

# MITE

## YOUTH RED CROSS



### ACTIVITIES REPORT - 2019-20



# **Mangalore Institute of Technology & Engineering**

*(An ISO 9001:2015 Certified Institution)*

*(A Unit of Rajalaxmi Education Trust)*

BadagaMijar, Moodabidri-574225

## **MITE YOUTH RED CROSS**

## **ACTIVITIES REPORT 2019-20**



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## MITE YRC Steering Committee 2019-20

Sl.No	Name	Role
1	Dr. G L Easwara Prasad, Principal	Chairman
2	Prof. Jayadeva Prasad, Head, MBA	Convenor
3	Mr. Guru Prasad ,Dept of Computer Science	Members
4	Mr. Yajnesh, Dept of Mechanical Engineering	
5	Mr. Dony Armstrong, Dept of E & C Engineering	
6	Mr. Yashwanth, Dept of Civil Engineering	
7	Ms. JayashriHegde, Dept of Information Sciences	
8	Mr. Kiran Kumar, Dept of Mechatronics	
9	Mr. Vishwaretha, Dept of Aeronautical Engineering	
10	Mr. Pradeep Kumar, Dept of MBA	
11	Mr. Surjith Ram, Dept of Basic Sciences and Humanities	



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## MITE YOUTH RED CROSS

### ACTIVITIES : 2019-20

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4	Flood relief operation at Belthangady, Karnataka	07
5	International Day for Disaster Risk Reduction	09
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## ACTIVITY 1: INAUGURATION OF YOUTH RED CROSS FOR 2019-20 AND OBSERVING WORLD SUICIDE PREVENTION DAY

**Date:** 12.09.2019

**Chief Guest:** Dr. Prima D'Souza, KMC hospital, Mangalore and honorary Medical officer, psychiatry, Wenlock hospital, Mangalore.

**Objective:** To inaugurate YRC activities for the year and create awareness about suicide and its prevention.



*Dr. Prima D'Souza inaugurating Youth Red Cross MITE for 2019-20*

### Key Points:

The Chief Guest inaugurated activities of YRC for 2019-20 by lighting the lamp.

During her special lecture on suicide prevention, she discussed about the 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 prevent depression and explained the importance and necessity of exercise and physical activity to overcome stress.

## ACTIVITY 2:

## FITNESS AND WELLNESS PROGRAM

**Date:** 13<sup>TH</sup> and 14<sup>TH</sup> SEPT 2019 **Resource Persons:** Mr. Murthy RK, founder-CEO of Ashva running club and Kasturi Rao, a versatile dancer.

**Objective:** To create awareness about health and fitness

**Key Points:** This Activity involved –

- A talk by Mr Murthy fitness and wellness including eating, exercising and good life habits
- Jogging and exercise session by Mr. Murthy
- Zumba Dance session by Ms.Kasturi Rao.



*Session in progress*



*Early morning jogging in the campus*



*Zumba dance session in program*

**Video link to the Program** → <https://www.youtube.com/watch?v=-FST-Hk-HwU&t=600s>



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## ACTIVITY 3:

## WORLD ALZHEIMER'S DAY

**Date:** 21.09.2019

**Resource Person:** Dr. Sandhya I, Associate professor, Pathology AJInstitute of Medical Sciences and Research Centre, Mangalore

**Objective:** Tospread awareness about Alzheimer's disease, its causes and prevention methods.

**Key Points:**Dr. Sandhya explained thatAlzeimer's is a progressive mental deterioration that can occur in the middle or old age due to generalized degeneration of the brain.

**Causes** include a combination of genetic, lifestyle and environmental factors or deficiency of vitamin B12.

**Symptoms** include having less energy and drive to do things, less interest in work, loss of recent memory, mild coordination problem, mood swings that involve depression or a general lack of interest.

**Preventive measures** are regular exercise, social engagement, healthy diet, mental stimulation, quality sleep, stress management.



*Dr. Sandhya speaking to audience*

## ACTIVITY 4

## FLOOD RELIEF WORK AT BELTHANGADY

**Date:** 16 TO 22.09.2019

**People involved:** 50 Volunteers of YRC and 5 faculty

**Objective:** To participate in flood relief operation at Balthangady.

**Key Points:** Karnataka was hit by severe flood due to heavy rainfall during August 2019. Thousands of people lost their homes and agricultural lands.



*Houses devastated after the flood*



MITE YRC volunteers raised a total amount of Rs. 45151 from among students which was utilised to distribute food items and relief kits to the villagers. They also worked for a day to remove debris and clear the flood affected paddy fields



*YRC volunteers with the gift items*



*YRC volunteers clearing the paddy field*

## ACTIVITY 5: INTERNATIONAL DAY FOR DISASTER RISK REDUCTION

Date: 14.10.2019

**Resource Person:**Dr. Jayaprakash M.C. Assistant professor, Department of Civil engineering at MITE, who has had vast experience in the area of disaster management at ISRO

**Objective:** To spread awareness about Disaster and Risk reduction.

**Key Points:**Dr.Jayaprakash emphasized on the need to understand various disasters and how they happen. He further explained how disaster management is very important to survive in the case of a natural or major man-made disasters. He also explained about the role of Youth and YRC in managing disasters.



*HOD prof. Jayadeva Prasad with the guest Dr. Jayaprakash*

## ACTIVITY 6: FREE MEDICAL CAMP AT BARADI VILLAGE

Date: 21.12.2019

**Organisers:** MITE Youth Red Cross, in association with  
MITE UnnathBharathAbhiyan cell,  
Dr.TMAPai Hospital, Karkala,  
Rotary Club, Karkala and  
Kanthavara gram Panchayath

**Resource Persons:** 15 Doctors and Nurses from Dr. TMA Pai Hospital Karkala.

**Objective:** To provide free medical checkup for the villagers residing in Baradi and Kanthavara. Further, to provide free follow-up treatment as required.

**Services provided:** General health check-up including BP test, Sugar test, ECG, Eye test and health advice.

**Beneficiaries:** 92 villagers availed free check-up and subsequently, 2 persons were given free eye-operation at the hospital.



*Medical Camp in progress at Baradi*

## ACTIVITY 7: FREE MEDICAL CAMP AT SOODA VILLAGE

Date: 21.01.2019

**Organisers:** MITE Youth Red Cross, in association with  
MITE UnnathBharathAbhiyan cell,  
Dr.TMA Pai Hospital, Karkala,  
Rotary Club, Karkala and  
Sooda gram Panchayath

**Resource Persons:** 15 Doctors and Nurses from Dr TMA Pai Hospital Karkala.

**Objective:** To provide free medical checkup for the villagers residing in Sooda.Kudrebettu, Koraje. Further, to provide free follow-up treatment as required.

**Services provided:** General health check-up including BP test, Sugar test, ECG, Eye test and health advice.

**Beneficiaries:**72 villagers availed free check-up and subsequently, 2 persons were given free eye-operation at the hospital.



*Prof. Ajith D'Mello speaking to the audience in the medical camp.*

## ACTIVITY 8:

## FREE MEDICAL CAMP AT PALADKA VILLAGE

Date: 12.02.2020

**Organisers:** MITE Youth Red Cross, in association with  
MITE UnnathBharathAbhiyan cell,  
Dr.TMA Pai Hospital, Karkala,  
Rotary Club, Karkala and  
Paladka gram Panchayath

**Resource Persons:** 10 Doctors and Nurses from Dr TMA Pai Hospital Karkala.

**Objective:** To provide free medical checkup for the villagers residing in Paladka, Varnabettu, Kadandale, Saccharipete, Puttige, Kodyadka. Further, to provide free follow-up treatment as required.

**Services provided:** General health check-up including BP test, Sugar test, ECG, Eye test and health advice.

**Beneficiaries:** 128 villagers availed free check-up and subsequently, 3 persons were given free eye-operation at the hospital.



*Prayer in progress at medical camp in Paladka*



**Dr TMA PAI ROTARY HOSPITAL**

**KARKALA**

(An associate Hospital of MAHE, Manipal)



To

Date: 12.11.2020

The Principal

MITE Moodabidri

Dear Sir,

Thank you for organizing cardiac and Eye camp in the following places-

1. Baaradi, Kanthavara on 21.12.2019. Total 51 Cardiac pts screened and we have done 51 GRBS , 8 ECG at camp site. Total 68 Ophthalmology pts. Screened.
2. Sooda Village on 21.01.2020, Total 78 Cardiac pts screened and we have done 78 GRBS, 8 ECG at camp site. Total 72 Ophthalmology pts. Screened and 2 pts. Undergone cataract surgery in our hospital.
3. Paaladka Village on 12.02.2020 Total 105 Cardiac pts screened and we have done 88 GRBS, 15 ECG at camp site. Total 123 Ophthalmology pts. Screened and 4 pts. Undergone cataract surgery in our hospital.

We are ready to serve more patients with your collaboration. Thank you.

Natesh Kumar

Sr. Executive -Medical Operations

Dr.TMA Pai Rotary Hospital Karkala

Karkala- 574 104, Karnataka, India Ph.: 91 8258 230583, 235085 Fax : 91 8258 235085,

Email : office.tmaprh@manipal.edu

## ACTIVITY 9

## MEGA BLOOD DONATION CAMP AT MITE

**Date: 14.03.2020**

MITE has been organizing Blood donation camps every year, right from its inception as it believes in serving the society. Blood donation camp of 2019-20 was organized at MITE campus on with great enthusiasm despite the dampening fear of the pandemic.

**Organisers:** MITE Youth Red Cross,  
Lions Clubs International

**Participating Blood Banks:** KMC Hospital, Mangalore  
Tejasvini Hospital, Mangalore,  
Indian Red Cross society blood bank, Mangalore,  
Govt. Wenlock Hospital-Mangalore

**Guests:** Dr. Deepa Adiga – Director blood bank, KMC Hospital, Mangalore  
Lion N.J. Nagesh Kumar, Region Emissary, Lions dist 317 D

**Donors:** 170 Students and staff of MITE donated blood in this camp



*Inauguration of Mega Blood Donation camp at MITE*



*YRC volunteers and donors at the registration desk*

## ಉದ್ಘಾಟನೆ

ಬುಧವಾರ, ಮಾರ್ಚ್ 18, 2020

# ಮೈಟನ್‌ನಲ್ಲಿ ಬೃಹತ್ ರಕ್ತದಾನ ಶಿಬಿರ ಉದ್ಘಾಟನೆ

**ಮಹಾನಗರ, ಮಾ. 17:** ಮೂಡುಬಿದಿರೆಯ ಮಂಗಳೂರು ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಟೆಕ್ನಾಲಜಿ ಆಂಡ್ ಎಂಜಿನಿಯರಿಂಗ್ ವಿದ್ಯಾ ಸಂಸ್ಥೆಯಲ್ಲಿ ಅಲ್ಲಿನ ಯೂಥ್ ರೆಡ್ ಕ್ರಾಸ್ ಸಂಸ್ಥೆಯ ವತಿಯಿಂದ ಬೃಹತ್ ರಕ್ತದಾನ ಶಿಬಿರ ಇತ್ತೀಚೆಗೆ ನೆರವೇರಿತು.

ಕಸ್ತೂರ್ಬಾ ಮೆಡಿಕಲ್ ಕಾಲೇಜು, ತೇಜಸ್ವಿನಿ ಆಸ್ಪತ್ರೆ, ವೆನ್ನಾಕ್ ಆಸ್ಪತ್ರೆ ಹಾಗೂ ಇಂಡಿಯಾ ರೆಡ್ ಕ್ರಾಸ್ ಬ್ಲಡ್ ಬ್ಯಾಂಕ್ ಸೇರಿದಂತೆ ಸುಮಾರು 200 ಮಂದಿ ಈ ಶಿಬಿರದಲ್ಲಿ ಪಾಲ್ಗೊಂಡಿದ್ದರು.

ರಕ್ತದಾನ ಶಿಬಿರವನ್ನು ಉದ್ಘಾಟಿಸಿದ ಕೆ.ಎಂ.ಸಿ. ಪೆಥಾಲಜಿ ವಿಭಾಗದ ಪ್ರೊಫೆಸರ್ ಹಾಗೂ ಅಲ್ಲಿನ ಬ್ಲಡ್ ಬ್ಯಾಂಕ್‌ನ ನಿರ್ದೇಶಕರಾದ ಡಾ| ದೀಪಾ ಅಡಿಗ ಅವರು ರಕ್ತದಾನದ ಮಹತ್ವ ಅದರಿಂದ ಆಗುವ ಪ್ರಯೋಜನವನ್ನು ವಿವರಿಸಿದರು.

ಇದುವರೆಗೆ ಇಂತಹ 215 ರಕ್ತದಾನ ಶಿಬಿರಗಳನ್ನು ಆಯೋಜಿಸಿದ ನಾಗೇಶ್ ಕುಮಾರ್, ಅತಿಥಿಗಳೂ ಉಪಸ್ಥಿತರಿದ್ದರು.



ದೀಪ ಬೆಳಗಿಸಿ ಕಾರ್ಯಕ್ರಮವು ಉದ್ಘಾಟಿಸಲಾಯಿತು.

ಮೈಟನ್ ವಿದ್ಯಾ ಸಂಸ್ಥೆಯ ಪ್ರಾಂಶುಪಾಲ ಡಾ| ಈಶ್ವರ ಪ್ರಸಾದ್ ಸಭೆಯ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು. ರೆಡ್ ಕ್ರಾಸ್ ಸಂಯೋಜಕರೂ ಎಂ.ಬಿ.ಎ. ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥರೂ ಆದ ಜಯದೇವ ಪ್ರಸಾದ್ ಮೊಳೆಯಾರ ಅವರು ಸ್ವಾಗತಿಸಿದರು. ವಿದ್ಯಾರ್ಥಿ ಮುಖಂಡ ದರ್ಶನ್ ವಂದಿಸಿದರು.





**LIONS CLUBS  
INTERNATIONAL  
DISTRICT 317D**



Date : 14/03/2020

TO,

**THE PRINCIPAL  
MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING  
MOOBBIDRI**

Dear Sir,

**Sub :- Blood Donation Camp held on 14/03/2020.**

It gives me immense pleasure to thank you for organizing Blood Donation camp on 14/03/2020 at your Camps by your corporation. We could save many lives. As every year you have shown your kind gesture of Humanity ever greatfull to the institution.

Thanking you

Yours faithfully

**LION NAGESH KUMAR, MJF**  
**Region Advisor**  
Lions Clubs International, 317D

## PROGRAM 10 WORLD BLOOD DONOR DAY

**Date: 16.06.2020**

**Resource Persons:** Student Volunteers of MITE YRC



**Objective:** To create awareness about Blood donation

**Key Points:** The moderator through her presentation, introduced the audience to importance and need for of blood donation by highlighting many facts about blood donation.

The other panelists in the discussion spoke on different themes like

1. Importance of creating awareness about blood donation.
2. Facts and myths of blood donation.
3. Institutional roles in saving lives through blood donation.
4. Safety precautions for donors and receivers.
5. Details of blood groups.



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### ACTIVITY 11 DISTRIBUTION OF ISKCON ESSENTIALS KITS DURING CORONA PANDEMIC

**Date:** 27.06.2020

**Organisations Involved:** MITE YRC

ISKCON Chapter, Mangalore

**Chief Guest:** GurujiRohiniSuta Das, ISKCON

**Objective:** To distribute essentials kit to the Group 4 employees of MITE to support them during the pandemic.

**Key Points:** Essentials kits were distributed to the beneficiaries in front of the PG and Research block. All the precautions like masks and social distancing were maintained and volunteers worked with great sense of service.

**Beneficiaries:** 80 Group 4 members of MITE family



*Distribution of essential kits at MITE.*

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PROGRAMME OFFICER  
YOUTH RED CROSS

Mangalore Institute of Technology & Engg.  
P.O. Mijar, MOODABIDRI-574225  
MANGALORE, KARNATAKA