



MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING

A unit of Rajalaxmi Education Trust (R.), Mangalore - 1.
Affiliated to V.T.U., Belgaum, Approved by AICTE, New Delhi.

STUDENT WELFARE COMMITTEE (SWC)

ANNUAL REPORT: 2019-20



Members SWC 2019-20:

SI No	Name	Position
1	Dr. G L Easwara Prasad	Principal & Chairman
2	Dr. M. Lokesha	SWO & Convener
3	Mr. Praneeth	Member
4	Mrs. Swapna Srinivasan	Member
5	Mrs. Rumana Ali	Member
6	Dr. Jyothi	Member
7	Mr. Yeshwanth	Member
8	Mr. Shree Kumar	Member
9	Ms. Jayashree Hegde	Member
10	Mr. Pradeep Kumar	Member
11	Mr. Pradyumna	Student Member (Mechanical)
12	Mr. Karthik T	Student Member (E & C)

Activities report for the Academic Year 2019-20

Sl. No	Activity
1	Students group Insurance
2	Talk on Gender Sensitivity by student counselor
3	Students counseling- Suicidal prevention
4	Fitness and Wellness Program
5	Yoga classes
6	SC/ST/OBC scholarship support
7	Karnataka State Students Welfare Fund (KSSWF) to economically backward meritorious MITE Students



1: Student Group Insurance

Institute has introduced student's group insurance scheme during the year 2019-20 for the benefit of the students in association with the LIC of India. This life insurance protection is beneficial for the students' life insurance protection at a low cost. The primary advantage of a group plan is that it spreads risk across a pool of insured individuals. This benefits the group members by keeping premiums low, and insurers can better manage risk when they have a clearer idea of who they are covering. Health insurance for students' policies reimburse expenses incurred due to an unexpected sickness or an accident, Emergency medical expenses.

With this insurance scheme, Institute could support to some extent to one of our student Mr. GPranvith Alva, USN 4MT18CV 029 family during his sad demise on 19th March 2020. SWC-MITE committee, pray to the almighty to give strength to his family to bear the great loss and could support with Rs.one lakh(Rs.1,00,000) only using this insurance scheme.

2: Talk on Gender Sensitivity

Creating awareness is a process that helps to facilitate the exchange of ideas, improve mutual understanding and create competencies and skills necessary for societal change. Since Gender sensitivity awareness is the need of the hour, SWC-MITE organized a talk on gender sensitivity for First-year students on 16-08-2019 in association with the anti-sexual harassment cell. The Speaker of the session, Dr. Suphala S Kotian, counselor and Professor at AJ Institute of Hospital Administration, spoke about the differences between gender and sex & gender sensitivity. Dr. Suphala also highlighted about the gender discrimination and its ill impact on society.



3: Students counseling- Suicidal prevention

Suicide is complicated and tragic but it is often preventable by counselling. Counselling offer practical advice for overcoming stress, anxiety, low self-esteem allowing the space to vent frustrations and feelings. SWC-MITE had organised a special talk on students counseling-suicidal prevention by Dr. Prima D'Souza, Asst. Professor at KMC, Mangalore who is also the honorary medical officer-Psychiatry, Wenlock Hospital, Mangalore on 12th September 2019 in association with Red cross-MITE. The main motto of the programme was **“Working together to prevent Suicide”**. The guest speaker emphasized on causes for suicide and guided the students to help themselves and others to come out of suicidal thoughts. She also highlighted the strategies to manage and overcome from depression, importance and necessity of exercise and physical activity to overcome stress.



4: Fitness and Wellness Program

Fitness is a part of wellness. Each student has different goal but all college students share one common attribute: their intention to improve individual well-being. Wellness is not only person's physical and mental health but also their ability to develop, thrive, succeed, enjoy life and meet challenges with confidence and resolve. Wellness is all about being physically and mentally healthy, free from illness and disease.

On 13th and 14th of September 2019, a two-day fitness and wellness program was conducted at the Institution by SWC-MITE for the benefit of the entire MITE fraternity in association with red cross unit. Mr. Murthy RK, founder-CEO of Ashva running club and Ms. Kasturi Rao, a versatile dancer were the resourcepersons. Mr. Murthy RK Junior National Gold Medalist in Triathlon, represented in Asian and World Masters Athletics championships. He has coached more than 1000 school kids, 1000 engineering students, 5000 corporate clients and over 1000 amateur athletes.

The main objective of the program was to create awareness about the fitness among the youth and make them understand the benefits of being fit and healthy.

On the evening of 13th September 2019, Mr. Murthy addressed the gathering by explaining the importance of fitness and wellness in our day to day life. He emphasized on fitness as it is the way one can maintain wellness. Wellness can be improved by eating right, exercising and having good life habits. Fitness is only about having a good body while wellness is about good health.,





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On 14th September, at 5:30 A.M students gathered in MITE Greens and began their day with great enthusiasm. The students jogged around the college campus for about 700 meters and gathered in the activity area. They performed various exercises as guided by the resource person. In the evening, the same day, Ms. Kasturi Rao taught students how to maintain fitness and wellness by following a few dance steps of Zumba. Zumba is a fun, high-energy workout experience that keeps excited to exercise.





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5: Yoga classes

Yoga brings about overall changes in the body and mind of regular practitioners. It is of great benefit to the students to engage in such practices at a young age for their overall development. Patanjali Yoga Peetha, Haridwar is a well-known institute working for the cause of spreading the practice of Yoga. SWC- MITE organised Yoga classes for the benefit of students. Sri. Raghavendra Rao, yoga guru from Patanjali Yoga Peetha, conducts the classes regularly from 5.45 PM to 6.45 PM. This would help students to learn stress management and inner peace to perform better in their academics.





6: SC/ST/OBC scholarship support

The Constitution of the country, promulgated in 1950, recognizes the scheduled castes and the scheduled tribes as the two most backward groups in Indian society needing special protection. India, a country of diversity, a mix of different religions, castes and cultures, is characterized by a highly-entrenched system of social stratification. Scholarship is sanctioned to the SC/ST/OBC students to pursue their studies without any financial constraints. The SWC-MITE is helping in eliminating the social disparities in compliance with the Government of India and UGC guidelines by providing all necessary information to SC/ST/OBC students to make use of the facility provided by the government. The details of beneficiaries are depicted in the below Table.

Academic Year 2019-20

Scholarship Sanctioned Data			
The Scholarship Sanctioned Data for the academic year 2019-20 is as follows for different categories			
Year	Name of the scheme	Number of Students	Amount in Rupees
2019-20	Fees Concession for SC/ST Students(Taluk Social welfare Office-Mangalore	SC-56	2252350
		ST-27	1189087
	Fees Concession for SC/ST Students(DTE-Bangalore)	SC-12	677860
		ST-8	462020
	Fees Concession for OBC Students	OBC-885	17918800
Total		988	22500117



7: Karnataka State Students Welfare Fund (KSSWF) to economically backward meritorious MITE Students

With reference to the advertisement in Department of public instructions, Government of Karnataka in their website: <http://schooleducation.kar.nic.in/tbf/index.htm> regarding the Karnataka State Students Welfare Fund (KSSWF) to economically backward meritorious Students, SWC of MITE has advertised about the scholarship in the college premises in the notice boards and through circular to all class rooms.

Total of 32 eligible students had applied against circular. SWC-MITE has scrutinized the applications and the list of 7 Students selected based on their economic background, academic performance and participation in extra-curricular activities are given below:

Sl No.	Name	USN
1	RaveenaHebbbar	4MT17IS042
2	Sharath Kumar	4MT17ME133
3	Makwyn Vas	4MT16ME067
4	Abhishek B Shetty	4MT17ME007
5	Vinay Kishore	4MT17ME162
6	Sumanth	4MT17MT054
7	DareenMelroy Menezes	4MT17ME034

Committee has decided to distribute an amount of Rs.5000 (Five thousand only) to each student as scholarship.

The steps followed in selection of economically backward meritorious MITE Students are given below.

- 1. Circular of advertisement about scholarship:**
- 2. Application circulated to students**
- 3. Announcement of results after the scrutiny of the 32 applications**