

WORLD RED CROSS DAY- 2022

Message from Secretary General

“Be kind whenever possible. It is always possible.”



Humans, as social beings need other’s kindness to survive. As with all mammals and birds, we are not self-sufficient at birth, or even for several years thereafter. In infancy, without maternal care and the care of others, we would quickly perish. Therefore, this basic need for care means that even on a cellular level—deep within our biology and physiology—we respond to kindness.

World Red Cross Day is celebrated every year on 8th May to commemorate the birth anniversary of Jean-Henry Dunant, our founder and the joint recipient of the first Nobel Peace Prize. It is celebrated with a unique theme and varied activities are organised across the globe around the same theme.

The theme for this year is #BeHumanKIND.

Love & kindness are never wasted. They always make a huge difference in people's lives. It is a type of behaviour marked by acts of generosity, consideration, or concern for others, without expecting praise or reward. Past months & years have been marked by multiple crises that have spared no one & have hit the most vulnerable people the hardest—from COVID-19 to the climate crisis, humanitarian emergencies & escalating conflicts. But despite this, there is so much hope & humanity to be found in the form of acts of kindness. Acts of kindness have the power to spark a ripple effect, to multiply, to spread across communities, countries and the whole world.

Kindness is not an ordinary virtue. It’s like a superpower that anyone can practice every day. Kindness is a strength that meaningfully impacts all living creatures. The virtue, however, can be learned and inculcated in the personality in order to live a fulfilling and better life. Nevertheless, in day-to-day life, many people ignore random acts of kindness. They think nothing will change in the world if today I remain unkind. We must understand that not a single act of kindness is worthless.

As a part of world’s largest humanitarian network, I urge all Red Crossers in the country to extend its helping hand to the needy and vulnerable and should never give a miss to any opportunity of showing your kindness.

An act of kindness can be as simple as smiling at a child who is crying, listening to someone attentively, complimenting someone, or saying ‘thanks’ to someone with a smile and also helping someone in a big way to come out of a life’s predicament.

So, be kind always and let’s celebrate all types of acts of kindness. kindness really matters! Let's show the world we can all #BeHumanKIND. I Wish all Red Cross staff members and volunteers a very happy World Red Cross Day.


R.K. Jain, I.A.S (Retd)
Secretary General