



ANNUAL REPORT
OF
KATHMANDU UNIVERSITY YOUTH RED CROSS CIRCLE
2023-24

Acknowledgement

We would like to express our sincere thanks to the directorate of Student Welfare Directorate, Prof. Dr. Rajendra Joshi, Mr. Nirpa Raj Thapa (Secretary, KUSWD) and the Student Welfare Directorate of Kathmandu University for allowing us conduct all our programs successfully.

We would also like to express our humble gratitude to Prof. Dr. Hari Prasad Neopane, Patron of Kathmandu University Youth Red Cross Circle and Advisor of KUYRCC Dr. Khagendra Acharya for their guidance and support.

We would like to humbly thank Mr. Raghunath Humagain (Chairman of Red Cross, Kavre Chapter), Miss. Puspa Khadka (Chairman of Central Red Cross), and Miss. Lina (Central Blood Bank) for their support in all the works. We would also like to heartily thank present members, former members, volunteers and all the members of KUYRCC for their cooperation and hard works.

Lastly, we would like to thank to all those helping hands that helped and supported us to make our club successful.

ABSTRACT

Kathmandu University Youth Red Cross Circle (KUYRCC), an active club registered under Social Welfare (SW) has been conducting various programs and events within KU premises and outside. Established in the year 2006 A.D and one of the eldest and active youth club at Kathmandu University, it has always worked to strengthen the cooperation among the students and also uplift the betterment of society. KUYRCC has been successfully performing different activities with the co-operation and support from Student Welfare Directorate (SWD) and other interdepartmental as well as departmental clubs. The activities performed in the year 2023/24 are discussed and a financial report of the club is also provided.

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1. INTRODUCTION

The Kathmandu University Youth Red Cross was founded under the university's support. It was founded with the goal of carrying out social activities and awareness campaigns in accordance with the International Red Cross's seven universal principles. KUYRCC has been dedicated to social services since its inception, and it encourages its members to donate to the cause.

Beside from the seven ideals of International Red Cross (humanity, impartiality, neutrality, independence, volunteer service, unity, and universality), KUYRCC has always been one of the best platforms for strengthening bonds among KU students and empowering oneself. Along with university activism, it has made direct and indirect contributions to many societies through a variety of community projects. Throughout this year of activity, it has been able to interact with a variety of organizations and institutions working on health and other youth concerns. Some of the successful events held so far this year are as:

1. Oral Health and Hygiene camp / Menstrual Health and Hygiene / pad making (Menstrual health day)
2. Blood donation program (library day)
3. Blood donation program (AI meet)
4. Children's Day (Sang Sangai Child Care Organization)
5. Outdoor yoga session
6. First Aid in Basketball tournament organized by NISU Kathmandu University.
7. Annual General Meeting
8. Warm Clothes Collection and Distribution
9. Blood donation program (IT meet)
10. New year Day Celebration (Help Nepal Network Children's Home)
11. Volunteering at Chandeswori Jatra
12. Curriculum Development and Climate change waste management and sustainable Development (in collaboration with the change maker)
13. NRCS Junior and Youth National Meet Participation
14. Junior and Youth Established day
15. Self Defense
16. Blood donation + Drama (in collaboration with KUAC)
17. Blood donation SANKALPA 24

2. DISCUSSION

2.1 Oral Health and Hygiene camp/ Menstrual Health and Hygiene + pad making (Menstrual health day)

Menstrual Hygiene Day 2023 Theme is "Making menstruation a normal fact of life by 2030." Today, we organized menstrual health and hygiene awareness program to the students of class 5, 6, 7 and 8. Along with which we also conducted oral health and hygiene as well as screening program for overall students of the school. The program was fruitful for students as they were really happy with what they were able to learn about menstrual health and oral health. We also teach them how to take care about herself during menstrual period.

2.2 Blood donation program (library day)

Realizing the importance of blood donation program in Kathmandu University, KUYRCC has been organizing blood donation program annually. This year, it was organized in joint collaboration with Rotaract club and Kathmandu University Literature Academy on library day. The venue was set up in front of the library. Basic preparations and planning for the program started from 8 am. At around 9am, the program had begun at 10:00 am. There was presence of many volunteers as well as donors. Rotaract club has managed food for them as well as certificate for both donors and volunteer. After few days we have distributed donor card received from central red cross.

2.3 Blood donation program (AI meet)

As we all know Blood Donation Program is the one of the main programs for the KUYRCC. It helps many individuals at the time of emergency or needy. Without blood no one lives. In Panchakhal Kathmandu University agriculture and artificial intelligence school, organized blood donation program in collaboration with KUYRCC and AI MEET. All most everything arranged by them, like food item for donors, volunteers, technician, etc. There was involvement of many students as well as local people of that area. From this program many people would have been benefited.

2.4 Children's Day (Sang Sangai Child Care Organization)

Spending time with kids brings out the kid that is within you. The same happened when we went to have our annual visit at Sang-Sangai childcare organization. We had a really great time where we got to teach them about personal hygiene and games to have fun along with encouraging them for personal development. We teach them about paper art and drawing. In order to engage the children with us we cut cake as well as distributed copy pencil to them. Certificate were arranged to the volunteers by SWD.

S. No.	Particular	No. of items	Rates (Nrs.)	Amount (Nrs.)
1	Cake	1	850	850
2	Copy	35	50	1750
3	Pencil	35	5	175
	Total			2775

2.5 Outdoor yoga session

YOGA is a practice that combines physical postures, breathing exercises, and meditation. It helps improve flexibility, strength, and overall well-being. It's a great way to relax and find balance in your life. In order to gain and learn all these factors KUYRCC organized YOGA session which helps many individuals. Location was provided by the SWD. Two trainers were called for this session and Token of love and certificate were given to them. Their instructions and training given by them was insane, every individual got benefited from this YOGA Session.

2.6 First Aid in Basketball tournament organized by NISU Kathmandu University

KUYRCC always stand for help and their work as First Aid. So KUYRCC provide first aid to the players who got injured in the game. First Aid is the first help given to the victim in order to save her/his life from danger. So, First Aid is the most important thing in the game. So, that KUYRCC gives the first to the players in collaboration with NISU organizing team.

2.7 Annual General Meeting

The AGM of KUYRCC like any other organization is held every year where the old committee hands over the working committee to its precedents. During the AGM, the details of works done by the committee is delivered to the audience and congratulated for its success and contribution. Whereas the new committee also presents its major plans and policies of the year along with works already done.

This year the AGM was conducted on October 8, 2023 in the KU Chiku Hall.

The attendees were:

- Chief Guest:
- Special guest
- Representatives from different clubs of KU
- Former Committee Members
- Present Committee Members
- Volunteers

Expenses

There was direct help and supports from the SWD in the completion of Annual General Meetings. The helps from the SWD included financial supports in the different items as well as helps to manage non-perishable items.

Aid from SWD

The following table lists the helps acquired from SWD:

S.N	Particulars	Quantity
1.	CIKU Hall (Venue)	1 Nos.
2.	Water bottles	30 pcs
3.	Certificate of appreciation	15 pcs
4.	Volunteer cards	35 pcs
5.	Flex print	1

Besides the aids from SWD and KUCC, there were certain expenditures bore by the KUYRCC itself. The amount required was compensated by Club fund. Following here is the list of expenditures made:

S.N	Particulars	Quantity	Amount
1.	Token of love		1925/-
2.	Badge		2590/-
3.	Khada		475/-
4.	Cultural dress		1225/-
5.	Food		840/-
6.	Cake		900/-
7.	Rope		10/-
8.	Safety pins		25/-
9.	Candle		50/-
10.	Napkin		25/-
11.	Miscellaneous		390/-
12.	Total		6530/-

2.8 Warm Clothes Collection and Distribution

It was organized to help the people who can't afford the warm cloths during the winter season. The event carried out in organized manner since this event takes longer time and collaboration of every group member of KUYRCC. For the collection of warm clothes sacks and cartoon boxes were placed in different places inside Kathmandu University like KU gate, hostels, KU café, TTC buildings, Staff Quarters and KU Mesh. After the collection from those places mentioned above sorting was done on Dec 20, 2023. In this session collected clothes were separated according to their category and then they were packed and ready to be distributed. The collected and sorted clothes were then distributed successfully to the Manab Kalyan Samaj, Sankhu Kavre on December 30, 2023.

Expenses:

All the expenses required for conducting program were made by the club.

Decorative items- Rs. 175/-

However, for the distribution of collected clothes transportation facility was required as the location we selected was far from Kathmandu University and there were about 27 sacks of clothes. So, transportation facility was provided by SWD.

As per the proposal, SWD assisted in the Transportation Requirements

Event Date: 30 December, 2023

Event Location: Sankhu Kavre

Estimated Students: 10

Vehicles Needed: 1

Time: 10am-3pm

2.9 Blood donation program (IT meet)

Realizing the importance of blood donation program in Kathmandu University, KUYRCC has been organizing blood donation program annually. This year, it was organized on December 4, in joint collaboration with IT Meet organized by Kathmandu University Computers Club (KUCC). The venue was set up on the fountain behind library. Basic preparations and planning for the program started from 8 am. At around 9am, the program was formally inaugurated and 53 volunteers for IT Meet were actively participated in the program as per their respective free time in order to manage massive crowd. Total 5 health workers were present in the program from central office of Nepal Red Cross Society. The program was furthermore aided by significantly large number of beds i.e. 7 beds. The next day program started at around 9am and 35 volunteers actively participated in the program. It became a wonderful success as total of 67 donors got an opportunity to take part in life saving campaign. The statistic is of importance for both, organizing committee and donors.

Expenses:

As the program was in joint collaboration with SWD and KUCC. IT MEET provided the sponsorship for food and the tent.

Aid from KUCC

S.N	Particulars	Quantity
1.	Juice	360pcs
2.	Banana	30 dozens
3.	Nimki	6.5 kg
4.	Plastic Plates	350
5.	Plastic glass	350
6.	Glucose	5 kg
7.	Lunch for medical team	5 people for 2 days
8.	Tissue paper	10packets

Aid from SWD

As per the proposal, SWD assisted in the following list:

S.N	Particulars	Quantity
1.	Certificates to volunteers	120pcs
2.	Certificates to organizers	15pcs
3.	Flex print	1
4.	Volunteers card	50pcs
5.	Water jar	8
6.	Mineral water bottles	50
7.	Physical assistance	-

Physical Assistance

- 25 chairs
- 8 desks
- 6 benches
- 1 big dustbin

Besides the aids from SWD and KUCC, there were certain expenditures bore by the KUYRCC itself. The amount required was compensated by Club fund. Following here is the list of expenditures made:

S.N	Particulars	Quantity	Amount
1.	Tea and coffee	-	450/-
2.	Stationary	-	755/-
3.	Token of love	2pcs	300/-
4.	Badge	2pcs	300/-
5.	Khada	3pcs	90/-
6.	Ribbon	1 roll	150/-
7.	Balloons	1 packet	200/-
	Total	-	2245/-

2.10 New year Day Celebration (Help Nepal Network Children's Home)

New year is very special for we all Nepalese. To make this day special, we decided to celebrate new year with the children's of Nepal Network Children's Home. We had cut cake and distributed chocolate to them and enjoy with them and felt them great on this special day.

2.11 Volunteering at Chandeswori Jatra

This is the Jatra of Banepa community as performing annually. There is generally too much crowd. In order to manage that crowd and for first aid, there is the volunteers send by KUYRCC in collaboration with Banepa Red Cross for two days. As our volunteers coordinate with the Banepa team and worked as spectacular way without any fault.

2.12 Curriculum Development and Climate change waste management and sustainable Development (in collaboration with the change maker)

Mr. Prashant Kandel has initiate to perform this program. Under KUYRCC Mr. Kandel has performed this program on Jan. 23, 2024. This program was funded under "The Changemaker" a funded program globally. The information related to Curriculum Development and Climate change waste management and sustainable development were taught using slides and some paper-based games related to this topic were performed.

2.13 NRCS Junior and Youth National Meet Participation

On NRCS junior day, we KUYRCC was invited to participate in that program. We learn many things like, how can we improve the potentially of the junior red cross, how to manage them, what can they do in near future, and many natural disasters problems and their possibility solution was discussed.

2.14 Junior and Youth Established day

On December 23, 24, two members form each district were invited. So, one member form KUYRCC was invited. Miss Prapti Shrestha has been chosen form KUYRCC to attend the Junior and Youth Establishment Day.

2.15 Self Defense

On the light of increasing sexual violence and abuses around the world and in Nepal one day workshop on self-defense, specially targeted towards girls, was organized in association with Bakhundol Gym and Freestyle Fight Club. This Program entailed the following aspects:

1. Basic training of self-defense
2. Use Defensive Techniques
3. How to Defend
4. Confidence Building
5. How to handle critical Situations
6. Empowerment
7. Psychological Assurance
8. Behavioral and Environmental awareness

Through this one-day workshop on self-defense against violence and abuse for girls, girls of our university were provided with basic tools and techniques to defend themselves. The program was conducted as per the following schedule starting at 6:30 am;

- Introduction: 30 minutes
- Physical exercise: 30 minutes
- Kick and punch training: 30 minutes
- Self-defense techniques: 30 minutes

The program successfully completed at around 8:30am with active participation of total of 36 students. The program acted as a stepping stone for future programs related to self and women empowerment. As a result of the program the girls said they felt more confident, empowered and psychological strong. However, program was conducted for short duration and in small scale, so all the students were not included and we only targeted girls this time. It would be great if such programs could be done in large scale inside the university that included longer training periods and maybe included as a course or physical training.

Aid from SWD

As per the proposal, SWD assisted in the following list:

S.N	Particulars	Quantity
1.	Water jar	2
2.	Token of love	1 KU cup
3.	Flex print	1
5.	Certificates of appreciation	2pcs
6.	Ku warehouse	-

Besides the aids from SWD and KUCC, there were certain expenditures bore by the KUYRCC itself. The amount required was compensated by Club fund. Following here is the list of expenditures made.

S.N	Particulars	Quantity	Amount (Rs.)
1.	Food	-	450/-
2.	Glucose	4kg	640/-
	Total		1090/-

2.16 donation +Drama (in collaboration with KUAC)

Realizing the importance of blood donation program in Kathmandu University, KUYRCC has been organizing blood donation program annually. This year, it was organized on Chaitra 18, 2080 in joint collaboration with KUAC in Panchkhal Municipality. Basic preparations and planning for the program started from 8 am. 40 volunteers actively participated in the program as per their respective free time in order to manage massive crowd. Total 5 health workers were present in the program from central office of Nepal Red Cross Society. The program was furthermore aided by significantly large number of beds i.e. 7 beds It became a wonderful success as total of 112 donors got an opportunity to take part in life saving campaign. The statistic is of importance for both, organizing committee and donors. The program was successfully adjourned at 3pm. Also to raise awareness among people drama was conducted.

Expenses:

As the program was in joint collaboration with KUAC and Panchkhal Municipality the tent was provided by Panchkhal.

As per the proposal, SWD assisted in the following list:

S.N	Particulars	Quantity
1.	Certificates to volunteers	40pcs
2.	Certificates to organizers	20pcs
3.	Flex print	1
4.	Volunteers card holder	50pcs
5.	Water jar	4
6.	Mineral water bottles	50
7.	Physical assistance	-

Physical Assistance

- 25 chairs
- 8 desks
- 6 benches
- 1 big dustbin

Besides the aids from SWD and KUCC, there were certain expenditures bore by the KUYRCC itself. The amount required was compensated by Club fund. Following here is the list of expenditures made:

Table 2 *Club Expenditures:*

S.N	Particulars	Quantity	Amount
1.	Tea and coffee	10	200/-
2.	Real Juice	150	1500/-
3.	Banana	15 Dozens	1500/-
4.	Nimki	5kg	750/-
5.	Lunch for Medical Team	5 person	300/-
6.	Tissue Paper	1 roll	150/-
7.	Glucose	3kg	200/-
	Total	-	4600/-

2.17 Blood donation SANKALPA 24

On April 19, 2024 KUYRCC has organized blood donation program in collaboration with Kathmandu University Civil Club on their annual program SANKALPA 24. On this event KUYRCC has invited NRCS Banepa Blood Bank for blood collection. The event was sponsored by KUCEC for aids certificates, flex and venue. This event was successfully conducted with a total number of 27 donors.

The donor cards were distributed onwards.

Expenses:

As per the proposal KUCEC assisted in the following list:

S.N	Particulars	Quantity
1.	Certificates to volunteers	10 nos.
2.	Certificates to organizers	2 nos.
3.	Flex print	1
4.	Water jar	2
5.	Mineral water bottles	50

Physical Assistance

- 5 chairs
- 2 desks
- 4 benches
- 1 big dustbin

Besides the aids from SWD and KUCEC, there were certain expenditures bore by the KUYRCC itself. The amount required was compensated by Club fund. Following here is the list of expenditures made:

Table 2 *Club Expenditures:*

S.N	Particulars	Quantity	Amount
1.	Breakfast	1 person	50/-
2.	Real Juice	3 boxes	1545/-
3.	Banana	5 dozen	650/-
4.	Nimki	3 kgs	1000/-
5.	Lunch for Medical Team	3 persons	450/-
6.	Tissue Paper	1 roll	150/-
7.	Glucose	2 box	90/-
	Total	-	3995/-

3. CONCLUSION

We proudly share with you the successful operation of all the programs that we have organized in the year 2023/24 with cooperation from all the active members, volunteers and board members. We have planned to perform these as the first programs in the next year. We are thankful to Student Welfare Directorate and NRCS for their support in conducting all the events successfully.