

MITE

YOUTH RED CROSS



Activities Report – 2024-25



MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING

(A unit of Rajalaxmi Education Trust ®, Mangalore)

Autonomous Institute affiliated to V.T.U., Belagavi , Approved by AICTE, New Delhi

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YOUTH RED CROSS, MITE

ANNUAL REPORT 2024-25

MITE Youth Red Cross Committee for the Academic Year 2024-25

Role	Name & Designation
Chairperson	Dr. Prashanth C M, Principal.
Program Officer and Convenor	Dr. Jayashri Shetty, Asso. Professor/HOD Dept of MBA
Members	Ms Swapna S A, Assistant Professor, Dept of Civil Engineering
	Dr. Jayaprakash M.C, Assistant Professor, Dept. Civil Engineering
	Dr. Vignesh Nayak Ullal, Asst. Professor, Dept. of Mechanical Engineering
	Mr. Ranjith H D, Assistant Professor, Department of Electronics and Communication Engineering
	Mr. Suraj Shet, Asst. Professor, Dept. Civil Engineering
	Dr. Kiran Kumar M V, Assistant Professor, Department of Mechatronics Engineering
	Mr. Pradeep Kumar, Senior Assistant Professor, Department of Business Administration
	Dr. Madhan Raj, Asst. Professor, Dept. of Aeronautical Engg.
	Dr. Aravind Krishnan, Medical Officer
	Dr. Antony Praveen, Physics Cycle, Department of Basic Sciences.

Youth Red Cross, MITE

ACTIVITIES 2024-25

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Activity 1: Blood Donation Camp at Dr. TMA Pai Rotary Hospital, Karkala

Date: 08-12-2024

Time: 10:00 AM to 1:00 PM

Target Audience: Student Volunteers of MITE Youth Red Cross

Venue: Dr. TMA Pai Rotary Hospital, Karkala

Brief About the Event:

MITE Youth Red Cross joined hand with Dr TMA Pai Rotary Hospital, Karkala to fulfill the urgent demand for blood in KMC blood bank, Manipal. In this regard, Dr TMA Pai Rotary Hospital, Karkala had called for voluntary blood donors from MITE YRC on 12th December 2024.

The Office Administrator of Dr TMA Pai Rotary Hospital, Karkala Mr Natesh, Mr Ashlon and Mr Naveen were present during the program and they appreciated the societal concern and service of MITE YRC. Under the guidance Dr. Jayashri Shetty, Program Officer MITE Youth Red Cross, student volunteers Co-ordinated this event.



Student Volunteers at the blood donation camp venue



Volunteers donating the blood



Student Volunteers at TMA Pai Rotary Hospital



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Activity 2: Free Medical Camp at Belvai Village

Date: 05-02-2025

Time: 9:00 AM to 1:00 PM

Target Audience: Residents of Belvai Village

Venue: D K Zilla Panchayat Govt Urdu Higher Primary School, Belvai

Brief about the event:

The Medical camp inauguration was facilitated by Dr. Jayashri Shetty, Program Officer, MITE Youth Red Cross, Mr. Suresh, President Gram Panchayat, Belvai, Dr. Bharath – Resident Doctor, Primary health Centre Belvai, Dr. Akshaya representing Dr. T M A Pai Rotary Hospital, Karkala and Ms. Roopa, Principal D K Zilla Panchayat Govt Urdu Higher Primary School, Belvai. The President of the inaugural function Dr Jayashri Shetty addressed the gathering and highlighted the societal contributions by MITE Youth Red Cross.

113 Villagers of Belvai village got benefitted by this medical camp. 7 Red Cross student volunteers of MITE Youth Red Cross rendered their service to make this Event a grand success. Doctors of Dr. TMA Pai Rotary Hospital belonging General Medicine, Cardiology, Ophthalmology, Bone & Joint departments participated in the free medical camp.

Dr. Jayashri Shetty spoke on the occasion and thanked all the other organisers for having come together to organise this event and the participants for coming in large numbers. The Ceremony ended with the vote of thanks by MITE Youth Red Cross student Volunteer, Ms. Ananaya of I year MBA.



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Mijar,Moodbidri-574225,Mangalore Taluk,D.K. Dist., Karnataka,INDIA.

Where Stones
turn into
Diamonds



**ಮೈಟ್ರ್ ಯೂಥ್ ರೆಡ್ ಕ್ರಾಸ್
ಗ್ರಾಮ ಪಂಚಾಯತ್, ಬೆಳುವಾಯಿ
ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ, ಬೆಳುವಾಯಿ
ಡಾ.ಟಿ. ಎಂ. ಎ. ಪೈ. ರೋಟರಿ ಆಸ್ಪತ್ರೆ, ಕಾರ್ಕಳ
ಇವರ ಆಶ್ರಯದಲ್ಲಿ**

**Dr TMA PAI ROTARY HOSPITAL
KARKALA**
(Teaching hospital of KMC Manipal, a unit of MAHE)



**ಫೆಬ್ರವರಿ
5
ಬುಧವಾರ**

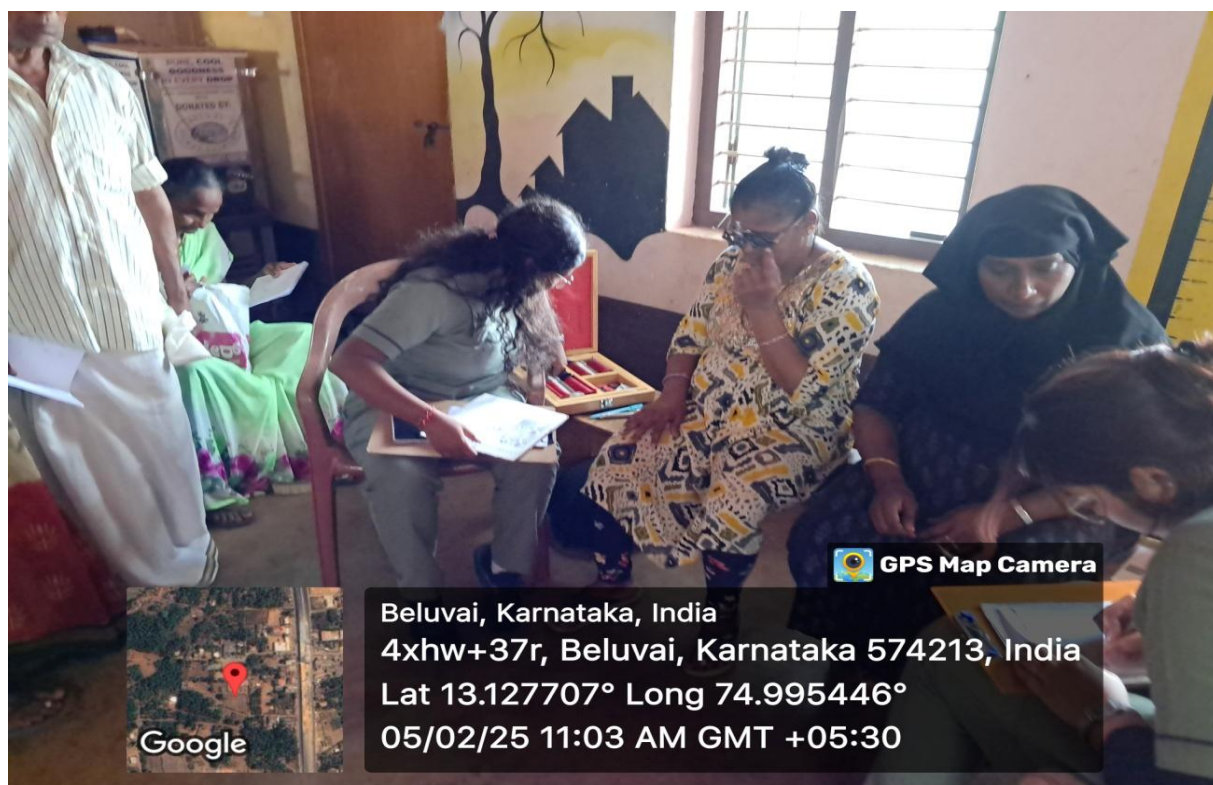
**ಉಚಿತ
ಹೃದಯ ರೋಗ, ಸಾಮಾನ್ಯ ರೋಗ,
ಮೂಳೆ ಮತ್ತು ಕೀಲು, ಕಣ್ವಿನ
ತಪಾಸಣೆ**

**ಬೆಳಿಗ್ಗೆ ಗಂಟೆ
9:00 ರಿಂದ
1:00 ರವರೆಗೆ**

**ಸ್ಥಳ:
ದ. ಕ. ಜಿ. ಪಂ. ಸರ್ಕಾರಿ ಉರ್ದು ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆ,
ಬೆಳುವಾಯಿ .**



Participants of the free Medical Camp



Eye Check up in progress for the registered patients







Villagers registering their names at the registration desk



Doctor Diagnosing the patients




Diagnosis in progress







ಮೈಟೆ ಯೂತ್ ರೆಡ್‌ಕ್ರಾಸ್, ಮೈಟೆ ಮೂಡುಬಿದಿರೆ
ಗ್ರಾಮ ಪಂಚಾಯತ್, ಬೆಳುವಾಯಿ
ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ, ಬೆಳುವಾಯಿ
ಡಾ|| ಟಿ.ಎಂ.ಎ.ಪೈ, ರೋಟರಿ ಆಸ್ಪತ್ರೆ, ಕಾರ್ಕಳ
ಇವರ ಆಶ್ರಯದಲ್ಲಿ

ದಿನಾಂಕ: 05-02-2025 ಬುಧವಾರ ಸಮಯ: ಬೆಳಿಗ್ಗೆ ಗಂಟೆ : 9.00 ರಿಂದ 1.00ರ ವರೆಗೆ
 ಸ್ಥಳ: ದ. ಕ. ಜಿ.ಪಂ. ಸರಕಾರಿ ಉರ್ದು ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆ, ಬೆಳುವಾಯಿ



ತಜ್ಞ ವೈದ್ಯರಿಂದ ಉಚಿತ ಹೃದಯರೋಗ,
ಸಾಮಾನ್ಯ ರೋಗ,
ಮೂಳೆ ಮತ್ತು ಕೀಲು, ಕಣ್ಣಿನ ತಪಾಸಣೆ



ಭಾಗವಹಿಸುವ ವಿಭಾಗಗಳು:

ಹೃದಯ ರೋಗ:
 ಉಚಿತ ಇ.ಸಿ.ಬಿ. ಮಧುಮೇಹ ಪರೀಕ್ಷೆ, ಬಿ.ಪಿ. ಎದೆ ನೋವು, ಉಬ್ಬಸ, ಮೈಕೈ ನೋವು, ಟಿ. ಬಿ., ಅಸ್ತಮಾ, ನಿಶ್ಚಿತ, ಕೆಮ್ಮು, ಶೀತ, ಜ್ವರ ಇತ್ಯಾದಿ.

ಕಣ್ಣಿನ ವಿಭಾಗ:
 ಕಣ್ಣಿನಲ್ಲಿ ದುರ್ಮಾಂಸ, ದೃಷ್ಟಿ ಕಡಿಮೆ, ಕೆಂಪು ಕಣ್ಣು, ಕಣ್ಣಿನಲ್ಲಿ ಪೊರೆ ಇತ್ಯಾದಿ.

ಮೂಳೆ ಮತ್ತು ಕೀಲು:
 ಸ್ನಾಯು ಸೆಳೆತ, ಸೊಂಟ ಮತ್ತು ಬೆನ್ನು ನೋವು ಪರೀಕ್ಷೆ ಇತ್ಯಾದಿ.

ವಿ. ಸೂ:

- ☐ ವೈದ್ಯರ ವಿಭಾಗದಲ್ಲಿ ಮೇರಿಗೆ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಯಾವುದೇ ವಿಮೆ ಇಲ್ಲದ ರೋಗಿಗಳಿಗೆ ಉಚಿತವಾಗಿ ಕಣ್ಣಿನ ತಪಾಸಣೆಯು ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಮಾಡಲಾಗುವುದು.
- ☐ ಆಗತ್ಯವಿರುವವರಿಗೆ ಡಾಕ್ಟರ್‌ರವರ ವಿಭಾಗದಲ್ಲಿ ಮೇರಿಗೆ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ECHO & TMT ಮತ್ತು ಹಿರಿಯ ಹೃದ್ರೋಗ ತಜ್ಞರಿಂದ ತಪಾಸಣೆ ಉಚಿತವಾಗಿ ಮಾಡಲಾಗುವುದು.

ಸಾರ್ವಜನಿಕರು ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿ, ವಿವರವನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಬೇಕಾಗಿ ವಿನಂತಿ.

..... ತಮಗೆಲ್ಲರಿಗೂ ಅದರದ ಸ್ವಾಗತ ಖಯನವ
ಮೈಟೆ ಯೂತ್ ರೆಡ್‌ಕ್ರಾಸ್, ಮೈಟೆ ಮೂಡುಬಿದಿರೆ
ಗ್ರಾಮ ಪಂಚಾಯತ್ ಹಾಗೂ ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ, ಬೆಳುವಾಯಿ
ಡಾ|| ಟಿ.ಎಂ.ಎ.ಪೈ, ರೋಟರಿ ಆಸ್ಪತ್ರೆ, ಕಾರ್ಕಳ
MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING (MITE), MIJAR
ಭಾರತ ಸರಕಾರದ ಉನ್ನತ್ ಭಾರತ್ ಅಭಿಯಾನ ಯೋಜನೆ ಕಾರ್ಯಕ್ರಮದ ಒಂದು ಭಾಗ



(ಗ್ರಾಮೀಣಾಭಿವೃದ್ಧಿ ಮತ್ತು ಪಂಚಾಯತ್ ರಾಜ್ ಇಲಾಖೆ)

ಗ್ರಾಮ ಪಂಚಾಯತ್ ಕಾರ್ಯಾಲಯ ಬೆಳುವಾಯಿ

ಮೂಡಬಿದ್ರೆ ತಾಲೂಕು ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲೆ

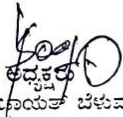
Ph:08258-276172

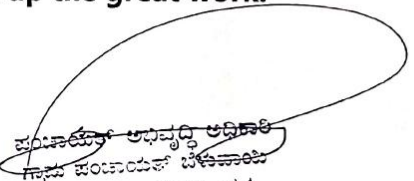
Email:beluvai.mng.dk@gmail.com

Date :06-02-2025

APPRECIATION LETTER

Thank you for your outstanding efforts in organizing the medical camp. Your dedication and commitment to serving the community are truly commendable. Your selfless efforts at the medical camp are greatly appreciated. Keep up the great work.


ಗ್ರಾಮ ಪಂಚಾಯತ್ ಬೆಳುವಾಯಿ
ಮೂಡಬಿದ್ರೆ ತಾಲೂಕು, ದ.ಕ.


ಪಂಚಾಯತ್ ಅಭಿವೃದ್ಧಿ ಅಧಿಕಾರಿ
ಗ್ರಾಮ ಪಂಚಾಯತ್ ಬೆಳುವಾಯಿ
ಮೂಡಬಿದ್ರೆ ತಾಲೂಕು, ದ.ಕ.



ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲಾ ಪಂಚಾಯತ್.

ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸೇವೆಗಳು , ದ.ಕ.

ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ , ಬೆಳುವಾಯಿ, ಮೂಡಬಿದ್ರೆ ತಾಲೂಕು, ದ.ಕ. 574 213
ದೂರವಾಣಿ :- 08258 298771 MAIL : phcbeluvai@gmail.com

PHC BLV / 26 / 2024-25

DATE : 15 - 02 - 2025

ಅಭಿನಂದನಾ ಪತ್ರ

ಮಂಗಳೂರು ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಇಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜಿನ MITE ಯೂತ್ ರೆಡ್ ಕ್ರಾಸ್ ವಿಭಾಗದಿಂದ ಉನ್ನತ ಭಾರತ್ ಅಭಿಯಾನ ಕಾರ್ಯಕ್ರಮದ ಅಡಿಯಲ್ಲಿ ದಿನಾಂಕ 5.02.2025 ರಂದು ಬೆಳುವಾಯಿಯ ಉರ್ದು ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯಲ್ಲಿ ತಜ್ಞ ವೈದ್ಯರಿಂದ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರವನ್ನು ಆಯೋಜಿಸಿರುತ್ತೀರಿ.

ಬೆಳುವಾಯಿ ಗ್ರಾಮ ಪಂಚಾಯತ್ ಸಹಯೋಗದೊಂದಿಗೆ ನಡೆದ ಈ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರದಲ್ಲಿ ಟಿಎಮ್‌ಎ ಪೈ ರೋಟರಿ ಆಸ್ಟ್ರೇ ಕಾರ್ಕಳ ಇಲ್ಲಿನ ತಜ್ಞ ವೈದ್ಯರು ಮತ್ತು ಸಿಬ್ಬಂದಿಗಳ ತಂಡವು ಆರೋಗ್ಯ ತಪಾಸಣೆ ಹಾಗೂ ಸಮಾಲೋಚನೆಯನ್ನು ನಡೆಸಿದ್ದರು. ಬೆಳುವಾಯಿ ಗ್ರಾಮದ ನೂರಕ್ಕೂ ಹೆಚ್ಚು ಫಲಾನುಭವಿಗಳು ಇದರ ಪ್ರಯೋಜನ ಪಡೆದಿರುತ್ತಾರೆ.

ಈ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರವನ್ನು ಯಶಸ್ವಿಯಾಗಿ ಆಯೋಜಿಸಿರುವ ತಮಗೆ ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ ಬೆಳುವಾಯಿಯ ಪರವಾಗಿ ಧನ್ಯವಾದವನ್ನು ತಿಳಿಸುತ್ತಾ , ಈ ಅಭಿನಂದನಾ ಪತ್ರವನ್ನು ಒಪ್ಪಿಸುತ್ತಿದ್ದೇನೆ. ತಮ್ಮ ಈ ಸತ್ಕಾರ್ಯವು ಹೀಗೆ ಮುಂದುವರೆಯಲಿ ಎಂದು ಆಶಿಸುತ್ತೇನೆ.


ಬೆಳುವಾಯಿ

15-02-2025.

ಇವರಿಗೆ,

ಮಾನ್ಯ ಮುಖ್ಯಸ್ಥರು ,

MITE , ಮಿಜಾರು, ಮೂಡಬಿದ್ರೆ.


15/02/2025

ವೈದ್ಯಾಧಿಕಾರಿ
ವೈದ್ಯಾಧಿಕಾರಿ
ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ
ಬೆಳುವಾಯಿ, ದ.ಕ. - 574 13

Activity 3: Panel Discussion on World Malaria Day

Date: 25-04-2025

Time: 2:30 PM - 3:30 PM

Target Audience: 2nd year Students

Venue: Room -201, PG Block, MITE

Brief about the event:

MITE Youth Red Cross organized a panel discussion on “World Malaria Day” on 24th April 2025. The moderator and panellists were second-year MBA students. The students and the program officer, MITE Youth Red cross were part of the audience. Each panellist presented on sub theme under the overall topic: “World Malaria Day.”



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Badaga Mijar, Moodabidri-574225, Mangalore Taluk, D.K. Dist., Karnataka, INDIA



MITE YOUTH RED CROSS

is organising

PANEL DISCUSSION

on

“World Malaria Day”

Moderator



Prakruti P Shetty

Panel members



B Adith R Acharya



Pranav Krishna



Sinchana



Varsha

Date: 25.04.2025

Time: 12.00 – 1.00 PM

Venue: PGL-201

Invitation of Panel Discussion



Moderator and Panel members of the session

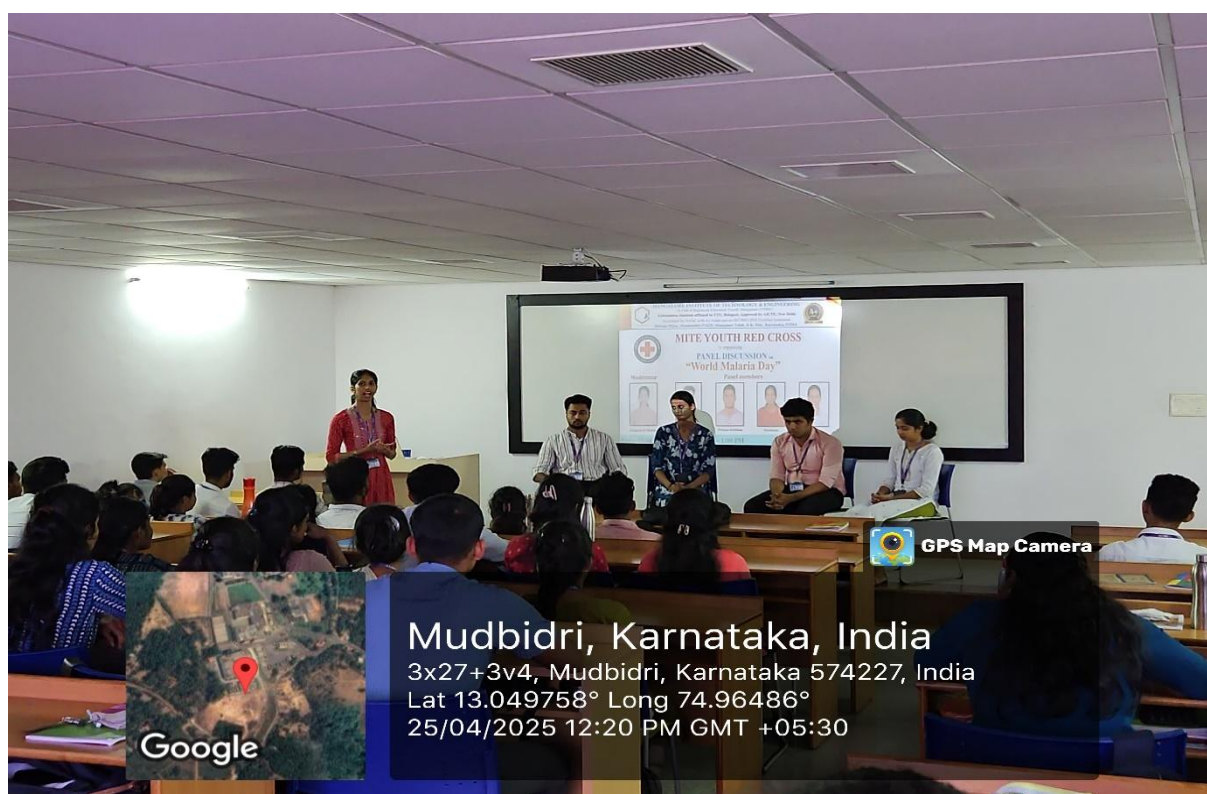
The event started with welcome by the moderator, Prakruti P. Shetty. She then gave a brief introduction of each panellist. To set the context for the panel discussion, the moderator also presented a brief introduction to malaria, after which the discussion was taken over by the panellists. Through their presentation, the panellists introduced the audience to the history, causes, treatment, and prevention of malaria, highlighting many facts about the disease and its global impact. The other panellists in the discussion spoke on different themes such as:

- Mr Adith - The history and evolution of the disease.
- Mr Pranav Krishna - The causes of the disease.
- Ms Varsh - The treatment decrease and the government aids available.
- Ms Sinchana - The precautions and prevention measures for the disease.

All the panellists who presented on the above themes clearly explained the topics to the audience. The discussion was well received, and the audience asked the

questions and cleared their doubts about various aspects of malaria. The moderator directed the panellists to answer the questions from the audience based on their respective themes.

The event concluded with a vote of thanks to the Program Officer, MITE Youth Red Cross, and the students, for providing the opportunity for students to actively participate and express their views on the topic. The audience also expressed that the message shared during the event was very informative and helped clear many misconceptions about malaria.



Interaction with the audience

Activity 4: Panel Discussion on World Red Cross Day

Date: 08-05-2025

Time: 2:30 PM - 3:30 PM

Target Audience: 2nd year Students

Venue: PGL 301, MITE

Brief about the event:

A Panel discussion was held on the topic World Red Cross Day by the students of second year MBA. Each panellist presented on sub theme under the topic.



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Badaga Mijar, Moodabidri-574225, Mangalore Taluk, D.K. Dist., Karnataka, INDIA



MITE YOUTH RED CROSS

is organising

PANEL DISCUSSION ON “World Red Cross Day”

Moderator



Disha R Poojary

Panel members



K. Prakrati Bharadwaj



Gowrish B Moily



Karthik Kamath K



Pavana

Date: 08.05.2025

Time: 2.30 – 3.30 PM

Venue: PGL-301

Invitation of Panel Discussion

MITE Youth Red Cross organized a panel discussion on “World Red Cross Day” on 8th May 2025. The moderator and panellists were from the second-year of MBA. The students and the Program Officer, MITE Youth Red Cross and faculty co-ordinators were part of the audience.



Discussion is in progress

The event began with the moderator, Disha R Poojary, welcoming Dr. Jayashri Shetty, Head of the Department of Management Studies, along with the audience and the panellists. She gave a short introduction of each panellist. To begin the discussion, the moderator gave a brief explanation about World Red Cross Day. After that, the panellists continued with the discussion. In her introduction, the moderator spoke about the history, purpose, and important work done by the Red Cross, and the panellists shared more information about its global impact.

The panellists spoke on different themes such as:

- Mr Karthik Kamath - History of Red Cross Movement.
- Mr Gowrish - Role of Red Cross in Disaster Management.
- Ms Pavana - Challenges and opportunities in Humanitarian Work.
- Ms Prakruthi Bharadwaj- Future Directions and Innovations.

All the panellists clearly explained their topics to the audience. The discussion was well received, and the audience actively asked questions and cleared their doubts about different

aspects of the Red Cross. The moderator guided the panellists to answer the audience's questions based on the themes they had spoken about.



Panel Members answering the questions

The event concluded with a vote of thanks to the Head of the Department of Management Studies, the students, and the MITE Youth Red Cross for giving the opportunity to the students to actively participate and share their views on the topic. The audience also shared that the messages and information presented during the event were very informative and helped them to better understand the importance and work of the Red Cross.

Activity 5: Blood Donation Camp at MITE

Date: 17-05-2025

Time: 9.30.00-1.00 pm

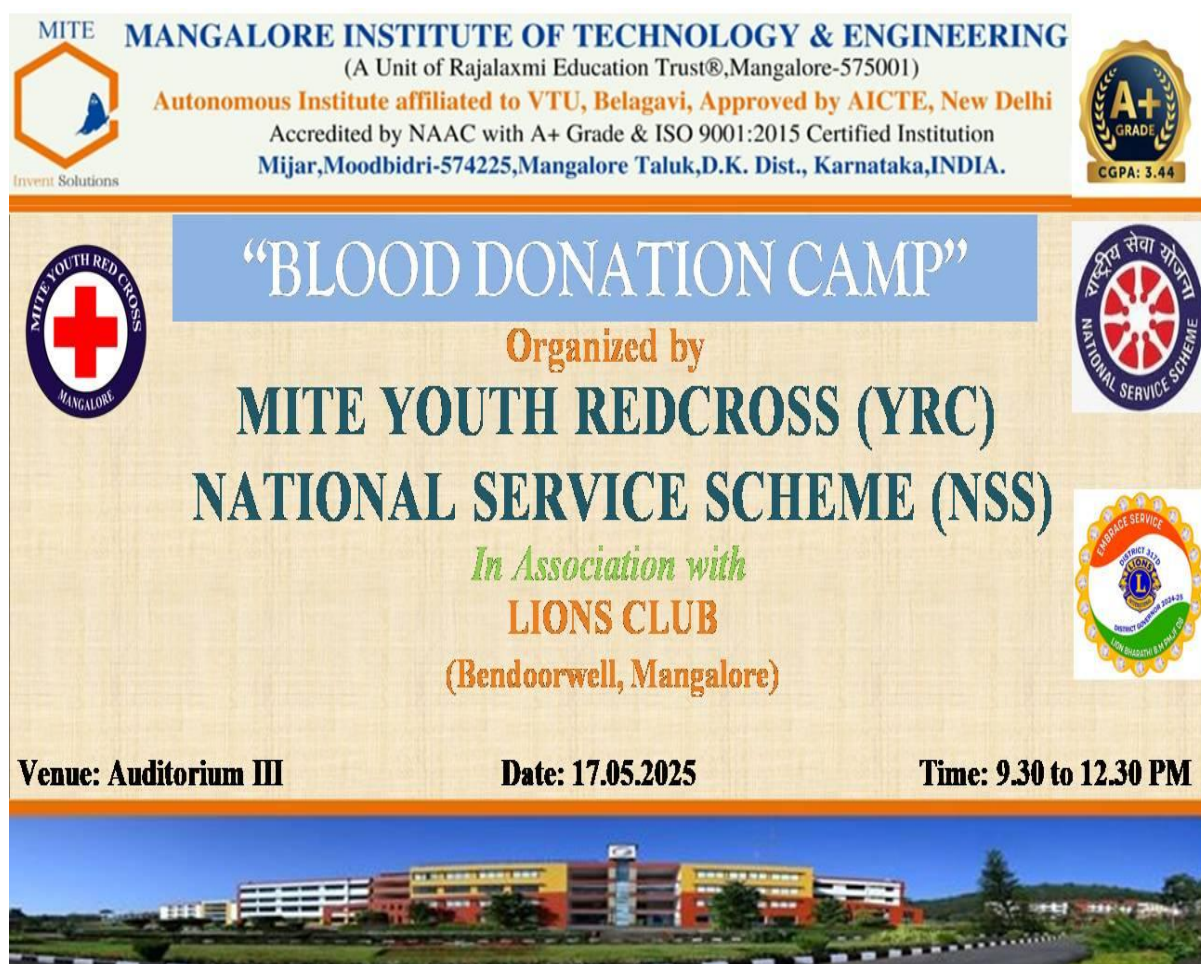
Target audience: Students and Faculty of MITE

Venue: Auditorium III

Participated Blood bank: KMC Hospital, Mangalore, Red cross blood bank, Mangalore

Brief about the event:

MITE YOUTH REDCROSS along with MITE NSS organized a blood donation camp on 17/05/2025 with support from Lions club Bendoorwell, Mangalore, KMC Hospital Mangalore and Red cross blood bank facilitated the blood donation camp.



The banner is for a "BLOOD DONATION CAMP" organized by MITE YOUTH REDCROSS (YRC) and NATIONAL SERVICE SCHEME (NSS). It is in association with the LIONS CLUB (Bendoorwell, Mangalore). The banner includes the MITE logo and name at the top left, and the A+ NAAC accreditation logo at the top right. The central text is in a large, bold font. The bottom section features the venue (Auditorium III), date (17.05.2025), and time (9.30 to 12.30 PM). The bottom of the banner shows a photograph of the MITE Mangalore building.

MITE MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING
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Autonomous Institute affiliated to VTU, Belagavi, Approved by AICTE, New Delhi
Accredited by NAAC with A+ Grade & ISO 9001:2015 Certified Institution
Mijar,Moodbidri-574225,Mangalore Taluk,D.K. Dist., Karnataka,INDIA.

“BLOOD DONATION CAMP”
Organized by
MITE YOUTH REDCROSS (YRC)
NATIONAL SERVICE SCHEME (NSS)
In Association with
LIONS CLUB
(Bendoorwell, Mangalore)

Venue: Auditorium III **Date: 17.05.2025** **Time: 9.30 to 12.30 PM**

Banner of the blood donation camp

The program was inaugurated by Dr. Prashanth C M, Principal of MITE, Moodbidri. Doctors from KMC Mangalore and Red cross Mangalore and dignitaries from Lions Club, Bendoorwell were present. The chief guest of the program Lion Ronald Gomes, in his inaugural address mentioned that blood donation is the humblest work a human can do. He appealed to students to donate blood once in three months.

Another guest of day, Lion Nagesh Kumar spoke about his experience of organizing blood donation camps. He also mentioned about requirements of blood, various varieties of blood, and basic requirements of blood donors and also mentioned the process blood goes through. A total of 125 units of blood was collected from donors. All the donors were awarded certificates.



Chief Guest lighting the lamp



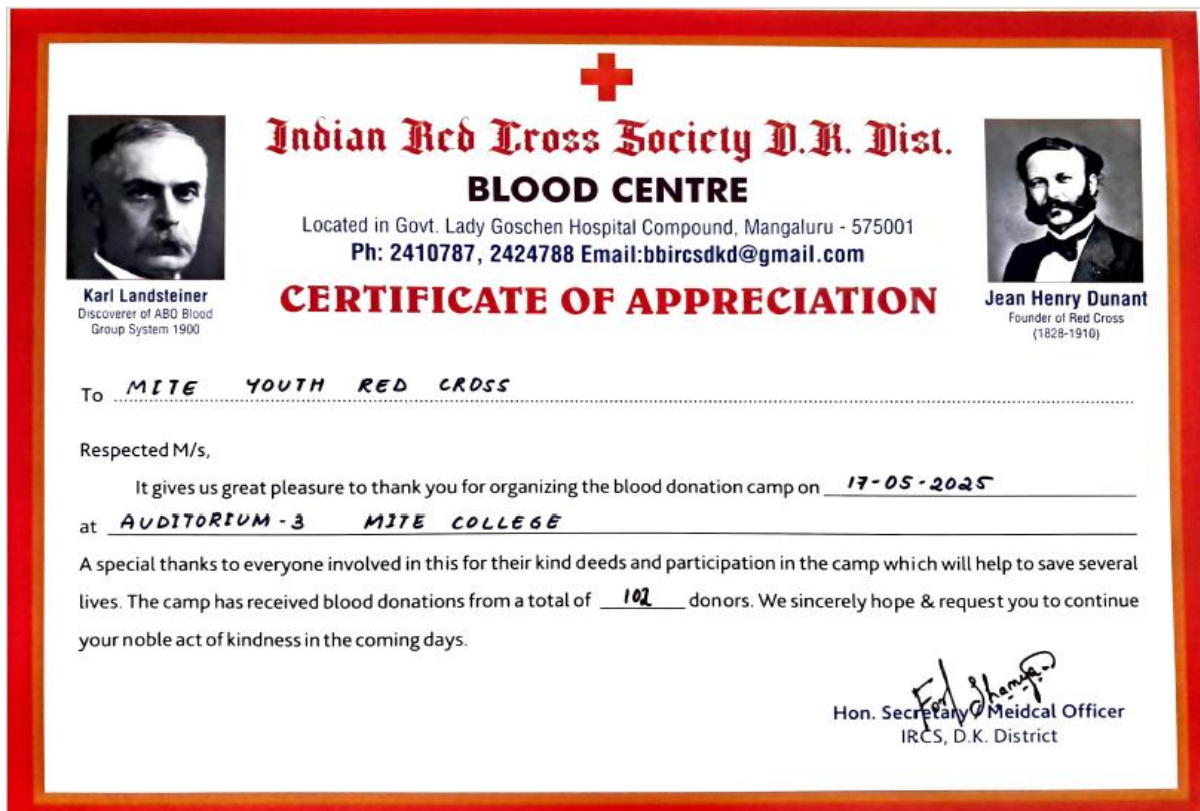
Principal addressing the gathering



Donors donating blood



Donors donating blood



Appreciation certificate from KMC Hospital Mangalore

Activity 6: Panel Discussion on World No Tobacco Day

Date: 31-05-2025

Time: 12:00 - 1:00 PM

Target Audience: MBA Students

Venue: Audi-II, MITE

Brief about the event:

MITE Youth Red Cross organized a panel discussion on “World No Tobacco Day” on 31st May 2025. The moderator and panellists were first-year MBA students. The students of the Department of Management Studies were part of the audience.

This event featured a distinguished line up of speakers, including Mr. Ravesh S. Mestha, Mr. Yuvaraj, Ms. Rashmi Shetty, Ms. Hitashree, and Mr. Roshan Danthi. Mr Shetty Vignesh Govinda was the moderator. The discussion aimed to educate attendees on various aspects of tobacco use, particularly its impact on youth.



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MITE YOUTH RED CROSS

is organizing

PANEL DISCUSSION ON “World No Tobacco Day”

Moderator



Shetty Vignesh Govinda

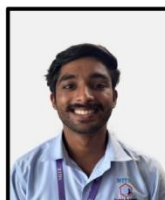
Panel members



Hitashree



Raveesh S Mestha



Roshan Danthi



Rashmi Shetty



Yuvaraj

Date: 31.05.2025

Time: 12:00pm to 01:00pm

Venue: Audi 2

Invitation of Panel Discussion

The discussion began by the moderator addressing the alarming health effects of tobacco on young individuals. The speakers highlighted that tobacco contains numerous harmful chemicals, including nicotine, tar, and carbon monoxide, which pose significant health risks. These substances can damage vital organs such as the lungs and heart while also weakening the immune system. Furthermore, the dangers of passive smoking were emphasized, as it poses serious health risks to children and non-smokers alike. The speakers cautioned that vaping, often perceived as a safer alternative, is not without risks, as many e-cigarettes contain addictive nicotine and toxic metals.

The panel concluded with a call to action for youth. The highlights of the interaction with the audience has added sufficient inputs to the discussion such as combating tobacco use by initiating awareness campaigns, rallies, and poster competitions in schools. Peer education programs can effectively share information about tobacco in relatable formats, while organizing debates, street plays, or social media challenges can further engage youth in advocating for tobacco-free lifestyles. Supporting friends and family members who wish to quit smoking or vaping is vital for fostering a tobacco-free community. Additionally, advocating for tobacco-free zones in schools, colleges, parks, and public spaces can help create healthier environment for all.



Moderator and Panel members of the secession

Activity 7: Panel Discussion on World Blood Donor Day

Date: 14-06-2025

Time: 12:00 - 1:00 PM

Target Audience: MBA Students

Venue: Audi-II, MITE

Brief About the Event:

MITE Youth Red Cross organized a panel discussion on “World Blood Donor Day” on 14th June 2025. The moderator and panellists were first-year MBA students. Each panellist presented on sub theme under the topic: “World Blood Donor Day”. This event featured a distinguished line up of speakers, including Ms. Rakshitha, Ms. Ashwini, Mr Vinay Kumar and Ms. Ananya Bharithaya. Ms Adithi was the moderator for the discussion. The discussion aimed to raise awareness about the significance of voluntary blood donation.



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MITE YOUTH RED CROSS

is organising

PANEL DISCUSSION ON

“World Blood Donor Day”



Moderator

Panel members



Adithi



Rakshitha



Vinay Kumar



Ananya Bharithya



Ashwini

Date: 14.06.2025

Time: 12.00 – 1.00 PM

Venue: Audi 2

Invitation of Panel Discussion

The session opened with an emotional narrative by the moderator that highlighted the real-life struggles faced by families of patients who depend on voluntary blood donors. A story was shared of a young schoolgirl who took the initiative to find A-negative blood donors to save a boy suffering from thalassemia, emphasizing how even a small step taken by one person can impact multiple lives. The audience were reminded that one unit of donated blood can potentially save up to three lives and that millions of lives are saved each year through regular donations.

The panel then explained the health benefits associated with blood donation. It was emphasized that donating blood not only helps patients in need but also promotes the donor's own health. It aids in the regulation of iron levels in the body and reduces the risk of heart-related illnesses. Moreover, it stimulates the production of new blood cells, keeps the circulatory system active, and helps with early detection of health issues due to the mandatory screening that precedes every donation. The audience were also informed that donating blood gives a sense of satisfaction and mental well-being, knowing that it contributes directly to saving lives.

Panellist expressing his view



The panel mentioned that to be eligible, a donor must be between 18 and 65 years of age, weigh at least 50 kg, and have a haemoglobin level of at least 12.5 g/dL. Temporary deferrals are common for individuals suffering from Infections, undergoing medication, or with recent tattoos or body piercings. Furthermore, the Limited shelf life of blood components such as platelets, red cells, and plasma, increases need for continuous and regular donations to maintain availability.



Panellist making their point

The panel concluded the session by suggesting practical measures to increase awareness about blood donation. It was recommended that institutions conduct regular donation drives, awareness campaigns, and interactive sessions to educate students. Encouraging peer participation, sharing donor experiences, and integrating donation with personal milestones like birthdays were also highlighted as effective ways to promote a culture of voluntary blood donation.

Activity 8: Felicitation by Rotary Club Karkala

MITE YOUTH REDCROSS WAS FELICITATED BY ROTARY CLUB KARKALA ON 14.06.2025 FOR CONDUCTING BLOOD CAMPS AND SERVING THE SOCIETY.



Certificate of appreciation from TMA Pai Rotary Hospital



Dr. Jayashri Shetty, Program Officer, MITE Youth Red Cross receiving the certificate