



INDIAN RED CROSS SOCIETY MANIPUR STATE BRANCH

E-NEWS BULLETIN (JANUARY-MARCH, 2025)

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From Chairman's Pen

Narendra Ningomba

Chairman

Indian Red Cross Society, Manipur State Branch



Greetings,

Despite being a small state, Manipur has long been affected by various conflicts, disasters, and unfortunate incidents. The Indian Red Cross Society, Manipur State Branch, with its long-standing commitment to humanitarian service, continues to work diligently in line with the seven Fundamental Principles of the Red Cross Movement. The State Branch consistently strives to extend its best efforts to assist those in need.

At present, there are 12 active district branches in the state: Imphal West, Imphal East, Thoubal, Bishnupur, Churachandpur, Kakching, Chandel, Jiribam, Noney, and Kamjong, with plans underway to expand into the remaining districts. Upcoming branches include Tengnoupal, Tamenglong, Kangpokpi, and Pherzawl. Preparations for establishing these new branches are already in progress and will be implemented once the ongoing communal unrest subsides.

IRCS Manipur State Branch, along with its district branches and dedicated volunteers, remains actively involved in various humanitarian efforts. These include First Aid training, organizing voluntary blood donation drives, community awareness campaigns, and the establishment of Junior and Youth Red Cross units in schools and colleges across the state.

However, the State Branch currently lacks a formal medium to share its activities and campaigns across the state and beyond. To address this, the Executive Committee of IRCS, Manipur has unanimously decided to publish a **Quarterly E-News Bulletin**. This will help document, acknowledge, and preserve the tireless and selfless contributions of Red Cross volunteers for posterity.

The IRCS, Manipur remains committed to serving all individuals in need—irrespective of caste, creed, or religion. Echoing the spirit of our founder, Henry Dunant, I extend heartfelt appreciation and gratitude to each and every volunteer who has served with compassion and dedication.

Narendra Ningomba

Chairman

Indian Red Cross Society, Manipur State Branch

Message from General secretary, Manipur State Branch



The Indian Red Cross Society, Manipur State Branch, is producing a Quarterly E-Bulletin on this auspicious World Red Cross and Red Crescent Day 2025. I would like to congratulate all the volunteers of the different District Branches. This will bring better communication among our District Branches and also motivate us to work more for the betterment of humanity.

This year's theme of the World Red Cross and Red Crescent Day is "On the side of Humanity". I, on behalf of the Indian Red Cross Society, Manipur State Branch, express my deepest gratitude to each and every volunteer for your selfless service and commitment to humanity. Your compassion and kindness truly make a difference in the lives of others. During this conflict, the Indian Red Cross Society, Manipur State Branch, had shown true Humanity at time of need. At the time of flood also specially volunteers of the affected districts had done tremendous work and praised by the communities. Let us continue to uphold the principles of the Red Cross Movement and work towards a world of peace, unity, and compassion.

Thank you for your tireless efforts and unwavering dedication. Happy World Red Cross Day!

Mr. Athokpam Nabachandra
Honorary General Secretary
Indian Red Cross Society
Manipur State Branch

IRCS, Manipur State Branch State Activities Report

State Management Body, IRCS, Manipur State Branch:

1. Shri. Ajay Kumar Bhalla - President IRCS, MSB and Hon'ble Governor of Manipur
2. Dr. R.K. Nimai Singh - Vice President, IRCS, Manipur State Branch
3. Shri Narendra Ningomba - Chairman
4. Dr. Laishram Manglem Singh - Vice Chairman
5. Naoroibam Premjit Singh - Honorary Treasurer
6. Dr. Koijam Arunkanta Singh - Member
7. Paothan Luikham - Member
8. R.S. Abel - Member
9. Hemem Sotojit - Member
10. Dr. Senjam Sunil Singh - Member
11. L. Jaminikanta Singh - Member
12. Laishram Kuber Meetei - Member
13. Dr. Ksh. Manglem Singh - Member
14. Temuidou Makunga - Member

Nominees from State Government and St John's Ambulance-

15. L. Nabachandra Singh - Manipur Fire Service
16. Ngangom Uttam Singh - Social Welfare Department
17. Representative from Education (S) Department
18. Representative from Relief and Disaster Department
19. Representative from St, John's Ambulance

Executive committee, IRCS, Manipur State Branch:





1. Shri Narendra Ningomba - Chairman
2. Dr. Laishram Manglem Singh - Vice-Chairman
3. Athokpam Nabachandra - Honorary General Secretary
4. Naoroibam Premjit Singh - Honorary Treasurer
5. Dr. Koijam Arunkanta - Member
6. Dr. Senjam Sunil Singh - Member
7. Hemem Sotojit Singh - Member
8. Laishram Kuber Meetei - Member
9. Dr. Nambram Amulkumar Singh - Member
10. A. Gyaneshwor Sharma - Member
11. Dr. Thokchom Bankim Singh - Member
12. W.S. Palti - Member
13. Yurembam Sanjit Singh - Member

Story on Activities through Lens by State Branch (Jan-March 2025)

1. Inauguration of Road Safety Month (05 January 2025)

The Indian Red Cross Society (IRCS), Manipur State Branch, in collaboration with the Transport Department, Manipur, inaugurated Road Safety Month at the State Branch office. The Hon'ble Transport Minister presided over the event, which was attended by the Chairman of IRCS, Secretary and Director of Transport, volunteers, and departmental staff. The State Branch also took part as a partner in the Half Marathon organized on the concluding day of the campaign.



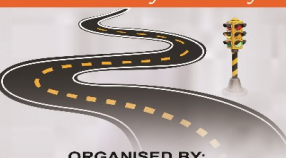



গণগণের স্বার্থ রক্ষার ক্ষেত্রে

NATIONAL ROAD SAFETY MONTH

Theme: "Road Safety - Safety to Life"

HALF MARATHON AND FUN RUN -5KMS
1st Feb, 2025, Time-6 am,
Venue-City Convention Centre
For registration: Log on to
<https://www.nebrothers.com/registration-form/>



Event powered by :


ORGANISED BY:
DEPARTMENT OF TRANSPORT, GOVERNMENT OF MANIPUR IN COLLABORATION WITH : STATE BANK OF INDIA,
HEALTH DEPARTMENT, MANIPUR, YOUTH AFFAIRS & SPORT, MANIPUR, INDIAN RED CROSS SOCIETY,
MANIPUR STATE BRANCH, SP TRAFIC, MANIPUR AND POLICE HEAD QUARTER, MANIPUR

2. Courtesy Call on the Hon'ble Governor (23 January 2025)

A team of office bearers from IRCS, Manipur State Branch, led by the Chairman, paid a courtesy visit to Shri Ajay Kumar Bhalla, the newly appointed Hon'ble Governor of Manipur and President of the IRCS, Manipur State Branch.



3. First Aid Training (January to March 2025)

The State and District Branches of IRCS provided First Aid Training to students and personnel from various colleges, nursing and aviation institutes, hospitality training centers, NCC, CRPF, and other organizations. First Aid Posts were also set up during major public events. Earthquake preparedness was a special focus area during the training sessions.



4. Hygiene Kit Distribution (19 March 2025)

IRCS, Manipur State Branch, distributed relief materials—including hygiene kits, woolen blankets, and tarpaulins—to Internally Displaced Persons (IDPs) in Churachandpur and people who fled Myanmar and were residing in Kamjong district. The distribution was carried out through the respective District Branches.



5. Voluntary Blood Donation (2024–25)

During the last financial year, the State Branch and District Branches (Imphal West, Imphal East, Bishnupur, and Thoubal) organized various awareness and Voluntary Blood Donation Camps. A total of **1,579 units of blood** were collected in collaboration with different Blood Centres across the state.

6. WASH Program (07 January 2025)

The WASH (Water, Sanitation and Hygiene) Program was successfully conducted in flood and hailstorm-affected villages of Imphal East and Imphal West. Relief materials distributed included **2,000 hygiene kits, 1,000 solar lamps, 32 water tanks, 80 temporary toilets, and 2 water filter units**. Awareness on hygiene practices and government schemes was also provided.





7. Inter-State JRC Study cum Training Camp (24–28 March, 2025)

A 10-member Junior Red Cross (JRC) team from the State Branch participated in the Inter-State JRC Study cum Training Camp held at Bhubaneswar, Odisha. The team competed in several events, won numerous prizes, and was proudly declared the **Best Team** of the camp.



Story on Activities through Lens by District Branches (Jan-March 2025)

1. Blood donation:

Imphal West District: The Indian Red Cross Society (IRCS), Imphal West District, organized multiple voluntary blood donation camps in early 2025. On January 1, volunteers from Imphal West District donated blood at the Department of Transfusion Medicine, RIMS. A subsequent camp was held on February 14 at the same venue, where a total of 18 donors participated—13 female and 5 male. Another camp followed on February 25, also at the Department of Transfusion Medicine, RIMS, with 16 donors taking part, including 2 female and 14 male participants. These camps reflect the district's ongoing commitment to promoting voluntary blood donation and supporting the region's healthcare needs.



Thoubal District: The Indian Red Cross Society (IRCS), Thoubal District Branch, also actively organized blood donation initiatives to encourage voluntary participation. On Khongjom Day, observed on April 23, 2025, volunteers from the Youth Red Cross (YRC) Unit of Waikhom Mani Girls' College joined the effort by donating blood, contributing meaningfully to the district's healthcare support and commemorating the day with a noble act of service.



Imphal east District:

On February 6, 2025, a Voluntary Blood Donation Camp was organized by the Indian Red Cross Society (IRCS), Imphal East District Branch, in collaboration with the Department of Vocational and Skill Development, Manipur University. The camp was held at the Blood Centre, JNIMS, Porompat, where a total of 10 units of blood were donated, including 7 units by female donors and 3 by male donors. On March 8, two more camps were held—one at Naorem Birahari College and another at the Blood Centre, Babina Hospital, Sajiwa Jail Road, Khabeiso—collecting a total of 53 units of blood. Additionally, a separate camp on the same day at Babina Hospital resulted in the donation of 9 units. On April 13 and 14, further camps were conducted at Babina Hospital and the Department of Transfusion Medicine, RIMS, yielding 20 units of donated blood. These events reflect the ongoing commitment of the Red Cross to promoting voluntary blood donation and supporting healthcare services in the region.



2. Induction programme of new members:

The Indian Red Cross Society (IRCS), Jiribam District Branch, conducted an Induction Programme for new members on March 9, 2025. The programme aimed to familiarize the newly enrolled members with the principles, mission, and activities of the Red Cross, encouraging their active participation in humanitarian services within the district.



3. Health Camps conducted:

The Indian Red Cross Society (IRCS), Thoubal District Branch, organized a free health camp on April 6, 2025, at Heiroke Heituppokpi Part-1 Community Hall. The camp aimed to provide essential medical check-ups and health services to the local community, promoting health awareness and accessibility in the region.



4. Relief material distribution:

Imphal West District: As part of its humanitarian services, the Indian Red Cross Society (IRCS), Imphal West District Branch, distributed hygiene kits to 158 families on January 4, 2025, at the Alternate Housing Complex in Langol Game Village Zone 3, where approximately 660 internally displaced persons (IDPs) were taking shelter. In the same initiative, 53 blankets were distributed to elderly beneficiaries, both male and female, to support their basic needs.



Thoubal District: The IRCS Thoubal District Branch undertook several relief initiatives to support vulnerable populations. On December 29, 2024, a total of 90 blankets and 90 mosquito nets were distributed to Below Poverty Line (BPL) beneficiaries. This was followed by the distribution of 550 hygiene kits on January 5, 2025, reaching BPL families across various areas of Thoubal District.



Jiribam District: The Jiribam District Branch of IRCS conducted relief distribution activities targeting both internally displaced and differently-abled individuals. On January 5, 2025, relief materials were delivered to the Jokuradhor Relief Camp to support IDPs. Subsequently, on February 26, 2025, blankets, hygiene kits, mosquito nets, and bed covers were provided to differently-abled persons residing in the villages of Kalinagar, Ningthembam, Nungchappi, Islamabad, and Kadamtala.



Kakching District: In Kakching District, the IRCS, District branch distributed blankets and hygiene kits on January 9, 2025, to selected needy individuals in the villages of Thongjao, Lamjao, Hiyanglam, Wabagai, Kakching, and Pallel. Further relief efforts were carried out on February 13, 2025, when the branch, in collaboration with the State Branch team, provided blankets to the inmates of relief camps located in Wangoo, Langmeidong, Hiyanglam, Wabagai, and Kakching.



Imphal East District: On January 22, 2025, the Indian Red Cross Society, Imphal East District Branch, conducted the distribution of 23 blankets, hygiene kits, and mosquito nets at Community Hall-2, Kongba Kshetri Leikai. On February 15, 2025, the Indian Red Cross Society, Imphal East District Branch, conducted the distribution of 20 blankets, hygiene kits, and mosquito nets at the Biramangol College Relief Camp. On April 1, 2025, a wheelchair, hygiene kit, mosquito net, and blanket were distributed to a disabled person, Oinam Chaobi Devi of Uchekon Jubrajpalli, with the assistance of Sir L. Bobo Singh (Patron Member). On April 28, 2025, tarpaulins, blankets, mosquito nets, and hygiene kits were distributed at Ishika, Imphal East, which had been affected by a hailstorm.



5. Training programs:

Imphal West District: The Indian Red Cross Society (IRCS), Imphal West District Branch, organized a series of First Aid Training programs to enhance emergency response skills among security personnel. On January 7, 2025, a First Aid Training session was conducted for personnel of the CRPF Manipur and Nagaland Sector at the Group Center in Langjing. This was followed by another training held on January 17, 2025, at Raj Bhavan, Manipur, where unit personnel of the 109 Battalion CRPF Jawans were trained in essential first aid techniques. These programs aimed to equip frontline personnel with life-saving skills necessary for both operational and civilian emergency situations.



Imphal East District: On April 18, 2025, a 3-day First Aid Training was conducted by the Indian Red Cross Society, Imphal East District Branch, at the Manipur University Campus.



6. Observance Programs:

Imphal West District: In observance of *National Youth Day 2025* on January 12, and under the theme “*Youth Empowerment for Nation Building,*” young volunteers and members of the IRCS Imphal West District Branch actively participated in a month-long Free Coaching and Co-curricular Camp for Internally Displaced Person (IDP) students. The program was held at the Alternate Housing Complex, Langol Game Village Zone-3, reflecting the branch’s continued commitment to youth engagement and educational support for vulnerable communities.



Kakching District: As part of the Last Sunday activities and in observance of *World Water Day*, volunteers from the IRCS Kakching District Branch took part in an awareness program held at Kakching Louyai Park. They also organized a cleanliness drive along the Kakching Main Canal, promoting environmental consciousness and community responsibility through hands-on volunteerism.



7. Social Outreach Program:

Imphal West District: The Indian Red Cross Society (IRCS), Imphal West District Branch, actively supported multiple public events through the setup of First Aid Posts, ensuring immediate medical assistance to participants and attendees. On January 21, 2025, a First Aid Post was set up at the 1st Battalion Manipur Rifles Ground during the celebration of Manipur's 54th Statehood Day. A similar post was established at the same venue on January 26, 2025, during the 76th Republic Day celebration. From February 9 to 16, 2025, a First Aid Post operated at the Polo Ground during the 8th Junior Boys' U-16 Polo Tournament. Additionally, from February 3 to 17, 2025, First Aid services were provided during the 15th Shaheed Manoranjan Singh Memorial Open Football Tournament at the SAI Sports Complex, organized by the 69 Bn CRPF under the aegis of IGP Manipur and Nagaland. The branch also extended First Aid coverage at the State Polo Tournament held from March 5 to 25, 2025.



Thoubal District: The IRCS Thoubal District Branch provided First Aid services at the Khongjom War Memorial Complex on April 23, 2025, during the observance of Khongjom Day. In a gesture of compassion and community support, the branch also handed over a small financial assistance to Life Member and Joint Blood Donation Coordinator L. Bebichaan on April 27, 2025, to aid in her mother's recovery.



Jiribam District: The Jiribam District Branch of IRCS was actively involved in state and community events. On January 26, 2025, the branch set up a First Aid Post during the 76th Republic Day Celebration. Later, on March 30, 2025, a First Aid Post was also established at Cheiraoching Ningsingkhul Biodiversity Park, further extending support to public health and safety during local gatherings.



Kakching District: Volunteers of the IRCS Kakching District Branch took part in the Republic Day parade on January 26, 2025, at DSA Playground, organized by the District Administration. As part of the event, members also conducted a demonstration of First Aid techniques, promoting public awareness and preparedness for emergency care.



Imphal East District: From January 5 to January 19, 2025, the Indian Red Cross Society, Imphal East District, opened a First Aid Post during the 7th Thingujam (O) Nganbi Devi Memorial Football Tournament at the SWC Ground, Khongman. On March 9, 2025, a First Aid Post was set up by the Indian Red Cross Society, Imphal East District Branch, at SEYO Astro-Turf Hockey Stadium, Akampat. On March 17, 2025, a First Aid Post was set up by the Indian Red Cross Society, Imphal East District Branch, at UYAC Club, Uchekon Moriba, Imphal East. On April 6, 2025, volunteers from the IRCS Imphal East District Branch set up a First Aid Post and provided services to the participants of the 31st State Sub-Junior, Junior, and Senior Triathlon and Aquathlon Championships 2025, organized by the Triathlon Association of Manipur, held at WYLCO Club, Kongba, Manipur.



8. Awareness Program:

Imphal West District: The Indian Red Cross Society (IRCS), Imphal West District Branch, organized a series of awareness programs in early 2025, focusing on disaster preparedness, first aid, and the importance of blood donation. On January 24, an awareness session on Earthquake Safety and Basic First Aid was conducted for NCC cadets during the Combined Annual Training Camp at 14 Bn NCC, DM College Campus. The following day, January 25, the branch held an awareness program on the importance of blood donation for recruit trainees deployed by JCRE Skill Solution. On January 30, a Basic First Aid session was conducted for the 65 Manipur Girls Battalion NCC in Imphal. Additional programs included a First Aid awareness session for CRPF jawans at Composite Hospital, Langjing on March 6, and a similar awareness event at the Manipur University Health Centre, Canchipur, on February 7. The branch also held a blood donation awareness program at the 86 BN CRPF, Lamphel, on March 21, to emphasize the life-saving impact of regular voluntary blood donation.



Imphal East District: On March 16, 2025, a First Aid Awareness Session and Demonstration was conducted by the Indian Red Cross Society, Imphal East District Branch, at the Social Youth United Club, Kongba Uchekon Khunou, Imphal East.



9. Volunteers in action:

Senapati District: Volunteers of the Indian Red Cross Society (IRCS), Senapati District Branch, actively engaged in training and emergency relief efforts. A First Aid Training session was conducted at ACI School, equipping students with essential life-saving skills and emergency response knowledge. In response to natural disasters, the branch also carried out relief material distribution during incidents of flood and landslide, providing critical support to affected families and reaffirming their commitment to humanitarian service in times of crisis.



Words from the JRC Team, Punjab

The people of Punjab welcomed us with open arms, treating us like family. Their hospitality and warmth made our journey even more memorable. The experience was truly life-changing, teaching us valuable lessons in teamwork, perseverance, and creativity. We gained confidence, developed new skills, and created unforgettable memories. We are deeply grateful to the Indian Red Cross Society for providing us with this incredible opportunity.

The National Youth Exchange Programme broadened our horizons, fostered new friendships, and instilled in us a renewed sense of purpose. We returned home with fresh enthusiasm, eager to apply the lessons we learned. This experience will stay with us forever—a reminder of the power of teamwork, dedication, and cultural exchange. We are proud to have represented our home state of Manipur and look forward to future opportunities to make a positive impact.

Our team of 15 members, led by Sir Narendra Ningomba (Chairman), Sir Manglem (Vice Chairman), and Sir A. Nabachandra Singh (Secretary, Indian Red Cross Society, Manipur State Branch), participated in the National Youth Exchange Programme for Junior Red Cross (JRC) held at DAV College, Amritsar, Punjab.

We took part in a variety of group and solo competitions, including quiz, recitation, painting, solo song, group song, and group dance. Our team excelled across the board, winning first place in group dance, group song, painting, solo song, and quiz. Our outstanding performance earned us the title of overall champions—a true reflection of our teamwork and dedication.

Beyond the competitions, we had the chance to explore Amritsar's rich cultural heritage. We visited the Golden Temple, marveling at its stunning architecture and spiritual atmosphere. The Jallianwala Bagh deeply moved us, serving as a powerful reminder of India's struggle for independence. The Wagah Border ceremony was another highlight, showcasing the patriotism and pride of Indian soldiers.

As the National Youth Exchange Programme came to a heartfelt close, we took with us cherished memories of unity, learning, and friendship. As we bid farewell, we carry in our hearts the spirit of service and the strong bonds we've built together.

*As the sunset marks our parting way,
Red Cross hearts shine bright today.
Six days of joy and care,
Now memories in the open air.*

Sanatampha Khunjanmayum
Class XI,
TG Higher Secondary School, Imphal

Words from the JRC Team, Odisha

I am very glad to have had the opportunity to participate in the five-day JRC Inter-State Study-cum-Training Camp by representing Junior Red Cross, Manipur State. The camp was organized by the Indian Red Cross Society, Odisha State Branch, at Nilachal Polytechnic, Bhubaneswar, from 24th to 28th March 2025. JRC counsellors, volunteers, and state officials from different states including Tamil Nadu, Andhra Pradesh, Telangana, Manipur, Uttar Pradesh, Punjab, and Odisha participated in this enriching programme.

During the five days of the camp, we were oriented on a variety of topics such as the history of the Red Cross, disaster management, search and rescue operations, first aid, HIV/AIDS awareness, and more. We also had the opportunity to go on an exposure visit to several heritage sites like the Lord Jagannath Temple, Konark Sun Temple, and Dandi Stupa, which helped us appreciate the rich cultural legacy of Odisha. Additionally, we went on a study tour to Nandankanan Zoological Park, where we learned about different animals, birds, and reptiles.

We actively participated in various competitions such as essay writing, extempore speech, rangoli, painting, first aid, group dance, group song, and exhibitions on the day of the valediction ceremony. The best performers were recognized with trophies. Our team proudly achieved 2nd position in group song, group dance, and the first aid competition. Awards were also given for Best Counsellor, Best Volunteers, and Best Discipline.

It was truly an unforgettable journey filled with learning, exploration, and joy shared with my friends. I believe the Red Cross is a wonderful platform that boosts moral values and helps in shaping individuals into responsible and compassionate human beings. I would love to participate again if given another chance.

Lanchenbi Leishangthem

Class XI,

TG Higher Secondary School, Imphal

