

## **Kumari Vidyavati Anand D.A.V. College for Women, Karnal**

### **Youth Red Cross (2024-25)**

#### **Annual Report of Activities**

1. The Department of Political Science and Youth Red Cross of Kumari Vidyavati Anand D.A.V. College for Women, Karnal, organized a one-day workshop on “Women Empowerment” on August 13, 2024.

The following experts shared valuable insights during the workshop:

- Mrs Satvinder Kaur, S.H.O., Women’s Police Station, Karnal, discussed women’s rights and provided information about emergency contact numbers and websites related to women’s safety.
- Mrs Jyoti, Coordinator, District Hub for Empowerment of Women, shared details about various government programs aimed at empowering women.
- Mrs Anju Boora, District Coordinator, Nutrition, highlighted the importance of nutrition for women and offered dietary recommendations for a healthy lifestyle.
- Mrs Neha from the One-Stop Centre provided information about the services available for women’s safety through these centres.
- Mrs Suman, P.O.I.C., District Child Protection Office, educated participants on the POCSO Act.
- Mrs Poonam, D.H.E.W., elaborated on various government initiatives promoting women’s empowerment.

A significant interactive session with students took place during the workshop, enhancing their understanding of the subject. 109 students participated.

2. Youth Red Cross and Red Ribbon Club of the college celebrated Independence Day on August 15, 2024 by creating awareness among the members of the society to join the campaign- “celebrate Independence with Tiranga in hand... plant a sapling and protect your land. Pledge to adopt-one family...one tree”, through social media-WhatsApp, Facebook, Instagram, etc. 23 volunteers participated.

3. A two-day Voter Awareness Campaign was successfully organized on August 29-30, 2024, at Kumari Vidyavati Anand D.A.V. College for Women, Karnal, The campaign was conducted by Youth Red Cross (YRC), and Red Ribbon Club (RRC) in collaboration with the Central Bureau of Communication, Hisar (Ministry of Information & Broadcasting, Government of India) under SVEEP programme. The primary objective of the campaign was to highlight the importance of voting and encourage maximum voter participation among students.

The event was graced by Mr. Yogesh Saini, a 2022-23 batch IAS trainee officer, as the Chief Guest, who emphasized the significance of voting and the role of responsible voters in a democracy. The session was further honoured by the presence of Vice Principal Dr. Manju Singh and Mr. Raghubir Singh from the District Public Relations Office (DPRO), Karnal.

The Voter Awareness Exhibition, organized by the Ministry of Information & Broadcasting, Hisar, was the highlight of the campaign and included various competitions such as:

- Poster Making Competition
- Essay Writing Competition
- Quiz Competition

The campaign also featured cultural performances, including a street play (nukkad natak) and Haryanvi dance by Raj Kala Manch, effectively conveying the message of voter awareness.

Principal Mrs. Meenu Sharma, in her address, inspired students to exercise their voting rights responsibly, emphasizing the crucial role of young voters in strengthening democracy.

Additionally, Mr. Ishwar Singh from the District Education Office (DEO), Karnal, and Dr. Anuradha Nagia from the Political Science Department of the college delivered insightful lectures on voter awareness. Mr. Deepak Verma from the District Education Department, Karnal, also served as the speaker, providing detailed insights into the voting process, its significance, and voter responsibilities. Mr. Daulat Ram from the Central Bureau of Communication, Hisar, also addressed the students and conducted a voter awareness quiz competition, where students actively participated and tested their knowledge. 118 students participated in the campaign.

4. A Health Check-up Camp for Free Thyroid Testing was organised on September 04, 2024 by YRC and RRC of the college. The event was organised with the help of Abbott India, Karnal who assisted in getting free thyroid testing done from SRL Lab, Karnal. Mr. Mukesh Rana from Abbott India, Karnal and Mr Anup, Mr Sunil from SRL Lab, Karnal were present.  
A total of 103 people (33 faculty members of teaching and non-teaching and 70 students) got their thyroid test done.
5. Arya Yuvati Parishad, Hostel Committee and Youth Red Cross of the college organised a workshop on Art of Living on September 06, 2024. Faculty and Life Coach, Art of Living-Ms Shuchika Batra was the Resource Person. 179 students participated in the event.
6. As per the guidelines of DHE, Haryana, National De-worming Day was celebrated on September 18, 2024 by Youth Red Cross & Red Ribbon Club of the college. De-worming Camp was organised in which 1192 students were distributed the tablet of albendazole. Mop up Day was organised on September 24, 2024 in which 212 students were given the tablet. A total of 1404 students were given the chewable tablet of albendazole. Ms Kusumlata, ANM, UPHC, City Dispensary, Dhobi Mohalla, Karnal helped in making the camp success.
7. Volunteer Khushi Sharma & Rajni Kaushik assisted the differently-abled persons and senior citizens in Polling Booth, Karnal, dated October 05, 2024

8. Dr Deepti Sharma, Counsellor/Convener participated in the One Day Orientation Programme for YRC Counsellors on October 24, 2024 organised by Youth Red Cross, Kurukshetra University, Kurukshetra.
9. Online Integrity Pledge was adopted by all the 25 volunteers and Counsellor of YRC to celebrate the Vigilance Awareness Week under pledge.mygov.in, Central Vigilance Commission to 'Support the Culture of Integrity for Nation's Prosperity' on November 02, 2024. Received E-certificates for the same.
10. The YRC Volunteers (Ms Khushi Sharma, Ms Himanshi, Ms Rajni Kaushik, Ms Suhana Arora, Ms Anju, Ms Vanshika, Ms Nikita Rani) participated in the District Level Youth Red Cross Training Camp from organised by Indian Red Cross Society, Karnal, dated November 05-09, 2024 at Maharishi Dayanand Government Girls College, Dadupur, Roran, Karnal. Ms Khushi Sharma was declared as the Best Female YRC Volunteer and she also got first prize in solo singing competition. A team of three students (Ms Khushi Sharma, Ms Rajni Kaushik, Ms Anju) got second prize in group singing competition during the camp.
11. Extension Lecture was organised on the topic "Road Safety" by Road Safety Club and Youth Red Cross on November 11, 2024. The Resource Person was Shri Ashok Kumar, Retd. Sub-Inspector, Highway Traffic, Karnal. 103 students attended the event.
12. The Department of Political Science, Youth Red Cross, Legal Literacy Cell, and Hostel Committee at Kumari Vidyavati Anand D.A.V. College for Women, in collaboration with the Anti-Corruption Foundation of India (ACFI), organized a Vigilance Awareness Campaign on November 13, 2024, under the theme "Corruption-Free India". This campaign was held as part of the Central Vigilance Commission's mission to foster integrity and accountability.  
The event featured several activities aimed at raising awareness about anti-corruption practices. Principal Ms. Meenu Sharma encouraged the students to be catalysts for positive change. Interactive Session/Lectures by distinguished speakers- Mr. Narender Arora, National Supremo of ACFI, and Chief Guest of the function urged everyone to work together for a corruption-free nation. Ms. Nisha Gupta emphasized the power of collective action against corruption, and Mr. Surender Mohan Gaba, who highlighted the role of youth in shaping a transparent society. Declamation Contest was organised where students passionately expressed their views on a corruption-free India. Results: Tanya Sharma won the first position, followed by Nisha in second place, and Shikha Sharma in third. Pledge was adopted in which participants committed to uphold values of honesty and integrity. The event was expertly organized by Mr. Ajit Rahi. Esteemed jury members- Ms. Nisha Gupta, Mr. Surender Mohan Gaba, and Mr. Satish Malhotra were all respected figures in the ACFI. This initiative successfully inspired students and

faculty members alike to take a stand against corruption and reaffirm their commitment to transparency and ethical conduct. 94 students attended the event.

13. The Department of Political Science, Youth Red Cross, and Hostel Committee celebrated Communal Harmony Week and Constitution Day on November 26, 2024 by adopting a pledge. Teachers and students took an oath to uphold the Constitution and promote communal harmony by fostering unity and mutual respect. On this occasion, Principal Madam, Mrs. Meenu Sharma explained the importance of the Constitution to the students. She emphasized the need to follow the Constitution and to be aware of one's duties and rights and actively promote communal harmony. 37 students participated.
14. A two-day 'Free Nadi Parikshan Camp' was organised by Youth Red Cross Society, Red Ribbon Club, and Hostel Committee under the aegis of IQAC, in collaboration with KBIR Wellness Pvt Ltd, Karnal, in the college premises on November 27-28, 2024. Director, Kabir Wellness, Mr. Naveen Balhara emphasized mindful living and healthy eating as essential tools for a relaxed, proactive, and disease-free life. He advised students and staff to avoid junk food and carbonated drinks, highlighting their detrimental effects on gut health. Instead, he encouraged incorporating fibre-rich fruits, green vegetables, and pulses into daily diets. He also underscored the importance of maintaining a regulated sleep cycle for enhanced longevity. Dr. Isha and Dr. Kajal from KBIR Wellness conducted pulse diagnosis for faculty and students, offering personalized health suggestions based on their assessments. Additionally, Mr. Sumit, Manager at KBIR Wellness, presented an informative session on Ayurvedic products displayed during the camp. The initiative was well-received by students and staff, promoting awareness about Ayurveda's role in achieving holistic well-being. A total of 230 people (155 students, 67 faculty members of teaching and non-teaching staff and 08 people from outside the college) participated and got their nadi checked during the two-day camp.
15. Youth Red Cross 07 Volunteers (Rajni, Khushi, Anju, Tushali, Muskan, Nikita Rani, Rishita) and Counsellor (Dr Deepti Sharma) participated in the Online Training on Disaster Preparedness organised by Indian Red Cross Society, National Headquarters, New Delhi on November 29, 2024.
16. A one-day seminar on 'Physical and Mental Well-being' was hosted by Youth Red Cross Society, Red Ribbon Club, and Department of Psychology under the aegis of IQAC, in collaboration with Amritdhara My Hospital, Karnal on November 30, 2024. The seminar was conducted under the guidance of Ms. Meenu Sharma, Principal of the college, and Ms. Meenu Malhotra, Unit Head, Amritdhara Hospital. Principal Madam expressed gratitude to the Amritdhara Hospital team, - the Resource Persons Dr Parnita Sardana, Dr Nirnay Sachdeva, Mr. Sunil Bhel, Marketing Head; Ms. Minaxi Bhatia, HR Head; Ms. Gazala Khan, Operations Head; and Ms. Rajvinder Kaur, Corporate Relationships

Manager, for their valuable collaboration in organizing this seminar of great significance.

The topics covered were:

- Menstrual Health
- HIV AIDS Awareness
- Anxiety Disorder in Adolescents

Dr. Parnita Sardana delivered an insightful talk on 'Menstrual Health,' emphasizing the importance of personal hygiene during menstruation for maintaining a healthy lifestyle. She also raised awareness about HIV-AIDS and the importance of education in combating the stigma and misconceptions. she also made the students aware about Reproductive Health.

Dr. Nirnay Sachdeva addressed the pressing issue of 'Anxiety Disorders in Adolescents' and outlined the causes of increasing anxiety among teenagers and provided practical strategies to manage and overcome these challenges effectively.

The initiative received an overwhelming response and interaction from 100 students and staff, who participated enthusiastically, reflecting the growing awareness of the importance of physical and mental health.

17. World AIDS Day was observed by Youth Red Cross Unit and Red Ribbon Club on December 02, 2024 by creating a ribbon through a human chain, spreading awareness about AIDS among students in a powerful way. The staff and 38 students also pledged to create awareness among the society against its prevention.
18. YRC Volunteer Ms Anju donated blood in the Blood Donation Camp organised by District Red Cross Society, Karnal at on December 05, 2024.
19. Youth Red Cross and Hostel Committee organised Pratkuti Parkikshan camp on December 17, 2024. The event was held under the aegis of the Ayush Department, Karnal, as part of the "Desh Ka Prakriti Parikshan" initiative. For the health check-up, Dr. Ram Avtar Singh, Dr. Bhavna, Dr. Ekta Mittal, Dr. Harsh, Ankit, Vipin, and other members from the Ayush Department examined the health of the students. At the outset, students were instructed to download the "Prakriti Parikshan" app and fill in their personal health-related details. Following this, students answered health-related questions through the app and received certificates based on their body constitution. This process allowed all students, faculty members, and other participants to gain insight into their health profiles. Principal Dr. Meenu Sharma highly appreciated the initiative undertaken by the Government of India and encouraged students to adopt a healthy lifestyle. She expressed her gratitude to the members of the Ayush Department for their efforts and acknowledged the positive impact of the program. 25 students participated.
20. YRC Convener/Counsellor Dr Deepti Sharma participated in the Online Interdisciplinary Refresher Course on "Disaster Management" from January 15-28, 2025 from MMTTC, University of Jammu, Jammu.

21. Voter's Day was celebrated by Electoral Literacy Club, N.S.S., Political Science Department and Youth Red Cross on January 25, 2025. On this occasion, poster making, voting oath and voting awareness rally were taken out. Teachers and students took oath to vote. Principal Mrs. Meenu Sharma explained the importance of voting to the students and made them aware about voting. She motivated the students to take part in all the activities of the college. Senior teachers Dr. Manju Singh, Dr. Suneet Bhandari, Dr. Sangeeta Gaurang, Head of Political Science Department Dr. Anuradha Nagia, Electoral Literacy Club coordinators Dr. Swati Sharma and Dr. Isha, Youth Red Cross Counsellor Dr. Deepti Sharma and Co-convener Dr. Renu Baliyan, N.S.S.P.O - Dr. Shivangi, Ms Silky along with Dr. Shweta, Dr. Seema, Dr. Satvinder, Meenu Kalra, Himanshu, Nitasha, and Dr. Pravesh were present. 86 students participated.
22. The Women Cell and Youth Red Cross, under the aegis of the Internal Quality Assurance Cell (IQAC), organized an insightful Workshop on "Soft Skills" for the students of Kumari Vidyavati Anand D.A.V. College for Women on February 3, 2025 by the esteemed team of Art of Living, with a focus on enhancing academics, hobbies, work-life balance, relationships, confidence, leadership, and interpersonal skills. The Resource Person was Ms Vinayshree Khurana, Director, All India Radio & Art of Living Faculty and other distinguished faculty members from Art of Living- Mr Garvit, Mr Rohit, Mr Gautam, Ms Monika & Ms Jyoti, shared valuable insights on soft skills, handling success, failure, criticism, competition, and peer pressure. The students were motivated to enhance their confidence, creativity, human values, leadership, and communication skills through this interactive session. This workshop aimed to empower the students by providing them with tools to navigate challenges and improve their personal and academic lives. The presence of 125 students made the event a grand success.
23. Youth Red Cross, Hostel Committee & Red Ribbon Club of the college collaborated in the initiative by Amritdhara My Hospital in organizing a Walkathon on World Cancer Day, February 04, 2025 to raise awareness about cancer prevention, early detection, and the importance of a healthy lifestyle. Ms. Meenu Malhotra, Unit Head, Amritdhara My Hospital and her entire team's dedicated efforts made the event successful. T-shirts and caps were also distributed. The Walk started from NDRI main gate to Amritdhara My Hospital, ITI Chowk, Karnal. Dr Vaishali Sharma, Commissioner, Nagar Nigam, Karnal was the Chief Guest. Motivational speeches by various people was also done in the hospital premises after the Walkathon. Many organisations collaborated with Amritdhara Hospital making the event successful. 45 students and three faculty members Dr Deepti Sharma, Ms Sushma and Ms Jyoti joined the venture and were awarded certificate of participation also.
24. 04 Volunteers (Rishita, Himanshi, Khushi Sharma & Rajni Kaushik) participated in the State level Youth Red Cross Training Camp for Girls at Haridwar from February 5-10, 2025 organised by the Indian Red Cross Society, Haryana, Chandigarh.

25. Youth Red Cross and Red Ribbon Club of Kumari Vidyavati Anand D.A.V. College for Women, Karnal, successfully organized a De-worming Camp in accordance with the guidelines of the Haryana Government on National De-worming Day on February 11, 2025. The initiative, aimed at preventing intestinal worm infections among children and adolescents, was conducted under the guidance of Principal Mrs. Meenu Sharma who addressed the students, emphasizing the importance of deworming and personal hygiene in maintaining good health. A total of 1385 students were administered Albendazole (chewable) tablets to combat parasitic worm infections. On February 11, 2025, 891 students were given the tablet. The event saw the active participation of faculty members, including Dr. Manju Singh, Dr. Sunit Bhandari, Dr. Sushma Thakur, Dr. Sangeeta Gorang, along with Dr. Deepti Sharma, Youth Red Cross Counsellor/Convener, and Dr. Poonam Kundu, Red Ribbon Club Convener. The entire faculty- Ms Sanjana Raheja, Dr Anuradha Nagia, Ms Lakhwinder Kaur, Dr Anju Narwal, Dr Shweta Dhawan, Dr Sakshi Aneja, Dr Nadia and others played a crucial role in ensuring the smooth execution of the camp. Additionally, Ms. Kusumlata from Civil Dispensary, Dhobi Mohalla, Karnal, played a significant role in the distribution of Albendazole tablets to the students. To ensure complete coverage, a Mop-up Day was scheduled on February 18, 2025 in which 494 students were given the tablet.
26. International Women's Day was celebrated on March 08, 2025 by Youth Red Cross and Women Cell of the college in collaboration with Amritdhara my Hospital, Karnal. Ms Meenu Malhotra Unit Head of the hospital deliberated upon the empowerment of women. Mr Kulbir Malik, Secretary, District Red Cross Society, Karnal was the Chief Guest and Ms Meenu Sharma, Principal, Kumari Vidyavati Anand D.A.V. College for Women, Karnal and Sh Vishnu Miter, SHO, Sadar Thana, Karnal were the Guests of Honour. ASI Ms Kavita was the Resource Person who gave the Self-defence Training to the attendees in the hospital premises. Dr Kanwaljeet Viridi & Dr Nadia Chowhan, conveners, Women Cell, Dr Deepti Sharma, Counsellor, Youth Red Cross were present on the occasion. 24 students of the college participated.
27. 05 Volunteers of Youth Red Cross (Ms Rishita and Ms Kanika of BA III, Ms Tanya Sharma, Ms Rajni Kaushik, and Ms Khushi Sharma of BA II) were felicitated by Brahmkumaris on March 22, 2025 by BK Chandrika, Chairperson, Art & Culture Wing, Brahmakumaris at Brahmakumaris Ishwariya Vishwavidhalya, Behind Sector 7, Karnal.
28. Basic First Aid and Basic Disaster Management Training was organised by Youth Red Cross and Disaster Management Cell of the College on March 27, 2025. The session was conducted by Ms. Shweta Dhiman, Lecturer, First Aid & Home Nursing, District Red Cross Society, Karnal, who provided practical knowledge and hands-on training to equip participants with essential life-saving skills. The Executive Committee of YRC- Ms Meenu Sharma, Principal, Dr Manju Singh, Vice-Principal & Head Dept. of Chemistry, Dr Deepti Sharma, Counsellor, YRC & Convener Disaster Management Cell, Dr Renu Baliyan, Co-convener, YRC & Disaster Management Cell, Dr Shweta Dhawan, CTO, NCC (Air Wing), Dr Nadia, Convener, Women Cell, Dr Shivangi, PO,

NSS, and Ms Prashantika were present on the occasion. 52 students participated in the event and got e-certificates from Red Cross Society, Haryana.

29. A one-day workshop on “Vipassana Meditation and Yoga: De-stressing and Detoxification” was successfully organized on April 23, 2025, at Kumari Vidyavati Anand D.A.V. College for Women, Karnal by the Youth Red Cross, Yoga Club, and Hostel Committee under the aegis of IQAC, in collaboration with Bharat Vikas Parishad, Madhav Shakha, Karnal. Principal Mrs. Sujata Gupta, Vice President (Mahila Sahbhagita), BVP, renowned paediatrician and senior Vipassana meditation teacher, Dr. Subhash Sethi from New Delhi, and experienced Vipassana instructor Mrs. Renu Aneja from Karnal, along with other dedicated teachers of Vipassana meditation Mr Verma and Mrs Verma sensitized students and staff to the transformative power of silence, mindfulness, and inner discipline, emphasising on wellness of body and mind. Prominent BVP members including Dr Sucheta Gupta, Mrs. Sadhna Singla, Mrs. Nutan Narang, Mrs. Saroj Bala, the faculty members of the college and the 78 students were present.
30. As per the guidelines of Youth Red Cross, Kurukshetra University, Kurukshetra, Intra College Slogan Writing Competition was held on May 1, 2025. Ms Rajni Kaushik, BA II secured first position, Ms Rishita and Ms Shweta of BA II jointly secured second position, and Ms Khush, BA II stood third. The competition was judged by Dr Sunit Bhandari, HOD English; Dr Sushma Thakur, HOD, Hindi; and Dr Sangeeta Gorang, HOD, Music (Instrumental). The students were honoured on World Red Cross Day in the college. 13 students participated.
31. The Youth Red Cross and Red Ribbon Club of Kumari Vidyavati Anand D A V College for Women, Karnal, celebrated World Red Cross Day on May 8, 2025, in the college premises. The programme commenced with a tribute to Sir Henry Dunant, followed by the Red Cross Prayer by volunteers. Dr Deepti Sharma, Convener, Youth Red Cross, presented an informative overview of the introduction, history, and significance of the Red Cross. Chief Guest of the event- Principal Ms Meenu Sharma addressed the gathering, emphasizing the humanitarian ideals of the Red Cross and the importance of youth engagement in community service. Ms Rajni Kaushik and Ms Khushi Sharma (BA II), YRC Volunteers, delivered insightful speeches. An interactive Quiz Competition was conducted on Red Cross-related themes. A powerful skit on “Beti Bachao and Nasha Mukti” was performed by students, followed by the adoption of the Red Cross Pledge. Certificates were distributed to the winners of the Slogan Writing Competition held on May 1, 2025, organized under the guidelines of Youth Red Cross, Kurukshetra University, Kurukshetra, and the leadership of Principal Madam Ms Meenu Sharma. Ms Rajni Kaushik secured first position, while Ms Rishita and Ms Shweta jointly secured second position, and Ms Khushi stood third. The competition was judged by Dr Sunit Bhandari, Dr Sushma Thakur, and Dr Sangeeta Gorang, who were also present on the occasion. Dr Manju Singh, IQAC Coordinator and YRC Member, also graced the event and encouraged the students. The event concluded with a formal Vote

of Thanks by Dr Punam Kundu, Convener of the Red Ribbon Club. Members of the Organising Committee – Dr Sunita Salaria, Dr Shweta Dhawan, Dr Shivangi, Dr Nadia, and Ms Neha – played a key role in ensuring the success of the programme. The event witnessed enthusiastic participation from 52 students and proved to be a meaningful celebration of Red Cross values.

32. Disaster Management Cell and the Youth Red Cross of Kumari Vidyavati Anand D.A.V. College for Women organized a Fire Safety Mock Drill today in the college campus. Mr. Praveen from Nirmal Fire Fighting Equipment, Karnal gave the demonstration. The drill aimed at educating students and staff on emergency preparedness, evacuation procedures, and safe handling of fire equipment. Faculty members (teaching & Non-teaching) and 39 students participated.
33. Blood Donation Camp was organised by YRC, RRC, NSS Units (I & II) and NCC (Air & Army Wings) of the college in collaboration with Indian Red Cross Society, District Branch, Karnal and National Social Organisation (NSO), Karnal on May 21, 2025. Chief Guest was Ms Meenu Sharma, Principal, Kumari Vidyavati Anand D.A.V. College for Women, Karnal and Guest of Honour was Mr Kulbir Malik, Secretary, Indian Red Cross Society, District Branch, Karnal. Dr Sanjay Verma, Incharge Blood Bank, Civil Hospital, Karnal and his team collected 30 Units of blood, though 64 participants registered for blood donation. YRC, RRC, NSS, NCC volunteers actively participated and helped in organising the event. During the Blood Donation Campaign, a motivational Lecture on “A Drop of Humanity: The Noble Act of Blood Donation” was also organised on May 13, 2025. The Resource Person was Mr Rajpal Choudhary, District Training Officer, Indian Red Cross Society, District Branch, Karnal. 69 students of the college attended the lecture.
34. 09 students/Volunteers and Counsellor/Convener YRC participated as a team of Indian Red Cross Society, District Branch Karnal in the Civil Defence Training and Mock Drill at DC Office, Sector 12, Karnal on May 31, 2025 as part of the initiative to make *Operation Shield* functional.
35. Online National Level Competitions (Essay Writing Competition on the title “Building a Humanitarian Tomorrow: Youth Red Cross & Red Ribbon Club,” and PowerPoint Presentation Competition on the theme “From Calamity to Recovery: Strategies for Sustainable Disaster Management) were organised in the month of May 2025 by Youth Red Cross & Red Ribbon Club. Results were declared on May 31, 2025.  
Online National Level Essay Writing Competition
  1. Ms Rishita, B.A. III, Kumari Vidyavati Anand D.A.V. College for Women, Karnal, Haryana: 1<sup>st</sup> Position
  2. Mr Nikhil Madhu, B.C.A. III, Trinity Institute of Innovations in Professional Studies, Greater Noida, Uttar Pradesh: 2<sup>nd</sup> Position

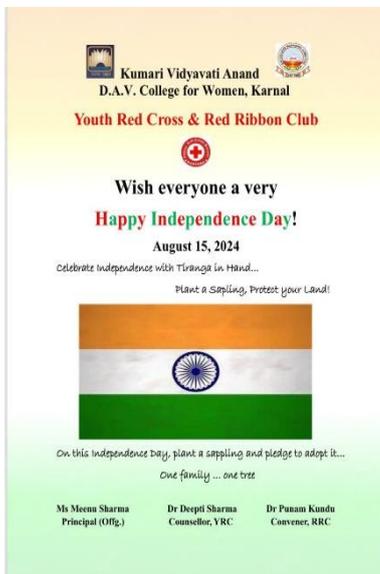
#### Online National Level PowerPoint Presentation Competition

1. Ms Samiksha, B. Sc. (NM) II, GVM Girls College, Sonapat, Haryana: 1<sup>st</sup> Position
  2. Mr Jatin Vij, B. Com (Honors) I, Dyal Singh College, Karnal, Haryana: 2<sup>nd</sup> Position
36. Cancer Awareness Campaign was organised by Youth Red Cross and NCC Army Wing of the college in collaboration with Amulya Sahara, Karnal (NGO) and Amritdhara My Hospital at Shri Krishna Mandir, Sector 14, Karnal on June 15, 2025. 11 Volunteers, Dr Deepti Sharma, Counsellor, YRC and Ms Priya, Assistant Professor of Zoology participated.
37. International Yoga Day was celebrated on June 21, 2025 by Sports Club, NCC, NSS, Youth Red Cross, Red Ribbon Club and Hostel Committee. 60 students participated.

## Glimpses of the Activities



One-day workshop on “Women Empowerment,” August 13, 2024



Independence Day Celebration (Planting a Sapling), August 15, 2024



**कुमारी विद्यावती आनंद डी.ए.वी. कॉलेज फॉर वीमेन, में 'स्वीप' कार्यक्रम के तहत मतदाता जागरूकता अभियान का आयोजन**

**करणगंज, अग्नी अग्नी :** कुमारी विद्यावती आनंद डी.ए.वी. कॉलेज फॉर वीमेन, करणगंज में 29-30 अगस्त 2024 को दो दिवसीय मतदाता जागरूकता अभियान (मतदाता

मीनू शर्मा ने अपनी संबोधन में छात्राओं को मतदान के महत्व और एक जिम्मेदार मतदाता बनने की प्रेरणा दी। उन्होंने छात्राओं को अपने मतदाता कार्ड सही तरीके से प्रयोग करने

संबंधित जटिल प्रक्रिया के दौरान राधा ने भी छात्राओं को संबोधित किया और मतदाता जागरूकता पर आधारित एक फ्लैग प्रतियोगिता का आयोजन किया, जिसमें छात्राओं ने उत्कृष्टतम प्रदर्शन किया और अपने ज्ञान को परखने का अवसर प्राप्त किया। कार्यक्रम में संचालन का जिम्मा डॉ. ईशा ने संभाली रहीं। साथ ही, डॉ. पूनम और डॉ. दीप्ति शर्मा ने भी इस अवसर को सफल बनाने में महत्वपूर्ण भूमिका निभाई। महाविद्यालय में इस तरह के कार्यक्रमों के माध्यम से छात्राओं को अपने मतदाता कार्डों के प्रति जागरूक करना और उन्हें लोकतांत्रिक प्रक्रियाओं में सक्रिय भागीदार बनाना प्रमुख उद्देश्य है। महिला प्रतियोगिता प्रतियोगिता में सही जवाब देने वाली छात्राओं में अनुष्का, उषा, मेधा, जयशर्मा, प्रशान्ती, विसरण, जयशर्मा, भूमिका, सुष्मा, रजनी कौशिक, सुशी, चरन, सौरभ, जानकी व सुशील शामिल रहे। इन छात्राओं को सुरक्षित किया गया।



जागरूकता), युवा रैल क्रां (बाईआरसी) और रैड रिबन क्लब (आरआरसी) द्वारा केन्द्रीय संस्था जेड, दिल्ली (युवा एवं प्रचारक संस्थान, भारत सरकार) के सहयोग से तथा प्रभारवाहकों मीनू शर्मा के नेतृत्व में मतदातापूरवक आयोजन किया गया। मतदाता जागरूकता अभियान के दूसरे दिन, 'स्वीप' कार्यक्रम के अंतर्गत आज भी विविध प्रतिस्पर्धी का आयोजन किया गया। इस अवसर पर कोलेज की प्रचारक और विभिन्न प्रतिस्पर्धी

को उपस्थित की और बताया कि एक सफल लोकतांत्रिक निर्वाचन में युवा मतदाताओं की महत्वपूर्ण भूमिका होती है। कार्यक्रम में छात्राओं ने उत्कृष्टतम प्रदर्शन किया और विभिन्न प्रतिस्पर्धी को निरस्त और निर्भीक प्रदर्शन अपने मतदाता कार्ड का प्रयोग करने की प्रेरणा मिली। कार्यक्रम के मुख्य अतिथि मीनू शर्मा, जिला शिक्षा विभाग, करणगंज थे। उन्होंने छात्राओं को मतदान की प्रक्रिया समझाई और विद्यार्थियों के बारे में विस्तृत जानकारी दी। केन्द्रीय

A two-day Voter Awareness Campaign, August 29-30, 2024



दैनिक भास्कर 05-09-2024



**'लोगों को नियमित स्वास्थ्य की जांच करवानी चाहिए'**  
करणगंज। कुमारी विद्यावती आनंद डी.ए.वी. महिला महाविद्यालय में प्राचार्य मीनू शर्मा के मार्गदर्शन में स्वास्थ्य जांच के लिए स्वास्थ्य शिबिर संचालित किया गया। यह शिबिर महाविद्यालय के युवा रैल और रैड रिबन क्लब द्वारा प्रवर्धित उद्देश्य के सहयोग से आयोजित किया गया। कैप में मुकेश राणा और उनकी टीम का विशेष सहयोग रहा। शिबिर में महाविद्यालय के शिक्षण, गैर-शिक्षण कर्मचारियों और छात्राओं ने उत्कृष्टतम प्रदर्शन किया। यह शिबिर महाविद्यालय संस्थान के लिए स्वास्थ्य जांच की जांच करने और स्वास्थ्य जांच के प्रति जागरूकता बढ़ाने का एक महत्वपूर्ण अवसर था। चरित्त प्रत्यक्षिका डॉ. मंजु सिंग ने नियमित स्वास्थ्य जांच के महत्व को रेखांकित करते हुए कहा कि यह शिबिर छात्राओं के बीच सक्रिय स्वास्थ्य प्रबंधन को प्रोत्साहित करने की दिशा में एक कदम है। इस अवसर पर मुकेश राणा, अनुप, सुनील, डॉ. दीप्ति शर्मा व डा. पूनम कुंदू मौजूद रहे।

Health Check-up Camp for Free Thyroid Testing, September 04, 2024



Workshop on Art of Living on September 06, 2024



**दैनिक भास्कर** करनाल भास्कर 19-09-2024

**कुमि मुवित कैंप में 1192 छात्राओं को दी एल्बेंडाजोल**

कुमायरी विद्यावती आनन्द डीएसी महिला महाविद्यालय में हुए कुमि-मुवित कैंप में 1192 छात्राओं को एल्बेंडाजोल की वितरण किया गया।

कुमायरी विद्यावती आनन्द डीएसी महिला महाविद्यालय में कुमि-मुवित कैंप में छात्राओं को एल्बेंडाजोल की वितरण किया गया।

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National De-worming Day celebrated on September 18, 2024. Mop up Day was organised on September 24, 2024



Volunteer Khushi Sharma & Rajni Kaushik assisting the senior citizens in Polling Booth, Karnal, dated October 05, 2024



One Day Orientation Programme for YRC Counsellors on October 24, 2024

**Integrity Pledge**

I believe that corruption has been one of the major obstacles to economic, political and social progress of our country. I believe that all stakeholders such as Government, citizens and private sector need to work together to eradicate corruption. I realize that every citizen should be vigilant and commit to highest standards of honesty and integrity at all times and support the fight against corruption.

I, therefore, pledge:

- To follow probity and rule of law in all walks of life;
- To neither take nor offer bribe;
- To perform all tasks in an honest and transparent manner;
- To act in public interest;
- To lead by example exhibiting integrity in personal behaviour;
- To report any incident of corruption to the appropriate agency.

Prachi

**सत्यनिष्ठा प्रतिज्ञा**

मेरा विश्वास है कि हमारे देश की आर्थिक, राजनीतिक तथा सामाजिक प्रगति में भ्रष्टाचार एक बड़ी बाधा है। मेरा विश्वास है कि भ्रष्टाचार का उन्मूलन करने के लिए सभी संबंधित पक्षों जैसे सरकार, नागरिकों तथा निजी क्षेत्र को एक साथ मिल कर कार्य करने की आवश्यकता है। मेरा मानना है कि प्रत्येक नागरिक को सतर्क होना चाहिए तथा उसे सदैव ईमानदारी तथा सत्यनिष्ठा के उच्चतम मानकों के प्रति वचनबद्ध होना चाहिए तथा भ्रष्टाचार के विरुद्ध संघर्ष में साथ देना चाहिए।

अतः, मैं प्रतिज्ञा करता हूँ कि:-

- जीवन के सभी क्षेत्रों में ईमानदारी तथा कानून के नियमों का पालन करूँगा;
- ना तो रिश्वत लूँगा और ना ही रिश्वत दूँगा;
- सभी कार्य ईमानदारी तथा पारदर्शी रीति से करूँगा;
- जनहित में कार्य करूँगा;
- अपने निजी आचरण में ईमानदारी दिखाकर उत्साह प्रस्तुत करूँगा;
- भ्रष्टाचार की किसी भी घटना की रिपोर्ट उचित एजेंसी को दूँगा।

Khushi Sharma

Online Integrity Pledge adopted by volunteers and Counsellor, November 02, 2024



( 8 ) दैनिक भारत देश हमारा करनाल रविवार 10 नवम्बर, 2024

हरियाणा

Daily Bh

## रेड क्रॉस सोसाइटी मानवता की सेवा को समर्पित एक अंतरराष्ट्रीय संस्था : कुलबीर मलिक

करनाल, 9 नवम्बर (संदीप रोहिता 2) : हरियाणा केंद्र रेड क्रॉस सोसाइटी का उद्घाटन करताना उत्तम सिंह के मार्गदर्शन में गांव वादपुर रोडगन स्थित महावीर दयानंद राजकीय कल्याण महाविद्यालय में रेड क्रॉस सोसाइटी कारनाल शाखा के संस्थापक डॉ. पांच दिवसीय युव रेडक्रॉस प्रशिक्षण शिविर संचालक को संपन्न हुआ। इसमें मुख्य अतिथि रेड क्रॉस कारनाल शाखा के सचिव कुलबीर मलिक ने स्वयंसेवकों को संबोधित करते हुए कहा कि रेड क्रॉस सोसाइटी मानवता की सेवा को समर्पित एक अंतरराष्ट्रीय संस्था है जो संपूर्ण विश्व में बिना किसी भेदभाव के युद्ध, प्राकृतिक आपदा तथा दुर्घटना आदि को निवारित में निरन्तर भाव से सेवा कार्य करती है। महाविद्यालय की प्राचार्या डॉ. अनिता चूल्नी ने स्वयंसेवकों को

संबोधित करते हुए कहा कि उन्होंने इस शिविर से जो सीखा है, उसे वे समाज के अन्य लोगों तक पहुंचाने का प्रयास करें और टेडकांस की गतिविधियों से संबोधित जागरूकता फैलाएं। शिविर निदेशक राजपाल चौधरी ने बताया कि इस प्रशिक्षण शिविर में रेड क्रॉस और समाज सेवा से जुड़ी हुई विभिन्न गतिविधियों के बारे में पढ़ने के विभिन्न महाविद्यालयों के स्वयंसेवकों को प्रशिक्षित किया गया ग्रामीण क्षेत्र के महाविद्यालय में इस शिविर के आयोजन का उद्देश्य है कि ग्रामीण क्षेत्र-क्षेत्रों को इसकी पूर्ण लाभ उठा सकें। शिविर संयोजक प्रो. सीमा भारद्वाज ने इस पांच दिवसीय शिविर को विस्तृत रिपोर्ट प्रस्तुत करते हुए बताया कि इसमें करनाल जिले के प्रतिष्ठित आठ महाविद्यालय की टीमों में प्रतिभागित को निरंतर सत स्वयंसेवक शामिल

**डा. अनिता चूल्नी : शिविर से जो सीखा है, उसे वे समाज के अन्य लोगों तक पहुंचाने का प्रयास करें**



हूए। इस शिविर का शुभारंभ हरियाणा रेड क्रॉस सोसाइटी, चंडीगढ़ के जयरल रोहटरी जी. सुकेस आर्याल द्वारा किया गया था। उन्होंने रेड क्रॉस के इतिहास और हरियाणा रेड क्रॉस की उपलब्धियों से अवगत कराया। इसके अलावा नया मुक्ति, सागराम के नियम, महिला सशक्तिकरण, नेत्रदान एवं अंगदान, रक्तदान, प्राथमिक चिकित्सा, एचआईवी एड्स, तनाव

हूए, विद्यार्थी जीवन से ही समाज सेवा के कार्यों में जुड़ने के लिए प्रेरित किया। नया ही स्वयंसेवकों के लिए विभिन्न प्रशिक्षणों का भी आयोजन किया गया। शिविर के अंतिम सत्र में विभिन्न प्रतिभागिताओं को उत्कृष्ट प्रदर्शन करने वाले स्वयंसेवकों को सति पत्र और प्रमाण पत्र देकर सम्मानित किया गया। चतुर्थी विद्यालय के आर्य शीतली महिला महाविद्यालय से चुकी शर्मा को सर्वश्रेष्ठ स्वयंसेवक और प्रो. सतीश भारद्वाज को सर्वश्रेष्ठ कार्यक्रम के सुदक्ष प्रदाता किया गया। इसके अलावा विभिन्न महाविद्यालय से आए युव रेडक्रॉस कार्यक्रम के सुदक्ष प्रदाता को भी सम्मानित किया गया। इस अवसर पर प्रो. सुमित, प्रो. सीमा देवी, प्रो. हेमलता और प्रो. सुदिता मल्ल सिंह भी युव रेडक्रॉस कार्यक्रम के रूप में उपस्थित रहे।

YRC Volunteers at District Level Youth Red Cross Training Camp, November 05-09, 2024



Extension Lecture on “Road Safety,” November 11, 2024



Communal Harmony Week and Constitution Day Celebration on November 26, 2024



## आयुर्वेद में गंभीर बीमारियों का इलाज बिना ऑपरेशन के संभव : मीनू शर्मा

कननाल, 28 नवम्बर (वर्मा) : कुमारी विद्यावती आनंद डी.ए.वी. महिला महाविद्यालय में कबीर वैलनेस प्राइवेट लिमिटेड आयुर्वेदिक औषधालय के सौजन्य से आई.क्यू. ए.सी. के अंतर्गत- यूथ रेडक्रॉस, रैड रिबन क्लब एवं छात्रावास समिति के संयुक्त तत्वावधान में 2 दिवसीय निःशुल्क नाड़ी परीक्षण शिविर का आयोजन किया गया।

महाविद्यालय की प्राचार्या मीनू शर्मा ने डायरेक्टर नवीन बल्हारा, डा. ईशा भारद्वाज, डा. काजल राणा, मैनेजर सुमित गिरधर एवं सहायक स्टाफ सदस्यों विशाल कुमार, योगिन्द्र, पवन का धन्यवाद किया। छात्राओं को कहा कि आयुर्वेद भारत की एक प्राचीन स्वास्थ्य परीक्षण एवं रोग निदान की अत्यंत प्रभावशाली

नाड़ी परीक्षण शिविर के दौरान छात्राएं व चिकित्सक।

पद्धति है। इस पद्धति में चिकित्सक नाड़ी को जांच कर ही रोग समझ लेता है और उसका इलाज करता है। आयुर्वेद में गंभीर बीमारियों का इलाज बिना ऑपरेशन के ही संभव है। कार्यक्रम में आज अंतिम दिवस पर भी छात्राओं में पंक्तिबद्ध होकर

नाड़ी परीक्षण करवाने का उत्साह देखा गया। छात्राओं और शिक्षक वर्ग एवं गैर शिक्षक वर्ग ने नाड़ी परीक्षण द्वारा अपने स्वास्थ्य के बारे में जानकारी प्राप्त की तथा कुल 230 व्यक्तियों द्वारा नाड़ी परीक्षण करवाया गया। यूथ रेडक्रॉस एवं छात्रावास

समिति की संयोजिका डा. दीप्ति शर्मा, रैड रिबन क्लब की संयोजिका डा. पूनम कुंडू, छात्रावास समिति की संयोजिका डा. अनुपमा नागिया, डा. सुनीता सलारिया, डा. स्वाति शर्मा, डा. सुमन, डा. नादिया, शिवांगी ने विशेष योगदान दिया।

A two-day 'Free Nadi Parikshan Camp,' November 27-28, 2024



Volunteers and Counsellor participated in the Online Training on Disaster Preparedness, November 29, 2024



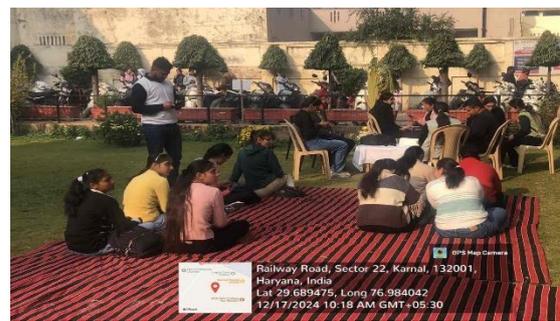
A one-day seminar on 'Physical and Mental Well-being' on November 30, 2024



World AIDS Day Awareness



YRC Volunteer Ms Anju donated blood on December 05, 2024



Pratkuti Parkikshan Camp on December 17, 2024



Participation of YRC Convener/Counsellor in the Refresher Course on “Disaster Management” from January 15-28, 2025



Voter’s Day celebration on January 25, 2025





Workshop on “Soft Skills” on February 3, 2025



Walkathon on World Cancer Day, February 04, 2025 in collaboration with Amridhara My Hospital



Volunteers participation in the State level Youth Red Cross Training Camp for Girls at Haridwar from February 5-10, 2025



## 891 विद्यार्थियों को एलबैंडजोल टैबलेट देकर कृमि संक्रमण से बचाव

करनाल, 12 फरवरी (बर्मा): कुमारी विद्यावती आनंद डी.ए.वी. महिला महाविद्यालय में राष्ट्रीय कृमि मुक्ति दिवस के उपलक्ष्य में हरियाणा सरकार के दिशा-निर्देशों के अनुसार डॉ. बर्मिंग कैंप का सफल आयोजन महाविद्यालय के यूथ रेडक्रास और रेड रिबन क्लब ने किया।

यह पहल बच्चों और किशोरों में आंतों में होने वाले कृमि संक्रमण को रोकने के उद्देश्य से की गई जिसका संचालन प्राचार्या मीनू शर्मा के मार्गदर्शन में किया गया।

उन्होंने विद्यार्थियों को कृमिनाशक दवाई के महत्व और व्यक्तिगत स्वच्छता के बारे में जागरूक करते हुए स्वस्थ



यूथ रेडक्रास और रेड रिबन क्लब सदस्यों के साथ प्राचार्या मीनू शर्मा।

जीवनशैली अपनाने पर बल दिया। कुल 891 विद्यार्थियों को एलबैंडजोल (चबाने योग्य) टैबलेट देकर कृमि संक्रमण से बचाव किया गया। इस कार्यक्रम में महाविद्यालय के शिक्षकों की सक्रिय भागीदारी रही

जिनमें डॉ. मंजू सिंह, डॉ. सुनील भंडारी, डॉ. सुपमा ठाकुर, और डॉ. संगीता गोरंग शामिल रहीं। इसके साथ ही, यूथ रेडक्रास कार्ड्स/संयोजक डॉ. दीपति शर्मा और रेड रिबन क्लब संयोजक डॉ. प्रतम कुं

ने भी महत्वपूर्ण भूमिका निभाई। इस शिबिर को सुचारु रूप से संपन्न कराने में संजना रहेजा, डॉ. अनुराधा नागिया, लखविंदर कौर, डॉ. अंजु नन्वाल, डॉ. स्नेहा धवन, डॉ. साश्वी अनेजा, डॉ. नादिया और

अन्य शिक्षिकाओं का सहयोग रहा। इसके अतिरिक्त धोबी मोहल्ला, करनाल स्थित सिविल डिस्पेंसरी की कुसुमलता ने भी विद्यार्थियों को एलबैंडजोल टैबलेट वितरण में महत्वपूर्ण भूमिका निभाई।

De-worming Camp, February 11, 2025 & Mop-up Day, February 18, 2025



International Women's Day celebrated with Self Defence Training in collaboration with Amritdhara my Hospital, Karnal, March 08, 2025



Basic First Aid and Basic Disaster Management Training, March 27, 2025



A one-day workshop on “Vipassana Meditation and Yoga: De-stressing and Detoxification,” April 23, 2025



Intra College Slogan Writing Competition, May 01, 2025



World Red Cross Day Celebration on May 8, 2025