



## Youth Reformers Society

Report of Activities Conducted from April 2019 to September 2021

**2019:**

Activity	Description
Edhi Orphanage visit	A simple visit to Edhi orphanage Rawalpindi in order to spend quality time with the children.
Holy Family Paediatrics ward visit	A visit done in order to spend the eid occasion with children who are admitted in the hospital in order to bring smiles to their faces with gifts, cards and games.
MDCAT Guidance Seminar at SOCH academy	A seminar to guide the Fsc students about MDCAT
Fundraiser for cancer patients	Conducted in collaboration with Shaukat Khanum.
Kashmir Solidarity Campaign	A mega internet campaign using poems and other forms of literature to raise awareness about the Kashmir cause and promote solidarity with our Kashmiri brethren
Food stall 1.0	Fundraiser food stall for charity purposes held in OTB RMU
Dur e Yateem Orphanage visit and game day	An activities and games day conducted for the children in Dur e Yateem orphanage Rawalpindi
BBH paediatrics ward visit	Gifts were taken for the admitted children and blankets were donated to the department for neonates
STL Rehab Centre visit	A 3 day project done with STL rehab centre in order to combat the social stigma against specially abled children
Medical study guidance programme	Study guidance provided to students of RMU throughout the year.

## 2020:

Activity	Description
Food stall 2.0	Fundraiser food stall for charity purposes held in OTB RMU
BBH paediatrics ward visit	A visit for giving gifts to children admitted in hospital for bringing smiles on their faces
Seminar at Milestone academy	A seminar for MDCAT guidance
School Drive 2020	A mega drive covering 7 schools and 1000 children aimed at teaching them important life skills through various interactive activities
Happiness day celebration	A drive for promoting the importance of happiness and ways to lead a happy life
Quarantine Ration Drive	A drive conducted at the start of the first quarantine in which society members gave ration from their own expenses to deserving people
Sanitiser Distribution Drive	A drive distributing sanitisers in the hospitals of Rawalpindi during the initial quarantine days when they were in shortage. Conducted in collaboration with Step Ahead Welfare Society.
Quarantine Survival Guide	A drive for helping students cope with the stresses of quarantine and maintain healthy schedules.
Ramadan Drive 2020	A month wide drive for promoting good personal development of our audiences
Eid drive for orphanages	A drive that covered 4 orphanages in order to provide the children with eid gifts. Conducted twice one on each Eid.
Career Counselling Drive 2020	A series of webinars conducted for Fsc students guiding them about various fields
Chill Out Prof Prep	A club made in quarantine days for medical students to be able to study effectively and efficiently even in the absence of physical classes. The club had several activities like self assessment quizzes, daily goals, daily motivation, test discussions, stress relief systems, study guides etc.
Webinar on work place harassment	Webinar conducted to raise awareness about workplace harassment and to inform people about their basic legal rights in the matter.
Winter Clothes Drive for orphanages	Clothes donation drive covering 2 orphanages
Ration drive in 2nd wave of covid	Conducted in collaboration with Baseerat Foundation.
Mental Health Week	a whole week of raising awareness about mental health conditions.
Study Guidance for Medical students	provided throughout the year

## 2021:

Activity	Description
Mental Health Support Project for students appearing in supplementary exams	A project aimed at helping students appearing in supplementary exams by providing them with motivation as well as help in studies
Ramadan Drive 2021	A month wide drive aimed at promoting good personal development of our audience
Aftar drive 2021	Aftar boxes distributed throughout the twin cities
Calligraphy and Poetry Competition	A competition between students of various institutions
Hepatitis Day Campaign	A campaign to raise awareness about hepatitis
“And I cracked it”	A drive to motivate NMDCAT aspirants using motivational stories
Thalassemia centre visit	A visit to spend azadi day with the children there. It involved activities such as story telling, face painting, national song singing and gifts distribution
HFH paediatrics visit	A gift distribution drive to put smiles on the faces of the admitted children
NMDCAT Guidance Webinar	A webinar for guiding NMDCAT aspirants
School and College drive 2021	ongoing
STL Rehab centre project 2.0	ongoing
Awareness project about mental health conditions	An internet based project aimed at raising awareness about different disorders.
Study Guidance for medical students	provided throughout the year.
Other projects are in planning phase	N/A

## Report of Donations and Financial Support Provided

Case Type	Total Donations (Rs)
Donations to orphanages	55,860
Donations for cancer patients and other treatment cases	99,000
Donations for hospital visits	5600
Donations for blankets and wheelchairs donated to hospitals	20,000
Educational fee cases	142660
Slum area school construction	14500
Ration cases	30,000
Debt Cases	52,240
STL Rehab centre donation	5000
SAWS sanitiser drive	15,000
Aftar drive	16,000
Ramadan Charity Jar	17,500
Food stalls	61,000



**President YRS**  
**Muhammad Saad Tahir**  
**Contact: 03316569712**

**Date: 4 Oct 2021**



## Youth Reformers Society

*Be the Change to Bring the Change*



*“We cannot always build the future for our youth, but we can build our youth for the future”*

Franklin D. Roosevelt

## ▶ **Who are we?**

Youth Reformers Society is a student based, student run, non political, non governmental, non profit organisation that works for the betterment of the youth of Pakistan in the areas of charity, education and mental health

## ▶ **Our Mission**

The motto of YRS is “Be the change to bring the change”. Our mission is to create an environment for the youth to develop their skills and personalities and inspire them to work with full zeal and zest to bring a positive change in the society

## **Our Wings and their Projects**



### ▶ **The Fighters' Den**

This is our mental health support wing. Its projects include:

- Drives in schools and colleges to promote the development of essential life skills, creative thinking and mindfulness in the students.
- Webinars and articles on important mental health and social issues
- Visits to special schools with the aim of eradicating the stigma against specially abled children
- Stress free exam preparation programmes for students
- Support group for students appearing in supplementary exams

### ▶ **The Education Wing**

This is our wing for educational and awareness programmes. Its projects include:

- Awareness campaigns on different issues
- Study guidance for medical students
- Career guidance for college students
- Ramadan projects



**EDUCATION WING**

• Educate, Connect and Inspire •

A project by YRS



## ► The Charity Wing

This wing undertakes the responsibility of doing charity projects which include:

- Visits and game days at orphanages
- Support programme for orphanages
- Fundraising events
- Food stalls
- Donation drives
- Food drives
- Clothing drives
- Visits to hospitals

## The Cabinet

President	Muhammad Saad Tahir (Batch 46 RMU)
Vice Presidents	Farrukh Abbas and Rameen Khalid (Batch 46 RMU)
General Secretary	Sadia Aziz (Batch 46 RMU)
Finance Secretary	Usama Tanveer (batch 46 RMU)
Director Charity	Abdullah (Batch 47 RMU)
Co Director Charity	Maryam Asad (Batch 47 RMU)
Director and Co Director Media and PR (charity)	Zohaib Hassan and Marwah Khalid (Batch 47 RMU)

# The Cabinet

Director Education	Uswa Iftikhar (Batch 47 RMU)
Co Directors Education	Basil Munawar and Areesha Abid (Batch 47 RMU)
Director Media and PR (education)	Maarij Asghar (Batch 47 RMU)
Director Fighters' Den	Abdullah Niazi (Batch 47 RMU)
Co Director Fighters' Den	Rafya Malik (Batch 47 RMU)
Director and Co Director Media and PR (fighters' den)	Aisha Noor (Batch 46 RMU) and Rikzah Zareen (Batch 47 RMU)

**Year of establishment:** 2019

**Total volunteers:** 160

**Contact no:** 03316569712

**Follow us at:**

Facebook: Youth Reformers Society

Instagram: yrs.pakistan