

MITE

YOUTH RED CROSS



ANNUAL REPORT - 2020-21

MITE YOUTH RED CROSS

ACTIVITIES REPORT 2020-21

MITE Youth Red Cross Steering Committee 2020-21

Chairperson: Dr. G L Easwara Prasad, Principal

Members:

Mr. Guru Prasad, Assistant Professor, Dept. of Computer Science & Engg

Mr. Dony Armstrong D'Souza, Senior Assistant Professor, Dept. of Electronics & Communication Engg

Ms. Supreetha Y L, Assistant Professor, Dept. of Civil Engg

Mr. Arjun K P, Senior Assistant Professor, Dept. of Information Science & Engg

Mr. Kiran Kumar M V, Assistant Professor, Dept. of Mechatronics

Mr. Vishwaretha, K R Assistant Professor, Dept. of Aeronautical Engg

Mr. Pradeep Kumar B R, Senior Assistant Professor, Dept. of Master of Business Administration

Mr. Surjith Ram, Assistant Professor, Dept. of Humanities

Program Officer/Convenor:

Prof. Jayadeva Prasad M, Professor and Head, Dept. of Master of Business Administration

ACTIVITIES- YEAR 2020-21

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ACTIVITY 1

COPING WITH COVID TIMES

08.07.2020

As the whole World is reeling under the threat of COVID-19 the academic community is also naturally stressed out on the problems associated with lock-downs and lack of physical classes. During such times of profound uncertainty and confusion it was felt necessary to arrange a counselling session by the experts for the student community of MITE. Accordingly, on the 8th of July, 2020 YRC-MITE, in association with MITE LIBRARY organised a webinar which was open to all the students of MITE.



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Mangalore

COPING WITH COVID TIMES
-Your key to happiness

Are you stressed?
Are you tensed up?
Worried about exams?
Worried about your placement?
Uncertainty bothers you?

On: 08/07/2020
Time: 11:30AM

Come, listen to

Dr. Suphala Kotian
Professor at A.J Institute of Hospital Management.
-Counsellor, Founder and Director of Nirel Charitable trust.
-Co-Director of Manashanthi counselling centre, Mangalore
-External Counsellor, MITE

For Registration:
shorturl.at/rAE18

www.mite.ac.in

B.E||MBA||M-Tech.

The resource person was a renowned counsellor Ms. Suphala S Kotian, founder and Director of Nirel charitable trust and Co-Director of Mana Shanti counselling centre, Mangalore. She is also the external counsellor of MITE.

Dr. Suphala S Kotian held an interesting session about coping with COVID times. The session started by keeping in view, the current scenario with COVID-19 pandemic. She informed the gathering about the solutions for the problems, stress and anxiety that is looming over every one of us. Students have a lot of confusion and uncertainty regarding exams, placement opportunities and the future in general. In order to keep the student's morale high and motivate them to have a strong mind set and to build a positive attitude towards the future, she gave some tips to deal with the idle time and how to make use of it.

Towards the second half of the event, she spoke about online classes, examination and how to deal with queries related to subjects and how to be connected with the faculty during this pandemic times.

The Event ended with the interactive session with students and master of Ceremony thanked the speaker for her insightful talk and the vote of thanks was delivered by Ms. Chaitra Kini of II MBA.

ACTIVITY 2

A-Z of Corona - Latest Updates

16.07.2020

Youth Red Cross, in association with MITE Library, organized a webinar on “A-Z of Corona - Latest Updates” on 16-07-2020. As people, during the pandemic were finding it hard to cope up with the uncertainty of the situation, this program was intended to give better clarity and confidence to the students and faculty of MITE. The Resource Person was Dr, Sandhya Girish, Associate Professor, AJ Institute of Medical Sciences, Mangalore. Ms. Vinusha Shetty, Student, Department of MBA welcomed the gathering and introduced the speaker to the audience.



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Youth Red Cross- MITE

A-Z of Corona-Latest Updates

No Information!!!
Too Much Information !!!
Confused.....?

Come, Listen to.....

Dr. Sandhya Girish
Pathologist
Associate Professor
A J Institute of Medical Sciences
Mangalore

On: 16/07/2020
Time:10:00AM

Registration is compulsory

For Registration:
CLICK HERE
www.mite.ac.in

B.E||MBA||M-Tech.

During her talk, Dr. Sandhya explained the origin and the history of COVID-19. She further narrated how COVID spreads in the society and explained in detail, the symptoms of the disease caused by COVID. She explained about the

various types of preventive measures to be taken during the pandemic like wearing face masks, sanitizing and maintaining social distance. She also explained how the patients are treated for COVID at the hospital level. Finally, she advised the students to take the best care of their health and never to panic and develop stress. The program ended with a Q&A session.

This online program was attended by 160 people comprising of both faculty and students. All the participants got valuable information about the disease and preventive measures. Overall it was a timely and a useful program, much appreciated by the students and faculty of MITE.

ACTIVITY 3 NATIONAL VOLUNTARY BLOOD DONATION DAY 01.10.20

A Guest lecture was organised by the student volunteers of MITE-Youth Redcross, on the occasion of “National voluntary blood donation day-2020.”

Brief about the event:

MITE Youth Red Cross organised a Guest lecture on “National blood donation day” on 1st October 2020. The organisers were the student volunteers of the MITE Youth Redcross. The students and faculty members were part of the audience.



The banner features the MITE logo on the left, the institute's name and ISO certification in the center, and a slogan 'Where Stones turn into Diamonds' on the right. Below this, it states 'MITE YOUTH REDCROSS Celebrates online NATIONAL VOLUNTARY BLOOD DONATION DAY'. A portrait of Dr. Sharath Kumar Rao J is shown on the left, with his title 'Guest speaker' and 'Senior Specialist /Blood Bank Officer Wenlock District Hospital Mangaluru.' to the right. The MITE Youth Red Cross logo is also present. At the bottom, it provides the date '01-10-2020', a registration link, and the time '10:00 -11:00AM'. The banner concludes with a wide image of the Mangalore Institute of Technology & Engineering building.

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Where Stones turn into Diamonds

MITE YOUTH REDCROSS
Celebrates online
NATIONAL VOLUNTARY BLOOD DONATION DAY


Guest speaker
Dr. Sharath Kumar Rao J
Senior Specialist /Blood Bank Officer
Wenlock District Hospital
Mangaluru.



DATE: 01-10-2020 Registration Link: <https://bit.ly/30eZILF> **TIME: 10:00 -11:00AM**



The event started with moderator, Armin Ravoof welcoming the audience and the guest for the programme Dr. Sharath Kumar Rao J. Then a brief introduction about the resource person was given by the moderator. The Resource person in the discussion spoke on different themes like

1. About blood group system
2. Blood transfusion.
3. Details of blood groups.
4. Blood component separation
5. Available forms of RBC'S
6. Types of Platelets.

The Resource person presented on the above themes, clearly explaining the need, merits and demerits, the blood transfusion process . The discussion was well received and there were many questions from the audience about the various aspects of blood donation.

The audience also opined that the message shared in the event was very informative and it cleared many misconceptions about blood donation.

VIDEO LINK =>

https://drive.google.com/file/d/1xFFI9uxC12fWUsSq9y_ftNB6D26RUt_V/view?ts=5ee89926.

ACTIVITY 4

ORIENTATION PROGRAM FOR YRC

20.10.2020

MITE Youth Red Cross organised a “Orientation program for Youth Red Cross” on 20th October 2020. The organizers were the student volunteers of the MITE Youth Red cross. The students and faculty members were part of the audience. The event started with emcee Tanvi M Shetty calling up on Vishab C J for welcoming the audience and the guest for the programme Mr. Dileep



MITE YOUTH REDCROSS Celebrates online ORIENTATION PROGRAM FOR YOUTH REDCROSS



Guest speaker
Mr. DILEEP SHARMA
State YRC Co-ordinator
Indian Red Cross Society
Karnataka Branch



DATE: 20-10-2020

TIME: 03:00 -4:00PM



Sharma. Then, a brief introduction about the resource person was given by the Gautham K B.

The Resource person in the discussion spoke on different themes like

1. Introduction to YRC
2. Junior Red Cross activities
3. Blood donation camp
4. First aid and fire safety training
5. Importance and function of YRC as part of disaster response
6. Various training session and steps to be a part of Red Cross

The Resource person presented on the above themes, clearly explaining the need, merits of youth red cross. The discussion was well received and there were many questions from the audience about the various events conducted by Youth Red Cross.

Conclusion: The event was concluded by Chaitra. M by thanking the management, Faculty coordinators of MITE Youth Red cross for the opportunity provided to the student volunteers to actively participate and express their views on the topic. The audience also opined that the message shared in the event was very informative.

VIDEO LINK =>

<https://drive.google.com/file/d/1zzH5xWJo4tqdkNkd1uk6UTLDrI9J0ZwT/view>

ACTIVITY 5

WORLD AIDS DAY

02.12.2020

Resource Person: Dr. Girish P N. Dermatologist, Maithri Specialty Clinic, Bendorwell, Mangaluru.

Location: Online Platform (Google meet)

Target Audience : MITE Youth Red Cross volunteers and Students and faculty of MITE.

Ms. Apeksha, II year ISE, welcomed the resource guest speaker and the audience, by introducing the guest speaker to the gathered audience virtually.



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Where Stones
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MITE YOUTH REDCROSS

Observes Online

WORLD AIDS DAY



Guest speaker

Dr. Girish P N

Consultant Dermatologist

**Maithri Speciality Clinic, Bendorwell
Mangaluru.**



DATE: 02-12-2020

TIME: 03:00PM - 04:00PM



Dr. Girish P N spoke on bringing the awareness regarding World AIDS Day, where he highlighted the following key points,

- The history and the origin of AIDS.
- The symptoms and the mode of transmission of AIDS.
- Available tests to detect the virus and the treatments.
- The preventive measures.
- An important highlight was thrown on the HIV & AIDS Prevention and Control Act, 2017, where no person shall be discriminated against protected person.

The resource person presented the above points on AIDS explaining about how to take the precautions. The Q&A section was supported well by the speaker wherein he cleared the doubts and answered all the queries asked.

As a concluding remark, Mr. Alok Hegde, III year ISE, thanked the resource person for accepting the invite and sparing his time for the session. Also thanked the management, Principal, Deans and HODs of various departments, and student volunteers for gracing the event. A feedback was obtained from the audience regarding the session effectiveness.

VIDEO LINK :

<https://drive.google.com/file/d/1r9hqdcUdRfJxUmBX1yOfzVARM94iGyW/view>

ACTIVITY 6

FREE MEDICAL CAMP AT BELADY

09.03.21

Organisers: MITE YOUTH RED CROSS in association with

MITE Unnat bharath Abhiyan cell

Dr. TMA Pai Hospital Karkala

Rotary Club Karkala

Kanthavara Gram Panchayath and

Milk Producers Cooperative society Kanthavara

Resource Persons: 15 doctors assisted by 10 nurses from Dr.TMA Pai Hospital, Karkala.

Venue: Higher Primary School, Belady, Kanthavara



Objective: To provide free medical checkup for dairy farmers, farmers and other citizens of Kanthavara village and to further provide free treatment/surgery for poor people of the village

Services provided: General Check-up, Eye test, Blood pressure, Diabetic check, Ear, Nose, Throat and Heart related disease tests were done for villagers residing in Belady and Kanthavara. ECG test was done in the camp venue and for few who requires further investigations like TMT and ECO was freely offered in the hospital.

Beneficiaries:

82 people were registered in the Medical Camp and 2 (Mr Vasu and Mr Dombaya Naik) were advised to take up free eye surgery under the program. BP Test, Blood Sugar Test, ECG Test, Eye check up was done to the registered participants.





ACTIVITY 7: BLOOD DONATION AT KMC HOSPITAL, KARKALA 14.03.21

ORGANISERS: Dr. TMA Pai Rotary Hospital Karkala and

YOUTH RED CROSS, MITE

UNNAT BHARATH ABHIYAN MITE

VENUE: KMC HOSPITAL, KARKALA

PARTICIPANTS: 12 members of MITE Youth Red Cross, 2 alumnus of MITE MBA, 3 faculty of MITE MBA

Due to COVID pandemic, the stock of blood in the blood banks are not sufficient, hence, the Manipal blood bank requested the MITE Youth Red Cross to take part in the blood donation camp. .



Prof Jayadeva Prasad, HOD-MITE MBA and Program Officer. MITE Youth Red Cross, Prof K Abhaya Kumar, Prof Pradeep Kumar B R and 12 members of youth red cross donated the blood in the camp. Mr. Jithesh Jain and Mr. Sumanth, the alumni members of MITE MBA took part in the medical camp. The contribution of MITE Youth Red Cross in the camp was well appreciated by the hospital admin Mr. Natesh Kumar. Manipal Blood Bank officials recognized the contribution by issuing the appreciation letter. MITE Youth Red Cross conveyed words of thanks to Mr. Nandan, S/O Jayadeva Prasad Moleyar for his active participation in the camp.



ACTIVITY 8: Panel Discussion on Blood Donation 14.06.2021

Time: 3:00 PM to 4:00 PM

Target Audience: MITE students and Faculty

Venue: Online Panel Discussion – Google Meet

Moderator and Panellists of the event:

	Name	Department
Moderator	Sakshi Poojary	MBA
Panellist 1	Vrishabh C J	Aeronautical
Panellist 2	Anusha Bejai	ECE
Panellist 3	Shrilakshmi Shenoy	ISE
Panellist 4	Nikhil S	Mechatronics
Panellist 5	Shamela Yousuff	CSE
Panellist 8	Niranjan Kamath	Mechanical
Panellist 7	Anusha Hatapaki	Civil

The event began with the moderator welcoming all the attendees and giving a brief introduction of Indian Red Cross Society.

The 1st Panellist spoke about how 14th June came to be observed as World Blood Donor Day and about the importance of Blood Donation. He also listed out some of the blood donation camps held in the campus in the past.

The 2nd Panellist spoke about the History of Blood Donation and the key role Mrs. Leela Moolgaonkar played in raising awareness about blood donation in India. She also highlighted that Maharashtra, Punjab and Kerala are highest performing states in blood donation.

The 3rd Panellist spoke about the myths and facts related to blood donation. Some of the facts that she stressed upon are that Blood donation process takes not more than 15 minutes, Diabetic and BP patients can donate blood, Daily

activities can be resumed as long as you keep your body fluids replenished, etc.

The 4th Panellist began with the discovery of the ABO system of Blood Groups by Karl Landsteiner. He also spoke about the compatibility of blood group and the reaction experienced in case of incompatibility. The Panellist also shared some information about one of the rarest blood group viz. Bombay Blood Group.

The 5th Panellist shed light on the precautions to be taken by donors and receivers like drinking lots of water, getting good sleep, etc. Also some steps to be taken by health care workers like testing donor's blood for infection, monitoring vital signs and following strict procedures were mentioned.

The 6th Panellist enumerated the various reasons for donating blood and benefits to the donor like free health screening, donor recognition, etc.

The 7th Panellist spoke about the role of institutions as well the role of youth in spreading awareness and motivating people to go for blood donation.

The event ended with the moderator summing up

ACTIVITY 9: "YOGACHARYA – HEAL FROM WITHIN"

11.06.2021

Organizer: MITE-YRCS and Department of E&C Engineering.

Time: 3:00 PM

Target Audience: MITE-YRCS Members, Students and Faculty members.

Resource Persons:

1- Mrs. Nagashree Bharadwaj: Certified Yoga Practitioner, M.Sc in Yoga and Consciousness, Bangalore. Formerly worked as development Engineer in Unisys Bangalore and is an Alumni of MITE. Has Participated in State level Inter-collegiate Yoga competitions and secured second and third place consecutively in respective years.



2- Dr. Sagar Savadi: Has done his Bachelor of Naturopathy and Yogic Sciences (BNYS) and is Working in CoVID Care Hospital at Koppal and helps patients with Yoga therapy and meditation. He is actively involved in the study of Naturopathy and modality for all types of diseases. He is a voluntary blood donor and actively participates in organizing blood donation camps. Worked as diet and naturopathy consultant in medical camps. He has Pledged to

donate his organs encourages others to do the same. He has participated in two state level yoga competitions held at Gadag and Secured Third place.

Brief about the event:

The Master of Ceremony, Ms. Smitha Prabhu of 6th Semester Electronics and Communication Engineering began the event by introducing the speaker and welcoming the gathering. Head of Dept. of Electronics & Communication Dr. Vinayambika S Bhat and MITE-YRCS Prof. Jayadeva Prasad formally thanked and speakers. Briefing about yoga and practices with demo session was very



useful to the students. The Event ended with the interactive session with audience asking queries and obtaining answers to them. Finally master of Ceremony thanked the speakers, for their insightful talk with informative

Demo sessions and Principal Dr. G L Easwara Prasad, Dr. Vinayambika S Bhat, Head of the Department of Electronics & Communication Engineering, Mr, Jayadev Prasad Head of Department of MBA and convenor MITE-YRCS.

Key notes from the address: Mrs. Nagashree Bharadwaj introduced the concept of Yoga and Philosophical aspects of Yogic practices. Dr, Sagar Savadi took up the theoretical aspects of Yoga described about health by defining health as a Being a state of well being at physical, mental and social levels of planes and what is disease and how it begins from person's mind and rippling effects it causes on a human being and the quality of life with examples.

Later the speakers gave insight on the Chanting of "Om- Kara" with its constituents of Aa-kara, U-kara and Ma-kara and also highlighted on the different type of Yoga practices and differences with examples.

Later, they conducted the Demo session by beginning with Surya-Namaskara, loosening excercises along with Various Aasanas and explaining about their Benefits, advantages and healing effects on body. The Demo session was for a period of 45 minutes.

Dr. Sagar Savadi and Mrs. Nagashree Bharadwaj answered the queries posted by the audiences.

VIDEO LINK =>

https://drive.google.com/file/d/1aWljfUymIjupgJvbnqlxiV9j_aS4g8jO/view