

NSS ACTIVITIES 2017-18

SL. NO	DATE	PLACE	PROGRAMME ORGANISED AND SPEAKER	ORGANISED BY
1	01.05.2017 to 07.05.2017	Yendurance, Yenepoya University campus	“National Integration Camp for Youth”	National Youth Project&NSS Unit of Yenepoya university
2	03.08.2017	The Yenepoya Institute of Arts, Science	The Inaugural Function	The Yenepoya Institute of Arts, Science NSS Wing of the College
3	12.08.2017	Olavinahalli, kinya Deralakatte	Old age home named “Olavinahalli”	The Yenepoya Institute of Arts, Science NSS Wing of the College
4	12.09.2017	Yenepoya Nursing college	Environment Programme Speaker -Dr. Madhu Manohar –Environmental Engineer	NSS Unit -Yenepoya Nursing College
5	24.09.2017	Nehru Maidan	Keep Mangalore clean Programme	Yenepoya Nursing College
6	29.09.2017	Mumbai Thakur Polytechnic	“Cancer Awareness Outreach Programme	National Service Scheme – NSS Unit- MH 09B45 – Mumbai
7	01.10.2017	Barpole Coorg District	“Adventure Camp”River rafting training for volunteers	Ministry of Youths Affairs & Sports Govt of India
8	05.10.2017	Yenepoya University	“ Swacchta hi seva”	NSS Unit of Yenepoya Medical College
9	10.10.2017	Pajjiru Nadu village	“Swachhta Pakwara Programme”	Yenepoya Dental College NSS Unit
10	13.10.2017	The Yenepoya Institute of Arts, Science college Auditorium	“Blood Grouping &General Health Checkup”	The NSS Wing of the College Rural Health &Community Development
11	21.10.2017 to 29.10.2017	Karnal Hariyana	“Internatinal Youth Festival”	NIFAA, The National Integrated Forum for Artists & Activists
12	04.11.2017	Tippu Sulthan P.U College	“Blood Donation Camp”	The Yenepoya Institute of Arts, Science NSS Wing of the College
13	28.11.2017	Narsha Pre-University Near Kalladka	“Health Check-up”	The NSS Wing of the College Rural Health Care & Development Centre
14	30.11.2017	Ganapathi PU College Mangalore	“Health Check-up”	The NSS Wing of the College Rural Health Care & Development Centre
15	03.12.2017 to 06.12.2017	Yenepoya University Camps	“Inter State Youth Exchange Programme”	Nehru Yuva Kendra Mangaluru in association with Yenepoya University NSS Unit and Dept of community Medicine, YMC
17	06.12.2017	Indoor Auditorium, YMCH	“Armed Force Flag Day”	National service Scheme Yenepoya University
18	04.01.2018	Thumbbe PU College	“Health Check-up”	The NSS Wing of the College Rural Health Care

19	25.01.2018 to 30.01.2018	Government Primary School, Badriya Nagar at Malar	“Special Camp” for the School Children’s	NSS Camp – Mangalore University and Yenepoya Institute of Arts and Science
20	04.02.2018	Panambur Beach	Cancer Awareness Outreach Programme – “World Cancer Day”	NSS Unit Community Dentistry, Yenepoya Dental College,
21	05.02.2018	Yenepoya Dental College Main Gate	“Early Detection of Cancer saves Life”	NSS Unit Yenepoya Dental College Main Gate
22	06.02.2018	Panambur Beach	“Cancer Prevention Awareness Rally”	NSS Unit Yenepoya Medical College
23	07.02.2018	Olavinahalli Kinya	“Health Camp” at Olavinahalli Rehabilitation Center Kinya	NSS Unit V of Yenepoya Nursing College
24	24.04.2018	Indoor Auditorium, Yenepoya Deemed to be University.	“National Symposium on Cancer Prevention and Health Promotion and Early Detection” CD Release of CAOP material for NSS Volunteers	National Service Scheme Yenepoya deemed to be University
25	21.06.2018	Yen durance- YU	“International Yoga Day”	NSS Yenepoya Deemed to be University and Physical Education
26	1.05.2018 to 31.07.2018	Kinya Gram Panchayat	Swachh Bharath Summer Internship Programme(April 2018 – July 2018)	NSS Unit V of Yenepoya Nursing college
27	1.05.2018 to 31.07.2018	Sajipanadu	Swachh Bharath Summer Internship Programme(april 2018 – July 2018)	NSS Unit Yenepoya Dental College
28	13.09.2018	Forum Mall	“Drug AwarenessProgramme’	Yenepoya (Deemed to be University) in association with rotary club & Jaycee
29	15.09.2018	Madikai Gram Panchayat Kasargod	“Cancer Awareness Outreach Programme”	National service Scheme Yenepoya University
30	22.09.2018	The Yenepoya Institute of Arts, Science college Balmatta	“Health checkup and Blood Donation”	NSS Camp – Mangalore University and Yenepoya Institute of Arts and Science
31	29.09.2018	Yenepoya Medical College	“Observance of Surgical Strike Day”	National Service Scheme Yenepoya deemed to be University
32	21.09.2018 to 01.10.2018	Narkand Himachal Pradesh	“National Level Adventure Camp”	National Service Scheme Yenepoya deemed to be University
33	31.10.2018	Yenepoya Medical College	“Rashtriya Ekta Diwas” (National Unity Day)	National Service Scheme Yenepoya deemed to be University
34	03.11.2018	Yenepoya Medical College	“Vigilance Awareness Week”	National Service Scheme Yenepoya deemed to be University
35	11.12.2018	Auditorium, EMD Building	“Armed Forces Flag Day”	National Service Scheme Yenepoya deemed to be University

NATIONAL SERVICE SCHEME

National Service Scheme, under the Ministry of Youth Affairs & Sports Govt. of India, popularly known as NSS was launched in Gandhiji's Birth Centenary Year 1969, with primary focus on the development of personality of students through community service

Objectives:

The broad objectives of NSS are to:

- Understand the community in which they work
- Understand themselves in relation to their community;
- Identify the needs and problems of the community and involve them in problem solving process;
- Develop among themselves a sense of social and civic responsibility;
- Utilize their knowledge in finding practical solution to individual and community problems;
- Develop competence required for group living and sharing of responsibilities;
- Gain skills in mobilizing community participation;
- Acquire leadership qualities and democratic attitude;
- Develop capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony.

The motto or watchword of the National Service Scheme is: 'NOT ME BUT YOU'. This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-today programme. The symbol of the National Service Scheme, as appearing on the cover page of this Manual is based on the 'Rath' wheel of the Konark Sun Temple situated in Orissa. These giant wheels of the Sun Temple portray the cycle of creation, preservation and release, and signify the movement in life across time and space. The design of the symbol, a simplified form of the Sun-chariot wheel primarily depicts movement. The wheel signifies the progressive cycle of life. It stands for continuity as well as change and implies the continuous striving of NSS for social transformation and upliftment. MOTTO NSS SYMBOL National Service Scheme, under the Ministry of Youth Affairs & Sports Govt. of India, popularly known as NSS was launched in Gandhiji's Birth Centenary Year 1969, with primary focus on the development of personality of students through community service.

NATIONAL LEVEL:-

1. NATIONAL INTEGRATION CAMP AT YENEPOYA UNIVERSITY

National Service Scheme Yenepoya University in association with National Youth Project Organized National Integration camp for youth at Yendurance Yenepoya University from May 1st to May 7th 2017 Participants: 500 students from 19 states

Inauguration of National Integration Camp at Yenepoya University



NATIONAL INTEGRATION CAMP REPORT

Last week was full of action, learning and devotion for the country. The campers were given a warm welcome by Dr. Ashwini Shetty and her capable team on 30th April and the boys and girls got quickly acclimated to the beautiful campus. The inaugural ceremony was a grand affair and the highlight was the felicitation of Dr. S.N Subba Rao, Director of NYP and Colonel Nitteguthu Sharath Bhandary, Chairman of Rubber Planters federation. 350 campers 290 from 19 states of India and rest of from Yenepoya University participated in the camp. The day starts very early with the youth song at 4.55 am, this is followed by fitness exercise from 6.30 am and the flag salutation from 6.30 to 6.45 am. Each day there would be a chief guest and one of the students conducting the ceremony. Many of the campers and even the guests were very happy to learn the current way of tying the flag and hosting it. The campers would then be briefed about the days schedule and allotted duties. After a quick breakfast they were off for their 1^{1/2}-2 hours of manual labour. There were four projects they worked on in this camp.

❖ **Painting the exteriors of the Govt School at Chethana Nagar Kampala**



❖ **Cleaning the Village**



❖ **Cleaning the beach at Ullala**



❖ **Painting exteriors of the Govt School Babbukatte.**



There would then be an hour of language learning followed by lunch after an hour's rest, the campers would assemble for their group activities. Each state deliberated on their vision for India and how they would strive to achieve it after the camp. One participant from each state presented their views. Evenings would be live for mass games where everyone participated and not just winning was the motto. Talent exchange saw some campers teach others unique talents they had bihu dance, karate and self defense, Bengali songs, spinning khaadi and may other items were taught. 6pm was the time for the evening all religions prayers. After the prayers it was time for cultural exchange. Every day saw different dances from all the states participating. On 5th evening, the campers went on a rally from Milagres Church to the forum mall singing songs of unity in diversity and slogans on national integration wearing traditional costumes. At the end of the rally was a public meeting at the Forum Fizza Mall. 6th May was a day out. All the campers visited Shree Kshetra Dharmasthala at the invitation of the Dharmadhikari Veerendra Heggade. They were introduced to the rural development initiatives of the institutions and taken around the temple and premises. The high point of the camp was when people of all religions, states, languages, castes including many Muslim students and professors of Yenepoya University visited the temple and had lunch at the Annapurna Hall. This according to me was a very important and resounding message to the citizens of the country by showing the real and tolerant face of Islam in these days when wings of Islamophobia is blowing in the country and the world.

2. **THE YENEOYA INSTITUTE OF ARTS, SCIENCE, COMMERCE AND MANAGEMENT NATIONAL SERVICE SCHEME INAUGURAL FUNCTION**

The Inaugural Function of the N.S.S. wing for the academic year 2017-18 was held in the college auditorium on 03.08.2017. Prof. Vineetha K, N.S.S. Program Co-ordinator, Mangalore University inaugurated the function and urged the students to inculcate leadership qualities within them. Dr. Ashwini Shetty, N.S.S. Program Co-ordinator, Yenepoya University was the chief guest of the day. She shared her experiences about the N.S.S annual camp and explained the importance of the camp. Dr. Joby E.C. Principal, The Yenepoya College, presided over the function. Mr. Niyaz P., N.S.S. Program Officer, read out the proposed activity list for the academic year 2017-18. Mr. Rimaz, N.S.S. Student Secretary, welcomed the gathering. Ms. Rafiya P.B., Asst. Student Secretary proposed the vote of thanks. Ms. Aysha Shilmiya Kappil was the M.C. for the day.



3. ON 12TH AUGUST 2017, THE NSS WING OF THE COLLEGE, VISITED AN OLD AGE HOME NAMED “OLAVINA HALLI” LOCATED IN KINYA NEAR DERALAKATTE

The purpose of our visit was to bring awareness among the students regarding the respect and care one should give towards their elders. Through this visit, the students realized that parents should not be taken for granted. Teachers and students gave a stage performance as a part of entertainment to these elderly people. Fruits were distributed to all the inmates of the old age home.



4. ENVIRONMENT PROGRAMME FOR THE NURSING COLLEGE HELD ON 12.09.2017



5. KEEP MANGALORE CITY CLEAN PROGRAMME-HELD ON 24.09.2017



6. CANCER AWARENESS OUTREACH PROGRAMME HELD IN MUMBAI ON 29.09.2017



7. ADVENTURE CAMP HELD ON 01.10.2017



8. SWACHTA HI SEVA HELD ON 05.10.2017



9. YENEPOYA DENTAL COLLEGE NSS UNIT SWACHHTA PAKWARA PROGRAMME HELD ON 10.10.2017



10. BLOOD GROUPING AND GENERAL HEALTH CHECK UP IN OUR CAMPUS

The NSS wing of the college in collaboration with Rural Health and Community Development Centre of Yenepoya University conducted a Blood grouping and General Health Check up in the College Auditorium on 13 Oct 2017 at 9 a.m.

All the Staff and Students attended the program.



11. INTERNATIONAL YOUTH FESTIVAL AT HARIYANA HELD ON 21.10.2017 TO 29.10.2017

Report of the International Youth Conference Harmony 2017 – Participated by the Yenepoya University NSS Students team

A 17 member team from Yenepoya University (YDC and YPC), representing Karnataka, comprising of PG & Interns from YPC and YDC attended the Harmony 2017, International Youth & Cultural festival in Karnal, Haryana from 21st Oct – 29th Oct 2017. This programme was sponsored and conducted by NIFAA, The National Integrated Forum for Artists & Activists. Around 5000 National & International artists participated in the mega event at the main venue in Karnal, Haryana.

The YU team was accompanied by Mrs. Sunita Prabhu, Student Welfare Officer and Dr. Ashwini S Shetty, NSS Coordinator who was also an Invited as guest speaker at International Youth Conference and gave a talk on Youth Thrust on drug free India.

Total 30 Students represented from Karnataka State Out of which 12 students from various universities of Bangalore and 17 students from Yenepoya University. Its proud moment for the students to represent from our university to this event.

Students also participated in the sessions on

- Role of youth in politics-insight by young parliamentarians
- Skill India-small scale to MNC-How to become successful entrepreneur
- Fight against corruption
- Swatch Bharath Abhiyan-A movement to make India Clean
- Ring the bell for gender equality and women empowerment
- Youth Thrust for drug free society
- Inclusion of Underprivileged and children with disabilities -Challenges and concern
- Digital India-Young India
- Youth Connection –Be together forever

Students also had opportunity to visit Ayush Expo, International tourism expo, Agricultural Technologies implements and rice expo, and international craft mela –rich showcase of regional and international craft and traditions. The team from YU was representing the state of Karnataka, and therefore performed the ‘Kamsale’ folk dance popular in Kollegal, Nanjangudu and Bengaluru Taluks. It is a highly energetic and acrobatic dance form with songs sung in praise of Lord Shiva. It derives its name from the Brass cymbals (Kamsale in Kannada) that clang rhythmically to the upbeat tempo of the song. The performance of our students was highly appreciated and very well received by the audience.

International teams from Fiji, New Zealand, Japan, Russia etc performed their folk dances and enthralled the audience. There were superb performances by teams representing all the states and Union Territories of India. Students had opportunity to interact with International Delegates. A local sightseeing trip to the land of the Mahabharata, Kurukshetra was also organized by the people of NIFAA. The mega event concluded on the 29th October with the valedictory function.

The students found this experience to be really good ,exciting and totally new and unexpected as this was the first time they had an opportunity to mingle , interact and exchange views and ideas with like minded youth from across India and the World . Such interactions should be strongly encouraged in the future also, so that the students get a different perspective of things and a chance to greatly enhance their life skills.

PHOTOGRAPHY OF THE HARMONY 2017





Figure 1 Yenepoya University students with The Delegates from Russia, Japan, Newzeland



Figure 2. Yenepoya Students team-Cultural performance



Figure 3. Students with governor of Himachal Pradesh



Figure 4. NSS coordinator Dr. Ashwini. S. Shetty delivering talk on youth thrust for drug free India





Figure 5. Unity in diversity, 4500 students from 29 states and 4 countries participated in harmony 2017



NSS Volunteers from the university representing Karnataka state for the International Youth Festival held at Karnal Hariyana

12. BLOOD DONATION CAMP AT TIPPU SULTHAN P U COLLEGE ON NOVEMBER 4TH 2017



13. HEALTH CHECKUP FOR THE STUDENTS OF NARSHA PRE-UNIVERSITY COLLEGE EHELD ON 28.11.2017

On 28/11/2017, the NSS unit of The Yenepoya Institute of Arts, Science, Commerce and Management in Association with Rural Health Care and Development Centre, Yenepoya University, has conducted blood grouping and general health check-up for the students of Narsha Pre-University College, near Kalladka



14. HEALTH CHECK UP CAMP ON 30 NOVEMBER 2017 AT GANAPATHI P U COLLEGE, MANGALORE



15. INTER STATE YOUTH EXCHANGE PROGRAMME REPORT HELD ON 03.12.2017 – 06.12.2017

Nehru Yuva Kendra Mangaluru in association with National Service Scheme Yenepoya Deemed to be University organised “**Inter State Youth Exchange Programme**” on 03.12.2017 – 06.12.2017 at Yenepoya University campus. It was a different experience for 51 youths of Uttarakhand who were on an

“**Inter State Youth Exchange Programme**” under the initiative of “**Ek Bharath Shreshtha Bharath**” of Nehru Yuva Kendra sanghatan in Karnataka and Govt of India.

- ❖ The skyscrapers of Bengaluru and Mangaluru and the palace and KRS dam in Mysuru, beaches and Kambala in Mangaluru and travel by train covering six states gave them a different experience all together.
- ❖ Speaking at an interaction with media persons here at Mangalore Vibhu Krishna from Almora District of Uttarakhand said that Uttarakhand is a hilly area with extreme cold weather throughout the year. We were excited to get a glimpse of beaches in Mangaluru.
- ❖ A journey by train too has been a new experience. A visit to Bengaluru looked like we are visiting a new country,
- ❖ We loved Kambala in Mangaluru instead of Roti and Dal, and we have started liking idly, Sambar Dosa and Vada.
- ❖ **They said “The Youth Exchange Programme”** has helped us to show case the rich heritage and culture, customs and traditions of the state enabling people to understand and appreciated the diversity of India.
- ❖ They are stating that there are no job opportunities in Uttarakhand. She said that there are ample opportunities in Karnataka. The Youth clubs in Dakshina Kannada are over 50 years old while in our state it’s hardly four to five years old. Because of the industries in the region the youth clubs get CSR funds to sustain as well. Further, Gram Panchayat buildings in Dakshina Kannada have good buildings, which is absent in our native,
- ❖ She said that Uttarakhand lags behind sector as well. People have to travel for a long distance to avail health care facilities.
- ❖ For CS Danu, the people of Mangaluru are friendly and cooperative as they attempted to converse with them in Hindi unlike other South Indian states like Tamil Nadu. He felt that corruption is rampant in Gram Panchayats in Uttarakhand.
- ❖ For Rachana, “The weather in Mangaluru made her wonder how she will survive with this humidity. Now she is adjusted to it. People respect each other in Mangaluru, which they liked a lot”.



WHY THIS PROGRAMME ORGANIZED?

TO PROMOTE LEARNING

Nehru Yuva Kendra coordinator and NSS Coordinator Dr. Ashwini Shetty said to the media that 50 youth from Karnataka will leave for Uttarakhand on December - 25. The Youths from Nainital, Uttarakashi Alamora and pauri Garhwal are attending this exchange programme. The exchange programme is being organised to create an environment which promotes learning between states by sharing best practices and experiences. Through this innovative measure, the knowledge of culture, tradition and union territories will lead to an enhanced understanding and bonding between that states, thereby strengthening the unity and integrity of India. Students from Uttarkhand had hands on experience at Yenepoya deemed to be University on Basic Life Support. Mr. Arun and Dr. Meghna Mukund coordinators of the ACTS YEN explained the youths the facilities there and about their regular training programmes.

As part of the Exchange Programme the Youths from Uttarakhand interacted with Yuvaka Sangha, Thokur Vidya Vinayaka Yuvaka Mandala, haleyangady, Yuvaka Mandala, Sasihithu, Sasihithu NMPT, and MRPL interacted with students of Govinda Dasa PU College, Yenepoya university and Mangala Grameena Youth Club Konage. They also interacted with Sanooru GP members visited Thousand Pillar Basadi, Gomateshwara Gudde, Attur Church, Syed Madani Daargh, Gokarnanatha Temple, and St Aloysius Chapel and Youths also interacted with Vice Chancellor of Yenepoya Deemed to be University. They interacted with youths of Yenepoya University related to education, courses offered at university, about the climate, Enviornmentment, culture tradition of Mangalore.



Felicitation to the NSS Coordinator by Nehru Yuva Kendra Sangatan Ministry of Youth Affairs and Sports, Govt of Karnataka held on 25.11.2017



16. SELF DEFENCE PROGRAMME HELD ON 04.12.2017



VIJAY DIWAS HELD ON 16.12.2017



17. ARMED FORCE FLAG DAY HELD ON 06.12.2017

National service Scheme Yenepoya University had organized Armed Force Flag Day on 6th December 2017 at Indoor auditorium from 11.00 to 1.00pm. Dr. Pracheth Programme Officer welcomed the gathering .Programme Inaugurated by the chief guest Brigadier Roy and Col. Bhanadary, was the guest of honour & Dr. G. Shreekumar Menon delivered presidential address. Around 10 EX Service men from Mangalore were felicitated by the NSS Yenepoya Deemed to be University Brigadier Rai 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 wellbeing 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 also presented video of Kargil for the students. Around 400 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 Shetty Programme Coordinator and Mr.Jobin Programme officer Campus Officer Capt Mahesh Nayak coordinated the programme. Dr. Amin wani Chief operating officer YMCH, Dr.Moosabba, Prof Padmakumar Dean YPC were present on stage.



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



SPECIAL CAMP

19. THE YENEPOYA 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 officer, 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.





20. WORLD CANCER DAY PROGRAMME HELD ON 04-02- 2018 TO 6-02-2018; VENUE: PANAMBUR BEACH AND YENPOYA 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 programm

“CANCER PREVENTION AWARENESS RALLY



DRUG ABUSE AWARENESS PROGRAM – HELD ON 03.02.2018 IN ANAMBUR BEACH MANGALORE



21. EARLY DETECTION OF CANCER SAVES LIFE” – HELD ON 05.02.2018 BY NSS UNIT YENENOYA DENTAL COLLEGE



22. CANCER AWARENESS OUTREACH PROGRAMME –“WORLD CANCER DAY- HELD ON 04.02.2018



23. 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 7th 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.





24. “NATIONAL SYMPOSIUM ON CANCER PREVENTION AND HEALTH PROMOTION AND EARLY DETECTION”

CD Release on Cancer Prevention Materials for NSS Volunteers on April 24th 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 24th 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 24th 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, were 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.





25. 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 Pogramme Officer of Yenepoya Nursing College proposed vote of thanks. Mrs. Shilpashree Asst Director Physical education department compered the programme.





REPORT ON INTERNATIONAL YOGA DAY FROM 13th MARCH TO 21st 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



26. SWACHH BHARATH SUMMER INTERNSHIP PROGRAMME (APRIL 2018 – JULY 2018)



YENEPOYA NURSING COLLEGE NATIONAL SERVICE SCHEME UNIT – V

SWACHH BHARATH TEAM



SL.NO	TEAM – 1	TEAM -2
1.	Mr. CHRISTY BABU	Mr. KEVIN RODRIGUES
2.	Mr. BIBIN PHILIP	Mr. CLINTON KRYSTON
3.	Ms. SINCHANA	Ms. REVEENA RAMEEZA
4.	Ms. IRIN SAJU	Ms. CHANDAN KUMAR
5.	Ms. GOPIKA BABU	Ms. JESTEENA SCARIA
6.	Ms. ALPHONSA THOMAS	Ms. SAIDAMA MUJAVAR
7.	Ms. DAISY DSOUZA	Ms. ARCHANA S G
8.	Mrs. SWEETY DSOUZA	Ms. SHALOM SURESH
9.	Mr. HASHIM S	
10	Ms. DALNA SAJI	

THE DOOR TO DOOR CAMPAIGN



The two groups of students of YNC NSS Unit – V started their Swachh Bharath Summer Intership 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

27. 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

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 8th 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



Figure 1 Awareness programme



Figure 2 Hand Hygiene Techniques



Figure 3. Demonstration of waste segregation



Figure 4 Movie screening



Figure 2 hand hygiene demonstration

High School:

The Awareness Programme was conducted at the **Primary School**, comprising of the 330 students and 15 teachers from LKG to 8th 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: 02

Number People Sensitized: 120

Number of Hours Spent: 10



Figure 8: 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

Figure 9: Awareness Programme and Movie Screenig



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**

MODEL PRESENTATION:

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

28. 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.



29. 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.



30. HELATH CHECK UP AND BLOOD DONATION CAMP HELD ON 22.09.2018
BALMATTA CAMPUS



31. “OBSERVANCE OF SURGICAL STRIKE DAY” HELD ON 29.09.2018

National Service Scheme Yenepoya 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 Yenepoya 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 Yenepoya 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, Yenepoya 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.



32. 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. The day was well spent, with dreams of going on hike again in the morning



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 ditter 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 trek 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 trek 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 bathing 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 we going to the shirkot again in a different path. It was a different day again we were divided into 2 teams and were asked follow the due process and use our skills 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 our 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



33. “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 Proffessor, 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.



34. “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.

35. ARMED FORCES FLAG DAY

National service Scheme, Yenepoya Medical College, Yenepoya Deemed to be University had organized Armed Forces Flag Day on 11th December 2018 at Auditorium EMD Building, 8th 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.



