



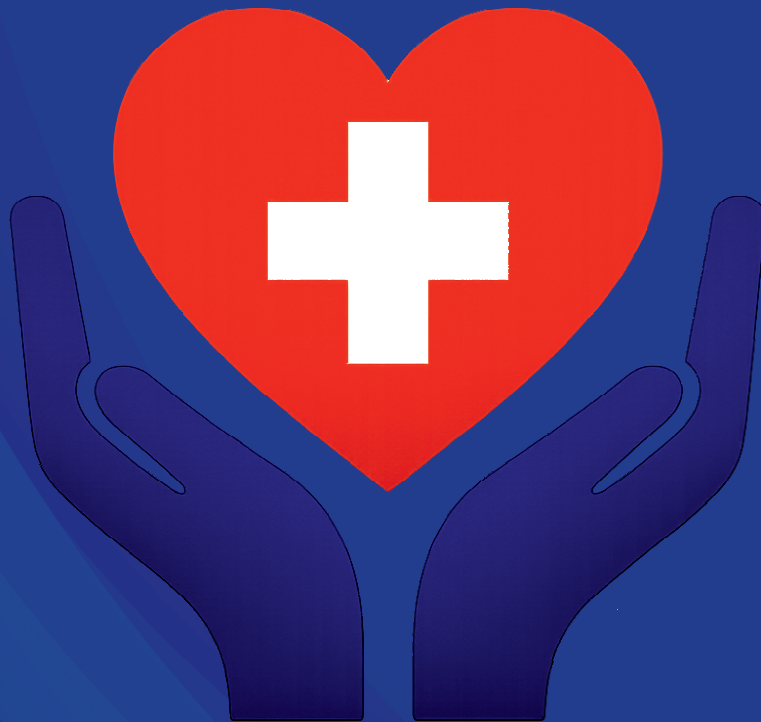
K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



YOUTH RED CROSS ANNUAL MAGAZINE

Service to Humanity

2025-2026



TOGETHER WE CARE • TOGETHER WE SERVE • TOGETHER WE INSPIRE

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Message from the YRC Chairperson

It gives me immense pleasure to present this edition of the **Youth Red Cross Annual Magazine** of K.R. Mangalam University. This publication reflects the dedication, compassion, and selfless service of our students, faculty, and volunteers in advancing the humanitarian values of the Red Cross Movement.

At K.R. Mangalam University, we believe that education is not only about academic excellence but also about developing responsible, empathetic, and socially conscious citizens. The Youth Red Cross Committee plays a vital role in achieving this vision by promoting leadership, volunteerism, and community engagement through initiatives such as blood donation camps, health awareness programmes, first aid training, road safety campaigns, environmental drives, and community outreach activities.

I sincerely appreciate the commitment of our student volunteers, faculty coordinators, healthcare partners, and all stakeholders whose collective efforts have made these initiatives meaningful and impactful. Their dedication exemplifies the true spirit of humanity, compassion, and service.

This magazine captures the remarkable journey and achievements of the Youth Red Cross Committee and serves as an inspiration for many more young minds to embrace volunteerism and contribute towards nation-building and social welfare.

I congratulate the editorial team on this wonderful publication and extend my best wishes to the Youth Red Cross Committee for its continued success in serving society with dedication and compassion.



Prof. (Dr.) Anil K. Saini
Vice Chancellor & Chairperson
Youth Red Cross Committee
K.R. Mangalam University

Message from the YRC Program Coordinator

It gives me immense pleasure to present the Annual Magazine of the Youth Red Cross (YRC), which reflects the spirit of service, compassion, and humanity among our students. The Youth Red Cross is not just an organization; it is a movement that inspires young minds to contribute positively towards society.

Throughout the year, our volunteers have actively participated in various activities such as blood donation camps, health awareness drives, road safety campaigns, environmental initiatives, and community welfare programs. These efforts showcase their dedication towards the values of empathy, discipline, and social responsibility.

This magazine captures the remarkable journey, achievements, and memorable moments of YRC activities. It stands as a testimony to the hard work and enthusiasm of our volunteers and coordinators.

I sincerely appreciate the efforts of all students, faculty members, and supporters who have contributed to making YRC initiatives successful. I encourage everyone to continue serving society with the same passion and commitment.

Wishing the Youth Red Cross greater success in the years ahead.



Dr. Monika Yadav
Editor & Program Coordinator, Youth Red Cross Committee
K.R. Mangalam University

Message from IQAC Coordinator

It gives me immense pleasure to present the **Youth Red Cross (YRC) Annual Magazine**, a reflection of our University's unwavering commitment to humanitarian values, social responsibility, and community engagement. This magazine beautifully captures the inspiring journey of the Youth Red Cross Committee through its diverse initiatives, outreach programmes, awareness campaigns, blood donation drives, health camps, environmental activities, and volunteer-led community service.

The Youth Red Cross has consistently nurtured a spirit of compassion, leadership, and selfless service among our students, encouraging them to become socially responsible citizens. Such initiatives align closely with the quality benchmarks envisioned by the Internal Quality Assurance Cell (IQAC), fostering holistic development, experiential learning, and meaningful community participation.

I sincerely appreciate the dedication and tireless efforts of the YRC Coordinator, faculty members, student volunteers, and all stakeholders who have contributed to the success of these impactful initiatives. Their commitment exemplifies the University's vision of creating responsible leaders who serve society with empathy and integrity.

I congratulate the entire Youth Red Cross Committee for this remarkable publication and extend my best wishes for its continued success in promoting the ideals of humanity, service, and excellence.



Dr. Shikha Dutt Sharma
Editor & IQAC Coordinator
K.R. Mangalam University

Through Humanity to peace

About The Youth Red Cross



The Youth Red Cross (YRC) is a voluntary humanitarian organization that aims to promote health, service, and friendship among young people. It works under the guidance of the Indian Red Cross Society and encourages students to develop leadership qualities, social responsibility, and a spirit of service towards society.

The core objectives of YRC include protecting human life and health, promoting mutual understanding, and providing support during emergencies and disasters. Through various community-oriented activities, YRC helps students become responsible citizens and active contributors to social welfare.

YRC organizes several impactful initiatives such as blood donation camps, first-aid training, health and hygiene awareness programs, road safety campaigns, environmental protection drives, and disaster management activities. These activities not only benefit society but also help students gain practical experience in teamwork, discipline, and community service.

YRC Committee at K.R. Mangalam University

The Youth Red Cross Committee at K.R. Mangalam University is committed to creating awareness and promoting humanitarian values among students. The committee actively organizes and participates in social welfare activities, focusing on community engagement and student development.

With the support of university leadership, faculty coordinators, and student volunteers, the YRC Committee has successfully conducted various programs including health awareness drives, blood donation camps, road safety awareness campaigns, and environmental sustainability initiatives.

The committee continues to inspire students to serve humanity with compassion, dedication, and responsibility, contributing to the vision of building a healthier and more socially conscious community.

Motto: Service to Humanity is Service to God



Vision, Mission & Objectives

Vision

To nurture a generation of compassionate, responsible, and empowered youth dedicated to humanitarian service, health promotion, and social welfare, while fostering the values of peace, dignity, and unity.

Mission

The Youth Red Cross is committed to inspiring young minds to serve humanity through voluntary service, health awareness, disaster preparedness, and community engagement. It aims to cultivate leadership, empathy, and a spirit of selfless service among students for the betterment of society.

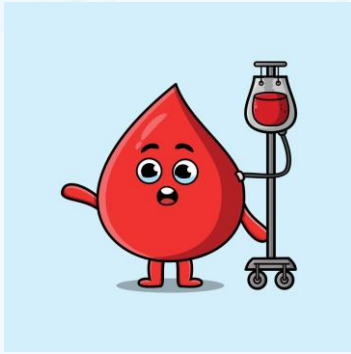
Objectives

- To protect and promote human life, health, and dignity.
- To create awareness about health, hygiene, and disease prevention.
- To encourage voluntary blood donation and first-aid training.
- To develop leadership qualities, discipline, and teamwork among youth.
- To promote friendship, peace, and mutual understanding.
- To encourage environmental protection and social awareness programs.

COMMITTEE MEMBERS



"United by the spirit of service and compassion, the Youth Red Cross Committee stands committed to fostering humanitarian values, promoting leadership, and creating a positive impact within the community."



Blood Donation Camp: A Step Towards Saving Lives

The Youth Red Cross Committee, in collaboration with Om Charitable Blood Centre, organized a successful Blood Donation Camp on **15th September 2025** at the Medical Room, C Block, K.R. Mangalam University. The initiative witnessed enthusiastic participation from students and faculty, with **193 donors** contributing to this noble cause.

The camp aimed to spread awareness about the importance of voluntary blood donation and inspire a spirit of compassion, service, and social responsibility. With proper medical supervision and pre-donation health screenings, the event ensured safety and smooth execution. Student volunteers actively supported the registration and donor assistance process, making the event highly organized and impactful.

This initiative not only strengthened the culture of humanitarian service within the university but also highlighted the importance of collective efforts in saving lives. The camp stood as a symbol of empathy, unity, and commitment to community welfare, reflecting the true spirit of the Red Cross motto—**“Service to Humanity.”**





"A single donation can save multiple lives. Our young volunteers demonstrated compassion and courage by participating in the blood donation camp, inspiring others to become lifesavers."

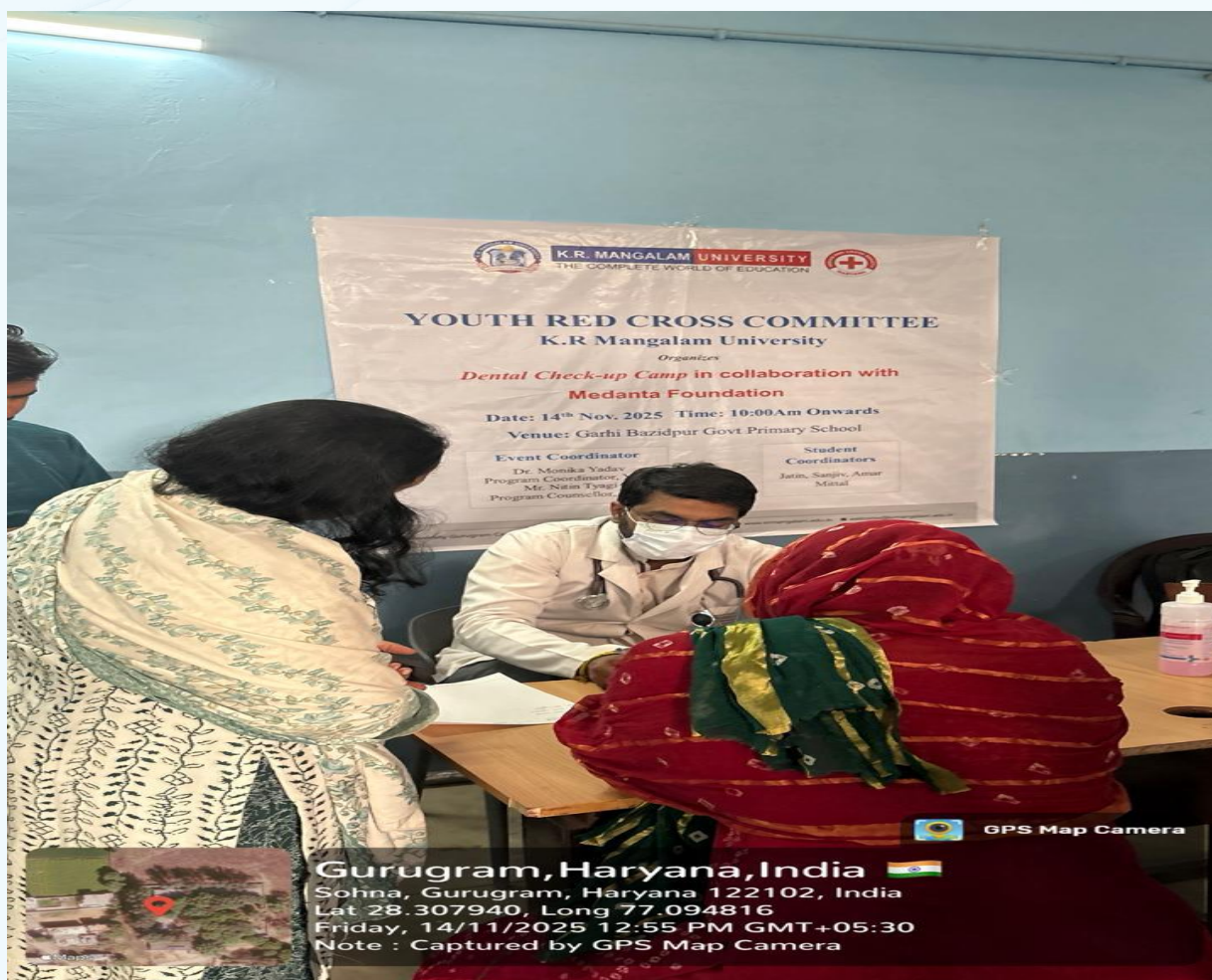


Dental Check-up Camp: Promoting Healthy Smiles

The Youth Red Cross Committee, in collaboration with Medanta Foundation, organized a **Dental Check-up Camp** on **14th November 2025** at **Garhi Bazidpur Government Primary School**. The camp aimed to provide free dental screening and health check-up services to school children and community members while spreading awareness about oral hygiene and preventive healthcare.

Medical experts conducted dental screenings, general health assessments, and personalized consultations, while participants were educated on proper brushing techniques, nutrition, and daily hygiene practices. The event saw active participation & reflecting the commitment of young volunteers toward community welfare.

The initiative helped in identifying early dental and health concerns and encouraged participants to adopt healthier habits. Through this camp, the Youth Red Cross Committee strengthened its mission of promoting health awareness and community service, reinforcing the importance of preventive care and social responsibility.



"The Youth Red Cross Committee organized a Dental Check-up Camp to promote oral health awareness and provide free dental consultations, reaffirming its commitment to accessible healthcare and community well-being."



Drawing Competition on Environmental Sustainability: Inspiring Creativity for a Greener Future

The Youth Red Cross Committee organized a **Drawing Competition on Environmental Sustainability** on **20th November 2025** at **Government School, Damdama**. The event aimed to raise awareness about environmental protection while encouraging young students to express their ideas creatively through art.

The programme began with an interactive awareness session on environmental challenges and sustainable practices, motivating students to think about their role in building a greener future. Participants enthusiastically created drawings on themes such as saving trees, water conservation, wildlife protection, and maintaining a clean and green earth. Their creativity and thoughtful ideas reflected a strong understanding of ecological responsibility.

The competition concluded with the recognition of outstanding participants through prizes and certificates, while all students were appreciated for their efforts. The initiative not only enhanced creativity and confidence among school children but also strengthened awareness about environmental sustainability. Through such activities, the Youth Red Cross Committee continues to inspire young minds towards responsible citizenship and community development.



"The Youth Red Cross Committee organized a Drawing Competition on Environmental Sustainability, encouraging young minds to express their commitment to environmental conservation through creativity, innovation, and artistic excellence." 🌱🎨



First Aid Training Workshop: Empowering Youth with Life-Saving Skills

The Youth Red Cross Committee, in collaboration with the District Red Cross Society, successfully organized a **5-Day First Aid Training Workshop** from **1st to 6th September 2025** across various villages and the university campus. The workshop aimed to equip school and university students with essential first aid knowledge and practical life-saving skills.

Covering topics such as treating minor injuries, managing fractures, CPR techniques, handling choking, burns, and heatstroke, the workshop provided participants with hands-on learning experiences under expert guidance. Students and volunteers actively participated, demonstrating enthusiasm and commitment towards learning emergency response skills.

The programme enhanced awareness about first aid and emergency preparedness while building confidence, teamwork, and compassion among participants. By extending the initiative to nearby villages, the Youth Red Cross Committee strengthened community engagement and promoted the spirit of service, empowering young individuals to act responsibly and effectively during emergencies.





"The Youth Red Cross Committee conducted a First Aid Awareness Programme featuring practical demonstrations of emergency response techniques, empowering students with essential lifesaving skills and fostering a culture of preparedness, compassion, and community service."



Blood Donation Camp: Extending the Gift of Life

The Youth Red Cross Committee, in collaboration with Rotary Club New Gurgaon, organized a successful **Blood Donation Camp** on **27th October 2025** at the Medical Room, C Block, K.R. Mangalam University. The event aimed to encourage students and faculty members to contribute towards the noble cause of saving lives through voluntary blood donation.

With the support of medical professionals, the camp ensured a safe and hygienic donation process, including health screenings and expert guidance for all donors. Student volunteers of the Youth Red Cross Committee actively managed registrations, assisted donors, and helped maintain a motivating environment throughout the camp. The initiative witnessed enthusiastic participation, resulting in the collection more than **70 units of blood**, each carrying the potential to save multiple lives.

The camp strengthened awareness about the importance of regular blood donation and reinforced the values of compassion, empathy, and social responsibility among the university community. Through this impactful initiative, the Youth Red Cross Committee once again upheld its commitment to humanitarian service and community welfare, living by the Red Cross spirit of **"Service to Humanity."**



"The Youth Red Cross Committee organized a Blood Donation Camp that witnessed enthusiastic participation from students, promoting voluntary blood donation and reaffirming the values of humanity, compassion, and selfless service. Through this initiative, young donors came together to make a life-saving difference in the community."



Eye Check-up Camp: Vision for a Healthier Tomorrow

The Youth Red Cross Committee, in collaboration with Medanta Foundation, organized an **Eye Check-up Camp** on **14th November 2025** at **Garhi Bazidpur Government Primary School**. The initiative was conducted with the aim of promoting eye health awareness and providing free vision screening services to school children and community members.

A dedicated medical team carried out vision tests, preliminary diagnoses, and consultations, while educating participants about eye care, hygiene, and preventive measures. The camp witnessed active participation from beneficiaries, and YRC student volunteers played an important role in managing registrations, assisting doctors, and coordinating the event smoothly.

The programme helped identify early signs of vision-related issues and encouraged participants to prioritize regular eye check-ups and proper eye care. Through this meaningful initiative, the Youth Red Cross Committee strengthened its commitment to community welfare and health awareness, contributing towards building a healthier and more informed society.



"The Youth Red Cross Committee organized an Eye Check-up Camp in collaboration with Medanta Foundation, providing free vision screening and expert consultations to community members. The initiative promoted preventive eye care, early diagnosis, and the importance of maintaining healthy vision, reinforcing the committee's commitment to community health and humanitarian service."



Road Safety Awareness Workshop: Driving Towards a Safer Future

The Youth Red Cross Committee, in collaboration with the Value Life Foundation and the School of Management & Commerce, organized a **Road Safety Awareness Workshop** on **25th November 2025** at K.R. Mangalam University. The workshop aimed to educate students about road safety rules, responsible driving behavior, and preventive measures to reduce accidents.

The event witnessed active participation from students and YRC volunteers, making it a highly engaging and impactful session. Experts from the traffic department and industry representatives shared valuable insights on safe driving practices, the importance of wearing helmets, following traffic rules, and handling emergency situations. Through interactive discussions, live demonstrations, and case studies, students gained practical knowledge about accident prevention and road discipline.

The workshop successfully created awareness about the role of youth in building a safer road environment and reducing traffic violations. It also strengthened collaboration between the university and external organizations for future safety initiatives. Through this initiative, the Youth Red Cross Committee reinforced its commitment to promoting responsible citizenship and community welfare.





"The Youth Red Cross Committee organized a Road Safety Awareness Programme to promote safe riding practices and responsible road behavior. Through practical demonstrations and interactive sessions, participants learned the importance of wearing protective gear, following traffic regulations, and adopting preventive measures to make roads safer for everyone."



Cancer Awareness Workshop: Spreading Knowledge for a Healthier Future

The Youth Red Cross Committee organized a **Workshop on Cancer Awareness** on **10th December 2025** at **Government School, Abhaypur** with the aim of educating students and the local community about cancer prevention, early detection, and healthy lifestyle practices. The event witnessed active participation from school students and YRC volunteers, reflecting a strong commitment toward community health awareness.

The workshop was led by Dr. Mazhar, who shared valuable insights on different types of cancer, their warning signs, preventive measures, and the importance of regular health check-ups. Through interactive discussions and practical examples, participants gained a better understanding of the role of diet, exercise, and timely screening in reducing health risks.

The initiative successfully helped in breaking myths and misconceptions related to cancer while encouraging proactive health behavior among young learners. Through this impactful programme, the Youth Red Cross Committee reinforced its mission of promoting health consciousness, empowering communities with knowledge, and building a healthier society through awareness and prevention.



"The Youth Red Cross Committee organized a Cancer Awareness Workshop to educate students and community members about cancer prevention, early detection, and healthy lifestyle practices. Through expert-led discussions and interactive sessions, the initiative promoted informed healthcare decisions and reinforced the importance of awareness in building healthier communities."



Tree Plantation Drive: Nurturing Nature for a Sustainable Tomorrow

The Youth Red Cross Committee organized a **Tree Plantation Drive** on **12th December 2025** in **Village Garhi Wajidpur** with the aim of promoting environmental sustainability and encouraging community participation in afforestation. The initiative focused on spreading awareness about the importance of green cover and ecological balance.

As part of the drive, plants including Mogra, Hibiscus, and Harsringaar were distributed and planted with the active involvement of YRC volunteers and village residents. Participants were guided on proper planting methods, watering techniques, and plant care to ensure the healthy growth of saplings. Informative discussions on climate change, deforestation, and sustainable living further enhanced awareness among the community.

The plantation drive successfully strengthened the bond between the university and the local community while inspiring participants to take responsibility for protecting the environment. Through this initiative, the Youth Red Cross Committee reaffirmed its commitment to environmental conservation and community development, contributing towards a greener and healthier future.





"The Youth Red Cross Committee organized a Plantation Drive to promote environmental sustainability and community participation in conservation efforts. Students and local residents joined hands to plant saplings, reinforcing the message that every tree planted today contributes to a greener, healthier, and more sustainable future."



Nutrition & Health Awareness Session: Building Healthy Habits for Life

The Youth Red Cross Committee organized a **Session on Nutrition & Health Awareness** on **11th December 2025** at **Government School, Abhaypur** with the aim of educating students about the importance of balanced nutrition, healthy eating habits, and overall well-being. The initiative reflected YRC's commitment to promoting health literacy and encouraging a healthier lifestyle among young learners.

The session was conducted under the guidance of Prof. (Dr.) Joginder Singh, where students were introduced to the essentials of nutrition, including proteins, vitamins, minerals, hydration, and the importance of hygiene. Interactive discussions also highlighted the harmful effects of junk food and the benefits of adopting traditional healthy diets, exercise, and proper sleep routines.

The programme successfully enhanced students' understanding of nutrition and wellness, motivating them to make informed food choices and develop healthier daily habits. Through this awareness session, the Youth Red Cross Committee strengthened its mission of community health promotion and inspired young minds to prioritize their physical and mental well-being for a healthier future.



"The Youth Red Cross Committee organized a Nutrition & Health Awareness Session to promote healthy living and preventive healthcare among community members. Through expert interactions and informative discussions, participants gained valuable insights into balanced nutrition, healthy lifestyle practices, and the importance of maintaining overall well-being."



Mental Health & Stress Management Session: Strengthening Minds for a Better Tomorrow

The Youth Red Cross Committee organized a **Session on Mental Health & Stress Management at Government Senior Secondary School, Abhaypur** with the aim of creating awareness about mental well-being and helping students understand effective ways to manage stress in their daily lives. The initiative focused on addressing the growing emotional and psychological challenges faced by young learners in today's fast-paced environment.

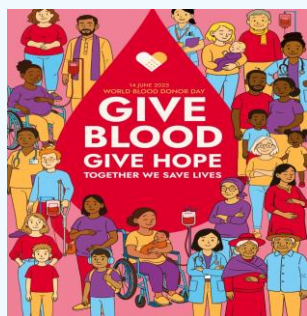
The session was conducted by expert resource persons, including Dr. Saba Rashid and wellness professionals, who guided students on the importance of mental health, common stress triggers, and practical coping strategies such as relaxation techniques, positive thinking, time management, and maintaining a balanced lifestyle. Through interactive discussions and open conversations, students were encouraged to express their concerns and seek support without hesitation.

The programme successfully promoted mental health awareness, reduced stigma around emotional challenges, and empowered students with practical tools to build resilience and emotional strength. Through this impactful initiative, the Youth Red Cross Committee reaffirmed its commitment to holistic student development, community welfare, and creating a healthier, more supportive environment for young minds.





"The Youth Red Cross Committee organized a Mental Health & Stress Management Session to promote emotional well-being and psychological resilience among participants. Through expert-led discussions and interactive activities, the programme encouraged healthy coping strategies, stress management techniques, and the importance of fostering a supportive and stigma-free environment for mental health."



Blood Donation Camp: A Lifeline of Hope and Humanity

The Youth Red Cross Committee, in collaboration with Rotary Blood Bank, successfully organized a **Blood Donation Camp** on **18th February 2026** at the **Physiotherapy Lab, A Block, K.R. Mangalam University**. The camp was conducted to encourage students and faculty members to actively contribute towards saving lives through voluntary blood donation and to spread awareness about its importance.

The event witnessed an overwhelming response with 104 donors participating enthusiastically. Under the supervision of medical professionals, donors underwent health screenings before donating blood, ensuring a safe and hygienic process. YRC student volunteers played an active role in registration, coordination, and assisting donors throughout the camp, creating an atmosphere of encouragement and service.

The initiative not only helped strengthen blood reserves for medical emergencies but also inspired a spirit of compassion, empathy, and social responsibility among participants. Through this successful camp, the Youth Red Cross Committee once again demonstrated its dedication to humanitarian service and community welfare, reinforcing the true essence of the Red Cross motto — **“Service to Humanity.”**



"The Youth Red Cross Committee successfully organized a Blood Donation Camp, where enthusiastic volunteers came forward to donate blood and support a life-saving cause. Donors were felicitated with certificates of appreciation in recognition of their selfless contribution, reaffirming the values of compassion, service, and humanitarian commitment."



Vande Mataram: Inspiring Youth for Viksit Bharat 2047

The Youth Red Cross Committee, in collaboration with KRMU International Relations, organized an inspiring awareness session titled **“Vande Mataram: The Civilisational Mantra for Viksit Bharat 2047”** on **25th February 2026** at the **Moot Court, A Block, K.R. Mangalam University**. The session aimed to motivate students towards nation-building, cultural awareness, and active participation in shaping a developed India by the year 2047.

The session was delivered by Anshika Kathuria, who shared valuable insights on the role of youth in India’s growth and transformation. She emphasized the importance of leadership, discipline, innovation, cultural heritage, and social responsibility in building a progressive and self-reliant nation. Through interactive discussions, students actively engaged and reflected on their role as responsible citizens in contributing to national development.

The programme successfully fostered patriotism, awareness, and a strong sense of social responsibility among participants. By connecting the vision of **Viksit Bharat 2047** with youth empowerment, the initiative inspired students to work towards a brighter and stronger future for the nation. Through such meaningful sessions, the Youth Red Cross Committee continues to nurture responsible leadership and civic engagement among young minds.





"The Youth Red Cross Committee, in collaboration with KRMU International Relations, organized an inspiring awareness session on '*Vande Mataram: The Civilisational Mantra for Viksit Bharat 2047*'. The programme encouraged students to embrace the values of patriotism, responsible citizenship, and cultural heritage while inspiring them to actively contribute towards the vision of a developed, self-reliant, and progressive India by 2047."



Drawing Competition on Environmental Sustainability: Inspiring Young Minds for a Greener Tomorrow

The Youth Red Cross Committee organized a **Drawing Competition on Environmental Sustainability** on **2nd April 2026** at **Government School, Damdama** to spread awareness about environmental conservation and sustainable living among school students. The event provided a creative platform for young participants to express their ideas and concerns about protecting nature through art.

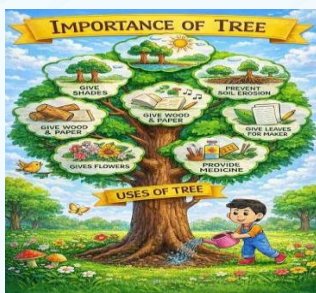
The competition witnessed enthusiastic participation from school students and YRC volunteers, with students presenting thoughtful and vibrant artwork on themes such as climate change, pollution control, wildlife protection, saving trees, and reducing plastic usage. The activity not only encouraged artistic expression but also helped students reflect on their role in

preserving the environment. Outstanding performances were recognized and appreciated, motivating participants to continue their efforts toward environmental responsibility.

The programme successfully combined creativity with awareness, leaving a positive and lasting impact on the young participants. Through this initiative, the Youth Red Cross Committee reinforced the importance of youth engagement in environmental protection and inspired students to adopt eco-friendly practices for a more sustainable future.



"The Youth Red Cross Committee organized a Drawing Competition on Environmental Sustainability at Government School, Damdama, inspiring young students to express their vision for a greener future through art. The initiative fostered environmental awareness, creativity, and a sense of responsibility towards conserving nature and promoting sustainable living."



Plantation Drive: Growing Responsibility for a Greener Future

The Youth Red Cross Committee organized a **Plantation Drive** on **21st April 2026** at **Government Girls School, Abhaypur** with the aim of promoting environmental awareness and encouraging students to actively participate in sustainable practices. The initiative focused on building a sense of responsibility towards nature among young learners.

As part of the drive, Tulsi plants were distributed to students, highlighting their medicinal, cultural, and environmental importance. The participants were guided on proper plant care, including watering, sunlight, and regular maintenance, making the activity both educational and practical. A unique follow-up mechanism was introduced where students were entrusted with nurturing their plants, and their progress would be monitored by teachers to ensure long-term engagement.

The initiative successfully enhanced environmental consciousness and instilled values of care, discipline, and sustainability among students. Through this meaningful programme, the Youth Red Cross Committee reinforced its commitment to environmental conservation and community development, inspiring the younger generation to contribute towards a greener and healthier future.





"The Youth Red Cross Committee organized a Plantation Drive to promote environmental sustainability and encourage community participation in creating a greener future. By planting saplings and spreading awareness about ecological conservation, the initiative inspired participants to become responsible stewards of the environment and contribute towards a healthier, more sustainable planet."



Road Safety Awareness Session: Building Responsible Road Users

The Youth Red Cross Committee organized an **Awareness Session on Road Safety on 23rd April 2026** at **Government Senior Secondary School, Abhaypur** to educate students about traffic rules, road discipline, and safe practices. The programme witnessed active participation from school students and YRC volunteers, reflecting the committee's commitment to community welfare and public safety.

The session was conducted by a police officer who shared practical knowledge about road safety measures, including the importance of traffic signs, wearing helmets and seat belts, and avoiding reckless driving and mobile phone usage while on the road. Through interactive discussions, demonstrations, and real-life examples, students gained valuable insights into the significance of responsible behavior and accident prevention.

The initiative successfully enhanced awareness among young learners and motivated them to adopt safer habits in their daily lives. By promoting road discipline and responsible citizenship,

the Youth Red Cross Committee once again strengthened its mission of community engagement and social responsibility, contributing towards a safer and more aware society.



"The Youth Red Cross Committee organized a Road Safety Awareness Session to educate students on responsible road behavior, traffic regulations, and accident prevention. Through expert guidance and interactive discussions, participants gained valuable insights into safe commuting practices, fostering a culture of responsibility, discipline, and respect for road safety."



Anti-Drug & Substance Abuse Awareness Session: Choosing Health Over Harm

The Youth Red Cross Committee organized an **Awareness Session on Anti-Drug & Substance Abuse** on **5th May 2026** at the **Multipurpose Hall, A Block, KRMU Campus** to educate students about the harmful effects of addiction and encourage a healthy, drug-free lifestyle. The programme was designed to create awareness among youth about the physical, mental, and social consequences of substance abuse.

The session was led by Dr. Sourabh, who shared valuable insights into the causes of drug addiction, warning signs, preventive measures, and the importance of emotional and mental well-being. Through real-life case studies and interactive discussions, students gained a deeper understanding of peer pressure, stress management, and healthy coping mechanisms. The engaging session motivated participants to reflect on their choices and the importance of maintaining a disciplined lifestyle.

The initiative successfully strengthened awareness about substance abuse and its long-term consequences while encouraging students to make informed and responsible decisions. Through this impactful programme, the Youth Red Cross Committee reaffirmed its commitment to youth welfare, health awareness, and building a safer, healthier, and more responsible society.





Road Safety Awareness & First Response Training: Preparing Youth for Safer Roads

The Youth Red Cross Committee, in collaboration with the Value Life Foundation, organized a **Road Safety Awareness & First Response Training** session on **6th May 2026** at **Government Senior Secondary School, Abhaypur**. The programme aimed to educate students about road safety rules, accident prevention, and the importance of immediate response during emergencies.

The session witnessed active participation from school students and YRC volunteers, making it both impactful and engaging. Trainers from the Value Life Foundation shared practical knowledge about responsible road behavior, the use of helmets and seat belts, and the common causes of road accidents. Alongside this, students were also trained in basic first response techniques, including handling emergency situations, providing immediate assistance to accident victims, and understanding essential first aid practices.

The initiative successfully combined awareness with practical life-saving skills, empowering students to become more responsible and prepared citizens. Through this meaningful programme, the Youth Red Cross Committee strengthened its mission of promoting safety, community welfare, and emergency preparedness, contributing towards building a safer and more aware society.





Slogan Competition on “Save Water – Jal Bachao Abhiyan”: Every Drop Counts

The Youth Red Cross Committee organized a **Slogan Competition on the theme “Save Water – Jal Bachao Abhiyan”** on 7th April 2026 at **Government School, Abhaypur** with the aim of spreading awareness about water conservation and encouraging responsible use of water resources among young students. The programme witnessed active participation from school students and YRC volunteers, making it an engaging and impactful community outreach initiative.

The event began with an awareness session highlighting the importance of water conservation and the urgent need to protect this precious natural resource. Students enthusiastically participated by creating thoughtful and creative slogans emphasizing messages such as **“Save Water, Save Life”** and **“Every Drop Counts.”** Their ideas reflected a growing understanding of water scarcity, conservation methods, and sustainable living practices. Faculty members and YRC volunteers ensured the smooth conduct of the competition and motivated students throughout the activity.

The initiative successfully enhanced awareness about water conservation while promoting creativity, communication skills, and environmental responsibility among participants. Through this meaningful activity, the Youth Red Cross Committee reinforced its commitment

to community engagement and sustainability, inspiring young minds to adopt water-saving habits for a better and more sustainable future.





COMMUNITY IMPACT & SOCIAL CONTRIBUTION

✦ YOUTH RED CROSS COMMITTEE, K.R. MANGALAM UNIVERSITY ✦



Through a series of impactful initiatives, the **Youth Red Cross Committee**, K.R. Mangalam University, has consistently worked towards the betterment of society by promoting health, safety, environmental sustainability, and social responsibility among communities.

OUR FOCUS AREAS

-  **IMPROVED HEALTH & WELL-BEING**
Health check-up camps, blood donation drives and awareness sessions promoted preventive healthcare and healthy living. **01**
-  **ENVIRONMENTAL AWARENESS**
Plantation drives, sustainability activities and water conservation campaigns encouraged eco-friendly habits and a sense of responsibility towards nature. **02**
-  **SAFETY & SECURITY**
Road safety awareness and first response training empowered students with knowledge and skills to handle emergencies responsibly. **03**
-  **SOCIAL AWARENESS**
Sessions on mental health, cancer awareness, anti-drug & substance abuse created understanding and sensitized youth about important social issues. **04**
-  **EDUCATION & SKILL DEVELOPMENT**
Competitions and interactive sessions enhanced creativity, communication skills and practical knowledge among students. **05**
-  **STRENGTHENED COMMUNITY RELATIONS**
Built strong bonds with local schools and communities through regular outreach and collaborative activities. **06**
-  **PROMOTED VOLUNTEERISM**
Encouraged active participation, teamwork and leadership qualities among YRC volunteers. **07**
-  **EMPOWERED YOUTH**
Informed and motivated youth to make responsible choices and become agents of positive change. **08**
-  **CONTRIBUTION TO SUSTAINABLE DEVELOPMENT GOALS (SDGs)**
Initiatives aligned with SDGs such as Good Health & Well-being, Quality Education, Clean Water & Sanitation, Climate Action and Sustainable Communities. **09**
-  **LONG-TERM IMPACT**
These efforts lead to a more aware, healthy, safe and environmentally conscious society. **10**



BUILDING A HEALTHIER, SAFER & SUSTAINABLE SOCIETY



EMPOWERING YOUTH | SERVING HUMANITY | BUILDING SUSTAINABLE COMMUNITIES

Together, we inspire compassion, create positive change, and shape a **healthier, safer, and more responsible** future for all.



----- “ Alone we can do so little; together we can do so much. ” -----

— Helen Keller —

"The Youth Red Cross Committee is dedicated to fostering humanitarian values, promoting volunteerism, empowering youth, and creating sustainable social impact through meaningful community engagement."

Volunteer Experiences



Shivang (BSc Hons. Forensic Science, 3rd Year)

"Volunteering at the Blood Donation Camp was a proud moment for me. Seeing so many donors come forward reminded me that small efforts can save lives. It strengthened my belief in humanity and service."



Sanjaeev Kumar (MSc Forensic Science, 1st Year)

"The Dental Check-up Camp taught me the importance of preventive healthcare. Helping children during the camp made me feel that our efforts can truly make a difference."



Amar Mittal (LLB, 2nd Year)

"Being part of the Eye Check-up Camp was an eye-opening experience. It showed me how awareness and timely care can improve someone's quality of life."



Sweta (BSc Hons. Forensic Science, 3rd Year)

"The First Aid Training Workshop gave me practical knowledge and confidence. I now feel capable of helping people during emergencies."



Vanshika Yadav (B.Tech CSE, 3rd Year)

"The Environmental Drawing Competition inspired me through the creativity of young students. It made me realize the power of awareness through art."



Shambhavi Shukla (BSc Hons. Forensic Science, 1st Year)

"The Plantation Drive was one of the most fulfilling experiences. Planting saplings and interacting with school students made me feel connected to nature."



Shristti Mishra (BSc Hons. Forensic Science, 3rd Year)

"Road Safety Awareness sessions made me understand how discipline on roads can save lives. It motivated me to spread the same awareness among my family and friends."



Jatin (B.Tech CSE, 3rd Year)

"The Anti-Drug Awareness session changed my perspective about addiction. It encouraged me to guide my peers toward a healthier lifestyle."



Sakshi (BSc Physics 3rd Year)

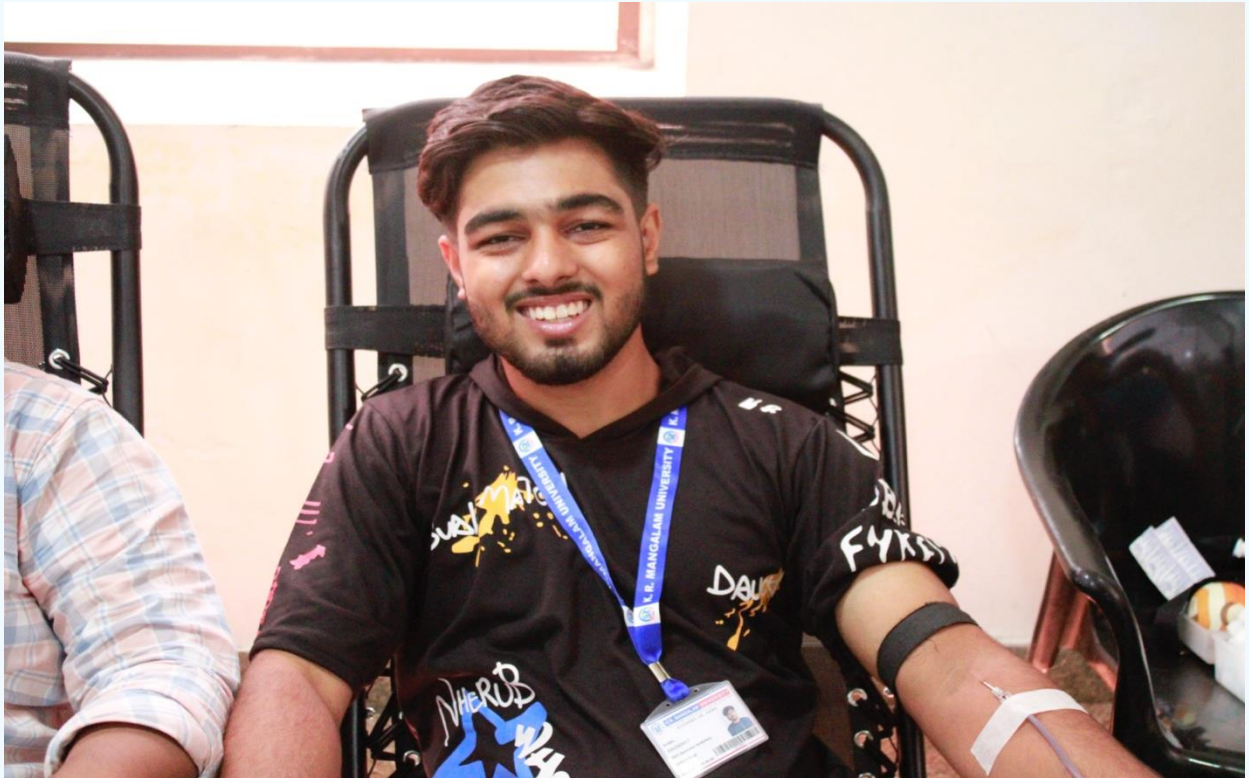
"Participating in the Save Water slogan competition reminded me of how precious water is. It motivated me to become more conscious about conservation."



Shreya (BSc Hons. Forensic Science, 3rd Year)

"The Mental Health session taught me that emotional well-being is just as important as physical health. It encouraged me to support others around me."

Photo Gallery









Youth Red Cross (YRC) Annual Meeting 2026



The **Youth Red Cross (YRC) Annual Meeting 2026** was successfully conducted on **10 April 2026** in **hybrid mode** at the **K.R. Mangalam University campus, Gurugram**, enabling both in-person and virtual participation of members and stakeholders. The meeting served as an important platform to review the activities and achievements of the Youth Red Cross during the academic year and to discuss future plans for strengthening community engagement and humanitarian initiatives.

During the meeting, members reviewed the progress of various YRC programmes, including health awareness campaigns, blood donation drives, environmental initiatives, disaster preparedness activities, and community outreach programmes. The participants also discussed strategies to enhance student involvement, strengthen collaborations with external organizations, and align future activities with the objectives of the Indian Red Cross Society.

The meeting concluded with valuable suggestions from the distinguished members and a collective commitment to expanding the reach and impact of Youth Red Cross initiatives. The annual meeting reaffirmed the University's dedication to promoting humanitarian values, volunteerism, social responsibility, and community service among students and faculty.



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FUTURE PLANS

BUILDING A BETTER TOMORROW THROUGH SERVICE & SUSTAINABILITY

The Youth Red Cross Committee, K.R. Mangalam University, is committed to expanding its outreach and creating a greater impact through innovative, inclusive and sustainable initiatives.

Here are our plans for the upcoming year (2026-27):



01 MEGA BLOOD DONATION CAMPS

To organize larger blood donation drives with increased participation to support hospitals and emergency healthcare needs.



06 ENVIRONMENTAL SUSTAINABILITY PROJECTS

More plantation drives, water conservation campaigns, waste management activities, and green campus initiatives.



02 ADVANCED FIRST AID & CPR TRAINING

To provide specialized training sessions for students and volunteers to build emergency response skills.



07 COMMUNITY OUTREACH IN RURAL AREAS

Expanding activities in nearby villages and government schools to create greater awareness and support social development.



03 HEALTH & WELLNESS CAMPS

Regular health check-up camps focusing on eye care, dental care, nutrition, and mental health awareness.



08 YOUTH LEADERSHIP DEVELOPMENT PROGRAMMES

Workshops and seminars to enhance leadership, teamwork, communication, and volunteer management skills.



04 ANTI-DRUG & SOCIAL AWARENESS CAMPAIGNS

To continue educating youth on substance abuse, cyber safety, and social challenges affecting society.



09 COLLABORATION WITH NGOS & HEALTHCARE ORGANIZATIONS

Strengthening partnerships for impactful community service and larger outreach programmes.



05 ROAD SAFETY & DISASTER MANAGEMENT WORKSHOPS

To equip students with practical knowledge on road discipline, accident prevention, and disaster preparedness.



10 CELEBRATION OF NATIONAL & INTERNATIONAL AWARENESS DAYS

Organizing campaigns and activities on World Health Day, Environment Day, Blood Donor Day and other important occasions.

OUR VISION FOR TOMORROW



Stronger community engagement



Healthier & safer society



Empowered youth & future leaders



Service to Humanity



Sustainable environment for all

“

Together, let's create a positive change and build a compassionate, responsible and sustainable world.

”

SERVICE TO HUMANITY IS SERVICE TO LIFE.

Achievement

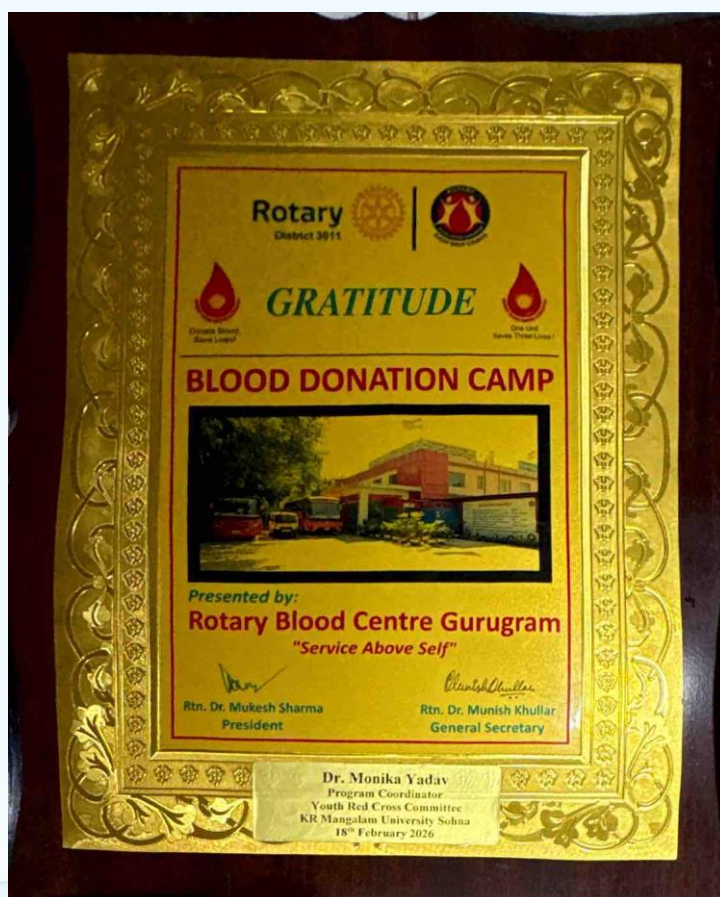


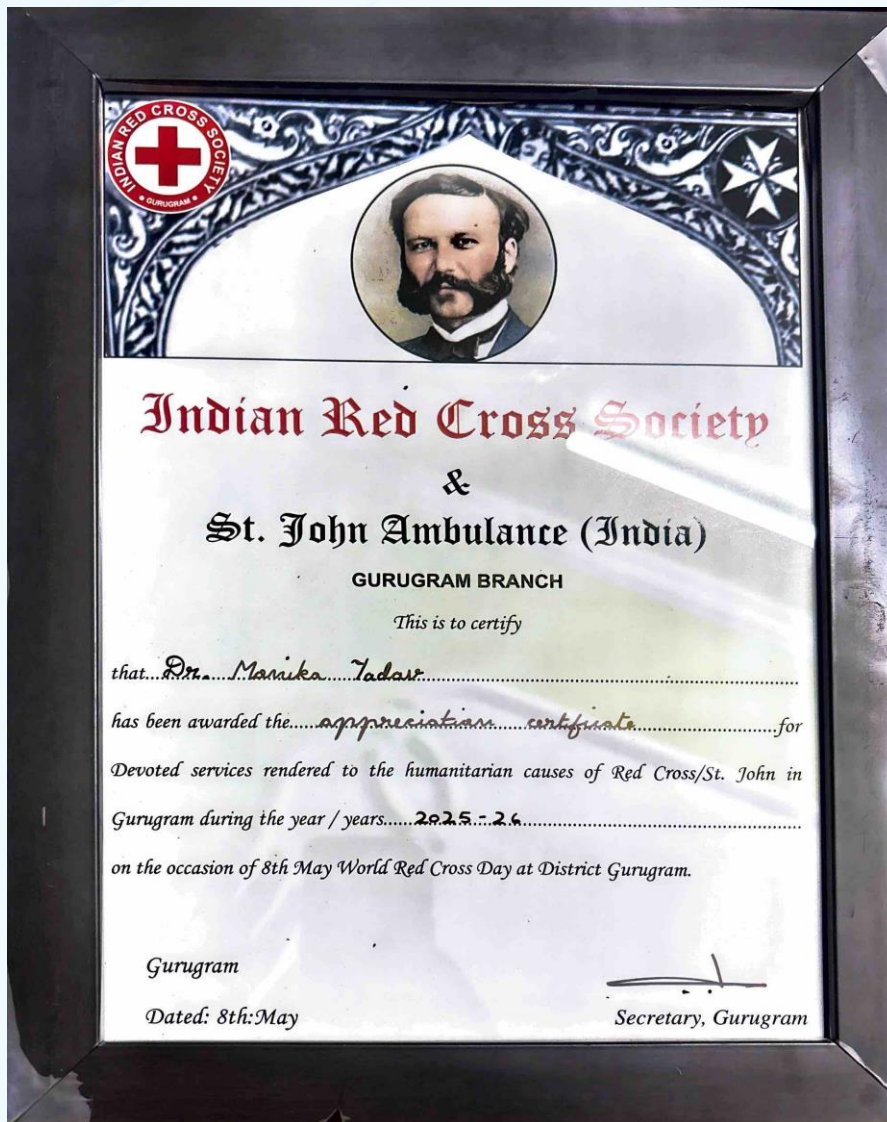
A proud moment of recognition for commitment to humanitarian service by District Red Cross Society, Gurugram.



Dr. Monika Yadav, Program Coordinator, K.R. Mangalam University, was honoured with the **Award of Honour** by **OM Charitable Blood Centre, Delhi**, in recognition of her outstanding contribution to the successful organization of the **Blood Donation Camp** held on **15 September 2025**.

Dr. Monika Yadav, Program Coordinator of the Youth Red Cross Committee, K.R. Mangalam University, Sohna, was presented with a **Certificate of Gratitude** by the **Rotary Blood Centre, Gurugram (Rotary District 3011)** in appreciation of her dedicated support and valuable contribution to the successful organization of the **Blood Donation Camp** held on **18 February 2026**.





Dr. Monika Yadav was honoured with an **Appreciation Certificate** by the **Indian Red Cross Society & St. John Ambulance (India), Gurugram Branch**, on the occasion of **World Red Cross Day**, in recognition of her dedicated humanitarian service and valuable contributions to Red Cross activities during the year **2025–26**.



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SDG OUTCOMES OF YRC ACTIVITIES



♦ Building a Better Tomorrow Through Sustainable Actions ♦

Through a wide range of awareness drives, health camps, environmental initiatives, and community outreach programs, the **Youth Red Cross Committee**, K.R. Mangalam University has contributed towards multiple Sustainable Development Goals (SDGs).

OUR ACTIVITIES



Blood Donation Camp
Promoted voluntary blood donation and saved lives.



Dental Check-up Camp
Encouraged oral hygiene and preventive dental care.



Eye Check-up Camp
Provided eye screening and awareness about vision health.



First Aid Training Workshop
Trained students in basic first aid and emergency response.



Drawing Competition on Environment Sustainability
Inspired creativity and awareness for a sustainable future.



Plantation Drive
Promoted afforestation and distributed Tulsi plants for a greener tomorrow.



Awareness Session on Road Safety
Spread awareness about traffic rules and responsible road behavior.



Awareness Session on Anti-Drug & Substance Abuse
Educated youth about the ill effects of drugs and healthy choices.

SDG: 17 GOALS TO TRANSFORM OUR WORLD



SDG WISE OUTCOMES



3 GOOD HEALTH AND WELL-BEING
Health camps, first aid training, mental health, cancer awareness, and nutrition sessions promoted physical and mental well-being in the community.



4 QUALITY EDUCATION
Awareness sessions, competitions, and training programs enhanced knowledge, awareness and practical skills among students and community members.



6 CLEAN WATER AND SANITATION
Save Water – Jal Bachao Abhiyan promoted responsible water use and awareness about water conservation.



11 SUSTAINABLE CITIES AND COMMUNITIES
Road safety awareness and plantation drive contributed to creating safer, greener and sustainable communities.



13 CLIMATE ACTION
Environmental campaigns, tree plantation and sustainability activities promote climate action and eco-friendly behavior.



17 PARTNERSHIPS FOR THE GOALS
Collaborations with schools, communities and organisations strengthened partnerships for a sustainable and better society.

OVERALL IMPACT



Improved health and well-being of individuals.



Enhanced awareness and knowledge on critical issues.



Promoted environmental responsibility and sustainable practices.



Strengthened community engagement and social responsibility.



Developed leadership, teamwork and volunteerism among youth.



Contributed towards a healthier, safer and more sustainable society.



EMPOWERING YOUTH • SERVING HUMANITY • BUILDING SUSTAINABLE COMMUNITIES

Together, we inspire compassion, create positive change, and shape a **healthier, safer, and more responsible** future for all.



“ Alone we can do so little; together we can do so much. ”
– Helen Keller –



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