



YOUTH RED CROSS

Session 2019-2020

**K.L Mehta Dayanand College for
Women, Faridabad**



Principal: Dr. Vandana Mohla
YRC Counselors:
Mrs. Archana Dua
Dr. Sangeeta Kulshrestha

Best Volunteers of YRC for the session 2019-2020

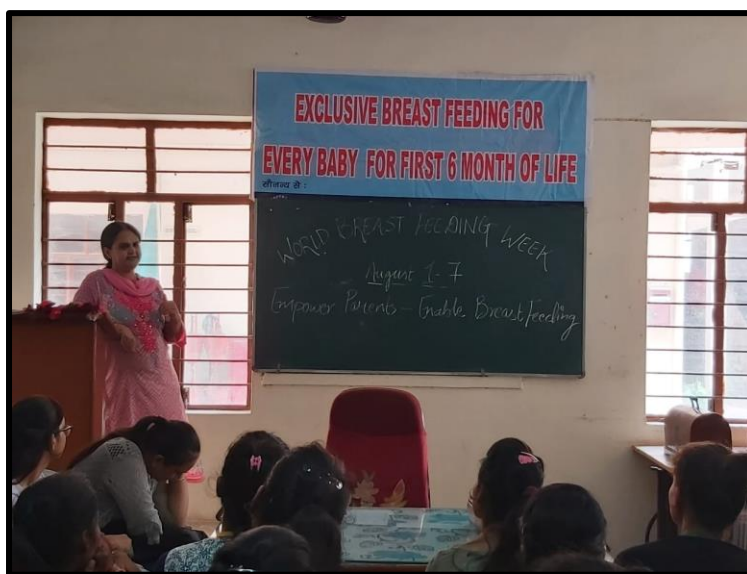
- **Unit 1- Nishtha Madaan
Pragya Vats**
- **Unit 2- Tara Pantha
Chanchal**

Annual Report of Youth Red Cross Activities During 2019-2020

K.L. Mehta Dayanand College for Women, Faridabad has two functioning units of Youth Red Cross. Counsellor of unit I is Mrs. Archana Dua and has 54 volunteers. Counsellor of Unit II is Dr. Sangeeta Kulshrestha with 55 enrolled volunteers. Following are the activities held during 2019-2020:

1. World Breastfeeding Week

World Breastfeeding Week is celebrated in the first week of August. On 2nd August 2020, Mrs. Benu Mehta gave a lecture on the advantages of breastfeeding.



Lecture on World Breastfeeding week

2. Youth Red Cross Shield

On 30th August 2019, our College received the Youth Red Cross Shield for the year 2017 - 18 from the Honorable Governor cum President, Indian Red Cross Society (Haryana State Branch).



YRC Counsellor honoured with College Shield from Governor

3. Best Counsellor Award

Mrs. Archna Dua also received Best Counsellor Award from the Honorable Governor cum President.



Best Counsellor Award won by Mrs. Archna Dua

4. Orientation Lecture

Orientation Lecture given by Mrs. Archana Dua on 6th September 2019. Volunteers also took the Red Cross Pledge.



Orientation Day

5. National Nutrition Week

During the first week of September, National Nutrition Week is celebrated.

- Poster Competition on the topic “Nutrition and Health” was organized.



Poster Competition during Nutrition Week

- A healthy recipe contest was organized.

6. Wellness Expert

Dr. Suruchi, Wellness Expert from Fortis Hospital, Faridabad gave a talk on “Healthy Lifestyle”.



Talk on 'Healthy Lifestyle' by Dr Suruchi, Wellness Expert

7. Puppet Show

Volunteers presented a puppet show on the topic “Anemia during Pregnancy”, which was very much liked by the students.



Puppet Show during National Nutrition Week

8. Nukkad Natak

A Nukkad Natak presentation on “Poshak Aahar, Desh ka Aadhar” was given by YRC volunteers.



Nukkad Natak during Nutrition Week

9. Eye Check-up Camp

- Eye checkup camp was organized by Fortis Hospital, Faridabad on 8th September 2019.



Eye Checkup camp

- After the camp, a lecture was given by Dr. Deepak from Fortis Hospital, Faridabad on “Eye Care”.



Dr Deepak delivering lecture on Eye Care

10.Outreach Program

Our volunteers visited Deaf and Dumb school in Bal Bhawan on 19th September 2019. There, the volunteers also presented a puppet show.



Puppet show during visit to Bal Bhawan

11. Expert Talk

On 30th September 2019, a talk on “Life Skills” was given by Mr. Shalabh Mittal and Mrs. Bharti Dudeja.



Mr. Shalabh Mittal giving lecture on Life skills



YRC Counsellors honoring Mrs. Bharti Dudeja

12. Slogan Writing Competition

A slogan writing competition was held on the topic “Say No to Plastic” on 9th October 2019. Ours is a Plastic free campus.



Poster Competition on “Say no to Plastic”

13. Cloth Bag Making Competition

On the same day, Cloth Bag Making Competition was held in which volunteers made beautiful bags from old clothes like jeans, T-shirts etc.



Bag Making Competition

14. Oral Health Awareness Campaign

During Oral Health Awareness Campaign (9th September - 19th September), Dr. Vandana Mehta from B.K. Hospital, Faridabad talked to the volunteers regarding Oral Health on 12th October 2019.



Lecture on Oral Health by Dr Vandana Mehta

15. Expert Talk

On November 8th 2019, lecture on “Personality Development” was given by Mrs. Meenu and Mrs. Priya Suresh.



Mrs. Kamal Preet Verma, Associate Professor thanking Ms. Priya Suresh for her lecture on Personality Development

16. World AIDS Day

On the occasion of World AIDS Day, Mrs. Shweta Arya (Assistant Professor, Zoology Department) talked about causes and prevention of AIDS. Audience was also told about NACO.

17. Documentary Film

A documentary film on AIDS was also shown to the students.

18. Outreach Program

On 19th December 2019, our volunteers along with a Counsellor visited Government Girls Senior Secondary School, Village Pali, Faridabad. They talked to 8th class students on “Menstrual Hygiene and Nutrition”. The school students talked freely to the volunteers about their problems.



Volunteers talking to School students on Menstrual Hygiene

19. Nukkad Natak

In school, our volunteers presented Nukkad Natak on the topic ”Junk Vs Healthy Foods” in front of 6th, 7th and 8th standard students.



Nukkad Natak at Govt. Girls Senior Secondary School, Village Pali, Faridabad

20. Expert Talk

On 18th January 2020, a lecture on “Key to Relationship” was given by Mrs. Anita Narain.



Mrs. Anita Narain delivering lecture on Key to Relationship

21. Visit to Blind School

On 23rd Jan 2020, YRC volunteers visited Blind school. This is necessary for the sensitization towards the handicaps. Many of the teachers in our college are giving donations to the Blind school and other such NGOs.



Visit to Blind school

22. Expert Talk

On 29th February 2020, YRC organized expert talks to edify the volunteers.

Dr. Ravi Shekhar Jha from Fortis Hospital, Faridabad gave a very informative lecture on COVID-19 and its prevention



Mr. Priya Suresh educated volunteers on “Managing Stress Negativity”



Mrs. Anita Narain trained volunteers on “A ceiling on Desires”.



23. Mask Making

Our volunteers made masks during the starting of lockdown 2.0 from the materials available at home.



Video showing how to make masks at home

24. COVID -19 Awareness Program

Many videos on COVID-19 were made by our volunteers to spread awareness through social media.



Spreading Awareness through Videos

25. Poetry Writing Competition

A poetry writing competition was held on 20th April 2020. Topic was “Attacks on Doctors and other Corona Warriors”.



Poetry writing competition

26. Video Making Competition

A video making competition was held on 21st April 2020 on the topic “COVID-19 and its prevention”.



27. Poster Making Competition

On 29th April 2020, Poster making competition was held on the college level to spread awareness.




An entry of Poster Making Competition

28. Inter-College E-Contest

An Inter-college E-Contest was held on 2nd May 2020. The following competitions were held:

- i. Video Making
- ii. Poetry Writing
- iii. Poster Making
- iv. Cartoon Making
- v. Slogan Writing



YOUTH RED CROSS
K.L. MEHTA DAYANAND COLLEGE
FOR WOMEN, FARIDABAD

**LET'S ALL GET TOGETHER IN THIS FIGHT
AGAINST CORONA VIRUS**

We are organising the following
e-competitions :

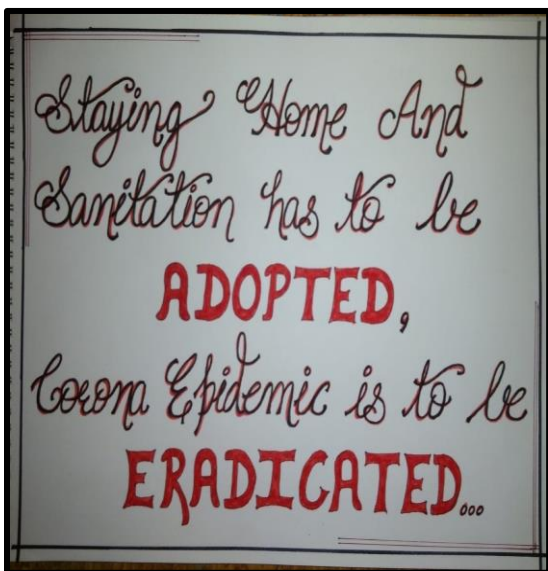
- ✿ Video Making
- ✿ Poem Writing
- ✿ Poster Making
- ✿ Cartoon Making
- ✿ Slogan Writing

**ALL ENTRIES MUST REACH LATEST BY 29TH
APRIL'2020.**

Email ID - yrcklm2020@gmail.com
Declaration of results : 2nd May'2020
E-CERTIFICATES WILL BE GIVEN TO ALL THE WINNERS AND
PARTICIPANTS

DR. VANDANA MOHLA
(OFFICIATING PRINCIPAL)

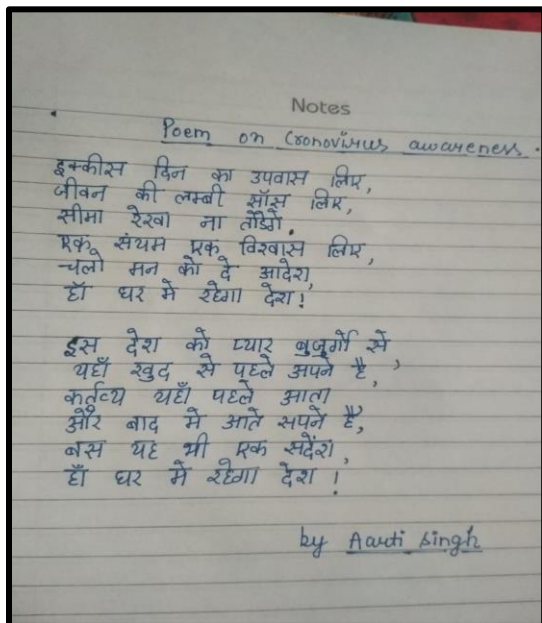
FOR ANY QUERIES CONTACT YRC COUNSELLORS :
MRS.ARCHNA DUA
MOBILE : 9810319942
DR. SANGEETA KULSHRESTHA
MOBILE : 9654243916



An entry of Slogan Making Competition



Spreading awareness regarding mask making at
home through video



An entry of Poetry Writing Competition



Cartoon Making Competition

29. International Red Cross Day

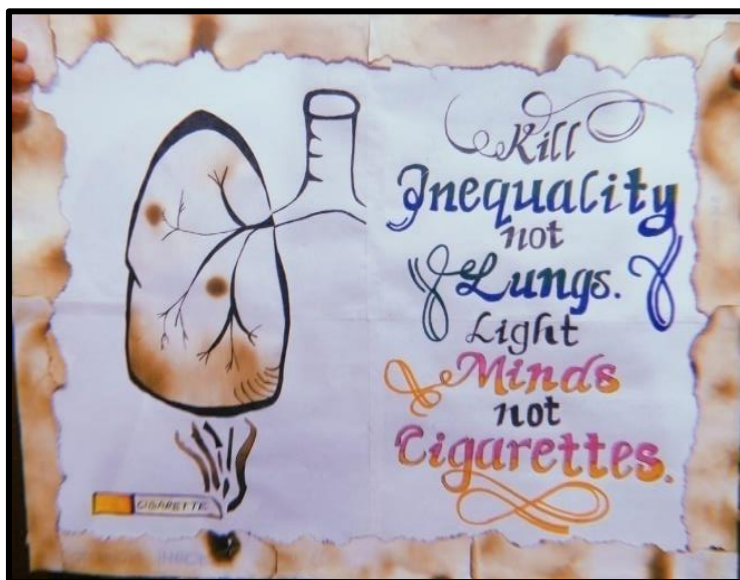
To celebrate International Red Cross Day on 8th May, digital poster making competition was organized.



Entries of Digital Poster making contest on International Red Cross Day

30. World No Tobacco Day

On 31st May 2020, World No Tobacco Day is celebrated. A slogan writing E-Competition was organized on the topic “No Tobacco/ Dhoomrapan Nishedh”.



Slogan writing Contest on No Tobacco Day

31. Certificate of Appreciation

YRC Program Officer, Mrs. Archana Dua has been awarded for selfless services during COVID-19 Pandemic and for outstanding performance as volunteer in COVID-19 Emergency.

32. World Environment Day

To celebrate the World Environment Day, a poster making competition was held on the topic “COVID-19 and Nature’s Transformation”.



Poster making Competition on World Environment Day

33. Competitions

During lockdown period, our volunteers participated in various competitions organized by other colleges and won many prizes.

34. Webinar on “Menstrual hygiene”

Many of the volunteers participated in the webinar on “Menstrual hygiene” organized by Shri Vishwakarma Skill University.

35. International Yoga Day

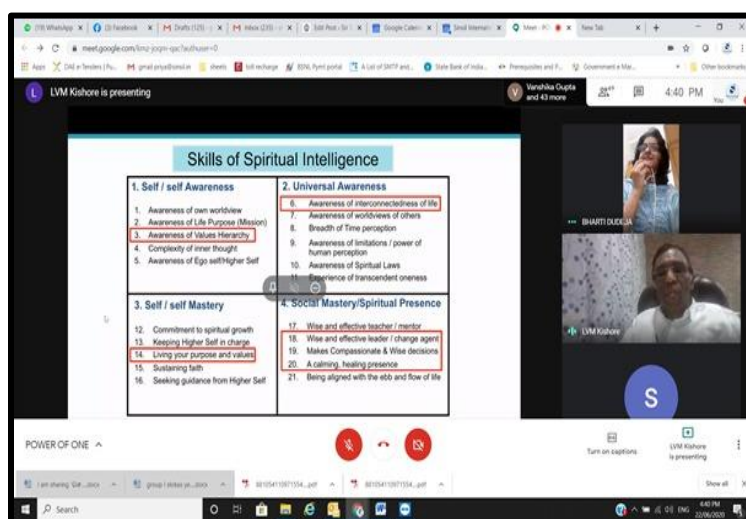
To celebrate International Yoga Day on 21st June 2020, a video making competition was organized where the participants were expected to perform various Yogasanas.



Video making on International Yoga Day

36. Webinar on “Power of One”

Webinar on “Power of One” was organized on 22nd June 2020. The main speaker was Mr. LVM Kishore, Vice President, Times of India group.



Webinar on “Power of One” by Mr. LVM Kishore and Mrs. Bharti Dudeja