



**YENEPOYA**  
(DEEMED TO BE UNIVERSITY)  
Recognized under Sec 3(A) of the UGC Act 1956  
Accredited by NAAC with 'A' Grade

# **YENEPOYA**

**(DEEMED TO BE UNIVERSITY)**

## **NATIONAL SERVICE SCHEME**



### **NSS REPORT 2018-19**

**Submitted by**

**Dr. Ashwini S. Shetty**  
**Programme Coordinator, NSS**

### NSS ACTIVITIES HELD IN 2018-19

| SL.NO | DATE                     | PLACE   | PROGRAMME ORGANISED AND SPEAKER                                  | ORGANISED BY   | PARTICIPANTS            |
|-------|--------------------------|---|--|--|-------------------------|
| 1.    | 04.01.2018               | Thumbe PU College                                 | <b>“Health Check-up”</b>   | The NSS Wing of the College Rural Health Care                              | 100 NSS Volunteers      |
| 2.    | 25.01.2018 to 30.01.2018 | Government Primary School, Badriya Nagar at Malar | <b>“Special Camp” for the School Children’s</b>                  | NSS Camp – Mangalore University and Yenepoya Institute of Arts and Science | 200 NSS Volunteers      |
| 3.    | 04.02.2018               | Panambur Beach                                    | <b>Cancer Awareness Outreach Programme – “World Cancer Day”</b>  | NSS Unit Community Dentistry, Yenepoya Dental College,                     | 100 NSS Volunteers      |
| 4.    | 04.02.2018               | Panambur Beach                                    | <b>“Drug Abuse Awareness Program”</b>                            | NSS Unit Yenepoya Pharmacy College   | 50 NSS Volunteers       |
| 5.    | 05.02.2018               | Yenepoya Dental College Main Gate                 | <b>“Early Detection of Cancer saves Life”</b>                    | NSS Unit Yenepoya Dental College Main Gate                                 | 50 NSS Volunteers       |
| 6.    | 06.02.2018               | Panambur Beach                                    | <b>“Cancer Awareness Outreach Programme”</b>                     | NSS Unit Yenepoya Medical College  | 100 NSS Volunteers      |
| 7.    | 07.02.2018               | Olavinahalli Kinya                                | <b>“Health Camp” at Olavinahalli Rehabilitation Center Kinya</b> | NSS Unit V of Yenepoya Nursing College                                     | 105 people, 50 students |

|     |                          |  |  |   |   |
|-----|--------------------------|--|--|---|---|
| 8.  | 24.04.2018               | Indoor Auditorium, Yenepoya Deemed to be University.     | <b>“National Symposium on Cancer Prevention and Health Promotion and Early Detection” CD Release of CAOP material for NSS Volunteers</b> | National Service Scheme Yenepoya deemed to be University                    | 58 NSS Programme Officers & 30 NSS Volunteers |
| 9.  | 21.06.2018               | Yen durance- YU  | <b>“International Yoga Day”</b>  | NSS Yenepoya Deemed to be University and Physical Education                 | 500 NSS Volunteers                            |
| 10. | 01.05.2018 to 31.07.2018 | Kinya Gram Panchayat                                     | <b>Swachh Bharath Summer Internship Programme (April 2018 – July 2018)</b>   | NSS Unit V of Yenepoya Nursing college                                      | 50 NSS Volunteers                             |
| 11. | 01.05.2018 to 31.07.2018 | Sajipanadu   | <b>Swachh Bharath Summer Internship Programme(april 2018 – July 2018)</b>  | NSS Unit Yenepoya Dental College  | 50 NSS Volunteers                             |
| 12. | 13.09.2018               | Forum Mall   | <b>“Drug Awareness Programme”</b>  | Yenepoya (Deemed to be University) in association with rotary club & Jaycee | 70 NSS Volunteers                             |
| 13. | 15.09.2018               | Madikai Gram Panchayat Kasargod                          | <b>“Cancer Awareness Outreach Programme”</b>   | National service Scheme Yenepoya University                                 | 12 NSS Volunteers                             |
| 14. | 22.09.2018               | The Yenepoya Institute of Arts, Science college Balmatta | <b>“Health check-up and Blood Donation”</b>  | NSS Camp – Mangalore University and Yenepoya Institute of Arts and Science  | 50 NSS Volunteers                             |

|     |                          |   |   |  |   |
|-----|--------------------------|---|---|--|---|
| 15. | 29.09.2018               | Yenepoya Medical College                      | <b>“Observance of Surgical Strike Day”</b>        | National Service Scheme Yenepoya deemed to be University               | 400 NSS Volunteers                                |
| 16. | 21.09.2018 to 01.10.2018 | Narkand Himachal Pradesh                      | <b>“National Level Adventure Camp”</b>            | National Service Scheme Yenepoya deemed to be University               | 10 NSS Volunteers                                 |
| 17. | 31.10.2018               | Yenepoya Medical College                      | <b>“Rashtriya Ekta Diwas”(National Unity Day)</b> | National Service Scheme Yenepoya deemed to be University               | 200 NSS Volunteers participated                   |
| 18. | 03.11.2018               | Yenepoya Medical College                      | <b>“Vigilance Awareness Week”</b>                 | National Service Scheme Yenepoya deemed to be University               | 150 NSS Volunteers participated                   |
| 19. | 11.12.2018               | Auditorium, EMD Building                      | <b>“Armed Forces Flag Day”</b>                    | National Service Scheme Yenepoya deemed to be University               | 200 NSS Volunteers participated                   |
| 20. | 28.12.2018 to 03.01.2019 | Shri Siddavana Gurukula, SDM college Ujire    | <b>National Integration camp 2018-19</b>          | Yenepoya Nursing College NSS unit V                                    | 1 NSS Volunteer Participated                      |
| 21. | 12.01.2019               | Yenepoya Pharmacy College and Research Centre | <b>“National Youth Day”</b>                       | NSS Unit Yenepoya Pharmacy College and Research Centre                 | 10 Students Participated in the Competition       |
| 22. | 21.01.2019 to 25.02.2019 | Physiology Yoga Lab, YMC                      | <b>“Fitness yoga Training Program”</b>            | Department Of Physiology in collaboration with National Service Scheme | 21 Teaching and Non Teaching Faculty participated |
| 23. | 02.03. 2019              | Yenepoya Pharmacy College and Research Centre | <b>“National Science Day”</b>                     | NSS Unit Yenepoya Pharmacy College and Research Centre                 | 55 school children's participated                 |

|     |                          |   |   |   |  |
|-----|--------------------------|---|---|---|--|
| 24. | 08.03.2019               | Yenepoya Pharmacy College and Research Centre               | <b>"International Women's Day"</b>          | NSS Unit Yenepoya Pharmacy College and Research Centre                          | 25 NSS Volunteers and staff                |
| 25. | 10.04.2019               | EMD Auditorium, YMCH, Mangaluru.                            | <b>Personality Development Programme</b>    | The NSS unit –V of Yenepoya deemed to be university                             | 124 Students participated                  |
| 26. | 05.04.2019 to 11.04.2019 | Government Higher Primary School, Balepuni,                 | <b>NSS Annual Camp (Special Camp)</b>       | The Yenepoya Institute of Arts, Science, Commerce and Management                | 50 NSS Volunteers Participated in the camp |
| 27. | 24.04.2019 to 25.04.2019 | Indoor Auditorium, Yenepoya Medical College                 | <b>World Health Day 2019</b>                | The NSS Unit - department of Hospital Administration                            | 82 Students Participated                   |
| 28. | 31.05.2019               | Yenepoya Medical college hospital campus, Mangaluru.        | <b>World Anti Tobacco day on</b>            | Yenepoya deemed to be university and department of Public Health Dentistry in   | 100 Students Participated                  |
| 29. | 13.06.2019               | Yenepoya Homoeopathic Medical College & Hospital, Mangalore | <b>NSS Installation Programme</b>           | NSS Unit Yenepoya Homoeopathic Medical College & Hospital, Mangalore            | 100 Students Participated                  |
| 30. | 06.07.2019               | Govt. Higher Primary School, Babbukatte.                    | Nutrition And Healthy Practices In Children | Department of Biochemistry, YMC and NSS unit Yenepoya (Deemed to be University) | 95 Students Participated                   |

|     |            |   |  |  |                            |
|-----|------------|---|--|--|----------------------------|
| 31. | 24.07.2019 | Yenepoya Homoeopathic Medical College & Hospital, Mangalore | <b>NSS Orientation Programme</b>               | NSS Unit Yenepoya Homoeopathic Medical College & Hospital, Mangalore | 100 Students Participated  |
| 32. | 26.07.2019 | Yenepoya Homoeopathic Medical College & Hospital, Mangalore | <b>Vanamahotsawa Day Celebration</b>           | NSS Unit Yenepoya Homoeopathic Medical College & Hospital, Mangalore | 50 Students Participated   |
| 33. | 04.08.2019 | Kattathila, Salettur  | <b>Paddy Plantation Programme (Rice Filed)</b> | National Service Scheme (NSS) and Karaseva of Yenepoya (Deemed to be | 53 Students and Faculty    |
| 34. | 20.08.2019 | Yenepoya Homoeopathic Medical College & Hospital, Mangalore | <b>Blood Donation Camp</b>                     | NSS Unit Yenepoya Homoeopathic Medical College & Hospital, Mangalore | 50 Students participated   |
| 35. | 25.08.2019 | St. Laurence Church, Bola                                   | <b>Senior Citizen Day</b>                      | NSS Unit Yenepoya Homoeopathic Medical College & Hospital,           | 15 Students Participated   |
| 36. | 31.10.2019 | Yenepoya Dental College                                     | <b>Rashtriya Ekta Diwas</b>                    | NSS Unit, Yenepoya Dental College                                    | 125 Students and 30 staffs |
| 37. | 31.10.2019 | Yenepoya Homoeopathic Medical College & Hospital, Mangalore | <b>Rashtriya Ekta Diwas</b>                    | NSS Unit Yenepoya Homoeopathic Medical College & Hospital, Mangalore | 100 Students Participated  |
| 16  | 31.10.2019 | Yenepoya Pharmacy College & Research Centre                 | <b>Rashtriya Ekta Diwas</b>                    | NSS Unit, Yenepoya Pharmacy College & Research Centre                | 100Volunteers              |

|     |            |   |  |  |                           |
|-----|------------|---|--|--|---------------------------|
| 17. | 31.10.2019 | Yenepoya Nursing College                                    | <b>Rashtriya Ekta Diwas</b>                            | NSS Unit, Yenepoya Nursing College                                   | 100 Volunteers            |
| 18  | 22.11.2019 | Lecture Hall IV, Yenepoya Medical College                   | <b>“Constitution Day”</b>                              | NSS Unit 1 and 2 Yenepoya Medical College                            | 150 Students Participated |
| 19  | 26.11.2019 | Yenepoya Homoeopathic Medical College & Hospital, Mangalore | <b>Constitution Day &amp; National Integration Day</b> | NSS Unit Yenepoya Homoeopathic Medical College & Hospital, Mangalore | 110 Students Participated |
| 20  | 17.12.2019 | Lecture Hall IV, Yenepoya Medical College                   | <b>Armed Forces Flag Day</b>                           | NSS, Yenepoya Deemed to be University                                | 200 NSS Volunteers        |
| 21. | 19.12.2019 | Auditorium, Yenepoya Homeopathic Medical College            | <b>Armed Forces Flag Day</b>                           | NSS Unit, Yenepoya Homeopathic Medical College                       | 100 Volunteers            |

**HEALTH CHECKUP FOR THE STUDENTS OF THUMBE PU COLLEGE HELD ON 04.1.2018**



## **SPECIAL CAMP**

**THE YENEPLOYA INSTITUTE OF ARTS, SCIENCE, COMMERCE AND MANAGEMENT ORGANIZED SPECIAL CAMP FOR SCHOOL CHILDREN'S HELD ON 25.01.2018**



A week long NSS camp at Government Primary school, Badriya Nagar at Malar from 25.01.2018 to 30.01.2018. It was conducted under the leadership of NSS officer Mr.Niyaz P. The Students of Yenepoya as well as Mangalore University took an active part in it. On 25.01.2018, the NSS camp began with a formal program at 3pm. Dr. B K Sarojini, Professor in Chemistry, Mangalore University inaugurated the program. The Principal of Yenepoya degree college presided over the program.

Dr. Ashwini, NSS Programme Coordinator, Yenepoya Medical College, Mr.Firoz, President of Grama Panchayat, Pavor, Mr. Mohd Monu, President, Taluk Panchayat, Ms.Seema Melvin D'souza member, Jilla Panchayat, Mr.Abdul Majid, President, SDMC, Mrs.Shakuntala, Headmistress, Government Primary school, Badriya Nagar, Malar were present on the dias. The students volunteered in various activities like cleaning and leveling of the play ground, cooking etc. in the school premises on 30.1.2018, a health check up camp was held for the general public. On 31.01.2018, the camp concluded with a valedictory function. Mr. Mohd Bava, Finance officer, Yenepoya deemed to be university, Mohammed, former member of Panchyat, Badriya Nagara was the chief guest. Dr. Ashwini, NSS officer, Yenepoya Medical



College and Dr. Joby E.C., Principal of Yenepoya Degree College, Balmatta, presided over the program. The college students, as a token of their love, presented mementos to the school headmistress.



## **WORLD CANCER DAY PROGRAMME HELD ON 04-02- 2018 TO 6-02-2018; VENUE: PANAMBUR BEACH AND YENEPOYA UNIVERSITY**

National Service Scheme, Yenepoya Deemed to be University observed World Cancer Day from 04.02.2017 to 06.02.2017. As a part of this Programme NSS unit of Yenepoya University and Community Dentistry, Cancer Awareness Outreach Programme unit, Staff and Students held various activities like, Street play and awareness talk on Early Detection of Breast Cervical and Oral Cancers, Free oral checkups, camp cancer prevention Rally walk at Panambur Beach. Around Students and public participated in the Programme.

### **Cancer Awareness Outreach Programme – World Cancer Day**

- Dr. M Vijayakumar, vice chancellor Yenepoya University Inaugurated and flag offed the rally.
- Registrar, Dr.G Shreekumar Menon Dr.B.H Sripathi Rao Dean Yenepoya Dental College, Prof.Padmakumar Dean Yenepoya Physiotherapy college, Dr.Mohammed Gulzar Dean Yenepoya Pharmacy College and Dr.Abhay Nirgude, Professor and HOD Community Medicine, were the guest for the programme.
- Dr. Guruprasad Medicine Oncologist, Dr. Ashwini Shetty NSS Programme Coordinator and Dr Imran Pasha NSS Programme officer had given talk on “**Early Detection of Cervical Breast and Oral Cancers**” for the public. Dr. Asif and Dr. Jobin NSS Programme Officers were present in the programme.
- Students of MBBS and BDS 2017 batch hosted the programme

### **CANCER PREVENTION AWARENESS RALLY**





**DRUG ABUSE AWARENESS PROGRAM – HELD ON 04.02.2018 IN PANAMBUR BEACH MANGALORE BY NSS UNIT YENEPOYA PHARMACY COLLEGE**



**“EARLY DETECTION OF CANCER SAVES LIFE” – HELD ON 05.02.2018 BY NSS UNIT YENEPOYA DENTAL COLLEGE**



## **CANCER AWARENESS OUTREACH PROGRAMME HELD IN PANAMBUR ON 06.02.2018**



## **REPORT ON HEALTH CAMP AT OLAVINAHALLI REHABILITATION CENTER KINYA HELD ON 07.02.2018**

The Department of Medical surgical Nursing in collaboration with NSS Unit V of Yenepoya Nursing College organized a “Health Camp” at Olavinahalli Rehabilitation Center Kinya on 7<sup>th</sup> February 2018. With the objective to screen the Elderly for illness and to provide treatment to them and providing referral services at Geriatric clinic of YMCH.

The program was inaugurated by Dr. Leena KC, Principal YNC, Sister Lucy Rodrigues, Administrator Olavinahalli Rehabilitation Center, Dr. Prabha Adhikari, HOD Medicine YMC and Mr. Shashikumar J, HOD Medical Surgical Nursing of YNC. The event commenced at 9.30 am with an invocation by nursing student followed by lighting the lamp. Mr. Shashikumar J welcomed the gathering.

Dr. Leena K C enlightened the elderly people on the significance of health camp which was followed by a brief introduction of rehabilitation center by Sister. Lucy Rodrigues and Dr. Prabha Adhikaaria dressed the importance of health problems in an elderly and its treatment, follow up and treatment benefits available in the Yenepoya Medical College Hospital. Mr. Jobin, NSS Programme Officer (unit V) proposed the vote of thanks.

**AREAS COVERED**

**MEDICINE DEPT : DR PRABHA ADHIKARI**  
**EYE & ENT DEPT : DR POOJA**  
**GYNAECOLOGY : DR SINDHOORI**  
**ORTHOPEDIC : DR MARIVANNISHI KRISHNA**  
**PSYCHIATRY : DR DILSHANA**

Altogether 105 people (101 elderly people and 4 staff of rehabilitation center) attended the camp. The camp was started at 10.30 am. With registration followed by collection of basic details and recording of vital signs was carried out by the students. In addition to general health check up, free blood sugar check up also done for needy. Free medicines were distributed and referral was done for needy cases to Yenepoya Medical College Hospital. Finally, fruits for the inmates of the Rehabilitation Centre were distributed by Mr. Shashikumar J and Mr. Jobin. Inmates and staff of Olavinahalli Rehabilitation Center expressed that the programme was very effective in screening various diseases and they were satisfied.





## **“NATIONAL SYMPOSIUM ON CANCER PREVENTION AND HEALTH PROMOTION AND EARLY DETECTION”**

### **CD Release on Cancer Prevention Materials for NSS Volunteers on April 24<sup>th</sup> 2018 at Yenepoya Deemed To Be University**

Yenepoya Deemed to be University has launched the Cancer Awareness Outreach Programme in the year 2016 January under the leadership of Hon'ble Vice Chancellor Dr. M Vijayakumar Onco-Surgeon.

- The Vice Chancellor with his team has taken initiative to train 135 NSS Programme Officers,
- 13,500 NSS volunteers, 2500 ASHA and Anganwadi workers,
- 2500 Nursing Students, around 300 School Teachers and more than 2000 Public in the past 2 years.
- We have conducted an impact analyses of the ASHA & Anganwadi training programme held at Udupi districts.

We have organized a National level Symposium to share our result and thoughts in the symposium called **“Cancer Prevention and control by Health promotion and early detection”** on April 24<sup>th</sup> 2018. The Documentary CD on Cancer Prevention containing the messages from the dignitaries, celebrities and short film highlighting on cancer prevention and

early detection and modules on general, oral, breast and cervical cancers will be released during the Inaugural Programme of National Symposium.

Vice Chancellor of Yenepoya University highlighted the initiative of a campaign on Cancer Awareness Outreach Programme for the NSS Volunteers, students, School children Anganwadi and ASHA workers. He has announced that we have trained 13,500 NSS volunteers and Programme Officers of Dakshina Kannada Udupi and Kodagu districts of Mangaluru University. Documentary CD for the NSS Volunteers released on 24<sup>th</sup> April 2018 by the chief guest Venkatramanan. We have briefed how to use this IEC material for the village population. There are 7 languages the CD Has been made in Hindi Kannada, English, Konkani, Tulu, Malayalam, Beary and CD which will contain celebrity messages, short movie acted By NSS Coordinator and NSS Programme Officers enacted on early detection of cancer, Slides on symptoms and signs, treatment aspect approach towards Govt schemes etc

This CD will serve multipurpose requirement for the public .Our target is to equip them with valuable information related to early detection of the cancer. Complimentary copies distributed to all the NSS Volunteers and registered organization where they will be able to display at the special camp site and in villages during some programmes. It will serve them as reference guide for the availability of the information on early detection of the cancer

Programme Coordinator of Mangalore University Dr.Vinitha Rai, Prof Byrappa VC OF Mangalore University, Vishal IAS Director Municipal Corporation Bengaluru, was the guests and we have felicitated two sponsorers Mr. Anand Director from Renaissance Company, Dr. V Chari Director of Indian Oil company. Around 58 NSS Programme Officers and 30 NSS Volunteers Participated in the programme. Total delegates were 138 from various institution participated in the programme.







## INTERNATIONAL YOGA DAY ON JUNE 21ST 2018



Department of Physical Education and National Service Scheme organized various yoga Programme from March 13th To June 20th, to highlight and to mark the Importance of International Yoga Day on June 21st 2018. The programme culminated by the stage programme on June 21st 2018 which is inaugurated by the Vice Chancellor of Yenepoya Deemed to be University. Dr Ashwini S Shetty NSS Programme Coordinator welcomed the gathering. Chief Guest Dr. Krishna Sharma, Chairman, Department of Yogic Science highlighted the significances of yoga and encouraged students to practice yoga in their life to lead healthy life style.

Vice chancellor Dr M Vijayakumar Oncosurgeon spoke on how the yoga practice helps the cancer patients in post chemotherapy and how it is essential in our daily life and emphasized on the significances of yoga practice. There was a demonstration of yoga for the students of Yenepoya deemed to be University by the Yoga Demonstrator Mr. Kushalappa. Around 500 students participated in the programme. Dr. G Shreekumar Menon, Registrar Yenepoya Deemed to be University and the Chairman of sports committee Mr. Mohammed Bava Were present on the dias. Mr. Jobin NSS Programme Officer of Yenepoya Nursing College proposed vote of thanks. Mrs. Shilpashree Asst Director Physical education department compeered the programme.





## REPORT ON INTERNATIONAL YOGA DAY FROM 13<sup>th</sup> MARCH TO 21<sup>st</sup> JUNE – 2018

NSS Units department of Physiotherapy College in association Physical Education organised seminar on Yoga for Body Mind and Soul held on 05.06.2018 and Mr. Kushalappa Gowda N master in Yogic Science delivered the guest talk and addressed the students.



**Demonstration for Sports Students by Mr Kushalappa Gowda N master in Yogic Science delivered the guest talk and addressed the students. On 05.06.2018 at Yendurance Zone.**





**Demonstration of Pranayama for the Nursing Student on 06.06.2018 organised by NSS Unit of Nursing College**



**SWACHH BHARATH SUMMER INTERNSHIP PROGRAMME (APRIL 2018 – JULY 2018)**



एक कदम स्वच्छता की ओर



**YENEPOYA NURSING COLLEGE NATIONAL SERVICE SCHEME UNIT – V**

**SWACHH BHARATH TEAM**



**SL.NO TEAM – 1**

1. Mr. CHRISTY BABU
2. Mr. BIBIN PHILIP
3. Ms. SINCHANA
4. Ms. IRIN SAJU
5. Ms. GOPIKA BABU
6. Ms. ALPHONSA THOMAS
7. Ms. DAISY DSOUZA
8. Mrs. SWEETY DSOUZA
9. Mr. HASHIM S
10. Ms. DALNA SAJI

**TEAM -2**

- Mr. KEVIN RODRIGUES
- Mr. CLINTON KRYSTON
- Ms. REVEENA RAMEEZA
- Ms. CHANDAN KUMAR
- Ms. JESTEENA SCARIA
- Ms. SAIDAMA MUJAVAR
- Ms. ARCHANA S G
- Ms. SHALOM SURESH

## THE DOOR TO DOOR CAMPAIGN



The two groups of students of YNC NSS Unit – V started their Swachh Bharath Summer Internship camp 2018 at Kinya Panchayath after discussion with panchayath president on 04/06/2018.

**Group - 1** had the door to door campaign for 6 days around the Kinya Panchayath to towards k c road covering about 150 houses and sensitizing 320 people.

**Group – 2** had the door to door campaign for 6 days at Kinya Panchayath from Natekal to towards K C Road covering about 100 houses and sensitizing 360 people.

## THE AWARENESS CAMPAIGN



The two groups organised combined awareness campaign at Kinya Panchayath hall on 12/06/2018.

### **The resource person**

1. Dr. Pracheth, asst professor, community medicine dept. Yenepoya Medical College.
2. Dr. Raghavendra U, assoc professor, biochemistry dept. Yenepoya Medical College

### **Awareness regarding the following topics were given**

1. cleanliness(household and community)
2. techniques and importance of hand washing
3. preventive measures on communicable diseases
4. Nipah virus safety and prevention
5. waste management

A total of 60 people benefited from the awareness program. People clarified lots of their doubts with the resource persons. On next day a role play was demonstrated regarding communicable diseases, consequences and its prevention.

### **STREET CLEANING**



## **The street cleaning and waste segregation**

The two groups combined together and as per the direction of panchayath vice president the first cross road from Natekal to K.C Road was chosen for street cleaning from 11/06/2018 to 24/06/2018. Around 5 km were cleaned during these days and all the plastic wastes were separated and segregated for safe disposal and handed over to the panchayath authorities

### **Break up of hours.**

- Door to Door campaign
- 6 days \* 8 hours = 48 hrs
- awareness campaign and role play
- 2 days \* 5hours = 10 hrs
- street cleaning and segregation of waste
- 8 days \* 8 hours = 64hrs

### **Benefits**

- students could effectively mingle with village community
- realised problems occurring in community with respect to cleanliness
- Proposed panchayath to organise health camp as per the request of the public.

### **Difficulties encountered:**

- public is least aware of such initiatives
- getting cooperation of public was a hectic task
- no community participation regarding cleaning and waste segregation
- Public were reluctant to adapt to the swachh bharath abhiyan.

**Waste collected and segregated was not transported out immediately and 4 days delay happened from panchayath authorities**



## SWACHH BHARATH SUMMER INTERNSHIP-2018- YENEPOYA DENTAL COLLEGE

### INTRODUCTION:

- The Swachh Bharath Summer Internship-2018 started on 1 May-31 July the National Service Scheme -Unit-1, Yenepoya Dental College. Under the leadership of the Programme Officer Dr. Imran Pasha M, Assistant Professor Yenepoya Dental College.
- The Sajipanadu adopted village of the Yenepoya Dental College NSS Unit-1 was chosen as the place of work under the Bantval Taluk.
- The President of the Grama Panchayath, Mr. Nasir Sajipanadu was a great help and inspiration along with his team of workers at the village Grama panchayath.
- The school of the Grama Panchayath both Primary and High school were a great help supporting us in the work. And a Special mention of the due to manpower issues
- Anganwadi has to be done which is doing fantastic job of nurturing the young children of the nation for the swacchatha work.

### TEAM -1

| SI.NO | Name of the Participant | Department Posted       |
|-------|-------------------------|-------------------------|
| 1.    | Abisha Aloysious        | Public health dentistry |
| 2.    | Afiya Avicenna          | Public health dentistry |
| 3.    | Ahmad Faiz Bin Aziz     | Public health dentistry |
| 4.    | Aishwarya Nair          | Public health dentistry |
| 5.    | Athira Rajeevan k       | Public health dentistry |
| 6.    | Fathimath Shamna        | Public health dentistry |
| 7.    | Zulfauz Abdulla Kavil   | Periodontics            |
| 8.    | Shahana                 | Public health dentistry |
| 9.    | Anirudhmaadhav P A      | Public health dentistry |
| 10.   | Ani Atiqah Binti Muslim | Public health dentistry |

### TEAM-2

| SI.NO | Name of the Participant    | Department Posted                       |
|-------|----------------------------|---|
| 1     | Abhirami Prafulla Sugathan | Periodontics                            |
| 2     | Fathimath Zabya            | Periodontics and conservative Dentistry |

### TEAM-3

| SI.NO | Name of the Participant | Department Posted                       |
|-------|-------------------------|---|
| 1.    | Muhammad Siraj M.P      | Periodontics and conservative Dentistry |
| 2.    | Eunice Wong Jia Pei     | Public health dentistry                 |
| 3.    | Mufeeda                 | Final Year Student                      |

## **The Programmes Conducted At the Village: Activities performed:**

- Awareness Campaigns
- Nukkad Nataks/ Street Plays/ Swachhata-related Folk Song/ Dance performances, etc
- Swachhata Melas
- Door-to-door meetings (sanitation/ hygiene/toilet usage/ hand wash)
- Conducting Village or School-level Rallies
- Help Panchayats draw up plans for installation of biogas plants wherever possible/required.
- Other Activity

### **AWARENESS CAMPAIGNS:**

Number of awareness Drives Conducted:

78 Number People Sensitized: 620

Number of hours spent: 65 hours

### **ANGANWADI SCHOOL:**

The teachers along with the children were taught the hand hygiene technique and importance of putting the waste in the dust bins.

Number of awareness Drives Conducted: 01

Number People Sensitized: 10

Number of Hours Spent: 05



**Figure 1: Anganwadi Health Education**

## Primary School,

The Awareness Programme was conducted at the **Primary School**, comprising of the 330 students and 15 teachers from LKG to 8<sup>th</sup> Standard.

The students were made aware of the **waste segregation system** and **hand hygiene technique** also stressed the importance of the keeping the school clean and also the Grama panchayath clean.

Number of awareness Drives Conducted:

04 Number People Sensitized: 330

Number of Hours Spent: 20



**AWARNESS PROGRAMME**



**HAND HYGIENE TECHNIQUES**



**DEMONSTRATION OF WASTE SEGREGATION**



**MOVIE SCREENING**



**HAND HYGIENE DEMONSTRATION**



#### **DEMONSTRATION OF HAND HYGIENE HIGH SCHOOL STUDENTS**

#### **Members of the Grama Panchayath:**

The Awareness Programme was conducted for the members of the Grama Panchayath comprising of the 15 members. The Members were made aware of the **waste segregation system** and **hand hygiene technique** also stressed the importance of the keeping the school clean and also the Grama panchayath clean.

Number of awareness Drives Conducted:

01      Number People Sensitized: 50

Number of Hours Spent: 05



#### **AWARENESS PROGRAMME AND MOVIE SCREENING**

### **House to House Survey:**

The students were instructed to go on a house to house survey for spreading the information on waste segregation, sanitation and hand hygiene.

Number of awareness Drives Conducted: 50

Number People Sensitized: 150

Number of Hours Spent: 15



**FIGURE 9: HOUSE TO HOUSE SURVEY BY INTERNS**

### **Commercial Shops and Hotels:**

The Commercial Shops and hotels were also covered in the area for the awareness drive with the Volunteers participating in the waste segregation and disposal of the waste.

Number of awareness Drives Conducted: 20

Number People Sensitized: 50

Number of Hours Spent: 10



**FIGURE 10: COMMERCIAL SHOPS AWARENESS PLASTIC AND ITS HARMFUL EFFECTS**

## **Nukkad Nataks /StreetPlays / Swachhata-related Folk Song/Dance performances, etc**

Number of Performances conducted: 03

Number of people sensitized: 50

Number of hours spent: 08

The team members participated in the street play and Nukkad natak programmes along the streets of the Sajipanadu Village, School area.



**FIGURE 11: NUKKAD NATAK**

## 1. Swachhata Melas:

Number of Melas organized: 01

Number, of people attendees: 420

Number of hours spent: 2



**FIGURE 12: SWACHH MELA, MODEL COMPETITION**

The students of the primary school of Sajipanadu and the volunteers of the Yenepoya Dental College had organized a Swachhata Mela with the model presentation done by the students with their mentors



*Figure 13: Swacha Gelathi & Personnel Hygiene, Inauguration of model competition*





*Figure 14: Personnel Hygiene Awareness*

## **THE SWACHHATA MELAS WERE ORGANIZED INTO THREE PARTS:**

- 1. MODEL PRESENTATION**
- 2. PERSONAL HYGIENE**
- 3. ORAL HYGIENE**

### **MODE LPRESENTATION:**

The students Exhibited various models on the swachtha related issues and also were actively involved in the model making and presentation.

### **PERSONAL HYGIENE:**

The Interns of the Yenepoya Dental College were involved in the health education regarding the Personal hygiene for Girl Children of the School.

### **ORAL HYGIENE:**

The Department of the Public Health Dentistry in association with the NSS unit -1 of the Yenepoya Dental College was involved in the Activity.

### **Door-to-door meetings (sanitation/ hygiene/toilet usage/ hand wash)**

Number of awareness Drives Conducted: 50

Number People Sensitized: 150

Number of Hours Spent: 15

## Conducting Village or School-level Rallies

Number of rallies conducted: 01

Number of people sensitized: 50

Number of hours spent: 05

## Help Panchayats draw up plans for installation of biogas plants wherever possible/required.

The bio gas plant at school area was discussed and cost and company was finalized and it was decided that the central government should fund such programs.



*Figure 15: Planning for the Biogas plant*

## Other Activity

Swachh Bharath Essay Competition for School Children:

01 Swachh Bharath Painting Competition: 01

Swachh Bharath Quiz Competition: 01

Swachh Bharat

## Movie screenings

Number of screenings organized: 03

Number of attendees: 330

Number of hours spent: 05



*Figure 16: Movie Screening*

## **DRUG AWARENESS PROGRAMME HELD ON 13.09.2018 IN FORUM MALL**

Yenepoya (Deemed to be university) in association with Rotary Club and Jaycee organised Drug Awareness Programme on 13.09.2018. NSS Volunteer from Yenepoya Dental College Unit and Yenepoya Medical College Unit joined as speaker, they have also conducted various activities like street play and Awareness programme.



## **CANCER AWARENESS OUTREACH PROGRAMME HELD ON 15.09.2018 IN MADIKAI GRAMA PANCHAYAT**

Cancer Awareness Outreach Programme in association with Rotary Club Kananghad Madikai Gram Panchayat on 15.09.2018 had organised Cervical & Oral Breast screening Awareness programme on early detection camp. The camp inaugurated and inaugural address given by MP. Karunkaran president of Madikai Gram Panchayat Sri Prabhakaran rotary asst governor Rtn Anil K G And around 179 oral screening and 163 cervical and breast screening have done. Around 400 peoples participated in the cancer awareness outreach programme.



## **HEALTH CHECK UP AND BLOOD DONATION CAMP HELD ON 22.09.2018 BALMATTA CAMPUS**



## **“OBSERVANCE OF SURGICAL STRIKE DAY” HELD ON 29.09.2018**

National Service Scheme Yeneploya Deemed to be University on Saturday 29.09.2018 organized guest lecture to sensitize students about sacrifices made by the armed forces. We organized a talk-session, where modalities of protection of the borders were discussed. Presiding over the talk-session, Dr. G Shreekumar Menon, Registrar of Yeneploya University, said, “A big salute to the bravery and courage of our Armed Forces on the occasion. The Indian Armed Forces are India’s shield and sword, which keep our interests safe, our enemies at bay and the people of our country secure and free. The NSS students shall pledge their support for the armed forces by writing letters and cards.” He also encouraged students to join the Armed forces.

Colonel (Rtd) Premkumar Shetty who was the guest speaker congratulated Yeneploya Deemed to be University for the initiative taken to organize this event and helping the youth in building the nation and he also elaborated the relevance of surgical strike Day. He spoke about the armed forces’ services and sacrifices for the nation, Col Premkumar Shetty said, “The armed forces protect our nation 24\*7 and make sure we keep can live in peace. They have been doing so for many years and we just want to send our best wishes to them on this day.” followed there was video demonstration. A large number of students (400) gathered at lecture hall 4, Yeneploya

University to observe the day. Finance Officer Mohammed Bava, Dr. Moosabba Dean Yenepoya Medical College, Dr. Ashwini S Shetty Programme Coordinator NSS, and Programme officers NSS were also present during this occasion. Programme concluded with the national anthem.



## **NATIONAL LEVEL ADVENTURE CAMP HELD AT NARKANDA, HIMACHAL PRADESH**

### **INTRODUCTION:**

The National Service Scheme-Yenepoya Deemed to be University participated in the National Level Adventure Camp Held at Narkanda, Himachal Pradesh. This is a prestigious event, and from our University Programme Officer Dr. Imran Pasha M, NSS Programme Officer Yenepoya Dental College and also the female faculty Dr. Rekha Shenoy, Accompanied the 10 Volunteers of the constituent colleges. The trekking was done with the help of Atal Bihari Vajpayee Mountaineering institute and allied Sports, Narkanda.

## LIST OF THE PARTICIPANTS

| Sl.No | Name of the Participants | Constituent College      |
|-------|--------------------------|--------------------------|
| 1.    | Dr. Rekha Shenoy         | Yenepoya Dental College  |
| 2.    | Dr. Imran Pasha M        | Yenepoya Dental College  |
| 3.    | Shahana                  | Yenepoya Dental College  |
| 4.    | Hazeena sulthana         | Yenepoya Dental College  |
| 5.    | Firoz M                  | Yenepoya Dental College  |
| 6.    | Megha MC                 | Yenepoya Dental College  |
| 7.    | Taneem                   | Yenepoya Medical College |
| 8.    | Ziyad                    | Yenepoya Medical College |
| 9.    | Christy                  | Yenepoya Nursing College |
| 10.   | Alphonsa                 | Yenepoya Nursing College |
| 11.   | Helna                    | Yenepoya Nursing College |

## REPORT:

The National Service scheme, Adventure Camp was held at Narkanda from 21st September to 1st October.

### Day 1:

- The Day one started with registration of the programme Officer and volunteers at the office where each and every student was made to write their name and phone number and address in their own hand writing.
- The afternoon there was a lecture on basics in mountain climbing and precautions to be taken and rules of mountain climbing.
- There was also a session on the basics in knots practice and there was a practical demonstration on the same. We all had to demonstrate our skills in the knotting practice on a piece of rope.
- The day ended well with the all the teams from Pondicherry and Kerala introducing themselves and getting to know with each other.





**Figure 1: Registration and Lecture on Ropes and Instruments**

**Day 2:**

- The day 2 started with all teams preparing for the morning exercise and it was done in indoors as it was raining.
- The team of the instructors took us out to the Shir Kote it was our first experience in the wild climbing the jungle routes with full confidence, and it was amazing in the jungle enjoying the fresh air with our full gear on with wind sheeters protecting us from the rain in no time we reached the summit. The entire journey went in explaining the flora and fauna of the jungle. We reached the peak of 10000 feet we had climbed. There was excitement everywhere with all team members taking photos with each and every member, and some on the social media screaming out loud and informing their feat to all.
- I also felt the sense of relief after climbing the peak and started enjoying the moment with all.



**Figure 2: The Shirkoot Peak, Narkanda- 8500 feet**

**Day 3:**

- The day 3 started with gloomy outlook as it was raining heavily and phone calls received and messages from the near and dear ones on the situation in Narkanda after hearing about the flash floods in the kulu manali area.
- As it was raining the instructors pulled an innovative gig by occupying us by demonstrating us on how to make modified stretchers and rescue operations in the jungle. All the teams exhibited their skills.
- Though it was raining, the team Kerala came out with an excellent cultural performance and enthralling all of us with their creativity and also team Pondicherry also showed their talents. The event also with all programme officers singing in the day.



**FIGURE 1 CULTURAL ACTIVITY AND DEMONSTRATION MODIFIED STRETCHER IN RESCUE**

#### **Day 4:**

- The day 4 started with an exercise sessions outside the building first time with sun coming out for the first time since we had arrived in the Narkanda.
- The team went out to chichard jungle, it was experience on its own again the flora fauna of rhe Himalayas was amazing.

- The instructors explaining the highs and lows of climbing with all team members walking like an Ant one after the other and then taking pictures all of a sudden was amazing to see. The word watch out, be careful and chalo age bado was amazing.
- As we went on a trekking there was a point where i and Dr. Satheesh had belay the other participants and then i asked sir to move forward to help the people ahead.
- After sometime the entire slope was slippery, where our volunteers from Yenepoya and Kerala team displayed a presence of mind.
- And then the instructors Mr. Jampa Negi coming and telling us to cross without fear and all the team members crossing the sloppy ridge without support was amazing.
- And then we had a stream of water crossing and our instructors making sure that we do a river crossing exercise or valley crossing which was an amazing experience. The first crossing was done by Dr. Rekha Shenoy which was amazing.
- As usual i went second last with Feroze from Yenepoya coming in the last to do the river crossing indeed it was an amazing experience with all team members crossing the river with no injuries or harm. The second half of crossing was amazing as we saw heavy downpour which dint deter the volunteers or the programmes officers as we continues to do crossing in the rain. After the river crossing there was debriefing on the exercise.
- It also followed the demonstration on how to rescue people during floods, which was amazing.

### **Day 5:**

- The day 5 Started with a high hopes on the mind and more energy.
- After the breakfast we went for a trek on to the oddi it was and downhill first with we reaching the apple orchard farms with everybody thinking about plucking the apple from the farm. It was my first time to see apple in the trees. Amazing site and watery mouth we left the apple orchard to a place where we were asked to sit and explain the experience of our for about an hour. Everyone wanted to continue the journey without rest what came afterwards was huge climb uphill which tested the strength of everyone in the team.
- The climb was steep with every one panting and sitting and walking.

- In the debriefing session we found out that we had walked for about 12 Kilometres without any effort.



### **Day 6:**

- Day 6 started with a walk to the uphill where we did our morning exercise and Jampa sir demonstrating an exercise where he walked past all of us and we didn't even realise that he walked past us.
- The day started with a trekk and we reached a summit the team were divided into two teams and were given a task of making the tea with every team finding the source of water and firewood and it was an task with amazing experience with the instructors setting us up with an task of rappelling and the task was Amazing with the steep and the look down below was dangerous with rocks sharp and water flowing downwards.

- I was confident of doing it easily but once u had the rope in your hand and started rappelling and was feeling very happy and excited that we completed the task. And again the trekk towards the uphill amidst the river was amazing.



### **Day7:**

- The morning was sunny and bright and it was an usual morning with exercise and walk.
- It was a surprise in the morning with route map drawn team divided into 5 teams and all were explained to reach back to hostel with the help of the map. The route was very much confusing going through routes we had already trekked few are new. The clues were amazing with the batking dog, huts and streams and u turn with lots of confusion points.
- Only drawback was the programme officers were the mute spectators, and half to patiently wait at the points for time verification.

- The two teams took short cut and one team followed all the routes and the other two were lost and had to be rescued but all the teams continued the task and finished it.
- The debriefing was fun with all teams discussing what went wrong.

### **Day 8:**

- The Day 8 morning was awesome again little showers but was an awesome day. The day 8 marked us going to the shirkot again in a different path. It was a different day again we were divided into 2 teams and were asked to follow the due process and use our skills to find natural anchors and tie the knot and belay to be prepared. This time we were using the ascenders to climb uphill. It was an amazing task full of upper body strength was required for the task. It was again an experience to be remembered.
- The Nitte and Yenepoya performed the cultural together as team Mangalore. All the programme officers and students participated in the event.



## Day 9:

- The morning exercises were cancelled for preparing us for the big walk which was there for us the Hatu Peak.
- All students got up early and were ready for the big walk. The day started with the teams getting all dry rations and geared up.
- We walked and walked and walked but the destination was still far, the milestone was showing the 5 kilometers and 1 and we took short cuts through the jungle to reach the hatu temple.
- Finally there was a sense of relief and achievement in all of the faces of volunteers and the programme officers as all have achieved the feat.



## Day 10:

- The days which all were thinking not come had come. All the participants were busy packing and saying the final good buy. The team Mangalore which was suppose to leave in the end bid teary farewell to Team Pondicherry and Team Kerala.
- We left our destination on 5.00 PM towards Delhi.
- The entire trip was an amazing experience with all tea



## “RASHTRIYA EKTA DIWAS”(NATIONAL UNITY DAY)

NSS unit of Yenepoya Deemed to be University observed Rashtriya Ekta Diwas, a(National Unity Day) on October 31, 2018 to commemorate the 143rd birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. The event had participation in large numbers. Students & teachers took an oath to preserve the unity, integrity and security of the nation in the spirit of unification of the county.

Thereafter students engaged themselves in Elocution Competition – On Topic “Role of Youth for Nation Building” and discussed about the life history and contribution of Sardar Vallabh Bhai Patel towards making of India. Ms. Simila from MBBS 2017 batch gave a introductory talk on importance of National Unity Day Mr. Shamaz from MBBS 2017 proposed vote of thanks. Programme inaugurated by the chief guest Dr. Rekha P.D Professor and Deputy Director, Yenepoya Research Centre have distributed the prizes for the winner of elocution Competition.

Dr. Veena K.M, Professor, Yenepoya Dental College, Dr. Madhavi, Asst Professor, Yenepoya Medical College, Mr. Rajesh Karkera, Deputy Director IT, Dr. Pracheth Asst Professor, Yenepoya Medical College, Dr. Ashwini S Shetty, Asst Professor, Yenepoya Medical college Were present during the programme and they motivated the youths for the contributions towards the development of the country.





## **“VIGILANCE AWARENESS WEEK”**

The Central Vigilance Commission, an apex integrity institution of the country, in its endeavour to promote transparency, accountability and integrity in public life, has been declaring the observance of Vigilance Awareness Week every year to encourage the fight against corruption. The Commission has decided that this year the Vigilance Awareness Week would be observed from 29th October, 2018 to 3rd November, 2018. For inculcating greater awareness on vigilance in public life, schools, and colleges are requested to conduct different activities reflecting the aforementioned theme. Activities conducted in college need to be sustained over a period of time to ensure that ethical values are ingrained permanently in the minds of the younger generation. All around 150 students participated in the pledge and observance of the week creates awareness among create among the youth of the nation about the preventive vigilance and importance of high moral values and strong character.

### **We have organized the following activities during the Vigilance Awareness Week 2018**

- Displaying of banners.
- Administering ‘Integrity Pledge’ in the college on 03.11.2018 lecturers and other staff members.
- Sensitizing students and staff members on the ill effects of corruption and to create awareness amongst others by the students and the staff.
- Students, staff were took pledge





## **INTEGRITY PLEDGE**

Dr. Ashwini S Shetty NSS Coordinator, Dr. Qudsia Sultana Asst Professor, Anatomy, Dr. Madhavi Asst Professor Community Medicine, Dr. Neha Asst Professor, Microbiology administered the oath as follows:

I believe that corruption has been one of the major obstacles to economic, political and social progress of our country. I believe that all stakeholders such as Government, citizens and private sector need to work together to eradicate corruption,

I realise that every citizen should be vigilant and commit to highest standards of honesty and integrity at all times and support the fight against corruption.

### **I, therefore, pledge:**

- To follow probity and rule of law in all walks of life;
- To neither take nor offer bribe;
- To perform all tasks in an honest and transparent manner;
- To act in public interest;
- To lead by example exhibiting integrity in personal behaviour;
- To report any incident of corruption to the appropriate agency.

## ARMED FORCES FLAG DAY

National service Scheme, Yenepoya Medical College, Yenepoya Deemed to be University had organized Armed Forces Flag Day on 11<sup>th</sup> December 2018 at Auditorium EMD Building, 8<sup>th</sup> Floor from 2.00pm to 3.30pm. Dr. M.S Moosabba Dean, Yenepoya Medical College welcomed the gathering. The Programme Inaugurated by the chief guest Colonel. N.S. Bhandary, was the guest of honour & Dr. M. Vijaya Kumar, Vice Chancellor Yenepoya Deemed to be University delivered the presidential address. Col. N.S Bhandary spoke on his past experience in his field and motivated students to serve for armed force. He has also enlightened them by giving introduction to the job opportunities at Armed force.

Col Bhandary delivered talk on significance of the Flag Day to the NSS Volunteers and said it is to remember the sacrifice of these selfless **martyrs**, warriors and their kin that Flag Day is observed every year on December 7. Based on the belief that it is the duty of every Indian to look after the well being of those who have sacrificed their lives for the nation, Flag Day is an opportunity for every Indian citizen to contribute most generously to the Armed Forces Flag Day Fund. He has also explained about the importance of the Indian Flag. Around 200 NSS Volunteers PG and UG students and staff and other officials of the university participated in this programme. Programme concluded by national anthem.

Dr. Ashwini. S. Shetty Programme Coordinator and Mr. Akshay K M Programme officer, Campus Officer, coordinated the programme. Dr. M. Vijaya Kumar Vice Chancellor Yenepoya Deemed to be University, Dr. K.S Gangadhara Somayaji Registrar, Yenepoya (Deemed to be University) Dr. M.S Moosabba Dean, Yenepoya Medical College, Dr. Abdul Rahiman Former Vice Chancellor Kannur & Calicut Universities, were present on stage.





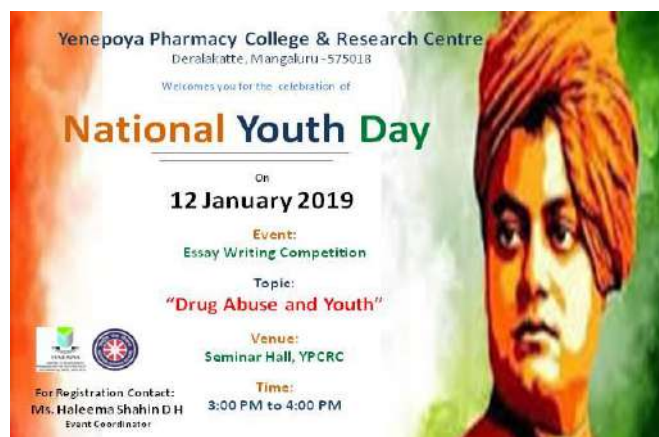
## NATIONAL INTEGRATION CAMP REPORT - 28-12-2018 TO 03-01-2019

As part of National Integration camp 2018-19 Mr Chandan Kumar from Yenepoya Nursing College NSS unit V participated which was held at Shri Siddavana Gurukula, SDM College Ujire from 28/12/18 to 03/01/2019. The program was inaugurated by Prof. Dayanand Nayak, Finance Officer Mangalore University who suggested that youth is a precious gift and irreplaceable source of manpower who can build the nation with the creative activities and maintaining national integrity.



## NATIONAL YOUTH DAY

156<sup>th</sup> Birth Anniversary of Swamy Vivekananda, which is marked as National Youth day was celebrated in Yenepoya Pharmacy College and Research Centre on 12<sup>th</sup> January 2019. The celebration was initiated by welcoming the gathering by **Ms Sonal D'Souza**.



Significance of that day was given by **Ms. Haleema Shahin**, she focused on the important of youth in the development of Nation and Philosophy of Swamy Vivekananda, and how it inspires the Young Generation. Chief Guest of the program, Principal **Dr. Mohammed Gulzar Ahmad** said illustrious life and deeds of Swamy Vivekananda were an inspiration to all. He also said that the spiritual life of Swamy Vivekananda how it is inspiring today's generation. We have showed the video of Chicago conference how he spoke with such humble words "My sisters and brothers of America" that it touched the soul of all present there in Chicago. On behalf of national youth day we have conducted essay competition for the students on the topic of "Drug abuse & youth."

Total 10 students were participated in competition; Dr. Priya Asst. Professor Dept. of Child Health, YNC evaluated the essay papers. Mr. Mohammed Ansar secured 1<sup>st</sup> place & Ms Kathijath Ishra secured 2<sup>nd</sup> place.





## **YOGA TRAINING PROGRAMME- 21.1.2019 TO 25.2.2019**

Department Of Physiology in collaboration with National Service Scheme, Yenepoya Research Centre had conducted 30 days Fitness yoga training program for the faculty of Yenepoya Deemed to be University from 21.1.2019 to 25.2.2019. Sessions were conducted by Mr. Kushalappa Gowda, Yoga Trainer, Director, Avishkar Yoga, and JRF at Yenepoya Research Centre at Physiology Yoga lab, 1<sup>st</sup> floor, Academic Block, YMC.

Sessions were scheduled at

- 12.45 p. m. to 1.30 p. m. in Physiology lab and
- 4 p. m. to 5 p. m. at 8<sup>th</sup> floor, EMD Building, YMCH to cater to the needs of the faculty. 21 teaching and non teaching faculty had registered for this. Participants' baseline details, vital parameters, obesity markers and responses to an online questionnaire on their lifestyle were collected. Sessions included Asana, Pranayama and other lifestyle measures.

At the end of the training programme, an online feedback was taken from the participants and the analysis of this showed that

- 8/11 who responded to pre and post session survey had lost weight
- Maximum weight loss by a participant-4 kg
- 3 had lost 3 kg weight in one month
- BMI of these participants has decreased
- BP of 3 participants has decreased post sessions
- 2 persons have gained weight as they did not stick to the advised diet (as mentioned by them)

- Participants could manage time effectively, sit on the floor without any problem, overcome laziness and consumption of junk food
- 80% felt that they gained physical, emotional and spiritual benefits from practice of yoga.
- They have benefitted with these sessions in terms of increased joint flexibility, reduced pain perception, and enhanced confidence levels, positive changes in their behaviour at work places and over all well being.

**Valedictory Function of Yoga Training Programme** was conducted on 02.03.2019 at Seminar room, Yenepoya Research Centre from 2.30 p.m. to 3.30 p.m.

| Time                  | Programme  |
|-----------------------|--|
| 2.30 p.m. – 2.45 p.m. | <i>'Physiological benefits of Yoga in Obesity'</i><br>by Dr. Grrishma B, Assistant Professor, Department of Physiology, YMC  |
| 2.45 p.m. – 3.00 p.m. | <i>'Yoga- for Stress and Relaxation'</i><br>by Mr. Kushalappa Gowda, Yoga Instructor, JRF, YRC   |
| 3.00 p.m. – 3.30 p.m. | <b>Valedictory programme</b> <ul style="list-style-type: none"> <li>• Prayer</li> <li>• Welcome address by Dr. Aswini Dutt R.</li> <li>• Report of Yoga training programme by Dr. Aswini Dutt R.</li> <li>• Distribution of certificates to the participants.</li> <li>• Distribution of certificate to the resource person and yoga instructor</li> <li>• Presidential address by Dr. Moosabba MS, Dean, YMC</li> <li>• Vote of thanks by Dr. Shobith Bangera, Asst. Professor, Physiology</li> </ul> |

### Valedictory programme Talk on; Physiological Effect of Yoga on Obesity Yoga for Stress and Relaxation

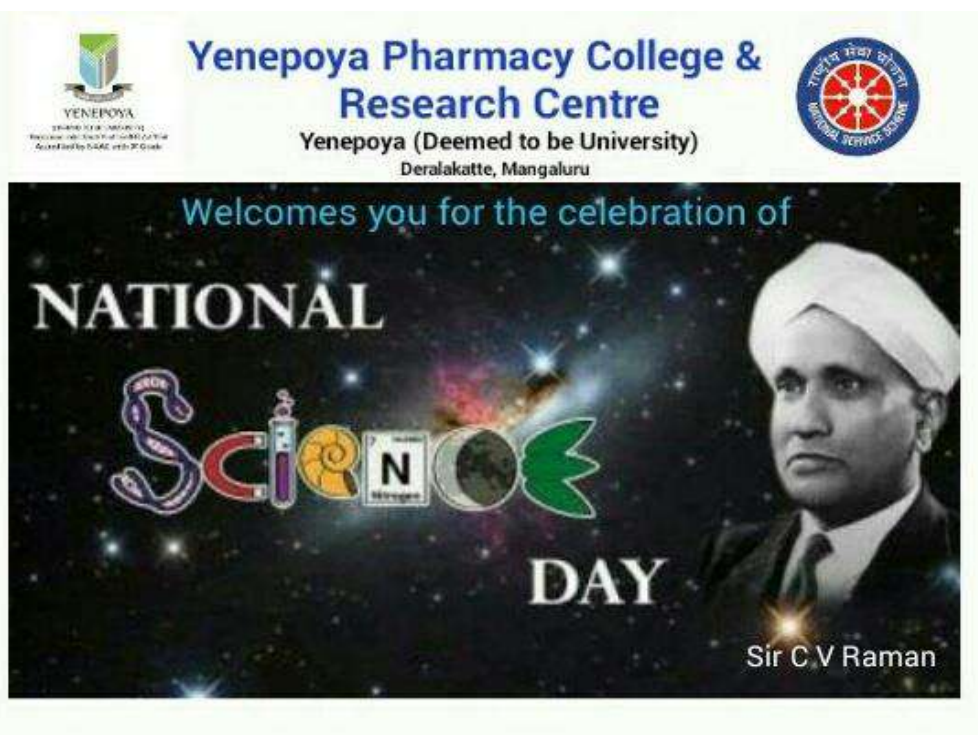






## NATIONAL SCIENCE DAY

Sir Chandrasekhara Venkata Raman an Indian physicist was awarded the Nobel Prize in the year 1930, for the discovery of the Raman Effect. For his great success in the field of science in India, 28th of February is observed as a National Science Day by the National Council for Science and Technology Communication (NCSTC).



On this occasion, NSS unit of Yenepoya Pharmacy College & Research Centre observed National Science Day on 02 March 2019 at college by demonstrating different basic science related experiments to the students of Malja-ul-Islam English Medium School, Pachambala, Kasaragod, and Kerala.





Students were thrilled and enjoyed the programs. The session was closed with lunch and group photography. Certificates were given to all the students volunteer.



### Activity & Participants Details

|                |                       |   |
|----------------|-----------------------|---|
| <b>Sl.No 1</b> |                       |   |
| 1.             | Name of the activity  | Transverse section of different parts of plants   |
| 2.             | Activity In-charge    | Ms. Silpa. M  |
| 3.             | Students /Volunteers  | Mariyamma Ashura, Asiyath Maharaja, Nafeesa Thabshreera, Nabisath sanam, Nafisath Thashreepa, Sameera, Maimoona, Ashweeda, Shabeeha |
| 4.             | Lab Attender          | Ms. Anisha A  |
| 5.             | Laboratory            | Pharmacognosy Lab   |
| <b>Sl.No 2</b> |                       |   |
| 1.             | Name of the activity  | a. Elephant Rocket<br>b. Elephant Toothpaste  |
| 2.             | Activity In-charge    | Ms. Sonal D'Souza   |
| 3.             | Students /Volunteers  | Beeran Mohammed Noufal, Abdul Ishrath Shanif, Askar ali, Fathima Riza, Shamreena, Fathimath Shafidha B, Fathimath Afriza,           |
| 4.             | Lab Attender          | Ms.Shaheema   |
| 5.             | Laboratory            | Pharmaceutical Chemistry Lab-I  |
| <b>Sl.No 3</b> |                       |   |
| 1.             | Name of the activity  | a. Elephant Rocket<br>b. Elephant Toothpaste  |
| 2.             | Activity In-charge    | Ms. Sonal D'Souza   |
| 3.             | Students /Volunteers  | Beeran Mohammed Noufal, Abdul Ishrath Shanif, Askar ali, Fathima Riza, Shamreena, Fathimath Shafidha B, Fathimath Afriza,           |
| 4.             | Lab Attender          | Ms.Shaheema   |
| 5.             | Laboratory            | Pharmaceutical Chemistry Lab-I  |
| <b>Sl.No 4</b> |                       |   |
| 1.             | Name of the activity  | a. Calamine<br>b. Effervescent preparation<br>c. Disintegrator test   |
| 2.             | Activity In-charge    | Ms. Santoshi Naik Ms. Thriveni M  |
| 3.             | Students /Volunteers  | Khadeejath Ishra, Hemalatha, Asmiya, Khadeejathul Muhsina D   |
| 4.             | Lab Attender          | Ms. Anisha  |
| 5.             | Laboratory            | Pharmaceutics   |
| <b>Sl.No 5</b> |                       |   |
| 1.             | Name of the activity  | Golden Rain Fire Starter Colour Reactions,  |
| 2.             | Activity In-charge    | Mrs. Nishmitha Gretta D Souza   |
| 3.             | Students /Volunteers  | Suhaila, Mohammed Mustafa, Raseena C H  |
| 4.             | Lab Attender          | Ms. Shaheema  |
| 5.             | Requirements / Others |   |

|              |                      |   |
|--------------|----------------------|---|
| 6.           | Laboratory           | Pharmaceutical Chemistry Lab-I                                      |
| <b>Sl.No</b> |                      |   |
| 1.           | Name of the activity | d. Calamine<br>e. Effervescent preparation<br>f. Disintegrator test |
| 2.           | Activity In-charge   | Ms. Santoshi Naik Ms. Thriveni M                                    |
| 3.           | Students /Volunteers | Khadeejath Ishra, Hemalatha, Asmiya, Khadeejathul Muhsina D         |
| 4.           | Lab Attender         | Ms. Anisha  |
| 5.           | Laboratory           | Pharmaceutics   |

## INTERNATIONAL WOMEN'S DAY

8th March is internationally celebrated as the “International Women’s Day”. It is an important occasion for all of us to pause for a moment to reflect on ourselves, to appreciate how much has been done and what more needs to be done in the field of gender equality. Moreover, it is the day to acknowledge all the men and women in the world for making this world a better place for everyone to live in.

**Yenepoya Pharmacy College & Research Centre**  
Deralakatte, Mangaluru

**Welcomes you for the celebration of**  
**International Women's Day**

**YPCRC**

**Theme:**  
**day of pink**

**Friday, 8 March 2019 at 9:00 am**

**Soccer Ground**  
**Yenepoya (Deemed to be University)**

**Event: Group Photosession** 

**Dress Code:** 

On this occasion, NSS unit of Yenepoya Pharmacy College & Research Centre observed International Women's Day on 08 March 2019 at college by the theme '**Day of Pink**'. In conjunction of international women's day we have conducted photo session with students and staffs.



The objective behind celebrating this grand day was to give respect to women and to create an atmosphere of unity, celebration, reflection, advocacy and action – whatever that looks like globally at a local level.

## PERSONALITY DEVELOPMENT PROGRAMME

The NSS unit –V of Yenepoya deemed to be university organized a personality development programme on 10/04/19 at EMD Auditorium, YMCH, Mangaluru. The programme began at 10.00 a.m, Mr Jobin; Program officer NSS unit V welcomed the guest and the resource person Dr. Sarfraz J Hashim, Director (academics) P. A. educational trust and managing director of sadhana academy Mangaluru.

Dr. Sarfraz J Hashim briefly discussed about the power of mind and there were few work exercises like eating fire balls and human bridge formation etc to curtail the fear in one's mind. A total of 124 students were participated in the programme.



## NSS ANNUAL CAMP HELD AT GOVERNMENT HIGHER PRIMARY SCHOOL, BALEPUNI, MUDUNGARUKATTE



Keeping with the motto 'Not Me, But You', the National Service Scheme of The Yenepoya Institute of Arts, Science, Commerce and Management, Balmatta, organised a week long annual camp at Government Higher Primary School, Balepuni, Mudungarukatte. Fifty NSS volunteers under the guidance of Mr. Niyaz P and Ms. Shalini Sequeira, NSS program officers, were responsible for planning and implementing the objectives of the NSS camp.

The camp was inaugurated by Dr. Pracheth R., Yenepoya Medical College on 5<sup>th</sup> April 2019 at 3.45pm. In his message, he reminded the volunteers that they were fortunate to be part of this enriching camp experience and motivated them to actively participate in it. Mr. Abbas Narya, President of the School Development Committee, extended his whole hearted support and cooperation for the success of the camp. Dr. Parvadavardhini Gopalakrishnan, Principal, The Yenepoya Institute of Arts, Science, Commerce and Management, presided over the function and delivered the Presidential address. She wished the volunteers well in the various social outreach endeavours planned by them. Mr Niyaz P welcomed the gathering and Ms Shalini Sequeira proposed the vote of thanks. Fathima Niha, I B.Com, compered the program, Naveeda Anjum, I B.Com (Professional) and group sang the prayer song. The program ended with the national anthem.

The routine of the NSS camp began with flag hoisting followed by breakfast. During the week, the following activities were performed by the volunteers - planting saplings, construction of drainages, cleaning the school surroundings and neighbouring areas, painting the flag post, rain water harvesting and leveling of the school ground. Essay competition was organised for the school children and the winners were awarded. The volunteers in the



evening spent their leisure time by playing games. They also planned cultural activities and presented them. Evaluation of the day's activities was done followed by dinner.

On 6<sup>th</sup> April 2019, Mr. Marian D'Souza delivered a talk on 'Literature'. Mr. M.D. Manchi presided over the function. He entertained the students by his songs on literature. The NSS wing of Yenepoya Medical College, Yenepoya deemed to be University, Deralakatte, along with the NSS volunteers visited homes in the neighbouring areas, conducted free medical check-up and distributed medicines to the sick.



On 7<sup>th</sup> April 2019, Mr. Niyaz Ahmed Samanige, spoke on 'Social Service' Mr Harekala Hajabba, state awardee, presided over the function.



On 8<sup>th</sup> April 2019, Mr. Mansoor Ahmed, Lecturer, P.A. College, Nadupadav, briefed the volunteers on 'The importance of NSS'.



On 9<sup>th</sup> April 2019, Mr. Edward Rebello, Tackode, Moodbidri, agriculturist and state awardee, spoke on 'Agriculture'.



On 10<sup>th</sup> April, a free dental check-up camp by Dr. Imran Pasha and team was organized for the volunteers and the general public.



❖ Construction of drainage system:



❖ Installation of rain water harvesting system:



❖ Planting saplings:



❖ **Levelling the school ground:**



❖ **Painting the school flag post:**



❖ **Cleaning the surrounding areas:**



**Exercise:**



**Evaluation of the day's activities:**



**Cooking:**



**Cultural program:**



**Visit the sick:**



**Health check-up:**





A valedictory function was held on 10<sup>th</sup> April 2019 at 3.30pm. The chief guest of the function was Dr. Wajida Banu, Assistant Professor in Economics, Mangalore University. Mr Mohammad Bava, Finance Officer, Yenepoya deemed to be university, Mr. Abbas Narya, President of the school, Ms. Udaya Kumari, Headmistress, Government higher primary school, Balepuni, Mudungarukatte, Dr. Parvadavardhini Gopalakrishnan, Principal, The Yenepoya Institute of Arts, Science, Commerce and Management, program officers, Mr. Niyaz P. and Ms. Shalini Sequeira were the other dignitaries on the dais. The chief guest congratulated the volunteers for their dynamic participation in the camp and encouraged them to continue with the good work. Mr. Mohammed Bava emphasised the importance of service in one's life and wished the volunteers success in life. Dr. Parvadavardhini Gopalakrishnan, Principal, YIASCM, presided over the function and briefed the audience on the work done by the volunteers. She also applauded them for their exemplary work and also bringing smiles on the faces of the less fortunate sections of society.

Ms. Udaya Kumari, Headmistress of the school, thanked the NSS team for their dedicated service Salman Rafie, II B.Com (Professional) and Ammad Karani, I B.Com, were honoured with, 'The Best Volunteer' award. Nadiya Farheen, I B.Com, compered the program, Mohammad Suhail, NSS leader, II B.Com welcomed the gathering and Mirza Ibad, NSS leader, I B.Com, proposed the vote of thanks. The program concluded with the NSS anthem.

## WORLD HEALTH DAY - 2019

The NSS Unit of the department of Hospital Administration conducted a program on the 24<sup>th</sup> and 25<sup>th</sup> of April 2019 to commemorate the World Health Day-2019. The program had various competitions conducted for the staff and students of Yenepoya (deemed to be) University, spread over 2 days.

A total of 82 participants from Yenepoya Medical College, Yenepoya Dental College, Yenepoya Nursing College, Yenepoya Institute of Arts, Science Commerce and Management and Yenepoya Research center participated in these events.

| Date                        | Competition   | Theme  | No. of participants |
|-----------------------------|---------------|--|---------------------|
| 24 <sup>th</sup> April 2019 | Poster        | Health for all   | 8 teams             |
|                             | Photography   | 'Happy Ageing'/ 'Stronger together'  | 18                  |
| 25 <sup>th</sup> April 2019 | Essay writing | Gender sensitization-Need of the hour/ Healthy Environment Health People/Mental Health of students in a globalized world | 12                  |
|                             | Health Quiz   |  | 18 teams            |



**Participants at the Quiz Competition**





**Posters presented at the competition**

The Valedictory was conducted on 25<sup>th</sup> April 2019 at 2:00pm at Indoor Auditorium, Academic block, YMC.





The Chief Guest of the function, Dr. C.V. Raghuvver, Honourable Pro. Vice Chancellor, Yenepoya Deemed to be University delivered the Key note address on the topic ‘Globilization of Healthcare and its impact on the cost of Healthcare’.

Dr. Sampathila Padmanabha, Medical Superintendent, Yenepoya Medical College Hospital presided over the function. Sr. Aileen Mathias, Chief Nursing Officer, Yenepoya Medical College Hospital was present for the function.

Dr. Sunita Saldanha Professor and Head, Dept. of Hospital Administration gave the Welcome address and Mrs. Averil Rebello, Assistant Professor and NSS Program Officer Dept. of Hospital Administration delivered the vote of thanks.

The Chief Guest awarded the winners of the competitions. The judges of the competitions too were thanked with a token of appreciation. All the participants were given a certificate of participation.



**Dr. Sunita Saldanha giving the welcome address, Mrs. Averil Rebello delivering the vote of thanks**

## **WORLD ANTI TOBACCO DAY**

Yenepoya Deemed to be University and department of Public Health Dentistry in collaboration with NSS Unit of Nursing College Organized a mass Awareness Programme and Public Awareness rally on the occasion of World Anti Tobacco Day on 31/05/19 at Yenepoya Medical College Hospital Campus, Mangaluru. The rally was inaugurated by Dr C V Raghuveer, Pro Vice Chancellor Yenepoya Deemed to be University and Dr Sham Bhat delivered the oath against the use of tobacco. The NSS Programme Officers of various Colleges (YMC, YDC, and YPC) were present during the occasion.

The vote of thanks was given by Dr. Imran Pasha, Department of Public Health Dentistry, which was followed by skit and mass awareness on ill effects of using tobacco products. A total of 100 students were participated in the program.



## **NSS INSTALLATION HELD ON 13 JUNE 2019**

NSS Installation Programme of Yenepoya Homoeopathic Medical College & Hospital, Mangalore held on 13.06.2019. Dr. Mohammed Iqbal Dist. AYUSH Officer, Dakshina Kannada was the Chief Guest, Dr. C.V. Raghuveer, Pro V.C Yenepoya (Deemed to be University) was the Guest of Honour, Dr. K Gangadhar Somayaji, Registrar, Yenepoya (Deemed to be University) was the Presiding Officer. Dr. Ashwini Shetty, NSS coordinator YMC, was special invitee for the Programme.



### NUTRITION AND HEALTHY PRACTICES IN CHILDREN -2019

| S.No | CONTENT  | DETAILS  |
|------|--|--|
| 1.   | Nature of the Program                                    | Extension Activity   |
| 2.   | Title and Theme  | Title: Nutrition and healthy practices in children of Govt. Higher Primary School, Babbukatte.<br>Theme: Creating Awareness On Nutrition And Healthy Practices   |
| 3.   | Organizing departments                                   | Department of Biochemistry,<br>Yenepoya Medical College and<br>NSS unit<br>Yenepoya (Deemed to be University)  |
| 4.   | Program date and time                                    | 6 <sup>th</sup> July 2019, 10:00 AM to 1.00 PM   |
| 5.   | Resource persons and Topics of presentation              | <ul style="list-style-type: none"> <li>• Talk - Dr. Nivedita L Rao, HOD, Department of Biochemistry, gave a talk to the students on the topic - balanced diet and the importance of nutrients using video shows</li> <li>• Exhibition and demonstration on balanced diet, importance of deworming and hand hygiene by Biochemistry department faculty members Dr Mahalakshmi Pettimani, Dr Greeshma Kotian, Dr Raghavendra U, Mrs Thasleema and MBBS student volunteers.</li> <li>• Free blood glucose testing was conducted for school staff by Dr Shaheen B Shaikh.</li> <li>• Dr. Ashwini Shetty, NSS coordinator</li> <li>• Mr C.S. Bhandary, Area Manager, British Biological distributed health drink sachets</li> </ul> |
| 6.   | Beneficiaries (PG, UG, Interns, GP, Consultants/Faculty) | <ul style="list-style-type: none"> <li>• 8<sup>th</sup> and 9<sup>th</sup> standard students and staff of Govt. Higher Primary School, Babbukatte</li> </ul>   |

|    |  |  |
|----|--|--|
| 7. | Number of delegates who attended the program   | 95   |
| 8. | Credit hours/ points and the name of the organization awarding accreditation points. Letter number | Nil  |
| 9. | Is the CME held under Aegis of a society details of the same                                       | Nil  |
| 10 | Possible impact or expected impact of the program  | Enhancing knowledge, awareness and importance of balanced diet, healthy eating habits, deworming and hand hygiene. It gave an insight for the students to avoid unhealthy food and to incorporate value added nutrients in their diet. Healthy habits like hand wash hygiene was stressed upon. Importance of deworming was explained. |
| 11 | Photographs with clear captions (Not more than 4 – 5/ day of program)                              | Attached in next page  |
| 12 | Any other information  | —  |

Mrs. Vijayalaxmi, School Headmistress, Mrs. Suhasini, School advisor and social worker were present on the occasion.





## **NSS ORIENTATION PROGRAMME HELD ON 24<sup>TH</sup> JULY 2019**

Yenepoya Homoeopathic Medical College & Hospital organised NSS Orientation Programme on 24.07.2019. Mr. Sunil George, Soft Skill Trainer, Dr. Ashwini Shetty, NSS coordinator of Yenepoya (Deemed to be University) Dr. Vivekanand V. Vernekar, Dean of YHMC & Hospital President of the Programme.



## **VANAMAHOTSAWA DAY CELEBRATION HELD ON 26.07.2019**

Yenepoya Homoeopathic Medical College & Hospital organised vanamahotsawa day celebration held on 26.07.2019 in Herbal Garden. Dr. Guthigar as chief guest Dr. Pro V.C of Yenepoya (Deemed To Be) University Dr. C.V. Raghuveer as Guest of Honour.



## **BLOOD DONATION CAMP**

Yenepoya Homoeopathic Medical College & Hospital organised Blood donation camp on 20.08.2019. Pro V.C of Yenepoya (Deemed to Be University) Dr. C.V. Raghuveer Dr. Sharif, In-charge of Blood Bank of Yenepoya Medical College was Guest of Honour. Dr. Vivekanand V. Vernekar, Dean, and YHMCH presided the programme.



### **PADDY PLANTATION PROGRAMME AT KATTATHILA, ON 4<sup>TH</sup> AUGUST 2019**

Rice is the most important food crop of India covering about one-fourth of the total cropped area and providing food to about half of the Indian population. To create awareness of cultivation of paddy, National Service Scheme (NSS) and Karaseva of Yenepoya (Deemed to be University) in association with Krishi Vigyan Kendra organised a paddy plantation programme at Kattathila, Salettur on 4<sup>th</sup> August 2019.

Totally 53 students and faculty of Yenepoya (Deemed to be University) in Mangaluru, have made a commendable effort in growing their own food. The best part is that not only did these students successfully cultivate rice on land which was fallow; they will also use the field rice to feed government school students of kattathilla.

The paddy programme was inaugurated symbolically by planting paddy in the field by the dignitaries and NSS and Karaseva volunteers were present on the occasion. Dr. Ashwini S Shetty, Programme Coordinator, NSS Spoke on Importance of NSS Volunteers involving in social activities. Dr. Chetan, Scientist Fisheries and Incharge Head Krishi Vigyan Kendra Highlighted the importance of Farming. Ms. Tejaswini Gave brief on Karaseva trust and their contribution to the Govt school Kattathila and Karaseva trust president Mr. Anmol and Mrs. Aishwarya, Dr. Umakulkarni Prof. Ophthalmology, Dr. Shripad Prof. Dept of Anaesthesia Dr. Mallikarjun Scientist Soil Science, Dr. Kedarnath Scientist, Plant Pathologist from ICAR, Krishi Vigyan Kendra, Headmistress of the Govt school Kattathilla Dr. Imran NSS Programme Officer and Dr. Vishnu Faculty Yenepoya Homeopathy college were present on this occasion.



### **Farming Activities for students are great, because,**

- It exposes them to the long and tough process of bringing food from the field to the plate.
- It helps to break certain perceptions or misgivings that any student might have had, with regards to farming.
- It is a very important activity that students can indulge in, without a laptop, a mobile phone and the internet
- Students prepared themselves to level the field; plant seedlings, remove weeds, and finally harvest their produce. Villagers were impressed by student's efforts, some villagers; farmer leaders of the villages—joined and helped the students
- It helps the students to empathise with farmers, and acknowledge the hardships they face.

Farming encourages students not to waste food, given the effort taken to grow it...

- It's important to know that agricultural scenario is becoming less attractive every day, and an initiative like this will help to rekindle an interest towards farming, among students. One quintal rice which will be produced will feed the 36 students Govt students of Kattathila till the end of the current academic session







### **REPORT ON NUTRITION WEEK OBSERVATION AND POSHAN MAAH, 2019**

As a part of Nutrition week observation and Poshan Maah 2019, NSS unit-V of Yenepoya University in collaboration with Child Health Nursing department, YNC and Community medicine department, YMC organized a Nutrition Awareness programme at Kinya Anganwadi on 30/09/2019 between 10.00am to 1.00 pm. On this occasion nutrition assessment of Anganwadi children was done. Exhibition of nutritious diet for under five children was arranged. Nutrition education on healthy diet, balanced diet, dietary sources of micro and macro nutrients was given to the beneficiaries.

A total of 13 Anganwadi kids were assessed for nutritional status among which 3 were found with mild malnutrition. They were referred to Yenepoya Medical College Hospital. Totally 24 adults including parents of Anganwadi children attended the nutrition exhibition and nutrition education and got benefitted by the program. Anganwadi teacher and a helper, 2 doctors from Yenepoya Medical College, 15 NSS volunteers of NSS Unit-V of Yenepoya University, 4 teaching faculty of Yenepoya Nursing College attended the Program. Beneficiaries gave a positive response and appreciated the efforts of organizers.



Latitude: 12.781093  
 Longitude: 74.892617  
 Elevation: 100.01m  
 Accuracy: 5.9m  
 Time: 30-09-2019 11:05



Latitude: 12.781485  
 Longitude: 74.892387  
 Elevation: 141.51m  
 Accuracy: 5.4m  
 Time: 30-09-2019 10:56



Latitude: 12.781027  
 Longitude: 74.892507  
 Elevation: 105.7m  
 Accuracy: 5.6m  
 Time: 30-09-2019 11:02



Latitude: 12.78098  
 Longitude: 74.89244  
 Elevation: 94.21m  
 Accuracy: 6.3m  
 Time: 30-09-2019 10:25

## **Report of observance of 70<sup>th</sup> Constitution Day organized by NSS Unit 1 and 2, Yenepoya Medical College, Yenepoya (Deemed to be University)**

**Organized by:** NSS Unit 1 and 2, Yenepoya Medical College, Yenepoya (Deemed to be University), Mangaluru under the aegis of Inter collegiate Academic Postgraduate Programme (IAPP)

**Date:** 22/11/2019

**Venue:** Lecture Hall-4, Academic Block, Yenepoya Medical College

### **Organizers:**

1. Dr. Pracheth R, NSS Programme Officer, Yenepoya Medical College, Unit-2
2. Dr. Akshaya KM, NSS Programme Officer, Yenepoya Medical College, Unit-1
3. Dr. MS Moosabba, Dean/Principal, Yenepoya Medical College.

**Chief Guest:** Dr. Satish Gowda N, Senior Faculty of Law and NSS Coordinator, Bangalore University

**Presided by:** Dr. CV Raghuvver, Pro Vice Chancellor, Yenepoya (Deemed to be University)

### **PROGRAMME SCHEDULE**

|         |  |
|---------|--|
| 2.00 pm | Invocation   |
| 2.04 pm | Welcome address by Dr. Akshaya KM, NSS Programme Officer, Yenepoya Medical College                             |
| 2.07 pm | Lighting the lamp and inauguration by the dignitaries  |
| 2.12 pm | Introduction of the Chief Guest by Dr. Ashwini Shetty, NSS Coordinator, Yenepoya (Deemed to be University)     |
| 2.15 pm | Address by the Chief Guest, Dr Satish Gowda N, Senior faculty of Law and NSS Coordinator, Bangalore University |
| 2.20 pm | Presentation of memento and sapling to the Chief Guest   |
| 2.23 pm | Address by Dr. MS Moosabba, Dean/Principal, Yenepoya Medical College   |
| 2.28 pm | Presidential address by Dr. CV Raghuvver, Pro Vice Chancellor, Yenepoya (Deemed to be University)              |
| 2.33 pm | Vote of thanks by Dr. Pracheth R, NSS Programme Officer, Yenepoya Medical College                              |
| 2.35 pm | National anthem  |

The inaugural was followed by a Guest Lecture by Dr. Satish Gowda N on the following aspects

- Importance of the constitution
- Democracy and constitution
- Importance of Human Rights under the Constitution of India
- Right to Health under the Constitution of India

## **BRIEF SUMMARY OF THE PROGRAMME**

NSS Units 1 and 2 of Yenepoya Medical College observed the 70<sup>th</sup> Constitution Day on 22<sup>nd</sup> November, 2019. The programme was conducted at Lecture Hall-4 of Yenepoya Medical College. Dr. Akshaya KM and Dr. Pracheth R, NSS Programme Officers of Yenepoya Medical College were the key organizers. Dr. Ashwini Shetty, NSS Coordinator, Yenepoya (Deemed to be University) facilitated the smooth conduct of the programme. Dr. Satish Gowda N, Senior Faculty of Law and NSS Coordinator, Bangalore University was the Chief Guest. Dr. CV Raghuveer, Pro Vice Chancellor (Yenepoya Deemed to be University) presided over the programme and Dr. MS Moosabba, Dean/Principal, Yenepoya Medical College graced the occasion. The programme began at 2.00 pm with invocation by Mr. Mohammed Ibadh, MBBS Student, 2017 Batch, Yenepoya Medical College, after which, Dr. Akshaya KM welcomed the gathering. The dignitaries then lighted the lamp. Dr. Ashwini Shetty then introduced the Chief Guest to the gathering. Dr. Satish Gowda then gave his remarks which was followed by Dr. MS Moosabba's remarks about the Constitution Day. Dr. CV Raghuveer then delivered the presidential address. Dr. Pracheth R proposed the Vote of Thanks. Ms. Farha, MBBS Student, 2016 Batch, Yenepoya Medical College compered the programme. The inaugural programme was followed by a Guest Lecture by Dr. Satish Gowda N who spoke about importance of constitution, human rights and right to health under Constitution of India. The lecture concluded at 3.45 pm which was followed by refreshments. Senior faculty from the Department of Community Medicine, NSS volunteers and students from 2016 Batch, MBBS, Yenepoya Medical College were present amongst the audience.

## **PHOTOGRAPHS**

### **Lighting of lamp**



**Dr. CV Raghuveer felicitating Dr. Satish Gowda N**



## REPORT ON NATIONAL INTEGRATION DAY & CONSTITUTION DAY

National Integration day & Constitution Day also known as Samvidhan day is celebrated every year on 26<sup>th</sup> of November by the people throughout India to commemorate the adoption of the constitution of India. On 26<sup>th</sup> November 1049, the constitution assembly of India adopted the constitution of India and it came to effect on 26<sup>th</sup> January 1950. On this occasion in our college NSS Unit organised National Integration day & Constitution Day, we invited Mr. Santosh Peter D' Souza as a chief guest and Dr. C. V. Raghuvver sir, Pro VC Yenepoya University, Mangalore, presided over the programme. Programme started by invocation prayer by Mr. Nazib. Miss. Misba Khan welcomed the gathering. Miss. Mufeeda from second year BHMS student gave brief introduction about constitution of India and National Integration Day. Mr. Santosh D'Souza, Chief Guest of the Programme, spoke on Constitution of India, its origin and how it is helpful to the common man and Medical Profession. After honouring to the chief guest with Memento and flowers, our dean Dr. V. V. Vernekar sir gave the presidential remark. Vote of tanks given by Miss. Resha. Programme was concluded by National Anthem.

Entire event was organised and co-ordinated by Staff with NSS Programme Officer Dr. Shashikant Kammar, HOD Forensic Medicine and Toxicology, along with his team members Dr. Roopa, Dr. Alwyn, Dr. Jeenu under the guidance of Dean Y.H.M.C & H. Dr. V. V. Vernekar.

## CONSTITUTION DAY & NATIONAL INTEGRATION DAY

