first aid and effective communication. Collaborating with fellow volunteers has instilled a strong sense of camaraderie and purpose in my life, motivating me to make a difference in our community.

Jatin Gidwani
B-Tech CSE 2nd year



Joining the Youth Red Cross Committee was one of the best decisions I've made during my time at KRMU. This experience has allowed me to engage in meaningful service projects, learn about disaster management, and enhance my leadership skills. The dedication of my peers has inspired me to strive for excellence and foster a spirit of compassion and community service.

Gulshan Kumar
BSc (H) forensic science



My involvement with the Youth Red Cross Committee has broadened my perspective on the importance of giving back to society. I've participated in various health awareness programs and blood donation drives, which have deepened my understanding of community health issues. This experience has reinforced my commitment to helping others and advocating for humanitarian causes.

Rohit Kumar
B Tech (CSE)



Being a volunteer in the Youth Red Cross Committee has been incredibly rewarding. I've had the chance to develop practical skills in first aid and emergency response, which I believe will be invaluable in my future career. Additionally, the friendships I've formed with my fellow volunteers make every event enjoyable and fulfilling. Together, we're making a difference!

Priya Gurung
BTech CSE



My journey with the Youth Red Cross Committee has been enlightening. I've learned about the various initiatives the Red Cross undertakes and how they impact communities. The training sessions have equipped me with vital knowledge about health and safety, and I am proud to be part of a group that genuinely cares about improving lives.

Divya Panwar
Course. BSc(H) Forensic Science



As a Youth Red Cross Committee member, I've experienced personal growth and development. I've gained confidence in leading projects and working collaboratively with diverse groups. Participating in community service activities has been a humbling experience, reminding me of the importance of compassion and kindness.

Vanshika Yadav
BTech CSE UX/UI



Being part of the Youth Red Cross Committee has given me a platform to contribute to meaningful causes. Through various campaigns and outreach programs, I've learned about the challenges faced by our communities and how we can collectively address them. This experience has fueled my passion for social justice and made me more aware of my role in society.

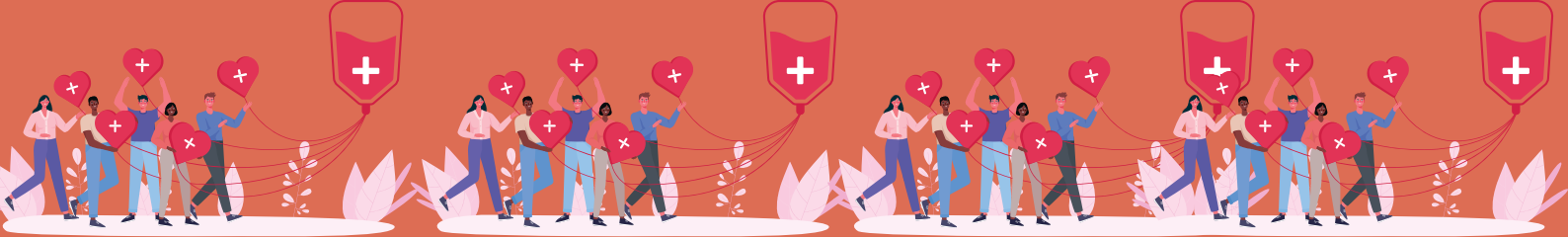
Sanjeev Kumar
BSc(H) Forensic Science



Joining the Youth Red Cross Committee at KRMU has been a life-changing experience. I've participated in numerous training sessions, which have taught me essential life-saving skills and instilled a sense of responsibility towards my community. I am grateful for the opportunity to serve and grow alongside like-minded individuals.

Rishita Gupta
B.Tech CSE





YOUTH RED CROSS SUCCESS STORIES



Award presented to Dr. Monika Yadav (Program Coordinator, YRC) K.R. Mangalam University by the District Red Cross Society, Gurugram, on 8th May 2024, for outstanding performance in humanitarian services on the occasion of World Red Cross Day.

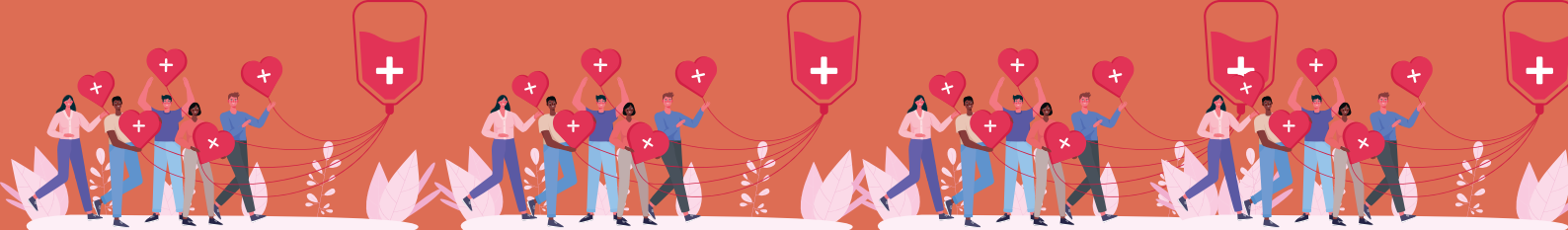


First Prize Trophy and Certificate awarded to Ms. Prakriti from K.R. Mangalam University, Gurugram, for securing 1st position in the Extempore Speech Competition at the State Level Youth Red Cross Training Camp for Girls, held in Vrindavan from 1st to 7th November 2022.



Consolation Prize awarded at the State Level Youth Red Cross Training Camp (Boys) in Haridwar, 2023.





Certificate of Participation awarded to Shradha Maurya for valuable participation in the World Blood Donor Day Quiz Competition on 14th June 2024, organized by the Red Cross Society, K.R. Mangalam University."

K.R. Mangalam University, Gurugram Awarded by the Indian Red Cross Society, Haryana State Branch, on 14th June 2024, in recognition of significant contributions in the field of blood donation, presented by the Honorable Governor of Haryana, Shri Bandaru Dattatraya.



K.R. Mangalam University, Gurugram Awarded by the Indian Red Cross Society, Haryana State Branch, on 14th June 2024, in recognition of significant contributions in the field of blood donation, presented by the Honorable Governor of Haryana, Shri Bandaru Dattatraya.

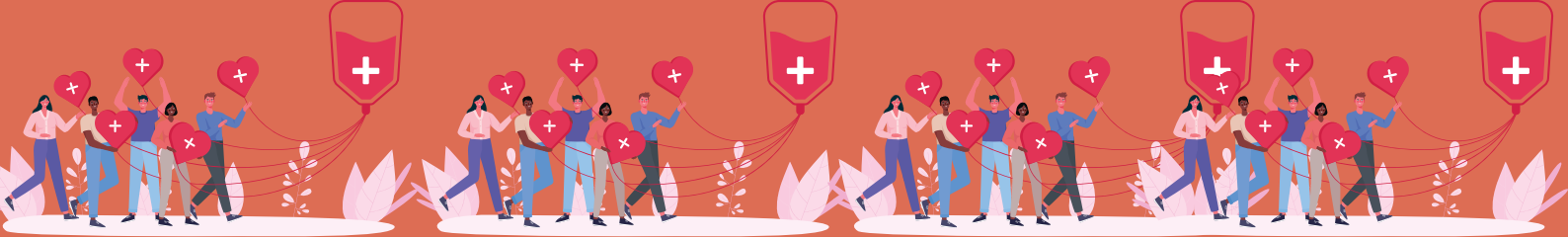
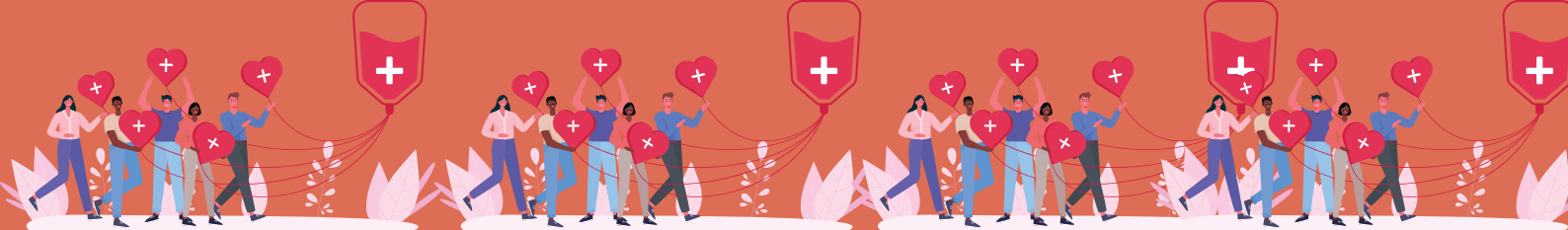
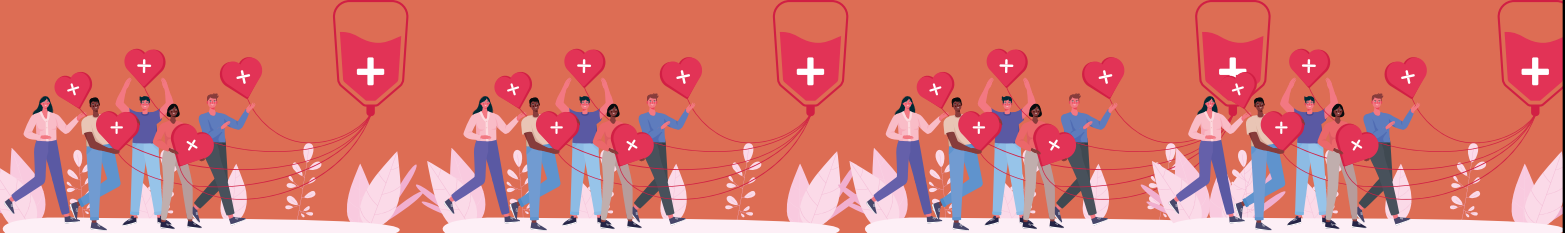


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