

## **Red Cross Society**

The Indian Red Cross Society (IRCS) is a voluntary humanitarian organization to protect human life. It is part of the International Red Cross and Red Crescent Movement, and so shares the fundamental principles of the International Red Cross and Red Crescent Movement. The college has been successfully running a wing called Red Cross Society that organizes health awareness programs and blood donation awareness camps.

### **Objectives of Red Cross Society:**

1. Awareness on the care of their own health and that of others.
2. To promote humanitarian values which encourage respect for other human beings and willingness to work together to find solutions to problems.
3. To develop the spirit of service and sense of duty with dedication and devotion in the minds of youth.
4. To foster friendly relationship with all without any discrimination.

### **Office Bearers:**

#### **Teachers' inCharge:**

Ms. Sumit Chhabra

Dr. Namrata

#### **Student Representative:**

Rimanpreet B.Com (FS) V<sup>th</sup> sem

Kirat B.Com (FS) V<sup>th</sup> sem

## Activities conducted by committee

Year: 2022-2023

### 1. Lecture on Mental Health

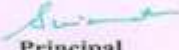
April 19, 2023

Red Cross Society of the college organised a lecture on Mental Health by Ms. Kamayani Bali Mahabal from Samaritans, Mumbai, Mental Health Service. The students and the staff thoroughly enjoyed the lecture. She gave the tips to handle the day to today stress among students.

17/09/2023

**Khalsa College for Women, Amritsar**  
**Duty List**  
**Seminar on "Mental Health"**  
**Venue: Seminar Hall**  
**Date: 19 April, 2023**  
**Time: 12:20 PM**

Duties	Name of Teacher(s)
Programme Coordinators	Dr. Namrata Ms. Sukhman Randhawa
Bouquet/Planter	Dr. Namrata Ms. Aarzoo
Seating Arrangement	Dr. Niharika Mahajan Mrs. Manjot Kaur
Refreshment	Dr. Ranjandeep Kaur Ms. Mankirat Kaur
Stage Handling	Dr. Sharanjit Kaur
Discipline	Discipline Committee
Cleanliness of Seminar Hall	Dr. Ajay Pal Kaur
News Reporting	News Update Committee
Social Media	Social Media Committee
Press Note	Dr. Kiran
Photographer & Geo-tagged Photographs	Ms. Isha Sajgotra
Projector/Sound & Banner	Mr. Nitish Mahajan S. Amarjit Singh S. Harpreet Singh

  
**Principal**  
Principal  
Khalsa College for Women  
Amritsar



## 2. Essay Writing Competition

An Essay writing Competition on the importance of healthy living and blood donation was organised by Red Cross Society on March 02,2023.





### 3. Blood Donation Camp March 03, 2023

28/2/2023

#### **Khalsa College for Women, Amritsar**

##### **Notice**

Rotract Club, Social Science Club, NCC unit, Red Cross Club and NSS Department of the college in collaboration with Amandeep Medicity Blood Bank and YBC Save Life is going to organize a Voluntary Blood Donation Camp on **March 03, 2023 at 10:00 AM**. Donating blood is the most heroic act of saving a life. Interested staff members and students who wants to donate blood can contact and register their names with Mrs. Samandeep Kaur, Assistant Professor in English and Dr. Jaswinder Singh, Assistant Professor in Economics.

  
**Principal**  
Khalsa College for Women,  
Amritsar



#### 4. Clean India Campaign Rally Feb 15, 2023.

Red Cross society of Khalsa College for Women organised a rally under Clean India Campaign on Feb 15, 2023.





## 5. Poster Making Competition Oct 29, 2022.

Poster making competition was held to promote Blood Donation on 29th October 2022.





## 6. Cricket Match Oct 21, 2022

A Cricket Match was organized by Red Cross Society on 21st October 2022.



## 7. Blood Donation Awareness Camp Oct 28, 2022

A Blood Donation Awareness camp was organized by Red Cross Society of KCW at SRGCW College, Amritsar on 28th October, 2022.



## 8. Oath Taking Ceremony

Oct 1, 2022

An Oath taking ceremony was conducted on the occasion of National Voluntary Blood Donation Day on 1st October, 2022.





**Year: 2021-22**

**Teachers' inCharge:**

Dr. Namrata

Mrs. Samandeep Kaur

**Student Representative:**

Navdeep Kaur

Manpreet Kaur

**1. Poster Making Competition  
Sept 4, 2021**

On 4-09-2021 Poster making competition was held to promote Drugs and Cancer Awareness.



## **2. Lecture on Plastic Waste Management Oct 5, 2021**

On 05-10-2021 Red Cross Society and Red Ribbon Club of KCW in collaboration with Nagar Nigam Amritsar organized a lecture on Plastic Waste Management



## **3. Lecture on World AIDS Day Dec 1, 2021**

An educational lecture organized by the Red Ribbon Club and Red Cross Society of the college regarding AIDS awareness was given to the students by Ms. Pritika Mehra on Dec 1, 2021.



#### **4. Health Check-up Camp Dec 18, 2021**

A health camp was organized in the college for all the students and staff to spread awareness about health check-ups and maintaining a healthy life on Dec 18, 2021.



#### **5. Lecture on Menstrual Health & Hygiene May 11, 2022**

A special lecture was organized in which Pari Brand's staff department made the students aware about the important points related to menstruation on May 11, 2022.





ਖਾਲਸਾ ਕਾਲਜ ਫ਼ਾਰ ਵਿਮਨ, ਅੰਮ੍ਰਿਤਸਰ ਵਿਖੇ ਮਿਤੀ **11.05.2022** ਨੂੰ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਸੁਰਿੰਦਰ ਕੌਰ ਦੀ ਸੁਯੋਗ ਅਗਵਾਈ ਵਿਚ "Menstrual Health & Hygiene" ਵਿਸ਼ੇ ਉੱਪਰ ਇਕ ਵਿਸ਼ੇਸ਼ ਲੈਕਚਰ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਜਿਸ ਵਿਚ 'ਪਰੀ ਬਰੈਡ' ਦੇ ਅਮਲਾ ਵਿਭਾਗ ਵੱਲੋਂ ਮਹਾਵਾਰੀ ਦੇ ਦਿਨਾਂ ਵਿਚ ਸੁੱਚਤਾ ਸੰਬੰਧਿਤ ਧਿਆਨਗੋਚਰੇ ਨੁਕਤਿਆਂ ਤੋਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਜਾਗਰੂਕ ਕਰਵਾਇਆ ਗਿਆ। ਨਾਲ ਹੀ 'ਪਰੀ' ਨਾਮਕ ਸੈਨੀਟਰੀ ਪੈਡ ਨੂੰ ਪਰਤਣ ਦੀ ਸਲਾਹ ਦਿੰਦਿਆਂ ਇਸਦੀ ਗੁਣਵੱਤਾ ਦੇ ਅਹਿਮ ਪਹਿਲੂਆਂ ਨੂੰ ਵਿਦਿਆਰਥਣਾਂ ਨਾਲ ਸਾਂਝਿਆਂ ਕੀਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ ਬੱਚਿਆਂ ਵੱਲੋਂ ਇਸ ਕੁਦਰਤੀ ਪ੍ਰਕਿਰਿਆ ਦੇ ਦਿਨਾਂ ਵਿਚ ਪੇਸ਼ ਆਉਣ ਵਾਲੀਆਂ ਸਮੱਸਿਆਵਾਂ ਬਾਬਤ ਕਈ ਸਵਾਲ-ਜਵਾਬ ਵੀ ਕੀਤੇ ਗਏ। ਟੀਮ ਵੱਲੋਂ ਵੱਡੇ ਪੱਧਰ 'ਤੇ ਪਰੀ ਬਰੈਡ ਦੀ ਉੱਤਮਤਾ ਜ਼ਾਹਰ ਕਰਵਾਉਣ ਲਈ ਵਿਦਿਆਰਥਣਾਂ ਵਿਚ ਸੈਪਲ ਵਜੋਂ ਪੈਡਜ਼ ਵੀ ਵੰਡੇ ਗਏ। ਪ੍ਰੋਗਰਾਮ ਦੇ ਅਖ਼ੀਰ ਵਿਚ ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੇ ਮੁਖੀ ਪ੍ਰੋ. ਰਵਿੰਦਰ ਕੌਰ ਨੇ ਸਾਰਿਆਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਦਾ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀ ਸ਼ਾਮਲ ਸਨ।

## **6. Oath Ceremony on Blood Donors Day June 14, 2022**

An oath-taking ceremony was held by the Red Cross unit of the college on June 14, 2022 to commemorate World Blood Donor Day. This year's World Blood Donor Day campaign slogan was "Donating Blood is an act of Solidarity. Join the fight and Save Lives". Oath ceremony was conducted to raise awareness about the benefits and importance of Blood Donation.



**Year: 2020-21**

**Teachers' inCharge:**

Dr. Namrata

Mrs. Samandeep Kaur

**Student Representative:**

Sukhmanpreet

Kirandeep kaur

**1. E-Poster Making on COVID-19  
July 15, 2021**

E-Poster Making competition was organized on COVID-19 on 15-07-2021 as summer activity.



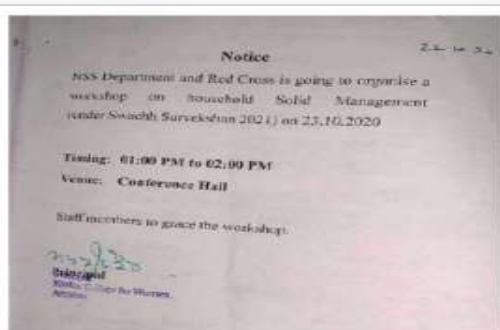
## 2. E-Lecture on Online Learning during COVID-19 Pandemic Sep 20, 2020

E-lecture was organized on topic on Online Learning during COVID-19 Pandemic on 20-09-2020



## 3. Workshop on Household Solid Management Organized by: Red Cross unit and NSS Department Oct 23, 2020

NSS Dept. and the Red Cross unit organized a workshop on Household Solid Management under Swachh Survekshan 2021 on Oct 23, 2020.





**Year: 2019-20**

**Teachers' inCharge:**

Dr. Namrata

Mrs. Samandeep Kaur

**Student Representative:**

Arpanpreet Kaur

Ramneet Kaur

**1. Lecture on Cervical Cancer and its Prevention  
Sept 14, 2019**

A Lecture on Cervical Cancer and its Prevention was delivered by Rotarian, Dr. Manjit Kaur, on Sept 14, 2019.

**Notice**

In collaboration with Rotary Club, Amritsar North, Khalsa College for Women, Amritsar is organizing a lecture on 'CERVICAL CANCER & Its Prevention' in the college auditorium on 14 September 2019 at 12:20 PM.

Speaker: RTN Dr. Manjit Kaur

It is compulsory for all the staff members and students to attend the same.

*Manpreet Kaur*

**Principal**



## **2. Cancer Awareness and Sadak Suraksha Rally Dec 1, 2019**

On 1-12-2019 Cancer Awareness and Sadak Suraksha Rally was organised.



## **3. Essay Writing Competition Jan 20, 2020**

On 20-01-2020 Essay writing Competition on Cancer and Drug Awareness was organized.







## 5. E-Lecture on Effects of Corona on the Mental Health May 13, 2020

E-Lecture was delivered by Diksha Mahajan on Effects of Corona on The Mental Health of the Students on 13-05-2020



**Year: 2018-19**

**Teachers' inCharge:**

Dr. Namrata

Mrs. Samandeep Kaur

**Student Representative:**

Navpreet Kaur

Manpreet Kaur

Manpreet Kaur

**1. Medical Checkup Camp  
Oct 6, 2018**

**Press Note**

The Health Check-up camp was organized by The Red Cross Unit of Khalsa College for Women in collaboration with Khalsa College of Pharmacy on 06 October, 2018. A team of health experts, under the supervision of Dr. Charanjit Singh and Dr. Stalinjit Singh from Pharmacy Department, conducted various tests. The college Principal, Dr. Manpreet Kaur inaugurated the camp and welcomed the team of doctors. More than 100 students and faculty members availed medical check-up facility and discussed their health issues. At the camp, the students were provided with the necessary information about the prevention of general ailments and were encouraged to adopt healthy lifestyle. The whole event was successfully managed by the Co-ordinator of the The Red Cross Unit and the team of the college.





# KHALSA COLLEGE FOR WOMEN, AMRITSAR

ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮਨ, ਅੰਮ੍ਰਿਤਸਰ

Accredited 'A' by NAAC

Ph. : +91-183-6058207, 6058209 - E-mail : kcw\_wsr@yahoo.co.in - Website : www.kcwswr.org

Ref No. : 2139-D

Date : 25/9/18

The Principal  
Khalsa College of Pharmacy,  
Amritsar.

Subject: Regarding Medical Check up camp on 06.10.2018.

Dear Sir,

As has been requested to your goodself we have decided to organize the Medical Check up camp for our students on 06.10.2018. Kindly confirm the timings so that proper arrangements can be made.

With best wishes

Yours Sincerely,

*Manpreet Kaur*  
Principal  
Khalsa College for Women  
Amritsar

o/c 2169-D  
25/9/18

S. Charanjit Singh  
Medical Officer  
Khalsa college charitable society,  
Amritsar

Sub: Regarding medical check-up camp on 6/10/18.

Dear sir,

As has been requested to your goodself we have decided to organize the general health check-up camp on 6/10/18. You are requested to come to the camp and provide us with your valuable assistance.

With best wishes

Yours sincerely,

*Manpreet Kaur*  
Principal  
Khalsa College for Women  
Amritsar

-3/10/18

**Duty List**  
for  
**Medical Check-up Camp**  
on 06.10.2018 at 9AM

Co-ordinator	Dr. Namerata <i>Namerata</i>
Seating and Banner	Mrs. Samandeep Kaur <i>Samandeep</i> Mrs. Rajwinder Kaur <i>Rajwinder</i>
Registration & Discipline	Mrs. Neha Nanda <i>Neha</i> Ms. Mehak Mahajan <i>Mehak</i> Mrs. Hardeep Kaur <i>Hardeep</i> Ms. Gurpreet Kaur <i>Gurpreet</i>
Refreshment	Ms. Nirika Bhandari <i>Nirika</i> Ms. Sagan <i>Sagan</i>
Press Note	Mrs. Samandeep Kaur <i>Samandeep</i>
Attending to Doctors and attendants	Mrs. Neha Nanda <i>Neha</i>

*Manpreet Kaur*  
Principal  
Khanna College for Women  
Amritsar

4/10/18

Dear Students

The Red Cross unit of the college is going to organize a subsidized medical checkup camp on 06.10.2018 in the college premises. The detailed physical checkup will be done for Rs. 50 only by expert doctors. The unit looks forward to your enthusiastic participation in the beneficial camp.

*Manpreet Kaur*  
Principal  
Khanna College for Women  
Amritsar

## **2. Workshop for Red Cross Societies Oct 29, 2018**

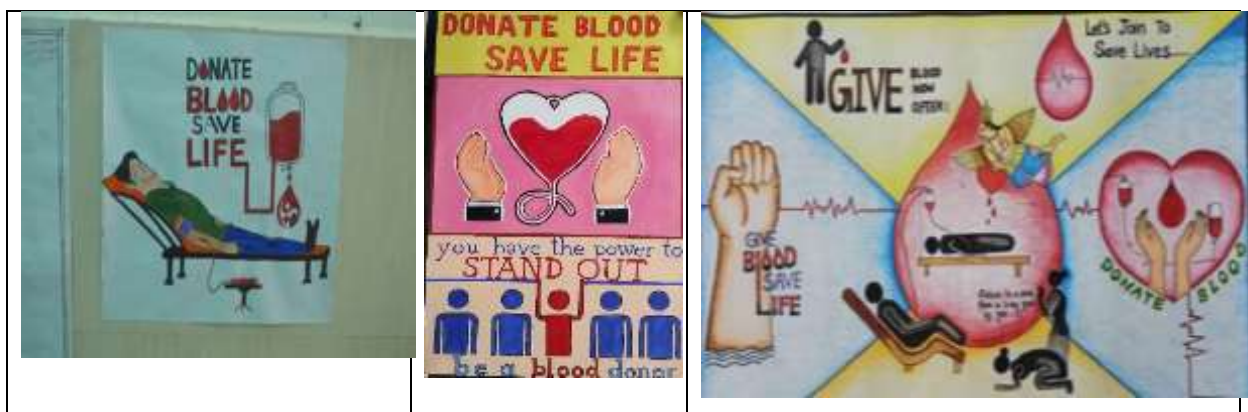
Directorate Youth Services has organized a workshop in KCW on 29-10-2018 for all the Red Cross Societies in district Amritsar. In this workshop nodal officers of 25 colleges have participated.

## **4. Declamation Contest on Life of Swami Vivekananda. Jan 12, 2019**

On 12-01-2019 National Youth Day was celebrated by the Red Cross Society in collaboration with Red Ribbon Club and students participated in a declamation contest based on the life of Swami Vivekananda.

## **5. Poster Making Competition March 12, 2019**

On 12-03-2019 Poster competition was organized in which many students participated in poster making and slogan writing on menace of Drug Abuse, AIDS and importance of Blood Donation.





## **Year: 2017-18**

### **Teachers' inCharge:**

Dr.Manpreet Kaur

Dr. Namrata

### **Student Representative:**

Dilpreet Kaur

Navjot Kaur

## **1. Lecture Series on Health-Related issues of Young Girls.**

The Red Cross Society in collaboration with the Red Ribbon Club and Home Science Department celebrated the 'World Nutrition Week'. Series of lectures were delivered by Ms. Diksha Mahajan on the health-related issues of young girls.

### **Lecture-1:**

Date: 11-09-2017

Issues Discussed: Sexual Abuse and Violence against Women

### **Lecture-2:**

Date: 12-09-2017

Issues Discussed: Breast Cancer

### **Lecture-3:**

Date: 13-09-2017

Issues Discussed: Mental Health Issues.

### **Lecture-4**

Date: 14-09-2017

Issues Discussed: Nutrition for Young Girls.



## 2. Poster Making Competition Oct 3, 2017

Poster making competition was held to promote Drugs and Cancer Awareness on 3-10-2017.



## 3. Blood Donation Camp Organized By: Red Cross Unit Nov 26, 2017

Blood Donation Camp was organized on Nov 26, 2017 by the Red Cross Unit of the college in collaboration with Guru Nanak Dev Hospital, Amritsar. The main aim of this camp was to raise awareness for the need of safe blood in the hour of emergency. Dr. Sukhbir Kaur Mahal, the Principal, KCW said that it gives immense contentment to be able to contribute towards society in this noble way.





#### **4. Fat Check-up Camp Mar 13, 2018**

Free Fat Check Up was organized by Red Cross Society in collaboration with Dept. of Home Science for all the students and staff on March 13, 2018.



#### **5. Medical Check-up Camp April 12, 2018**

Red Ribbon Club and Red Cross Society organized a Medical Check-up in collaboration with Mission Aagaz on April 12, 2018.

