



MAHARSHI DAYANAND UNIVERSITY ROHTAK
(A State University established under Haryana Act No. 25 of 1975)
(NAAC Accredited A+ Grade)



UNIVERSITY YOUTH RED CROSS
ACTIVITIES FOR THE YEAR 2023-2024
(From 1st August 2023 to 31st July 2024)



HEALTH - SERVICE- FRIENDSHIP



ANNUAL REPORT OF YOUTH RED CROSS ACTIVITIES FOR THE YEAR 2023-2024

1. First Aid Post in Induction Program at Tagore Auditorium from 09.08.2023 to 12.08.2023

Integrating first aid training into a student induction program equips students with essential life-saving skills and fosters a culture of safety and responsibility. The four-day Induction Program was organized by the Dean of Students Welfare of Maharshi Dayanand University from 09.08.2023 to 12.08.2023. In this Program, the YRC volunteers provided services through the First Aid. Five First Aid posts were set up during this event for emergency help. Student Coordinators Mr. Pratik Malik and Ms. Devanshi and the volunteer team have actively participated in this event. This event empowers them to respond effectively during emergencies such as injuries, choking, or cardiac arrests, potentially saving lives. Beyond immediate medical aid, the training boosts students' confidence, encourages preventive safety measures, and enhances their mental preparedness for crises. It also promotes teamwork, community awareness, and a health-conscious mindset, making them proactive contributors to a safer environment. Furthermore, first aid certification adds value to their resumes, reflecting leadership and a sense of responsibility. By including first aid in induction programs, institutions prepare students to care for themselves and others, instilling vital skills that benefit both campus life and society.



2. Participation in CPR Documentary organized by IRCS at M.D. University on 01.09.2023 to 02.09.2023

As per the desire of His Excellency, the Governor cum President, St. John Ambulance (India) Haryana State, Cardiopulmonary Resuscitation (CPR) training through documentary and live demonstration by St. John Ambulance (India), District Centre, Rohtak is being given at different districts of Haryana State from 25th Aug 2023 to 9th Sep 2023. In Rohtak District, socially active institutes were selected to impart this training for two days (1st & 2nd Sep 2023). For the said training, a mobile van from St. John Ambulance India, Haryana State Branch Chandigarh, reached outside the Mechanical Engineering block, YRC office on 01.09.2023 at 2 pm to train YRC, NSS, and NCC volunteers. A live demonstration was seen by the participants, and then the volunteers were given CPR training at the YRC office by Sh. Ravi Dutt, District Training Officer, St. John Ambulance (India) District Centre Rohtak. This training program is important to make people aware and save human lives from heart attack, cardiac arrest, and other diseases when the breathing of the victim is not present.

Approximately 150 YRC, NSS, and NCC volunteers participated in this program. Prof. Anju Dhiman (Program Coordinator YRC) & Prof. Tilak Raj (Program Coordinator NSS) coordinated the event. Dr. Dhiraj Khurana, Dr. Asha Sharma, Mr. M.C. Dhiman, Mr. Sandeep, and Mr. Jitender were present.



3. First Aid Post in Induction Program at Tagore Auditorium

A two-day Induction Program was organized by the Dean of Students' Welfare of Maharshi Dayanand University from 11.09.2023 to 12.09.2023. In this Program, the YRC volunteers provided services through the First Aid. A First Aid post was set up during this event for emergency help. Student Coordinators Mr. Pratik Malik and Ms. Devanshi and the volunteer team have actively participated in this event.



4. Celebration of National Voluntary Blood Donation Day 2023 on 30.09.2023

National Voluntary Blood Donation Day was celebrated on 30th September 2023 at Tagore Auditorium. The theme of the program was: "Safe blood should be waiting for the patient, not the patient should be waiting for the safe blood". 1500 volunteers and counselors of UTD & affiliated Colleges, M.D.U., participated in this program. The Program was inaugurated by Prof. Rajbir Singh Vice- Chancellor M.D.U., Rohtak; Prof. Anoop Maan, Dean of College Development Council MDU and Prof. Randeep Rana, Dean of Students' Welfare MDU; Dr. Gajendra Singh, Dean Students' Welfare, PGIMS was the Guest of Honor. Youth Red Cross & ISBTI organized this program in collaboration and the blood donors and motivators from all the districts of Haryana were felicitated for their contribution.



5. Celebration of Gandhi Jayanti at Tagore Auditorium on 02.10.2023

Mahatma Gandhi's messages and thoughts are relevant even today. The change you want to see in the world, bring it in yourself - the call to imbibe this statement of Mahatma Gandhi in life was expressed by the Vice Chancellor of Maharishi Dayanand University, Prof. Rajbir Singh, in the Gandhi Jayanti celebrations held in the Tagore Auditorium of the University. This program was organized under the guidance of the Student Welfare Office of the University.

Vice Chancellor Prof. Rajbir Singh praised MDU's sanitation and gardening workers for their vital role in maintaining the university's green-clean campus, which brings it national recognition. He also paid tribute to Mahatma Gandhi and Lal Bahadur Shastri on their birth anniversary.

Chief guest Dr. Sharanjit Kaur emphasized adopting Gandhi's ideals by becoming messengers of cleanliness and spreading the mission from the MDU campus to villages, towns, and cities. She highlighted the importance of both physical and mental cleanliness.

The program at Tagore Auditorium featured renowned singer Kailash Verma presenting Mahatma Gandhi's favorite bhajans, starting with Ganpati Vandana and concluding with *Vaishnav Jan to Tane Kahiye*. Rakesh Kumar, a research scholar in the Music Department, also performed, accompanied by Sunil Bhatnagar on guitar, Anil on tabla, and Ashok on octoband. The event, conducted by Director of Youth Welfare Dr. Jagbir Rathi, included a welcome address by Dean of Student Welfare Prof. Randeep Rana and a vote of thanks by Prof. Naseeb Singh Gill. University

sanitation and support workers and cultural workers Ramfal Chahal and Nehru Yuva Kendra's Jyoti were honoured.

Notable attendees included Prof. Vimal, Prof. Vinita Shukla, Prof. Sumit Gill, and other faculty, staff, YRC/NSS volunteers, and students from the Music Department.



6. State Level Youth Red Cross training camp for boys at Haridwar from 26th to 31st October, 2023

A State Level Youth Red Cross training camp was organized by Indian Red Cross Society Haryana State Red Cross Branch, Chandigarh from 26th to 30 October, 2023 at Haridwar. 05 volunteers & 01 male counselor participated in this camp from M.D. University, Rohtak.

Under the aegis of Haryana Youth Red Cross Society, a weekly training camp of the state level Youth Red Cross Society Haryana was organized in Haridwar (Uttarakhand) from 26 to 31 October 2023! About 300 participants from teams of 39 different colleges and universities of Haryana were present in this camp! During this training program, various training, lectures, sports, cultural, public processions etc. programs were organized! Maharishi Dayanand University, Rohtak participated in this training program along with students under the leadership of Dr. Dheeraj Khurana! MDU students and professors registered their presence in various competitions! During this training program, MDU Youth Red Cross Counselor Professor Dr. Dheeraj Khurana (Department of Computer Science and Engineering, UIET) was honored with the Overall Best Counselor Award and got first place in the Lucky Star Sports Competition! Youth Red Cross Student Coordinator of the University, Pratik Malik (Department of Public Administration) was honoured with the Best Red Cross Coordinator award. Another student of the

University, Sagar (Department of Computer Application) secured the third position by performing a solo dance! During the training programme, the participants were honoured in the presence of Haryana Red Cross Society General Secretary Mukesh Agarwal, State Coordinator Rohit Sharma, Uttarakhand Red Cross Society Haridwar Secretary Dr. Naresh Chaudhary, District Coordinator Surendra and Raja Singh Jhijar present on the closing day of the training programme.



7. Celebration of Dr. Mangal Sen Jayanti at Tagore Auditorium on 27.10.2023

In commemoration of Dr. Mangal Sen, former deputy Chief Minister of Haryana, and the great social worker and strong leader of Bhartiya Janta Party, Dr. Mangal Sen Jayanti was celebrated at Tagore Auditorium on 27.10.23, Maharshi Dayanand University, Rohtak. The honorable governor of Haryana and Chancellor of MDU, Rohtak was the chief guest of the programme and Dr. Kamal Gupta, Urban Local Bodies and Housing Minister of Haryana was the guest of honour. All the guests acknowledged the indispensable contribution of Dr. Mangal Sen to the education and overall development of Haryana. Shri Dattatreya called Dr. Mangal Sen a great patriot, a fierce nationalist, and a legend dedicated to social work throughout his life. Till the last breath of his life he remained dedicated to public welfare and social uplifting works. Shri Dattatreya said that Dr. Sen was an epitome of clean and ethical behavior in politics. Dr. Kamal Gupta shared some of his memories from his student life, when he got an opportunity to meet Dr. Sen. Dr. Gupta also emphasized the charitable and spontaneous nature of Dr. Mangal Sen. Honorable Vice Chancellor

of MDU also reiterated the same. He motivated the students to carry out research works/projects on Dr. Mangal Sen that could further inspire the upcoming students and make them lead their lives in an exemplary way like this nationalist leader.

8. Celebration of Sardar Vallabh Bhai Patel Jayanti: Rally for Run for Unity on 31.10.2023

Sardar Vallabhbhai Patel did the work of uniting the country after independence. Sardar Patel was the person who merged more than 400 princely states into India. Today, the youth of the country need to take inspiration from Sardar Patel and contribute to maintaining the country's unity and integrity. These sentiments were expressed by Vice Chancellor of Maharishi Dayanand University Prof. Rajbir Singh while addressing the students in the Run for Unity program today. At the beginning of the Run for Unity program organized by the Student Welfare Department, Vice Chancellor Prof. Rajbir Singh flagged off the unity run. This unity run, which started from Sardar Vallabhbhai Patel Cricket Stadium, concluded in the Tagore Auditorium. Vice Chancellor Prof. Rajbir Singh, while paying obeisance to Sardar Patel, appealed to the youth in the Tagore Auditorium campus to contribute to nation-building. He called upon the youth to play an important role in maintaining social brotherhood, keeping the country united, and maintaining social harmony.

On this occasion, Vice Chancellor Prof. Rajbir Singh administered the oath of national unity to the students and inspired them to move ahead by taking inspiration from Sardar Patel. Dean, Students Welfare Prof. Randeep Rana, while giving the welcome speech initially, highlighted the importance of National Unity Day. Director Youth Welfare Dr. Jagbir Rathi conducted and coordinated the program. Assistant Director Youth Welfare Dr. Pratap Rathi provided organization and coordination support. On this occasion, Chairman of the Department of Public Administration Prof. Sewa Singh Dahiya, YRC Program Coordinator Prof. Anju Dhiman, NSS Program Officer, YRC Counselors, NSS and YRC Volunteers, NCC cadets and students participated in the program.



9. Blood Donation camp on 31 October, 2023

A blood donation camp was organized on the occasion of National Unity Day i.e. 31st October, 2023 by University Youth Red Cross in collaboration with Department of Public Administration,

Pt. Deen Dayal Uppadhaya Centre of Excellence for Rural Development MDU, Rohtak & Maa Dano Devi Dharmarth Trust, Sanghi, Rohtak. Worthy Vice Chancellor, Prof. Rajbir Singh marked his presence on the occasion and blessed the donors and volunteers. He said that “Donating blood is one of the best and the most convenient ways to make one's contribution to society”. This Voluntary Blood Donation Camp was organized in the premises of Vivekananda Library, MDU. Prof. Shahid Rasool, Dean, School of Media Studies, Central University of Kashmir was the guest of honour.

The programme was graced by many esteemed guests and senior faculty members of the University. Prof. Radhey Shyam, Prof. Satish Malik, Librarian, Prof. Gajender Singh, In-charge, Blood Bank and Programme Coordinator, YRC, PGIMS and Dr. Praveen Malhotra, HOD Dept. of Gastroenterology PGIMS Rohtak motivated the students with their words of encouragement. Sh. Tasvir Singh Hooda, (Founder), Sh. Navneet Hooda (Treasurer), Sh. Devender Sharma and Narender Kundu (Social workers) were present from the Maa Daano Devi Dharmarth Trust. YRC volunteers, staff & students from the Department of Public Administration helped properly execute the program. Prof. Sewa Singh Dahiya, HOD, along with Dr. Rajesh Kundu, Dr. Jasbir, Dr. Suman, Dr. Samundar Singh, Prof. Sonia Malik, Dr. Jagbir Narwal, and the non-teaching staff were also present. Dr. Satveer Chahar (Formerly HOD, Public Administration) & Dr. Swami Parmanand ji Maharaj from Rashtriya Jan Sewa Sansthan were special invitees in the programme. Dr. Asha Sharma, Dr. Kavita, Sh. Mehar Chand Dhiman and Mr. Jitender Nain coordinated the event.

A total of 139 blood donors registered themselves for blood donation. 100 blood units were collected in this blood camp.



10. Seven day program on World HIV/AIDS from 24.11.2023 to 30.11.2023

University Youth Red Cross observed **World HIV/AIDS Day** at Swaraj Sadan to spread awareness among the youngsters, motivate them, and sensitize others, too. The programme commenced with an oath on HIV/AIDS and prayer to serve society consistently. Dr. Anju Dhiman, the Programme Coordinator, UYRC, presented an overall report on the 1 week HIV awareness campaign conducted by UYRC in MDU-adopted villages that began on the 24th of November and ended on the 30th of November, 2023. Prof. Pushpa Dahiya was invited as Chief Guest and Dr. Anil Birla, Civil Surgeon and CMO, Rohtak was the guest of honour in this programme. He intimated the students regarding the causes and effects of the HIV virus. While discussing several medical aspects on this problem, he emphasized more on the methods of prevention than on cure. He motivated the students to be more aware of the preventive methods as there's no permanent cure to the problem. The keynote speakers for the programme were Dr. Kumari Indu, the Deputy Civil Surgeon, Rohtak and Dr. Sonal Dogra, ASMO, TB Hospital. Both of them informed the participants, in a very simplified yet elaborative manner, about the challenges, issues, and preventive methods of HIV virus. Dr. Kumari Indu also talked about the ART medication and its significance in the treatment of the HIV virus. University Youth Red Cross had also invited a medical team for conducting HIV tests of participants and 26 participants volunteered for the same. The team was headed by Mrs. Kusum, ICTC Counselor, Distt. Hospital, Rohtak. A team of folk performers was also invited to present the social message pertaining to the sensitization of the youngsters regarding HIV in an enlivening manner. The stage was conducted by Dr. Asha Sharma. Dr. Dhiraj Khurana and Dr. Kavita, Programme Counselors helped in the overall organisation of the programme. The vote of thanks was delivered by Mr. Mehar Chand Dhiman, Consultant, UYRC, MDU, Rohtak. Prof. Sonia Malik, Dr. Indu Tehlan from CR College, 96 YRC volunteers from UTDs and affiliated colleges joined this program.



एड्स की रोकथाम के लिए जागरूक करेंगे विद्यार्थी

जागरण संवाददाता, रोहताक : एचआइवी/एड्स एक लाइलाज बीमारी है, जागरूकता और सतर्कता से ही इससे बचाव किया जा सकता है। आज जसरत है कि इसकी रोकथाम के लिए समाज में जागरूकता की अलख जगई जाए। महर्षि दयानंद विश्वविद्यालय की युथ रेड क्रॉस समिति तथा हरियाणा स्टेट एड्स कंट्रोल सोसाइटी, पंचकुला के सहयोग से एमडीयू द्वारा गैट लिए गए गांवों में एचआइवी/एड्स अवेयरनेस रैली के लिए जाइआरसी कार्डसलर्स और वालंटियर्स के दल को हरी झंडी दिखाते हुए उपरोक्त विचार डीन एकेडमिक अफेयर्स प्रो. सुरेंद्र कुमार तथा डीन कलेज टेक्नोलॉजी कार्डसलर्स प्रो. एस मान ने व्यक्त किए।

जाइआरसी प्रोग्राम कोऑर्डिनेटर



एमडीयू में डीन प्रो. सुरेंद्र कुमार और प्रो. एस मान युथ रेड क्रॉस समिति के वालंटियर्स को हरी झंडी दिखाते हुए।

प्रो. अंजु धीमान ने बताया कि हरियाणा स्टेट एड्स कंट्रोल सोसाइटी, पंचकुला के सहयोग से यह विशेष जागरूकता कार्यक्रम आयोजित किया जा रहा है। इसके तहत एमडीयू द्वारा गैट लिए गए गांवों माटीवी रंगडान में जाइआरसी कार्डसलर्स डा. धीरज खुराना और सीमा, माटीवी जटान में जाइआरसी

कार्डसलर्स और डा. मधु, भाली आनंदपुर में डा. आशा शर्मा और श्वेता कक्कड़, डा. विवेक दुर्गा और डा. हर्षिता गांव चनियाने में तथा एमडीयू कार्डसलर्स और डा. दीपक लठवाल गांव बलभ में जाइआरसी वालंटियर्स के साथ मिलकर एचआइवी और एड्स बारे जागरूकता की अलख जगाएंगे।

वीएड स्पेशल एजुकेशन की रि-अपीयर परीक्षाएं शुरू होगी 7 दिसंबर से

रोहताक : महर्षि दयानंद विश्वविद्यालय की वीएड स्पेशल एजुकेशन की दूसरे वर्ष की केवल रीअपीयर की परीक्षाएं सात दिसंबर से प्रारंभ होगी। परीक्षा नियंत्रक डा. वीएस सिन्घु ने बताया कि डेटाशीट एमडीयू कैबिनेट घर उपलब्ध रहेगी। उधर, महर्षि दयानंद विश्वविद्यालय में सत्र 2023-2024 में सर्टिफिकेट पाठ्यक्रमों में एडमिशन के लिए आन्तरिक आवेदन नवंबर तक बढ़ा दी गयी थी। शोधनिक शास्त्र ने डीन कर बताया कि सर्टिफिकेट में प्रवेश के लिए रिक्त काउंसिलिंग शेड्यूल किया जाएगा।



11. Observance of World AIDS Day at Swaraj Sadan on 01.12.2023

The 1st of December is celebrated as World Aids day. University Youth Red Cross observed this day in Swaraj Sadan at 10 a.m., to spread awareness among the youngsters and motivate them and sensitize others too. The programme commenced with an oath on HIV/AIDS and prayer to serve the society consistently. Dr. Anju Dhiman, the Programme Coordinator, UYRC presented a report of the HIV awareness programme by UYRC in Swaraj Sadan on 01.12.2023. Prof. Pushpa Dahiya was invited as Chief Guest. Dr. Anil Birla, Civil Surgeon and CMO, Rohtak was the guest of honour for today's programme. He intimated the students regarding the causes and effects of the HIV virus. Along with talking about the many medical aspects of this problem, he emphasised more on the methods of prevention rather than cure. He motivated the students to be more aware of the preventive methods as there's no permanent cure to the problem. The keynote speakers for the programme were Dr. Kumari Indu, the Deputy Civil Surgeon, Rohtak and Dr. Sonal Dogra, ASMO, TB Hospital. Both of them informed the participants, in a very simplified yet elaborative manner, about the challenges, issues, and preventive methods of HIV virus. Dr. Kumari Indu also talked about the ART medication and its significance in the treatment of the HIV virus. University Youth Red Cross had also invited a medical team for conducting HIV tests of participants out of which 26 volunteered for the same. The team was headed by Mrs. Kusum, ICTC Counselor, Distt. Hospital, Rohtak. A team of Folk performers was also invited to present the social message pertaining to the sensitization of the youngsters regarding HIV in an enlivening manner. The stage was conducted by Dr. Asha Sharma, and Dr. Dhiraj Khurana and Dr. Kavita, Programme Counsellors, UYRC took care of the overall organisation of the programme. The vote of thanks was delivered by Mr. Meher Chand Dhiman, Consultant, UYRC, MDU, Rohtak. Prof. Sonia Malik, Dr. Indu Tehlan from CR College, 96 YRC volunteers from UTD and affiliated colleges were present in this program.



12. Program on Viksit Bharat @ 2047 on 11th December, 2023

A program on Viksit Bharat @ 2047 was organized by YRC MDU on 11th Dec 2023 at Swaraj Sadan from 9 am onwards. A slogan writing competition on the theme: Viksit Bharat @ 2047 ---- Voice of Youth Consultation was organized in which 49 Youth Red Cross volunteers, Ph.D. research scholars from various departments and 16 staff members actively participated. All the participants attended the live broadcast of the seminar on the topic Viksit Bharat @ 2047, in which the Honorable Prime Minister gave a special virtual address. Thereafter, a tree plantation drive was organized in the premises of Swaraj Sadan. Five plantations representing the five oath steps were taken by the gathering in accordance with the Hamara Sankalp Viksit Bharat Pledge. Prof. Sonia Malik joined as Chief Guest. Dr. Anju Dhiman, Prof. Rajbir Singh, Prof. Santosh Malik and Dr. Neerja Ahlawat (Adjunct Faculty, CRIS & EC), Dr. Asha Sharma, Dr. Anju Pawar, Mr. M.C. Dhiman were present along with volunteers and staff.



13. 10 days free dental check-up & awareness camp at various UTDs of M.D.U., Rohtak from 10th January to 19th January, 2024

Ten-day free dental checkup& awareness camp was organized by the Youth Red Cross, Maharshi Dayanand University, Rohtak. In this awareness camp, Prof. Rabjir Singh, Vice-Chancellor, MDU, Rohtak was invited as the chief guest. Dr. Anju Dhiman, Programme Coordinator, YRC, MDU, Rohtak welcomed the guest and gave a brief about the camp. The Honorable Vice-Chancellor motivated the youth to get regular dental checkups and take care of their health. Dr. Adarsh Kumar, Professor, Public Health Dentistry was the in-charge of the medical team. Team members Dr. Shubhi, Dr. Kanupriya, Dr. Parul, Santosh, Sujata, Charu and Archana, and Parul Malik conducted the camp at various departments. All staff and students thanked YRC for organizing such an awareness camp in the University for the well-being and concern of students and staff. Approximately 505 students and faculty members had taken the dental checkup.



14. Two Day Awareness Program on Drug Deaddiction at Swaraj Sadan on 11.01.2024 to 12.01.2024



15. State Level Youth Red Cross training camp for girls at Haridwar from 07th to 12th February, 2024

A State Level Youth Red Cross training camp was organized by Indian Red Cross Society Haryana State Red Cross Branch, Chandigarh from 07th to 12th February, 2024 at Haridwar. 04 volunteers & 01 female counselor participated in this camp from M.D. University, Rohtak.



16. One day health-check up camp on 16.02.2024 at MDU adopted village (Bhali Anandpur)

A One-day health checkup camp was organized by Youth Red Cross in collaboration with National Service Scheme and Outreach Cell of Maharshi Dayanand University in village Bhali Anandpur. In this health check-up camp, general check-up of villagers including BP, sugar check-

up, gynecology check-up, teeth and eyes check-up was done free of cost. General check-up includes testing of sugar, BP, HB etc. was done by Dr. Pahal Yadav and his team from Kainos Hospital. Free eye check-up was done by Dr. Manoj and his team from IQ Hospital: Free dental check-up was arranged by PGIDS in which Dr. Ritu Phogat took a lead role. Gynecological examination was done by Dr. Swati and her team from M.D. University Health Center. Ayurvedic medical consultant Dr. Parveen was invited for one-to-one consultation on Ayurvedic and Panchagavya treatment. In this free camp, 200 villagers were examined. During the examination, cataracts were seen in the eyes and many complaints of pyorrhea were found by team of dentists. During the general examination, complaints of back pain and knee pain were found. Free medicines were also distributed to the villagers in the testing camp. Sarpanch, Shri Jagbir and other members of the village cooperated in the successfully organization of this health check-up camp. In this camp, the organizer & Youth Red Cross Coordinator Dr. Anju Dhiman, NSS Coordinator Prof. Tilak Raj, Village Sarpanch Mr. Jagbir, Dr. Kavita, Dr. Aarti, Dr. Rajni Kumari, Mr. Sandeep Duhan, Mr. Mehar Chand Dhiman and volunteers, Prateek Malik, Sakshi, Bhavana, Vikas, Sagar, Satish, Deepa etc. were present.



17. Two day “Basic First Aid Training Programme” on 19th -20th February

Two day Basic First Aid Training Program was organized for the teaching staff of UTDs and campus school on 19th to 20th February, 2024. In the technical session, expert talk on "Learn how to perform First Aid" was given by Mr. M.C. Dhiman, Consultant YRC & First Aid Trainer, along with the practical demonstration and scenario of road accident. The training covered both theoretical and practical aspects of CPR, bandaging, choking, unconsciousness, burns, and transportation techniques for injured persons. Sh. Rajbir Dalal from the Fire Office, Rohtak, was invited to provide live training to teacher participants on fire safety, particularly protection from gas cylinder fires. Various types of fire and techniques to extinguish them were discussed, followed by hands-on practical training. Different types and techniques to extinguish fire were discussed and practical training of the same was also given. The program was conducted at Swaraj Sadan in which 90 participants (sixty teachers and thirty YRC volunteers) were present.



18. Celebration of Maharshi Dayanand Saraswati Jayanti at R.K. Auditorium on 05.03.2024

Maharshi Dayanand Saraswati was a prominent advocate of the Indian knowledge tradition. He played a crucial role in establishing human values in society and, through spreading the knowledge of the Vedas, he awakened scientific thinking within Indian philosophy. These ideas were highlighted on the occasion of Maharshi Dayanand Saraswati's 200th birth anniversary during an international seminar titled "**Maharshi Dayanand's Contribution to the Promotion of Indian Knowledge Tradition**", held at the Radhakrishnan Auditorium, Maharshi Dayanand University (MDU), Rohtak. The two-day seminar, organized jointly by the **Maharshi Dayanand**

and Vedic Studies Centre, Department of Sanskrit, Pali, and Prakrit, and the Department of Student Welfare at MDU, was inaugurated by **Professor Somdev Shatanshu**, Vice-Chancellor of Gurukul Kangri University, who attended as the Chief Guest. In his address, Professor Shatanshu referred to Swami Dayanand Saraswati as the flag-bearer of the Indian knowledge tradition, acknowledging his role in awakening Vedic consciousness in both society and the nation. He emphasized that Maharshi Dayanand's contribution to the upliftment of Indian society and the nation would never be forgotten. **Dr. Jwalanat Kumar Shastri**, former Coordinator of the Sanskrit Department at Dr. Ram Manohar Lohia Avadh University, Ayodhya, delivered the keynote speech. He stated that Swami Dayanand Saraswati significantly strengthened the Indian knowledge tradition through his efforts. Dr. Shastri also discussed how Maharshi Dayanand challenged and opposed the social evils, superstitions, customs, and hypocrisies prevalent in society. He noted that Maharshi Dayanand's work, particularly his book *Satyarth Prakash*, introduced the society to spirituality and faith. The seminar also saw the presence of **Swami Aryavesh**, President of the All India Arya Representative Sabha, Delhi, and **Padma Shri Dr. Sukama Acharya**, who attended as distinguished guests. In their addresses, they highlighted the life philosophy and contributions of Swami Dayanand Saraswati.

Professor Surendra Kumar, Director of the Maharshi Dayanand and Vedic Studies Centre at MDU, delivered the welcome speech and provided insight into the background of the seminar. He elaborated on the profound influence of Maharshi Dayanand Saraswati's ideology and contributions, describing his life philosophy as an inspiration. **Dr. Sunita Saini**, Chairperson of the Department of Sanskrit, Pali, and Prakrit, expressed her gratitude after the session. The event was attended by MDU faculty members, researchers, students, YRC volunteers, Gurukul students, Arya Samaj members, and several distinguished citizens from the city.



19. One Day YRC Orientation programme at R.K. Auditorium on 18.03.2024

A one-day University-level Youth Red Cross (YRC) Orientation Program for YRC counselors and volunteers from UTD and affiliated colleges was held on March 18, 2024, at Radha Krishnan Sabhagar. Dr. Sharanjeet Kaur, Chairperson of the Rehabilitation Council of India, New Delhi, inaugurated the program. During the event, Dr. Kaur released the YRC bulletin of information and

the annual reports for the academic years 2021-22 and 2022-23 of MDU, Rohtak. The orientation aimed to raise awareness about Youth Red Cross activities at the university and college levels and to inspire volunteers to engage in voluntary initiatives. Distinguished guests included Prof. Anju Dhiman, YRC Program Coordinator; Prof. A.S. Maan, Dean of Academic Affairs, MDU; Dr. Rakesh, Professor of Cardiology and Head of Emergency Medicine at AIIMS, Delhi; Shri Rohit Sharma, Program Officer of the Indian Red Cross Society, Haryana State Branch, Chandigarh; Dr. Dinesh Chahal from the Central University of Haryana, Mahendergarh; and Shri Ravi Dutt, District Training Officer, DRCS, Rohtak. The Annual Youth Red Cross Trophy, named after Sir Jean Henry Dunant, was awarded to colleges excelling in YRC activities during the sessions 2021-22 and 2022-23. For the session 2021-22, the trophy was awarded to Aggarwal College, Ballabgarh, and A.I.J.H.M. College, Rohtak. The 2022-23 session trophy was awarded to Gaur Brahman Degree College, Rohtak. The event not only aimed to enhance awareness about the pivotal role of YRC activities at the university and college levels but also inspired a renewed commitment among volunteers and counselors to uphold humanitarian values.





20. Tree Plantation Drive on 22.03.2024

A **Tree Plantation Drive** was successfully organized on **22nd March 2024** by the Youth Red Cross (YRC) of Maharshi Dayanand University in collaboration with the University Outreach Program and the Department of Horticulture and Forestry. The drive marked the celebration of **World Water Day**, during which 109 saplings of various species—including **Trumpet Tree (39)**, **Mexican Silk Cotton (27)**, **Cargestomia Indica (25)**, and **Red Cassia (18)**—were planted in key areas across the university campus. Locations such as the administrative block, the UIET-to-sports complex road, and the Gate No. 2 parking area were chosen to highlight the university's commitment to a greener and more sustainable environment.

YRC Program Coordinator Prof. Anju Dhiman highlighted the pivotal role of trees and plants in sustaining life and maintaining ecological balance. She emphasized that medicinal plants are especially significant for communities with limited access to modern healthcare, as they provide essential resources for health and nutrition. Furthermore, trees contribute significantly to water conservation by replenishing water sources and maintaining a healthy water cycle, thereby supporting environmental stability.

Deputy Director of Horticulture, Dr. Surender Kumar Yadav, stressed the importance of plantation activities in maintaining oxygen levels and fostering environmental resilience. **Mr. M.C. Dhiman**, Consultant for YRC, elaborated on the role of plantations in mitigating the impact of natural calamities. The successful execution of the event was made possible by the efforts of faculty members, including **Dr. Isha**, **Dr. Asha**, **Dr. Kavita**, **Dr. Tina**, **Dr. Sumit**, and **Mr. Kamaljeet**, along with the contributions of **Niranjan Kumar**, Consultant for Horticulture, and his team.

A total of **60 YRC and green volunteers** from University Teaching Departments (UTDs) and affiliated colleges participated in this impactful initiative. This plantation drive not only symbolized a step toward environmental stewardship but also served as a call to action for the university community to take collective responsibility for a sustainable future. The drive

reinforced the message that planting trees is a profound way to conserve water, restore ecosystems, and promote harmony between humanity and nature.



21. Celebration of World Health Day on 06.04.2024

On April 6, 2024, the University Youth Red Cross (YRC) organized a seminar titled “**My Health, My Right**” at the Department of Pharmaceutical Sciences, Maharshi Dayanand University, Rohtak, to mark World Health Day. Dr. Anil Birla, a respected expert from Civil Hospital, Rohtak, was invited as the speaker. About 100 students attended the seminar and learned about the importance of health and well-being for people around the world. World Health Day is not only a reminder of the universal right to health but also a call to action to create health systems that are fair, accessible, and sustainable for everyone. This year’s World Health Day theme was “**Universal Health Coverage: Everyone, Everywhere,**” which highlighted the need for health systems that provide affordable care for all people. Dr. Birla talked about the importance of fair healthcare systems that reach everyone, no matter their income or where they live. He also stressed the need for sustainable funding to make sure these health systems last and work well in the long term. This day serves as a powerful reminder that health is the foundation of a thriving society, and no one should be left behind in accessing essential healthcare. Dr. Birla encouraged the students to get involved in their communities and raise awareness to improve health services. He also introduced the concept of **eco-bricks** as a way to help solve environmental problems, encouraging students to think about how they can contribute to a cleaner environment. By promoting both physical health and environmental sustainability, the seminar captured the essence of holistic well-being. The seminar was attended by faculty from the Department of Pharmaceutical Sciences, the YRC counselor, and many students and volunteers. The event, held in the department’s smart classroom, helped inspire

everyone to take action and showed the university's dedication to building a healthier and fairer future for all. The celebration of World Health Day reinforced the idea that good health is not just a privilege but a basic right for every individual, everywhere.



22. **49th Foundation Day of Maharshi Dayanand University at Tagore Auditorium on 19.04.2024**

The Youth Red Cross (YRC) volunteers actively participated in various programs organized by the MDU Administration throughout the session. They contributed their services across several committees, including discipline, traffic management, and the establishment of first aid posts, among others. Some of the key events where YRC volunteers provided valuable community service include the **Drug-Free Campaign** and **Declamation Contest** on January 11, 2024, the **Republic Day Celebration**, and the **49th Foundation Day** of Maharshi Dayanand University on April 19, 2024.



23. **Seven days Health Awareness camp from 23.04.2024 to 29.04.2024 at C.D.O.E. Conference Hall**

The University Youth Red Cross (YRC), MDU, organized a 7-day Health Awareness and Training Camp from April 23 to April 29, 2024, designed to empower youth with essential health knowledge and practical skills. This initiative aimed to raise health awareness and promote community welfare among young individuals. The camp featured a series of expert-led sessions, healthcare professionals, and experienced volunteers who shared valuable insights and experiences with the participants. In addition, hands-on training was provided, allowing participants to apply their learning to real-life situations, thereby enhancing their confidence and preparedness to address health-related challenges.

Key Highlights of the Camp:

1. Workshops on First Aid Techniques and Emergency Response
2. Health Awareness Sessions on Hygiene, Nutrition, and Disease Prevention
3. Interactive Discussions on Mental Health and Stress Management
4. Practical Demonstrations on Basic Medical Procedures and Wound Care

The inaugural session was honoured by the presence of Dr. Sharanjeet Kaur, Chief Guest from the Rehabilitation Council of India. Dr. Kaur commended the efforts of the University Youth

Red Cross and emphasized the importance of inclusivity for disabled children in society. She urged the volunteers to organize campaigns that would benefit disabled children, promoting their education and making them feel an integral part of the community.

The Guests of Honour included Sh. Sunil Jaglan, Professor of Practice and Former Sarpanch of Bibipur, Jind, and Professor Arun Nanda, Dean of Research and Development, MDU. Sh. Jaglan shared their experiences campaigning for the "Beti Bachao Beti Padhao" initiative during his tenure as the Sarpanch of Bibipur. He also spoke about his efforts to improve health and hygiene for women in his village and neighbouring areas. Professor Nanda highlighted the importance of knowledge about homemade remedies for common diseases and emphasized the need to reduce reliance on expensive medications.

An expert talk was delivered by Shri Ravi Dutt, District Training Officer, Red Cross Society Rohtak. His session focused on simple yet effective methods to treat routine health issues such as fever, malaria, anaemia, and dengue. Participants engaged actively with Shri Dutt, asking questions and seeking advice on practical solutions for these common health concerns. The camp concluded with a vote of thanks by Sh. M.C. Dhiman, Field Coordinator, YRC, MDU. Approximately 100 YRC volunteers from various affiliated colleges and UTDs registered for the camp. The event was successfully coordinated by Dr. Asha Sharma, YRC Counsellor, with Dr. Dhiraj Khurana and Dr. Kavita ensuring the smooth running of the program.





24. Rally on Road Safety in MDU Campus on 27.04.2024

A 'Rally on Road Safety' was organized at the MDU Campus on April 27, 2024, in collaboration with the Outreach Programme, NCC, NSS, and Civil Engineering UIET at the DDE Conference Hall, MDU Rohtak. Dr. Anju Dhiman, Programme Coordinator of the Youth Red Cross at MDU, provided an overview of the key highlights of the rally, emphasizing the importance of raising awareness about road safety to prevent accidents and save lives. The event was officially flagged off by the Registrar, Prof. Gulshan Lal Taneja. A total of 445 volunteers, along with their teacher in-charges from UTD, YRC, NCC, NSS, and the Outreach Programme, participated in the rally, reinforcing the collective commitment to promoting safe road practices across the community.



25. Organization of a Blood Donation camp on the occasion of World Red Cross Day on 08.05.2024

A Blood Donation Camp was organized on the occasion of World Red Cross Day on May 8, 2024. Prof. Rajbir Singh, Vice-Chancellor of MDU Rohtak, was invited as the Chief Guest. He honored the blood donors with badges and certificates in recognition of their selfless contribution. During the event, Prof. Rajbir Singh highlighted the critical importance of blood donation in saving lives, stating that "blood donation is life donation." He encouraged volunteers to donate blood at least twice a year and to inspire others in society to participate in

this noble cause. A total of 47 units of blood were collected during the camp, contributing significantly to the community's healthcare needs.



26. One Day Basic First Aid and Disaster Management Training for YRC Volunteers at Swaraj Sadan on 15.06.2024

The Youth Red Cross organized a 'One Day Basic First Aid and Disaster Management Training' session for YRC Volunteers on June 15, 2024, at Swaraj Sadan. Prof. Rajbir Singh, the Hon'ble Vice Chancellor of MDU, Rohtak, graced the event as the Chief Guest. Prof.

Harish Dureja, HOD of Pharmaceutical Sciences and Dean of the Faculty of Pharmaceutical Sciences at MDU joined the event as the Guest of Honour. Mr. Rajbir Dalal, Fire Officer from Rohtak, and Mr. Vishnu Mittar, Lecturer in First Aid and Home Nursing, were invited as resource persons.

Dr. Anju Dhiman, Program Coordinator of YRC, delivered the welcome address and provided an overview of the program. Mr. Rajbir Dalal emphasized the importance of fire safety awareness in maintaining safe environments at homes, workplaces, and public spaces. He stressed that understanding fire hazards and knowing how to respond in emergencies can save lives and prevent significant property damage. Mr. Vishnu Mittar highlighted the importance of learning first aid, illustrating his point with a poem. He explained that the techniques employed by a first-aider help preserve life, prevent further injury, and promote recovery. He noted that immediate care can prevent complications, reduce infection risks, and begin the healing process right after an injury.

Prof. Harish Dureja elaborated on the concept of First Aid, defining it as 'First Investigation Relief Symptom Treatment Arrangement Immediately Disposal.' He encouraged the volunteers to work with passion to acquire any skill and motivated them to engage with complete dedication in both academic and social welfare activities. Prof. Rajbir Singh, Vice Chancellor of MDU, spoke about the value of prevention, quoting 'Prevention is better than cure.' He highlighted the moral, ethical, and humanitarian aspects of helping others, noting that such actions improve social interactions and community understanding. He also stressed the importance of both physical and mental well-being, explaining that an active person is less likely to experience depression.

Prof. Rajbir Singh encouraged students to focus on personality development, soft skills, and life skills, stating that 'Passion' and 'Compassion' are essential for success in life. Following the inaugural session, Mr. Vishnu Mittar provided a detailed talk on Basic First Aid and Disaster Risk Management. He discussed common injuries from road accidents, the types of treatment required, and explained the human bone structure and different types of fractures. He also covered the significance of CPR and the necessary precautions to take during its administration. Furthermore, he discussed various types of wounds and the proper techniques for applying a slab to an injured part. Mr. Mittar concluded with a discussion on shock, its signs, symptoms, and management.

In the afternoon session, Mr. Rajbir Dalal gave an informative talk on fire safety and its first aid. He introduced the golden rule of ABC (Airway, Breathing, Circulation) and discussed the different types and levels of fire. Mr. Dalal also addressed the common causes of domestic fires and strategies for their prevention. The session included a live demonstration on how to control fire from gas cylinders commonly used in households. To make the session interactive, he also demonstrated the functioning of the fire brigade and its approach to controlling various types of fires.



27. Poster Making & Slogan Writing competition on the theme: Yoga & Health on 19.06.2024 at Student's Activity Centre

In preparation for the upcoming Yoga Day, a poster-making and slogan-writing competition was held today at the Student Activity Center of Maharshi Dayanand University. Prof. Randeep Rana, Dean of Student Welfare, shared that students from UTD and affiliated colleges participated enthusiastically in the competition, showcasing their creative skills brilliantly. The jury was composed of Prof. Anju Dhiman, YRC Program Coordinator, Dr. Savita Rathi, NSS Program Coordinator, and Dr. Aarti Chahal.

In the poster-making category, Kritika Saini from Government PG College, Rohtak, secured first place, Tanu from the Department of Visual Arts took second place, and Vishwajeet Singh from LN Hindu College, Rohtak, earned third place. In the slogan-writing category, Pooja from Government PG Women's College, Rohtak, claimed first place, Rohit from Pandit NRS Government College, Rohtak, won second place, and Sharda from Government PG Women's College, Rohtak, took third place.



28. Celebration of International Day against Drug Abuse and Illicit Trafficking on 26.06.2024

The International Day against Drug Abuse and Illicit Trafficking was held on June 26, 2024, at the IHTM Conference Hall, MDU, Rohtak. The theme of the event was *“The Evidence is Clear: Invest in Prevention.”* The program was organized by the University Youth Red Cross (YRC) in collaboration with the University Outreach Program, National Service Scheme (NSS), and National Cadet Corps (NCC). The event began with the floral welcome of the Chief Guest and Guests of Honour, followed by the lighting of the lamp and the university's Kulgeet. Dr. Anju Dhiman, Coordinator of YRC, commenced the program with a welcome address. Dr. S.S. Lohchab, Director of P.G.I.M.S and the Chief Guest of the program, emphasized the severity of the drug abuse problem and its rapid spread across countries. Prof. Raj Kumar, Chief Consultant of the University Outreach Program, further enlightened the audience on the program's objectives. Prof. Pardeep Kumar, Consultant at PSW, SIMH, PGIMS Rohtak, delivered the keynote address. He discussed the abuse of various substances and highlighted how individuals with alcohol addiction are more likely to develop drug addiction. Brigadier Harbir Singh, Commander of the NCC and Guest of Honour, raised awareness about the increasing drug trade in Punjab and Haryana.

Mr. Manmeet Kohli, Managing Director of Masu Breaks Private Ltd., Rohtak, stressed the need for collective efforts to combat drug abuse in order to ensure a healthier future. Prof. Randeep Rana, Dean of Students Welfare at M.D.U., shared his message with the quote, “The health and wealth of a nation are measured by its youth,” and discussed the importance of saying “No” to drugs and utilizing social media positively to raise awareness among young people.

A competition was held on creating a storyboard with the theme *“The Evidence is clear: Invest in Prevention against Drug Abuse.”* The winner of the competition was Vinita Balhara, a BCA

student from UIET. Vishwajeet Singh from LN Hindu College secured second place, while Himani, a student from the Centre for Disability Studies, and Rekha, a BA Hindi student from Pt. NRS College, received third and consolation prizes, respectively. The program concluded with everyone taking a pledge against drug abuse.

The vote of thanks was delivered by Dr. Savita Rathee, Program Coordinator of NSS. The event was coordinated by Dr. Asha Sharma, YRC Counselor, and Dr. Ekta Narwal, Deputy Director of the Outreach Program. Prof. Vinita Shukla, Director of the University Campus School, Dr. Karamvir Shoekand, Deputy Director of the University Outreach Program, Dr. Anju Panwar, NSS Program Officer, NCC officers Dr. Vikas Sindhu and Dr. Aarti, YRC Counselor Dr. Dheeraj Khurana, Dr. Jasmer, NSS Program Officer from Jaat College Rohtak, and Dr. Vineet Bala, YRC Counselor from Vaish College, were also present. The event was attended by approximately 150 participants.



