

4. Funding of Educational/Cultural Tours

Students are encouraged to undertake trips and tours to places of educational and historical importance. In addition to their academic relevance, these trips develop leadership qualities, promote team work and develop an attitude of cooperation among students. The trips are also expected to sensitize the students to appreciate other cultures, societies and languages. During the year 2023, total 44 tours were funded by this office.

5. Funding for Inter-Disciplinary, Guest Lectures & Co-Curricular activities

The office of D.S.W. provides financial assistance for arranging guest lectures, extension lectures and other inter-disciplinary lectures of outside experts in different University Teaching Departments for the sake of exposing our students to multitude of ideas. In the year 2023, the office of DSW provided funds of Rs. 80,229/- for organizing 15 such lectures.

6. Common Rooms

Separate Common Rooms for boys and girls are maintained at several places on the campus i.e. Arts Faculty, Institute of Law etc. In these common rooms, newspapers, magazines and other equipment are provided to the students. An expenditure of Rs.49,603/- was incurred on newspapers and magazines in 2023.

7. Subhash Sadan

The Subhash Sadan (Students' Home) is maintained for providing a venue for get-together and other programmes of students. Students' Home was provided to the students for such diverse programmes of discussions and other cultural events etc. Community Centre & R. K. Sadan are also provided to the students, if need arises. The installation of metal false ceiling, repair of windows glass pane, doors and floor was done during the year.

8. Group Insurance Scheme for the Students

The Kurukshetra University is running a Group Insurance Scheme for students of the University whereby all the regular students of UTDs are insured for Rs. 2,00,000/- for a token premium @Rs. 14.16/- per student. An amount of Rs. 1,34,520/- was spent as insurance premium for the students of UTD during the session 2023-24.

9. Answer Books for Internal Tests

This office provides answer books to all the Teaching Departments/Institutes for internal tests of the students. The answer books (8 pages) are got printed from the University Press on requirement basis.

10. Rostrum Competitions

Rostrum, an annual public speaking competition was organized in the university campus at three stages, namely Stage-I (University Teaching Departments/Institutes Level), Stage-II (Faculty Level) and Stage-III (University Level). More than 25 topics for the three stages covering issues on education, technology, sports, climate change, spirituality, society, politics etc. were provided.

First of all, Stage-I competition was conducted from January 21, 2023 to February 20, 2023 in the respective Departments/Institutes of Kurukshetra University, Kurukshetra. The speakers of 44 Departments/Institutes participated very vigorously in the competition. More than 450 speakers won 123 prizes at this stage. Besides, 2500 students and 200 faculty members attended the event. At Stage-II, winners from Departments/Institutes (Stage-I) were grouped into five faculties. The competition at faculty level was conducted from March 14, 2023 to March 18, 2023 in the Faculty Lounge of Kurukshetra University,

Kurukshetra. The major milestones achieved at this stage were (i) 81 speakers (ii) 26 prize winners, and (iii) more than 200 students and faculty members attended the event.

After Stage-II, to enhance the skill of above 26 prize-winning speakers, a workshop was conducted on March 31, 2023 in the Senate Hall of Kurukshetra University, Kurukshetra. In this workshop, Dr. Jimmy Sharma from Institute of Integrated and Honours Studies, Kurukshetra University, Kurukshetra and Mrs. Punita Bawa, a Freelance communicator from Chandigarh were invited as resource persons to train the speakers in communication skills. Afterwards, the Stage-III competition was conducted on April 12, 2023 in Senate Hall of Kurukshetra University, Kurukshetra. All the 26 prize-winning speakers of Stage-II made their presentations and this event was attended by more than 150 students and faculty members. For this stage, three judges were invited from outside the University to keep a transparency in the judgment. The spectacular feature of this stage was that one question from the speaker pertaining to his speech was asked by the panel of judges and two questions from the audiences to make the competition livelier.

The ROSTRUM-2023 event concluded with the distribution of prizes to the prize-winning speakers of three stages. The prize distribution function was held on April 26, 2023 in the Senate Hall of Kurukshetra University, Kurukshetra and worthy Vice-Chancellor Prof. Somnath Sachdeva give away the cash prizes to the winners of all stages and a prize money of worth more than Rs. Two Lakh Sixty Thousand were distributed among the winning speakers on this occasion.

11. **Adopted Village Pabnawa**

As desired by Hon'ble Chancellor of Kurukshetra University and Hon'ble Governor of Haryana, vide his office letter no HRB-UA-2018/629-646 dated 19.01.2018, Kurukshetra University has adopted village Pabnawa in the month of April-2018 and the progress report of the same had been updated to the O/o Hon'ble Governor from time to time. It is humbly submitted that the office of Hon'ble Governor of Haryana has been informed time to time vide letter Nos. DSW/2018/460-61 dated 17.04.2018; DSW/2018/499-501 dated 27.04.2018; DSW/2018/288-89 dated 06.08.2018 and emails dated 24.09.2018 and 15.10.2018. The following activity was made by the Kurukshetra University, Kurukshetra from 01.01.2023 to 31.12.2023

- A Blood Donation Camp was organized in Pabnawa in association with YRC, KUK on 30/03/2023 and 88 blood units were collected.



2. **Cultural activities**

The DSW office manages the participation of students of University Teaching Departments' teams in various activities of the University. Teams of students are selected to participate in these functions. The Dean Students' Welfare as Vice-Chairman of the Kurukshetra University Cultural Council also monitors the smooth functioning of the University's cultural activities.

- A **Talent Show Competition-2023** for the students of UTDs was organized by the office of DSW on the 20th, 21st, and 30th of September, 2023. A total of 450 students registered and participated in the 9 events (Speech, Singing, Dance, Mono-Acting, Painting, Poetical

Symposium, Mimicry, Quiz and playing Instruments). The winners of each event were awarded a cash prize of Rs. 600/- (1st), 500/- (2nd) & 400/- (3rd) along with certificates.

‘आगे बढ़ने को प्रेरित करती हैं प्रतियोगिताएं’

कुरुक्षेत्र। कुरुक्षेत्र विश्वविद्यालय में प्रतिभा खोज प्रतियोगिता के दूसरे दिन मुख्य अतिथि डॉ. सुनील कुमार का शुभारंभ के लिए कार्यक्रम में शामिल हुए। कार्यक्रम में डॉ. सुनील कुमार का शुभारंभ के लिए कार्यक्रम में शामिल हुए। कार्यक्रम में डॉ. सुनील कुमार का शुभारंभ के लिए कार्यक्रम में शामिल हुए।



कार्यक्रम में कुलसचिव डॉ. सुनील शर्मा का स्वागत करते हैं प्रो. सुनील कुमार व अन्य।

कुरुक्षेत्र विश्वविद्यालय में प्रतिभा खोज प्रतियोगिता के दूसरे दिन हुई कई स्पर्धाएं

प्रतियोगिता विद्यार्थियों के सर्वांगीण विकास के लिए बहुत अच्छी है। कार्यक्रम के दौरान साधन और विभिन्नों में

80 छात्रों से बनीं पंजीयन में 25 विद्यार्थियों ने अपनी प्रतिभा का लोका मनवाया। दरकों ने तालियां बजाकर प्रतियोगियों को शुभ होमला अनाजई की। निर्णायक पंडाल की भूमिका डॉ. अरवि शर्मा, डॉ. सुनील, डॉ. संत लाल, डॉ. अश्विद अली, अरुण कुमार सहित अन्य वीरूद रहे।

- **Ratnawali-Haryana Day State Level Fest-2023** at Kurukshetra University, Kurukshetra (28th October to 31th October 2023). More than 150 students from UTD/IIHS/UIET/ ITTR being the KU campus team participated in Haryana Day (Ratnawali)-2023 in 34 events. We won a total of 20 prizes in various events: 1st prize in 6 events, 2nd prize in 9 events, and 3rd prize in 5 events. Moreover, the overall trophy in Fine Arts Events went to K.U. Campus Team, Kurukshetra.



- Students from UTD performed in various cultural events (Republic Day celebration, KUK Band, during NAAC visit and DDE Alumni meet) organized by Kurukshetra University, Kurukshetra time to time during 2023.
- Cultural events mainly Haryanvi Group dance and Haryanvi loor dance presented on 23.12.2023 by the students of Kurukshetra University, Kurukshetra on the main stage at Brahmasarover, Kurukshetra on the occasion of International Gita Mahotsav-2023.

12. **N.S.S. Activities**

The NSS UTD Kurukshetra University, Kurukshetra works very actively under the office of the Dean Students' Welfare. It has four different Units with strength of approximately four hundred and fifty volunteers, working under the supervision of their respective Programme Officers namely Dr. Raj Kamal, Dr. Dipti Chaudhary, Dr. Manisha Sandhu and Dr. Sunil Kumar. A number of activities were performed (online/offline) by volunteers throughout the year. The participation by the youth in various social service activities is a matter of pride for the university.

- Yoga training camp was organized by the NSS, UTD on dated 20.06.2023 i.e., the day prior to the International Yoga Day.
- NSS UTD KUK celebrated the tree plantation week from 23.07.2023 to 29.07.2023. It was celebrated with the objective to make INDIA pollution free and also in the remembrance of Kargil Vijay Diwas i.e., on 26.07.2023.

- On this occasion, NSS Volunteers planted at least on plant, Volunteers also shared their activity in terms of selfie with plant to make the event memorable. Total about 70 plants were planted in different places as the event was celebrated in online mode due to vacation period of university.
- A poster making competition on the themes i.e., Drug Abuse, Environment Safety and Plastic free Haryana, has been organized by the NSS, UTD on 04.09.2023 as one day camp.
- Volunteers participated in the NSS day event celebrated on 23.09.2023 at University level. In this event NSS (UTD) represented the various activities of last year in the form of poster presentation. Chief Guest of the event recognizes the contribution of the NSS, UTD.
- Volunteers spread the message of “Cyclothor” cycle rally i.e., Drug Free Haryana in the University campus and village adopted by NSS, UTD. NSS volunteers participated in the closing ceremony of rally for Drug Free Haryana, on 25.09.2023 with great zeal and enthusiasm.
- "स्वच्छता ही सेवा" अभियान के तहत "एक तारीख एक घंटा" दिनांक 01.10.2023, समय सुबह 10:00 से 11:00 के दौरान विश्वविद्यालय परिसर (स्थान: जवाहरलाल नेहरू पुस्तकालय) एवं ब्रह्मसरोवर पर स्वच्छता अभियान चलाया। Under the guidance of Dean Students Welfare a Mega Swachhata Drive was organized by NSS UTD, KUK on dated 01.10.2023 as a one-day activity. NSS volunteers carried out the cleanliness campaign in the nearby area of Brahma Sarovar and university campus. Volunteers collected the plastic waste from common gathering places of market and from the vicinity of food courts area. While collecting the plastic waste, volunteers also educated the shop-keepers and students regarding the effects of burning of plastic on the environment. Volunteers also encouraged the shop-keepers to avoid the single use plastic items in their day-to-day activities.
- Volunteers of NSS, UTD KUK also participated enthusiastically and showed their presence in the different events organized by Kurukshetra University Kurukshetra at mass level like “Run for Unity” (31.10.2023) and “Ratnawali festival” (28-31.10.2023).
- National Flag day on 24.11.2023 was also celebrated. An amount of Rs. 6370/- (Six thousand three hundred and seventy only) was also collected by NSS volunteers to donate the National Foundation of Communal Harmony, New Delhi.
- Celebrated National constitution Day on 26.11.2023. Dr. Monika Dagar, Assistant Professor, Institute of Law, KUK delivered an introductory lecture to NSS volunteers via Online mode. A quiz competition namely “ConstiGenius” was also organized followed by this lecture.
- One Special Camp/ Seven days NSS camp is scheduled to be organized in the month of February 2024.

13. **Sports Activities**

The University Teaching Departments have been the main feeder in the University teams for various Inter-University tournaments. They have indeed been the nucleus of games and sports in the University. The University Teaching Departments have played a pivotal role in the growth and achievement of the University teams and they have established their supremacy in various Inter-collegiate tournaments.

- **15 players of University Teaching Departments have participated in the North, East, West Zone/All India Inter University tournaments as members of Kurukshetra University Teams.**

Sr. No.	Name of the player	Game	N.E.W.Z./A.I.I.U. (Dated)	N.E.W.Z./A.I.I.U. Participation
1.	Nikhil Poswal	Base Ball	14/02/23 to 18/02/23	Participation

2.	Rinku	Base Ball	14/02/23 to 18/02/23	Participation
3.	Deepanshu	Net Ball	15/02/23 to 18/02/23	Participation
4.	Muskan	Net Ball	15/02/23 to 18/02/23	Participation
5.	Muskan	Rowing	01/03/23 to 07/03/23	Participation
6.	Vishal	Rowing	01/03/23 to 07/03/23	Participation
7.	Prince	Basket Ball	03/11/23 to 08/11/23	Participation
8.	Sonal Malik	Shooting	05/04/23 to 09/04/23	Participation
9.	Dhananjay Duhan	Shooting	18/12/23 to 11/12/23	Participation
10.	Ketan	Shooting	18/12/23 to 11/12/23	Participation
11.	Kaveri Nayyar	Shooting	18/12/23 to 11/12/23	Participation
12.	Karishma	Basket Ball	14/12/23 to 17/12/23	Participation
13.	Fadhili Ally Pazi	Foot Ball	18/12/23 to 25/12/23	Participation
14.	Toto Chernbin Prubce Demensyas	Foot Ball	18/12/23 to 25/12/23	Participation
15.	Vinay Kumar	Yoga	21/12/23 to 23/12/23	Participation

- **05 players of University Teaching Departments were members of Kurukshetra University teams who have won Medals/Position in All India Inter-University tournaments. University Teaching Departments Students Honoured/Cash Awarded by K.U.S.C. and Dean Students' Welfare. Details are as under:-**

Sr. No.	Name of the player	Game	(Dated)	Position in A.I.I.U.	Cash award by KUSC & DSW	
1.	Anup Kumar	Cricket	20.04.23 to 27.04.23	2 nd	25000/-	7500/-
2.	Manish Kumar Sharma	Cricket	20.04.23 to 27.04.23	2 nd	25000/-	7500/-
3.	Yogita	Wushu	07.02.23 to 11.02.23	3 rd	21000/-	5000/-
4.	Khushi	Karate	17.01.23 to 22.01.23	3 rd	21000/-	5000/-
5.	Yamini	Shooting 10 M. Air Rifle	05.04.23 to 09.04.23	3 rd	21000/-	5000/-

- **01 player of University Teaching Departments have participated in Khelo India University games as members of Kurukshetra University Team. Period from 01.01.2023 to 31.12.2023.**

Sr. No	Name of the player	Game	(Dated)	KIUG Participation
1.	Yamini	10M AIR RIFLE TEAM	25.05.23 To 03.06.23	Participation

- University Teaching Departments (Men & Women) teams/players participated in Kurukshetra University Inter-collegiate tournaments/trial from the period 01.01.2023 to 31.12.2023 in the games of Chess (M&W), Handball (M&W), Air pistol & Air Rifle shooting (.177) peep sight (M&W), Athletic Meet (M&W), Volleyball (M&W), Swimming, Diving & Waterpolo (M), Badminton (M&W), Table-Tennis (W), Wrestling (M&W), Football (M&W), Boxing (M), Yoga (M&W) Taekwondo (W) and Judo (W).

- **University Teaching Departments got positions/participation in Kurukshetra University Inter-collegiate tournaments/trial (01.01.2023 to 31.12.2023):-**

Sr. No.	Game	Position/Participation
1	Chess (M) Team (Feb., 2023)	Participation

2	Cricket (M) Team (Jan., 2023)	Third
3	Hand Ball (M) Team (Feb., 2023)	Participation
4	Hand Ball (W) Team (Feb., 2023)	Participation
5	Air Pistol & Air Rifle Shooting (.177) peep sight (M&W) Individuals (Feb. 2023)	Event:10M. Air Rifle : Second
6	59 th Annual Athletic Meet (M&W) Individual(April, 2023)	First and overall Third
7	Volleyball (W) Team	Fourth
8	Swimming, Diving & Waterpolo (M)	Participation
9.	Badminton (W)	Participation
10.	Table-Tennis (W)	Participation
11.	Wreslting (M&W) Individuals	(Men): Wt. 55kg. Second Wt. 82kg. Third (Women): Wt. 59kg. Second Wt. 76kg. Third
12.	Foot Ball (W) Team	Participation
13.	Foot Ball (M) Team	Participation
14.	Volley Ball (M) Team	Participation
15.	Air Pistol & Air Rifle Shooting (.177) peep sight (M&W) Individuals (Nov., 2023)	Event : 10M. Air Rifle :Second
16.	Badminton (M) Team	Participation
17.	Boxing (M) Individual	Wt. 57kg. Third
18	60 th Annual Athletic Meet (M&W) Individual (Nov., 2023)	Participation
19.	Yoga (M&W) Individuals	(Men): First & Fourth (Women): Participation
20.	Hand Ball (W) Team (Nov., 2023)	Participation
21.	Taekwondo (W) Individuals	Event: Poomse (Second) Wt. 53Kg. First
22.	Judo (W) Individual	Wt. 70Kg. First

- Sports hosiery goods for an amount of Rs.1,24,000/-(One Lakh Twenty four thousand only) have been purchased for the students of University Teaching Departments, Kurukshetra University Kurukshetra.
- University Teaching Departments have spent Rs69,837/- from the period 01.01.23 to 31.12.23 by participating in various Kurukshetra University Inter-Collegiate games men and women teams.

14. **Eco-Club Activities**

Eco Club, Kurukshetra University, Kurukshetra was formed under the guidance of the Environmental Nodal Officer and Dean Student Welfare (DSW) Eco-club, to promote and manage environmental protection activities on campus. Eco-club team members including teachers and students participate actively along with the Environmental Nodal Officer to make KUK a leading institution in maintaining its green campus and to contribute towards society in different areas of environmental protection.

Under the able guidance of the Hon'ble Vice Chancellor, Prof. Som Nath Sachdeva regular activities have been organized by the Eco club, KUK in collaboration with Paryavaran Sanrakshan Gatividhi (PSG) since January 2021.

- Five students every month were recommended by the KUK for the **Social Internship Programme (SIP)** organized at the national level by Paryavaran Sanrakshan Gatividhi (PSG). During this special training students learned various aspects of environment conservation and trained students are called Eco-Commanders. Eco-Commanders further works to strengthen the Eco club and motivate the society for maximum tree plantation, saving water and energy. During this year more than 20 students completed their Social Internship Programme and got various certificates. Furthermore, 10 students from our Kurukshetra University were registered and selected for a three-day Online SIP Workshop during September and October months 2023 organized by Paryavaran Sanrakshan Gatividhi.
- Students from Kurukshetra University, Kurukshetra actively participated in the **National Student Paryavaran Competition 2023 "Ek Ped Desh Ke Naam"** from 1st July to 21st August 2023 organized by Paryavaran Sanrakshan Gatividhi (PSG). For the active participation of the students of Kurukshetra University, also one appreciation letter to the University has been issued by the organizers.
- Seven students were selected and actively participated in the **Lifestyle for Environment (LiFE) and Youth Parliament Stage-1 (North Zone) Competition 2023** organized by the Ministry of Environment, Forest & Climate Change (MoEF &CC), Govt. of India. One of our students Mr. Ankit from the Law department got a special appreciation certificate based on his performance during this event.
- **"Tree Plantation Drive"** was organized by Eco-club, Kurukshetra University, Kurukshetra on 4th October 2023. More than 100 plants were planted by the student teams near 2nd gate of the University.
- During the NAAC visit (14th September 2023), students of Eco Club also performed very well and got appreciation and feedback from the NAAC Peer Team Members.
- Eco-club, Kurukshetra University, Kurukshetra in collaboration with Students for Development & Paryavaran Sanrakshan Gatividhi (SFD-PSG) organized University-level **National Environment Youth Parliament- (NEYP) 2024** "Paryavaran Chetana - Nurturing Green Leadership for a Sustainable Future" on 27th October 2023 through online mode, in which students from affiliated colleges and KUK participated and the winners from this competition advanced to the Regional Level competition. The objective of conducting NEYP-2024 was to encourage and engage the youth with Environmental Issues and to obtain a resolution of their opinion on the Vision of New India towards Environment and Sustainability. This year, Kurukshetra University, Kurukshetra was nominated as the Regional Host University for Haryana and Jammu & Kashmir Zone. On 2nd January 2024, the regional phase of National Environment Youth Parliament-2024 will be organized through virtual mode under the joint aegis of Kurukshetra University, Kurukshetra.

15. Youth Red Cross Activities

- **Awareness Programme on HIV and Signature Campaign**

Kurukshetra University, Kurukshetra organized Signature Campaign for HIV/AIDS awareness under National Youth Day Fortnight Campaign from 12th to 26th January 2023. Students, Teachers, guests and University Staff members participated in this signature campaign.



- **State Level YRC Training Camp for boys at Shri Anant Prem Ashram, Rishikesh Road, Near Sukhi Nadi, Haridwar from 24th to 30th January, 2023:-**

A State Level Youth Red Cross Training Camp (for boys) was organized by Indian Red Cross Society, Haryana State Branch at Shri Anant Prem Ashram, Nangali Bela, Rishikesh Road, Near Sukhi Nadi, Haridwar (Uttarkhand) from 24th January 2023 to 30th January 2023. In this Camp, two team from Colleges/ Institutions of each district and UTD, KUK have been invited to participate as per their instructions/directions mentioned in the enclosed brochure. Following three volunteers from the UTD, KUK and Sh. Rajinder Saini, Field Coordinator, Youth Red Cross, participated in the camp from Kurukshetra University, Kurukshetra.

- **Extension Lecture on 25.02.2023 in Dept. of Zoology, KUK**

Youth Red Cross, U.T.D. Unit of Kurukshetra University, Kurukshetra organized an extension lecture on 'Blood Donation' in the Seminar Hall of Department of Zoology, KUK. Captain Dr. Suresh Kumar (Blood Donation World Record Holder) was invited as Expert Lecturer for providing the lecture. He motivated the student's volunteers for donating blood on regular intervals.



In this programme, both the Programme Counsellors, Youth Red Cross U.T.D. Unit, Dr. Ramesh Kumar and Dr. Pooja motivated the students to join Youth Red Cross and to serve the society with the aim of Youth Red Cross. Around 100+ volunteers attended the lecture. Refreshments were distributed to all the participants including students volunteers, teachers, staff members and guests. Dr. Deepak Babbar Chairperson, Department of Zoology, KUK thanked the entire Youth Red Cross Team of UTD Unit, KUK for organizing this lecture for benefit of students and mankind.

• Extension Lecture on 27.02.2023 in Dept. of Punjabi, KUK

Youth Red Cross, U.T.D. Unit of Kurukshetra University, Kurukshetra organized an extension lecture on 'Blood Donation' in the Department of Punjabi, KUK. Captain Dr. Suresh Kumar (Blood Donation World Record Holder) was invited as Expert Lecturer for providing the lecture. He motivated the student's volunteers for donating blood on regular intervals.



In this programme, both the Programme Counsellors, Youth Red Cross U.T.D. Unit, Dr. Ramesh Kumar and Dr. Pooja motivated the students to join Youth Red Cross and to serve the society with the aim of Youth Red Cross. Around 70+ volunteers attended the lecture. Refreshments were distributed to all the participants including students volunteers, teachers, staff members and guests. Chairperson, Department of Punjabi, KUK thanked the entire Youth Red Cross Team of UTD Unit, KUK for organizing this lecture for benefit of students and mankind.

• Extension Lecture on 01.03.2023 in Dept. of English, KUK

Youth Red Cross, U.T.D. Unit of Kurukshetra University, Kurukshetra organized an extension lecture on 'Blood Donation' in the Hall of Department of English, KUK. Captain Dr. Suresh Kumar (Blood Donation World Record Holder) was invited as Expert Lecturer for providing the lecture. He motivated the student's volunteers for donating blood on regular intervals.



In this programme, both the Programme Counsellors, Youth Red Cross U.T.D. Unit, Dr. Ramesh Kumar and Dr. Pooja motivated the students to join Youth Red Cross and to serve the society with the aim of Youth Red Cross. Around 170+ volunteers attended the lecture. Refreshments were distributed to all the participants including students volunteers, teachers, staff members and guests. Chairperson, Department of English, KUK thanked the entire Youth Red Cross Team of UTD Unit, KUK for organizing this lecture for benefit of students and mankind.

• Inter State Youth Red Cross Training Camp for Boys at Kurukshetra

An Inter State Youth Red Cross Training Camp (for Boys) was organized by Indian Red Cross Society, Haryana State Branch, Chandigarh at Geeta Gyan Sansthanam, Near Braham Sarovar, Kurukshetra from 16th to 21st March, 2023.

In this Camp, one team from UTD, KUK was invited to participate as per their instructions/directions mentioned in the enclosed brochure.

A volunteer's team of Youth Red Cross, KUK consisting the following members participated in the camp.

S.N.	Name	Class	Department/Institute
1	Dr. Ramesh Kumar	Asst. Prof. & Programme Counsellor, Y.R.C. U.T.D., KUK	Department of Chemistry
2	Kuldeep Kumar	M.A. (P) English	Department of English
3	Sagar	L.L.B. 3rd Year	Department of Law
4	Sanjeev	L.L.B. Final Year	Department of Law
5	Papinder Singh	M.A. (P) Punjabi	Department of Punjabi
6	Kanwarpal	B.A.L.L.B. Final	Institute of Law
7	Amar Bibiyan	M.A. Punjabi	Department of Punjabi
8	Naresh	M.A. Hindi	Department of Hindi



- **First Aid Post during International Women's Day Sports Competition from 20th to 22nd March, 2023 at Sports Ground, KUK**

Kurukshetra University, Kurukshetra organized International Women's Day Sports Competition of female players (Teaching/Non-Teaching/Students) of all age groups from 20th to 22nd March, 2023 at University Sports Complex. Many female students/teachers/employees participated in this sports competition. Therefore, Youth Red Cross, Kurukshetra University, Kurukshetra established a First Aid Stall from 20.03.2023 to 22.03.2023 in the Gymnasium Hall and Sports Ground for providing First Aid.

खेल प्रतियोगिता में फर्स्ट एड पोस्ट लगाया
 कुरुक्षेत्र। कुरुक्षेत्र विश्वविद्यालय के यूथ रेड क्रॉस द्वारा मंगलवार को विश्वविद्यालय के जिम्नेजियम हॉल में अंतर्राष्ट्रीय महिला दिवस के अवसर पर केयू स्पोर्ट्स ग्राउंड व जिम्नेजियम हॉल में आयोजित खेल प्रतियोगिता में फर्स्ट एड पोस्ट लगाया गया।

Volunteers of Youth Red Cross, U.T.D. Unit of Kurukshetra University, Kurukshetra participated to organize First Aid Stall from 20.03.2023 to 22.03.2023 in the Gymnasium Hall.

In this programme, both the Programme Counsellors, Youth Red Cross U.T.D. Unit, Dr. Ramesh Kumar and Dr. Pooja motivated the students to join Youth Red Cross and to serve the society with the aim of Youth Red Cross. Around 35+ volunteers provided First Aid Services to the female players. Director, Sports, KUK thanked the entire Youth Red Cross Team of UTD Unit, KUK for establishing this First Aid Post for benefit of players.

<p>केयू के यूथ रेडक्रॉस की ओर से लगाया गया फर्स्ट एड पोस्ट</p>	<p>कुरुक्षेत्र। केयूके यूथ रेडक्रॉस की ओर से भगवतपुर को निरन्तरविद्यालय के जिम्मेदारियों हॉल में अंतरराष्ट्रीय महिला दिवस के अवसर पर केयू स्पेक्ट्रम ग्राउंड व जिम्मेदारियों हॉल में आयोजित खेल प्रतियोगिता में फर्स्ट एड पोस्ट लगाया गया। इस कार्यक्रम में केयू की छात्र कल्याण</p>	<p>अभिष्ठाता एवं प्रोग्राम कोऑर्डिनेटर यूथ रेडक्रॉस प्रो. शुचिस्मिता ने बताया कि फर्स्ट एड पोस्ट लगाने का मुख्य उद्देश्य खेलों के दौरान घायल खिलाड़ियों को समय रहते प्राथमिक उपचार उपलब्ध करवाना है। उन्होंने कहा कि 'पोस्ट लगाने पर प्राथमिक उपचार मिलने से खिलाड़ी को संक्रमण से</p>	<p>बचाया जा सकता है। प्रोग्राम काउंसलर डॉ. रमेश कुमार ने बताया कि फर्स्ट एड पोस्ट पर प्राथमिक उपचार के लिए सभी देवाइयों की उपलब्धता सुनिश्चित की गई है। साथ ही खेल प्रतियोगिताओं में फर्स्ट एड पोस्ट पर यूथ रेडक्रॉस के स्वयंसेवकों की जिम्मेदारी सुनिश्चित की गई है।</p>
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- **Blood Donation Camp on 30.03.2023 at Govt. Girls High School, Pabnawa**



पबनावा में लगे शिविर में 88 यूनिट रक्त एकत्रित
 कुरुक्षेत्र। कुरुक्षेत्र निरन्तरविद्यालय के यूथ रेडक्रॉस यूनिट की ओर से गांव पबनावा के राजकीय कन्या उच्च विद्यालय में रक्तदान शिविर लगाया। इसमें मुख्यअतिथि के तौर पर प्रोफेसर दिनेश सिंह राणा और विशिष्ट अतिथि के तौर पर केयू की छात्र कल्याण अभिष्ठाता प्रो. शुचिस्मिता ने शिरकत की। इस मौके पर 88 यूनिट रक्त एकत्रित किया। यूथ रेडक्रॉस की प्रोग्राम कोऑर्डिनेटर व डीन स्टूडेंट्स वेलफेयर प्रो. शुचिस्मिता ने कहा कि रक्तदान से बड़ा दान कोई नहीं है। इसके जरिए हम अग्रमोल जिंदगियां बचा सकते हैं। उन्होंने रक्तदाताओं का आभार जताया। प्रोफेसर दिनेश सिंह राणा ने कहा कि राम नवमी के मौके पर रक्तदान शिविर लगाना पुण्य का काम है। उन्होंने गांव के लोगों द्वारा रक्तदान शिविर में हिस्सा लेने की प्रशंसा की। प्रो. डीनेश राणा व प्रोग्राम कोऑर्डिनेटर यूथ रेडक्रॉस एवं डीन स्टूडेंट्स वेलफेयर प्रोफेसर शुचिस्मिता ने रक्त दाताओं की प्रशंसा पत्र व अवॉर्ड देकर सम्मानित किया। गांव पबनावा को कुरुक्षेत्र निरन्तरविद्यालय द्वारा गौर लिया है। जियोलाजी विभाग के अध्यक्ष डॉ. नरेश कुमार इसके नोडल ऑफिसर हैं। गांव के लोगों में रक्तदान करने के लिए विशेष उत्साह रहा। इस मौके पर विद्यालय के हेड मास्टर व अन्य स्टाफ सदस्य सहित कुरुक्षेत्र निरन्तरविद्यालय से योगेश कुमार, प्रदीप कुमार और अन्य प्राथमिक मौजूद रहे।

Youth Red Cross UTD, Kurukshetra University, Kurukshetra organized a Blood Donation camp on 30th March, 2023 at Govt. Girls High School, Pabnawa (An adopted village by Kurukshetra University) in collaboration with the villagers of Village Pabnawa. Prof. Dinesh Rana, Chief Warden (Boys) of Kurukshetra University was the Chief Guest of the Blood Donation Camp. Prof. Shushismita, Dean Students' Welfare and Programme Coordinator, Youth Red Cross was the Guest of Honour of the Blood Donation Camp. In this blood donation camp, Villagers, Volunteers of Youth Red Cross and Employees of the Kurukshetra University donated 88 Units of blood. Prof. Dinesh Rana, Chief Guest and Dean Students' Welfare Prof. Shuchismita inaugurated the camp and motivated the villagers and volunteers for blood donation for the sake of themselves as well as for the society and distributed appreciation letters to the blood donors. The efforts were made to make people aware of blood donation and its benefits. Dr. Naresh Kumar, Nodal Officer, Pabnawa; Sh. Baljeet ji & Sh. Pawan Ji and Princial, Govt. Girls High School, Pabnawa; Sh. Kashmir Singh ji, Sarpanch of Village Pabnawa, Dr. Ramesh Kumar, Programme Counsellor, YRC UTD, KUK; Sh. Yogesh Kumar & Sh. Pardeep Kumar from YRC Team and volunteers of YRC played an important role for smooth organization of the Blood Donation Camp and they were given memento and certificate as award of appreciation by

the Chief Guest and Guest of Honour of the programme. Refreshment, mementos and certificates were also provided to the Blood Donors, Volunteers of Youth Red Cross and the organizing team. An expenditure of Rs.62,937/- has been made for this event.

- **Extension Lecture on 05.04.2023 in Dept. of Music and Dance, KUK**

Youth Red Cross, U.T.D. Unit of Kurukshetra University, Kurukshetra organized an extension lecture on 'CPR, Heart attack, Unconscious and Choking' in the Hall of Department of Music and Dance, KUK. Sh. Naresh Pal (First Aid Lecturer) was invited as Expert Lecturer for providing the lecture. He motivated the student's volunteers for joining Youth Red Cross.

नृत्य विभाग में यूथ रेडक्रॉस यूटीडी यूनिट द्वारा एक्सटेंशन लेक्चर आयोजित

<p>कुरुक्षेत्र, यशवाङ्ग नृत्य। कुरुक्षेत्र विश्वविद्यालय के संगीत एवं नृत्य विभाग में बुधवार को यूथ रेड क्रॉस यूटीडी यूनिट द्वारा एक एक्सटेंशन लेक्चर आयोजित कराया गया। लेक्चर को आह्वानित करने के लिए नरेश पाल को एक्सपर्ट लेक्चर के तौर पर आमंत्रित किया गया और उन्होंने सभी यूथ रेड क्रॉस वॉलंटियर्स और म्यूजिक एंड डांस विभाग के विद्यार्थियों को बोधोत्साह, हार्ट अटैक,</p>	<p>बेलुप होने और चोकिया इत्यादि विषयों पर प्रतिबंधक इतना किया। उक्त कल्याण अधिष्ठाता एवं प्रोग्राम कोऑर्डिनेटर यूथ रेड क्रॉस प्रो. शुचिस्मिता ने बताया कि सोरोसरा का हमारी जीवन में बहुत महत्व है और इसे सीख कर अमल में लाने में हम कितने जल्दबाजीमें व्यक्ति को जान बचा सकते हैं। व्यक्ति को डॉक्टर तक ले जाने में बीस के घण्टे में उसे जीवित रखने के लिए यह बहुत ही महत्वपूर्ण</p>	<p>पर आवश्यक किए जाने चाहिए। यंत्र का संयोजन संगीत एवं नृत्य विभाग के शिक्षक डॉक्टर पुरोषोत्तम ने किया। इस लेक्चर में यूथ रेड क्रॉस यूटीडी यूनिट के प्रोग्राम कार्डिनलर डॉ. पूजा भरोड़ा, डॉ. हरविंदर लोणगीवाल, डॉ. अशोक कुमार शर्मा सहित विभाग के बीस से ज्यादा शिक्षक और एक सौ से ज्यादा यूथ रेड क्रॉस वॉलंटियर्स एवं विद्यार्थी मौजूद रहे।</p>
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In this programme, Prof. Shuchismita, Dean Students Welfare; Dr. Arti Shoekand, Chairperson, Department of Music and Dance; Dr. Ashok Kumar Sharma, Dr. Harvinder Longowal, Dr. Purushotam, Dr. Pooja, Programme Counsellors, Youth Red Cross U.T.D. Unit motivated the students to join Youth Red Cross and to serve the society with the aim of Youth Red Cross. Around 150 Volunteers, Teachers and Staff Members attended the lecture. Refreshments were distributed to all the participants including students volunteers, teachers, staff members and guests. Chairperson, Department of Music and Dance, KUK thanked the entire Youth Red Cross Team of UTD Unit, KUK for organizing this lecture for benefit of students and mankind.

- **State Level Youth Red Cross Training Camp at Shimla :-**

State Level Youth Red Cross Training Camp was organized by YOUTH RED CROSS, Kurukshetra University, Kurukshetra at K.V. Niwas Shimla from 17th to 21st April, 2023. In this camp, teams from Colleges/ Institutions of each district and UTD, KUK were invited to participate. 50 participants including volunteers, counsellors and staff members participated in the camp. Opportunity of place visiting was also given to the participants. The camp was successfully organized.



- **Health Checkup Camp for Girls from 24th to 25th April, 2023 at Ahilya Bhawan, Girls Hostel, KUK**



मानसिक तनाव से बचने के लिए अपनाएं योग : डा. ममता

आरोग्य संरक्षण, कुर्कशेरा : युवाओं के बीच मानसिक तनाव से निपटारे के लिए, युवाओं के बीच योग के फायदे के बारे में जानकारी देना और योग के फायदे के बारे में जानकारी देना और योग के फायदे के बारे में जानकारी देना...

डॉ. ममता साखदेवा ने कहा कि छात्राओं को अपने स्वास्थ्य के प्रति जागरूक बनना चाहिए और योग के फायदे के बारे में जानकारी देना और योग के फायदे के बारे में जानकारी देना...

उन्होंने बताया कि छात्राओं को मानसिक तनाव से निपटारे के लिए योग का उपयोग करना चाहिए और योग के फायदे के बारे में जानकारी देना और योग के फायदे के बारे में जानकारी देना...

Youth Red Cross UTD, Kurukshetra University, Kurukshetra organized a Health Checkup Camp for Girls from 24th to 25th April, 2023 at Ahilya Bhawan, Girls Hostel, KUK. Dr. Chand Ram Bhukkal, Joint Director, Local Audit, Haryana was the Chief Guest of the inaugural function of the Health Checkup Camp on 24th April, 2023. He appreciated the work done by Youth Red Cross team of Kurukshetra University and motivated the students to stay healthy. Dr. Mamta Sachdeva was the Chief Guest of the valedictory function of the Health Checkup Camp on 25th April, 2023. She also appreciated the work done by Youth Red Cross team of Kurukshetra University and motivated the students to stay healthy. Prof. Shushismita, Dean Students' Welfare and Programme Coordinator, Youth Red Cross was the Guest of Honour from 24 to 25th April, 2023. In this Health Checkup Camp more than 350 girls were benefited with health checkup. Dr. Ashish Aneja, Administrator, University Health Centre and his team played an important role to organize this event. Dr. Chand Ram Bhukkal distributed the certificates of appreciation to the Volunteers of Youth Red Cross and Dr. Mamta Sachdeva distributed appreciation awards to the 10 most healthy. Medical team was also honoured by the Chief Guest with the certificates and Mementos. The efforts were made to make girls aware about their health and to stay healthy and its benefits. Dr. Ramesh Kumar & Dr. Pooja Arora, Programme Counsellor, YRC UTD, KUK; Sh. Yogesh Kumar & Sh. Pardeep Kumar from YRC Team and volunteers of YRC played an important role for smooth organization of the Health Checkup Camp and they were appreciated by the Programme Coordinator, Youth Red Cross, KUK. Refreshments were also provided to all the participating girls, volunteers of Youth Red Cross and the organizing team.

- **Red Cross Day Celebration on 08.05.2023 at the Lawn in front of Admin Block, KUK**



Youth Red Cross, Kurukshetra University, Kurukshetra organized Red Cross Day Celebration programme in the Lawn in front of Admin Block of the Kurukshetra University, Kurukshetra on 08th May, 2023. Prof. Som Nath Sachdeva, Vice Chancellor of Kurukshetra University was the Chief Guest of the programme. Prof. Sanjeev Sharma, Registrar was the special guest of the programme. Worthy Vice-Chancellor Prof. Som Nath Sachdeva and Programme Coordinator, Youth Red Cross Prof. Shuchismita

inaugurated the programme with a tribute to Sir Jean Henri Dunant and motivated the volunteers for promoting Youth Red Cross Activities for the sake of themselves as well as for the society. In this programme, Red Cross pledge was taken by volunteers of Youth Red Cross and the present staff. The efforts were made to make people aware about Red Cross and its schemes. Around 120 volunteers, 25 Teachers, 5 Guests and 25 Staff Members participated in this camp. Dr. Ramesh Kumar and Prof. Krishna Agarwal, Programme Counsellor, Youth Red Cross helped the volunteers in organizing the event. Appreciation award were also given to two volunteers Mr. Vishal and Ms. Jigyasa.

To promote the aim and objectives of Youth Red Cross Worthy Vice Chancellor and Programme Coordinator, Youth Red Cross distributed 80 First Aid Box kits with medicine to all the Chairpersons/Directors/Chief Wardens/Wardens for its use in their Departments/Institutes/Hostels. Caps, Badges and refreshments were distributed to the volunteers. The event ended with National Anthem.

- **Yoga Campaign at Teacher's Club, KUK from 7th to 21st June, 2023.:-**

A yoga Campaign was organized by Youth Red Cross Unit of Kurukshetra University, Kurukshetra during June 07-21, 2023 at Teachers Club, Kurukshetra University, Kurukshetra between 6:00 am to 7:00 am by taking inspiration from Prof. S.N. Sachdeva, Hon'ble Vice-Chancellor, Kurukshetra University, Kurukshetra. Prof. Suchismita, Dean Students Welfare and Programme Coordinator, Youth Red Cross Unit, KUK took this initiative and executed the plan of yoga Campaign. She told that this Yoga Campaign was open for all students, staff members of Kurukshetra University and their family members. She emphasized that a person with good physical and mental health can contribute to the society and country. So everyone must include Yoga in their life for the betterment of health. Yoga Instructor Dr Rajni Bali of Physical Education Department instructed the participants for yoga practice. During this campaign Dr Rajni Bali explained the benefits of Yoga to the participants and motivated them to make Yoga of their daily routine. She told that many participants are willing to continue Yoga practice at their home as they got health benefits by making Yoga as a part of their life. The participants showed significant interest in this Yoga Campaign. Dr Gyan Chahal, President of Teachers Club, Kurukshetra University, Kurukshetra cooperated the Youth Red Cross Unit in every aspect for the success of this Yoga Campaign. Programme Counsellors Dr. Krishna and Dr. Ramesh Kumar also joined this Yoga Campaign. The Yoga Campaign was ended on occasion of World Yoga Day with thanks to Dr. Rajni Bali

कुरुक्षेत्र विश्वविद्यालय के टीचर्स क्लब में योग शिविर का किया जा रहा है आयोजन

समय की ताकत/विन्देद गोयल
कुरुक्षेत्र, कुरुक्षेत्र विश्वविद्यालय के कुलपति प्रो. सोमनाथ सचदेवा के मार्गदर्शन में विश्वविद्यालय के टीचर्स क्लब में 7 जून से 21 जून तक योग शिविर का आयोजन किया जा रहा है। डॉन स्टूडेंट वेलफेयर तथा प्रोग्राम कोऑर्डिनेटर युथ रेड क्रॉस प्रोफेसर शुचिसमिता ने बताया कि इस शिविर का आयोजन कुरुक्षेत्र विश्वविद्यालय की युथ रेडक्रॉस इकाई द्वारा किया जा रहा है तथा इसमें कुरुक्षेत्र विश्वविद्यालय कुरुक्षेत्र के स्टाफ मेंबर, उनके परिवारजन तथा विद्यार्थी भाग ले सकते हैं। इस शिविर का मुख्य उद्देश्य लोगों में स्वास्थ्य के प्रति जागरूकता पैदा करना है तथा प्रतिदिन जीवन में आने वाले तनाव को योग के माध्यम से कम करना है। प्रोफेसर शुचिसमिता ने बताया कि एक स्वस्थ शरीर में ही स्वस्थ मन का विकास होता है और योग इसके लिए सबसे अच्छा माध्यम है। उन्होंने बताया कि स्वस्थ रहकर ही हम समाज में अपनी भागीदारी सक्रिय रूप से सुनिश्चित कर सकते हैं।



आयोजन डॉ रजनी बाली के निर्देशन में किया जा रहा है। योग शिविर में भाग लेने वाले प्रतिभागियों ने बताया कि इस शिविर के आयोजन से उन्हें अत्यंत लाभ हुआ है तथा उन्हें अपनी सेहत में सकारात्मक परिणाम देखने को मिले हैं।

इस अवसर पर टीचर्स क्लब के प्रभाव डॉ. ज्ञान चहल ने बताया कि टीचर्स क्लब में योग शिविर का आयोजन एक सकारात्मक कदम है तथा कुरुक्षेत्र विश्वविद्यालय परिसर में रहने वाले स्टाफ मेंबर इसका भरपूर लाभ उठा सकते हैं। उन्होंने बताया कि इस संदर्भ में टीचर्स क्लब को तरफ से सभी आवश्यक सुविधाएं प्रदान की जाएगी।

इस अवसर पर योग इंस्ट्रक्टर डॉ. रजनी बाली ने बताया कि इस योग शिविर में प्रतिभागियों विशेषकर महिलाओं ने अत्यंत रुचि दिखाई है तथा उनके दैनिक जीवन लाइफस्टाइल में भी परिवर्तन आया है। डॉ. रजनी बाली ने बताया कि योग को हमें अपनी प्रतिदिन की दिनचर्या का हिस्सा बनाना चाहिए जिससे कि हम शारीरिक और मानसिक तौर पर स्वस्थ रह सकें।

- **State Level Youth Red Cross Adventure Camp for Girls at Manali:-**

A State Level Youth Red Cross Adventure Camp (for Girls) was organized by Indian Red Cross Society, Haryana State Branch, Chandigarh at Samrila Camps, Somvan-Haripur, Manali, Himachal Pradesh from 19th to 23rd June 2023.

In this camp, one team from Kurukshetra University, Kurukshetra was invited to participate. The following team participated in this camp.

S.N.	Name	Designation	Department/Institute
1	Miss Shikha	Teacher Incharge	Dept. of Music and Dance, Kurukshetra University, Kuruskhetra
2	Ritika	Student	Institute of Environmental Science
3	Sahiba	Student	Institute of Environmental Science
4	Sukhdeep Kaur	Student	IIHS, KUK
5	Mushkan	Student	IMC&MT, KUK



- **State Level Youth Red Cross Adventure Camp for Boys at Manali:-**

A State Level Youth Red Cross Adventure Camp (for Girls) was organized by Indian Red Cross Society, Haryana State Branch, Chandigarh at Samrila Camps, Somvan-Haripur, Manali, Himachal Pradesh from 25th to 29th June 2023.

In this camp, one team from Kurukshetra University, Kurukshetra was invited to participate. The following team participated in this camp.

S.N.	Name	Designation	Department/Institute	Contact No.
1	Dr. Gurpreet Singh	Teacher Incharge	Dept. of Punjabi, KUK	81682-45969
2	Ravikant	Student	Dept. of Political Science	99928-25700
3	Sandeep	Student	Dept. of Political Science	99916-34067
4	Papinder Singh	Student	Dept. of Punjabi, KUK	87082-84187
5	Amar Bibiyan	Student	Dept. of Punjabi, KUK	99963-33608

- **First Aid Training Camp for Security Staff from 24th July 2023 to 26th July 2023.**

A First Aid Training Camp was organized by the Youth Red Cross Unit of Kurukshetra University, Kurukshetra, from 24th July 2023 to 26th July 2023. The primary objective of this camp was to equip the security staff of the university with essential first aid skills and knowledge, enabling them to act as first responders during medical emergencies and accidents.

Day 1: 24th July 2023

The training camp commenced with an opening ceremony graced by esteemed Chief Guest, Chief Security Officer, Prof. Anil Gupta, who encouraged the participants with his motivating words. Prof. Shuchismita, a distinguished guest, also honoured the event with her presence.

guests, and participants for their contributions in making the training camp a resounding success.

The First Aid Training Camp organized by the Youth Red Cross Unit of Kurukshetra University proved to be an enlightening and empowering experience for the security staff. It has undoubtedly strengthened their ability to respond promptly and efficiently in emergency situations, thereby enhancing the overall safety and well-being of the university campus.

- 14-07-2023 to 16-07-2023

कुरुक्षेत्र के कुलपति प्रोफेसर सोमनाथ सचदेवा की प्रेरणा से कुवि की यूथ रेड क्रॉस यूनिट के वालंटियर को बाढ़ से प्रभावित नागरिकों को राहत प्रदान करने के लिए एक कार्यक्रम का आयोजन किया गया। तब इस बात को सुनिश्चित किया कि हर एक जरूरतमंद को राहत सामग्री उपलब्ध हो। प्रोग्राम काउंसलर डॉ रमेश कुमार व डॉ कृष्णा कुमारी कोऑर्डिनेटर डॉक्टर संतोष कुमार तथा योगेश कुमार के नेतृत्व में बीस के लगभग वालंटियर ने बाढ़ग्रस्त कॉलोनी का दौरा किया। बाढ़ग्रस्त कॉलोनी में लगातार पानी एकत्रित रहने के कारण संक्रामक रोगों का खतरा बना हुआ था इसलिए कुरुक्षेत्र विश्वविद्यालय कुरुक्षेत्र के यूथ रेड क्रॉस यूनिट के वालंटियर्स द्वारा आवश्यक दवाओं की जरूरत थी जो उन्हें विशेष रूप से प्रदान की गई। जिन लोगों को विशेष प्रकार की दवाओं की जरूरत थी वो उन्हें विशेष रूप से प्रदान किया गया। बाढ़ग्रस्त कॉलोनी में बाढ़ग्रस्त लोगों को राहत प्रदान करने के लिए एक कार्यक्रम का आयोजन किया गया। तब इस बात को सुनिश्चित किया कि हर एक जरूरतमंद को राहत सामग्री उपलब्ध हो। प्रोग्राम काउंसलर डॉ रमेश कुमार व डॉ कृष्णा कुमारी कोऑर्डिनेटर डॉक्टर संतोष कुमार तथा योगेश कुमार के नेतृत्व में बीस के लगभग वालंटियर ने बाढ़ग्रस्त कॉलोनी का दौरा किया। बाढ़ग्रस्त कॉलोनी में लगातार पानी एकत्रित रहने के कारण संक्रामक रोगों का खतरा बना हुआ था इसलिए कुरुक्षेत्र विश्वविद्यालय कुरुक्षेत्र के यूथ रेड क्रॉस यूनिट के वालंटियर्स द्वारा आवश्यक दवाओं की जरूरत थी जो उन्हें विशेष रूप से प्रदान की गई। जिन लोगों को विशेष प्रकार की दवाओं की जरूरत थी वो उन्हें विशेष रूप से प्रदान किया गया।



- Extension Lecture on 20.11.2023 in Dept. of Hindi, KUK**

Youth Red Cross, U.T.D. Unit of Kurukshetra University, Kurukshetra organized an extension lecture on 'Drug Abuse' in the Seminar Hall of Department of Hindi, KUK. Dr. Mohitpal Gupta (Officer) was invited as Expert Lecturer for providing the lecture. He motivated students for staying away from drugs. The seminar was presided over by Dr. Pushpa Rani, Dean of the Faculty of Arts and languages and Head of the Hindi Department. He said that he requested the participating students to keep moving forward after setting their goals, work hard to achieve them, not to be afraid of any kind of stress or adverse circumstances and not to consume any kind of intoxicant. In the seminar, resource person Dr. Mohit Gupta, Medical Officer, said that many types of drugs are being consumed in the country today and gave detailed information about the ill effects of those drugs. The participating students were made aware not to consume drugs in any

form. Dr. Jatin from the Department of Law highlighted the legal aspects of drug addiction to the participants and made them aware. Dr. Santosh Kumar Coordinator from the Office of Student Welfare Department gave detailed information about the facilities provided by the University for the welfare of students. The participants were provided refreshments at the end of the program. More than eighty students participated in the seminar. To run the seminar smoothly, Dr. Krishna Aggarwal from Law Department, Dr. Jatin, Assistant Professor of Urdu Language Manjeet Singh, Dr. Jasbir, Yogesh Kumar from Student Welfare Department, Pradeep Kumar and Researcher Yogesh from Hindi Department made their valuable contribution.



In this programme, both the Programme Counsellors, Youth Red Cross U.T.D. Unit, Dr. Ramesh Kumar and Dr. Pooja motivated the students to join Youth Red Cross and to serve the society with the aim of Youth Red Cross. Around 100+ volunteers attended the lecture. Refreshments were distributed to all the participants including students' volunteers, teachers, staff members and guests. Dr. Deepak Babbar Chairperson, Department of Zoology, KUK thanked the entire Youth Red Cross Team of UTD Unit, KUK for organizing this lecture for benefit of students and mankind.

- **Extension Lecture on 23.11.2023 in Dept. of Education, KUK**

दिनांक 23 नवंबर 2023 को कुरुक्षेत्र विश्वविद्यालय के शिक्षण विभाग में छात्र कल्याण विभाग के सौजन्य से में एक सेमिनार का आयोजन हुआ। छात्र कल्याण विभाग की अधिष्ठात्री प्रोफेसर शुचिस्मिता के निर्देशन में नशा मुक्ति भारत अभियान के तहत सेमिनार का आयोजन किया गया। सेमिनार में मुख्य अतिथि के रूप में डा जतिन युवा रेड क्रॉस कांसलर ने प्रतिभागी छात्र छात्राओं को नशे के खिलाफ विभिन्न कानून की जानकारी साझा की। उन्होंने कहा कोई भी नशा तैयार करना व बेचना खाना ये सब कानूनी अपराध है।

मुख्य वक्ता डॉ मोहित गुप्ता सेवानिवृत्त चिकित्सा अधिकारी ने कहा कि नशा व्यक्ति को शारीरिक और मानसिक रूप से विकलांग बना देता है। नशी व्यक्ति समाज में अपनी प्रतिष्ठा खो देता है और परिवार के सदस्यों को भी मानसिक व शारीरिक हानि का सामना करना पड़ता है। नशे की लत को छोड़ देना कोई मुश्किल कार्य नहीं है। इसके लिए सरकार ने नशा मुक्ति केंद्र की स्थापना की है।

छात्र कल्याण विभाग से डा संतोष कुमार ने यूथ रेड क्रॉस के बारे में गहराई से जानकारी दी। उन्होंने छात्रों से अनुरोध किया कि यूथ रेड क्रॉस के सदस्य बने तथा रेड क्रॉस का सिद्धांत का पालन करते हुए मानवता की सेवा में अपना योगदान दें।

शिक्षण विभाग की अध्यक्ष डा संगीता ने बच्चों को सम्बोधित करते हुए कहा कि युवकों को अपना जीवन समाज में फैली विभिन्न कुरीतियों को दूर करने में लगाना चाहिए।

मंच संचालन डॉ ज्योति खजुरिया द्वारा किया गया, इस अवसर पर उर्दू के सहायक प्राध्यापक मनजीत सिंह, डा राजीव सिंह, डा सुषमा गुप्ता, डा रजनी नागपाल, डा रंजना धमीजा, डा नेहा टिवाणा, डा रूपेन्द्र संगवाल, प्रदीप, योगेश व शिक्षण विभाग के छात्रों, शोधकर्ताओं ने विशेष भूमिका निभाई।



- **District level Camp Report, Jaipur Oct 8 to Oct 13, 2023**



Under the guidance of director professor Shuchismita Kurukshetra University, Kurukshetra student's welfare department selected 40 students from various departments for the tour to Jaipur. The group of students left for Jaipur on 8-10-2023 from Kurukshetra University, Kurukshetra. In the way they observed all the cultural and religious places. The students reached at Salasar Balaji Dham on 9-10-2023 after worship they gained information about traditional values. After that, the students went to Khatu Shyam Dham and then started the journey for Jaipur and stayed in the youth hostel, Jaipur for the night. The next morning 10th October students started the day by doing yoga, physical exercise and morning prayers. Then Dr. Santosh Kumar trained the participants for the first aid. Furthermore, Dr. Rajesh Kumar guided the students about the balanced diet in detail. In the afternoon the participants explored the Jal Mahal, Hawa Mahal and City Palace. After the dinner various competitions were organized for the students like mimicry, speech competition and painting competition. The next morning 12th October also started from yoga and morning prayer and then Dr. Santosh Kumar explained to students about the CPR, home nursing and how to deal with an injured person. Dr. Veer Vikas Sharma told to participants about the benefits of music and its effects on physical and mental well-being. On the same day the participants went to Ajmer Fort and Nahargarh Fort and got brief information about the culture and civilizations of Rajasthan. They also experienced about the life of kings and their Kingdom of that place in ancient times. On the next day 12-10-2023 the students performed same activities in the morning and then went for the famous religious place Pushkar where they got a chance to worship in the world's only the Brahma temple and also visited to Mata Savitri temple. They all took a holy bath in the Pushkar holistic Sarovar and reached to Ajmer. In Ajmer the all members with students went to Khwaja Garib Namaj Dargah (Dhai Din ka Jhopda) which is also the icon of Hindu, Sikh and Muslim brotherhood. Then they saw the beautiful scenic view of Anna Sagar Lake. The students enjoyed boating there and went back to Jaipur for rest. After taking dinner there were some activities organized for students such as signing, dancing and acting. On the last day of camp 13-10-2023 the closing ceremony was organized and professor I.K. Khan from Environment department of Jaipur University was invited as a chief guest on that day. The students performed a drama related to drug addiction and sang some patriotic songs in front of chief guest. The full report of camp was shown by Dr. Santosh Kumar. By addressing all the participants the chief guest said that the youth should always stay active and ready for facing future challenges and he also motivated the students to do hard work for attainment of goals of their life. He also gave a lecture on social evils and told that how we can save our environment by planting more and more trees. The participants students shared their experience during camping. They said that all the arrangements were very well and didn't face any problem during camping and students got useful information about the glorious history of Rajasthan. In the last few minutes the chief guest distributed prizes to winners of different activities and also handed over the certificates to all the participants of youth red cross camp from Kurukshetra University, Kurukshetra. Dr. Santosh Kumar (Coordinator YRC), Dr. Rajesh Kumar, Dr. Veer Viaks, and Mr. Yogesh Kumar had a special contribution in running this camp smoothly.

- **Udhamita Protsahan Karyakaram on 21.08.2023**



Udhamita Protsahan Karyakaram was organized on 21.08.2023

16. Legal Literacy Club (UTD, KUK) Activities

Legal Literacy Club is functioning under the supervision of Dean Students' Welfare. The main object and functioning of the club is to associate/engage students to attend Rural Lok Adalats, Legal Literacy and awareness camps are organized in the nearby rural areas in collaboration of District Legal Service Authority, Kurukshetra. Besides it, the students of University Teaching Departments create awareness among the rural people relating to the burning issues like Female Feticide, Evils of Dowry, Drug Addiction, Legal Literacy, Rights of Women, Child and Old age parents. Students also used to create awareness about the cleanliness in their residual areas, Beti Bachao Beti Padhao and about the diseases like Dengue, Swine Flu, HIV aids, Covid-2019 (Corona). Students also actively indulge in blood donation camps and to encourage the people to donate blood. The Voters Day was celebrated on 25.01.2023 and a campaign nearby the University area and Villages was made to aware the young students and people to have their votes and to cast their votes at the level of Gram Panchayat, Block Samiti, Zila Parishad, State Assembly as well as Lok Sabha Elections. Volunteers of the Club celebrated the Women Day on 08.03.2023, Legal Service Day on 09.11.2023, Constitution Day on 26.11.2023, World Aids Day on 01.12.2023 and a talk on the occasion of National Consumer Day on 24.12.2023 in which teachers from Faculty of Law, Department of Social Work and Department of Physical Education delivered lectures on many legal and health issues. Student volunteers used to collect old woolen cloths/blankets from the teaching/non-teaching employees of various departments and to distribute to the needy peoples in the winter season. Volunteers of the Literacy club actively participated in the organization of Alumni Meet in their respective departments from time to time. The club is also playing a vital role in the implementation of government schemes like Digital India, Swachh Bharat Abhiyan and Aazadi ka Amrit Mahotsav during the year 2022-23.

Dean Students' Welfare