



MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING

(A Unit of Rajalaxmi Education Trust®, Mangalore)

Autonomous Institute affiliated to VTU, Belagavi, Approved by AICTE, New Delhi

Accredited by NAAC with A+ Grade & ISO 9001:2015 Certified Institution

STUDENT WELFARE COMMITTEE (SWC)

ANNUAL REPORT 2024-25

Preamble

The Student Welfare Committee at MITE takes care of all the student-related welfare measures like academic and personal development, allowing students to participate in extra-curricular activities, honoring students once they receive academic and non-academic recognitions, helping students to obtain scholarships offered by Government and Private agencies, providing proper support and guidance to the students and report the developments to the Institution's Management from time to time.

Frequency of the Meeting :

The committee meets at least twice in a year to discuss the activities as mentioned in the preamble.

The Minutes of the meeting held in the academic year 2024-25 is attached at the end of the report.

Constitution of the Committee for the year 2023-24

Sr.	Name	Representation	Role/Designation
1	Dr. Prashanth C M	Principal	Chairman
2	Dr. Madhwaraj K G	Professor & HoD, Dept of MCA	Student Welfare Officer
3	Dr. Jyothi S	Chief Warden, Girls Hostels	Members
4	Dr. Shree Kumar	Chief Warden, Boy's Hostels	
5	Mr. Aveen	Assistant Professor, Dept of Mechanical Engineering	
6	Dr. Amrutha H P	Assistant Professor, Dept of Basic Sciences / Mathematics	
7	Mr. Suraj M. Shet	Assistant Professor, Dept of Civil Engineering	
8	Mr. Pradeep Kumar	Assistant Professor, Dept of Master of Business Administration	

9	Dr. Amit K	Assistant Professor, Dept of Electronics and Communication Engineering	Members
10	Mr. Subramanya Bhat	Assistant Professor, Dept of Information Science and Engineering	
11	Dr. Sujesh Kumar	Assistant Professor, Dept of Aeronautical Engineering	
12	Ms. Rajeswari	Assistant Professor, Dept of Mechatronics Engineering	
13	Ms. Sudeeksha Viswanath, Dept of CSE	Student Representative	
14	Mr. Anudeep, Dept of Management Studies	Student Representative	

Activities Report for the Academic Year 2024-25

Sr. No.	Type of Activity
1	Internal Counselling Session
2	External Special Talk
3	International Yoga Day Celebrations
4	Scholarships

1. Internal Counselling Session:

A special counselling session titled “Life Skills : Resilience and Success” was conducted by our college Counsellor Ms. Shaila Sequeira for some of our MITE students on 15.03.2025 at 11 am. The objective of this session was to equip student individuals with the essential skills to navigate challenges and achieve their goals while studying in college.

A brief on the event :

Students are now living in a world that is constantly changing, where challenges and unexpected situations come our way. In such a world, knowledge alone is not enough. What really helps us grow is the ability to adapt, to bounce back when life knocks us down, and to turn setbacks into stepping stones. This quality is called resilience. For one to succeed, not only in academics, but also in our careers, relationships, and personal growth, we need essential life skills like communication, problem-solving, decision-making, time management, and emotional intelligence. These are the tools that help us navigate the ups and downs of life with confidence. Success, is not just about marks or medals. It is about building the strength to face failures, the courage to keep going, and the wisdom to use our life skills to create opportunities from challenges.

The resource person emphasized the importance of recognizing and developing one's potential and encouraged students to work towards their goals with determination. She also discussed key aspects such as stress management, time management, problem-solving, communication skills, and other vital life skills essential for personal and academic growth.



Ms Shaila Sequiera addressing the students

Outcome of the Activity :

- Students found the session highly useful in enhancing their life skills, this was evident through the feedback they had given. They rated the discussion on stress management, problem-solving, resilience, and time management particularly beneficial. Many

appreciated learning how to tackle real-life challenges and maintain a positive mindset. Students felt that the topics covered were relevant to their academic and personal life. They also reported of feeling more confident in handling challenges and setbacks after attending this session. The session was highly interactive, with students feeling comfortable sharing thoughts and asking questions.

2. External Special Talk:

An external special talk titled “Secrets of Healthy Living” was conducted by Dr. Prasanna Kakunje MD (Ayurvedha), Ayurveda Consultant and Wellness Director, Kakunje Wellness, Moodabidri for the MITE PG students on 20.06.2025 at 3 pm. The objective of this session was to bring awareness among students on different ayurvedic perspectives of health, balance and wellness.

A brief on the event :

Ayurvedic style of living is an old traditional method followed by thousands of people which since many years and especially in India due to its origin here. Ayurvedic practices are rooted in the principle of maintaining balance between the body, mind, and environment. They emphasize prevention over cure through proper daily routines (Dinacharya), seasonal practices (Ritucharya), and mindful dietary habits tailored to individual body types (doshas). Common practices include the use of natural herbs and spices, yoga, meditation, breathing exercises, detoxification therapies, and oil massages. These practices help improve digestion, boost immunity, manage stress, and enhance overall well-being. By focusing on natural and sustainable methods, Ayurveda provides a holistic lifestyle system that remains relevant even in today’s modern world.

This session was aimed to promote awareness of holistic wellness and the importance of adopting healthy lifestyle practices. The resource person highlighted the Ayurvedic approach to maintaining balance in life through proper diet, daily routines (Dinacharya), and seasonal practices (Ritucharya). Students learned about mindful eating, stress management techniques, and the significance of sleep, exercise, and mental well-being in achieving overall health.

The resource person emphasized the preventive aspect of Ayurveda, encouraging students to take small yet consistent steps to strengthen immunity and improve lifestyle habits. The session concluded with practical tips and a Q&A, making it highly engaging and relevant to the needs of young adults.



Dr. Prasanna Kakunje addressing the PG students at Audi – 3, MITE

Outcome of the Activity :

Students got an awareness on Ayurvedic practices by gaining an understanding of the principles of Ayurveda as a holistic system of health and wellness. They learned the importance of balancing mind, body, and environment for overall well-being. They learnt the importance of Healthy Lifestyle Practices through daily routines (Dinacharya) and seasonal routines (Ritucharya) that promote long-term health. Further, they understood the role of diet, sleep, yoga, meditation, and herbal remedies in maintaining balance.

3. International Yoga Day Celebrations:

As part of the International Yoga Day Celebrations on June 21, 2025, a yoga day was conducted to raise awareness about this ancient practice amongst the students and make them adopt this practice in their lives to live longer and healthier. The activity was conducted from 10 am to 11.30 am. The Yoga expert was Dr. Jnaneshwar Nayak Former Medical officer Mangalore City Corporation, Certified Yoga Trainer from Govt. of INDIA and Deputy Chief of Karnataka Pathanjali Yoga Peet Haridhwara.

A brief on the event :

Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfilment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. Slow movements of yoga and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. The Yoga session started with warm-up exercises and all the students then practiced & performed Sooryanamaskara, sitting and standing asanas like Thadasana, Vrikshasana, Thrikonasana, Arda Chakrasana, Padahasthasana, Dansasana, Bhadrsana, Vakrasana, Arda Ushtrasana, Ushrtasana, Shashakasana, Madookasana, etc.... the importance of these was explained simultaneously and finally the program came to end with few pranayamas.



Students performing Yogic postures during the program

Outcome of the Activity :

Students understood the importance of Yoga in their day-to-day life and if practiced regularly could give a lot of health benefits. They also came to know how certain asanas are to be practiced daily with caution and care. Students felt very energetic after doing the exercises taught by the Yoga expert.

4. Scholarships:

The institution always helps students to obtain scholarships through Central Government, State Government and private agencies. The institution always wants to increase the number of scholarships obtained by students each year. The number of students who applied for scholarships and obtained scholarships are displayed in the table below.

Sr. No.	Type of Scholarship	Number of students who applied for scholarships	Number of students who received scholarships
1.	National Scholarship Portal (NSP)	Fresh – 440	Fresh Applications – 103
2.	State Scholarship Portal (SSP)	Applications (both fresh and renewal) – 902	Applications (both fresh and renewal) - 692
3.	Sitaram Jindal Foundation Scholarship	163	49

Minutes of the SWC meeting held on 11.01.2025 at Conference Hall-2, MITE

A meeting of the Student Welfare Committee was held on the 11th of January at 11 am.

Minutes of the Meeting

The Student Welfare Officer welcomed all the members, newly joined and old members. He asked all the members to introduce themselves so that everyone comes to know each other. The Chairman of the Committee also welcomed all the members and informed the members about the presence of this committee and what it needs to do in the academic year 2024-25. He stressed the committee members to contribute in conducting more student-oriented programs that would benefit them in gaining physical and mental strength.

The following points were taken as the agenda for discussion:

1. Activities for the year 2024-25

- The Student Welfare Officer asked the committee members to suggest any activities that can be conducted in the college. Mr. Pradeep, Assistant Professor, Dept of Management Studies suggested a special talk can be conducted for the interested students on Mental and Physical health. He said some students had difficulty in managing their stress, physical body tiredness and this might affect their performance in the academics. The student representatives who were part of the meeting also felt the same and wanted such a session. The Student Welfare Officer said that he would discuss with the Counsellor in the college to see whether a session on the same can be conducted by her for the students who are interested in improving their mental and physical well-being.
- Dr Sujesh Kumar suggested that ayurvedic healthy practices are today followed by many people and he suggested whether such programs could be conducted. The Student Welfare Officer replied saying that he would get in touch with some Ayurvedic doctors near the college vicinity and look at the possibility of conducting a session for the students. He also requested the other committee members to inform the Officer if they know any Doctors who can come to our college and give their prompt suggestions.

2. Discussion on Student Welfare Measures

- There was a discussion on the types of student welfare measures that can be taken up for the students. The members were of the general opinion that students can be informed on any new scholarships which come for offer from

private parties or government organizations who are interested in giving scholarships to students. The Student Welfare Officer informed the members that many of the students are obtaining scholarships through Central Government and State Government Schemes via portals like the NSP (National Scholarship Portal) and SSP (State Scholarship Portal). He also requested the members to inform of any other new or old scholarships which they know, which in turn could be informed to the students for the possibility of availing scholarships.

3. Any other matter with the permission of the Chair

- The Chairman requested the committee members to contribute to the student welfare measures in the college. He welcomed any student welfare scheme which could result in a good outcome. As there was nothing else to discuss, the meeting came to an end.

Minutes of the SWC meeting held on 26.05.2025 at Conference Hall-2, MITE

A meeting of the Student Welfare Committee was held on the 26th of May at 12 pm.

Minutes of the Meeting

The Chairman welcomed all the members to the meeting. The Student Welfare Officer also welcomed all the members to the meeting.

The following were the agenda points for discussion:

1. Activities for the year 2024-25 & 2025-26

The Student Welfare Officer expressed his happiness on getting in touch with an Ayurvedic Doctor by name Dr. Prasanna Kakunje. He said that the Doctor had accepted to deliver a talk for our students on Ayurvedic healthy practices. The Officer told the committee members that once the date and time are confirmed, he would certainly inform all of them. He also requested the committee members to inform their department students about this activity. As part of the International Yoga Day on June 21, the officer also said that the student welfare committee is planning to conduct a Yoga camp for the students, the details of which would be revealed once the confirmation comes from the Yoga expert. He said that the discussions were on for this activity.

2. Suggestions from Committee Members and Discussion

Some members raised concerns stating that some students of our college were coming to the college daily on two-wheelers without wearing a proper helmet that gives protection to them. Further, some members had also seen students coming to the college on a motorcycle with three people. The Student Welfare Officer said that this should definitely be taken care and some awareness programs need to be conducted in the college regarding this. The officer further told the committee members that he will discuss with the stakeholders and look for the possibility to conduct such an awareness session in the academic year 2025-26.

3. Any other matter with the permission of the Chair

The Chairperson and the Student Welfare Officer thanked everyone for attending the meeting. Since there was nothing more to discuss, the meeting concluded.