



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

ANNUAL MAGAZINE OF YOUTH RED CROSS COMMITTEE, KRMU

2024-2025



"Empowering Youth, Inspiring Humanity."



YOUTH RED CROSS



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CHAIRPERSON'S NOTE



The Youth Red Cross is not just a student initiative—it is a powerful platform that reflects the values of humanity, service, and collective responsibility.

At K.R. Mangalam University, we believe that education should not only be confined to academic achievement but should also shape individuals who are socially conscious, empathetic, and capable of contributing positively to society. The activities and initiatives led by the Youth Red Cross Committee play a pivotal role in achieving this vision.

It gives me immense pride and satisfaction to share a message on behalf of the Youth Red Cross Committee of K.R. Mangalam University. As the Chairperson of this committee, I have had the honour of observing the tireless efforts and commitment demonstrated by our student volunteers, faculty coordinators, and supporting members who work with sincerity, compassion, and a deep sense of social responsibility.

The Youth Red Cross is not just a student initiative—it is a powerful platform that reflects the values of humanity, service, and collective responsibility. At K.R. Mangalam University, we believe that education should not only be confined to academic achievement but should also shape individuals who are socially conscious, empathetic, and capable of contributing positively to society. The activities and initiatives led by the Youth Red Cross Committee play a pivotal role in achieving this vision.

Through various awareness drives, blood donation camps, health check-up initiatives, environmental campaigns, and community outreach programs, our students have actively engaged with real-world challenges. These efforts contribute significantly to the holistic development of our learners—helping them grow not only intellectually but also emotionally, ethically, and socially. Each event is an opportunity for our students to experience the power of compassion in action. Whether it is lending a helping hand in underserved villages, organizing health awareness sessions, or promoting road safety and hygiene practices, the Youth Red Cross fosters leadership qualities, teamwork, emotional intelligence, and a deep sense of civic duty among participants. These are values that no textbook can impart, but which are essential for the development of well-rounded and responsible global citizens.

I have personally witnessed how the experiences gained through the Youth Red Cross have left a profound impact on our students. Many have shared how their involvement has shaped their worldview, made them more empathetic individuals, and inspired them to contribute to social causes beyond university life. This is the true essence of education—when knowledge and values come together to create change-makers.

Prof. Raghuvir Singh

Chairperson

Youth Red Cross

K. R. Mangalam University, Gurugram

MESSAGE FROM IQAC COORDINATOR



Our Youth Red Cross is not just a service initiative; it is a powerful platform for building meaningful social connections and fostering a spirit of community engagement. By actively reaching out to villages like Ghamroj, Garhi Bazidpur, Berka, Lakhuwas, Kharoda, Nuh, and Ghanghola, our students are not only extending help but also learning valuable life lessons rooted in empathy, ethics, and shared humanity.

I congratulate the Youth Red Cross Committee, K.R. Mangalam University, on the publication of its annual magazine "From Compassion to Action Across the Nation." Our Youth Red Cross is not just a service initiative; it is a powerful platform for building meaningful social connections and fostering a spirit of community engagement. By actively reaching out to villages like Ghamroj, Garhi Bazidpur, Berka, Lakhuwas, Kharoda, Nuh, and Ghanghola, our students are not only extending help but also learning valuable life lessons rooted in empathy, ethics, and shared humanity. Initiatives such as blood donation camps, drug de-addiction awareness, hygiene drives, and gender sensitization programs have made a lasting impact — strengthening the moral fabric of both our campus and surrounding communities. These experiences go beyond textbooks, nurturing integrity, social responsibility, and emotional intelligence among our youth. The Youth Red Cross has become a leading force of positive change at the university. I commend all volunteers and coordinators for their commitment to holistic, sustainable development and for truly embodying the values of compassion and connection.

Happy Reading!

Dr Shikha Dutt Sharma
IQAC Coordinator KRMU

MESSAGE FROM YOUTH RED CROSS PROGRAM COORDINATOR



The Youth Red Cross continues to be a beacon of hope, compassion, and solidarity. Seeing our volunteers embody these values through their selfless actions is truly inspiring. As we celebrate the successes of the past year, let us embrace the future with even greater determination to fulfil our mission of serving humanity. I am confident that with the same spirit of teamwork and passion, we will achieve even more milestones in the years ahead.

As the Program Coordinator, it has been an honour to witness the incredible dedication and commitment that drive our members to bring meaningful change to the lives of others. Over the past year, our volunteers have actively participated in numerous initiatives—organizing blood donation camps, spreading awareness about health and hygiene, and supporting various humanitarian causes. These efforts have not only made a real difference but have also motivated others to step forward and contribute to building a caring and united community.

The Youth Red Cross continues to be a beacon of hope, compassion, and solidarity. Seeing our volunteers embody these values through their selfless actions is truly inspiring. As we celebrate the successes of the past year, let us embrace the future with even greater determination to fulfil our mission of serving humanity. I am confident that with the same spirit of teamwork and passion, we will achieve even more milestones in the years ahead.

I express my deepest appreciation to all our volunteers, members, and supporters who have played a pivotal role in our journey. Your unwavering dedication and hard work have been the foundation of our success. Let this message serve as both a celebration of your efforts and a reminder of the incredible impact we can create when we work together for a greater cause.

Wishing everyone a fulfilling and inspiring year ahead.

Warm regards,

Dr. Monika Yadav

Program Coordinator

Youth Red Cross Committee

ABOUT YRC



Red Cross Society

Jean Henry Dunant, a Swiss businessman, is the founder of 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 of France and Italy 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. Jean Henry Dunant, while traveling on a business mission, saw the ghastly scene on the battlefield and 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-time organization having both wartime as well as 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. National Head Quarter of IRCS is in New Delhi.

Youth Red Cross

The Youth Red Cross (YRC) is a very important 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 the diverse and significant roles that young people play, 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 both 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 of YRC:

The objectives of Youth Red Cross, K.R Mangalam University is to Prepare the student volunteers under the Fundamental Principles of the Red Cross so that they remain calm, energetic, and unwavering and develop in them 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. Awareness Drives by Youth Red Cross Volunteers for a green & clean environment and prevention of endemic diseases, etc., by involving the community.
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.

Save a Life: First Aid Awareness" Training Session on World First Aid Day"



Mr Jitin Kaushik, District Training Officer engages villagers during a First Aid training session, & demonstrates life-saving techniques.

The Training Session on World First Aid Day, held on 14th September 2024, successfully raised awareness about the importance of first aid and equipped the residents of Lakhuwas Village with life-saving skills. Organized to address the community's need for emergency preparedness, the session provided both theoretical knowledge and practical training on essential first-aid techniques. Mr Jitin Kaushik, District Training Officer, Gurugram, the hands-on workshops covered critical interventions such as CPR, managing fractures, treating burns, and controlling bleeding. Simulated real-life emergency scenarios enabled participants to practice these techniques under expert supervision, ensuring they could respond effectively in times of crisis.



Interactive discussions further encouraged engagement, with participants sharing experiences, raising concerns, and deepening their understanding of first-aid procedures. The session achieved significant outcomes: villagers gained confidence and practical skills to address medical emergencies, fostering a sense of self-reliance and responsibility for community safety. Participants learned the value of timely intervention in saving lives and became more aware of local healthcare support systems. This initiative marked a meaningful step toward building a safer and healthier community. It empowered individuals to take prompt action during emergencies, laying the foundation for a more resilient and proactive society.



Group photo of organizers, participants, and facilitators during the 'Save a Life: First Aid Awareness' training session.

“Pulse of Hope: Blood Donation Camp”

On 24th September 2024, a Blood Donation Camp was organized at KR Mangalam University's Physiotherapy OPD in collaboration with the District Red Cross Society. The event aimed to promote voluntary blood donation, raise awareness about its life-saving impact, and support local blood banks. With enthusiastic participation, 80 students from the university volunteered to donate blood, showcasing their commitment to social responsibility. The camp was efficiently managed by a team of healthcare professionals from the Indian Red Cross Society, led by Team In Charge & Technical Supervisor Ananta Kumar Saha, along with other vital members, including a medical officer, counsellor, nursing staff, and technicians. Donors underwent initial health screenings to ensure safety, and refreshments were provided post-donation. The event



successfully contributed to local blood supplies while fostering a spirit of community service among the university students. The professionalism and dedication of the Red Cross Society team ensured smooth and safe operations, which both the university and participants appreciated. Overall, the camp highlighted KR Mangalam University's

commitment to humanitarian causes, encouraging future participation in similar initiatives and strengthening a culture of empathy and social contribution. The atmosphere was buzzing with positivity, and the smiles on the faces of donors were priceless. Each donor was left with a sense of pride and a badge of honor—the feeling of being a SUPERHERO who helped save lives. It was a day filled with heartwarming moments, proving once again that when we come together, we can achieve amazing things!



Healthcare staff managing records and distributing blood collection bags during a Blood Donation Camp.



Student Donors participating in a Blood Donation Drive organized by the Youth Red Cross Committee.



Organizers presenting certificates for the successful donation of 80 units of blood during a Blood Donation Drive at KRMU.

Empower and Engage: Internship Program

From October 13th to 29th, 2024, the Youth Red Cross Committee of KR Mangalam University, in collaboration with the District Administration, Gurugram, organized a 17-day community engagement event at Saras Mela, Leisure Valley Park, Gurugram. The initiative aimed to empower women from Self-Help Groups (SHGs) by providing support, promoting sustainable practices, and fostering local community development. Approximately 50 YRC and NSS volunteers participated actively throughout the event. Volunteers played a vital role in bridging language gaps and facilitating communication among SHG members from 28 states and visitors. They assisted with setting up stalls, organizing products, and guiding SHG women on effective



sales techniques. This hands-on support helped enhance the participants' confidence and self-reliance, enabling them to better present their goods and engage with potential buyers. Additionally, the event promoted sustainable business practices, cultural exchange, and skill development for both SHG members and volunteers. The successful collaboration highlighted the importance of local authorities and youth organizations working together to encourage social responsibility and economic growth. The event not only supported the SHG women in building their livelihoods but also provided the volunteers with valuable real-world experience, fostering a spirit of community engagement and sustainable development.



Volunteers gather for a group photo during the 'Assistance to Women from Self-Help Groups' initiative, showcasing their efforts to support women's empowerment and community development.

Synergy: Wellness and Development Program

The Youth Red Cross Committee of K.R. Mangalam University, in collaboration with The Kailasa Foundation, organized a live seminar titled "Synergy: Wellness and Development Program" on 18th October 2024, held in A 213, A Block. This event aimed to educate 107 student participants on the importance of physical, digital, and mental well-being. The session was conducted by Mr. Varun Sharma, Founder of The Kailasa Foundation, and coordinated by Dr. Monika Yadav, with support from student coordinators Mr. Jatin and Mr. Amar.

The program began with Dr. Monika Yadav's introduction, emphasizing the need for balance in today's fast-paced, digital world. Mr. Varun Sharma discussed holistic wellness



strategies, focusing first on physical well-being through proper nutrition, exercise, and rest. He then addressed digital wellness, highlighting the importance of managing screen time and maintaining a mindful relationship with technology to protect mental health.

The seminar successfully increased awareness among participants about the interconnectedness of physical, digital, and mental wellness. Attendees gained practical insights to implement balanced lifestyle practices in their daily routines. The collaboration between K.R. Mangalam University and The Kailasa Foundation strengthened ties for future initiatives, underscoring the importance of holistic wellness programs in promoting student well-being.

Declamation Contest on Drug Abuse: Its Social, Psychological and Health Consequences

The Youth Red Cross Committee and the Environment Club of KR Mangalam University, in collaboration with Rotary Club New Gurgaon, organized a Declamation Contest on “Drug Abuse: Its Social, Psychological and Health Consequences” on 21st October 2024. The event aimed to raise awareness about the harmful effects of drug abuse and encourage students to resist peer pressure. Held at the Multipurpose Hall, the contest saw participation from 20 students and was attended by 85 students of KRMU. The program



commenced with a meeting between Rotary Club representatives and Vice-Chancellor Prof. Raghbir Singh, who was introduced to Rotary's societal initiatives and honored as an honorary member. The contest featured speeches in both English and Hindi, judged by Rtn Ashok Malik, Rtn Mini Agarwal, and Rtn Dr. Ram Kumar Yadav. The winners included Tanvi Vashisht, Nitish Kumar Minz, Hilminthang, Payal Shokhanda, and Nitu Sharma. Rtn Mini Agarwal led students in pledging to resist peer pressure and commit to a drug-free life.



Group photo of participants, organizers, and Rotary Club representatives at the Declamation Contest on 'Drug Abuse: Its Social, Psychological, and Health Consequences'.



A participant delivers a speech during the Declamation Contest on 'Drug Abuse: Its Social, Psychological, and Health Consequences'.

Road Safety Quiz Competition in collaboration with the Traffic Police, Gurugram

The Road Safety Quiz Competition 2024-25 was organized on 12th November 2024 by the Youth Red Cross Committee and NSS in collaboration with the Traffic Police, Gurugram, at K.R. Mangalam University. The event aimed to raise awareness about road safety, educate students on traffic rules, and encourage responsible road behavior. It began with an opening address by Dr. Monika Yadav, emphasizing the importance of road safety and the role of youth in spreading awareness. The competition consisted of multiple engaging rounds, including elimination, rapid-fire, and visual identification rounds, where students showcased their knowledge of traffic signs, rules, and safe driving practices. The Traffic Police conducted an interactive



session, highlighting critical safety measures such as wearing helmets, seatbelts, avoiding speeding, and adhering to traffic signals. Students actively participated in the Q&A session, gaining practical insights into real-world road safety challenges. The winners were recognized for their exceptional performance: Nitish Kumar Minz (First Prize), Anuj Mangal (Second Prize), and Umang Choudhary (Third Prize). The event successfully achieved its objective of fostering awareness and motivating students to become ambassadors of road safety in their communities. The enthusiastic participation and insightful discussions reflected the event's success in promoting a culture of responsible driving and safety adherence.



Students actively participating in the Road Safety Quiz Competition.



Students actively participating in the Road Safety Quiz Competition.

“Secure Your Digital World: Key Cybersecurity Tips for Everyday Safety”

The Youth Red Cross Committee of K.R. Mangalam University conducted a lecture session titled “Secure Your Digital World: Key Cybersecurity Tips for Everyday Safety” on 19th December, 2024, at Garhi Bazidpur Village. The session aimed to raise awareness among villagers and Youth Red Cross volunteers about essential cybersecurity practices and safe internet usage to ensure digital safety. Ms. Kritika Singh, Assistant Professor in Cyber Forensics, led the session and highlighted the importance of cybersecurity in daily life. She began by explaining common cyber threats such as phishing, malware, and hacking, emphasizing their impact on personal and professional safety. Participants were introduced to practical strategies, including creating strong passwords, enabling two-factor authentication, and recognizing suspicious websites and



links to prevent data breaches and fraud. The session also covered safe browsing habits and ways to secure sensitive information, social media accounts, and email. Ms. Singh provided real-life examples of cyber fraud, making the session relatable and impactful. During the interactive segment, participants actively engaged by asking questions and sharing their concerns, which Ms. Singh addressed with practical solutions. The event successfully empowered 85 participants with knowledge of cybersecurity measures, encouraging them to adopt safer digital habits. The session effectively raised awareness about online threats and inspired proactive behavior among the attendees. Participants expressed gratitude for the valuable insights shared and requested similar sessions on technology-related topics in the future.



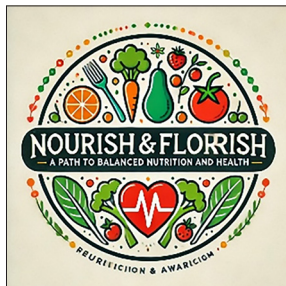
Event coordinators, resource person Ms. Kritika Singh, and participants at the "Key Cybersecurity Tips for Everyday Safety" session.



Ms. Kritika Singh delivered a lecture on "Key Cybersecurity Tips for Everyday Safety" at Garhi Bazidpur Village, organized by the Youth Red Cross Committee on 19th December 2024.

Nourish & Flourish: A Path to Balanced Nutrition and Health

The Youth Red Cross Committee of K.R. Mangalam University organized a lecture session titled “Nourish & Flourish: A Path to Balanced Nutrition and Health” on 20th December 2024 at Gov. Senior Sec. school, Village Daula, Gurugram. The session aimed to raise awareness about the importance of balanced nutrition and its role in maintaining a healthy lifestyle.



He shared practical tips on meal planning, and the importance of hydration, and clarified misconceptions regarding nutrition.

The program witnessed active participation from the local community and students, with over 50 attendees engaging in discussions and seeking advice. Participants gained a clear understanding of simple ways to incorporate nutrition into daily life to prevent lifestyle

diseases like obesity and diabetes.

The event was well-coordinated by Dr. Monika Yadav with support from student coordinators. The session successfully promoted health awareness and strengthened the university's outreach efforts.



Faculty and Resource Person during the awareness session on “A Path to Balanced Nutrition and Health” organized by the Youth Red Cross Committee of K.R. Mangalam University.



Students attending an awareness session on “A Path to Balanced Nutrition and Health” organized by the Youth Red Cross Committee at a government school in Sohna, Gurugram.

Republic Day Celebration

The Republic Day Celebration held on 26th January 2025 at Govt. School, Dhaula Village, was organized by the Youth Red Cross Committee of K.R. Mangalam University as a community engagement initiative. The event aimed to instill patriotism, foster civic responsibility, and create awareness among school students and the village community about the values of democracy and national service. It witnessed the participation of 116 school students and 10 Youth Red Cross volunteers. The celebration began with a flag hoisting ceremony followed by the national anthem and cultural performances by students. Activities such as patriotic speeches, interactive sessions, and discussions on health, hygiene, and



education were also conducted to highlight the role of youth and education in nation-building. Volunteers actively interacted with the children, promoting social awareness and the significance of the Indian Constitution. The event not only enhanced students' understanding of Republic Day but also encouraged youth participation in social service. It successfully strengthened the university's outreach and engagement with rural communities. The program concluded on a note of unity, patriotism, and shared responsibility, reinforcing the Youth Red Cross's mission of community service and national development. The initiative was positively received and verified by faculty and coordinators.



Students performing a vibrant cultural dance during the Republic Day celebration organized with support from the Youth Red Cross Committee.



The Youth Red Cross Committee of K.R. Mangalam University engaged students and the local community in a patriotic celebration filled with enthusiasm, unity, and learning.

Orientation Day

The Youth Red Cross (YRC) Orientation Program was conducted on January 31, 2025, at the Multipurpose Hall of K.R. Mangalam University with the participation of 100 students. The event aimed to introduce the students to the mission, objectives, and activities of the YRC while fostering a spirit of volunteerism and social responsibility. Organized by the YRC Committee, the session featured Dr. Happy Gulati as the guest speaker, who delivered an inspiring talk on the importance of humanitarian work and youth involvement in community service. Dr. Monika Yadav, the Program Coordinator, provided a comprehensive overview of the YRC Committee's functions, its historical background, and



the opportunities available for students to contribute to humanitarian causes. The program also included vibrant cultural performances such as music and dance, which helped energize the atmosphere and enhance student engagement. Through interactive sessions and informative talks, students gained valuable insights into the relevance of the Red Cross movement and were motivated to participate in future

activities. The orientation successfully communicated the vision of YRC and encouraged students to take active roles in community service. The event was well-received and marked an important step in cultivating socially responsible leaders among the university's student body.



Dr. Happy Gulathi addressing the audience during the Orientation Program, engaging the participants with an insightful session.



Enthusiastic students actively participating in the Orientation Program.

Talent Show Competition

To mark International Women's Day, the Youth Red Cross Committee of K.R. Mangalam University organized a vibrant Talent Show Competition on 12th March 2025 at Garhi Bajidpur, Sohna. The event celebrated the creativity, resilience, and voice of women, offering them a platform to express themselves through song, dance, and slogan-writing performances. With over 40 women from the local community and 14 Youth Red Cross volunteers participating, the event aimed to raise awareness about gender equality and promote inclusivity through cultural engagement. The event commenced with a special address by Chief Guest Prof. (Dr.) Anshika



Prakash and Dr. Monika Yadav, YRC Program Coordinator, who highlighted the significance of empowering women in society. The talent showcase reflected themes of empowerment, unity, and cultural pride, receiving enthusiastic applause from the audience. Coordinated by student volunteers, the event created a joyful and inspiring atmosphere that connected the university with the local community meaningfully. This initiative successfully promoted gender sensitivity, built community-university collaboration, and inspired confidence among the women participants—making it a memorable and impactful celebration of Women's Day.



Essay Writing Competition on Environmental Sustainability

On 26th March 2025, the Youth Red Cross Committee of K.R. Mangalam University organized an Essay Writing Competition at Government Senior Secondary School, Daula, centered on the theme of Environmental Sustainability. The event coincided with the cultural celebration of Basant Panchami, blending tradition with social awareness. With participation from 24 school students and 12 YRC volunteers, the competition aimed to raise awareness about environmental challenges and encourage youth engagement in sustainable practices.

The event began with an orientation session led by the coordinators, highlighting the critical need for



environmental action. Students were guided to express their perspectives on climate change, pollution, and conservation through their essays. The competition served as a platform to nurture writing skills and stimulate responsible thinking among young minds.

The activity not only enhanced awareness but also strengthened community engagement, showcasing the university's commitment to outreach and education. All participants received certificates, and the winners were felicitated for their creativity and insight. The event successfully instilled a sense of environmental responsibility and inspired students to contribute meaningfully to a greener future.



Student being felicitated during the Essay Writing Competition organized by the Youth Red Cross Committee at Govt. School, Daula.

Blood Donation Camp

The Youth Red Cross Committee of K.R. Mangalam University, in collaboration with the District Red Cross Society, successfully conducted a Blood Donation Camp on 9th April 2025. The initiative aimed to promote voluntary blood donation and create awareness among students and faculty about the importance of donating blood to save lives. Held at the university's medical room, the camp witnessed active participation from the university community, with 40 students voluntarily donating blood. The Red Cross medical team ensured a safe and hygienic environment for donors, while faculty and student volunteers coordinated the registration and



post-donation care processes. The event highlighted the spirit of humanitarianism and collective responsibility, inspiring several first-time donors and encouraging others to pledge regular participation. Refreshments and certificates of appreciation were provided to acknowledge the generous contribution of each donor. The camp not only strengthened the collaboration between the university and the District Red Cross Society but also reinforced the importance of community outreach and social service among youth. Events like these play a vital role in fostering empathy, responsibility, and a culture of giving back to society.



YRC volunteers proudly receiving certificates of appreciation from the Haryana State Red Cross Society for their outstanding contributions.



Volunteer donating blood during the Blood Donation Camp organized by the Youth Red Cross Committee at K.R. Mangalam University in collaboration with the District Red Cross Society, Gurugram.

Awareness Session on Cancer Prevention

The Youth Red Cross Committee of K.R. Mangalam University organized an Awareness Session on Cancer Prevention on 7th May 2025 at Govt. Senior Secondary School, Village Daula. The session, led by Dr. Mohd Mazhar from the School of Medical and Allied Sciences, focused on educating students and staff about cancer causes, early signs, and preventive measures. Emphasizing the significance of lifestyle



choices, Dr. Mazhar discussed the harmful effects of tobacco, poor diet, and sedentary habits. Through an engaging Q&A, participants gained clarity on health concerns and pledged to adopt and promote healthy living. The session was well-received by students and teachers, who showed enthusiasm for future health-related initiatives, reinforcing the university's commitment to community health education.



Dr. Mohd Mazhar addressing students during the Awareness Session on Cancer Prevention at Govt. Senior Sec. School, Daula.



Students listening attentively during the Awareness Session on Cancer Prevention organized by the Youth Red Cross Committee.

Awareness Session on Child Safety and Protection

The awareness session on Child Safety and Protection, organized by the Youth Red Cross Committee of K.R. Mangalam University at Government Senior Secondary School, Daula, proved to be a meaningful and impactful initiative. By addressing sensitive issues around child rights and safety, the session provided valuable knowledge and empowered students with the confidence to recognize and respond to unsafe situations.

The engaging delivery by Ms. Gargi Singh, coupled with interactive discussions, ensured active participation



and comprehension among students. This initiative not only educated the young participants about legal safeguards but also sensitized them to the importance of communication and self-awareness. The enthusiastic response from students reflects the success of the session in fostering a safe and supportive school environment. The Youth Red Cross Committee remains committed to extending such initiatives to other institutions, thereby building a culture of protection, awareness, and empowerment across communities.



Ms. Gargi Singh engaging students during the Awareness Session on Child Safety and Protection at Shaheed Shri Raghbir Singh Govt. Sr. Sec. School, Daula.



School students attentively participating in the Child Safety and Protection awareness session organized by the Youth Red Cross Committee.

Green Strokes: Draw to Preserve (Drawing Competition)

The Youth Red Cross Committee of K.R. Mangalam University organized “Green Strokes: Draw to Preserve,” a drawing competition held on 28th May 2025 at Govt. Primary School, Daula. Aimed at celebrating Earth Day, the event encouraged young students to express their understanding of environmental conservation through creative artwork. Themes included Save Trees, Clean



Earth, and Water Conservation. YRC volunteers supported participants throughout, fostering an engaging and educational atmosphere. The event successfully instilled environmental awareness, promoted artistic expression, and encouraged eco-friendly habits. Top participants were awarded, and the initiative highlighted the power of creativity in promoting sustainability among school children.



Students admiring creative entries during the “Green Strokes: Draw to Preserve” drawing competition at Govt. Primary School, Daula.

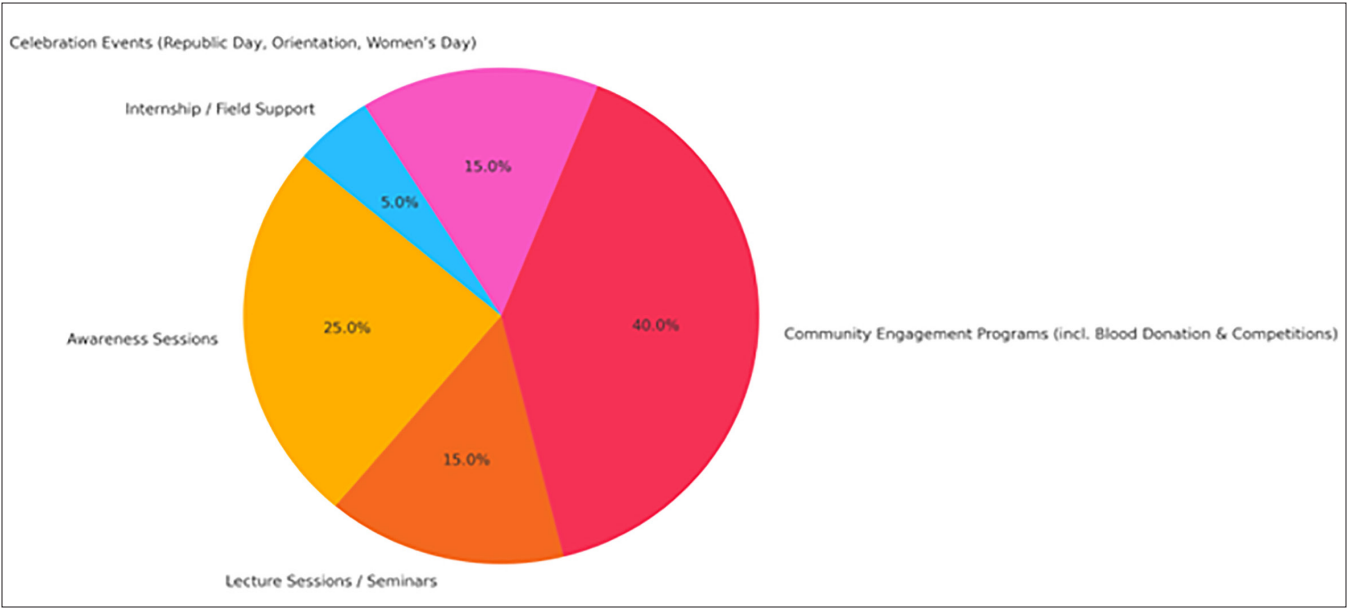


Excited students proudly display their artwork promoting environmental conservation during the “Green Strokes: Draw to Preserve” competition.

YRC ACTIVITIES CONDUCTED ACROSS DIVERSE FOCUS AREAS

The Youth Red Cross (YRC) at K.R. Mangalam University has actively contributed to various community welfare and awareness initiatives throughout the academic year. The

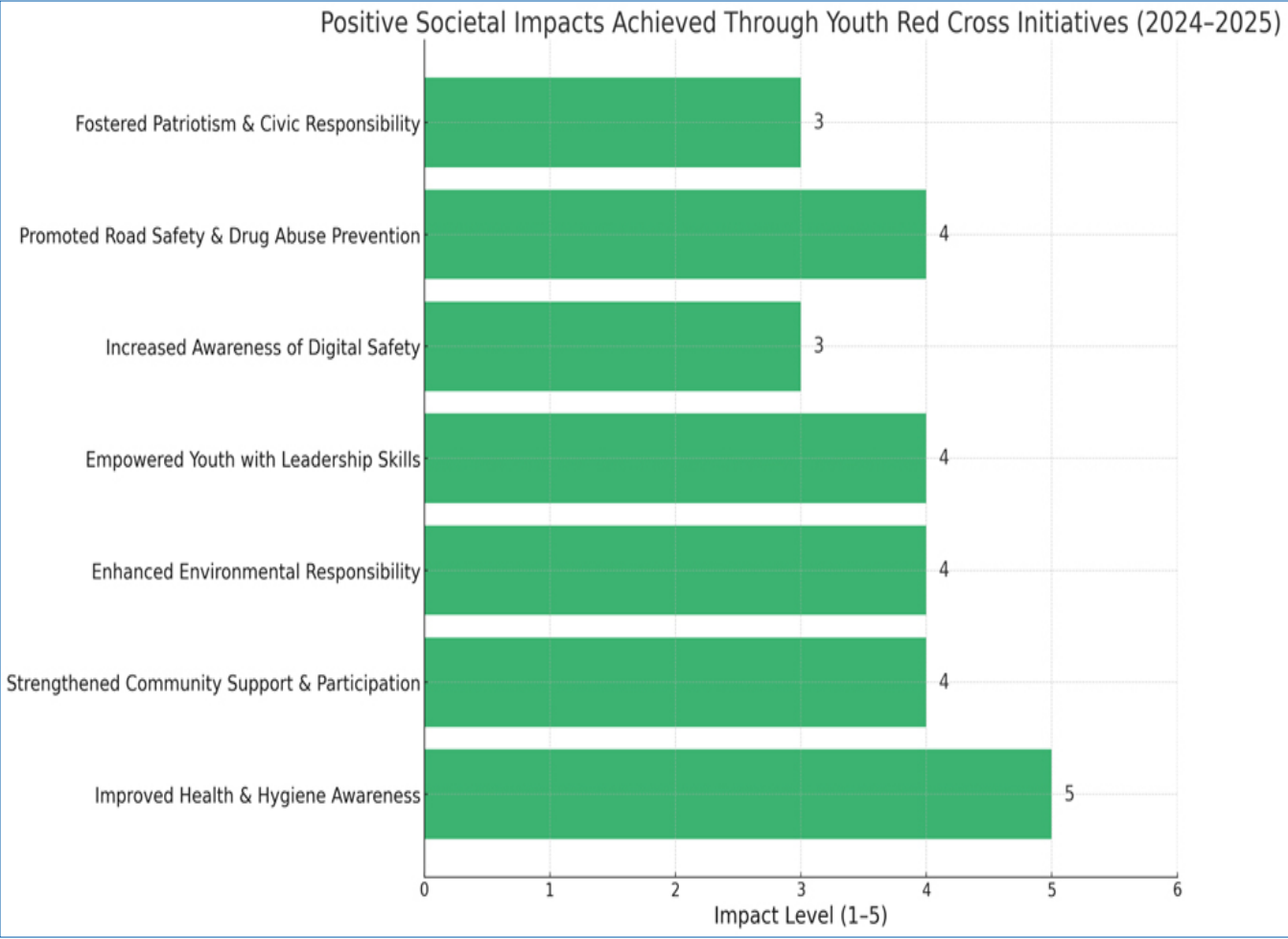
following pie chart reflects the percentage-wise distribution of YRC activities conducted across diverse focus areas (2024–2025)



The pie chart titled "Final Distribution of Youth Red Cross Events (2024–2025)" presents a comprehensive breakdown of the various activities conducted under the Youth Red Cross Committee. The largest portion, 40%, is dedicated to Community Engagement Programs, which includes blood donation camps and competitions—reflecting a strong emphasis on direct societal impact and active volunteerism. Awareness Sessions account for 25%, highlighting the importance of educating the public on health, safety, and humanitarian issues. Lecture Sessions and Seminars

and Celebration Events (like Republic Day, Orientation, and Women’s Day) each represent 15%, showcasing the role of informative and commemorative gatherings in volunteer development. The remaining 5% is attributed to Internship or Field Support, indicating opportunities for practical experience and grassroots exposure. Overall, the chart emphasizes the Youth Red Cross Committee's balanced focus on education, engagement, skill-building, and community service, fostering well-rounded, socially responsible youth leaders.

Key Societal Benefits Realized Through Youth Red Cross Activities at K.R. Mangalam University (2024–2025)



The bar chart titled "Positive Societal Impacts Achieved Through Youth Red Cross Initiatives (2024–2025)" showcases the significant contributions of YRC programs across various social dimensions. The highest impact, rated at 5, was achieved in Improved Health & Hygiene Awareness, reflecting the success of sessions on first aid, nutrition, menstrual hygiene, and disease prevention. Several other areas—Strengthened Community Support & Participation, Enhanced Environmental Responsibility, Empowered Youth with Leadership Skills, and Promoted Road Safety & Drug

Abuse Prevention—each received a strong impact rating of 4, indicating the effectiveness of community outreach, leadership development, and awareness campaigns. Fostered Patriotism & Civic Responsibility and Increased Awareness of Digital Safety were moderately impactful, each rated at 3, suggesting further scope for enhanced engagement in these areas. Overall, the chart highlights the Youth Red Cross’s broad and meaningful influence on youth empowerment, public health, and community development through targeted and sustained initiatives.

CAMPS ATTENDING BY YRC VOLUNTEERS & COORDINATORS

State Level YRC Orientation Workshop For Coordinators

The State Level One-Day Seminar successfully strengthened the knowledge, collaboration, and commitment of Youth Red Cross coordinators and counsellors. It enhanced understanding of Red Cross principles, unified operational practices, and inspired renewed dedication to humanitarian service and youth engagement across universities, reinforcing the Red Cross mission with clarity and purpose.



A keynote speaker addresses participants during the State Level Youth Red Cross Orientation Workshop for University Programme Coordinators and Counsellors held at Gurugram on 26th March 2025.



The State Level Three-Day Orientation Workshop organized by the Indian Red Cross Society, Haryana State Branch, from 23rd to 25th August 2024 at Meera Madhav Resort, Vrindavan, was a highly impactful initiative. Attended by representatives from 16 universities, the workshop aimed to educate, empower, and engage Red Cross Program Coordinators and Counsellors. Through structured sessions on Red Cross principles, first aid, disaster management, and blood donation drives, participants gained valuable insights and practical skills. Experts like Mr. Rohit Sharma and Sh. N.K. Singh led sessions highlighting national and international perspectives of humanitarian service. Participants collaboratively developed action plans to implement Red Cross activities in their respective institutions. The event fostered inter-university networking, promoted knowledge sharing, and reinforced the role of academic institutions in driving



community service. Overall, the workshop strengthened institutional commitment towards humanitarian values and laid the groundwork for sustained Red Cross engagement across Haryana's university campuses.



State Level YRC Camp for Boys

The State-level Youth Red Cross Training Camp held from 11th to 16th September 2024 at Geeta Gyan Santhanam, Kurukshetra, provided a transformative experience for 209 participants from 38 universities. The camp focused on life-saving skills, leadership development, social responsibility, and cultural enrichment. Through a series of expert-led sessions and interactive activities, participants gained hands-on training in first aid, CPR, disaster management, cyber safety, and health awareness. Cultural events, competitions, and community visits fostered team spirit, discipline, and empathy. The camp also facilitated networking among volunteers and reinforced the values of the Red Cross Movement. The award ceremony on the final day recognized outstanding performances, motivating youth to continue their humanitarian engagement. K.R. Mangalam University's five volunteers actively contributed to and benefitted from this enriching experience. The camp concluded with a



strong sense of accomplishment, inspiring youth to become ambassadors of service, compassion, and community leadership in alignment with Red Cross principles.



State Level YRC Camp for Girls

The State-level Youth Red Cross Training Camp for Girls, held from 5th to 10th February 2025 in Haridwar, was a transformative six-day program that empowered 209 young women from 38 universities. Organized by the Indian Red Cross Society, the camp focused on health awareness, first aid training, leadership development, community engagement, and cultural exchange. Participants were trained in CPR, emergency response, hygiene practices, and social responsibility through a variety of interactive sessions and workshops. Leadership activities, heritage visits, and cultural performances nurtured confidence, discipline, and unity among volunteers. The program also emphasized gender sensitivity, mental wellness, and environmental consciousness. The concluding valedictory session honored the efforts and achievements of the participants, leaving them inspired to continue their humanitarian journey. Volunteers from K.R. Mangalam University actively participated and benefitted from the experience. The camp successfully promoted Red



Cross values and built a strong foundation of service-oriented leadership among the next generation of youth.



VOICES OF CHANGE: TRANSFORMATIVE JOURNEYS OF YOUTH RED CROSS VOLUNTEERS



Being a YRC volunteer has empowered me with a sense of purpose. I learned life-saving skills like CPR and first aid which helped me assist a neighbour in distress. Sessions on mental health and nutrition transformed my lifestyle and mindset. I now practice mindful living and spread awareness in my locality. Cultural and outreach activities enhanced my teamwork and public speaking skills. The exposure made me more empathetic, socially aware, and responsible. It is not just volunteering, it's a way of life that continues to shape who I am today.

Arjun Yadav

BSc (H) Forensic Science with Research



Joining the Youth Red Cross was one of the most meaningful decisions of my life. I participated in health awareness drives, blood donation camps, and school outreach events. These experiences helped me grow confident, socially conscious, and willing to help without expecting anything in return. I was especially touched during the menstrual hygiene drive where young girls opened up about their challenges. The training sessions gave me tools to educate others and stand up for causes. YRC made me a better version of myself.

Charu

BSc (H) Forensic Science



The Youth Red Cross journey has been transformative. I gained crucial knowledge through camps on disaster preparedness, cyber safety, and environmental conservation. Volunteering helped me interact with underprivileged children and elders, opening my eyes to their daily struggles. Through these interactions, I learned humility and the power of listening. The leadership sessions built my confidence and I now organize peer awareness sessions independently. I feel deeply committed to the Red Cross ideology and its mission of selfless service.

Jasjyot

BSc (H) Forensic Science with Research



Before joining YRC, I was shy and unsure about my abilities. Through training camps, public speaking, and group activities, I have grown into a confident individual who can lead initiatives. The sessions on health and nutrition helped me change my lifestyle and educate others. Visiting old-age homes and participating in cleanliness drives taught me empathy and selfless service. I realized that small actions make a big difference. YRC has become my second family—where I am heard, trusted, and inspired.

Deepika

BSc (H) Forensic Science



My YRC experience taught me that leadership is about service. I participated in Red Cross Day celebrations, hosted awareness campaigns, and helped conduct workshops on first aid and women's safety. These experiences helped me gain organizational and communication skills that I now use in college and community work. I became more aware of social inequalities and started advocating for education and sanitation in nearby slums. Every time I help someone, I feel stronger and more fulfilled. I've learned to lead by example.

Jatin Gidwani

Btech CSC



As a YRC volunteer, I discovered my passion for community outreach. The cancer prevention camp moved me deeply, and I now actively advocate for early health screening in my neighborhood. Participating in cultural programs, field visits, and national seminars exposed me to India's rich diversity and taught me acceptance and compassion. The first aid training gave me practical skills I can use anywhere, anytime.

Amar Mittal

LLb



Red Cross helped me unlock my leadership potential. I started as a participant and soon became a team lead for several outreach activities. Whether it was organizing debates, preparing disaster response skits, or managing health camps, I gave my best. My proudest moment was helping a school student get free health consultation during our medical camp. It gave my actions meaning. YRC taught me about humility, dignity, and resilience. I now understand what it means to serve society with integrity.

Divya Panwar

BSc (H) Forensic Science



Being a part of YRC made me more socially responsible and emotionally strong. I learned to communicate better, respect every individual, and think beyond myself. Through activities like blood donation awareness, menstrual hygiene drives, and environmental education, I realized the impact of small consistent efforts. The workshops taught me the importance of mental wellness and resilience. Now, I'm an advocate for student well-being on campus. I've grown from a hesitant participant to a confident face of social service in my college.

Shivang

BSc (H) Forensic Science



Joining YRC helped me find my voice and purpose. I actively participated in village awareness drives, hygiene sessions, and leadership camps. The interaction with differently-abled children during a field visit left a deep impact on me. It taught me the strength of resilience and the value of inclusivity. My ability to empathize and connect with others has improved, and I now lead community storytelling sessions to raise awareness on social issues. YRC has given me more than a platform—it has given me direction and inspiration to become a responsible changemaker.

Sanjaeev Kumar

BSc (H) Forensic Science



My journey with the Youth Red Cross has been empowering. Through hands-on training and social service projects, I learned about public health, team coordination, and humanitarian values. One of the most impactful moments was helping conduct a first aid demonstration at a village school. Seeing students engage and ask questions inspired me. I realized that awareness can save lives. The values of discipline, service, and empathy instilled by YRC continue to guide me every day, both in my academic life and personal decisions.

Vanshika Yadav
Btech CSE UX/UI

AWARDS & APPRECIATION OF DEDICATION



Token of Appreciation presented by the District Red Cross Society, Gurugram, in honour of Shri Babu Parmanand Ji during the Blood Donation Camp held on 9th April 2025 at K.R. Mangalam University, coordinated by Dr. Monika Yadav.

Proud moment for K.R. Mangalam University as it receives the District Level Award for Meritorious Humanitarian Services from the Indian Red Cross Society & St. John Ambulance, Gurugram, for its impactful contribution to human welfare and blood donation initiatives.

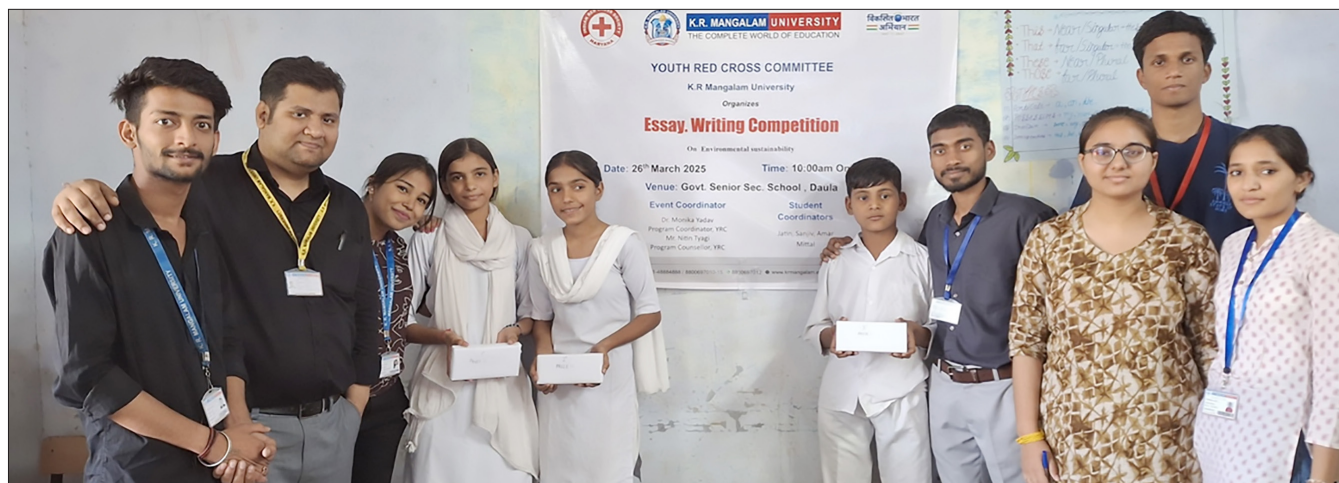


PHOTO GALLERY













CONCLUSION

The Youth Red Cross Committee of K.R. Mangalam University has once again demonstrated its unwavering commitment to service, compassion, and community empowerment throughout the academic year 2024–2025. Each initiative—be it a health camp, awareness session, blood donation drive, or educational outreach—was guided by the Red Cross's core principles and delivered with exceptional dedication by our student volunteers, coordinators, and institutional partners.

This journey has not only made a tangible impact on the lives of those we serve but has also profoundly shaped the personal, emotional, and ethical development of our

student body. Their transformation into socially responsible, empathetic, and proactive individuals is a testament to the power of experiential learning and values-based education.

As we reflect on our achievements, we also envision a future filled with greater outreach, stronger collaborations, and deeper impact. The Youth Red Cross will continue to serve as a beacon of hope, humanity, and youth leadership—carrying forward the mission of building resilient communities and nurturing the next generation of compassionate changemakers. Together, with commitment and conscience, we reaffirm our pledge: “Not just to learn, but to serve and to lead.”



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