YENEPOYA
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Outreach Programmes for Local Communities and Disadvantaged Groups

The University delivers structured outreach programmes and projects in the local community to promote and improve health and wellbeing. These programmes cover preventive healthcare, health screening, nutrition, hygiene and health education, non-communicable diseases, cancer awareness, rural and tribal health, school health and support for disadvantaged communities. The programmes are implemented through the Directorate of Extension and Outreach and its institutional outreach bodies including NSS, Youth Red Cross (YRC) and the Rural Health Care & Development Center (RHCDC).

The activities and outcomes reported below are supported by the University Annual Report 2024–25. The relevant chapters from the Annual Report are provided in the respective Annexures appended to this document and referenced against each section as documentary evidence.

1. Institutional Outreach Structure

The University has institutionalized community outreach through the Directorate of Extension and Outreach, which coordinates health and social outreach activities across the University's constituent units.

During 2024–25, the Directorate coordinated 293 outreach programmes and camps, involving 4,201 student volunteers and 597 faculty mentors and reaching 33,864 beneficiaries. The programmes also generated 4,201 specialized clinical referrals, resulting in 425 documented hospital treatment visits.

Evidence: *Annexure 1 – Directorate of Extension and Outreach: Institutional Structure, Activities and Outreach Outcomes.*

The Directorate is supported by the following institutional outreach bodies:

a) National Service Scheme (NSS): The NSS operates through 64 units with more than 6,400 active student volunteers, providing a structured platform for community service and health-related outreach.

Evidence: *Annexure 2 – NSS Institutional Structure, Activities, Volunteers and Outreach Programmes.*

b) Youth Red Cross (YRC) Unit: The YRC is institutionalized through a formal MoU with the Indian Red Cross Society (IRCS) and undertakes humanitarian and community health-related initiatives.

Evidence: *Annexure 3 – YRC Institutional Structure, MoU and Outreach Activities.*

c) Rural Health Care & Development Center (RHCDC): The RHCDC manages a permanent network of 31 rural satellite clinics. During the reporting period, it conducted 160 outreach activities reaching 17,117 beneficiaries, including 41 clinical camps serving 4,083 residents and 14 school health check-ups covering 6,211 children.

Evidence: *Annexure 4 – RHCDC Rural Clinics, Outreach Activities, Clinical Camps and School Health Programmes.*

2. Health and Wellbeing Outreach for Disadvantaged and Underserved Communities

The University undertakes targeted programmes to address health needs among disadvantaged, rural and indigenous communities.

a) Tribal Health: Through a partnership with the Government of Karnataka, the NSS conducted 120 targeted health camps, screening 10,234 tribal individuals for diabetes, hypertension, anaemia and cancer. A targeted tribal malnutrition intervention was also undertaken.

Evidence: *Annexure 2 – NSS Tribal Health Camps, Screening and Nutrition Intervention.*

b) Healthcare Access and Navigation: The YRC established a Help Desk Internship at District Government Wenlock Hospital, providing administrative and healthcare navigation support to patients from low-income and underserved communities.

Evidence: *Annexure 3 – YRC Wenlock Government Hospital Help Desk Initiative.*

c) Outreach to Underserved Communities: The RHCDC implements a Family Adoption Programme involving MBBS/BDS students and conducts oncology risk assessments and non-communicable disease assessments in disadvantaged communities including Chethan Nagar and Santosh Nagar. The Department of Social Work also conducted 14 programmes reaching 1,778 vulnerable individuals.

Evidence: *Annexure 4 – RHCDC Family Adoption Programme, Community Health Assessments and Social Work Outreach.*

3. Evidence of Institutional Recognition

The University's institutional capacity and sustained contribution to community outreach are further supported by awards and recognitions at the international, state and district levels.

Evidence: *Annexure 5 – Awards and Recognitions for NSS, YRC and Community Outreach Activities.*

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Overall Evidence of University-Level Outreach

The evidence demonstrates that community outreach is institutionally established, systematically implemented and delivered at scale through the University's Directorate of Extension and Outreach and its constituent outreach bodies. The programmes directly address health and wellbeing needs of local, rural, disadvantaged and indigenous communities, with documented evidence of institutional structures, activities, volunteers, beneficiaries and outcomes in **Annexures 1–5**.

Annexure 1

Directorate of Extension and Outreach Activities

Director

Dr. Ashwini Shetty

The Directorate of Extension and Outreach Activities has continued to play a vital role in building strong linkages between the University and the wider community during the academic year **2024-25.** True to its mandate, the Directorate has strived to transform education into an engine of social good by mobilizing students, faculty, and resources to directly address community needs. Through its diverse programs, the Directorate has emphasized not only the transfer of knowledge but also the practical application of skills in the service of society.

The year under review was marked by remarkable progress in the areas of health, social empowerment, and holistic well-being. A total of **293 outreach programs and camps** were conducted, covering a broad spectrum of activities ranging from medical and dental check-ups to AYUSH-based health promotion and social awareness campaigns. These initiatives reached **33,864 beneficiaries** across rural and urban settings, and in the process, provided **4,201 referrals** for specialized care. Importantly, **425 of these referrals translated into hospital visits,** ensuring continuity of healthcare services. The programs witnessed massive student engagement, with **4,201 student volunteers** actively participating under the guidance of **597 faculty members.** These numbers reflect not only the scale but also the depth of the University's commitment to extension work.

One of the standout contributors to this effort was the **Rural Health Care and Development Centre (RHCDC).** During the year, RHCDC organized **65 outreach programs,** benefitting **11,095 people** from underserved rural communities. These camps generated **213 referrals,** and **16 patients subsequently availed treatment at the hospital.** With the dedicated involvement of **591 student volunteers,** RHCDC addressed key health concerns such as maternal and child health, nutrition, sanitation, and preventive care. The Centre's ability to build trust and long-term engagement with rural households has made it a cornerstone of the Directorate's rural outreach strategy.

The **Department of Social Work (MSW)** brought in the social dimension to outreach by organizing **14 programs,** benefitting **1,778 individuals.** With **296 students** and **18 faculty members** contributing actively, these initiatives were successful in raising awareness on women's rights, child protection, social justice, and community education. The department also provided **296 referrals**, with **6 patients reaching the hospital for further care.** Although fewer in number compared to other departments, MSW activities carried strong qualitative impact as they directly engaged with vulnerable groups and addressed the root social determinants of health and well-being.

The **Dental faculty** emerged as one of the most impactful contributors, conducting **64 dental outreach programs** that benefitted **4,540 individuals.** Dental check-ups in schools and community centers, oral hygiene awareness campaigns, and early detection of oral diseases were among the highlights. What makes these efforts particularly noteworthy is the scale of referrals generated - **2,617 patients were identified and referred to**

hospitals for further treatment. These initiatives underline the importance of preventive dentistry and showcase how large-scale student mobilization can lead to measurable improvements in community health outcomes.

The **Department of Community Medicine** conducted **49 outreach programs,** benefitting **5,626 people.** The department's interventions included vaccination drives, nutrition awareness, sanitation campaigns, and lifestyle disease prevention. A total of **10 referrals** were provided, and **3 patients visited the hospital** for follow-up care. These programs demonstrated the department's ability to blend scientific rigor with practical service delivery, thereby ensuring that medical students experienced firsthand the challenges and solutions in public health.

The **Zulekha Yeneoya Institute of Oncology unit (ZYIO)** added to the outreach efforts with **37 programs,** benefitting **6,492 individuals.** These programs generated **547 referrals,** of which **6 patients visited the hospital.** With the active involvement of **547 student volunteers,** ZYIO focused on diagnostic screenings, specialized health services, and technical support, thus expanding access to quality healthcare for populations that otherwise lack such services.

The **Naturopathy faculty** significantly contributed to AYUSH-centered wellness by organizing **25 programs,** benefitting **1,643 individuals.** With **227 students** participating, the camps introduced communities to naturopathic practices such as yoga, lifestyle modification, and stress management. These programs reinforced the importance of preventive and holistic healthcare, encouraging communities to adopt sustainable health practices rooted in traditional wisdom.

The **Homoeopathy faculty** carried forward the spirit of integrative health with **13 outreach activities,** reaching **554 beneficiaries**. The department provided 69 referrals, with **12 patients visiting hospitals** for treatment. The programs focused on affordable home remedies, preventive awareness, and the holistic management of health issues. While smaller in scale, the homoeopathy initiatives were critical in enhancing the accessibility of healthcare, especially in communities with limited resources.

The **Ayurveda faculty** also made an impressive contribution by organizing **26 programs,** benefitting **2,136 people.** These camps generated **449 referrals,** with **143 individuals visiting hospitals** for advanced care. With the enthusiastic involvement of **449 students** and **143 faculty members,** the programs featured herbal plantation drives, Ayurveda awareness sessions, and preventive medicine consultations. These activities not only supported public health but also contributed to environmental sustainability by reviving traditional practices like herbal cultivation.

Taken together, the efforts across all faculties and departments demonstrate the strength of a multi-disciplinary approach to community engagement. The integration of modern medical sciences, dental health, public health, social sciences, and traditional AYUSH systems created a **holistic model of outreach** that addressed the diverse needs of communities. The Directorate's programs were not limited to service delivery alone; they also created awareness, promoted behavioral change, and encouraged community ownership of health and well-being.

The **active participation of 4,201 students** was a defining aspect of the year's outreach. Students reported enhanced leadership skills, teamwork, empathy, and a sense of civic duty as a result of their direct involvement in

community service. Faculty involvement, with **597 members mentoring students and guiding activities,** added academic depth and ensured the professional quality of services rendered. Partnerships with local organizations, NGOs, and panchayats played a vital role in extending the reach and sustainability of these programs.

The achievements of the Directorate during 2024–25 are commendable, yet challenges were not absent. Nevertheless, the year's experiences have laid the groundwork for innovative strategies, including digital outreach platforms, hybrid health education models, and stronger integration with local health systems.

Looking ahead, the Directorate envisions scaling up school-based health and awareness programs, expanding AYUSH-centered wellness models, and focusing more intensively on lifestyle disease prevention and environmental sustainability. Greater emphasis will be placed on capacity building for students and faculty to strengthen the long-term impact of outreach initiatives.

In conclusion, the **Annual Report 2024-25** of the Directorate of Extension and Outreach Activities reflects a year of impactful community engagement, meaningful student involvement, and strong partnerships. With **293 programs reaching 33,864 beneficiaries,** generating thousands of referrals, and engaging both modern and traditional healthcare systems, the Directorate has demonstrated that higher education institutions can serve as powerful agents of social transformation. The vision for the coming years is to build on this momentum, deepen community linkages, and innovate sustainable outreach models that ensure lasting societal impact

National Service Scheme

Program Coordinator
Dr. Ashwini Shetty

The National Service Scheme (NSS) has successfully carried out a wide range of community-focused activities during the academic year 2024–25, engaging over 6,400 student volunteers across 64 units. These initiatives were designed to promote health, environmental responsibility, national integration, and youth development.

A major highlight was the Tribal Health Initiative in collaboration with the Government of Karnataka. Through 120 health camps, NSS volunteers screened over 10,234 tribal individuals for non-communicable diseases like diabetes and hypertension, Anaemia and cancer. A malnutrition intervention project was implemented with nutrition education and awareness campaigns targeting vulnerable tribal communities.

The university successfully organized the **District-Level Youth Festival - Kalasiri,** which brought together vibrant student talents from across the region. This event fostered cultural expression and encouraged youth to showcase their skills in performing and visual arts.

In a major professional development initiative, a State-Level NSS Programme Officer Training **was organized, based on the** Empanelled Training Institute (ETI) model, aimed at equipping NSS Programme Officers with advanced leadership, documentation, and coordination skills. Further extending its outreach in skill development, the university

Annexure 2

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collaborated with the **Forest Department, Government of Karnataka,** to conduct **First Aid Training for the staff of the Mysore Zoological Park,** enhancing their emergency preparedness and response capabilities.

The University was also selected as the official **Master Training Center for "MeraYuva Bharat (MY Bharat)"** by the Government of India, aimed at training key officers from various educational institutions. Dr. Ashwini Shetty and Mr. Rajesh Karkera underwent an intensive **three-day master trainer course at the Institute of Public Health, New Delhi,** to spearhead this statewide youth movement.

On the international front, the university took the lead in organizing two major events. The **International Youth Conference,** held from **May 15–17, 2025,** in association with the **Ministry of Youth Affairs and Sports, Government of India,** saw participation from over **650 youth delegates representing 20 Indian states,** along with **resource persons from six countries** promoting intercultural exchange, global leadership, and youth policy dialogue.

Adding to this milestone, the university also hosted the **International Conference in collaboration with the Department of Youth Empowerment and Sports, Government of Karnataka,** which brought together over **800 youth participants from 18 Indian states,** along with **five international experts** on June 4th to 6th 2025 This conference focused on themes such as social innovation, youth leadership, health, and climate action, offering a platform for students to engage in high-level policy and development discussions.

The Hon'ble Governor of Karnataka presented state-level NSS awards to Mr. Pavitra Shetty (Programme Officer) and volunteers Mr. Nishwan and Ms. Dhanyashree. Additionally, 10 programme officers and 24 volunteers received university-level awards, recognizing 10 top-performing NSS units. The university made its mark in national events, with Ms. Niharika selected as the special guest of the Prime Minister at the Republic Day Parade 2025. Four students participated in the Pre-RD Camp at Davangere University, and two were chosen for the State Republic Day Parade. Eight NSS volunteers represented the university at the National Youth Festival held at Karnataka RDPR University, Gadag. Students also took part in National Integration Camps at Gulbarga University, St. Joseph's College (Bangalore), and Seshadripuram College, showcasing leadership and cultural talents on a national platform..

Special rural camps were held in Bantwala, Kuppepadavu, Saralikatte, and Balepuni Panchayat. These week-long residential camps focused on health education, blood grouping, hygiene, and leadership development, allowing students to live and work closely with village communities.

Over 50 health awareness campaigns were conducted, including dengue and malaria prevention (covering 100+ households), breast cancer awareness, epilepsy education, and sessions on passive smoking, AIDS, Hypertension, and the Good Samaritan Law. Five blood donation drives were held across YPC, YSAHS, AYUSH, KSRP Assaigoli, and a government school, involving over 500 students, faculty, and police officers. Swachhata Hi Seva was observed through clean-up drives at railway stations, beaches (Panambur, Tannirbhavi, Ullal, Someshwara), government schools, and Anganwadis. Over

600 student volunteers and 50 faculty members took part in these efforts.

Wellness initiatives included International Yoga Day celebrations and workshops on stress management and occupational balance, conducted by the Occupational Therapy and Naturopathy departments. The university also hosted a national conference on "Mental Health and Well-being in Youth" in January 2025.

Workshops on disaster preparedness, self-defense, nutrition labeling, and leadership development further empowered volunteers. Campaigns such as "Mera Pehla Vote Desh Ke Liye," "Ek Paudha Maa Ke Naam," and Vanamahotsava were also conducted, strengthening civic awareness.

In conclusion, the NSS units have delivered an eventful, impactful, and service-driven year with diverse engagements that resonate with the core values of NSS-**Not Me, But You**. Through active participation in national camps, rural outreach, health campaigns, cleanliness drives, and youth empowerment programs, our volunteers have made a significant difference in the lives of others while growing as socially responsible citizens.

Plantation drive

Selected for State Republic Day Parade

Swachhata Hi seva

Swachhata Hi seva- Tannirbhavi

First aid training for the staff of Mysore Zoological Park

Tribal Health Camp

Youth Red Cross

Nodal Officer
Mrs. Nithyashree B. V.

The Youth Red Cross (YRC) was established in 2019. All the constituent colleges now host YRC units, affiliated with the Indian Red Cross Society, Karnataka State branch, and led by dedicated program officers. The core mission is to inculcate humanitarian service and build social values among youth through a robust program of training, workshops, and camps. Key activities encompass health awareness and hygiene, leadership and communication skills, first aid in emergencies, disaster preparedness and mitigation, and crucial blood donation camps. Reinforcing its commitment to community service, the university has also signed a MoU with the Indian Red Cross Society D.K. for collaborative initiatives.

YRC has had an exceptionally dynamic year, demonstrating a profound commitment to community service through a wide array of impactful initiatives. Beyond actively observing key calendar days such as World Environment Day, World Health Day, and World Red Cross Day, the YRC successfully spearheaded a blood donation drive and organized crucial First Aid and Disaster Management training for its dedicated volunteers. A significant highlight of the year was the Indian Red Cross Society Help Desk Internship at District Government Wenlock Hospital, Mangaluru. This invaluable program offered our volunteers profound practical experience in a real-world humanitarian service setting, truly enriching their understanding and skills. Complementing this, the YRC also initiated a "Wisdom Sharing Day" through an Old Age Home Visit, fostered road safety with "Traffic Awareness Sessions" and practical involvement in "Traffic Enforcers Work at Kulur Junction", and conducted vital awareness campaigns including "Dengue Awareness, Prevention, and Control" and the "Kshayamuktha Abhiyana – 100 Days Programme" for tuberculosis (TB) awareness.

Annexure 3

First aid training for the staff of Mysore Zoological Park

Tribal Health Camp

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Furthermore, the units reinforced core values through a "Road Safety: Role Play" and an "Anti-Ragging: Role Play", alongside essential "Fire Safety Training" and environmental consciousness activities like "Prakruthi Path: Path of Nature".

The dedication and hard work of our YRC units received significant recognition at the district level. Three awards were received by constituent colleges. Yenepoya School of Allied Health Sciences, Mudipu, was honored with the prestigious "Best Youth Red Cross Unit - 2024 Award" and als secured First Place for "Best Performer" at the Indian Red Cross Society Help Desk Internship at District Government Wenlock Hospital, Mangaluru. Additionally, Yenepoya Physiotherapy College earned "Best Performer - 2024" Third Place for the year 2024-2025. These accolades, alongside the recognition of Ms. Akshitha, Program Officer, Yenepoya School of Allied Health Sciences, Mudipu, underscore the exceptional engagement and active participation of all constituent colleges' YRC volunteers in these crucial programs and internships.

Dengue Awareness Prevention and Control

Traffic Awareness: Traffic enforces work

Ms. Akshitha receiving Best Program Officer award 2024 by IRCS D.K

Poster making competition to mark World Tuberculosis Day

Annexure 4

Rural Health Care and Development Center

Center Head
Dr. Poonam Naik

The centre was established in 2009 with an aim to provide comprehensive and holistic health care to the rural community of Dakshina Kannada and neighbouring districts through its 31 satellite centres located in different villages. The centre is also coordinating the family adoption program by for MBBS and BDS students.

During the year the centre organized health awareness programs, multispecialty camps, school health checkups, blood grouping and blood sugar check up activities. Together, there were 160 extension and outreach activities covering 17,117 beneficiaries.

The centre organized 65 health awareness programs by involving 66 teachers and 80 students. These programs covered 3,018 beneficiaries.

The centre organized 41 multispecialty camps by involving 44 teachers and 389 students. These camps covered 4,083 beneficiaries.

The centre organized 14 school health checkups by involving 19 teachers and 55 students. These programs covered 6,211 beneficiaries.

The centre organized blood grouping activities covering 2061 beneficiaries and blood sugar check up activities covering 8,473 beneficiaries.

MBBS students (4th year) were posted in RHCDC for a period of two weeks as a part of a student elective programme. They were involved in activities like attending major camp and talks, conducting health awareness programmes, attending dental clinics for history taking of oral cancer patients with examination, attending Zulekha Yenepoya Institute of Oncology, field visit in Chethan Nagar centre and Santosh Nagar centre to assess risk factor of non communicable disease among the community.

Health Awareness Talk

School Health Check Up

Annexure 5

Outreach Award

Yenepoya Institute of Arts, Science, Commerce & Management received the **Best NSS Unit Award** from the Youth Empowerment & Sports Department, National Service Scheme Cell, Government of Karnataka.

Dr. Dinakara P, Associate Professor of Linguistic Studies, received the **Best State NSS Programme Officer Award** from the Youth Empowerment & Sports Department, National Service Scheme Cell, Government of Karnataka.

Mohammed Nishwan UN, student of YIASCM, received the **Best State NSS Volunteer Award** from the Youth Empowerment & Sports Department, National Service Scheme Cell, Government of Karnataka.

Dhanyashree D. Bhat, student of YIASCM, received the **Best State NSS Volunteer Award** from the Youth Empowerment & Sports Department, National Service Scheme Cell, Government of Karnataka.

Ms. Akshatha, Lecturer of Allied Health, received the **Best Youth Red Cross Program Officer Award - 2024** from the Indian Red Cross Society, Dakshina Kannada District Branch, Mangalore.

Yenepoya School of Allied Health Sciences received the **Best Youth Red Cross Unit Award - 2024** from the Indian Red Cross Society, Dakshina Kannada District Branch, Mangalore.

Yenepoya School of Allied Health Sciences received **First Place** in **Best Youth Red Cross Performer - 2024** from the Indian Red Cross Society, Dakshina Kannada District Branch, Mangalore.

Yenepoya Physiotherapy College secured **Third Place** in **Best Youth Red Cross Performer - 2024** from the Indian Red Cross Society, Dakshina Kannada District Branch, Mangalore.

Yenepoya Dental College received the International **Best Dental Institute Award** from the Pierre Fauchard Academy, Section AT-Large Asia Region, Sri Lanka.