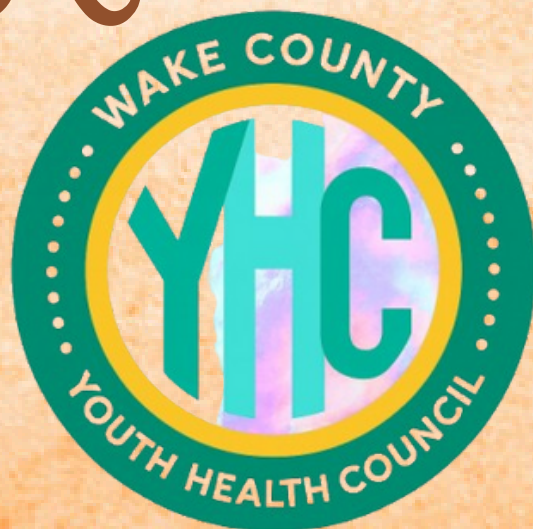




YHC PRESENTS

QUARTER 2 NEWSLETTER



a look into our latest initiatives,
updates, and upcoming opportunities
this season

Nupoor Ambardekar (2025-2026 YHC Reporter)



PROGRESS REPORT

SEPTEMBER 10th - NOVEMBER 12th

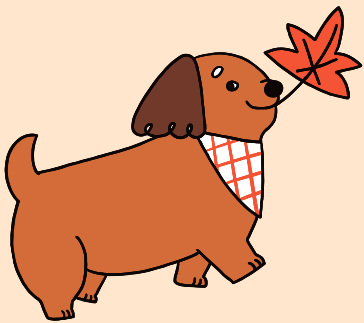
This past quarter, the MENTAL HEALTH COMMITTEE...

brainstormed new workshop, planned content for the next Zine, and assigned project roles for smoother workflow.



This past quarter, the PHYSICAL HEALTH COMMITTEE...

developed the outline for the CPR/BLS workshop, continued meal-plan work, and explored ideas for a family-friendly health and safety event.



SPOTLIGHT ON MEMBERS



Last year, [Anandhi Selveraju](#), our YHC President, joined TEDxYouth@ChavisWay and spoke about mental health. For those who are interested this year, here's what she had to say about the experience.

"I joined TEDxYouth@ChavisWay because I wanted to share my story and speak openly about mental health: a topic that's deeply personal to me. My speech focused on breaking the stigma that surrounds mental health, especially among young people and in communities where it's often overlooked or dismissed. I talked about my own experiences of how unaddressed mental health struggles affected me and my family. Through my speech, I encouraged others to check in on their friends, talk about their feelings without shame, and understand that mental health deserves the same attention and care as physical health. Being part of TEDxYouth@ChavisWay gave me a platform to turn something painful into something powerful, and it reminded me how storytelling can spark empathy and real change."

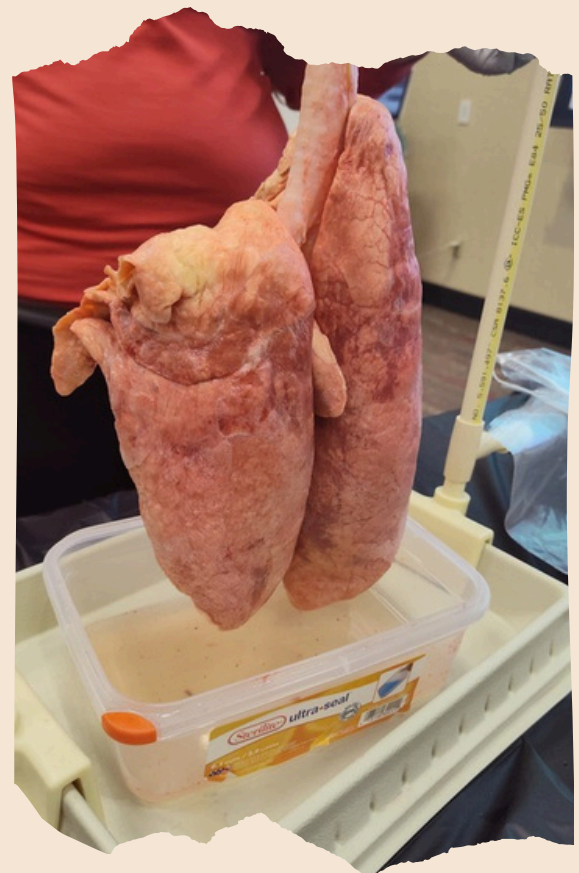
SPOTLIGHT ON MEMBERS

Our very own [Alishba Sana](#) recently received an award for reaching 100 volunteering hours. When asked about what she learned and how this experience helped her, she said, "Over the course of about a year and a half, I have volunteered at around 8-9 different organizations, adding up to 100 hours of volunteering. In the beginning, my main goal for volunteering was receiving awards such as the Commissioners and Presidents which I recently received. However, as I started to fully immerse myself in truly serving my community whether that be in person or online, I have come to realize the impact you can make as a kid by volunteering. Organizing events and seeing the success right in front of you and seeing all the people positively impacted really goes to show how important volunteering really is. And while you may not earn a tangible reward, the feeling of being able to play such an influential role really makes all your time spent worth it."



SPOTLIGHT ON MEMBERS

Our YHC Secretary, [Sarahna Agarwal](#), went to WakeMed and got to see first-hand how respiratory therapy works and how vital it is for patients. Here are her thoughts. "I visited WakeMed and learned about respiratory therapy, which was such an eye-opening experience. I got to see how respiratory therapists help patients who have trouble breathing and use machines like ventilators to support their lungs. It was really inspiring to see how they work closely with doctors and nurses to make sure patients get enough oxygen. Overall, this experience showed me just how important respiration therapy is and how this industry can change lives."



UPCOMING VOLUNTEER OPPORTUNITIES

Looking to get involved with our community?

Here are some opportunities that are on the horizon!

Raleigh Dream Center Pass the Joy Drive
You can volunteer to wrap presents (Dec 10, 2025) or help at their "Adopt-A-Block" event on December 13.

Drop-off for non-perishable food items is available on weekdays at their warehouse.



Habitat Wake Restores
Food Drive

Non-perishable food items can be donated at Restore locations in Cary, Raleigh, and Apex.



Coats for the Children
(Salvation Army / WRAL)
Annual winter clothing drive where you can donate gently used coats, hats, gloves, etc. There are drop-off locations in Apex, Cary, and other Triangle-area cities.



FALL RECIPES

Just because it's cold outside doesn't mean it has to be cold inside! Here's a hot chocolate recipe that'll warm up your heart.

Ingredients

- 4 cups milk (preferably whole or 2%)
- 1/4 cup unsweetened cocoa powder
 - 1/4 cup granulated sugar
 - 1/2 cup bittersweet or semisweet chocolate chips or chopped chocolate bar
- 1/4 teaspoon pure vanilla extract

Instructions

Place milk, cocoa powder and sugar in a small saucepan. Heat over medium/medium-low heat, whisking frequently, until warm (but not boiling). Add chocolate chips and whisk constantly until the chocolate chips melt and distribute evenly into the milk. Whisk in vanilla extract and a pinch of salt (if desired), serve immediately.



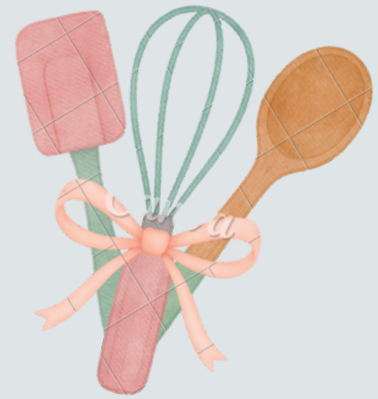
cozy



& delicious!

If you're feeling extra ambitious and fall-festive, try out this Pumpkin Chocolate Chip Recipe that, according to the website, only takes 20 minutes. Although from experience, I would say it depends on your skill level. If you do decide to try this out, send a picture on our GroupMe to be featured in the next newsletter!

- 1 cup granulated sugar (200 g)
- 1/2 cup oil (vegetable or canola oil) (120 ml)
- 1 teaspoon milk (5 ml)
- 1 large egg
- 1 teaspoon vanilla extract (5 ml)
- 1 cup canned pumpkin (or homemade pumpkin puree) (245 g)
- 2 cups all-purpose flour (250 g)
- 1 1/2 teaspoons ground cinnamon (3 g)
- 1/2 teaspoon salt (3 g)
- 2 teaspoons baking powder (8 g)
- 1 teaspoon baking soda (5 g)
- 1 1/2 cups semi-sweet chocolate chips or milk chocolate (260 g)



Preheat oven to 375 degrees F. Line a cookie sheet with parchment paper, or spray very lightly with non-stick cooking spray.

Add sugar and oil to a mixing bowl and stir well to combine.

Add egg, milk, pumpkin and vanilla and mix until smooth. In a separate bowl, stir together the dry ingredients.

Add the dry ingredients and chocolate chips to the wet ingredients then stir just until incorporated.

Drop by large spoonfuls onto prepared cookie sheet.*

Bake at 375 degrees F for 10-12 minutes, or longer (depending on size), until no longer glossy looking on top.



Q1 SUCCESSES

Kickoff dinner off October 8th helped members connect & collaborate and elections ran smoothly!



Officially adopted a new YHC logo, courtesy of Soundous Mohamedcherif, our Vice President.

High attendance, active participation, & successful officer elections for the 25-26 year.

Both mental & physical health groups reviewed last years accomplishments & began planning workshops for this year.



THANKSGIVING BREAK

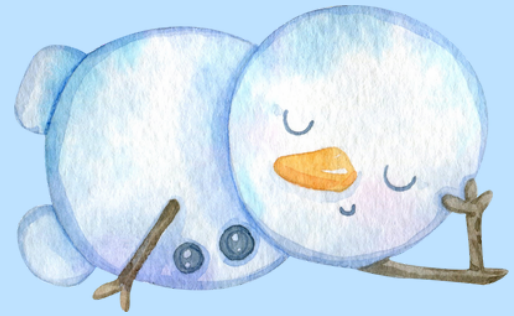
Thanksgiving Break is just around the corner, and I'm sure we're all feeling a bit burnt out. Here are some movies, books, and crafts to try out while you're giving yourself a mental reset



WINTER THEMED FUN

When the long-awaited Winter Break rolls around, it can be tempting to sit in your room all day and scroll on TikTok. While I definitely agree we all deserve a brain break, try these fun activities to recharge and reconnect!

BAKING NIGHTS WITH FRIENDS



2026 VISION BOARDS



TRYING A NEW HOBBY

