

# NATIONAL SERVICE SCHEME (NSS)

## NSS-MITE CHAPTER



**ANNUAL REPORT  
2021-22**

## Members of NSS unit 2021-22

The following are the members of the NSS committee for the academic year 2021-22

Sl No	Name	Position
1	Dr. G L Easwara Prasad	Chairman
2	Mr. Akshathraj Jain	NSS Program Officer
3	Dr. Mohan Kumar	Member
4	Mr. Suraj M Shet	Member
5	Ms. Aarti Patel	Member
6	Mr. Kiran Kumar M V	Member
7	Mr. Ramachandra Heranje	Member
8	Ms. Soumya Patil,	Member
9	Ms. Shamitha	Member

## Reconstituted committee of NSS unit 2021-22

The following are the members of the reconstituted committee for the academic year 2021-22

Sl No	Name	Position
1	Dr.M. S. Ganesha Prasad	Chairman
2	Mr. Akshathraj Jain	NSS Program Officer
3	Dr. Mohan Kumar	Member
4	Mr. Suraj M Shet	Member
5	Ms. Aarti Patel	Member
6	Mr. Kiran Kumar M V	Member
7	Mr. Ramachandra Heranje	Member
8	Ms. Soumya Patil,	Member
9	Ms. Shamitha	Member

Academic Year 2021-22		
Sl. No.	Date	Activity
1	15.08.2022	Independence Day celebration at Vijetha Special School Karkala
2	11.08.2022	Har Ghar Thiranga
3	06.08.2022	Blood donation camp
4	05.08.2022	Vanamahotsava
5	28.05.2022 to 16.07.2022	Yoga camp – Detox your life
6	25.02.2022	Visit to Spoorthi and Vijetha Special school
7	03.02.2022	Election awareness camp
8	06.01.2022 to 10.01.2022	Visits to Vijetha Special School and Spoorthi Special School
9	12.01.2022	National Youth day
10	05.01.2022 to 07.01.2022	Fitness and wellness program
11	04.01.2022	Blood donation camp
12	01.01.2022	Yoga Day – Mind, Body and Breath
13	24.12.2021	Sakala Awareness camp
14	23.12.2021	Blood donation camp



## ACTIVITY 1: BLOOD DONATION CAMP

**Date: 23.12.2021**

MITE NSS is actively engaged in conducting activities for creating awareness in the society. Accordingly, the MITE NSS along with MITE YRC and Lions club Bendoorwell, Mangalore organised a blood donation camp on 23-12-2021 at MITE.

**Time: 9.30.00-1.00 pm**

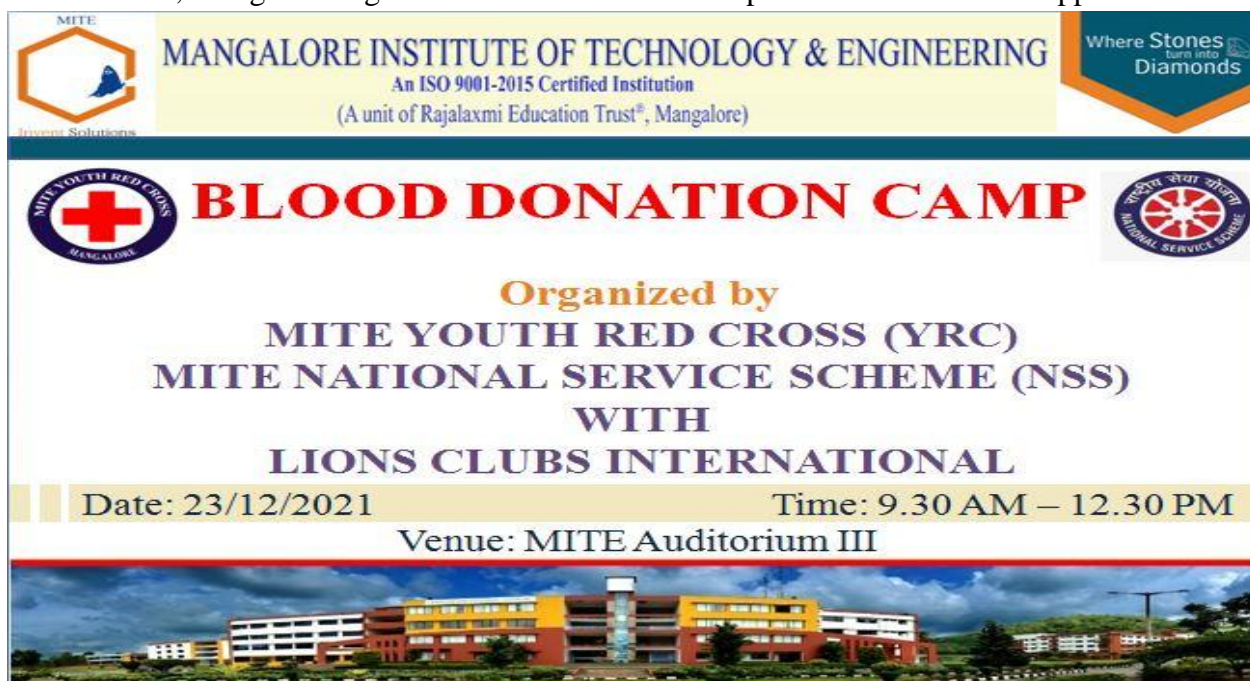
**Target audience: Students and Faculty of MITE**

**Venue: Auditorium III**

**Participated Blood banks:**

1. KMC Hospital, Mangalore
2. Red cross society, Mangalore

**Brief about the event:** MITE-NSS, MITE YRC along with Mangalore Lions Club, Bendoorwell, Mangalore organised a blood donation camp on 23/12/2021 with support from



The banner features the MITE logo at the top left, followed by the text 'MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING' and 'An ISO 9001-2015 Certified Institution (A unit of Rajalaxmi Education Trust®, Mangalore)'. To the right is a logo with the text 'Where Stones turn into Diamonds'. Below this, the text 'BLOOD DONATION CAMP' is prominently displayed in red. Underneath, it says 'Organized by MITE YOUTH RED CROSS (YRC) MITE NATIONAL SERVICE SCHEME (NSS) WITH LIONS CLUBS INTERNATIONAL'. The date 'Date: 23/12/2021' and time 'Time: 9.30 AM – 12.30 PM' are listed, along with the venue 'Venue: MITE Auditorium III'. At the bottom is a photograph of the MITE building.

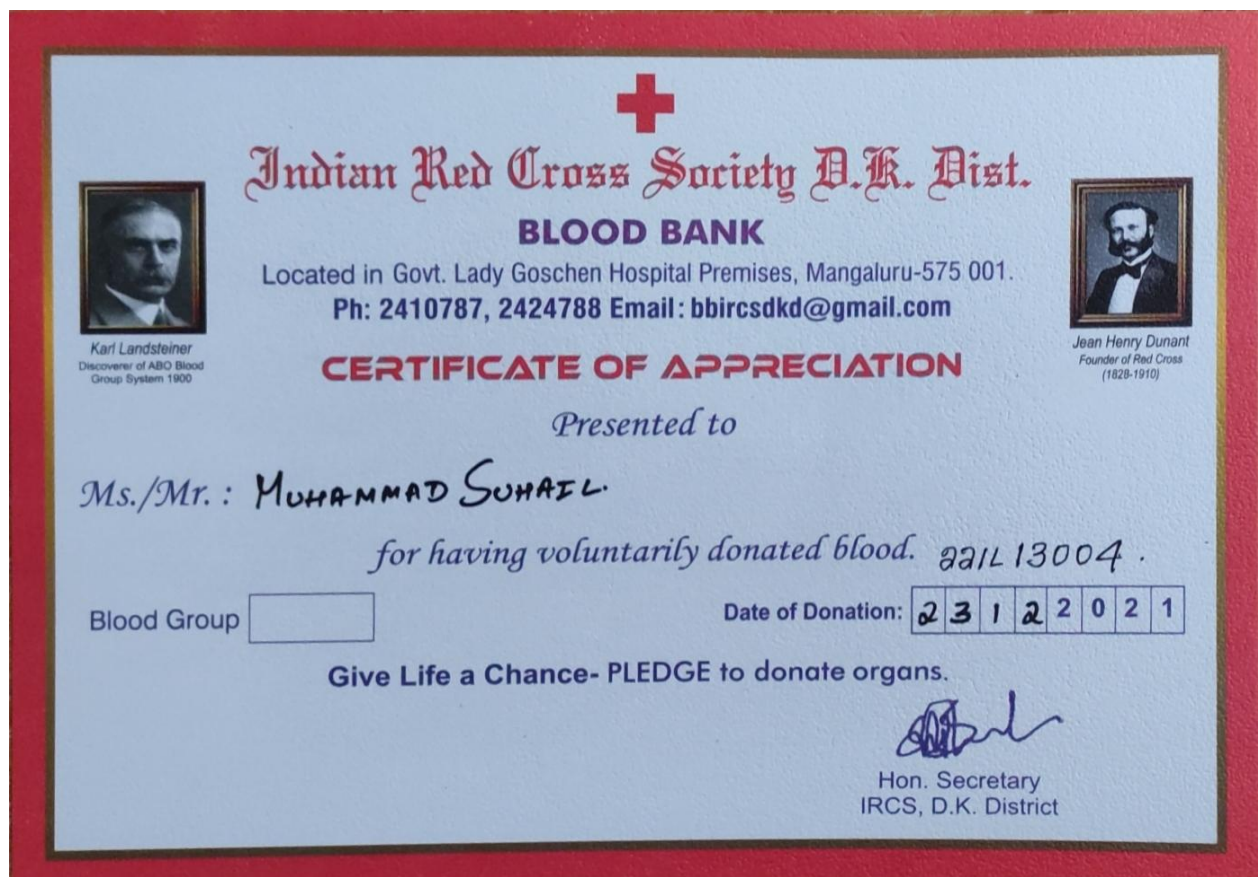
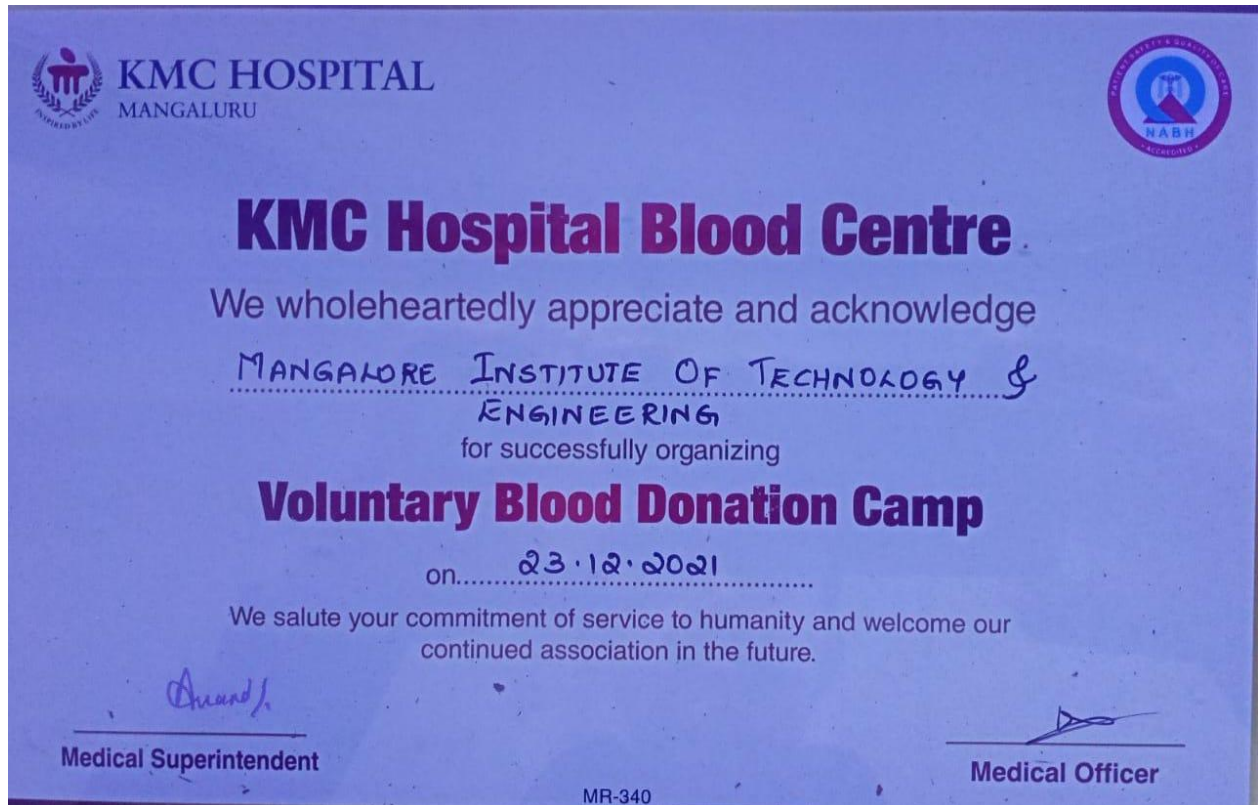
KMC Hospital, Mangalore and Red Cross Society, Mangalore. Lion Vijaya Vishnu Mallya T, region chairperson, lions club was the chief guest, lion Harish Mally, President lions club – bendoorwell and lion N J Nagesh was the guest of honor.

The programme was inaugurated by lighting of the lamp. Lion Vijay Vishnu Mallya T, spoke about importance of donating blood. He motivated students to attend blood donation camps on a regular basis as there is lot of requirement for blood and various particles of blood. Only thing which human could not make it is a blood. So it has to be collected from somebody. He appreciated the efforts taken by institution to conduct blood donation camp. The guest of honour for the day is known as man of blood donation camps as he has organised more than 200 blood donation camps. The students from campus participated actively and all the student donors were awarded with blood donation certificate. A total of 179 students and faculties donated blood.



*Dignitaries inaugurating the program*





## **ACTIVITY 2: AWARENESS PROGRAMME ON “SAKALA SERVICES”**

**Date: 24.12.2021**

MITE NSS conducts a series of activities for creating awareness in the society. Accordingly, MITE NSS organised an awareness programme on the topic ‘Sakala Services’ on 24-12-2021.

**Guest: Prof. K Abhaya Kumar**

**Time: 2.00-3.00 pm**

**Target audience: Students of MITE**

**Resource Person:**

Prof. K Abhaya Kumar, Senior Assistant Professor, Department of Business Administration, MITE, Mijar Moodbidri.

**Brief about the event:**

Prof. K Abhaya Kumar started the session by talking about various challenges in availing various services from the government departments. He then introduced government “SAKALA” website to the students. He is a regular user of various services. He demonstrated the services offered in the site.



The banner features the MITE logo on the left and the text 'Where Stones turn into Diamonds' on the right. The main text reads: 'MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING', 'An ISO 9001-2015 Certified Institution', '(A unit of Rajalaxmi Education Trust®, Mangalore)'. Below this is the 'NATIONAL SERVICE SCHEME' logo. The title 'AWARENESS PROGRAMME ON SAKALA SERVICES' is in large red letters. It is organized by 'MITE NATIONAL SERVICE SCHEME (NSS)'. The resource person is 'Mr. K Abhaya Kumar', Senior Assistant Professor, MBA Department. The date is '24.12.2021', the venue is 'MITE Auditorium II', and the time is '2 PM – 3 PM'. At the bottom is a photograph of the MITE building.

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Where Stones turn into Diamonds

NATIONAL SERVICE SCHEME

**AWARENESS PROGRAMME  
ON SAKALA SERVICES**

Organized by  
**MITE NATIONAL SERVICE SCHEME (NSS)**

Resource person: **Mr. K Abhaya Kumar**  
Senior Assistant Professor, MBA Department

Date: 24.12.2021      Venue: MITE Auditorium II      Time: 2 PM – 3 PM



He continued to show various services like bus pass, caste certificate, income certificate etc which, if has to be manually done will take much longer time and will take many days to complete all of them. Instead a Sakala service is a single window agent which helps citizens to get services easily. He said it's an initiative by the central government to change over to digitalisation and also to bring all services under a single window system.

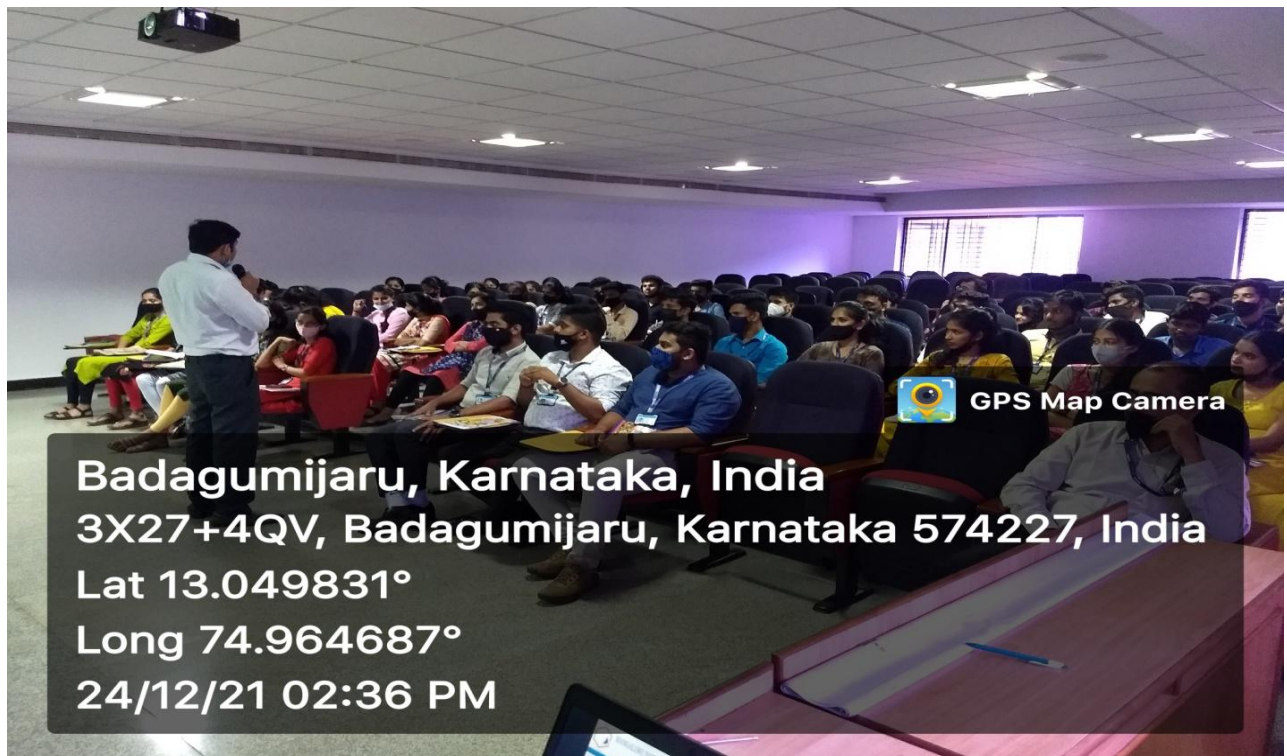
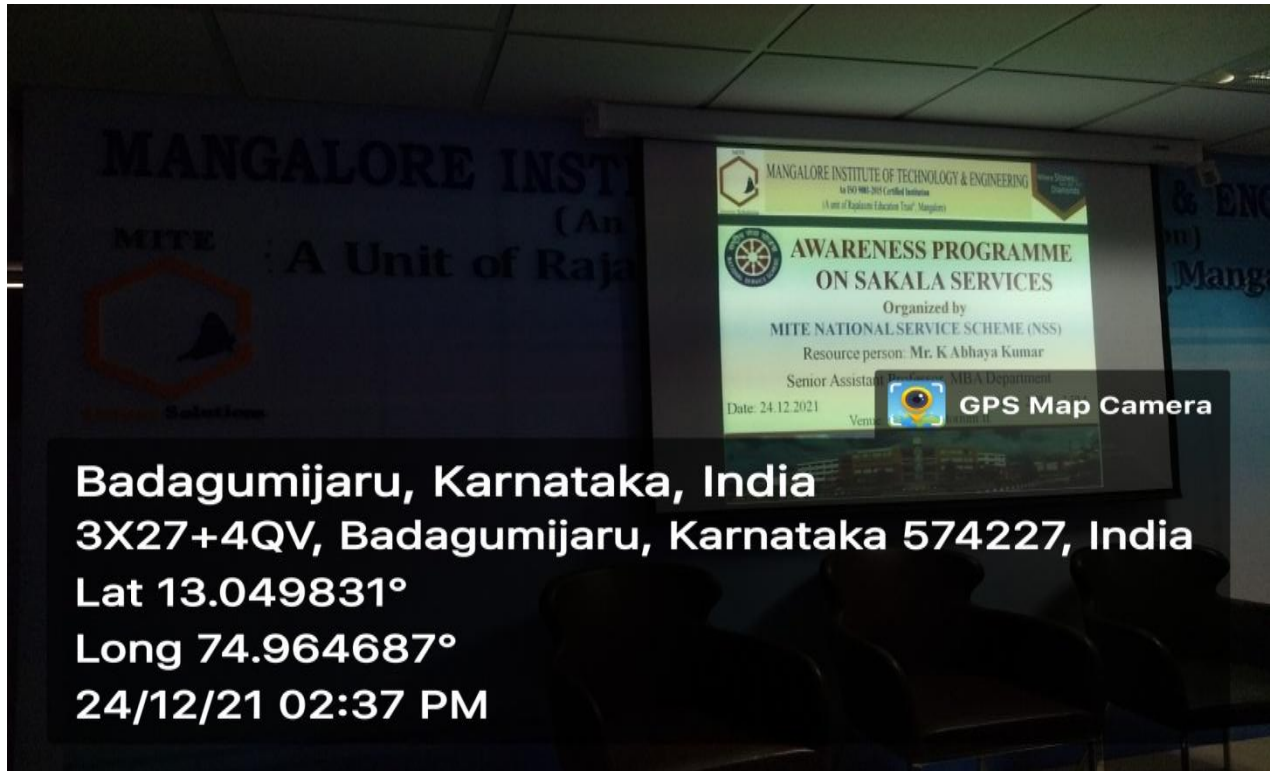


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## **ACTIVITY 3: YOGA DAY “MIND, BODY AND BREATH”**

**Date: 01.01.2022**

MITE NSS conducts activities for the betterment of the society. Accordingly, MITE NSS along with Electronics & Communication Engineering Department organised a yoga program “Mind, Body and Breath” on 01-01-2022 at MITE campus.

**Time: 9.30-1.00 PM**

**Resource persons: Ms. T S Nagashree  
Dr. Sagar Sawadi**

**Target audience:** Students of MITE

**Brief about the event:**

Practice of yoga is healthy for mind and body. It helps in maintaining a healthy lifestyle. Yoga is not only for body; it also helps in managing mental health by practicing pranayamas regularly.



The poster is for a yoga event at MITE. At the top, it features the MITE logo and name, along with accreditation details. The main title is 'Department of Electronics and Communication Engineering under the aegis of MITE NSS conducts YOGA Mind, Body and Breath (YOGA- Way Of Better Life Style)'. It lists the resource persons as Ms. T S Nagashree (Alumnus, Batch:2012-16, certified yoga instructor) and Dr. Sagar Sawadi (BNYS, Naturopathy and Yoga Practitioner). The venue is Auditorium III, MITE, and the date and time are 01.01.2022, 10.00 – 1.00 PM. The poster includes photos of the resource persons and a background image of the MITE campus.

Hence MITE NSS along with Electronics & Communication Engineering Department organised a Yoga Day. In the inauguration the chief guest of the day Ms. Nagashree addressed the students and motivated them to practice yoga daily. Dr. Sagar Sawadi, Guest of honour explained about

benefits of practicing yoga on a regular basis. In the inauguration, Dr. M. S. Ganesh Prasad, Principal, MITE motivated students to practice yoga regularly. He mentioned many more such programs were needed and addressed all the students to get trained in yoga. Dr. Diwakara Shetty S, Dean Academics, Dr. Vinayabika S Bhat, HoD E&C Department, Prof. Jayadev Prasad, HoD MBA Department were present.

Detailed presentation showed different yoga asanas to follow for a fit and healthy body. Ms. Nagashree demonstrated a lot of yogasanas and students repeated the same. Students participated with a lot of vigour and enthusiasm and this training gave them a lot of knowledge on different asanas. A total of 40 students were part of programme.



*Guests inaugurating the Yoga program*





*Trainer Ms. Nagashree Demonstrating the asana*



*Students listening to the presentation*

Link for the video: <https://drive.google.com/drive/u/0/folders/1Je1V6bqczJHKDZ72doIuNA-465nIHHGB>

## **ACTIVITY 4: BLOOD DONATION CAMP - 2**

**Date: 04.01.2022**

MITE NSS is conducts activity on regular basis for development of the society. Accordingly, the MITE NSS along with MITE YRC organised a blood donation camp on 04-01-2022 at MITE campus.

**Time: 9.30.00-1.00 pm**

**Target audience: Students and Faculty of MITE**

**Venue: Auditorium III**

**Participated Blood bank: T.M.A Pai Rotary Hospital, Karkala**

### **Brief about the event:**

One cannot make blood, it is a gift we all have inside of us to give to those who are in need; Not everyone can save life. MITE NSS along with MITE YRC organised a blood donation camp on 04/01/2022 with support from T.M.A Pai Rotary Hospital, Karkala.



The banner features the MITE logo and name at the top left, followed by the text 'MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING', 'An ISO 9001-2015 Certified Institution', and '(A unit of Rajalaxmi Education Trust®, Mangalore)'. On the top right is a blue shield with the text 'Where Stones turn into Diamonds'. Below this, the banner is divided into two sections. The left section contains the MITE YOUTH RED CROSS logo and the text 'BLOOD DONATION CAMP - 2'. The right section contains the MITE NATIONAL SERVICE SCHEME logo. The central text reads 'Organized by MITE YOUTH RED CROSS (YRC) MITE NATIONAL SERVICE SCHEME (NSS) WITH T.M. A Rotary Hospital, Karkala'. Below this, a yellow bar contains the date 'Date: 04/01/2022' and the time 'Time: 9.30 AM – 12.30 PM'. A white bar below that contains the venue 'Venue: MITE Auditorium III'. At the bottom is a photograph of the MITE campus building.



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The programme was inaugurated by Mr. Mr. Mohan shetty, Manager Marketing, Kasturba Hospital, Manipal. He appreciated the interest of the institution in organising such a program. He, in his inaugural address, mentioned about the shortage of donors. He iterated the importance of young donors coming forward and donating blood frequently. He said that the country is not able to procure the required amount of blood. During the pandemic, our country was in acute shortage of blood. The major reason is lockdown and restriction on movement. But now situation is under control and many youth and regular donors would not have donated for some time now and he requested them to donate frequently and also insisted students to motivate their friends to donate blood.

The guest of honour for the day, Dr. Vinu Rajendran spoke about different varieties of blood, universal donors of the blood, rarest blood group, frequency of donation of blood, age group, weight, haemoglobin content in the blood, hygiene to be followed, segregation of blood etc.

A total of 79 students donated blood. All the donors were awarded with certificates.



*Dignitaries inaugurating the program*



*Donors attending pre donation check ups*



*Donors donating blood*





*Donor donating blood*

**Link for the video:**

[https://drive.google.com/drive/u/0/folders/1Lu\\_KIdI2f-LhUryHsUrRAZzUxge98qIg](https://drive.google.com/drive/u/0/folders/1Lu_KIdI2f-LhUryHsUrRAZzUxge98qIg)



**KASTURBA HOSPITAL**  
**MANIPAL**

(An associate Hospital of V.A.H.E., Manipal)

04/01/2022

LETTER OF APPRECIATION

On behalf of the Department of Immunohematology & Blood Transfusion, I would like to take this opportunity to express my appreciation for all the efforts from you and your team in making the Blood Donation Camp a big success at Mangalore Institute of Technology & Engineering (MITE) on 04.01.2022 Organised by YRC and NSS of MITE. Please accept our sincere thanks for such an impressive job.

The Blood Donation Camp was highly successful and helped us to collect 88 units of blood, which is very precious and helps us to save lives. The Blood Centre is grateful for the outstanding support and valuable time and efforts in undertaking the organization of the blood donation camp. You can all take pride in the thought that every time a life is saved, you, through your kindness and dedication to the society were a part of it.

Thank you again for demonstrating such a genuine commitment to the community and helping our blood bank assure a safe and adequate blood supply.

With best wishes and hoping to work together again in the near future.

Thanking you,

Dr. Sharmee Shastri  
Professor & Head  
Dept. Of Immunohematology & Blood Transfusion  
Kasturba Hospital, Manipal.

Professor & Head  
Dept. of Immunohematology &  
Blood Transfusion, KMC, Manipal

Post Box No. 7, Manipal-576104, Karnataka, India. Phone : +91 - 820 - 2571201 - 2571210 (10 lines)  
Fax : 91 - 820 - 2571934, Email : office.kh@manipal.edu



NR 447



## ACTIVITY 5: FITNESS AND WELLNESS PROGRAM

**Date: 05-01-2022 to 07-01-2022**

**Guests: Mr. Murthy R K  
Ms. Kasturi Rao**

MITE NSS conducts a good number of activities for the betterment of students. Accordingly, MITE NSS organised a fitness and wellness program on 05-01-2022.

**Time: 2.00-4.00 PM**

**Target audience: First Year BE Students**

### **Resource Person:**

Mr. Murthy R K, CEO and Founder for Ashva Running club, Bangalore

Ms. Kasturi Rao, A versatile dancer and long distance runner

### **Brief about the event:**

Mr. Murthy R K, a physical wellness coach, spoke about healthy lifestyle. He being an early riser suggested to students to get up early at Brahma muhurtha and suggested them to



The poster features the MITE logo and name at the top, along with accreditation details. It is presented by the National Service Scheme (NSS). The main title is 'FITNESS & WELLNESS PROGRAM' with a subtitle 'HEALTHY LIFESTYLE'. It introduces two resource persons: Mr. Murthy R K, CEO & Wellness Coach, Ashva Fitness Club, International Marathon Runner; and Ms. Kasturi Rao, a dancer, long distance runner, and expert in coaching dance form of exercises. The dates are listed as Jan 5th - 7th, 2022. The website www.mite.ac.in and social media handles are at the bottom.

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NATIONAL SERVICE SCHEME presents

**FITNESS & WELLNESS PROGRAM**  
HEALTHY LIFESTYLE

**Mr. Murthy R K**  
CEO & Wellness Coach, Ashva Fitness Club  
International Marathon Runner

**Ms. Kasturi Rao**  
Dancer, Long Distance Runner  
Expertise in Coaching Dance form of exercises

Date: Jan 5<sup>th</sup> - 7<sup>th</sup>, 2022

www.mite.ac.in

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engage themselves in productive activities which will give them a lot of time for their other work. He also suggested students to eat healthy, eat wisely and suggested them to have a timetable to eat any food so that they can avoid excess intake. He advised them to stay away from junk food which will take a lot of body energy to digest and when the body focuses on digestion system it loses focus on other important factors. He also suggested students a few exercises so that they can maintain fit and healthy body.

Ms. Kasturi Rao, a versatile dancer, demonstrated a few workouts and also conducted a few activities for students to understand their fitness level and also to showcase their goals of life. The programme ended with question and answer session.



*Students listening to guest speaker*



## **ACTIVITY 6: VISIT TO SPOORTHY SPECIAL SCHOOL AND VIJETHA SPECIAL SCHOOL**

**Date: 06-01-2022 to 10.01.2022**

**Time: 9.00-4.30 PM**

**Target audience: First year Students of MITE**

### **Brief about the event:**

Mite NSS with an intention of serving the society organises visits to special schools, conducts swatch bharaath abhiyan, organises blood donation camp etc.,.Accordingly MITE NSS along with first year BE students organised a visit to Vijitha Special School and Spoorthy Special School as part of orientation to inculcate the habit to donating.



The poster features the MITE logo at the top left, with the text 'MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING' and 'An ISO 9001-2015 Certified Institution (A unit of Rajalaxmi Education Trust®, Mangalore)'. To the right is a blue banner with the text 'Where Stones turn into Diamonds'. Below this is the NSS logo with the text 'MITE National Service Scheme Organises VISIT TO VIJETHA SPECIAL SCHOOL, KARKALA SPOORTHY SPECIAL SCHOOL, MOOBBIDRI (For First year BE students)'. The time 'Time: 9.00 – 4.30 PM' and date 'Date: 06-01.2022 to 10.01.2022' are listed at the bottom. The bottom of the poster shows a photograph of the MITE building.

First-year BE students along with a few NSS volunteers spent valuable time with special kids of the schools. The special kids of the school entertained the guests with song and dance. NSS



volunteers and students conducted a few games and winners were awarded prizes. For the last few years, MITE is extending its helping hands to these special schools financially as well as morally.



*NSS volunteers at Spoorthy special School*



*NSS volunteers at Vijetha Special School*





*Coordinators of MITE receiving memento at Vijetha Special School*



*Volunteers entertaining special kids*



# ACTIVITY 7: PANEL DISCUSSION ON “NATIONAL YOUTH DAY”

**Date: 12.01.2022**

**Time: 12-1 PM**

**Target audience: MITE Students and Faculty**

**Moderator and Panellists of the event:**

Role	Name	Department
Moderator	Mr. Nandan Shetty	MBA
Panelist 1	Ms. Suraksha	MBA
Panelist 2	Ms. Shwetha Hegde	MBA
Panelist 3	Mr. Anush Salian	MBA

## Brief about the event:

The event began with moderator welcoming the gathering and briefing about the National Youth day. Mr. Nandan briefed about the life of Swami Vivekananda and said that his life is an inspiration for the present youth.



The poster features the MITE logo at the top left and the text 'Where Stones turn into Diamonds' at the top right. The main title is 'NATIONAL YOUTH DAY' in large red letters, followed by 'PANEL DISCUSSION ON' and the theme '“TRANSFORMATION OF YOUTH FOR BETTER FUTURE”' in blue. Below this, the roles of the participants are listed: 'MODERATOR' and 'PANEL MEMBERS'. Four portraits are shown: Mr. Nandan Shetty (Moderator), Ms. Shwetha Hegde, Ms. Suraksha, and Mr. Anush Salian (Panel Members). The date 'Date: 12.1.2022', time 'Time: 12 – 1.00 PM', and venue 'Venue: MITE Auditorium II' are listed at the bottom. A photograph of the MITE building is at the very bottom.

The First Panelist, Ms. Suraksha spoke about various challenges faced by the today's youth. She highlighted needs of present day youth and also focused on how youth are losing focus because of various factors like social media, substance etc.,

Second panelist Ms. Shwetha Hegde highlighted the challenges and opportunities that Indian economy is providing to youth. India is developing as a start up hub. India has seen the highest number of Unicorn start-ups in the recent past. So, youth of our country have huge opportunity to showcase their talent in multiple ways and they can also focus on job creation.

Mr. Anush discussed about modern day solution. Government has to take initiatives to engage the present day youth in such a way that a strong foundation for the next 2-3 decades has to be laid now itself as India is considered as the youngest nation in the world. The present situation will continue for another 1- 2 decades and afterwards, a prediction says that the population in India will see a declining trend. Before India move in declining path, India should ensure that it is in the right path of the growth and by then should have become a developed nation. The program came to an end with vote of thanks from Mr. Nandan.

## Photographs:



Mr. Nandan giving brief about National Youth Day

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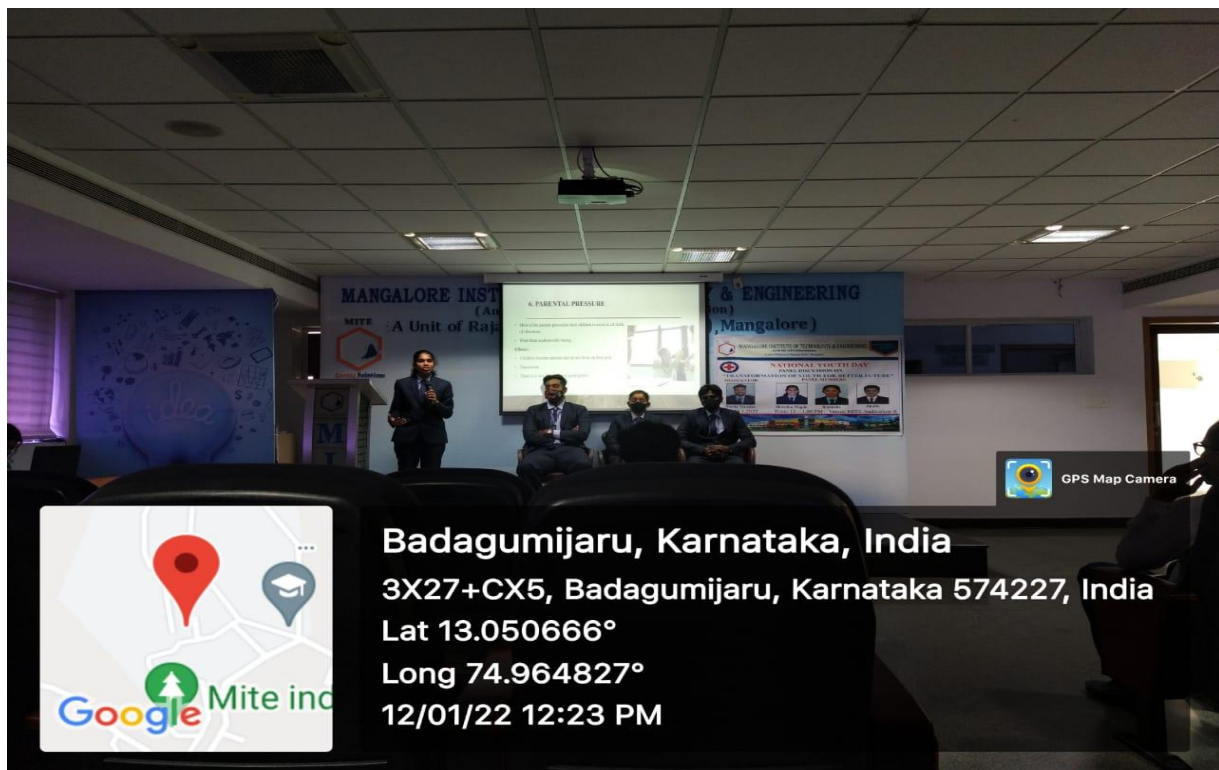
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*Brief about National Youth day*



*Ms. Shwetha discussing about opportunities for youth*



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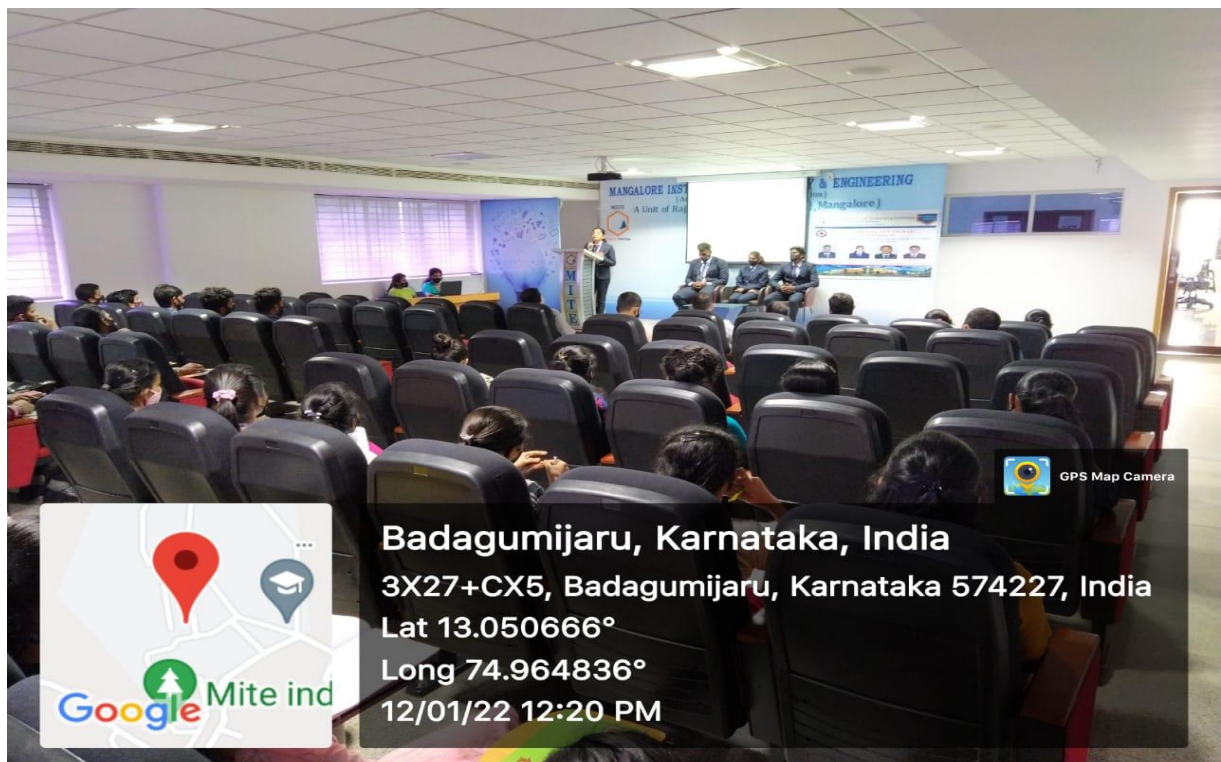
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Mr. Anush talking about possible solutions to the upcoming challenges



Ms. Suraksha talking about the challenges of youth

## ACTIVITY 8: ELECTION AWARENESS CAMP

**Date: 03-02-2022**

**Time: 11.00-12.00 PM**

**Target audience: Students of first year BE**

**Resource Persons:** Mr. Thilak, Deputy Tahashildar, Moodbidri,  
Mr. Keshava, IT Staff Election Branch Taluk office, Moodbidri  
Mr. Shivaprasad Hegde Master Trainer and JTO, AJ Soans ITI Moodbidri.

### Brief about the event:

MITE-NSS, believes in serving the society. The MITE NSS along with Electoral office, Moodbidri organised a election awareness camp at MITE Moodbidri. A total of 179 First



MITE  
Invent Solutions

**MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING**  
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Where Stones  
turn into  
Diamonds



राष्ट्रीय सेवा योजना  
NATIONAL SERVICE SCHEME

**ELECTION AWARENESS CAMP**  
Organized by  
**MITE NATIONAL SERVICE SCHEME (NSS)**

**Resource persons:** Mr. Thilak, Deputy Tahashildar, Moodbidri  
Mr. Keshava, IT Staff Election Branch Taluk  
office, Moodbidri  
Mr. Shivaprasad Hegde Master Trainer  
and JTO, AJ Soans ITI Moodbidri.

**Date: 03.02.2022** **Time: 11 AM – 12 PM**  
**Venue: MITE Auditorium IV**





year BE students participated in the programme. The resource persons of the programme were Mr. Thilak, Deputy Tahashildar, Moodbidri, Mr. Keshava, IT Staff Election Branch Taluk office, Moodbidri and Mr. Shivaprasad Hegde Master Trainer and JTO, AJ Soans ITI Moodbidri. The programme has given a detailed idea to students about applying for voter identity card, change of address, change of name, and many more.

Mr. Shivaprasad Hegde spoke about the importance of every vote and mentioned that there are situation where the candidate has won by a single vote. Voting is the right of every Indian. He mentioned that, more educated the Indians lesser they vote due to negligence. Mr. Keshav spoke about various applications that could be used online to apply for new voter ID, change of address, change of name, change of constituency, deletion of name, etc,. The programme was informative and the session ended with a question and answer session.



*Guest Mr. Shivaprasad Hegde addressing the students*

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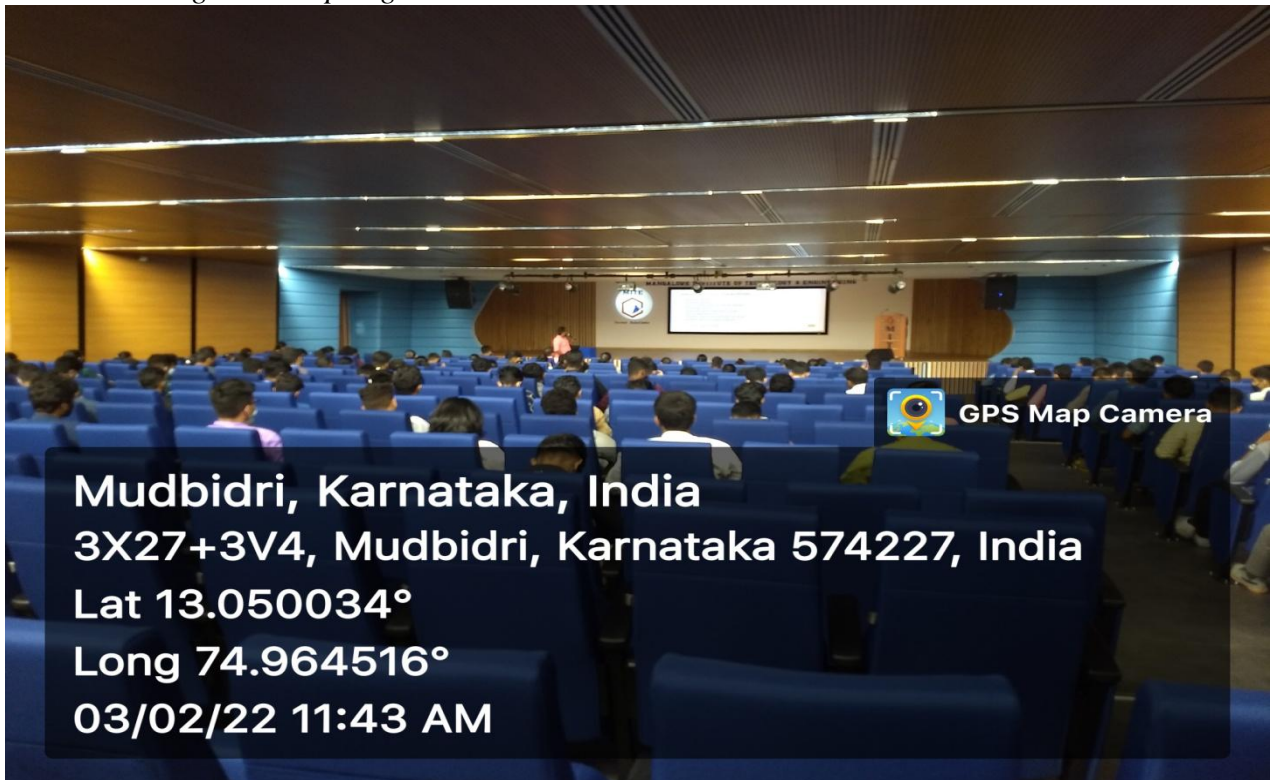
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*Audience taking election pledge*



**Mudbidri, Karnataka, India**

**3X27+3V4, Mudbidri, Karnataka 574227, India**

**Lat 13.050034°**

**Long 74.964516°**

**03/02/22 11:43 AM**



GPS Map Camera

*Guest giving information of election*

Video link: <https://drive.google.com/drive/u/0/folders/1o852Gu1MJ0EmxbFZXjuiupwPPyX0vfye>

## **ACTIVITY 9: Visit to Spoorthy Special School and Vijetha Special School      Date: 25-02-2022**

**Time: 2.00-3.00PM**

**Target audience: Students of MITE**

### **Brief about the event:**

Mite NSS with an intention of serving the society organises visits to special schools, conducts swatch bharathabhiyan, organises blood donation camp etc..Accordingly MITE NSS along with first year BE students organised a visit to Vijitha Special School and Spoorthy Special School and donated items they need in smooth running of their institution.



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Where Stones  
turn into  
Diamonds



## **MITE National Service Scheme (NSS)**

**Organises**

### **VISIT TO VIJETHA SPECIAL SCHOOL KARKALA**

**Time: 10.00 – 1.00 PM**

**Date: 25/02/2022**







## MITE National Service Scheme (NSS)

Organises

### VISIT TO SPOORTHY SPECIAL SCHOOL MOODBIDRI

**Time: 10.00 – 1.00 PM**

**Date: 25/02/2022**



First-year BE students along with a few NSS volunteers spent valuable time with special kids of the schools. The special kids of the school entertained the guests with song and dance. NSS volunteers conducted a few games and winners were awarded prizes. The visit was accompanied by faculty members Dr Anthony Praveen Menezes, Associate Professor, Department of Physics and Mr. Guruprasad M, Senior Assistant Professor, Senior Assistant Professor, Department of Chemistry. For the last few years, MITE is continually helping these special schools financially as well as morally.



*NSS volunteers at Spoorthy special School*



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*NSS volunteers at Vijetha Special School*



*Volunteers at Vijetha Special School receiving memento*

## ACTIVITY 10: YOGA CAMP “DETOX YOUR LIFE”

**Date: 28.05.2022 to 16-07-2022**

Yoga is an ancient art for building up healthy mind. The role of yoga in education as per the spiritual aspect helps the students to perform their daily duties in the day to day lives. It enhances the self-realization or self-awareness. So MITE NSS organised 2 months yoga camp “Detox your life”, from 28.05.2022 to 16-07-2022 at MITE campus.

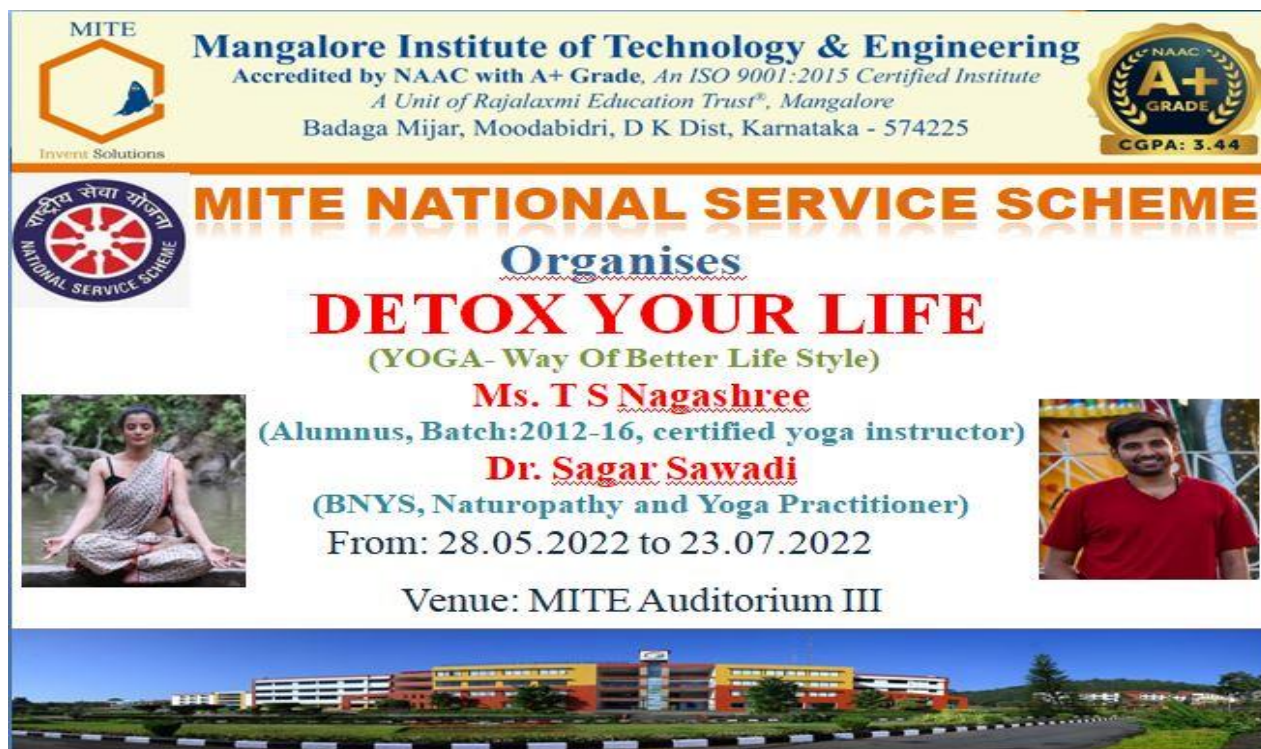
**Time: 6.30-7.30 AM**

**Resource persons: Ms. T S Nagashree  
Dr. Sagar Sawadi**

**Target audience:** Students of MITE

**Brief about the event:**

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective



The poster is for a yoga camp organized by MITE National Service Scheme. At the top, it features the MITE logo and name, along with accreditation details: 'Accredited by NAAC with A+ Grade, An ISO 9001:2015 Certified Institute' and 'A Unit of Rajalaxmi Education Trust®, Mangalore'. The address 'Badaga Mijar, Moodabidri, D K Dist, Karnataka - 574225' is also listed. A NAAC A+ Grade logo with a CGPA of 3.44 is on the right. The main title 'MITE NATIONAL SERVICE SCHEME Organises DETOX YOUR LIFE' is prominently displayed, followed by the subtitle '(YOGA- Way Of Better Life Style)'. The resource persons are listed as 'Ms. T S Nagashree (Alumnus, Batch:2012-16, certified yoga instructor)' and 'Dr. Sagar Sawadi (BNYS, Naturopathy and Yoga Practitioner)'. The dates 'From: 28.05.2022 to 23.07.2022' and the venue 'Venue: MITE Auditorium III' are provided. The poster includes two photographs: one of a woman in a yoga pose and one of a man in a red shirt. At the bottom, there is a wide image of the MITE campus building.



techniques to release stress. Meditation is relaxation and rejuvenates the body and mind. The session began on 28.05.2022 by seeking the blessings of the Almighty by lighting the lamp.

In the inauguration the chief guest of the day Ms. Nagashree addressed the students and said yoga unfolds mental and spiritual qualities and enhances the will power. Dr. Sagar Sawadi, Guest of honour explained that fundamental factor behind every disease is stress. He said yoga helps in establishing positive impact on students during education. Dr. Vinayambika S Bhat, Dean Quality Assurance, HoD, Electronics and Communication department said that in the ancient time yoga was a part of education system and yoga can be integral part of our daily life by extending the practice of yoga beyond the mat.

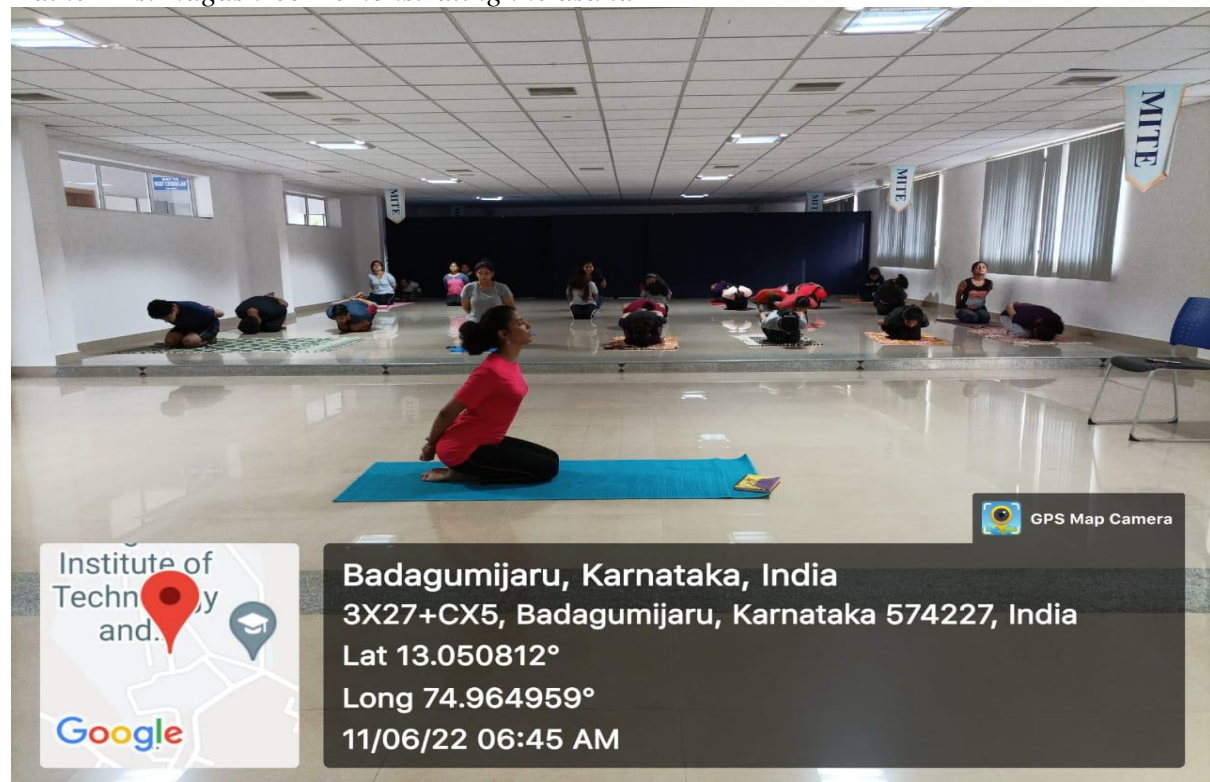
During the program, 2 classes in a week are held to make students to practice in front the trainer. In the yoga sessions importance was given to practicing Pranayama, Surya Namaskar, stretching exercises, strengthening exercises, asanas for flexibility and many more. The asanas like Dandasana, Baddha Konasana, Dhanurasana, Shavasana, Halasana, Matsasana, Sarvangasan, Ustrasana, Bhujangasana, Paschimottanasana, Ardha Matsyendrasana, Chakrasana, Dhanurasana, Simhasana, Trikonasana, Naukasana, Ardha Kapotasana, Gomukhasana, Marjariasana, etc. were practiced. A total of 93 students were part of the program. Students participated with a lot of vigour and enthusiasm and this training gave them a lot of knowledge on different asanas. The session was very refreshing, reviving and relaxing.



*Guests inaugurating the Yoga program*



*Trainer Ms. Nagashree Demonstrating the asana*



*Students performing yogasana*

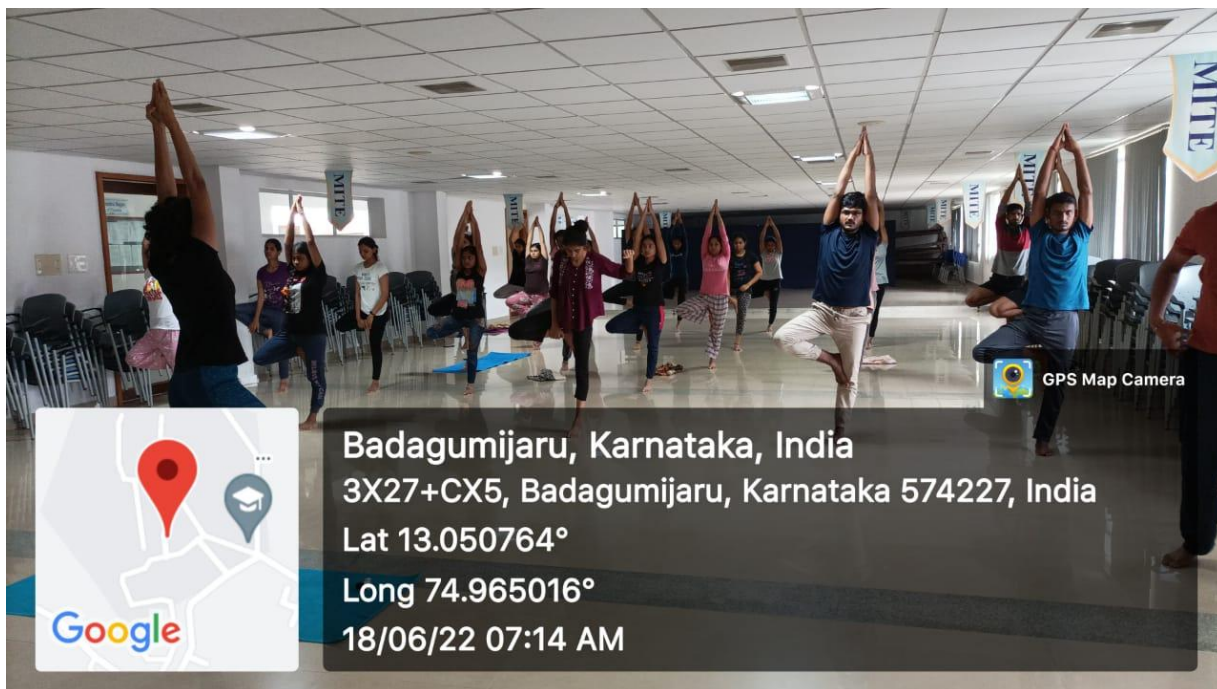


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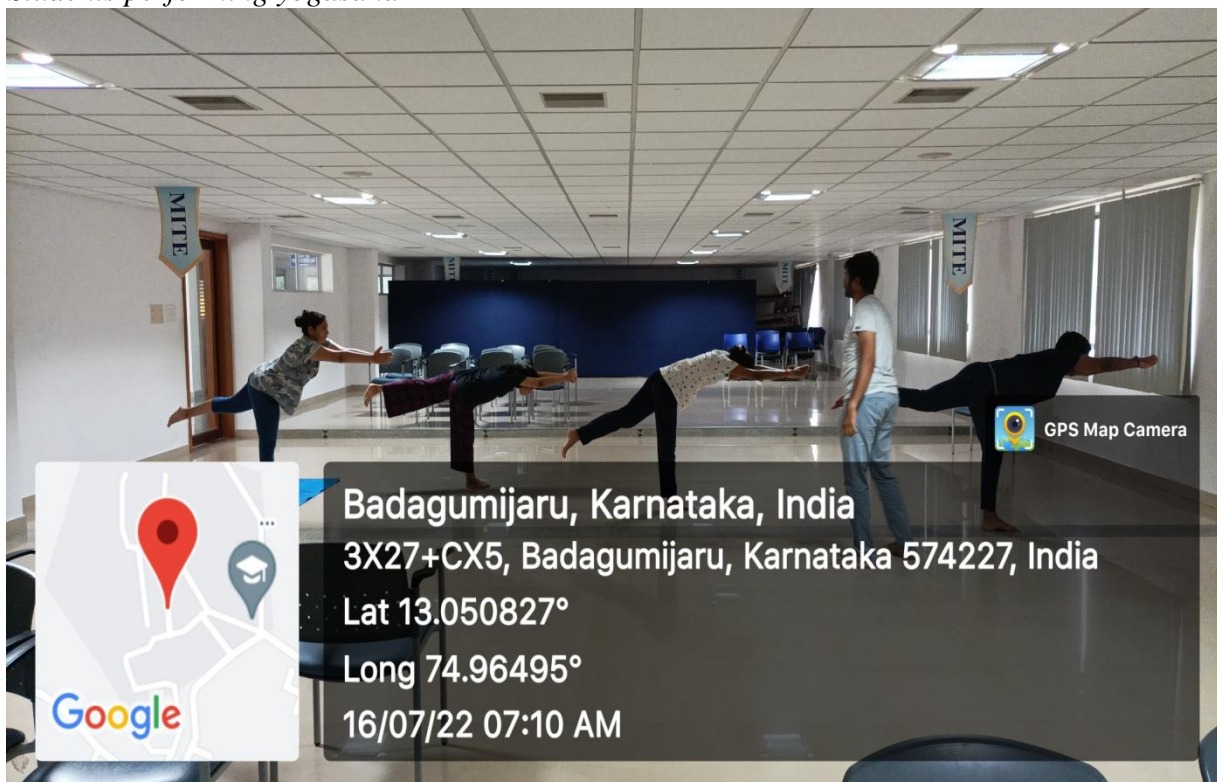
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*Students performing yogasana*



*Students performing yogasana*

Link for Video: <https://drive.google.com/drive/folders/1xwlckz7EcufNQahKpuewvHaixH7Z9Gxt>

## ACTIVITY 11: REPORT ON VANAMAHOTSAVA

**Date: 05-08-2022**

**Time: 9.30 AM**

**Target audience: Students volunteers of MITE – NSS and Eco club, Principal and Faculty members of MITE**

### **Brief about the event:**

Mite NSS celebrated annual 'Vanamahotsav' on 05-08-2022 in the college premises. Accordingly MITE NSS along with Eco Club organised this event as part of green campus initiative.



The poster features the MITE logo and name at the top left, followed by accreditation details: 'Accredited by NAAC with A+ Grade, An ISO 9001:2015 Certified Institute', 'A Unit of Rajalaxmi Education Trust®, Mangalore', and 'Badaga Mijar, Moodabidri, D K Dist, Karnataka - 574225'. A NAAC A+ Grade logo with CGPA 3.44 is on the top right. The central text reads 'ECO – CLUB in association with National Service Scheme conducts VANAMAHOTSAVA'. The bottom section includes 'Venue: MITE Campus', 'Date: 05.08.2022', and 'Time: 9.30 AM', with a background image of the college building.

The event began with the address by Principal Dr. Ganesha Prasad. In his inaugural address spoke about the importance of trees for human kind and their socio-economic effects. He focused on impact of deforestation, pollution, global warming, modernisation of agriculture, etc. He requested the gathering to plant at least one plant a year and take care so that it can contribute to the mass. When each plants one plant it will contribute to the nature in terms of tress which helps



us to come over the challenges that we are facing today. Later Principal planted a sapling to symbolically inaugurate the Vanamahotsav program. More than 50 saplings of fruit and trees were planted.



*Principal, Faculty members, NSS volunteers and Eco club volunteers with saplings*



*Principal planting a sapling*



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*Faculty members planting a sapling*



*Student volunteers planting saplings*

Video Link: <https://drive.google.com/drive/folders/1I4PtY5HMfiMahFshMvziGzy5iOlmtpMi>



## **ACTIVITY 12: BLOOD DONATION CAMP**

**Date: 06-08-2022**

MITE NSS conducts activity on regular basis for development of the society. Accordingly, the MITE NSS along with MITE YRC organised a blood donation camp on 06-08-2022 at MITE campus.

**Time: 9.30.00-1.00 pm**

**Target audience: Students and Faculty of MITE**

**Venue: Auditorium III**

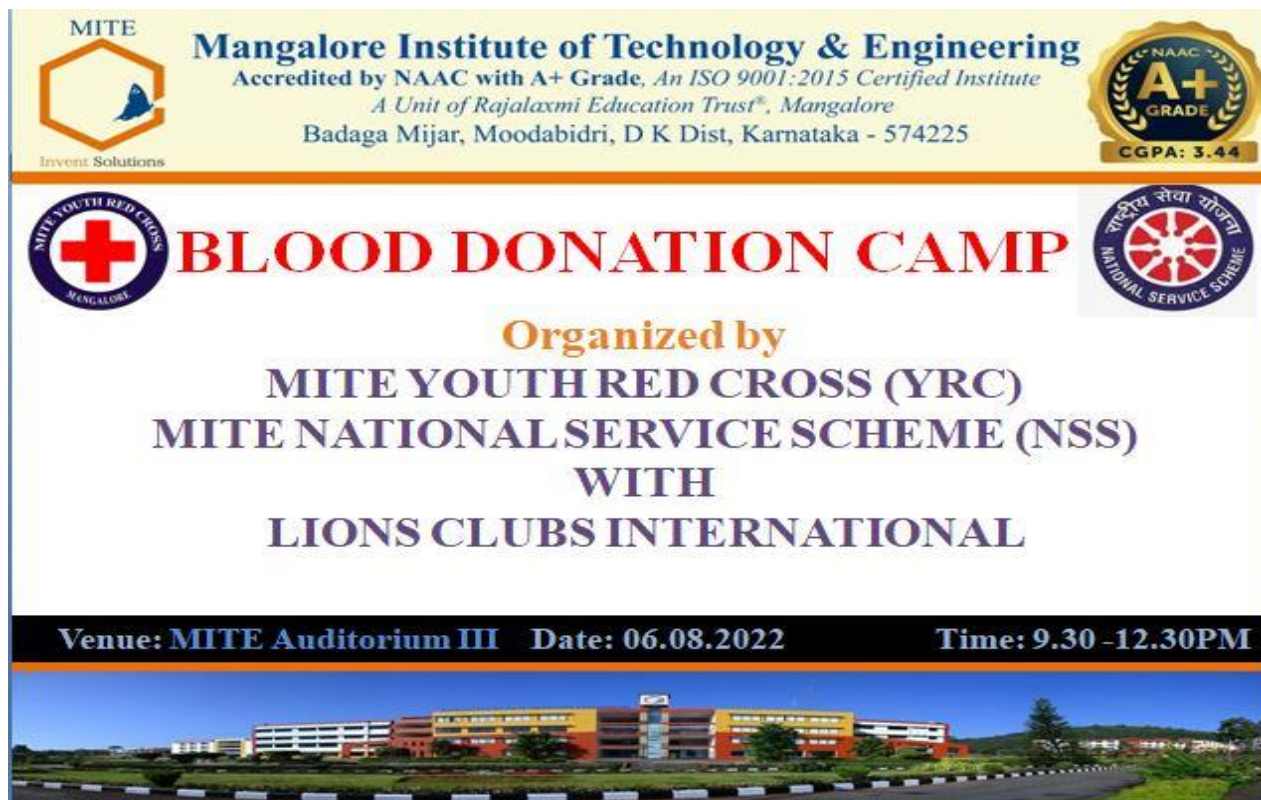
**Participated Blood bank: Lions club, Bendoorwell, Mangalore**

**Red Cross, Mangalore**

**KMC Hospital, Mangalore**

### **Brief about the event:**

Blood donation camps are held to collect blood from suitable healthy donors for saving lives of



The poster for the Blood Donation Camp features the MITE logo and name at the top left, along with accreditation details: 'Accredited by NAAC with A+ Grade, An ISO 9001:2015 Certified Institute (A Unit of Rajalaxmi Education Trust®, Mangalore - 575001)'. The address 'Badaga Mijar, Moodabidri, D K Dist, Karnataka - 574225' is also listed. On the top right is the NAAC A+ Grade logo with a CGPA of 3.44. The central text reads 'BLOOD DONATION CAMP' in large red letters, followed by 'Organized by MITE YOUTH RED CROSS (YRC) MITE NATIONAL SERVICE SCHEME (NSS) WITH LIONS CLUBS INTERNATIONAL'. Logos for MITE Youth Red Cross and National Service Scheme are on either side. The bottom section provides the venue 'MITE Auditorium III', date '06.08.2022', and time '9.30 -12.30PM'. A photograph of the MITE campus building is at the very bottom.

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NAAC  
A+  
GRADE  
CGPA: 3.44

MITE YOUTH RED CROSS  
MANGALORE

**BLOOD DONATION CAMP**

Organized by  
MITE YOUTH RED CROSS (YRC)  
MITE NATIONAL SERVICE SCHEME (NSS)  
WITH  
LIONS CLUBS INTERNATIONAL

NATIONAL SERVICE SCHEME

Venue: MITE Auditorium III Date: 06.08.2022 Time: 9.30 -12.30PM

Needy people during times of emergency. MITE YRC along with MITE NSS organised a blood donation camp on 06/08/2022 with support from Lions club, Bendoorwell, Red Cross unit, Mangalore and KMC hospital, Mangalore.

The programme was inaugurated by Lion N J Nagesh. He, in his inaugural address appreciated the efforts of the institute in organising a program like blood donation while the world is facing shortage of blood donors. He appealed to the students to donate on a regular basis and said that there is no need to worry as the blood will be refilled within 3 months. He said that the country is not able to procure the required amount of blood as of now because of hesitation of people to donate blood. President of the function Dr. Ganesha Prasad, Principal, MITE motivated students to donate blood.

More than 450 students donated blood. All the donors were awarded with certificates. NSS officer Prof. Akshathraj Jain welcomed the gathering. Ms. Dhanya was the master of ceremony and rendered vote of thanks. Prof Jayadeva Prasad, Program Officer YRC was present



*Dignitaries inaugurating the program*

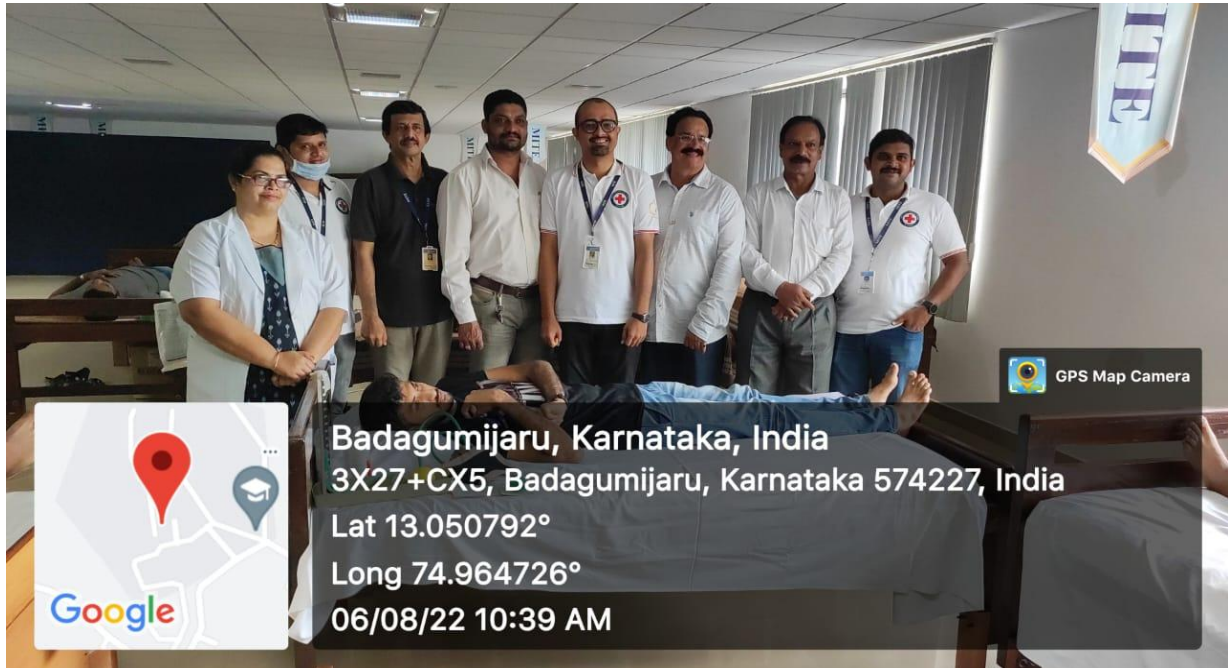


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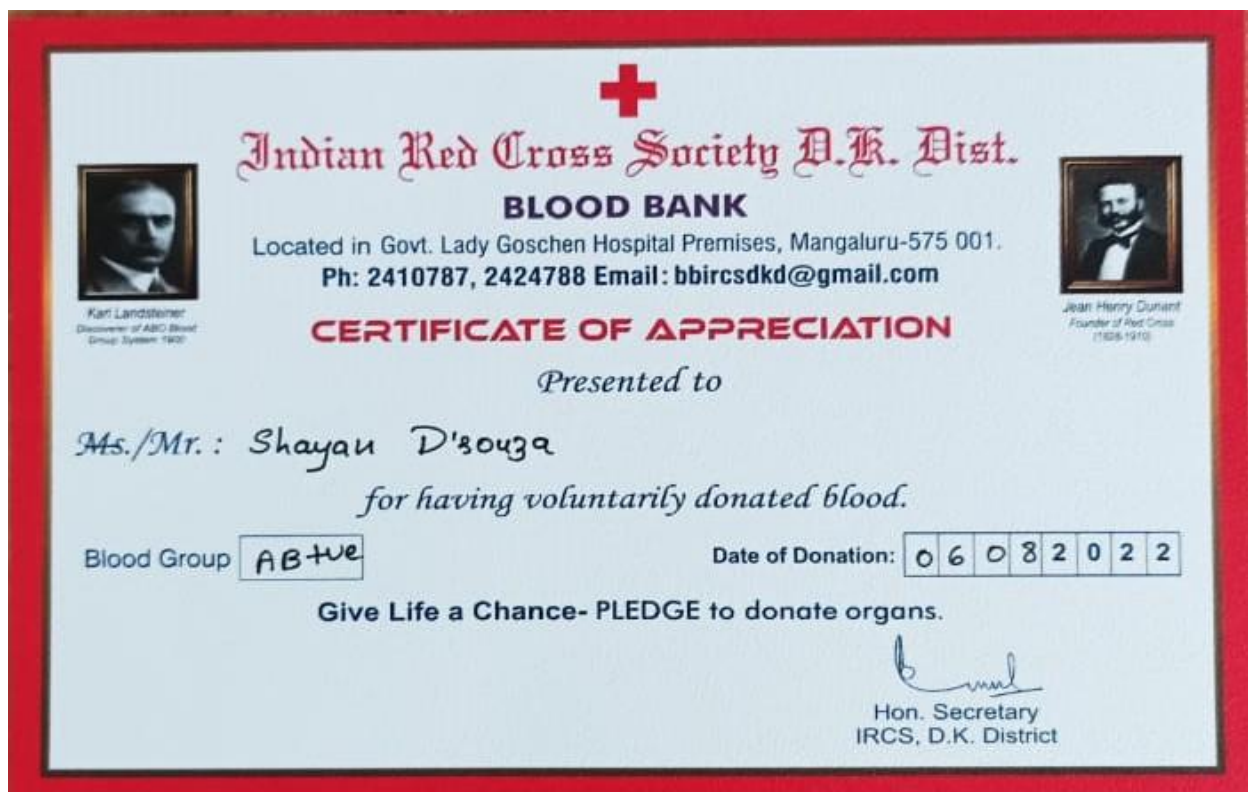
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Guests with blood donation camp officials



Certificate for donating blood



*Donors attending pre donation check-ups*



*Donors donating blood*

Link for the video:

[https://drive.google.com/drive/folders/1XfgbF25F8y0zFG8zV\\_czb5WpmUWCSyEQ](https://drive.google.com/drive/folders/1XfgbF25F8y0zFG8zV_czb5WpmUWCSyEQ)



## **ACTIVITY 13: HAR GHAR THIRANGA PROGRAM, FLAG DISTRIBUTION PROGRAM**

**Date: 11-08-2022**

**Time: 9.30-5.00PM**

**Target audience: 8 Neighbouring villages around MITE College**

### **Brief about the event:**

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 glorious years of progressive India and its rich history, diverse population, magnificent culture and great achievements.

This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Aatmanirbhar Bharat.



## **HAR GHAR THIRANGA FLAG DISTRIBUTION PROGRAM**

**Organized by**

**MITE NATIONAL SERVICE SCHEME (NSS)**



The official journey of Azadi Ka Amrit Mahotsav commenced on 12th March 2021 which started a 75-week countdown to our 75th anniversary of independence and will end post a year on 15th August 2023.

We at MITE, inspired by the initiative of the government, decided to celebrate the 75th year of independence, Azadi ka Amrith Mahotsav, in a unique way that is by distributing more than **4500 flags to houses of more than 8 neighbouring village Panchayaths as part of har ghar thiranga program.**



The program started by formal inauguration from Veteran Capt. Ganesh Karnik. He, in his inaugural address said, the freedom is a result of sacrifices of so many Indians. He appealed to students to read about the freedom fighters and contribute the development of nations in their own way. He said people these days have taken freedom in their own way. He recollected his day in USA on 11<sup>th</sup> September whole New York City observes 2 minutes silence without any problems and whole city will be still without further questions. But in India any event from government people will question purpose and they don't get convinced what so ever. He further mentioned Indian love talking impractical, indiscipline, dishonest, disrespectful, etc. He requested students to understand their civic responsibility the uplift the standard of India.

President of the Function Mr. Rajesh Chowta, President, Rajalaxmi Education Trust, called for patriotism. He said when we celebrate centenary of Indian independence, India should become a



developed nation. He said the celebration of independence should not be limited only for Independence Day, instead we should remember throughout. He mentioned that people should sacrifice for the sake of nation and he wished all a happy independence day. Dr. Ganesha Prasad, Principal, MITE welcomed the gathering and Prof. Akshathraj NSS Coordinator rendered vote of thanks.



MITE – NSS with 150 volunteers and in support from 10 faculty volunteers visited more than 4500 houses of the villages in

Thenka Mijar, Badaga Mijar	750
Thenka Yeadapadav, Badaga Yedapadav	500
Kallamundkur, Niddodi	750
Paladka, Kodyadka	500
Belavai, Padu marnadu	500
Kanthavara	500
Moodbidri City	500
Puthige, Vidyagiri	500

Each house was given a flag, a pole and a pamphlet mentioning about the purpose of Har Ghar Thiranga program. The objective of this program was to educate people about har ghar thiranga program and expose students to rural environment and give them a unique experience.

The flag distribution program was well supported by all the gram panchayaths. The Panchayath Development Officers and the Presidents welcomes the students and guided them for distribution of flags. Students had great time visiting various households and Learnt the art of communication. Got the rural exposure and understood how people handle their life.



*NSS volunteers distributing flag*



*NSS volunteers distributing flag*





*NSS volunteers at Moodbidri Municipal Council*



*NSS volunteers distributing flag*





*Volunteers distributing flag*



*NSS Volunteers distributing flag*





*NSS Volunteers distributing flag*



*Volunteers distributing flag*

Link for the video:

<https://drive.google.com/drive/folders/1tVY3BqjMDzIRgxv1gMPWAYVq41eVW1Fn>

## ACTIVITY 14: CELEBRATION OF INDEPENDENCE DAY AT VIJETHA SPECIAL SCHOOL

**Date: 15-08-2022**

**Time: 9.30-2.00PM**

**Target audience: Students of MITE**

### **Brief about the event:**

Mite since inception has the tradition of catering to the needs of the society. As a tradition MITE – NSS celebrated Independence Day at special school. So this year MITE NSS celebrated Independence Day at Vijetha Special School to share special movements with special kids.



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CGPA: 3.44



**MITE National Service Scheme (NSS)**

**Organises**

**CELEBRATION OF INDEPENDENCE DAY**

**At**

**VIJETHA SPECIAL SCHOOL KARKALA**

**Time: 10.00 – 1.00 PM**

**Date: 15/08/2022**





The civilized person is judged by how well he responds to the needs of the less fortunate. The NSS Volunteers and students of MITE spent valuable time with special kids. Dr. Ganesha Prasad, Principal, MITE in his speech spoke about the purpose of organising such a visit. He said God has gifted many things like good health, good physique, healthy lifestyle, good job, etc to help people and extend support to the needy. A small donation can make big changes for the well wishers of this school and that gives a sense of satisfaction for us.

MITE handed over groceries required for 3 months, a grass cutting machine, yoga mats, etc. worth Rs 1 Lakh. After the program special kids of the school entertained the guests with song and dance. NSS volunteers and students entertained audience with few performances. The visit was accompanied by faculty members Prof. Jayadeva Prasad, HoD, Department of Business Administration, Dr. Anand, HoD, Aeronautical department, Dr. Mohan, HoD, Mechatronics department, Prof. Jinaprasad, Placement department, Prof. Aveen, Mechanical Department. For the last few years, MITE is continually helping these special schools financially as well as morally.



*Principal handing over things to school*



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*Principal receiving memento from the school*



*Volunteers at Vijetha Special School*

Link for video:

[https://drive.google.com/file/d/1H1iZK4yDaeuqxuhA8LHGqrsuhdQ3e3Gr/view?usp=share\\_link](https://drive.google.com/file/d/1H1iZK4yDaeuqxuhA8LHGqrsuhdQ3e3Gr/view?usp=share_link)