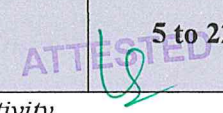


**YEAR- 2018-19**  
**PART B: OUTREACH ACTIVITIES**

**Contents**

A	Summary of the Outreach activities			2 to 4
B	Reports of the Outreach activities classified as under			
S. No.	Centre/ Department	Activity code* as in the reports and Excel	Number of activities	Page number
1.	National Service Scheme (NSS)	2018-19 EXT 598 to 607	10	5
2.	Rural Health Care and Development Centre (RHDCDC)	2018-19 OR 608 to 612	5	63
3.	Community Medicine	2018-19 OR 613 to 637	25	68
4.	Yenepoya Institute of Arts Science, Commerce and Management	2018-19 OR 638 to 640	3	117
5.	Yenepoya Nursing College	2018-19 OR 641 to 674	34	124
6.	Yenepoya Pharmacy College	2018-19 OR 675 to 678	4	160
7.	Centre for Environmental Studies	2018-19 OR 679 to 680	2	176
8.	Centre for Substance Abuse Prevention	2018-19 OR 681 to 696	16	182
9.	Yenepoya Ayurveda Medical College	2018-19 OR 697 to 702	6	200
10.	Yenepoya Institute of Arts, Science, Commerce and Management (contd)	2018-19 OR 703 to 706	4	206
11.	Yenepoya Medical College Hospital	2018-19 OR 709 to 710	4	214
12.	Family adoption program	2018-19 OR 711 to 716	6	218
	<b>Total</b>	<b>2018-19 EXT 598 to 716</b>	<b>119</b>	<b>5 to 223</b>

\* Please note: EXT: Extension activity and OR: Outreach activity

  
**Dr. Gangadhara Somayaji K S**  
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## SUMMARY

### I. National Service Scheme (NSS)



Some of the programs include observation of World Health Day, fitness Yoga training, Armed Force Flag day, surgical strike day, vigilance awareness week and the National NSS day involving students who are NSS volunteers.

NSS has also conducted annual camps in schools and cancer awareness outreach programs as an outreach activity as well as conducted adventure camps for the benefits of the students.

### II. Rural Health Care and Development Centre (RHDC)

Apart from healthcare activities, RHDC conducts health awareness programs on various health related issues by experts to educate target populations.

The activities are conducted in association with collaborators from Government and non-Governmental sectors.

The broad thrust areas include tuberculosis, PCPNDT Act, environmental conservation, early parenting and substance abuse.

The target groups include patients in TB hospitals, general public and school children.

### III. Department of Community Medicine

The Department of Community Medicine has conducted awareness programs for school children, pregnant women, ASHA workers, Self Help groups, and residents of the rural areas.

The broad areas covered are personal hygiene, adolescent care, pregnancy and breastfeeding, internet addiction, non-communicable diseases like diabetes, infections like malaria, dengue, Nipah and tuberculosis. These activities are conducted in collaboration with schools, Anganwadi centres and Primary Health Centres.

### IV. YIASC

The NSS units of the degree College regularly conduct awareness programs. Some examples include Vigilance awareness week, integrity pledge, drug abuse awareness and the Cancer Awareness Outreach Program (CAOP) involving students in large numbers to participate in social and environmental centric activities.

  
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#### V. Yenepoya Nursing College

The Nursing College is active in conducting awareness programs through community engagement and radio-talks in association Radio channels.

It also observes various health awareness days or weeks in accordance with WHO and Government of India recommendations.



The topics covered by experts are reproductive and sexual health, suicide prevention, substance abuse prevention, control of vector borne diseases, prevention of lifestyle disorders, attention deficit disorders, oral cancer, importance of nutrition, geriatric diet, dental health, newborn care, and observation of children's day and psycho education.

ASHA workers, school children, teachers and general public and local residents are the target groups.

#### VI. Yenepoya Pharmacy College and Research Centre

The Pharmacy College conducts awareness programs on environmental issues, gender sensitization, drug abuse, and observation of Science day. The activities are conducted in collaboration with Internal Complaints Committee, NSS and charitable schools.

#### VII. Centre for Environmental Studies (EVS)

As a part of Green Community Project, the Centre for Environmental Studies with active involvement with local collaborators, organizes sapling plantations in schools and public parks.

#### VIII. Centre for Substance Abuse Prevention

The Centre for Substance Abuse Prevention with active involvement of students of the University, conducts awareness programs to sensitize students about the harmful effects of tobacco and other harmful substances. The programs are conducted in collaboration with Governmental and non-governmental schools and colleges to benefit their students.

#### IX. Yenepoya Ayurveda Medical College

The Ayurveda Medical College conducts awareness programs for specific target populations and covers topics like cervical cancer awareness, wound care, observation of world hearing day, health day, menstrual hygiene day, . The activities are conducted in collaboration with Village Panchayath, schools and other collaborating agencies.

ATTESTED

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#### X. Yenepoya Institute of Arts, Science, Commerce and Management (YIASCMI)

The YIASCMI has conducted several outreach programs in the form of rice plantations, *Swacchha Bharat*, anti-drug abuse and other environmental and socially relevant activities in association with NSS, governmental and private schools and colleges. The activities are conducted with active participation of students of the college.

#### XI. Yenepoya Medical College Hospital

The department of Pediatrics conducts ORS day and World Breast feeding day, children's day, etc. as an outreach activities over and above the clinical care provided to patients. The Ophthalmology department observes National Eye Donation Fortnight annually with involvement of the students and faculty.

#### XII. Family adoption program

Family adoption scheme is unique in its approach wherein the community healthcare is taken care of through active participation of the medical and dental undergraduate students and postgraduates under the guidance of teaching faculty and medical officers. The program is beneficial to both the residents of the villages by providing them continuing healthcare services and at the same time providing experiential learning for the students in their outreach activities.



ATTESTED

  
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Reports follow:



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON WORLD HEALTH DAY**

Sl.No	CONTENT	DETAILS	
1.	Title	World Health Day	
2.	Theme /Scheme from the govt.	To create awareness of cultivation of paddy	
3.	Organizing department/s and committees	NSS Unit of the Department of Hospital Administration, National Service Scheme Yenepoya Deemed to be University	
4.	Program schedule, Date and Time	24.04.2019 & 25.04.2019	
5.	Speaker (if applicable)	-	
6.	Guests(if applicable)	-	
7.	Number of Participants break up	Teachers	5
		Students	82 NSS Volunteers
		Beneficiaries	-
		Others	-
		Total	87

*Ana*

Programme Co-ordinator, NSS  
Yenepoya deemed to be University

**ATTESTED**

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Registrar  
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(Deemed to be University)



# National Service Scheme, Yenepoya Deemed to be University

## 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

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*Anil*  
Programme Coordinator, NSS  
Yenepoya deemed to be University



Posters presented at the competition



*Dr. Soomayya*  
Registrar  
YENEPOTA  
(Deemed to be University)

*Dr. Angar*  
Registrar  
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*104* Page  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



## National Service Scheme, Yenepoya Deemed to be University

The Chief Guest of the function, Dr. C.V. Raghuv eer, Honourable Pro. Vice Chancellor, Yenepoya Deemed to be University delivered the Key note address on the topic 'Globalization 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**

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*ks somayaji*  
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*ks*  
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# National Service Scheme, Yenepoya Deemed to be University



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University Road  
Deralakatte, Mangalore – 575 018  
Ph: 0824 – 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref: No. Y/REG/ACA/127/World Health Day/2019 11.04.2019

Mrs. Averil Rebello  
NSS Programme Officer  
Yenepoya Medical College Hospital

Sub: Permission to Observe World Health Day on 24.04.2019 & 25.04.2019

Ref: Your Letter dated 10.04.2019

\*\*\*\*\*

Permission is granted to the NSS Unit of Hospital Administration to observe World Health Day on 24.04.2019 & 25.04.2019 as per the programme schedule.

Sanction is accorded for budget of Rs.10,000/- towards Certificate, Banner, Memento & Prizes.

*K. Somayaji*  
REGISTRAR  
*12/4*

Copy to:

1. Principal – YMC
2. Finance Officer
3. NSS Programme Coordinator
4. PA to Registrar
5. File copy

*Copy of  
12/4*

ATTESTED

*K*

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*K. Somayaji*  
Registrar  
YENEPLOYA  
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*Anil*  
106 / Registrar, NSS  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON NSS ANNUAL CAMP HELD AT GOVERNMENT HIGHER PRIMARY SCHOOL, BALEPUNI, MUDUNGARUKATTE**

Sl.No	CONTENT	DETAILS	
1.	Title	NSS Annual Camp	
2.	Theme /Scheme from the govt.	Youth Empowerment Sports Government of Karnataka	
3.	Organizing department/s and committees	National Service Scheme Yenepoya Deemed to be University	
4.	Program schedule, Date and Time	05.04.2019 to 11.04.2019	
5.	Speaker (if applicable)	-	
6.	Guests(if applicable)	-	
7.	Number of Participants break up	Teachers	4
		Students	50 NSS Volunteers
		Beneficiaries	50
		Others	3
		Total	107

*Ana*

Programme Co-ordinator, NSS  
Yenepoya deemed to be University

**ATTESTED**

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*lessoomayaji*

Registrar  
YENEPLOYA



## National Service Scheme, Yenepoya Deemed to be University

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.

*bs Somayaji*  
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*bs*

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*Anil*  
Program Co-ordinator, NSS  
Yenepoya Deemed to be University



# National Service Scheme, Yenepoya Deemed to be University

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.



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*Programme Co-ordinator, NSS  
Yenepoya deemed to be University*



# National Service Scheme, Yenepoya Deemed to be University

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'.



*ks Somayaji*  
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*ks*  
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*Arul*  
Programme Coordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University

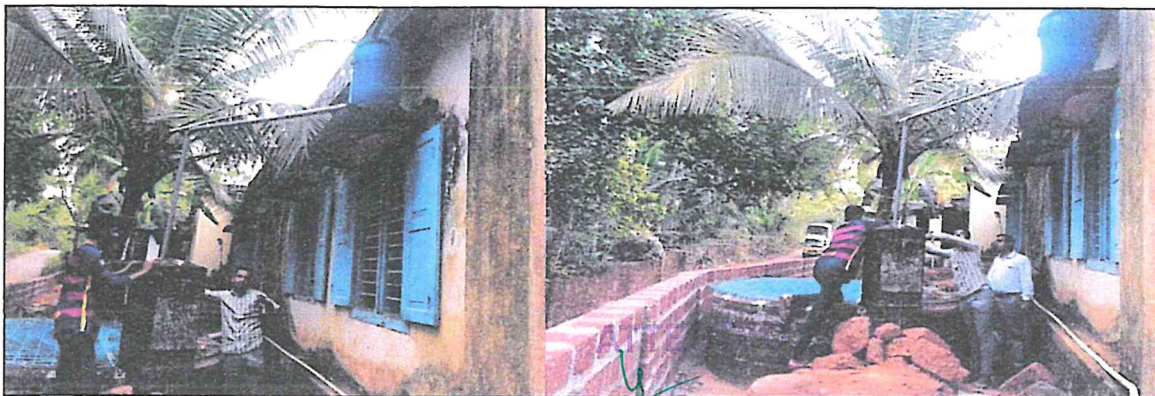
On 10<sup>th</sup> April, a free dental check-up camp by Dr. Imran Pasha and team was organized for the volunteers and the general public.



## Construction of drainage system:



## Installation of rain water harvesting system:



*ks somayaji*

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Dr. Mangadhara Somayaji K S  
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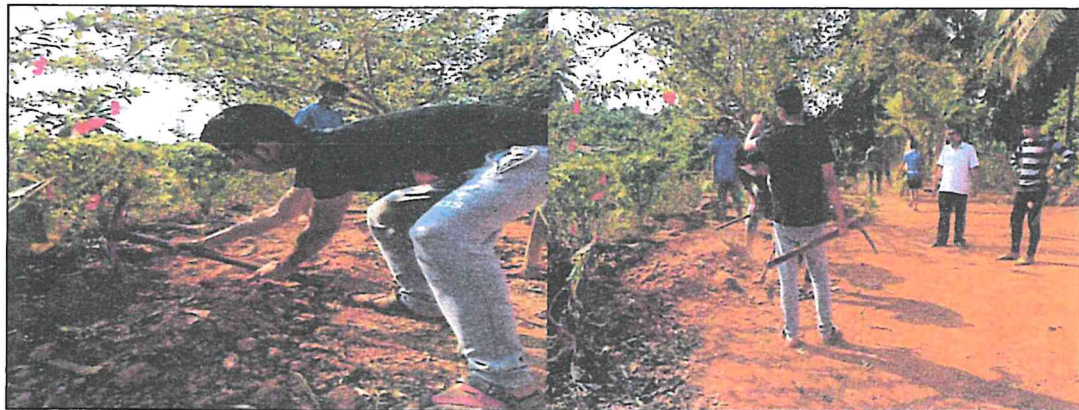
*Arul*  
Program Co-ordinator, NSS  
Yenepoya deemed to be University



Planting saplings:



Levelling the school ground:



Painting the school flag post:



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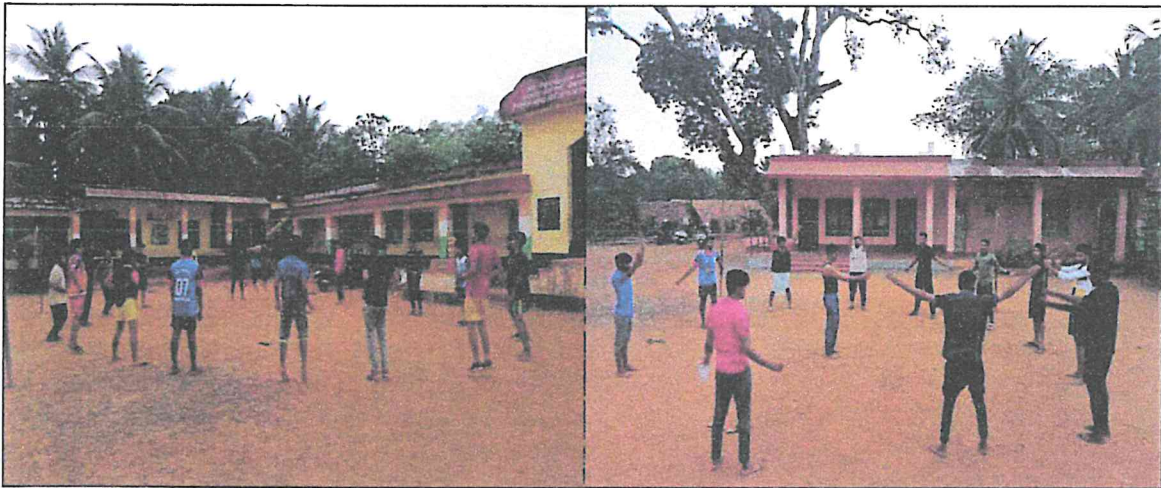


# National Service Scheme, Yenepoya Deemed to be University

Cleaning the surrounding areas:



Exercise:



Evaluation of the day's activities:



*Somayaji K S*

Registrar  
YENEPOYA

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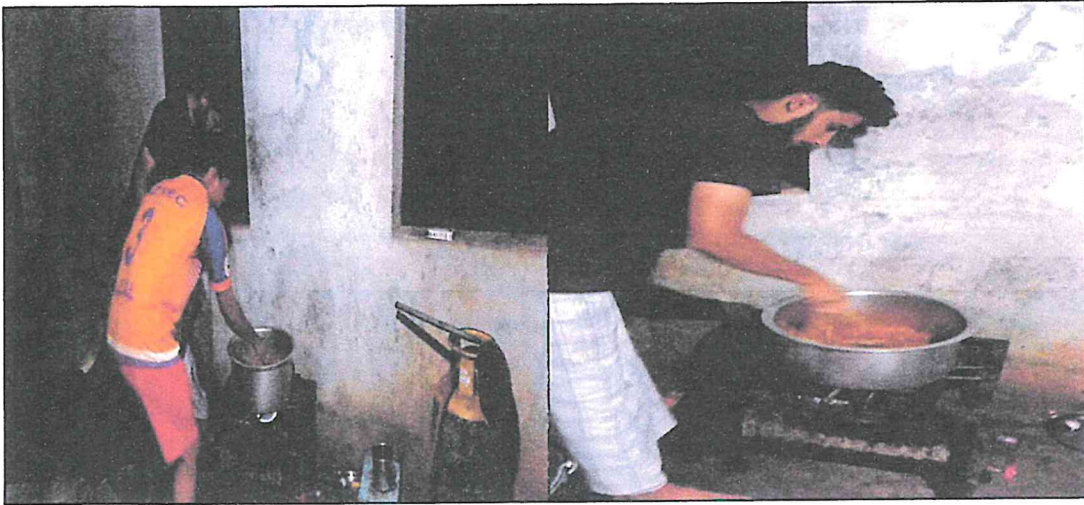
Page 16

*Anil*  
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Cooking:



Cultural program:



Visit the sick:



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98 | Page  
Programme Co-ordinator, NS  
Yenepoya deemed to be University

*Ushal*



# National Service Scheme, Yenepoya Deemed to be University

## 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,

*Dr. Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)

ATTESTED  
*[Signature]*

Dr. Jangadhara Somayaji K S, Registrar, Yenepoya (Deemed to be University)  
Programme Co-ordinator, NSS Yenepoya deemed to be University



## National Service Scheme, Yenepoya Deemed to be University

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.

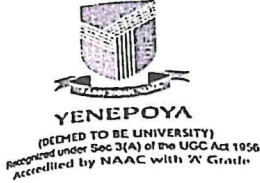
*kg Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)

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*kg*  
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Registrar  
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*Mirza Ibad*  
Programme Co-ordinator, NSS  
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# National Service Scheme, Yenepoya Deemed to be University



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Deralakatte, Mangalore – 575 018  
Ph: 0824 – 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref: No. Y/REG/ACA/02/NSS/2019

03.04.2019

Dr. Pracheth R.  
NSS Programme Officer  
Yenepoya Medical College – Unit -2

Sub: Conduct NSS special camp from 05.04.2019 to 07.04.2019

Ref: Your letter dated 28.03.2019

\*\*\*\*\*

Permission is herewith accorded to conduct NSS special camp from 05.04.2019 to 07.04.2019 at Mudungarkatte Government School, Balepuni. The expenses for the programme may be utilized from the N.S.S. fund.

*ks Somayaji*  
REGISTRAR 3/4  
mj

Copy to:

1. Principal – YMC
2. Finance Officer
3. NSS Programme Coordinator
4. File copy

*ks Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)

ATTESTED

*ks*  
Dr. Mangadhara Somayaji KS  
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Mangalore 575 018, Karnataka.

*Pracheth R.*  
102 / P-01  
Programme Coordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University

Date: 28/03/2019

From,  
Dr. Pracheth R,  
NSS Programme Officer,  
Yenepoya Medical College-Unit 2

Office of the Registrar  
Yenepoya Deemed to be University  
Mangalore 575 019, Karnataka  
5081  
28.3.19

To,  
Registrar,  
Yenepoya (Deemed to be University)

THROUGH DEAN/PRINCIPAL, YMC

Respected Sir,

Subject: Permission to conduct NSS special camp from 05/04/2019 to 07/04/2019 at Mudungarkatte Government School, Balepuni

As per communication received by Regional Director of NSS Bangalore, Karnataka, dated 21/03/2019, all NSS units are directed to organize special camps. A fund of Rs.30,000 has been credited to each NSS unit of the university through PFMS. If the funds remain unutilized, it will have to be returned back to the Regional NSS Office. The communication from Regional Director of NSS is attached (Ref:2018-19/605)

In this regard, after consultation with the NSS Coordinator of the university, a special camp is being planned by NSS Unit-2, Yenepoya Medical College, from 05/04/2019 to 07/04/2019 at Mudungarkatte Government School, Balepuni.

The main purpose of this special camp is to provide a hands-on experience for the NSS volunteers in delivering community service.

Simultaneously, the NSS Unit of Yenepoya Degree College are planning to conduct their special camp in the same place from 05/04/2019 to 11/04/2019. Both the NSS units have decided to conduct some of the activities at the camp site from 05/04/2019 to 07/04/2019 in collaboration.

Office of the Principal  
Yenepoya Medical College  
No.: 6990  
Received on: 28/3/19  
Despatched on: 28/3/19

Academics  
Note to VC  
Budget request  
NSS Funds  
Pracheth  
28/3/19  
Programme Officer, NSS  
Yenepoya Medical College  
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Dr. Somayaji  
Registrar  
YENEPOYA  
(Deemed to be University)

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Programme Officer, NSS  
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**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON FITNESS YOGA TRAINING PROGRAMME**

Sl.No	CONTENT	DETAILS	
1.	Title	Fitness Yoga Training Programme-	
2.	Theme /Scheme from the govt.	Youth Empowerment Sports Government of Karnataka	
3.	Organizing department/s and committees	Department Of Physiology in collaboration with National Service Scheme, Yenepoya Research Centre	
4.	Program schedule, Date and Time	21.1.2019 to 25.2.2019	
5.	Speaker (if applicable)	<p><b>'Physiological benefits of Yoga in Obesity'</b> by Dr. Grrishma B, Assistant Professor, Department of Physiology, YMC</p> <p><b>'Yoga- for Stress and Relaxation'</b> by Mr. Kushalappa Gowda, Yoga Instructor, JRF, YRC</p>	
6.	Guests(if applicable)		
7.	Number of Participants break up	Teachers	10
		Students	
		Beneficiaries	
		Others	11
		Total	21

Programme Co-ordinator, NSS  
Yenepoya deemed to be University

**ATTESTED**

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Registrar  
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## National Service Scheme, Yenepoya Deemed to be University

### FITNESS 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.

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*Arul*  
Programme Co-ordinator, NSS  
Yenepoya Deemed to be University



## National Service Scheme, Yenepoya Deemed to be University

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.	<b>'Physiological benefits of Yoga in Obesity'</b> by Dr. Grrishma B, Assistant Professor, Department of Physiology, YMC
2.45 p.m. – 3.00 p.m.	<b>'Yoga- for Stress and Relaxation'</b> 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



ATTESTED

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# National Service Scheme, Yenepoya Deemed to be University



## Future plans:

- Regular yoga sessions are happening in Department of Physiology.
- Yoga for Stress and Relaxation will be started at Department of Physiology from 11.3.2019 to 11.4.2019.

*Dr. Somayaji*  
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# National Service Scheme, Yenepoya Deemed to be University



Office of the Registrar  
University Road  
Deralakatte, Mangalore – 575 018  
Ph: 0824 – 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref: No. Y/REG/ACA/01/NSS/2019

18.01.2019

Dr. Ashwini S. Shetty  
NSS Coordinator

Sub: Permission to conduct Yoga Training Programme

Ref: Your letter No. NSS/PCO/056/2018 dated 12.01.2019

\*\*\*\*\*

Permission is hereby granted to the Department of Physiology in association with NSS Unit of Yenepoya (Deemed to be University) to organize 30 days Weight Loss Yoga Training Programme for Teaching & Non-Teaching staff of Yenepoya (Deemed to be University) from 21.01.2019 to 21.02.2019 from 12.45 pm to 01.30 pm at Physiology Practical Lab and Evening 4.00 pm to 05.00 pm and 05.00 pm to 06.00 pm at EMD Building.

Mr. Kushalappa, Yoga Instructor, YRC will be conducting the programme.

The fees to be collected is as below:

1. Rs.1000/- for teaching staff
2. Rs.500/- for non teaching staff

A report of the program may be submitted to the University.

*[Signature]*  
REGISTRAR  
18/1

Copy to:

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*[Signature]*

ATTESTED

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*[Signature]*  
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Programme Co-ordinator, NSS  
Yenepoya deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON ARMED FORCES FLAG DAY**

Sl.No	CONTENT	DETAILS	
1.	Title	Armed Forces Flag Day	
2.	Theme /Scheme from the govt.	Youth Empowerment & Sports Government of Karnataka	
3.	Organizing department/s and committees	National service Scheme, Yenepoya Medical College, Yenepoya Deemed to be University	
4.	Program schedule, Date and Time	11.12.2018 – 2.00pm to 3.30pm	
5.	Speaker (if applicable)	Col. N.S Bhandary	
6.	Guests(if applicable)	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,	
7.	Number of Participants break up	Teachers	4
		Students	150 NSS Volunteers
		Beneficiaries	-
		Others	3
		Total	157

*Ana*  
Programme Co-ordinator, NSS  
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**ATTESTED**  
*ks somayaji*  
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# National Service Scheme, Yenepoya Deemed to be University

## 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.



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Programme Coordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University



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# National Service Scheme, Yenepoya Deemed to be University



University Road, Deralakatte, Mangaluru – 575 018

No.YU/REG/PA/Cir/2018

Date: 03.12.2018

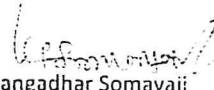
## CIRCULAR

Sub: Observation of Armed Force Flag Day on 7<sup>th</sup> Dec 2018 – reg.

Ref: UGC letter D.O.No. 14-8/2016(CPP-II) dated 29.11.2018.

As per the UGC letter referred above, the Universities are requested to arrange functions / talks for the students in the colleges / institutes to generate awareness among the youth about the sacrifices made by our armed forces and the significance of the day in our lives.

In this regard, Dr.Ashwini Shetty, NSS Co-ordinator, is requested to arrange the program accordingly with information to this office.


  
Dr.Gangadhar Somayaji  
Registrar I/c


Encl: UGC letter.

To:  
Dr.Ashwini Shetty, NSS Co-ordinator

To call Dr. Ashwini Shetty

ATTESTED

  
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Registrar  
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Programme Co-ordinator, NSS  
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**Yenepoya Medical College**  
National Service Scheme



Cordially Invite you all to the

## ARMED FORCES FLAG DAY

Let's honour the courage &  
Sacrifice of our Armed Forces

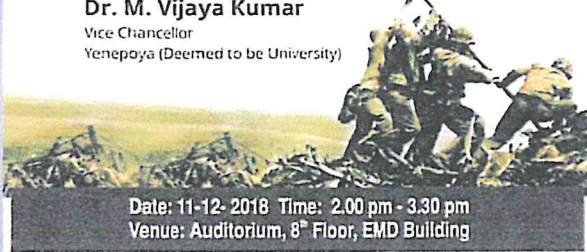
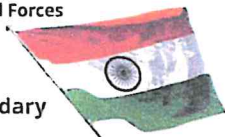
Chief Guest:

**Colonel. N. S Bhandary**

Presidential Address by

**Dr. M. Vijaya Kumar**

Vice Chancellor  
Yenepoya (Deemed to be University)



Date: 11-12-2018 Time: 2.00 pm - 3.30 pm  
Venue: Auditorium, 8<sup>th</sup> Floor, EMD Building

Registrar: **Dr. K.S Gangadhara Somayaji**    Dean, YMC: **Dr. M.S Moosabba**    NSS Programme Coordinator: **Dr. Ashwini S. Shetty**

### PROGRAMME SCHEDULE

2:00 pm	Escorting the Guests to the dais	NSS Volunteers
2:05 pm	Prayer	NSS Volunteers
2:05 pm	Welcome Address by	<b>Dr. M. S Moosabba</b> , Principal Yenepoya Medical College
2:10 pm	Address by Chief Guest	<b>Colonel N.S Bhandary</b>
2:15 pm	Memento presentation	
2:20 pm	Presidential Address by	<b>Dr. M. Vijaya Kumar</b> , Vice Chancellor Yenepoya (Deemed to be University)
2:30 pm	Guest talk by	<b>Colonel N.S Bhandary</b>
3:00 pm	Vote of thanks	<b>Dr. Pracheth R</b> , NSS Programme Officer Yenepoya (Deemed To be University)
3:05 pm	National anthem	NSS Volunteers

*K.S Somayaji*  
Registrar  
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*[Signature]*  
**Dr. Gangadhara Somayaji K S**  
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*[Signature]*  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON RASHTRIYA EKTA DIWAS (NATIONAL UNITY DAY)**

Sl.No	CONTENT	DETAILS	
1.	Title	Rashtriya Ekta Diwas (National Unity Day)	
2.	Theme /Scheme from the govt.	Youth Empowerment & Sports Government of Karnataka	
3.	Organizing department/s and committees	National service Scheme, Yenepoya Deemed to be University	
4.	Program schedule, Date and Time	31.08.2018 – 12.00 noon to 1.30pm	
5.	Speaker (if applicable)		
6.	Guests(if applicable)		
7.	Number of Participants break up	Teachers	7
		Students	200 NSS Volunteers
		Beneficiaries	-
		Others	3
		Total	210

*Ana*

Programme Co-ordinator, NSS  
Yenepoya deemed to be University

**ATTESTED**

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## National Service Scheme, Yenepoya Deemed to be University

### “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 Vallabhbai 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.



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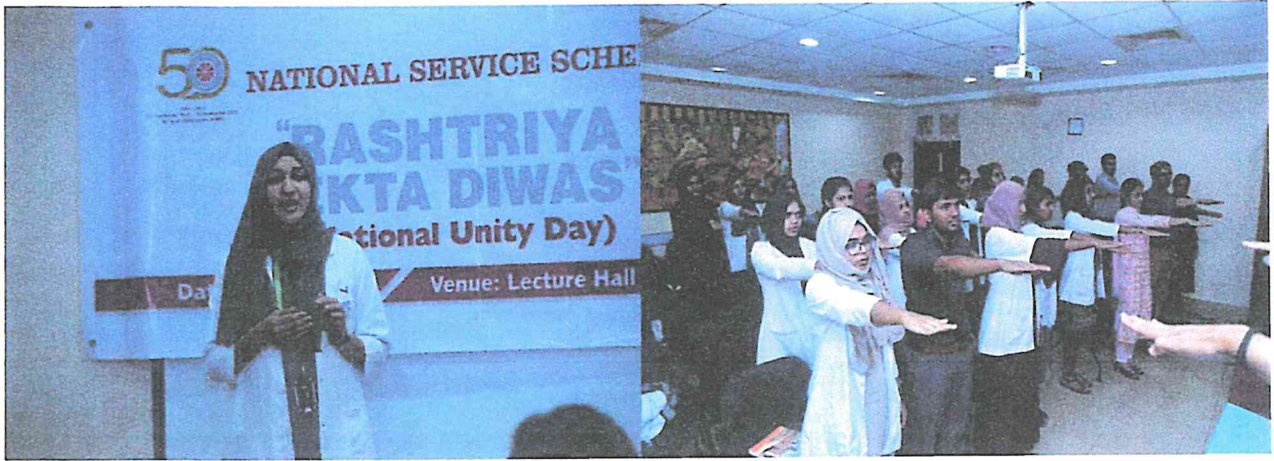
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*Dr. Rekha P.D*  
Programme Co-ordin.  
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# National Service Scheme, Yenepoya Deemed to be University



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*Dr. Somayaji*

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# National Service Scheme, Yenepoya Deemed to be University



Ref: No. Y/REG/ACA/NSS/2018

02.11.2018

Dr. Ashwini S Shetty,  
NSS Coordinator

Sub: Permission to participate in 'Rashtriya Ekta Diwas'

Ref: Your Letter dated 29.10.2018

Post-facto permission is granted to the following students to participate in elocution competition on the occasion of Rashtriya Ekta Diwas (National Unity Day) on 31.10.2018 from 12.00 noon to 01.30 pm.

Volunteers	Participants
Shomaz C K (17M118 - 8967)	Minu Mushafaz (MBBS 2017 Batch)
Sooraj (17M124 - 8968)	Nihal Alavi (MBBS 2017 Batch)
Sharukh Ameer (17M114 - 8674)	Mariyam Jamina (BDS 2018 Batch)
Shaheera (17M116-8851)	Naima (BDS 2018 Batch)
Shareefa (17M119- 8791)	Neema (MBBS 2018 Batch)
Reisa (17M103-8852)	Farzeen Harris (MBBS 2018 Batch)
Shazia (17M123 - 8803)	Salier Salam (MBBS 2018 Batch)
Waseem (17M147)	Milien Sherhen (MBBS 2018 Batch)
Sangeetha (17M113 -8854)	Shrika Shetty ( MBBS 2015 Batch)
Aamia (17M001 - 8939)	Ann Briith (MBBS 2017 Batch)
Minu (17M077 -8942)	Ribiyana (MBBS 2016 Batch)
Aleena (17M016-8736)	Shabana ( MBBS 2017 Batch)
Aashiya (17M032 - 8848)	Afra (MBBS 2017 Batch)
Simla (17M129 - 8945)	Reham ( MBBS 2017 Batch)
Asna (17M037)	Afsal (MBBS 2017 Batch)
Muhsina (17M084-8346)	Asif (MBBS 2017 Batch)
Fathima Maieed (8793)	Masoodha Shirin (BDS 2017)
Adhila (17M006-8747)	Shahana Shirin (BDS 2017)
Mariyam (17M074-8943)	Sinan (BDS 2017)
Nihal (17M082- 8752)	Heebha (BDS 2018)
	Fathimath Afiza (BDS 2017)

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REGISTRAR

ATTESTED

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Registrar  
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80 / P a g e 88  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON NATIONAL LEVEL ADVENTURE CAMP NARKAND HIMACHAL PRADESH**

Sl.No	CONTENT	DETAILS	
1.	Title	National Level Adventure Camp Narkand Himachal Pradesh	
2.	Theme /Scheme from the govt.	Ministry of Youth Affairs and Sports	
3.	Organizing department/s and committees	Ministry of Youth Affairs and Sports with National service Scheme	
4.	Program schedule, Date and Time	21.09.2018 to 01.10.2018	
5.	Speaker (if applicable)	-	
6.	Guests(if applicable)	-	
7.	Number of Participants break up	Teachers	2
		Students	11 NSS Volunteers
		Beneficiaries	-
		Others	-
		Total	12

*Amal*

Programme Co-ordinator, NSS  
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**ATTESTED**

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# National Service Scheme, Yenepoya Deemed to be University

## 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

SI.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.

ATTESTED

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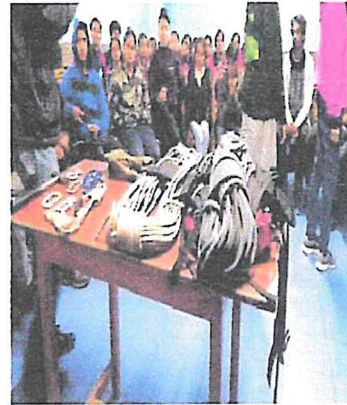
*Atal*  
Programme Coordinator, NSS  
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# National Service Scheme, Yenepoya Deemed to be University

## 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

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## National Service Scheme, Yenepoya Deemed to be University

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 Shirkoote 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.

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*Anil*  
Programme Co-ordinator, NSS  
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FIGURE 2 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.

ATTESTED

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University Road, Deralakatte  
Mangalore 575 018, Karnataka.

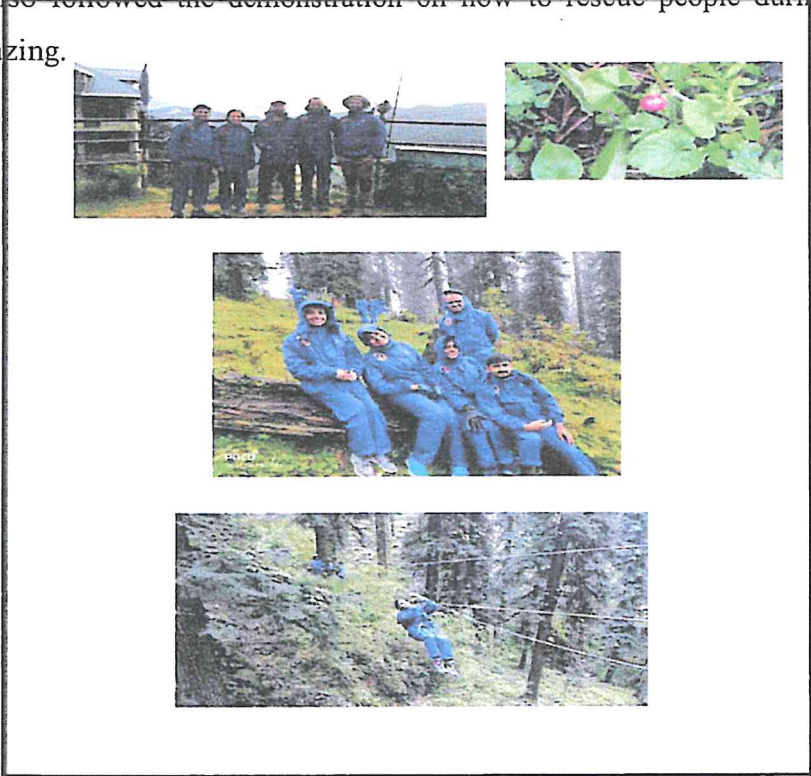
*Ana*  
Programme Coordinator, NSS  
Yenepoya deemed to be University





# National Service Scheme, Yenepoya Deemed to be University

- 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

*ks somayaji*  
 Registrar  
 YENEPOYA  
 (Deemed to be University)

**Dr. Mangadhara Somayaji K S**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore 575 018, Karnataka.

*Ana*  
 Programme Co-ordinator  
 Yenepoya deemed to be University



## National Service Scheme, Yenepoya Deemed to be University

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 demonstaring an exercise where he walked past all of us and we dint 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

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Mangalore 575 018, Karnataka.

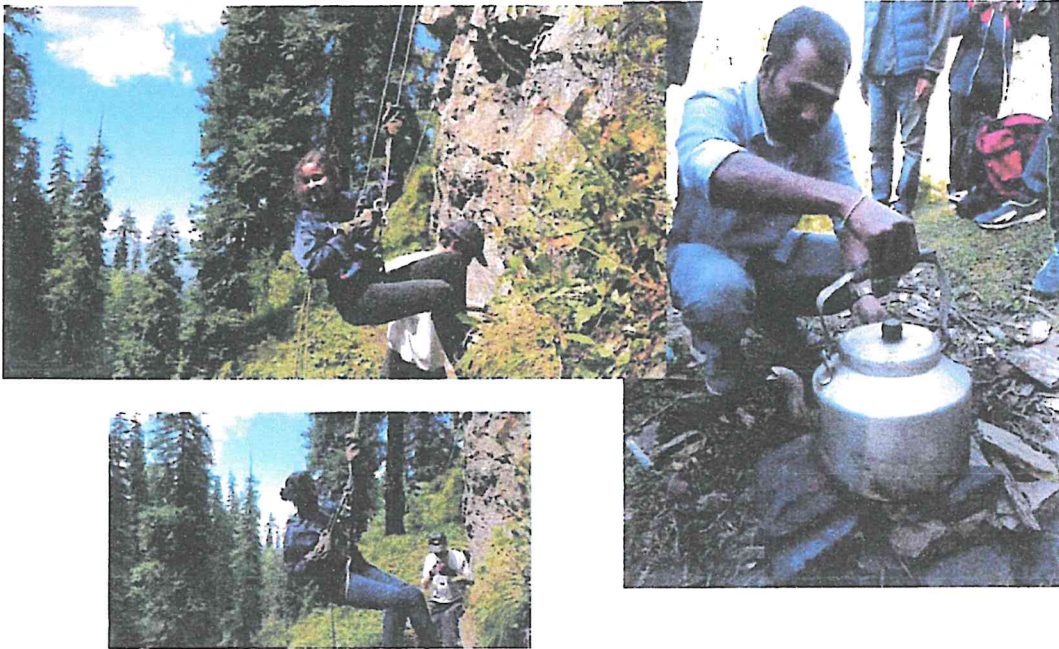
*Anand*  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



## National Service Scheme, Yenepoya Deemed to be University

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 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 it be rescued but all the teams continues the task and finished it.
- The debriefing was fun with all teams discussing what went wrong.

*Dr. Jangadhara Somayaji K S*  
Registrar  
YENEPOYA  
(Deemed to be University)

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Page 43

*Anil*  
73 / P  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University

## 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.



*Dr. Somayaji K S*

Registrar  
YENEPOYA  
Deemed to be University

ATTESTED

Dr. Jangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore - 575001, Karnataka.

Page 44

*Ana*

Programme Co-ordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University

## 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

*Dr. Somayaji K S*  
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(Deemed to be University)

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University Road, Deralakatte  
Mangalore - 575 001, Karnataka

*Anil*  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University



*ks Somayaji*  
Registrar  
YENEPAYA  
(Deemed to be University)

ATTESTED

*ks*

Dr. Mangadhara Somayaji KS  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*Ana*

Programme Coordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University



29.08.2018

Ref: No. YU/REG/ACA/NSS/11/2018

The Principal, YDC/YMC/YNC/YPC

Sub: Regarding Deputation of Adventure Camp 2018-19

Ref: Letter No 22/NSS/Adventure/2018 23.08.2018 from the Regional Director, NSS and letter dated 27.08.2018 from Dr. Ashwini S Shetty, NSS Coordinator, Yenepoya (Deemed to be University)

\*\*\*\*\*

Please find enclosed herewith is the letter dated 23.08.2018 from Regional Director, NSS, Ministry of Youth Affairs & Sports regarding Adventure Camp 2018- Deputation of NSS Volunteers the University .

You are requested to depute NSS Volunteers for the camp as per the breakup.

Sl No.	Name of the College	No. of Volunteers	
		Male	Female
1.	Yenepoya Medical College	1	1
2.	Yenepoya Dental College	2	2
3.	Yenepoya Nursing College	1	1
4.	Yenepoya Physiotherapy College	1	1

(Dr. G. Shreekumar Menon)  
Registrar

Copy to:

1. Dr. Ashwini S Shetty, NSS Coordinator
2. Academic Section

ATTESTED

*Dr. Mangadhara Somayaji K S*  
Registrar  
YENEPLOYA  
(Deemed to be University)

Dr. Mangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*Ana*  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON OBSERVANCE OF SURGICAL STRIKE DAY**

Sl.No	CONTENT	DETAILS	
1.	Title	Observance Of Surgical Strike Day	
2.	Theme /Scheme from the govt.	Youth Empowerment and Sports Government of Karnataka	
3.	Organizing department/s and committees	National service Scheme, Yenepoya Deemed to be University	
4.	Program schedule, Date and Time	29.09.2018 – 11.00am to 11.30pm	
5.	Speaker (if applicable)	Col(Rtd) Premkumar Shetty, Manipal University	
6.	Guests(if applicable)	Dr. G Shreekumar Menon, Registrar, Yenepoya Deemed to be University Dr. M. S Moosabba, Dean Yenepoya Medical College, Mr.Mohammed Bava, Finance Officer, Yenepoya Deemed to be University	
7.	Number of Participants break up	Teachers	4
		Students	200 NSS Volunteers
		Beneficiaries	-
		Others	-
		Total	12

*Ana*  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University

**ATTESTED**  
*[Signature]*  
Dr. Mangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*[Signature]*  
Registrar  
YENEPLOYA  
(Deemed to be University)





# National Service Scheme, Yenepoya Deemed to be University

## “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.



ATTESTED

*[Signature]*  
 Dr. Mangadhara Somayaji K S  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore 575 018, Karnataka.

*[Signature]*  
 Programme Co-ordinator, NSS  
 Yenepoya deemed to be University

*[Signature]*  
 Registrar  
 YENEPOYA  
 (Deemed to be University)



1969 - 2019  
24 September 2018 - 24 September 2019  
50<sup>th</sup> year Celebration of NSS



YENEPOYA  
[DEEMED TO BE UNIVERSITY]  
Recognized by UGC, 23.09.2010  
Accredited by NAAC with 'A' Grade

Cordially invites you to a

**Guest Lecture**

**on the Observance of  
“Surgical Strike Day”**

on 29-09-2018 Venue : Lecturer Hall IV  
Time: 11.00am to 11.30am

By

**Col (Rtd) Premkumar Shetty**  
Manipal University

Presidential Address by

**Dr. G. Shreekumar Menon**  
Registrar

Yenepoya (Deemed to be University)

Wishes From :

**Programme Coordinator NSS &  
Programme Officers NSS**

*ks somayaji*  
Registrar  
YENEPOYA  
Deemed to be University

ATTESTED  
*[Signature]*  
Dr. Jangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 010, Karnataka.

*[Signature]*  
Programme Co-ordinator, NSS  
Yenepoya Deemed to be University



# National Service Scheme, Yenepoya Deemed to be University



Office of the Registrar  
University Road  
Deralakatte, Mangalore - 575 018  
Ph: 0824 - 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref No YRBG/ACA/UGC/Surgical Strike/2018

25.09.2018

Dr. Ashwini S. Shetty  
NSS Coordinator  
Yenepoya (Deemed to be ) University

Sub: Observe "Surgical Strike Day" on 29<sup>th</sup> September 2018

Ref: UGC O.O. No. F.14-15/2018(CPP-II) dtd. 19<sup>th</sup> September 2018

\*\*\*\*\*

Permission is hereby accorded to observe "Surgical Strike Day" on 29.09.2018 at 11.00 a.m. at Lecture Hall - IV, Yenepoya Medical College, Academic Block, Ccd (Rtd) Premkumar Shetty from Manipal will be the Guest Speaker for the programme.

Sanction is accorded for the University's financial assistance of Rs.3,500/- (Rupees three thousand five hundred only) subject to production of bills & vouchers.

(Dr. G. Shree Kumar Menon)  
REGISTRAR

Copy to:

1. Finance Officer
2. Campus Administrator
3. Supdt. Transport - (With a request to provide transport to Guest Speaker)
4. PRO - (with a request to provide memento and photography for the programme)
5. Mr. Lathesh, Lecture Hall Incharge
6. Academic Section

*Dr. Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)

ATTESTED

*Dr. Jagadhara Somayaji KS*  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*Anil*  
Coordinator, NSS  
Yenepoya Deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON VIGILANCE AWARENESS WEEK**

Sl.No	CONTENT	DETAILS	
1.	Title	"Vigilance Awareness Week"	
2.	Theme /Scheme from the govt.	Youth Empowerment & Sports Government of Karnataka	
3.	Organizing department/s and committees	National service Scheme, Yenepoya Medical College, Yenepoya Deemed to be University	
4.	Program schedule, Date and Time	29.10.2018 to 03.11.2018	
5.	Speaker (if applicable)		
6.	Guests(if applicable)		
7.	Number of Participants break up	Teachers	5
		Students	150 NSS Volunteers
		Beneficiaries	-
		Others	3
		Total	158

*Ana*

Programme Co-ordinator, NSS  
Yenepoya deemed to be University

**ATTESTED**

*Dr. Rangadhara Somayaji KS*  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*ks somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)



# National Service Scheme, Yenepoya Deemed to be University

## “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.



*kg somayaji*  
Registrar  
YENEPOYA  
Deemed to be University

Dr. Jangadhara Somayaji KS  
Registrar  
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*Arul*  
81 / Page  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University

## 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.

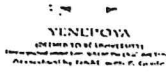
*ks Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)

ATTESTED  
*ks*  
Dr. Mangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*Anil*  
Programme Co-ordinator, NSS  
Yenepoya (Deemed to be University)



# National Service Scheme, Yenepoya Deemed to be University



Office of the Registrar  
Deralakatte, Mangalore – 575 018  
Ph: 0824 – 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref: No. Y/REG/ACA/301/SIP/2018

22.10.2018

The Principal  
YDC/MC/YNC/YPC/YPC&RC/YIASC&M

Ref: UGC letter dated 16.10.2018

\*\*\*\*\*

UGC has sent a letter requesting all the Universities to organize Vigilance Awareness Week from 29<sup>th</sup> October to 3<sup>rd</sup> November, 2018.

The Principals of the Constituent Colleges are requested to go through the circular dated 24.09.2018 issued by Central Vigilance Commission and organize the activities related to this.

The report may be submitted in the prescribed format (Enclosed) to this office by 5<sup>th</sup> November, 2018 so that the same may be uploaded in the UGC portal.

22/10/18

*K. S. Somayaji*  
REGISTRAR 22/10

ATTESTED

*K. S. Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)

Dr. Jangadhara Somayaji K S  
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*Prad*  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON CANCER AWARENESS OUTREACH PROGRAMME**

Sl.No	CONTENT	DETAILS	
1.	Title	Cancer Awareness Outreach Programme	
2.	Theme /Scheme from the govt.	Awareness Campaign	
3.	Organizing department/s and committees	National service Scheme, Yenepoya Deemed to be University & Madikai Gram Panchayat Kasargod	
4.	Program schedule, Date and Time	15.09.2018 – 11.00am to 4.00pm	
5.	Speaker (if applicable)		
6.	Guests(if applicable)		
7.	Number of Participants break up	Teachers	2
		Students	11 NSS Volunteers
		Beneficiaries	-
		Others	-
		Total	12

*Anand*  
Program Co-ordinator  
Yenepoya Deemed to be University

**ATTESTED**  
*Dr. Mangadhara Somayaji K S*  
Registrar  
Yenepoya (Deemed to be University)  
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*Dr. Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)





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.



ATTESTED

*ks Somayaji*

Dr. Mangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatta  
Mangalore 575 018, Karnataka

*[Handwritten signature]*



*Dr. Somayaji*  
Registrar  
YENEPOYA  
(Deemed to be University)

ATTESTED

*Dr. Mangadhara Somayaji K S*  
Registrar  
Yenepoya (Deemed to be University)  
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*Aradhana*  
Programme Coordinator, NSS  
Yenepoya deemed to be University



**Name of the Department /College – National Service Scheme**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON DRUG AWARENESS OUTREACH PROGRAMME**

Sl.No	CONTENT	DETAILS	
1.	Title	Drug Awareness Outreach Programme	
2.	Theme /Scheme from the govt.	Awareness Campaign	
3.	Organizing department/s and committees	National service Scheme, Yenepoya Deemed to be University in association with Rotary Club & Jaycee	
4.	Program schedule, Date and Time	13.09.2018 – 4.00pm to 6.00pm	
5.	Speaker (if applicable)		
6.	Guests(if applicable)		
7.	Number of Participants break up	Teachers	5
		Students	70 NSS Volunteers
		Beneficiaries	-
		Others	4
		Total	79

Programme Co-ordinator,  
Yenepoya deemed to be University

ATTESTED

Dr. Jagadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte

Registrar  
YENEPOYA  
(Deemed to be University)



# National Service Scheme, Yenepoya Deemed to be University

## 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.



ATTESTED

Dr. Langadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*ks somayaji*  
Registrar

*Anil*  
Programme Co-ordinator, NSS



# National Service Scheme, Yenepoya Deemed to be University



12.09.2018

Ref: No. Y/REG/ACA/14/NSS/2018

Dr. Ashwini S Shetty,  
NSS Coordinator

Sub: Permission for students to participate in Drug Awareness Programme  
13.09.2018

Ref: Your Letter dated 11.09.2018

\*\*\*\*\*

Permission is herewith accorded to the students of BDS & MBBS to participate in Drug Awareness Programme on 13.09.2018 from 4.00 p.m. to 6.00 p.m. at Forum Mall.

  
(Dr. G. Shreekumar Menon)  
Registrar

Encl: List of students

Copy to:

1. Principal – YDC/YMC
2. Supdt. Transport – (with a request to provide transport facility (2 nos.) on 13.09.2018 at 3.00 p.m. from Zulekha Hostel to Forum Mall)
3. Campus Administrative Officer
4. Wardens
5. Academic Section

ATTESTED

  
Registrar  
YENEPOYA  
(Deemed to be University)

Dr. Mangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deraiakatte  
Mangalore 575 018, Karnataka.

Page 61

  
Programme Co-ordinator, NSS  
Yenepoya deemed to be University



# National Service Scheme, Yenepoya Deemed to be University

VSS PCO/027/2018

*Handwritten signature and date: 11/9/18*  
Registrar  
Yenepoya Deemed to be University

Office of the Registrar  
Yenepoya Deemed to be University  
Despatch No: 6118  
Despatch Date: 12.9.18

Date: 11.09.2018

From,

Dr. Ashwini S Shetty  
NSS Coordinator  
Yenepoya (Deemed to be University)

To,

The Registrar  
Yenepoya (Deemed to be University)

Respected sir,

Sub: Requesting permission for student participation

Yenepoya (Deemed to be University) in Association with Rotary Club and Jaycee organizing Drug Awareness Programme on 13/09/2018 from 4.00pm to 6pm at Forum Mall. Some of the NSS Volunteers would like to join as speakers, street play & awareness programme. So I kindly request you to grant permission for the Students to participate in the programme and to arrange transport facility at 3.00pm from Zulekha hostel so kindly do the needful.

### List of Students participating in the Drug Awareness Programme

BDS-2018 STUDENTS	BDS- 2017 STUDENTS	MBBS - 2017 STUDENTS	MBBS-2017 STUDENTS
Asfiya	Fayaz	rahima	amal
Anashwara	Beena	maria	anuju
neha	Sheethal	ashivarya	arooj
laxmitha	Afra	dakshina	shaheera
lexmia	Aditha	adithya	Asif
preeti	Zainab	keerthana	harshini
resha	Amriu	shirin	amana
naiza	Zaiba fidna	nada	
summaya	Neha shani	simila	
Ameena hala	Izaan	rajath	
maniusha	Jabir	Shah rukha ameer	
dilna	Sajal	Shamaz C K	
rinshena	Basith	Ann bryith	
vaishnavi	Akshay	Alka fathima	
fathima	Riza	Sneha raj	
niyala	Vaseem	anupama	
shara	Nazwan	ajmi	
anjana	Adhil	vidhya	
Bill	Goutham	sangeetha	
Adhithyan	Mithrish	sai	

Requirement: Two buses with the capacity of 40 members in each bus

Thanking You,

*Handwritten signature*  
Yours Sincerely,  
Dr. Ashwini S Shetty  
(NSS Coordinator)

*Handwritten note: BDS Students are permitted*

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Rural Health Care and Development Centre,  
Yenepoya (Deemed to be University)  
Report 2018-19 (OR)

2018-19 OR 608

TB AWARENESS PROGRAM  
IN COLLABORATION WITH  
TB HOSPITAL MOODSHEDDE

Date: 23.03.2019

Time: 9.00am to 2.00pm

Venue: Moodshedde

**In charge:**

1. Dr. Poonam Naik, Deputy Director, RHCDC

**Other Members:**

2. Dr. Shubashree, PG, Community Medicine
3. Mrs. DivyaJyothi, MSW staff
4. Mrs. Cynthia, Staff Nurse
5. Mr. Gururaj, Attender

**Total number of students: 1**

**Total number of teachers: 1**

**Beneficiaries:** In patients of Government TB hospital

**Total No. of Beneficiaries: 40**

**Summary:**

Talk was to give awareness on Tuberculosis what is TB, route of transmission, latent TB and active TB disease, signs and symptoms, TB risk factor, TB treatment, TB prevention- precaution, masks and BCG vaccine, medical conditions which weaken the immune system and self-care in TB: disposal of sputum of TB infected patients and proper well balance nutrition for TB patients. The session ended with distribution of nutritionally rich fruits and dry fruits to TB

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Report 2018-19 (OR)

2018-19 OR 609

BETI BACHAO AWARENESS PROGRAM  
IN COLLABORATION WITH  
WOMEN AND CHILD WELFARE DEPARTMENT

Date: 21.01.2019

Time: 9.00am to 2.00pm

Venue:Kodi, Kotepura, Ullal

Incharge:

1. Srinivas Patel, Intern
2. Mrs. Divya Jyothi, MSW staff

Total number of students: 1

Summary: Sensitize the people regarding

1. Beti Bachao and PCPNDT act: this sensitize the people regarding female foeticide obtaining sex of the fetus during pregnancy and laws against these crimes.
2. Beti Padhao Yojana: this sensitizes the people regarding the importance of grill child to our community, that they deserve to get equal rights and opportunities in all field and they should be treated as equal as boys



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**OBSERVANCE OF WORLD NO TOBACCO DAY AND WORLD ENVIRONMENT DAY  
IN COLLABORATION WITH  
GOVT. HIGHER PRIMARY SCHOOL, THOKUR**

**Date:** 19.06.2019

**Time:** 11.00 am to 12.00pm

**Venue:** Govt. Higher Primary School, Thokur.

**In-charge:**

1. Dr. Srinivas Patel, Medical officer, RHCDC

**Other members:**

2. Mrs. Gayathri (MSW Staff)

**Total number of teachers:** 1

**Beneficiaries:** Parents of Higher primary school from Class 1 to Class 7

**Total number of beneficiaries:** 50

**Topic:** World No Tobacco Day and World Environment Day

Summary: On occasion of "World No Tobacco Day" and "World Environment Day" was celebrated in collaboration with Government Higher Primary School, Thokur. The focus of World No Tobacco Day-2019 is on "Tobacco and Lung Health". Talk was given to increase awareness on the negative impact that tobacco has on peoples lung health, from cancer to chronic respiratory diseases. Dr. Srinivas, Medical Officer delivered the talk. Total 50 students attended for this programme.



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OBSERVATION OF WORLD NO TOBACCO DAY  
IN COLLABORATION WITH  
SHIVAJI FRIENDS, SOMESHWAR

**In-charge:**

1. Dr. Poonam Naik, Deputy director, RHCDC
2. Dr. Srinivas Patel, Medical officer,

**Other members:**

3. Mrs. Dhanalakshmi (Zilla Panchayath president)
4. Mr. Gajananda Gatty (Grama Panchayath Gowravadshya – Honorable president)
5. Mr. Sathish Kumpala

**Beneficiaries:** Residents of Lakshmi Gudde

**Total number of beneficiaries: 50**

**Number of teachers: 2**

**Summary:**

**Topic:** World No Tobacco Day 2019 (Theme: Tobacco and Lung health).

Talk was on World No Tobacco Day which is celebrated on every 31<sup>st</sup> May. The theme for 2019 was tobacco and lung health. Talk was to give awareness on how smoking and non-smoking forms of tobacco are harmful and have deadly effects on health. Second hand smoke exposure and complications of usage of tobacco products like Lung cancer, Oral cancer, Chronic respiratory disease, Asthma, Tuberculosis, Air pollution, Stroke, Heart diseases etc. were also addressed in the session.



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RHCDC

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**AWARENESS CAMP  
IN COLLABORATION WITH  
HOLY ANGELS SCHOOL, PERMANUR**

**Date:** 22.06.2019      **Time:** 11.00 am to 12.00pm

**Venue:** Holy Angel's higher primary school, Permanur, Dakshina Kannada, Karnataka.

**In-charge:**

1. Dr. Srinivas Patel, Medical officer, RHCDC

**Other members:**

2. Mrs. Divya Jyothi (MSW Staff)

**Total number of teachers:** 1

**Beneficiaries:** Parents of Higher primary school from Class 1 to Class 7

**Total number of beneficiaries:** 250

**Brief summary of the talk:**

**Topic:** Early parenting and Drug addiction.

Talk was on Early parenting and Drug addiction on 22/06/2019 at 11.00 am to 12.00 noon.

Importance of Early parenting and how roles, responsibility and relationship of parenting impact lives of children was highlighted. Drug addiction and its risk factors, different categories of drugs, signs and symptoms of a child at risk of drug addiction, protective factors and preventive measures for drug addiction was explained.



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DEPARTMENT OF COMMUNITY MEDICINE  
YENEPOYA MEDICAL COLLEGE

**TALK ON IMPORTANCE OF BREASTFEEDING AND NUTRITION OF  
PREGNANT AND LACTATING MOTHERS IN D.K.G.P.H.P SCHOOL  
RAJAGUDDE**

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and D.K.G.P.H.P school Rajagudde
<b>Date:</b>	04/08/2018
<b>Time:</b>	10:00am – 11.30am
<b>Venue:</b>	D.K.G.P.H.P school Rajagudde
<b>Faculty in-charge:</b>	Dr Akshaya K.M., Associate Professor
<b>Postgraduates &amp; interns:</b>	<b>02</b>
	1. Dr. Subhashree Nandy 2. Dr. Megha, intern
<b>Other team members:</b>	Mrs. Shwetha, MSW, Department of Community Medicine
<b>Beneficiaries:</b>	Parents of students studying in the school, school teachers, S.D.M.C committee members
<b>Total number of beneficiaries:</b>	35

On the account of World Breastfeeding Week an initiative was taken by the department of Community Medicine, Yenepoya Medical College to spread awareness regarding the right breastfeeding practices and appropriate nutrition for pregnant and lactating women. Parents of students studying in the school, teachers and S.D.M.C committee members gathered in a class room where the talk was to be delivered.

The session started with an introduction of the committee members, and the speaker, Dr. Subhashree Nandy, Ms. Megha, Intern and Mrs. Shwetha, MSW. Various topics were stressed on such as initiation of breastfeeding, exclusive breastfeeding, nutritious value of breast milk, disadvantages of formula food, advantages of breastfeeding for the mother and the baby,

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breastfeeding positions, weaning, good nutrition during pregnancy, immunization and spacing between consecutive pregnancies. The talk was concluded with display of a slideshow on the laptop which consisted of pictures depicting positions of breastfeeding, latching during breastfeeding, benefits of breastfeeding, effects of formula feeds, food that can be given to infants during weaning period, immunization and spacing methods.




Talk on importance of breastfeeding and nutrition of pregnant and lactating mothers



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**TALK ON IMPORTANCE OF BREASTFEEDING AND NUTRITION OF  
PREGNANT WOMEN AND LACTATING MOTHERS IN ANGANWADI AT  
BUNDER**

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Anganwadi, Bunder
<b>Date:</b>	06/08/2018
<b>Time:</b>	11:00am – 12:00pm
<b>Venue:</b>	Anganwadi at Bunder
<b>Faculty in-charge:</b>	Dr Pracheth R., Assistant Professor
<b>Postgraduates:</b>	01  Dr. Subhashree Nandy
<b>Other team members:</b>	Mrs. Sujatha, MSW and Ms. Ayisha, Health Inspector, UHTC, Department of Community Medicine, Mrs. Rashmi, nursing staff at UPHC
<b>Beneficiaries:</b>	Parents of children in Anganwadi and postnatal women who visit the Anganwadi and UPHC for seeking health care services
<b>Total number of beneficiaries:</b>	21

On the account of World Breastfeeding Week, an initiative was taken by the department of Community Medicine, Yenepoya Medical College to spread awareness regarding the right breastfeeding practices and appropriate nutrition for pregnant and lactating women.

Following a brief introduction of the speakers, the talk focused on various topics such as initiation of breastfeeding, exclusive breastfeeding, nutritious value of breast milk, disadvantages of formula feed, and advantages of breastfeeding for the mother and the baby, breastfeeding positions, weaning off of breast milk, good nutrition during pregnancy, immunization and spacing between consecutive pregnancies. The talk was concluded with display of a slideshow which consisted of pictures depicting positions of breastfeeding, benefits of breastfeeding, effects of formula feeds, food that can be given to babies during weaning period, immunization and spacing methods.

ATTESTED

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**Talk on importance of breastfeeding and nutrition of pregnant women and lactating mothers**

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DEPARTMENT OF COMMUNITY MEDICINE  
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HEALTH EDUCATION ON DANGER SIGNS IN PREGNANCY, BREAST  
FEEDING, IMMUNISATION AND FAMILY PLANNING AT KURNAD  
PHC

**Organized by:** Department of Community Medicine, Yenepoya  
Medical College and Kurnad PHC

**Date:** 07/08/2018

**Venue:** Kurnad PHC, Mudipu

**Time:** 10:00am - 12:00pm

**Faculty in-charge:** Dr Akshaya KM, Associate Professor

**Postgraduates:** 01

- 1. Dr Habeena Shaira

**Beneficiaries:** All women visiting PHC for their Antenatal  
checkup and their relatives.

**Total number of beneficiaries:** 72

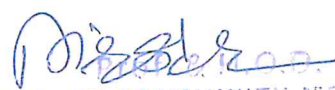
**Brief Summary:**

Health talk was delivered by Dr Habeena Shaira Post graduate in Department of Community  
Medicine. The session started by ANM introducing the speakers to the beneficiaries.

They were educated about the danger signs in pregnancy, method, importance and benefits of  
breast feeding. They were educated about immunization and family planning. It was made as  
an interactive session. At the end of health talk the queries and doubts of the beneficiaries  
were addressed. The session ended at 12pm.

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**Health education on danger signs in pregnancy, Breast feeding,  
Immunization and Family planning**

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**HEALTH EDUCATION ON DANGER SIGNS IN PREGNANCY,  
BREASTFEEDING, IMMUNIZATION AND FAMILY PLANNING AT MALAR  
ANGANWADI, HAREKALA**

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Malar Anganwadi, Hareakala
<b>Date:</b>	07/08/2018
<b>Time:</b>	01:30pm – 02:30pm
<b>Venue:</b>	Malar Anganwadi, Harekala
<b>Faculty in-charge:</b>	Dr Akshay K M, Associate professor
<b>Postgraduate &amp; intern:</b>	02 1. Dr. Subhashree Nandy 2. Megha P, intern
<b>Other team members:</b>	Mrs. Shwetha, MSW, and Mrs. Ranjitha, Health Inspector, RHTC, Department of Community Medicine
<b>Beneficiaries:</b>	Parents of children attending the anganwadi
<b>Total number of beneficiaries:</b>	17
<b>Brief Summary:</b>	

On the account of World Breastfeeding Week an initiative was taken by the department of Community Medicine, Yenepoya Medical College to spread awareness regarding the right breastfeeding practices and appropriate nutrition for pregnant and lactating women. The talk was delivered in the anganwadi to parents of children attending the anganwadi and postnatal women who visit the anganwadi and UPHC for seeking health care services.

The session started with an introduction of the speaker following which various topics were stressed on such as initiation of breastfeeding, exclusive breastfeeding, nutritious value of breast milk, disadvantages of formula food, advantages of breastfeeding for the mother and the baby, breastfeeding positions, weaning, good nutrition during pregnancy, immunization and spacing between consecutive pregnancies. The talk was concluded with display of a slideshow on the laptop which consisted of pictures depicting positions of breastfeeding.

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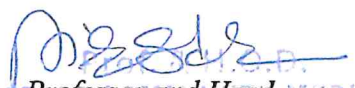
latching or during breastfeeding, benefits of breastfeeding, effects of formula feeds, food that can be given to infants during weaning period, immunization and spacing methods.



**Talk on importance of breastfeeding and nutrition of pregnant and lactating mothers**

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**HEALTH EDUCATION ON DANGER SIGNS IN PREGNANCY, BREASTFEEDING,  
IMMUNIZATION AND FAMILY PLANNING AT NEW PADPU ANGANWADI,  
HAREKALA**

**Organized by:** Department of Community Medicine, Yenepoya  
Medical College and New Padpu Anganwadi, Harekala

**Date:** 08/08/2018

**Time:** 11:00am – 12:00pm

**Venue:** New Padpu Anganwadi, Harekala

**Faculty in-charge:** Dr Akshaya K.M., Associate Professor, Department of  
Community Medicine

**Postgraduates:** 01

1. Dr. Subhashree Nandy

**Other team members:** Mrs. Shwetha, MSW, Department of Community Medicine,  
Mrs. Vatsala, Staff nurse at Inoli PHC

**Beneficiaries:** Parents of children attending the anganwadi

**Total number of beneficiaries:** 13

**Brief Summary:**

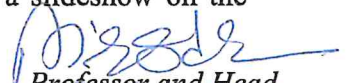
On the account of World Breastfeeding Week an initiative was taken by the department of Community Medicine, Yenepoya Medical College to spread awareness regarding the right breastfeeding practices and appropriate nutrition for pregnant and lactating women.

The session started with an introduction of the speaker. Following this various topics were stressed on such as initiation of breastfeeding, exclusive breastfeeding, nutritious value of breast milk, disadvantages of formula food, advantages of breastfeeding for the mother and the baby, breastfeeding positions, weaning, good nutrition during pregnancy, immunization and spacing between consecutive pregnancies. The talk was concluded with display of a slideshow on the

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laptop which consisted of pictures depicting positions of breastfeeding, latching during breastfeeding, benefits of breastfeeding, effects of formula feeds, food that can be given to infants during weaning period, immunization and spacing methods.



**Talk on importance of breastfeeding and nutrition of pregnant and lactating mothers**

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YENEPOYA MEDICAL COLLEGE**


**HEALTH TALK ON IMPORTANCE OF BREASTFEEDING AT NAVODAYA  
ANGANWADI, KADRI**


<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Navodaya Anganwadi, Kadri
<b>Date:</b>	9/8/2018
<b>Time:</b>	11.30 am to 1.00 pm
<b>Venue:</b>	Navodaya Anganwadi, Kadri
<b>Theme:</b>	'Breastfeeding: Foundation of life'
<b>Faculty-in-charge:</b>	Dr Pracheth R (Assistant Professor), Department of Community Medicine
<b>Postgraduate:</b>	<b>01</b>  1. Dr Revathi TM
<b>Other team members:</b>	MSW staff- Mrs Sujatha, Health Inspector Miss.Aysha
<b>Beneficiaries:</b>	46 residents of Kadri (including pregnant and lactating women)

**Brief Summary:**

The programme was conducted at Navodaya Anganwadi, Kadri by the department of Community Medicine as an initiative towards World Breastfeeding Week 2018. Following a brief introductory programme a health talk was given by Dr Revathi TM, 1<sup>st</sup> year postgraduate, Department of Community Medicine about the importance of breastfeeding for the newborn and mother, proper latching techniques, significance of colostrum and ill effects of bottle feeding. At the end of the session the doubts of the beneficiaries related to the topic were addressed.

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Health talk on importance of breastfeeding



Health talk on importance of breastfeeding

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DEPARTMENT OF COMMUNITY MEDICINE  
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HEALTH EDUCATION ON PERSONAL AND MENSTRUAL HYGIENE AT  
URDU GOVERNMENT HIGH SCHOOL, BUNDER

**Organized by:** Department of Community Medicine, Yenepoya Medical  
College and Urdu Government High school, Bunder

**Date:** 10/08/2018

**Time:** 2:30pm- 4:00pm

**Venue:** Urdu Government High school, Bunder

**Faculty in-charge:** Dr Pracheth R, Assistant Professor, Department of Community  
Medicine

**Postgraduates:** 02

1. Dr Habeena Shaira.
2. Dr Kevin, Intern

**Other team members:** Mr. Balaji, Health Inspector and Mr. Vishnu Prasad,  
MSW worker, Department of Community Medicine.

**Beneficiaries:** Children studying in 8<sup>th</sup> to 10<sup>th</sup> class at Urdu Government High  
school, Bunder

**Total number of beneficiaries of the camp:** 52

Following a inauguration the session started by 2:30pm on importance of personal hygiene. The session was kept interactive to hold the attention of the students. The students were explained about the steps of hand washing along with demonstration of proper handwashing technique. The students were also educated on the significance of personal hygiene on health as a measure to prevent infections. A live demonstration was conducted by Dr. Habeena Shaira in order to reinforce the learning. Following this only girl students were given Health education on menstrual hygiene and its importance on health. The session concluded at 4pm.

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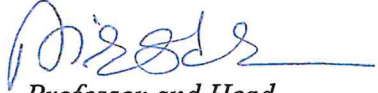


**Health Education on personal and menstrual hygiene at Urdu Government High school, Bunder**

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**DEPARTMENT OF COMMUNITY MEDICINE  
YENEPOYA MEDICAL COLLEGE**

**HEALTH EDUCATION ON ADOLESCENT HEALTH AT THE YENEPOYA  
SCHOOL, MANGALORE**

**Organized by:** Department of Community Medicine, Yenepoya Medical  
College and Yenepoya School, Mangalore

**Date:** 11/10/2018

**Time:** 10:30 am- 12:30 pm

**Venue:** The Yenepoya School, Mangalore

**Faculty in charge:** Dr Poonam R Naik, Professor, Department of Community  
Medicine

Dr Pracheth R, Assistant Professor, Department of  
Community Medicine

**Postgraduate and intern:** 02

1. Dr Habeena Shaira
2. Dr Nadeem (Intern)

**Topic:** Adolescent Health

**Contents:** Changes in puberty, Physiology of Reproduction,  
Menstrual Hygiene, Life skills

**Beneficiaries:** Students of 8<sup>th</sup> to 10<sup>th</sup> standard of The Yenepoya School,  
Mangalore

**Total number of beneficiaries:** Total of 200 students - 80 (female) and 120 (male)

**Brief Summary:**

Health education session was inaugurated and welcomed by Principal of the school and faculty. The sessions were conducted separately for male and female students. The session started at 10:30 am. Health education session focused on adolescent health, changes during puberty,

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physiology of reproduction, peer pressure and importance of life skills. Girls were also informed about menstrual cycle and menstrual hygiene.

Dr Poonam R Naik, Professor, Department of Community Medicine, initially sensitized the female

students regarding adolescent health. Following this, Dr Habeena Shaira explained in detail.

Dr Pracheth R, Assistant professor, Department of Community Medicine, introduced the topic for male students and following this Dr Kevin explained in detail.

The sessions were interactive to ensure active participation of the students. The sessions concluded with question answer session for the students to clarify any doubts.



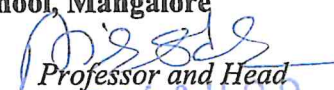
**Health Education on Adolescent health at the Yenepoya School, Mangalore**



**Health Education on Adolescent health at the Yenepoya School, Mangalore**

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HEALTH EDUCATION ON SCREENING FOR NCD AT AMBALAMUGURU PHC

**Organized by:** Department of Community Medicine, Yenepoya Medical College and Ambalamuguru PHC

**Date:** 19/10/2018

**Time:** 10:30am – 11:00am

**Faculty in-charge:** Dr Madhavi Bhargava, Assistant Professor, Department of Community Medicine

**Postgraduates:** 30  
1. . Dr. Dimple Ann Dias  
2. 29 students

**Other team members:** Mrs Reshma, MSW, Department of Community Medicine

**Beneficiaries:** Residents living near Ambalamoguru PHC

**Total number of beneficiaries:** 15

**Brief Summary:**

The residents living near Ambalamoguru PHC were gathered near the Ambalamuguru PHC. A role play was conducted on the topic “screening for non-communicable diseases “. The role play portrayed two families, one which was health oriented and the other which was not. The possible outcomes of screening and non-screening of NCD was depicted in the role play. Explanation was given on the importance of regular screening for NCD and instructions given regarding drug compliance. The different complications resulting from NCD s were explained such as myocardial infarction and stroke. A note on importance of cigarette smoking being injurious to health was also added.

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**Health Education on Screening for NCD**

M 181933OR



**Health Education on Screening for NCD**

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HEALTH EDUCATION ON PERSONAL HYGIENE AT KASABA BENGRE  
GOVERNMENT PRIMARY SCHOOL

**Organized by:** Department of Community Medicine, Yenepoya Medical College and Government Primary School, Kasaba Bengre

**Date:** 31/10/2018

**Time:** 10:30am – 11:00am

**Venue:** Kasaba Bengre Government Primary school, Mangalore

**Faculty in-charge:** Dr Pracheth R., Assistant Professor, Department of Community Medicine

**Postgraduates:** 01

1. Dr. Subhashree Nandy

**Other team members:** Mr. Vishnu Prasad, MSW, Mr. Balaji Srinivas, Health Inspector, UHTC, Department of Community Medicine

**Beneficiaries:** 6<sup>th</sup> and 7<sup>th</sup> standard students and teachers

**Total number of beneficiaries:** 120

**Brief Summary:**

The students of class 6 and class 7 were gathered in a class room. An interactive session was conducted on the topic personal hygiene. The students were explained the meaning of personal hygiene and need for it. The different aspects such as oral hygiene, nail hygiene, hands and feet hygiene, face hygiene, hair hygiene and the need for bath everyday were also explained. A note on importance of environmental sanitation and cigarette smoking being injurious to health was also added.

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Health Education on Personal Hygiene at Government Primary School, Kasaba Bengre



Health Education on Personal Hygiene at Government Primary School, Kasaba Bengre

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**HEALTH TALK ON DIABETES MELLITUS AT TOTA BENGRE HIGH SCHOOL,  
BENGRE**

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Tota Bengre High School, Bengre
<b>Date:</b>	19/11/2018
<b>Time:</b>	02:00pm – 03:00pm
<b>Location/area:</b>	Tota Bengre High School, Bengre
<b>Faculty in-charge:</b>	Dr Pracheth R, Assistant Professor, Department of Community Medicine
<b>Postgraduates:</b>	01 1. Dr. Subhashree Nandy
<b>Other team members:</b>	Mr. Vishnuprasad, MSW and Mr. Balaji, Health Inspector, UHTC, Department of Community Medicine
<b>Beneficiaries:</b>	High School children, school teachers
<b>Total number of beneficiaries:</b>	80

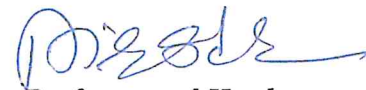
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On the occasion of World Diabetes Day (14-11-18) an initiative was taken by the department of Community Medicine, Yenepoya Medical College to educate high school children regarding Diabetes mellitus. The session started with an introduction of the speaker, Dr. Subhashree Nandy, Mr. Vishnuprasad, MSW and Mr. Balaji, Health Inspector.

The topics that were stressed on were risk factors of the disease, symptoms of the disease, complications, screening tests for early detection of the disease, preventive measures, measures to be taken to maintain blood sugar within normal limits among diabetics and self care in diabetes. The session was conducted with the help visual aids. The session was concluded with a brief discussion on the doubts asked.

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**Health Talk on Diabetes Mellitus Tota Bengre High School**

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**HEALTH EDUCATION ON H1N1 AT INNOLI PRIMARY HEALTH  
CENTRE FOR ASHA WORKERS**

**Organized by:** Department of Community Medicine, Yenepoya Medical College and Innoli Primary Health Centre

**Date:** 24/11/2018

**Topic:** H1N1

**Beneficiaries-:** ASHA workers

**Total number of beneficiaries:** 17

**Faculty In-charge:** Dr Akshaya KM, Associate Professor, Dept. of Community Medicine

**Postgraduate and intern:** 02

1. Dr Sumit Audichya , Second year postgraduate  
2. Dr Avinash (intern)

**Health Inspector:** Ranjitha



**Health education at Innoli PHC**

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**HEALTH TALK ON GENERAL SAFETY MEASURES AND ROAD SAFETY  
MEASURES AT BASTI GARDEN PRIMARY SCHOOL, BUNDER**


<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Basti Garden Primary School, Bunder
<b>Date:</b>	27/11/2018
<b>Time:</b>	02:00pm – 03:00pm
<b>Location/area :</b>	Basti Garden Primary School, Bunder
<b>Faculty in-charge:</b>	Dr Pracheth R., Assistant Professor, Department of Community Medicine
<b>Postgraduates:</b>	02 1. Dr. Subhashree Nandy 2. Mariyam Shabeeha, Intern
<b>Other team members:</b>	Mr. Vishnuprasad, MSW and Mr. Balaji, Health Inspector, UHTC, Department of Community Medicine
<b>Beneficiaries:</b>	Primary School children, school teachers
<b>Total number of beneficiaries:</b>	20


An initiative was taken by the department of Community Medicine, Yenepoya Medical College to educate primary school children regarding general safety measures and road safety measures. The session started with an introduction of the speaker, Dr. Subhashree Nandy, Mr. Vishnuprasad, MSW and Mr. Balaji, Health Inspector.

Children were educated on how to use sharp objects safely, handle electrical appliances with caution, be safe while playing with other children and most importantly not engage in conversations with strangers. Children were also taught about important traffic signs and interpretation of traffic signals. They were also advised to cross the road under adult supervision, look both sides before crossing the road and crossing the road only on zebra crossing.

The session was conducted with the help visual aids.

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**Health Talk on General Safety Measures and Road Safety Measures**

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**SCHOOL HEALTH PROGRAM ON PERSONAL HYGIENE AT D.K.G.P HIGHER  
PRIMARY SCHOOL AMMEMBALA**

**Organized by:** Department of Community Medicine, Yenepoya  
Medical College and D.K.G.P Higher Primary school  
Ammembala

**Date:** 29/11/2018

**Topic:** Personal Hygiene

**Total number of beneficiaries:** 22

**Faculty In-charge:** Dr Akshaya KM, Associate Professor, Dept. of  
Community Medicine

**Postgraduate & intern:** 02  
Dr Sumit Audichya, Second year postgraduate  
Dr Avinash, intern

**Other field staff:** Ranjitha, Health Inspector



**School health program at D.K.G.P Higher Primary school Ammebala**

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DEPARTMENT OF COMMUNITY MEDICINE  
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HEALTH EDUCATION ON INTERNET ADDICTION AT URDU GOVERNMENT  
PRIMARY SCHOOL, KUDROLI

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Urdu Government Primary School, Kudroli
<b>Date:</b>	05/01/2019
<b>Time:</b>	10:00am - 12:00pm
<b>Venue:</b>	Urdu government primary school, Kudroli
<b>Faculty in-charge:</b>	Dr Pracheth R, Assistant Professor, Community Medicine department, Yenepoya Medical College.
<b>Postgraduates:</b>	01
<b>Team members:</b>	1. Dr Habeena Shaira Mr. Balaji, Health inspector and Mr. Vishnu Prasad, MSW worker, Community Medicine department.
<b>Beneficiaries:</b>	All students studying from 5 <sup>th</sup> to 7 <sup>th</sup> standard
<b>Total number of beneficiaries:</b>	42

The session was inaugurated by the headmaster of Urdu Government primary school, Kudroli. He welcomed us and introduced us to the students. Health talk on internet addiction was delivered by Dr Habeena Shaira. The session started at 10 am at Urdu government primary school, Kudroli. Students were educated regarding types of internet addiction, side effect of improper usage of internet, online games addiction such as Blue whale, PUBG, different apps addiction such as whats app, YouTube, tik tok etc. They were told about the proper time management instead of internet indulgence. They were educated about the danger signs associated with addiction. Importance of control and prevention of internet addiction was

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emphasized. . It was made as an interactive session. At the end of health talk the queries and doubts of the beneficiaries were cleared out. The session ended up by 12pm.



Health education on Internet addiction at Urdu government primary

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DEPARTMENT OF COMMUNITY MEDICINE  
YENEPOYA MEDICAL COLLEGE

HEALTH EDUCATION ON PERSONAL HYGIENE AND NUTRITIOUS FOOD AT  
BRIGHT ENGLISH MEDIUM SCHOOL, KUDROLI

**Organized by:** Department of Community Medicine, Yenepoya Medical College and Bright English Medium School, Kudroli

**Date:** 24/01/2019

**Time:** 10:30am- 11:30am

**Venue:** Bright English medium School, Kudroli

**Faculty in-charge:** Dr Pracheth R, Assistant Professor, Community Medicine department, Yenepoya Medical College.

**Postgraduate and interns:** 02

1. Dr Habeena Shaira
2. Dr Ashima, Intern


**Supporting staffs:** Mr. Balaji, Health Inspector and Mrs. Vishnu Prasad, MSW, Department of Community Medicine, Yenepoya Medical College

**Beneficiaries:** Children studying from 1<sup>st</sup> to 5<sup>th</sup> standard at Bright English medium School, Kudroli

**Total number of beneficiaries of the camp:** 148

The session was inaugurated and welcomed by Headmistress. The session started by 10:30am. Health talk was given by Dr Habeena Shaira.

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The importance of personal hygiene was mentioned. The session was kept interactive to hold the attention of the students. The students were explained about the steps of hand washing and demonstrated them how to follow personal hygiene to reinforce the learning. The students were also educated on the significance of personal hygiene on health as a measure to prevent infections and stay healthy. Need and importance of having nutritious food was told to the students and have a healthy food pattern to have good health. The session concluded at 11:30pm.



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**Health Education on personal and nutritious food at Bright English medium School, Kudroli**

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HEALTH EDUCATION ON TB AT TB SANATORIUM, MOODSHEDDE

**Organized by:** Department of Community Medicine and Rural Health Care & Development Centre, Yenepoya (Deemed to be University) and TB Sanatorium, Moodshedde

**Date:** 23-03-2019

**Time:** 10:00am – 12:30pm

**Location/area:** TB Sanatorium, Moodshedde

**Faculty in-charge:** Dr. Poonam R. Naik, Professor, Department of Community Medicine

**Postgraduates:** 01

1. Dr. Subhashree Nandy

**Other team members:** Mrs. Shobha, Mrs. Divya Jyothi, Mrs. Cynthia, RHCDC


**Beneficiaries:** Patients with TB admitted at the TB Sanatorium

**Total number of beneficiaries:** 33

On account of World TB Day, an initiative was taken by the RHCDC department to deliver a health talk on symptoms of Tuberculosis, mode of transmission, disposal of sputum and adverse drug reactions which patients generally encounter after starting anti-TB drugs. Permission was first sought from the Superintendent of the TB Sanatorium. The health education was given by Dr. Subhashree Nandy. The department also distributed fruits, dates and peanut brittles to all the patients and their by-standers. The session was concluded by reinforcing the importance of adherence to anti-TB drugs.

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Health Education on TB at TB Sanatorium, Moodeshede



Health Education on TB at TB Sanatorium, Moodeshede

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**DEPARTMENT OF COMMUNITY MEDICINE  
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**HEALTH EDUCATION ON REPRODUCTIVE AND MENSTRUAL HEALTH AT  
MALAR ANGANAWADI, HAREKALA**

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Malar anganawadi, Harekala
<b>Date:</b>	13/04/2019
<b>Time:</b>	1:45pm- 3:00pm
<b>Venue:</b>	Malar anganawadi, Harekala
<b>Faculty in-charge:</b>	Dr Akshaya K.M., Associate Professor, Community Medicine department.
<b>Postgraduates:</b>	01 1. Dr Habeena Shaira, II <sup>nd</sup> postgraduate, department of Community Medicine, YMCH
<b>Other team members:</b>	Mrs. Ranjitha, Health inspector, Mrs. Chaithra J.S., MSW Department of Community Medicine.
<b>Beneficiaries:</b>	Women in the reproductive age group residing in Malar, Harekala
<b>Total number of beneficiaries:</b>	12
<b>Topic:</b>	Reproductive health and menstrual hygiene

The session was started by brief introduction. The session was kept interactive to hold the attention of the participants. The basic anatomy of female reproductive system was told, the normal menstrual cycle and irregular menstrual cycle and its causes were explained. Importance on menstrual hygiene was emphasized. Ill effects of poor menstrual hygiene were told to the participants. At the end the doubts and queries of the participants were answered. The session was concluded at 3:00pm.



**Health Education at Malar anganawadi, Harekala**

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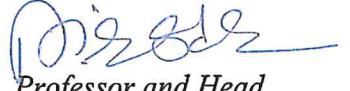
AWARENESS ON BREAST CANCER AND CERVICAL CANCER AT DEBBELI  
ANGANAWADI, HAREKALA

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Debbeli anganawadi, Harekala
<b>Date:</b>	20/04/2019
<b>Time:</b>	10:30am- 12:30pm
<b>Venue:</b>	Debbeli anganawadi, Harekala
<b>Faculty in-charge:</b>	Dr Akshaya K.M., Associate Professor, Community Medicine department.
<b>Postgraduates:</b>	01 1. Dr Habeena Shaira, II <sup>nd</sup> postgraduate, department of community medicine, YMCH
<b>Other team members:</b>	Mrs. Ranjitha, Health inspector, Mrs. Chaithra J.S., MSW Department of Community Medicine.
<b>Beneficiaries:</b>	Women in the reproductive age group residing in Debbeli, Harekala
<b>Total number of beneficiaries:</b>	18
<b>Topic:</b>	Awareness on breast cancer and cervical cancer

The session was started by brief introduction. The session was kept interactive to hold the attention of the participants. The basic anatomy of female reproductive system and normal breast development and its structure was explained. The causes, symptoms, signs, diagnosis and treatment of breast and cervical cancer were told. The schemes available for BPL, APL and government official were also explained to the participant which they can avail in the treatment of cancer. At the end the doubts and queries of the participants were answered. The session was concluded at 3:00pm.

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Health Education at Debelli anganawadi, Harekala

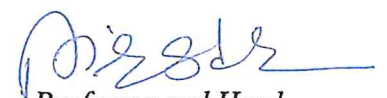


Health Education at Debelli anganawadi, Harekala

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**DEPARTMENT OF COMMUNITY MEDICINE  
YENEPOYA MEDICAL COLLEGE**

**HEALTH EDUCATION ON VECTOR BORNE DISEASE AND ITS PREVENTION AT  
DEBBELI ANGANWADI, HAREKALA**

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Debbeli anganawadi, Harekala
<b>Date:</b>	24/04/2019
<b>Time:</b>	10:00am- 12:30pm
<b>Venue:</b>	Debbeli PHC, Harekala
<b>Faculty in-charge:</b>	Dr Akshaya K.M., Associate Professor, Community Medicine department.
<b>Postgraduates:</b>	01 1. Dr Habeena Shaira, II <sup>nd</sup> postgraduate, department of Community Medicine, YMCH
<b>Other team members:</b>	Mrs. Ranjitha, Health inspector, Mrs. Chaithra J.S., MSW Department of Community Medicine.

**Beneficiaries:**

ASHA's residing around Harekala village


**Topic:** Vector borne diseases

- Malaria- its causes, treatment and prevention
- Dengue- its causes, treatment and prevention

The session was started by brief introduction. The session was kept interactive to hold the attention of the participants. The structure of mosquito and its identification was explained. Malaria- its causes, treatment and prevention and Dengue- its causes, treatment and prevention were told. At the end the doubts and queries of the participants were answered. The session was concluded at 12:30pm.

**ATTESTED**

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DEPARTMENT OF COMMUNITY MEDICINE  
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Health Education at Debbeli PHC, Harekala

M 181913OR

ATTESTED

*[Signature]*  
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**DEPARTMENT OF COMMUNITY MEDICINE  
YENEPOYA MEDICAL COLLEGE**

**HEALTH TALK ON MALARIA AT GOVERNMENT HIGH SCHOOL CAR STREET,  
MANGALORE**


<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Government High School Car Street
<b>Date:</b>	07/06/2019
<b>Time:</b>	03:00pm – 04:00pm
<b>Location/area:</b>	Government High School Car Street Manglore
<b>Faculty in-charge:</b>	Dr Pracheth R., Assistant Professor, Department of Community Medicine, Dr. Shemija, Medical officer
<b>Postgraduates and interns:</b>	02 1. Dr. Malavika Sachith 2. Noorshaba Anvar, intern
<b>Other team members:</b>	Mr. Vishnuprasad, MSW, UHTC and Master of Hospital administration students, Department of Community Medicine
<b>Beneficiaries:</b>	High School children, school teachers.
<b>Total number of beneficiaries:</b>	52

As Mangalore is endemic for malaria, an initiative was taken by the department of Community Medicine, Yenepoya Medical College to educate high school children regarding Malaria. The session started with an introduction of the speaker, Dr. Malavika Sachith, Dr. Shemja and Mr. Vishnuprasad, MSW.

The topics that were stressed on were prevalence of the disease, symptoms of the disease, complications, importance of early detection of the disease, preventive measures, and mosquito control methods. The session was conducted with the help posters. The session was concluded with a brief discussion on the doubts asked.

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Health Talk on Malaria

M 181911OR

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HEALTH TALK ON TOBACCO AND ITS ILL-EFFECTS AT KANDIGAMULLE  
ANGANWADI

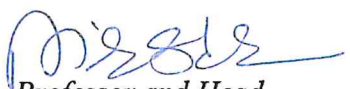
<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Kandigamulle Anganwadi
<b>Date:</b>	10.06.2019
<b>Time:</b>	10.30 am –11.30 am
<b>Venue:</b>	Kandigamulle Anganwadi
<b>Faculty-in-charge:</b>	Dr Akshaya KM, Associate Professor, Department of Community Medicine
<b>Postgraduate and interns:</b>	02  1. Dr Dimple 2. Dr Puneet (intern)
<b>Medico social worker:</b>	Mrs. Shwetha and Mrs Ranjitha

**Beneficiaries:** A self help group consisting of 15 women

As part of World No tobacco Day celebrated on May 31st 2019, a health talk was organized at Kandigamulle Anganwadi, Harekala on 10.06.19. A total of 15 women, part of a self help group who came to the Anganwadi on the day were provided knowledge regarding the various tobacco products, their ill effects and strategies as to how to quit tobacco addiction and facilities available at hospitals to aid the de-addiction process .Most of the women who attended the talk seemed unaware of the various ill effects of using Tobacco and also regarding facilities available at hospitals to help the de-addiction process.

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Health Talk At Kandigamulle Anganwadi



Health Talk At Kandigamulle Anganwadi

ATTESTED  
*[Signature]*

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**DEPARTMENT OF COMMUNITY MEDICINE  
YENEPOYA MEDICAL COLLEGE**

**HEALTH EDUCATION AND ROLE PLAY ON TOBACCO AND ITS ILL-EFFECTS AT  
NISHARA PUBLIC SCHOOL, HAREKALA**

**Organized by:** Department of Community Medicine, Yenepoya Medical College  
and Nishara Public School

**Date:** 11.06.2019

**Time:** 2.30 pm -3.30pm

**Venue:** Nishara Public School, Harekala

**Faculty-in-charge:** Dr Akshaya KM (Associate Professor), Department of Community  
Medicine

**Postgraduate and Interns: 05**

1. Dr Dimple (PG)
2. Dr Nooha (intern)
3. Dr Jackson, (intern)
4. Dr Annath (intern)
5. Dr Nazal(intern)

**Medico social worker:** Mrs. Shwetha, Mrs Chaithra and Mrs Ranjitha

**Number of students Participated:** 01 (PG), 04 (Intern)

**Beneficiaries:** Students of 11th and 12<sup>th</sup> class (60 students)

As part of World No tobacco Day celebrated on May 31<sup>st</sup> 2019, a health education in the form of a skit was organized at Nishara Public School, Harekala on 11.06.19. A total of 60 students along with their respective class teachers formed the audience .Through the skit, knowledge regarding the various tobacco products and their ill effects were provided. Before the skit, a health talk on the same topic was given and after the skit, a question and answer session was also conducted.

**ATTESTED**

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**Health Education At Nishara Public School Derikatte,Harekala**



**Health Education At Nishara Public School Derikatte, Harekala**

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**Health Education At Nishara Public School Derikatte,Harekala**

M 18197OR

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**DEPARTMENT OF COMMUNITY MEDICINE  
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**HEALTH EDUCATION AND ROLE PLAY ON "WORLD NO TOBACCO DAY" AT  
CENTRAL RAILWAY STATION, MANGALORE**

<b>Organized by:</b>	Department of Community Medicine, Yenepoya Medical College and Central Railway Station, Mangalore
<b>Date:</b>	11/06/2019
<b>Time:</b>	10:30 am- 11:30 pm
<b>Venue:</b>	Central Railway Station, Mangalore
<b>Faculty in-charge:</b>	Dr Pracheth R., Assistant Professor, Community Medicine department.
<b>Postgraduates and interns:</b>	08 <ol style="list-style-type: none"> <li>1. Dr Habeena Shaira, III<sup>rd</sup> postgraduate, department of community medicine, YMCH</li> <li>2. Dr. Praneeth, (intern)</li> <li>3. Dr. Noorshaba, (intern)</li> <li>4. Dr. Puneeth S, (intern)</li> <li>5. Dr.Rajeshwari, (intern)</li> <li>6. Dr Rajesh, (intern)</li> <li>7. Dr Priya, (intern)</li> <li>8. Dr Adil(intern)</li> </ol>
<b>Other team members:</b>	Ms. Ayesha, Health inspector, Mrs. Sujatha, MSW Department of Community Medicine.
<b>Beneficiaries:</b>	Officials from railway station department, Central Railway Station, Mangalore and train passengers
<b>Total number of beneficiaries:</b>	150
<b>Topic:</b>	World No tobacco Day - Tobacco and lung health

We were welcomed by Mr. Kishan, Railway commissioner. The session was started by brief introduction to World No tobacco Day - Tobacco and lung health. The interns of Department of Community Medicine, YMCH played a role play on the topic and they sensitized the audience regarding the ill effect associated with tobacco and need to quit smoking to have a healthy life.

ATTESTED

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*Dr. Pracheth R.*  
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DEPARTMENT OF COMMUNITY MEDICINE  
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Following that Dr Habeena Shaira, gave a health talk to the audience on the topic. She explained about the importance of World No tobacco Day, the diseases, complication associated with tobacco. The active and passive smoking, its effect on the family was explained and how we need to join together to quit smoking for self and betterment our community. At the end the doubts and queries of the participants were answered. The session was concluded at 11:30am.



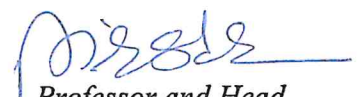
Health Education and role play on "World No tobacco Day" at Central Railway Station, Mangalore



Health Education and role play on "World No tobacco Day" at Central Railway Station, Mangalore

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**DEPARTMENT OF COMMUNITY MEDICINE  
YENEPOYA MEDICAL COLLEGE**

**HEALTH EDUCATION ON NIPAH VIRUS AND ITS PREVENTION AT  
GOVERNMENT HIGHER PRIMARY SCHOOL, BENGRE**

**Organized by:** Department of Community Medicine, Yenepoya Medical College and Government Higher Primary School, Bengre

**Date:** 21/06/2019

**Time:** 2:30 pm- 3:30 pm

**Venue:** Government Higher Primary School, Bengre

**Faculty in-charge:** Dr Pracheth R., Assistant Professor, Community Medicine department.

**Postgraduates:** 01  
1. Dr Habeena Shaira, III<sup>rd</sup> postgraduate, department of community medicine, YMCH

**Other team members:** Ms. Ayesha and Mr. Ganesh, Health inspectors, Mrs. Sujatha and Mr. Vishnu, MSW Department of Community Medicine

**Beneficiaries:** 5<sup>th</sup> to 7<sup>th</sup> standard students of Government Higher Primary School, Bengre

**Total number of beneficiaries:** 210

**Topic:** Nipah disease and its prevention

We were welcomed by the headmistress of the school. The session was started by brief introduction to Nipah. The session was kept interactive to hold the attention of the participants. The students were told about when did first case of Nipah noted, how did the name arrive and about the history behind Nipah disease. They were explained about the cause, symptoms, sign, mode of transmission, treatment and complication of Nipah disease. They were sensitized on the importance of personal hygiene and ways to prevent Nipah infection. At the end the doubts and queries of the participants were answered. The session was concluded at 3:30pm.

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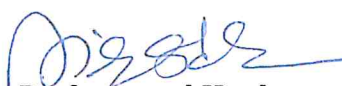
Health Education at Government Higher Primary School, Bengre



Health Education at Government Higher Primary School, Bengre

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**The Yenepoya Institute of Arts Science Commerce and Management**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON VISIT SEVEN DAYS ANNUAL CAMP**

Sl.No	CONTENT	DETAILS	
1.	Title	Seven days annual camp	
2.	Theme /Scheme from the govt.	Not Me, But You	
3.	Organizing department/s and committees	The Yenepoya Institute of Arts Science Commerce and Management	
4.	Program schedule, Date and Time	05.04.2019 to 10.04.2019	
5.	Speaker (if applicable)	NA	
6.	Guests(if applicable)	Dr. Pracheth R., Yenepoya Medical College Mr. Abbas Narya, President of the School Development Committee Dr. Parvadavardhini Gopalakrishnan, Principal, The Yenepoya Institute of Arts, Science, Commerce and Management	
7.	Number of Participants break up	Teachers	02
		Students	50
		Beneficiaries	
		Others	
		Total	52
8.	Photographs with clear captions (Preferably geotagged)	 <p>Inagural function of seven days camp</p>	

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13/04/19  
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Deralakatte, Mangaluru-575002



9.	<b>Invitation / Brochure if any</b> NA
10.	<b>Brief report on the program</b> <p>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.</p> <p>The camp was inaugurated by Dr. Pracheth R., Yenepoya Medical College on 5th 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.</p> <p>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.</p> <p>On 6th 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.</p> <p>On 7th April 2019, Mr. Niyaz Ahmed Samanige, spoke on 'Social Service' Mr Harekala Hajabba, state awardee, presided over the function.</p> <p>On 9th April 2019, Mr. Edward Rebello, Tackode, Moodbidri, agriculturist and state awardee, spoke on 'Agriculture'.</p> <p>On 10th April, a free dental check-up camp by Dr. Imran Pasha and team was organized for the volunteers and the general public.</p> <p>A valedictory function was held on 10th 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.</p>

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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. Paravadavardhini 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.

*Handwritten signature and date*  
13/04/19

**Sign and seal of the Organizing person and HOD with date**


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**ATTESTED**  
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**REPORT ON VISIT TO A SENIOR CITIZEN'S HOME**

Sl.No	CONTENT	DETAILS	
1.	Title	Visit to a senior citizen' home	
2.	Theme /Scheme from the govt.	NA	
3.	Organizing department/s and committees	The Yenepoya Institute of Arts Science Commerce and Management	
4.	Program schedule, Date and Time	02.02.2019	
5.	Speaker (if applicable)	Mother Superior	
6.	Guests(if applicable)	NA	
7.	Number of Participants break up	Teachers	02
		Students	100
		Beneficiaries	
		Others	
		Total	102
8.	<b>Photographs with clear captions (Preferably geotagged)</b>	 <p>Cultural event at Olavinahalli senior citizen' home</p>	
9.	<b>Invitation / Brochure if any</b> NA	<p><i>Prasanna</i> <i>2/02/19</i> <b>PRINCIPAL</b> The Yenepoya Institute of Arts, Science, Commerce &amp; Management Balmatta, Mangaluru-575002</p>	

**ATTESTED**

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**10. Brief report on the program**

On 2nd February 2019, the NSS unit of our college organised a visit to Olavinahalli Senior Citizen's Home, situated in the outskirts of the city. Around 100 NSS volunteers accompanied by Mr Niyaz P and Ms Shalini Sequeira, NSS officers, took part in the visit.

Mother Superior was the chief guest of the formal program. Mr Niyaz, Ms Shalini Sequeira and Mohammed Suhail, NSS leader, II B Com, were the other dignitaries on the dais. Mother Superior motivated the students to respect their elders, parents and grandparents. The short program, ended with the vote of thanks by Shakeeb Ismail, I BCom (Professional). The volunteers then presented an entertaining cultural program bringing a smile on the faces of the inmates. A few inmates came forward and sang a few songs.

Here, the nuns take care of the senior citizens at their Rehabilitation and Community Development Centre, by housing approximately 150 Destitute who are old, sick and abandoned. The volunteers interacted with the inmates heard their stories of grief which brought tears into the eyes of many of the volunteers. Later the volunteers distributed fruits to all the inmates. It was indeed a life changing experience as it filled everybody with emotions and sentiments.

*Pae*  
*02/02/19*

**Sign and seal of the Organizing person and HOD with date**


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**REPORT ON BLOOD DONATION CAMP**

Sl.No	CONTENT	DETAILS	
1.	Title	Blood Donation camp	
2.	Theme /Scheme from the govt.	Not Me, But You	
3.	Organizing department/s and committees	The Yenepoya Institute of Arts Science Commerce and Management in collaboration with Yenepoya Medical College	
4.	Program schedule, Date and Time	22.08.2018	
5.	Speaker (if applicable)	NA	
6.	Guests(if applicable)	NA	
7.	Number of Participants break up	Teachers	02
		Students	125
		Beneficiaries	
		Others	
		<b>Total</b>	<b>127</b>
8.	Photographs with clear captions (Preferably geotagged)	 Blood Donation camp	
9.	Invitation / Brochure if any NA		

**ATTESTED**

  
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 22/08/18  
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10. **Brief report on the program**

The NSS unit of our college in collaboration with Yenepoya Medical College, Deralakatte, organised a Health check-up and Blood Donation Camp on 22nd August 2018 at YIASCM, Balmatta. Twelve students of our college donated Blood and 125 students had their health check up done.

*24/08/2018*

Sign and seal of the Organizing person and HOD with date

**PRINCIPAL**  
The Yenepoya Institute of Arts, Science,  
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**ATTESTED**

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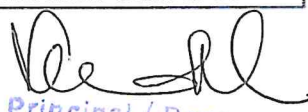
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REPORT ON IN-SERVICE EDUCATION

Sl. No	CONTENT	DETAILS	
1.	Title	Reproductive and sexual health	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing along with II Year M.Sc Nursing students	
4.	Program schedule, Date and Time	26-06-2018, 10.30 to 12.30pm, PHC, Kotekar, Mangaluru	
5.	Speaker (if applicable)	Mrs. Savitha, Assistant Professor, Dept of Community Health Nursing, Yenepoya Nursing College.	
6	Number of Participants	Faculty	1
		Students MSc Nursing	2
		Beneficiaries: ASHA	32
		Staff nurses from PHC	6
		Total	41
7.	<p><b>Report:</b> In-service education program are considered as one of the best measures to impart knowledge among community health workers in order to make them updated with the latest knowledge, so that they can provide effective services to the community people and will make them to avail all the available health services. Keeping this view in our mind, the students of II M.Sc (N), Dept. of Community Health Nursing, Yenepoya Nursing College of Yenepoya (Deemed to be University) jointly with Dept. of Community Health Nursing organized in-service education programme on "reproductive and sexual health". The program was conducted among ASHA workers on 26.06.2018 in PHC, Kotekar, Mangaluru.</p> <p>The programme started at 10.30 am with the welcome speech given by Ms. Reziya, II M.Sc (N). The educational session given by Mrs. Savitha, Asst. Prof., Dept. of Community Health Nursing Yenepoya Nursing College started at 10.35 a.m to 11.45 a.m, followed by vote of thanks given by Ms. Insha, II M.Sc (N). After that refreshment was served for the delegates and other staff members.</p> <p>This program has helped the ASHA workers to gain in-depth knowledge regarding reproductive and sexual health. Highlighting the anatomy and physiology of the reproductive system, sexual rights, factors influencing sexuality, sexually transmitted diseases and other reproductive problems with their prevention, maintenance of sexual and reproductive health and role of community health workers has helped the ASHA workers to develop their knowledge and use the same in practice.</p> <p>In total 32 ASHA workers, 6 nursing staff from different sub-centres and Medical Officer of</p>		

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PHC Kotekar has participated in this program. The question answer session was held at the end of the session which has helped the delegates to clear their doubts and they left the place with the message saying that "they will apply the knowledge in practice and will create awareness among general public regarding maintenance of reproductive health". We thank the management of Yenepoya Nursing College for giving us such a positive opportunity, as it helped us to gain necessary knowledge and skills. We would also like to thank the Medical officer, PHC Kotekar for giving us permission to conduct this program and also the other staff members for their timely help and support.



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**REPORT OF BREAST FEEDING WEEK CELEBRATION**

S1.No	CONTENT	DETAILS	
1.	Title	World Breast Feeding Week observation	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Child Health Nursing	
4.	Program schedule, Date and Time	6.8.2018, at 10.30 am	
5.	Number of Participants break up	Teachers	4
		Students	7
		Beneficiaries	35
6.	<p><b>Report:</b> As a part of World Breast Feeding Week observation at Yenepoya Medical College Hospital, the departments of Child Health Nursing and OBG Nursing organized counseling session for the mothers in the post natal ward on 6.8.2018, at 10.30 am. The M.Sc. and III Year B.Sc. nursing student, along with the faculty conducted health education program which included-</p> <ul style="list-style-type: none"> <li>• Skit</li> <li>• Health education on breast feeding</li> <li>• Video show on breast feeding</li> <li>• Interactive sessions</li> </ul> <p>There were around 35 mothers as audience for the program. Faculty from departments of Child Health Nursing and OBG Nursing were present.</p>		



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**REPORT ON AWARENESS PROGRAM ON SLIDE PREVENTION**

Sl.No	CONTENT	DETAILS	
1.	Title	Observation of Suicide Prevention Day	
2.	Theme /Scheme from the govt.	Working Together to prevent suicide	
3.	Organizing department/s and committees	Department of Psychiatric Nursing	
4.	Program schedule, Date and Time	12-09-2018, 10.30 am -1pm	
5.	Speaker (if applicable)	Dr. Maizy, Volunteer, Suicide Helpline, Mangaluru. Mrs. Ruksana, Volunteer and Counsellor, Suicide Helpline, Mangaluru	
6.	Number of Participants break up	Teachers	4
		Students	25
		Beneficiaries	120
		Total	149

**Report :**

As a part of World Suicide Prevention Day, the Department of Mental Health Nursing, Yenepoya Nursing College organized a sensitization program at Yenepoya Pre University College on 12<sup>th</sup> September 2018 from 10.30 am to 1.00 pm. The program started at 10.30 am with invocation by Mr.Safwan, III Year B.Sc. Nursing student. Mrs. Nissi Angel Baby, Lecturer, Department of Mental Health Nursing welcomed the gathering. Mr.Syed Imran, Asst. Professor, Department of Mental Health Nursing spoke about the significance of the day. The resource persons of the program were Dr. Maizy and Mrs. Ruksana, volunteers, Shushieg lifeline, Mangalore. The sensitization program focused about how to handle emotions, manage anger and stress, myths about suicide and how it can be prevented. The program benefited to around 120 students studying II PUC at Yenepoya Pre University College. The interactions and discussions with the speakers made the program very informative and live.



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**REPORT ON GROUP HEALTH EDUCATION ON VECTOR BORNE DISEASES**

S1. No	CONTENT	DETAILS	
1.	Title	Vector Borne Diseases	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students, Yenepoya Nursing College	
4.	Program schedule, Date and Time	15.10.2018, 10am -11.30am <ul style="list-style-type: none"> <li>• Prayer</li> <li>• Welcome Speech</li> <li>• Health Education</li> <li>• Question And Answer Session</li> <li>• Vote Of Thanks</li> </ul>	
5.	Number of Participants break up	<b>Teachers</b>	1
		<b>Students</b>	10
		<b>Beneficiaries</b>	18
		<b>Total</b>	29
6.	<p><b>Report:</b> Department of Community Health Nursing organized a group health education on Sector borne diseases” was conducted on 15/10/18 at Talapady Village. The Students of 4<sup>o</sup> year B.Sc nursing (Group-2) explained regarding various Vector borne diseases with the help of charts and posters. A total 18 publics were participated in the program. They were 1 educated about different vector borne diseases, prevention and control measures. The program was supervised by Mrs. Nithyashree, Asst. professor Department of Community Health Nursing. The participants appreciated the program and they clarified their doubts.</p>		



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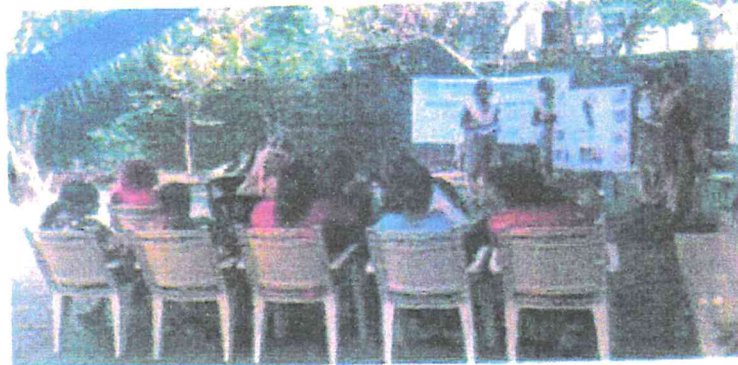
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**REPORT ON GROUP HEALTH EDUCATION ON TREATMENT AND PREVENTION OF COMMUNICABLE DISEASE**

S1.No	CONTENT	DETAILS	
1.	Title	Treatment And Prevention Of Communicable Disease	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students	
4.	Program schedule, Date and Time	26.10.2018, 10am -1 1.30am	
5.	Speaker (if applicable)	Health education given by IV B Sc Nursing Students	
6.	Number of Participants break up	Teachers	1
		Students	10
		Beneficiaries	15
		Total	26
7.	<b>Report:</b> Department of community health nursing organized a group health education on "Treatment and prevention of communicable diseases" conducted on 26/10/18 at Talapady Village. The Students of 4" year B.Sc Nursing ( batch -1 ) explained regarding communicable diseases, types, signs and symptoms, treatment and prevention with the help of charts and posters. A total 15 publics participated in the program.		



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**REPORT ON GROUP HEALTH EDUCATION ON HEALTHY LIFE STYLES**

S1.No	CONTENT	DETAILS	
1.	Title	Healthy life styles	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students Yenepoya nursing college	
4.	Program schedule, Date and Time	22.10.2018, 10am - 11.30am	
5.	Speaker (if applicable)	Hearth education given by IV B Sc Nursing Students	
6.	Number of Participants break up	Teachers	1
		Students	10
		Beneficiaries	17
		Total	28
7.	<p><b>Report:</b> Department of community health nursing organized a group health education on “Healthy life styles” was conducted on 22.10.18 at Talapady Village. The Students of 4<sup>o</sup> year B.Sc nursing (Batch -1) explained regarding healthy life styles and its management with the help of charts and posters. A total 17 beneficiaries participated in the program. The program was supervised by Mrs. Savitha, Asst. professor Department of community health nursing. The participants appreciated the program and they clarified their doubts.</p>		



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**REPORT ON GROUP HEALTH EDUCATION ON PREVENTION OF HOME ACCIDENTS**

Sl. No	CONTENT	DETAILS	
1.	Title	Prevention of home accidents	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students Yenepoya nursing college	
4.	Program schedule, Date and Time	23.10.18, 10am -11.30am <ul style="list-style-type: none"> <li>• Prayer</li> <li>• Welcome Speech</li> <li>• Health Education</li> <li>• Question And Answer Session</li> <li>• Vote Of Thanks</li> </ul>	
5.	Speaker (if applicable)	Health education given by IV B Sc Nursing Students	
6.	Number of Participants break up	<b>Teachers</b>	1
		<b>Students</b>	10
		<b>Beneficiaries</b>	13
		<b>Total</b>	24
7.	<p><b>Report:</b>                      Department of community health nursing organized a group health education on prevention of home accident was conducted on 23.10.18 at Talapady Village. The Students of 4<sup>th</sup> year B.Sc Nursing (Batch-1) explained regarding various home accidents and their management with the help of charts and posters. A total 13 beneficiaries participated in the program. The program was supervised by Mrs. Savitha, Asst. professor, and Department of community health nursing. The participants appreciated the program and they clarified their doubts.</p>		

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**REPORT ON OBSERVATION OF WORLD MENTAL DAY**

Sl.No	CONTENT	DETAILS	
1.	Title	Observation of World Mental Health Day	
2.	Theme /Scheme from the govt.	Young people and health in a changing world	
3.	Organizing department/s and committees	Department of Mental Health Nursing	
4.	Program schedule, Date and Time	Venue: Yenepoya Medical College Hospital Date: 13/10/2018 Time: 10:00pm to 1:00 pm	
5	Number of Participants break up	Teachers	4
		Students	20
		Beneficiaries	30
		Others	4
		Total	58
6.	<p><b>Report:</b> As a part of World Mental Health day celebration, the department of Mental Health Nursing Yenepoya Nursing College conducted a psycho education in Yenepoya Medical College, Mangalore on 13.10.2018 on the topic "Young people and health in a changing world". The programme began at 10.30am with a welcome speech by Ms Sara II year P.B.BSc student. The Psycho education focused on reason for mental illness, symptoms of mental illness and preventive measures of mental illness. There were 20 II year P.B.BSc students actively involved in providing psycho education to the gathering. Ms Josna thanked the gathering .There were 4 faculty present during the session. The Program benefited around 30 people who had gathered for the program. Interaction and discussion about the topic made the program very informative and live.</p>		



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**REPORT ON NUTRITION DAY CELEBRATION 2018**

Sl.No	CONTENT	DETAILS	
1.	Title	Nutrition day celebration	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Child Health Nursing and Community Health Nursing	
4.	Program schedule, Date and Time	25/10/2018 at 10-12pm	
5.	Guests (if applicable)	Former Taluk Panchayat member Mrs.Surekha Chandrahas was the chief guest for the program	
6.	Number of Participants break up	Teachers	4
		Students	50
		Beneficiaries	40
7	<p><b>Report:</b> Department of community health nursing in collaboration with the department of child health nursing were celebrated national nutrition day on 25/10/2018 at Thalapadi in Mr.Muhammed's house. Former taluk panchayat member Mrs.Surekha Chandrahas was the chief guest for the program. 4<sup>th</sup> year B.Sc nursing students exhibited the diabetic diet and iron rich diet and gave health education regarding the importance and daily requirement of nutrients. Total 40 members were present for the program. Mrs.Shycil Mathew, Mr.Ananda, Mrs.Savitha, Mrs.Sharin D'souza were present on the occasion.</p>		



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**REPORT ON NUTRITION DEMONSTRATION ON GERIATRIC DIET**

S1.No	Content	DETAILS
1.	Title	Geriatric diet
2.	Theme /Scheme from the govt.	Free awareness program
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students Yenepoya nursing college
4.	Program schedule, Date and Time	20.10.18, 10am -1 1.30am
5.	Speaker (if applicable)	Health education given by IV B Sc Nursing Students
6.	Number of Participants break up	<b>Teachers: 1</b>
		<b>Students: 10</b>
		<b>Beneficiaries: 8</b>
		<b>Total</b>

**Report:**

Department of Community Health Nursing organized a nutrition demonstration on "Geriatric diet" was conducted at Talapady Village. The Students of 4\* year B.Sc nursing (Batch -1) explained regarding geriatric diet and benefits with the help of charts and posters. Students were prepared geriatric dishes. A total 18 publics participated in the program. The program was supervised by Mr. Ananda.S, Assistant professor, Department of community health nursing. The participants appreciated the program and they clarified their doubts.



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**REPORT ON NUTRITION EXHIBITION PROGRAM**

Sl.No	CONTENT	DETAILS	
1.	Title	Nutrition education and demonstration on DASH diet	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing, IV year B.Sc Nursing students	
4.	Program schedule, Date and Time	15 <sup>th</sup> October 2018, 10am to 12.45pm	
5	Number of Participants	Faculty	2
		Students	47
		Beneficiaries: Public	24
		<b>Total</b>	<b>73</b>
6	<p><b>Report:</b> The department of Community Health Nursing, Yenepoya Deemed to be University Organised a Nutrition Exhibition program on 15 / 10 /18 at Harekala, Haladka community on DASH DIET (Dietary Approach to Stop Hypertension) between 10 am to 12.45 pm with of IV year B.Sc Nursing students. The main objectives of the program was acquaint the students to gain necessary skills in exhibiting nutritional education to the public, and through this imparting knowledge to the client as well as family member regarding the benefits of diet. It was attended by two faculties, 47 IV year B.Sc Nursing students and 24 public of Haladka community. At the end the exhibition prepared food served to the audience. The question answer session helped the public to clear doubts. The program was appreciated by all. All together it gave rich experience to the students to develop the skills towards imparting education to the public.</p>		



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**REPORT ON CHILDREN'S DAY CELEBRATION**


Sl.No	CONTENT	DETAILS	
1.	Title	Children's day celebration	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Child Health Nursing	
4.	Program schedule, Date and Time	17/11/2018, 2-4 pm De Mercide Orphanage home, Panir, Deralakatte, Mangaluru	
5.	Number of Participants break up	Teachers	2
		Students	50
		Beneficiaries	121
		Total	173
6.	<p><b>Report:</b> Department of Child Health Nursing along with 3<sup>rd</sup> year B.Sc Nursing students of Yenepoya Nursing College were celebrated Childrens' day on 17/11/2018 at De Mercide Orphanage home, Panir, Deralakatte, Mangaluru.121 orphan children were participated in the celebration. Sr. Luciana correspondent/ warden welcomed the gathering. Nursing students were given health education on dental hygiene and its importance and entertained the children by performing dance and conducting various games. Prizes were distributed for the winners. Refreshment and articles for daily living were given for the children. Ms. Archana compared the program, Dr.Priya, Asst. Professor and Mrs. Sharin, Lecturer of Yenepoya nursing college were present for the program.</p>		

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**REPORT ON GROUP HEALTH EDUCATION ON PREVENTION AND  
MANAGEMENT OF DIABETES MELLITUS**

S1.No	CONTENT	DETAILS	
1.	Title	Prevention and management of Diabetes Millions	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students Yenepoya nursing college	
4.	Program schedule, Date and Time	27.11.18, 10am -1 1.30am	
5.	Speaker (if applicable)	Health education given by IV B Sc Nursing Students	
6.	Number of Participants break up	Teachers	1
		Students	1
		Beneficiaries	10
		Total	21
7.	<p><b>Report:</b> Department of community health nursing organized a group health education on Prevention and management of Diabetes Mellitus conducted on 27.11.18 at Madyar Village. The Students of 4 year B.Sc nursing explained regarding diabetes, causes, types, signs and symptoms, treatment prevention and control with the help of charts and posters. A total 10 beneficiaries participated in the program. The program was supervised by Mrs. Ananda. S, Asst. professor Department of community health nursing. The participants appreciated the program and they clarified their doubts.</p>		

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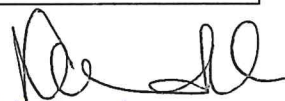
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**REPORT ON OBSERVATION OF NEWBORN WEEK**

Sl. No	CONTENT	DETAILS	
1	Title	Observation of newborn care week- Mass awareness program on newborn care	
2	Theme /Scheme from the govt.	Raising awareness on newborn care" among staff nurses and mothers	
3	Organizing department/s and committees	Dept of OBG Nursing	
4	Program schedule, Date and Time	24 <sup>th</sup> November 2018 <ul style="list-style-type: none"> <li>• 1<sup>st</sup> session on- Awareness programme on care of New born for mothers</li> <li>• Distribution of newborn caps</li> <li>• Vote of thanks</li> <li>• Refreshment</li> </ul> 4 <sup>th</sup> December 2018 <ul style="list-style-type: none"> <li>• Session on Care of New born for staff nurses by Mrs. Janet Prima Miranda, Associate Professor, Dept of OBG (N)</li> </ul> Date: 24 <sup>th</sup> November (9. 30am to 10.30am) & 4 <sup>th</sup> December 2018 (2.30pm-3.30pm) Venue: Seminar room (I Floor) Department of OBG, YMCH	
5.	Number of Participants break up	Teachers	06
		Students	23
		Beneficiaries	42 women from OBG wards
		Others	13 Staff nurses
		Total	84
	<b>Report:</b> Department of OBG Nursing YNC observed "new born week". On 29.12.2018 in the seminar room of OBG Department Yenepoya Medical College Hospital by conducting awareness programme on newborn care with health play and Health education. Faculty of the department, students and 42 postnatal mothers participated in the program. Newborn caps & newborn clothes were distributed. Refreshments were served for the gathering. An educative session was also organized on 04/12/2018 from 2.30-3.30pm for the		

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staff nurses regarding newborn care. Mrs. Vinaya, Assistant Professor, welcomed the gathering. Prof. Mrs. Janet Prima Miranda, HOD, OBG Nursing was the resource person for the session, 13 staff nurses. Faculty and students from nursing college attended the program. The session concluded with vote of thanks by Ms. Amisha.



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**REPORT OF RADIO TALK ON HOME CARE MANAGEMENT OF  
DIABETESMELLITUS**

Sl.No	CONTENT	DETAILS	
1.	Title	Radio talk on home care management of Diabetes Mellitus	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Medical Surgical Nursing	
4.	Program schedule, Date and Time	29.11.2018, Time: 11.00am to 12.00 pm	
5.	Number of Participants break up	Teachers	2
		Students	-
		Beneficiaries	-
		Others	-
		Total	2
6.	<p><b>Report:</b> As a part of World Diabetes's day 2018, Mrs. Jyothi , Lecturer, and Ms Pavithra K, Lecturer, Department of Medical Surgical Nursing has given a radio talk on "Home care management of Diabetes Mellitus" in 107.8 FM Radio Saarang , St. Alyosius college, Mangaluru on 29/11/18. High lights of the discussion were causes, symptoms and home management and its prevention. The certificate was disturbed as a appreciation by the Mr. Abhishek , RJ, Community radio 107.8 FM Saarang.</p>		



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**REPORT ON MASS AWARENESS PROGRAMME ON SUBSTANCE ABUSE**

	CONTENT	DETAILS	
1.	Title	Substance abuse	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students	
4.	Program schedule, Date and Time	03.11.18, 10am -12 pm	
5.	Speaker (if applicable)	Health education given by IV B Sc Nursing Students	
6.	Guests(if applicable)	NA	
7.		Teachers	3
		Students	50
		Beneficiaries	226
		Total	279
8.	<p><b>Report :</b> Department of Community Health Nursing, Yenepoya Nursing College organized Mass awareness programme on substance abuse at Bhagawathi high school , Someshwara area on 03.11.18 between 10 am and 1pm. The programme was started with a prayer and inaugurated by school headmistress Mrs. Surekha. Mr. Ananda.S , Asst. professor , Mrs. Nithyashree, Asst.Professor and Mrs. Shycil Lecturer , Dept of community health nursing were present in the occasion.The welcome speech was given by . Ms. Jeril, 4th year , B.Sc Nursing student. Soon after the formal programme the health skit was performed on hazards and prevention of substance abuse by 4<sup>th</sup> year B.sc nursing students and also PowerPoint presentation on Substance abuse given by Ms. Blessy , 4<sup>th</sup> year B.Sc nursing student .The informative and attractive charts were used to educate the people on substance abuse and its prevention . At end of the programme the pledge was administered by Mr. Ananda.S Asst. Professor, dept. of community health nursing to all participants . The total 220 students and 6 teachers participated in the programme. The participants gave positive feedback, and appreciated the effort of the students and thanked the institution for organizing the programme. The programme was concluded with an interactive session where students clarified their doubts.</p>		



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**MASS AWARENESS ON AIDS & HEALTH CAMP**

S1.No	CONTENT	DETAILS	
1.	Title	Mass awareness on aids & health camp	
2.	Theme /Scheme from the govt.	Mass awareness on aids Know your status” & health camp	
3.	Organizing department/s and committees	Department of Community Health Nursing	
4.	Program schedule, Date and Time	1-12-2018, 10.00am to 12.30 noon, Kinya Gram Panchyath Hall	
5.	Guests(if applicable)	Kinya gram panjayath president. Mr.sirajuddin vice-president	
6.	Number of Participants break up	Teachers	2
		Students	20
		Beneficiaries	75
		Total	92
7.	<p><b>Report:</b> Department of Community Health Nursing, Yenepoya Nursing College, Yenepoya (Deemed to be University) along with 2<sup>nd</sup> year PBBSc nursing students organized a Mass Awareness program on World AIDS day theme; “Know your status” A health camp was also organized at Kinya Gram Panchyath hall on 1/12/18 at Kinya, Mangaluru.</p> <p>The program was inaugurated by Mrs.Malini Kinya Gram Panjayath President. Mr. Sirajuddin Vice-President spoke on the occasion, Mrs. Surekha, PDO, Mr. Prasad, Village Accountant, Mrs. Suvama Nurse Incharge Subcentre and Panchayath members were present.</p> <p>Mrs. Shycil Mathew and Mr. Ananda S, Department of Community Health Nursing have spoke on the theme, which was followed by Mass Awareness program and health checkups. Total 75 local people benefited from the program.</p>		



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REPORT ON GERIATRIC CAMP

S1.No	CONTENT	DETAILS	
1.	Title	Geriatric Camp	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students Yenepoya nursing college	
4.	Program schedule, Date and Time	11. 12. 2018, 10 am -2 pm	
5.	Speaker (if applicable)	Mr. Uday kumar, President , Kotekar panachyat	
6.	Number of Participants break up	Teachers	2
		Students	50
		Beneficiaries	45
		Others	2
		Total	99
7.	<p><b>Report:</b> Department of community health nursing and The most common health conditions encountered are upper respiratory tract infection, diabetes mellitus, Hypertension, Vision Problems and age related problems. Drugs like antibiotics, analgesics, antipyretics, H2 blockers were dispensed to the beneficiaries who needed the same free of cost. The investigations like B.P check up, blood glucose monitoring was done by 4 year B.sc Nursing students. The students given health education on common old age problems. Total 45 elderly people attended the camp. Department of MSW issued the geriatric health card to beneficiaries. The camp concluded at 2:30pm</p>		



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**REPORT ON GROUP HEALTH EDUCATION "SWACCAHT GELATHI"**

SI.No	DETAILS		
1.	Title	Group health education	
2.	Theme /Scheme from the govt.	Swacchat Gelathi	
3.	Organizing department/s and committees	Department of Community Health Nursing	
4.	Program schedule, Date and Time	8/12/18 10 am to 1 pm	
5.	Speaker (if applicable)	Ms. Divya & Ms. Vidhya, II PBBSc nursing students	
6.	Number of Participants break up	Teachers	12
		Students	20
		Beneficiaries	52
		Total	84
<p><b>Report:</b> Department of Community Health Nursing, Yenepoya Nursing College, Yenepoya (Deemed to be University) along with 2<sup>nd</sup> year PBBSc nursing students organized a group health Education on Swacchat Gelathi organized at Meenadhi Higher primary school on 8/12/18 at 10 am to 1 pm at Kinya, Mangaluru. Ms. Divya &amp; Ms.Vidhya, II PBBSc nursing students educated regarding the topic with using different AV Aids. Total 52 school students (girls) &amp; 10 school teachers were benefited from the programme. Total of 20 PBBSc students and faculty Mrs. Savitha Assistant Professor and Mrs. Shycil Mathew lecturer department of community health nursing accompanied the students</p>			



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**REPORT ON NUTRITION DEMONSTRATION**

Sl. No	CONTENT	DETAILS	
1.	Title	Nutrition demonstration	
2.	Theme /Scheme from the govt.	Hydarbad mix laddu and its benefits	
3.	Organizing department/s and committees	Department of Community Health Nursing	
4.	Program schedule, Date and Time	12/12/2018, At 10 am to 12noon	
5.	Number of Participants break up	Teachers	2
		Students	20
		Beneficiaries	25
		Others /faculty	1
		Total	48
6.	<p><b>Report:</b> Department of Community Health Nursing along with II PBB Sc nursing organised nutrition demonstration at Meenadi Anganawadi, Kinya on 12/12/2018 between 10 am and 12 noon. Students demonstrated Hydarbad mix laddu and its benefits with the different AV AIDS to the parents of anganwadi children, Streeshakthi members and ICDS members. The program was supervised by Mrs.Shycil Mathew, Lecturer, Dept.of Community Health Nursing. Around 25 participants benefited from the program. At the end the Streeshakthi members and parents gave feedback that program was informative they appreciated students for creative and tasty preparation. Mrs. Gunawathi, Anganwadi teacher expressed gratitude to Yenepoya Nursing College and teachers.</p>		

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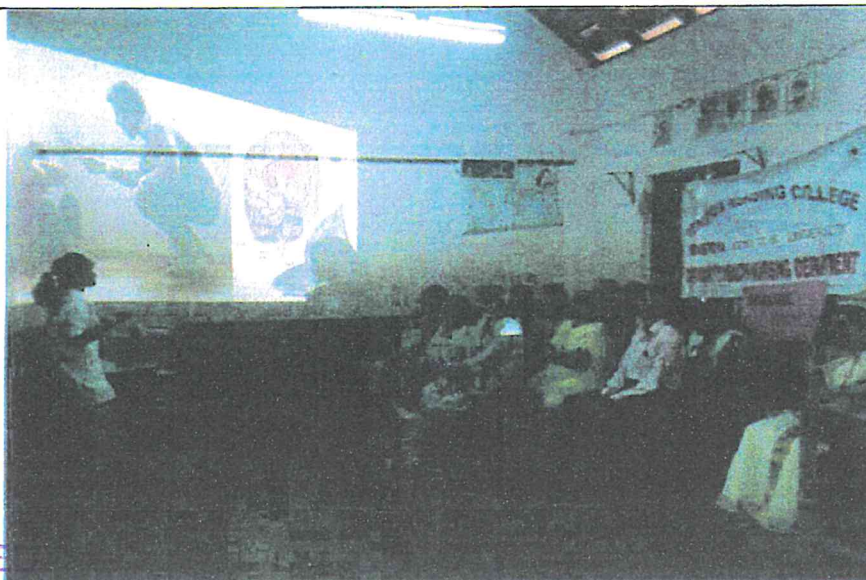
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REPORT ON INSERVICE EDUCATION

Sl.No	DETAILS		
1.	Title	Report on in-service education	
2.	Theme /Scheme from the govt.	Early identification of attention deficit hyper activity disorder among school children	
3.	Organizing department/s and committees	Department of Community Health Nursing	
4.	Program schedule, Date and Time	8-12-2018 10.00am-12noon	
5.	Speaker (if applicable)	Ms.Sara PBBSC nursing student.	
6.	Number of Participants break up	Teachers	2
		Students	20
		Beneficiaries	15
		Others	8
		Female health worker	1
Total		43	
7.	<p><b>Report:</b> Department of Community Health Nursing, Yenepoya Nursing College, Yenepoya (Deemed to be University) along with 2nd year PBBSc nursing students organized an In-service Education Programme on early identification of attention deficit hyper activity disorder among school children for the teachers of Meenadhi Higher primary school on 8/12/18 at Kinya, Mangalore. The program started at 10.00am with the welcome speech by Mrs.Savitha,Asst. Prof, Department of Community Health Nursing followed by the educational session given by Ms.Sara, II PBBSc nursing student. Total 10 school teachers, 3 ASHA workers and 1 female health worker from subs centre Meenadi participated in this program. The question answer session was held at the end of the program which helped participants to clear their doubt</p>		



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**REPORT ON MASS AWARENESS PROGRAMME ON SUBSTANCE ABUSE**

<b>Sl. No</b>	<b>CONTENT</b>	<b>DETAILS</b>	
1.	Title	Substance abuse	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of community health nursing and IV B Sc Nursing students Yenepoya nursing college	
4.	Program schedule, Date and Time	10.12.18, 10am -12 pm <ul style="list-style-type: none"> <li>• Prayer</li> <li>• Welcome Speech</li> <li>• Health Education</li> <li>• Skit play</li> <li>• Question And Answer Session</li> <li>• Vote Of Thanks</li> </ul>	
5.	Speaker (if applicable)	Health education given by IV B.Sc Nursing Students	
6.	Number of Participants break up	<b>Teachers</b>	2
		<b>Students</b>	50
		<b>Beneficiaries</b>	52
		<b>Total</b>	104
7.	<p><b>Report:</b>                      Department of Community Health Nursing, Yenepoya Nursing College organized schoolhealth program and Mass awareness program on substance abuse at Govt. Higher primary school , Madoor on 10/12/18 between 10 am and 1pm. The program was started with a prayer and inaugurated by school headmistress Mrs. Aiyeshabi. Mr. Ananda.S , Asst. professor , Mrs. Nithyashree, Asst. Professor, Dept of community health nursing were present on the occasion. The mass awareness was given on hazards and prevention of substance abuse with PowerPoint presentation by Ms. Preema , 4<sup>th</sup> year B. Sc nursing student .The informative and attractive charts were used to educate the people on Substance abuse and its prevention . At end of program the pledge was administered by Mr.Ananda.S Asst. Professor, dept. of Community Health Nursing to all participants. The total 48 students and 4 teachers participated in the program. Participants gave positive feedback, and appreciated the effort of the students and thanked the institution for organizing the program. The program was concluded with an interactive session where students clarified their doubts.</p>		



Figure 1- Health Education on Substance abuse



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**REPORT ON NUTRITION DEMONSTRATION ON DASH DIET**

Sl.No	CONTENT	DETAILS	
1.	Title	DASH Diet	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Community Health Nursing and IV B Sc Nursing students Yenepoya nursing college	
4.	Program schedule, Date and Time	05.12.2018, 10am -12 pm <ul style="list-style-type: none"> <li>• Prayer</li> <li>• Welcome Speech</li> <li>• Nutrition demonstration</li> <li>• Question And Answer Session</li> <li>• Vote Of Thanks</li> </ul>	
5.	Speaker (if applicable)	Health education given by IV B Sc Nursing Students	
6.	Number of Participants break up	<b>Teachers</b>	1
		<b>Students</b>	10
		<b>Beneficiaries</b>	11
		<b>Total</b>	22
7.	<b>Report :</b> Department of community health nursing organized a nutrition demonstration “DASH DIET” on 5.12.18 at Madyar Village. The Students of 4 <sup>th</sup> year B.Sc nursing explained regarding Hypertension diet and benefits with the help of charts and posters. Students prepared hypertension diet. A total 11 beneficiaries participated in the program. The programme was supervised by Mr. Ananda.S , Asst. Professor , Department of community health nursing. The participants appreciated the program and they clarified their doubts.		



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**SCHOOL HEALTH PROGRAMME MASS HEALTH EDUCATION PROGRAMME**

SI.No	CONTENT	DETAILS	
1.	Title	School health program Mass Health Education Program	
2.	Theme /Scheme from the govt.	School Health Program	
3.	Organizing department/s and committees	Department of Community Health Nursing	
4.	Program schedule, Date and Time	8/12/2018, 10.00am to 1.30pm	
5.	Number of Participants break up	<b>School Teachers</b>	10
		<b>Students</b>	20
		<b>Beneficiaries</b>	92
		<b>Faculty</b>	2
		<b>Total</b>	124
6.	<p><b>Report:</b> As a part of Community Health Nursing practical experience, the 2<sup>nd</sup> PBBSC nursing students of Yenepoya Nursing College organized a school health program and mass health awareness program on 8-12-2018 at Govt. Higher primary school, Meenadi, Kinya. The Program was inaugurated by school headmistress, SDMC Secretary, Dr. Kevin John, Department of Community Medicine and Mrs. Shyaci Mathew, Department of Community Health Nursing at 10.15 am. Around 92 school children, 10 school teachers and 20 PBBSC nursing students with 2 YNC [CHN] faculties participated. Activities conducted: Physical assessment, including anthropometric examination of 92 school children H Health education regarding the substance abuse and its impact on health. Conducted health awareness program through using variety of audio visual aids and with thought provoking video</p>		



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**REPORT on Group Health Education**

SI.No	CONTE NT	Details	
1.	Title	Obesity and environmental hygiene	
2.	Theme /Scheme from the govt.	Nil	
3.	Organizing department/s and committees	Community Health Nursing	
4.	Program schedule, Date and Time	01/01/19	
5.	Speaker (if applicable)	Iir <sup>d</sup> Year B.Sc Nursing students	
6.	Number of Participants	Teachers	2
		Students	50
		Beneficiaries	20
		Total	72
7.	<p><b>Report:</b> Department of community health nursing organized a group health education on "Environmental hygiene and obesity" was conducted on 01/01/19 at Kumpala Village. The Students of 2<sup>d</sup> year B.Sc nursing explained regarding Environmental hygiene and obesity with the help of charts and posters. A total 20 public participated in the programme. They were educated about obesity prevention and control measures and also environmental hygiene. The programme was supervised by Mrs.Navya , Lecturer, Department of community health nursing. The participants appreciated the programme and they clarified their doubts.</p>		



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REPORT ON RADIO TALK ON LEPROSY DAY

S1.No	CONTENT	DETAILS	
1.	Title	Leprosy	
2.	Theme /Scheme from the govt.	World Leprosy Day 2019	
3.	Organizing department/s and committees	Department of Community Health Nursing	
4.	Program schedule, Date and Time	31.01.19, 11 am, 107.8 FM Sarang, St.Alyosius college, Mangaluru	
5.	Speaker (if applicable)	1. Mr.Ananda.S 2. Mrs.Navya	
6.	Number of Participants break up	Teachers	2
		Students	-
		Beneficiaries	Public
7.	<p><b>Report:</b> As a part of World Leprosy Day 2019, Mr.Ananda.S, Asst.Professor, Department of Community Health Nursing and Ms.Navya, Lecturer, Department of Community Health Nursing conducted a radio talk in 107.8 FM Sarang, St.Alyosius college, Mangaluru on the topic "Leprosy disease and its prevention" on 31/01/19 . During the radio talk, regarding Leprosy disease, causes, signs and symptoms, diagnosis, management and its prevention were discussed. RJ Abhishek was present during discussion. The certificate was distributed as appreciation by the Mr.Abhishek, RJ, Community radio 107.8 FM Sarang.</p>		



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**Report of the Observation of Dental Health Month**

Sl. No	CONTENT	DETAILS
1.	Nature of the Program	Observation of Dental Health Month
2.	Title and Theme	DENTAL HEALTH
3.	Organizing department/s	Dept. of Child Health Nursing & Pedodontics YDC
4.	Program date and time	Venue: D.K.Z.P. Hr. Primary School, Kallarakodi, Naringana Date: 27/02/19 Time: 9.30 am to 12.00 pm
5.	Beneficiaries (PG, UG, Interns, GP, Consultants/Faculty)	96 children
6.	<b>Report:</b>	
	<p>Department of Child Health Nursing, Yenepoya Nursing College in Collaboration with Department of Pedodontics, Yenepoya Dental College observed Dental Health Month at D.K.Z.P. Hr. Primary School, Kallarakodi, Naringana on 27.2.2019. Nursing faculty along with students organized health awareness program for school children on Dental Health with the use of videos and various visual aids. Dental faculty conducted dental screening of children. Those with dental problems were referred to Yenepoya Dental College. Total 96 children were benefitted. Dr. Priya Reshma Aranha, Mrs. Melba Roshini Lobo, Dr. Shrivya Salony Mahaveeran and Dr. Raksha Shetty were present.</p>	



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**GROUP HEALTH EDUCATION ON WORM INFESTATION AND DEWORMING AND VECTOR CONTROL MEASURES**

Sl.No	DETAILS		
1.	Title	Group health education on worm infestation and deworming and vector control measures-15.02.2019	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Departemnt of community health nursing II B Sc Nursing	
4.	Program schedule, Date and Time	15.02.2019 10am to 12 noon	
5.	Speaker (if applicable)	NA	
6.	Guests(if applicable)	NA	
7.	Number of Participants break up	Teachers	1
		Students	44
		Beneficiaries	15
		Total	60
8.	<p>Department of community health nursing along with II B Sc. Nursing organized group health education on 15/02/2019 between 10 am and 12 noon on the topic worm infestation and deworming and vector control measures at Kesari Sabha Bhavana, Kumpala.</p> <p>The programme was started with the prayer by MsAshika and group followed by Welcome address by Ms. FathimaTayisha and continued with the health education on Vector control measures. The innovative charts were presented depicting the topic included various vectors spreading diseases, control measures. On behalf of deworming campaign worm infestation and deworming topic was presented by using colourful informative charts and hand washing demonstration. Finally Mrs. Nithyashree, Asst. Professor Department of Community Health Nursing clarified the participants doubts. Around 15 participants witnessed the health education and gave positive feedback. The programme winded with the vote of thanks by Ms.Elvisha D'Souza.</p>		

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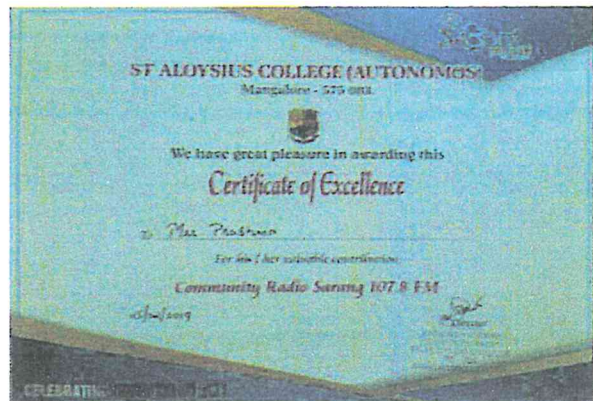
Figure 2 health education  
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**REPORT OF RADIO TALK ON ORAL CANCER AND ITS MANAGEMENT**

Sl.No	CONTENT	DETAILS	
1.	Title	Radio talk on Oral cancer and its management	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Medical Surgical Nursing	
4.	Program schedule, Date and Time	25.12.2019, Time: 11.00am to 12.00 pm	
5.	Number of Participants break up	Teachers	2
		Students	-
		Beneficiaries	-
		Others	-
		Total	2
6.	<p><b>Report:</b> As a part of World cancer day 2019, Mr. Gireesh G.R, Associate professor and Mrs. Prashma, Lecturer, Department of Medical Surgical Nursing has given a radio talk on “Oral cancer and its management” in 107.8, FM Radio Sarang at St. Aloysius college, Mangaluru on 25/02/2019. High lights of the discussion were types, causes, symptoms, Laboratory investigations, management and its prevention. The certificate was distributed as an appreciation by Mr. Abhishek, RJ, Community radio 107.8 FM Sarang.</p>		

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**REPORT ON MASS PSYCHOEDUCATION ON RELAPSE PREVENTION**

Sl.No	CONTENT	DETAILS	
1.	Title	Relapse prevention	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of Psychiatric Nursing	
4.	Program schedule, Date and Time	28-03-2019; 10 am	
5.	Speaker (if applicable)	NA	
6.	Guests (if applicable)	NA	
7.	Number of Participants break up	Teachers	3
		Students	50
		Beneficiaries	20
		Total	73
8.	<p><b>Report:</b> As a part of Clinical experience, the department of mental health nursing, yenepoya nursing college conducted a psycho education in psychiatric ward of father Muller hospital, Mangalore on 28.03.2019 on the topic "RELAPSE PREVENTION". The education was conducted with role plays, power point presentation and posters.</p> <p>Ms.Samsheena welcomed the gathering .The education included topics such as reason for relapse, method of preventing relapse, management of relapse, need for motivation and effect of relapse on prognosis of the disorder. There were 50 III rd. year B.Sc. students actively involved in providing psych education to the gathering. Ms. SaidammaSherrif delivered vote of thanks. There were 3 faculty present during the program.</p> <p>The Program benefited to around 20 people. Interaction and discussion about the topic made the program very informative and live.</p>		



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**REPORT ON MASS AWARENESS PROGRAMME ON THE OCCASION OF  
WORLD TUBERCULOSIS DAY**

Sl.No	CONTENT	DETAILS	
1.	Title	Mass awareness programme	
2.	Theme /Scheme from the govt.	Mass awareness programme on the occasion of World Tuberculosis Day	
3.	Organizing department/s and committees	Dept. Medical Surgical Nursing and Dept. of Community health nursing in collaboration with NSS Unit-V	
4.	Program schedule, Date and Time	Venue: Panamburu Beach, Mangaluru Date: 25/03/19 Time: 4.00 pm to 5.00 pm	
5.	Number of Participants break up	Teachers	16
		Students	74
		Beneficiaries	Public
		Total	90
<p><b>Report:</b> Department of Medical surgical nursing and department of community health nursing in collaboration with NSS unit-V Organized a mass awareness programme on the occasion of World tuberculosis day on 25/03/19 at Panamburu beach premises, Mangaluru.</p> <p>The programme began at 4.00 p.m, Prof. Shashikumar Jawadagi, HOD department of Medical Surgical Nursing , Yenepoya Nursing college delivered the welcome speech. Dr.M.S Badruddin, District tuberculosis officer, spoke on government schemes on TB and Mr. Ananda S, assistant Professor, Department of Community Health Nursing briefed about tuberculosis and its management. Mr.Venkatesh, senior health inspector was also present for the programme. The Program was presided over by Dr. Leena K.C, Principal, Yenepoya Nursing College. The presidential address was focused on eradication of tuberculosis among people.</p> <p>The vote of thanks was given by Mr. Gireesh G R, Associate Professor, Department of Medical Surgical Nursing, which was followed by skit and mass awareness on tuberculosis given by I PB B sc and II B sc nursing students. A total of 74 students and 100 local people were participated in the programme. The program was finally concluded by distributing pamphlets.</p>			



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**REPORT on MASS PSYCHOEDUCATION ON PERSONAL HYGIENE AND STRESS MANAGEMENT**

Sl.No	CONTENT	DETAILS	
1.	Title	Personal hygiene and stress management	
2.	Theme /Scheme from the govt.	NA	
3.	Organizing department/s and committees	Department of Psychiatric Nursing	
4.	Program schedule, Date and Time	05-04-2019; 10 am	
5.	Number of Participants break up	Teachers	2
		Students	50
		Beneficiaries	30
		Total	82

As a part of community mental health program, the department of mental health nursing, Yenepoya nursing college conducted awareness programme at Harekala rural centre, Mangalore on 05.04.2019 on the topic "PERSONALHYGEINE" and "STRESS MANAGEMENT"

Ms.Archna S G welcomed the gathering .The psycho education focused on the importance of personnel hygiene and its benefits. Stress management was explained under the topic such as causes, symptoms and stress reduction method. There were 50 III rd. year BSc. Nursing students actively involved in providing psycho education to the gathering. Mr.Clinton delivered the vote of thanks. There were 2 faculty present during the sessions.

The program benefited to around 30 people who had gather for the programme. Interaction and discussion about topic made the program very informative and live.



**Fig 1: Students delivering psychoeducation**

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**REPORT OF PSYCHO EDUCATION ON ILL EFFECTS OF TOBACCO**  
**AND**  
**PROMOTION OF MENTAL HEALTH**

Sl.No	CONTENT	DETAILS	
1.	Title	Psycho education	
2.	Theme /Scheme from the govt.	Ill effects of tobacco and prevention of mental illness and promotion of Mental Health.	
3.	Organizing department/s and committees	Department of Mental Health Nursing	
4.	Program schedule, Date and Time	Venue: Harekala rural centre, Mangalore Date: 12.04.2019, Time: 10am	
5.	Number of Participants break up	Teachers	1
		Students	50
		Beneficiaries	30
		Total	81
6.	<p><b>Report:</b> As a part of community mental health program, the department of mental health nursing, Yenepoya nursing college conducted awareness programme Harekala rural centre, Mangalore on 12.04.2019 on the topic "Ill effect of tobacco, prevention of mental illness and promotion of mental health."</p> <p>The programme took from 10am to 11.30am. Ms. Nishana welcomed the gathering. The psycho education focused on the ill effect of tobacco, the needs to stop using tobacco and complication likely to occur. The session also included the causes of mental illness, symptoms of mental illness, the methods to promote mental wellbeing and the benefits of positive mental health. There were 50 students and 1 faculty present during programme.</p> <p>The Program benefited to around 30 people who had gathered for the programme .Interaction and discussion about the topic made the program very informative and live.</p>		




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**REPORT ON RADIO TALK - AWARENESS ON CERVICAL CANCER**

Sl.No	CONTENT	DETAILS	
1.	Title	Radio talk - Awareness on cervical cancer	
2.	Theme /Scheme from the govt.	Free awareness program	
3.	Organizing department/s and committees	Department of OBG Nursing	
4.	Program schedule, Date and Time	26/2/2019 at 10 am	
5.	Speaker (if applicable)	Mrs. Janet Miranda and Mrs. Vinaya	
6.	Number of Participants break up	Teachers	2
		Total	2
7.	<p><b>Report:</b> As a part of extension activity, Mrs. Janet Miranda Associate professor, Dept of OBG Nursing and Mrs. Vinaya, Asst. Professor, Department of OBG Nursing had given radio talk in 107.8 FM Sarang, St. Alyosius College, Mangaluru on the topic Awareness on Cervical Cancer on 26/02/19. Both the experts gave a talk on meaning of cervical cancer, causes, risk factors, signs and symptoms, diagnosis, management and its prevention. RJ Abhishek was present during discussion. The certificate was distributed as an appreciation by RJ Mr. Abhishek, Community radio 107.8 FM Sarang.</p>		
			

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 **ATTESTED**

**Dr. Gangadhara Somayaji K S**  
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University Road, Deralakatte  
Mangalore 575 018, Karnataka.

  
Principal/Dean  
Yenepoya Nursing College  
Deralakatte  
Mangalore-575018

**REPORT ON CELEBRATING VANAMAHOTSAVA DAY - 2018**

Sl. No.	CONTENT	DETAILS	
1.	Title	Vanamahotsava	
2.	Theme	Working towards a sustainable environment	
3.	Organizing department/s	NSS Unit, Yenepoya Pharmacy College & Research Centre, Mangaluru-575018	
4.	Programme Schedule, Date and Time	July 31 YenepoyaAyush Campus Kenya Mangaluru	
6.	Activities	Plantation	
7.	Beneficiaries (PG, UG, Interns, GP, Consultants/Faculty)	B.Pharm & Teaching	
8.	Number of Participants break up	Teaching	10
		B.Pharm , D pharm	140
		Total	150

1



Group Photo

Yenepoya Pharmacy College & Research Centre and Centre for Environmental Studies, Yenepoya (Deemed to be University) jointly planned to celebrate the 'Vanamahotsava Day on 31<sup>st</sup> July 2018 with some action work. It was aimed to create awareness on the issue of environment protection in the young generation with the theme 'working towards a sustainable environment. All pharmacy students were present in their full strength. To make

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*K. S. K. K.*  
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Yenepoya Pharmacy College & Research Centre  
Mangalore, Karnataka - 575 018



## YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

this event really worthy of action all students of Yenepoya Pharmacy College and NSS Unit resolute that each students will bring a plant provided by university and plant it in the new herbal garden area in the Yenepoya Ayush Campus. The programme was started by Dr. MVijayakumar, Hon. Vice Chancellor, Yenepoya (Deemed to be University). He discusses the immediate need of a forestation to reduce many problems in the environment. Principal Dr. Mohammed Gulzar Ahmed, Dr. Bhagya B. Sharma, Assistant Director, Centre for Environmental Studies, and NSS Program Officer Mr. Mohammed Asif also joined hands to start the programme by planting a plant in herbal garden with other faculty members of constituent's colleges like Principal Ayurveda College, Principal Homeopathy College and Pharmacy College. Later all the students planted and watered the newly anchored plants in the soil. The occasion was graced by Forest officers, Ullal region, Mangaluru. Other faculty members who contributed in the occasion were Dr. Manodeep, Dr. Sunil, Ms. Sanjana, Ms. Santoshi, Ms. Silpa and Ms. Sonal. Light refreshment was arranged for all the participants and staff by Yenepoya Pharmacy College before to call end to the program.

2



 ATTESTED

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Registrar  
Yenepoya (Deemed to be University)  
Mangalore 575 018, Karnataka.

  
Principal / Dean  
Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangaluru-575018

# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE




Planting Herbal Plants by Faculties in herbal Garden

3



 **ATTESTED**

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Mangaluru



Principal / Editor  
Yenepoya Pharmacy College & Research Centre  
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# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE



Planting Herbal Plants by Students of YPCRC in herbal Garden, AYUSH Campus

Principal / Dean  
Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangalore-575018

4


ATTESTED

Dr. Gangadhara Somayaji K S  
Registrar  
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**AWARENESS PROGRAM ON SWACHHATA, SANITATION AND DRUG ABUSE  
ON OCCASION OF 150<sup>TH</sup> BIRTH ANNIVERSARY OF MAHATMA GANDHI &  
50<sup>TH</sup> YEAR OF NSS CELEBRATION ORGANIZED BY YPCRC**

Sl. No.	CONTENT	DETAILS	
1.	<b>Title</b>	150 <sup>th</sup> Birth Anniversary of Mahatma Gandhi	
2.	<b>Theme</b>	Swachhata, Sanitation and Drug Abuse	
3.	<b>Organizing department/s</b>	NSS Unit, Yenepoya Pharmacy College & Research Centre, Mangaluru-575018	
4.	<b>Programme Schedule, Date and Time</b>	28 <sup>th</sup> January 2019, Shri Bharathi Aided Primary School, Mudipu, Kurnad- Mangaluru	
6.	<b>Activities</b>	Poster presentation, Mime performance	
7.	<b>Beneficiaries (PG, UG, Interns, GP, Consultants/Faculty)</b>	B.Pharm & Teaching	
8.	<b>Number of Participants break up</b>	<b>Teaching</b>	3
		<b>B.Pharm , D pharm</b>	47
		<b>Total</b>	50

5 Yenepoya Pharmacy College & Research Centre, Yenepoya (Deemed to be University), Deralakatte, Mangaluru organized one day awareness programme commemorating the 150<sup>th</sup> birth anniversary of Mahatma Gandhi at Shri Bharathi Aided Primary School, Mudipu, Kurnad. Total 50 B.Pharm students from Yenepoya Pharmacy College along with staff took part. The awareness programme was featured on Swachhata, Sanitation and Drug Abuse. Students displayed and presented the posters showcasing the Swachhata and Sanitations various ways and its importance. Around 15 boys performed mime on the theme Drug Abuse and was the highlight of the awareness programme. One group of students conducted various games for school children and distributed sweet for students and prizes for winners.

  
 Principal / Dean  
 Yenepoya Pharmacy College & Research Centre  
 Deralakatte, Mangaluru-575018

  
**ATTESTED**

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# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE



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The head master Mr. Ramakrishna Bhat inaugurated and welcomes the Students and staff of YPCRC to the school and he said that youngsters should come forward to participate in various social activities along with curricular activities for the development of society and Nation. Ms. Haleema Shahin Assistant Professor from YPCRC addressed the students and mentioned on the Mahatma Gandhi's clean India and peaceful India vision and mission. In her key notes she stressed on the logo that it is our social responsibilities as a citizen of India to help fulfil Gandhiji's vision of clean India by his 150<sup>th</sup> birth anniversary.

Mr. Mohammed Asif Programme Officer, NSS and Ms. Silpa M Assistant Professor were also present in the function and led a team of volunteers for mime performance and poster presentation respectively.

*Regd. Officer*  
12/10/2021

Principal / Dean

Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangaluru-575018

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# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE



7



Principal

Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangaluru-575018

ATTESTED

Dr. Gangadhara Somayaji K S  
Registrar  
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Mangalore-575 018, Karnataka.

**AWARENESS PROGRAMME ON GENDER SENSITIZATION - REPORT**

Sl. No	CONTENT	DETAILS
1.	Title	Parity: Say NO to Gender Discrimination
2.	Organizing committee	Internal Complaints Committee, Yenepoya Pharmacy College & Research Centre
3.	Program schedule, Date and Time	02/03/2019 at 2.00 pm.
4.	Number of attendees break up	B.Pharm (2 <sup>nd</sup> Semester) 60
		B Pharm (4 <sup>th</sup> Semester) 60
		D Pharm (1 <sup>st</sup> Year) 30
		School students (Malja-ul-Islam English Medium School, Pachambala, Kasaragod, Kerala) 60
	Number of participant teams for hand-made poster presentation competition	12 teams (2 members per team)
5.	Photographs with captions	<p>Invitation for the Programme</p>

8

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Principal / Dean  
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Deralakatte, Mangaluru-575018

# YENENOYA PHARMACY COLLEGE & RESEARCH CENTRE

**Awareness Programme on Gender Sensitization**

Theme  
**PARITY: SAY NO TO GENDER DISCRIMINATION**

on 2<sup>nd</sup> March 2019 | Time: 2.00p.m.  
Venue: Auditorium, 8<sup>th</sup> Floor, EMD Building, YMCH

Chief Guest -  
**Dr. B. K. Sarojini**  
Chairperson, Department of Industrial Chemistry  
Coordinator, Department of Biochemistry, Mangalore University

Guests of Honor -  
**Dr. Gangadhara Somayaji K. S**  
Registrar, Mangalore Deemed to be University

**Dr. Leena K. C**  
Principal, Yenepoya Pharmacy College  
Coordinator, TG Gender Sensitization Cell, Yenepoya Deemed to be University

President -  
**Dr. C. V. Raghunee**  
Pro Vice Chancellor, Yenepoya Deemed to be University

Organized by  
**Gender Sensitization Cell**  
**YENENOYA PHARMACY COLLEGE & RESEARCH CENTRE**  
Yenepoya Deemed to be University, Deralakatte, Mangalore  
Tel: 0824 2204663 Fax: 0824 2204729  
E-mail: phrc@yenepoya.yenepoya.edu.in Website: www.yenp.edu.in

Dr. Mohammed Gulzar Ahmed  
Principal  
Yenepoya Pharmacy College & Research Centre

Members  
Gender Sensitization Cell  
Yenepoya Pharmacy College & Research Centre

**PROGRAMME SCHEDULE**

Inauguration Session	
2:00 p.m.	Invocation
2:05 p.m.	Welcome address <b>Dr. Mohammed Gulzar Ahmed</b> Principal, Yenepoya Pharmacy College & Research Centre
2:10 p.m.	Significance of the day <b>Mrs. Sindhu Priya E. S</b> Assistant Professor, Yenepoya Pharmacy College & Research Centre
2:15 p.m.	Inaugural Address <b>Dr. Gangadhara Somayaji K. S</b> Registrar, Yenepoya Deemed to be University
2:20 p.m.	Address by <b>Dr. B. K. Sarojini</b> Chairperson, Department of Industrial Chemistry Coordinator, Department of Biochemistry, Mangalore University
2:25 p.m.	Address by <b>Dr. Leena K. C</b> Principal, Yenepoya Pharmacy College
2:30 p.m.	Presidential Address <b>Dr. C. V. Raghunee</b> Pro Vice Chancellor, Yenepoya Deemed to be University
2:35 p.m.	Vote of Thanks <b>Dr. Sunil S. Menghani</b> Associate Professor, Yenepoya Pharmacy College & Research Centre
2:40 p.m.	National Anthem
Guest talk	
2:45 p.m.	Talk on Gender Sensitization by <b>Dr. B. K. Sarojini</b>
Tea Break	
3:15 p.m.	Poster presentation and Judgement
Valedictory function	
3:45 p.m.	Certificate and Prize distribution

**Hand Made Poster Presentation Competition**  
on 2<sup>nd</sup> March, 2019 at 2.00 p.m.  
Venue: Auditorium, 8<sup>th</sup> Floor, EMD Building, YMCH  
Theme: PARITY: Say No to Gender Discrimination  
Last date for registration: 29-02-2019

**Cash Prize**  
1<sup>st</sup> ₹1500  
2<sup>nd</sup> ₹500

For more details contact:  
**Mrs. Sandhya V.** Assistant Professor  
Yenepoya Pharmacy College & Research Centre (8619146704)  
Office: 0824 2204669 (Ext. 2709)

9



Dignitaries on the Dias



Lamp lightening ceremony



Felicitation to the Chief guest



Organizers, Gender-champs and students

ATTESTED

*[Signature]*  
**Dr. Gangadhara Somayaji K.S**  
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University Road, Deralakatte  
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*[Signature]*  
Principal / Dean  
Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangalore-575018



# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE



Competition winner poster



Competition runner poster



Collage of all the handmade posters participated in the competition



Judges judging the posters

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Winners



Runners

### Members of Organizing Committee

Dr. Mohammed Gulzar Ahmed	Ms. Sandhya V
Mrs. Sindhu Priya E S	Ms. Thriveni M
Dr. Sunil Menghani	Ms. Rajika
Mr. Mohammed Asif Iqbal C	Ms. Jacklin Neha
Ms. Sanjana A	Ms. Haseena

Dr. Gangadhara Somayaji K S  
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Principal / Dean  
Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangalore - 575 018

# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

## BRIEF REPORT OF THE PROGRAMME

As a part of YU-Gender sensitization cell, YPCRC organized an Awareness programme on Gender Sensitization with the theme "Parity: Say NO to Gender Discrimination" to bring awareness about gender sensitization, equity and equality among students, the future society on March 2<sup>nd</sup>, 2019 at EMD building auditorium, Yenepoya Medical College Hospital.

MC of the programme was done by Ms. Sanjana A, Asst Professor, YPCRC. Welcome note and Significance of the day was addressed by principal of YPCRC Dr. Mohammed Gulzar Ahmed. He welcomed the Chief guest Dr. B K Sarojini, Guests of Honour Prof. Abdul Rahman, Dr. Leena K. C, Organizing secretary Mrs. Sindhu Priya E S and President Dr. C. V. Raghuvver on the dias. The programme started with the invocation by Mr. Syed Abdul Malik, student of 4<sup>th</sup> sem, B.Pharm and lamp lightening ceremony by the dignitaries on the dias.

Chief guest of the program Dr. B. K. Sarojini, Chairperson, Dept. of Industrial Chemistry, Mangaluru University addressed the gathering on current scenario in the society on gender discrimination and how to bring parity among different genders.

Dr. Abdul Rahman, Advisor of Yenepoya (Deemed to be University) and Dr. Leena K. C, Principal, Yenepoya Nursing College, expressed their happiness for conducting this kind of programme as it is essential to create responsiveness among the young generation for reducing gender bias in the present day societal circumstances.

President of the programme, Dr. C. V. Raghuvver, Pro Vice Chancellor, Yenepoya (Deemed to be University) concluded the programme with his presidential address. Vote of thanks of the programme was done by Dr. Sunil Menghani, Associate Professor, YPCRC. The programme was ended by National anthem.

As a part of this programme, we also conducted handmade poster presentation competition for the students of all constituent colleges of Yenepoya (Deemed to be University) in the venue itself. The participant's posters were evaluated by the chief guest Dr. Sarojini B K and Mrs. Sunitha Prabhu. Winners were awarded with the cash prize of Rs. 1500. Runners were awarded with the cash prize of Rs. 500. All the participants received the participation certificate.

YPCRC looks forward to conduct more such programmes in the coming days. We are proud to say that we are blooming and one day will surely be the topic of conversation among people.

### The details of runners and winners of the handmade poster presentation competition

Sl. No.	Awardees	College details	Details of Participants
1	Winners	Yenepoya Physiotherapy College	Ms. Tasneem Khan & Mr. Mohammed Irfan 3 <sup>rd</sup> year BPT
2	Runners	Yenepoya Pharmacy College and Research Centre	Mr. Safwan & Ms. Fathima Razeena 1 <sup>st</sup> year B Pharm

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Deralakatte, Mangaluru - 575 010

## YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

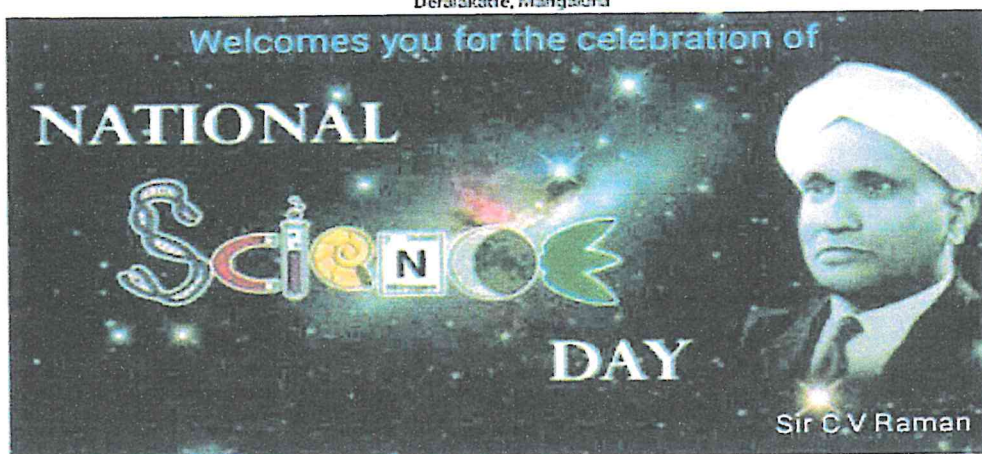
### REPORT ON NATIONAL SCIENCE DAY CELEBRATION ORGANISED BY YPCRC

Sl.No	Content	Details	
1.	Title	National Science Day	
2.	Organising departments	NSS Unit, Yenepoya Pharmacy College & Research Centre, Mangaluru – 575018	
3.	Programme Schedule, Date and Time	2 <sup>nd</sup> March 2019 at different Laboratory of Yenepoya Pharmacy College & Research Centre	
4.	Activities	Science related experiments in different labs	
5.	Beneficiaries(PG, UG, Interns, GP, Consultants/Faculty)	B.Pharm, D.Pharm Students & Teaching Staffs	
6.	Number of Participants Break up	Teaching & Non Teaching Staffs	35
		B.Pharm, D.Pharm	200
		Total	235

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).



**Yenepoya Pharmacy College &  
Research Centre**  
Yenepoya (Deemed to be University)  
Deralakatte, Mangaluru



Brochure

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

ATTESTED

*M. S. S.*

Principal / Dean

Yenepoya Pharmacy College & Research Centre  
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# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

related experiments to the students of Malja-ul-Islam English Medium School, Pachambala, Kasaragod, Kerala.



Group Photo of Students, Malja-ul-Islam English Medium School, Kerala

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The different activities conducted in the different lab from the different departments were, Transverse section of different parts of plants at pharmacognosy lab, Elephant Rocket, Golden Rain, Fire Starter, Colour Reactions, & Elephant Toothpaste at Pharmaceutical Chemistry labs, Calamine lotion, Effervescent Preparation & Disintegrator test at Pharmaceutics lab, different organs like Skin, Heart, Urinary system, Respiratory system and Brain, Skeleton & Blood grouping at Human Anatomy and Physiology lab.



*[Signature]*  
**ATTESTED**

*[Signature]*  
Principal / Dean  
Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangalore-575 018

*[Signature]*  
**Dr. Gangadhara Somayaji K S**  
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# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

Demonstration of Minor Experiments in HAP Lab

Demonstration of Instruments & Experiments in Pharmacology Lab



Demonstration of Instruments in Pharmacognosy Lab

Demonstration of Instruments in Pharmaceutics Lab

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



  
Principal / Dean

Yenepoya Pharmacy College & Research Centre  
Deralakatte, Mangaluru-575018

  
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# YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

## Group Photo of the Programme

### Activity & Participants Details


Sl.No.		
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

Sl.No.		
1.	Name of the activity	a. Elephant Rocket 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

Sl.No.		
1.	Name of the activity	a. Calamine b. Effervescent preparation 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

15

  
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**ATTESTED**  
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## YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

Sl.No.		
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

Sl.No.		
1.	Name of the activity	a )Skin b)Eye & Respiratory System c)Heart ,Urinary System d)Brain e)Blood Grouping f)Brain g)Bones
2.	Activity In-charge	Tahreen Taj, Haleema Shahin
3.	Students /Volunteers	Razeena, Sahana, Muzahira, Shaniba, Sheerin, Alfiya, Salma Ahamed, Nazia, Shahida Shaba Muneeha, Zuha Sheik
4.	Lab Attender	
5.	Laboratory	HAP

16




Principal / Dean  
Yenepoya Pharmacy College & Research Centre  
Derlakatte, Mangaluru-575018

ATTESTED

Dr. Gangadhara Somayaji K S  
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Mangalore 575 018, Karnataka.

### Report on ‘Sapling plantation 2019’

Sl. No.	CONTENT	DETAILS	
1.	Title	Sapling plantation	
2.	Theme/Scheme from the govt.	NA	
3.	Organizing department/s and committees	Centre for Environmental Studies	
4.	Program schedule, Date and Time	21.06.2019, 9.30 am to 10.00 am	
5.	Speaker (if applicable)	-	
6.	Guests (if applicable)	-	
7.	Number of Participants break up	Teachers	8
		Students	79
		Beneficiaries	10
		Others	5
		Total	102
8.	Photographs with clear captions	 <p><i>Sapling plantation by staffs of Belma panchayath and CES</i></p>	
9.	Invitation/Brochure if any - Nil		
10.	<b>Brief report on the program:</b> In collaboration with Belma Panchayath saplings of Neem, Mahagoni, Mandara and Hole dasavala were planted in the premises of Panchayath office. Dr. Bhagya B. Sharma – Assistant Director and faculty from Environment centre along with Mr. Naveen Hegde - Panchayath Development Officer, Mrs. Vijaya Krishnappa - President, Mr. Abdul Sattar - Vice President, Mrs. Vani – Secretary and Panchayath staff participated in the programme. Mohd. Kamal from Belma panchayath coordinated the event.		

**ATTESTED**

Sign and seal of the Organizing person and HOD with date

**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

*Bhagya B. Sharma*  
24/6/19  
Assistant Director  
Centre for Environmental Studies  
Yenepoya (Deemed to be University)  
Deralakatte, Mangaluru - 575 018





Office of the Registrar  
University Road  
Deralakatte, Mangalore – 575 018  
Ph: 0824 – 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref: No. Y/REG/ACA/GCP/CES/2019

18.06.2019

Assistant Director  
Centre for Environmental Studies  
Yenepoya (Deemed to be University)

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Sub: Permission to plant sapling under 'Green Community Project – 2019'

Ref: Your letter YU/CES/C-10/June-2019 dtd. 13.06.2019

\*\*\*\*\*

Permission is hereby accorded to plant saplings at Belma Panchayath, Hira Educational Institutions, Bagambila Govt School, Munnur Primary school, Managala Seva Trust, Kotekar Panchayath and in the road divider in front of the University.

  
REGISTRAR



Copy to:

1. P.R.O. \_ (with a request to provide photography for the programme)
2. File copy

ATTESTED

  
Dr. Gangadhara Somayaji K S  
Registrar  
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Mangalore 575 018, Karnataka.

### Report on 'Painting Competition on 'Swachh Bharat''

Sl. No.	CONTENT	DETAILS	
1.	Title	Painting Competition on 'Swachh Bharat'	
2.	Theme/Scheme from the govt.	NA	
3.	Organizing department/s and committees	Centre for Environmental Studies	
4.	Program schedule, Date and Time	02.10.2018 9.30 am to 11.00 am	
5.	Speaker (if applicable)	Dr. Bhagya B. Sharma Dr. Pracheth R	
6.	Guests (if applicable)	-	
7.	Number of Participants break up	Teachers	2
		Students	0
		Beneficiaries	123
		Others	15
		Total	140
8.	<b>Photographs with clear captions</b>	  <p><i>Prize distribution by Dr. Bhagya</i>                      <i>Guest lecture by Dr. Pracheth</i></p>	
9.	<b>Invitation/Brochure if any - Nil</b>		
10.	<b>Brief report on the program:</b> On October 2 <sup>nd</sup> , 2018 Gandhi Jayanthi was observed at Mangalajyothi Integrated School, Vamanjoor. A drawing competition was organized for Primary and High school students as a part of the days programme. Prizes for the winners of the competition were distributed on Oct 2 <sup>nd</sup> by Dr. Bhagya B. Sharma. A lecture on "Importance of cleanliness and sanitation" was delivered by Dr. Pracheth R, who gave tips to maintain hygiene in day to day life. Mr. Ganesh Bhat, Administrative Officer gave his concluding remarks and the programme was coordinated by Mr. Ramesh Achar, Headmaster, Mangalajyothi Integrated School.		

ATTESTED

Sign and seal of the Organizing person and HOD with date

Dr. Gangadhara Somayaji KS  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

Bhagya  
6/10/18  
Assistant Director

Centre for Environmental Studies  
Yenepoya (Deemed to be University)  
Deralakatte, Mangaluru - 575 018

No. Y/REG/ACA/2018

28th August 2018

The Principals of constituent Colleges

Sub: Celebration of 150<sup>th</sup> Birth anniversary of Mahatma Gandhi,  
the Father of the Nation.

\*\*\*\*\*

The Nation is commemorating 150<sup>th</sup> birth anniversary of the Father of the Nation, Mahatma Gandhi. On this occasion the Hon'ble Prime Minister of India has announced Swachha Bharat Mission to achieve a clean India by the 150<sup>th</sup> birth anniversary of Mahatma Gandhi in 2019.

In order to make swachhla a part of education and to bring about behavioural changes in the country, necessary actions on the following are to be undertaken at the college level and a report with regard to the action taken needs to be **uploaded on the Activity Monitoring Portal of UGC at [www.ugc.ac.in](http://www.ugc.ac.in)**.

Activities suggested are :-

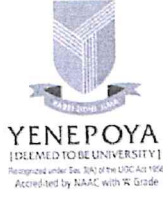
- To make necessary amendments in the curricula at educational institutions to provide credit to the student's practical projects on recycling and reusing the biodegradable and dry waste.
- To provide credit for the efforts of the students towards maintenance of hygiene, cleanliness in the campus and surroundings.
- To hold seminars among all students on Importance of Cleanliness and Sanitation.
- Sensitization programme for students and staff.
- Mass pledge taken by all students and employees.

You are requested to kindly nominate a co-ordinator to carry out the various activities till 2019 at the college level. Dr. Bhagya Sharma, Asst. Director, Centre for Environmental Studies will co-ordinate at the University level and will be responsible for implementation and uploading on the Activity Monitoring Portal of UGC.

  
(Dr. G. Shreekumar Menon)  
Registrar

ATTESTED  


Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.



Centre for Environmental Studies  
Yenepoya (Deemed to be University)  
Deralakatte  
Mangaluru-575018  
Ph: 024-2204667/8/9  
Extn: 2012

No. YU/CES/E-5/Sept2018

12.09.2018

To,  
The Registrar  
Yenepoya (Deemed to be University)  
Deralakatte  
Mangaluru-575018

Sir,

Sub: Conducting a drawing competition on the topic "Swachh Bharath"  
for primary and high school students reg.

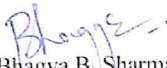
A painting competition has been planned from Centre for Environmental Studies on the topic "Swachh Bharath" for Mangalajyothi Primary and High School students, Vamanjoor, Mangalore to observe Gandhi Jayanthi. The competition is scheduled on 20<sup>th</sup> September 2018 and will be held in the school itself. Three prizes will be given under primary and high school category on October 2<sup>nd</sup> in the school.

**Approximate Budget**

Prizes	: Rs. 6,000
Stationery	: Rs. 2,500
Certificates	: Rs. 1,500/-
Miscellaneous	: Rs. 1,000/-
<b>TOTAL</b>	<b>: Rs. 11,000/-</b>

Kindly permit to conduct the above said competition. Please sanction the estimated budget.

Yours sincerely

  
Dr. Bhagya B. Sharma  
Assistant Director  
Centre for Environmental Studies  
Yenepoya (Deemed to be University)  
Deralakatte, Mangaluru - 575 018

ATTESTED  


Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.



Office of the Registrar  
University Road  
Deralakatte, Mangalore – 575 018  
Ph: 0824 – 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref: No. Y/REG/ACA/CES/2018

17.09.2018

Assistant Director  
Centre for Environmental Studies  
Yenepoya (Deemed to be University)

Sub: Organize drawing competition on the topic "Swacch Bharath" for  
primary and high school students

Ref: Your letter YU/CES/E-5/Sept2018 dtd. 12.09.2018

\*\*\*\*\*

Permission is hereby accorded to organize drawing competition on the topic "Swacch Bharath" for students of Managalajyothi primary and high school, Vamanjoor, Mangalore to observe Gandhi Jayanthi.

Sanction is accorded for Rs. 11,000/- for conducting the programme as per breakup given below

Particulars	(Rs)
Prizes	6000/-
Stationery	2500/-
Certificates	1500/-
Miscellaneous	1000/-
<b>Total</b>	<b>11,000/-</b>

You are requested to submit the report.

  
REGISTRAR  
YENEPLOYA  
(Deemed to be University)

Copy to:

1. Finance Officer
2. P.R.O. \_ (with a request to provide photography for the programme)
3. File copy

ATTESTED

Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report of the awareness program

Department	Centrefor Substance Abuse Prevention
Collaborators	7 <sup>th</sup> Bn KSRP Assaigoli, Mangaluru
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of drugs and its consequences
Date	12-07-2018 (Thursday)
Venue	Commandant 7 <sup>th</sup> Bn KSRP Assaigoli, Mangaluru.
No of delegates/ participants	180 People.
Chief guest/ Resource person	Dr. Maji Jose
Number of teachers	4 (Faculty & Non-Teaching Staff)

Centre for Substance Abuse Prevention Yenepoya University YU in association with Office of the commandant 7<sup>th</sup>Bn KSRP Assaigoli, Mangaluru has organized anti tobacco awareness program on the topic "Tobacco and Diet" for the police personnel of Assaigoli, on 12-07-2018 (Thursday). 180 people were participated in this program. Dr. Maji Jose, Professor & HOD, Department of Oral Pathology, Yenepoya Dental College & Deputy Director of Centre for Substance Abuse Prevention, YU, Dr. Madhavi, Assistant Professor, Department of Community Medicine, Yenepoya Medical College and Mr. Bharath Kumar YDC, Were present during the program. Awareness program consisted of the following: Talk & Video presentation by Dr. Maji Jose, giving the message on harmful effects of tobacco, Dr. Madhavi delivered a talk on the topic "Tobacco Diet" and Oath read by Mr. Bharath Kumar.



ATTESTED



Deputy Director

CENTRE FOR SUBSTANCE  
ABUSE PREVENTION

Deputy Director

Centre for Substance Abuse Prevention

Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
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# CENTRE FOR SUBSTANCE ABUSE PREVENTION Reports 2018-19



2

ATTESTED

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University Road, Deralakatte  
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Deputy Director  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION

*Maja Su*

Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centre for Substance Abuse Prevention
Collaborators	Department of Psychiatry
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Substances use and its consequences
Date	28-08-2018
Venue	Yenepoya Boys Hostel for Dental college
No of delegates/ participants	40 II BDS students
Resource person	Dr. Anil Kakunje, Professor, Psychiatry
Activities/ Event	<p>The Centre for Substance Abuse Prevention conducted Awareness program on ill effects of tobacco in the form of videos, pictures and talk. An awareness talk was given by Dr Anil Kakunje, Professor YMCH, for all the boys of the hostel from II BDS students</p>
Number of teachers	1
Number of students	40 II BDS students

3

ATTESTED

**Dr. Gangadhara Somayaji K S**  
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**Deputy Director**  
**CENTRE FOR SUBSTANCE**  
**ABUSE PREVENTION**

*Majj M*  
**Deputy Director**

*Centre for Substance Abuse Prevention*





# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19




### Report on awareness camp

Department	Centre for Substance Abuse Prevention
Collaborators	Yenepoya Nursing College
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Substances use and its consequences
Date	13 <sup>th</sup> October 2018
Venue	Yenepoya Boys Hostel
No of delegates/ participants	90 (I MBBS, I BDS, I YNC boys of 2018 batch)
Chief guest/ Resource person	Dr Anil Kakunje, Professor YMCH
Activities/ Event	Lecture with power point & Video presentation giving the message on general information on substance use and abuse, causes and risk factors, effects of drug abuse influence on academic performance followed by question and answer session
Number of teachers	1 Dr Anil Kakunje
Number of students	90 (I MBBS, I BDS, I YNC boys of 2018 batch)
	

4

ATTESTED

  
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 Mangalore 575 018, Karnataka.

Deputy Director  
 CENTRE FOR SUBSTANCE ABUSE PREVENTION  
  
 Deputy Director  
 Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on the awareness program

Department	CentreforSubstanceAbuse Prevention
Collaborators	Bhagavathi High School Someshwara
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of drugs and its consequences
Date	3-11-2018
Venue	Bhagavathi High School Someshwara
No of delegates/ participants	Total 220 students and 6 Teachers
Chief guest/ Resource person	Dr. Maji Jose
Number of teachers	3 Mr.Ananda.S , Asst. Professor, Mrs. Nithyashree, Asst. Professor and Mrs. Shycil Lecturer, Dept of community health nursing
Number of students	2 Ms.Jeril, 4 <sup>th</sup> year , B.Sc Nursing student, Ms.Blessy, 4 <sup>th</sup> year B.Sc Nursing student

5



ATTESTED

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Mangalore 575 018, Karnataka.

**Deputy Director**  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION  
*Maji Jose*  
Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report

Department	Centre for Substance Abuse Prevention
Collaborators	Shree Narayan Sanil High School, Halenagady
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of drugs and its consequences
Date	3-11-2018
Venue	Shree Narayan Sanil High School, Halenagady
No of delegates/ participants	50 students participated and 6 teachers
Chief guest/ Resource person	Dr. Maji Jose
Number of teachers	2
Number of students	1



6

ATTESTED

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**Deputy Director**  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION  
*Maji Jose*  
Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report

Department	Centre for Substance Abuse Prevention
Collaborators	Govindadas College, Halengady, Surathkal
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of drugs and its consequences
Date	4-12-2018
Venue	Govindadas College, Halengady, Surathkal
No of delegates/ participants	45 NSS students participated and 8 teachers
Chief guest/ Resource person	Dr. Maji Jose
Number of teachers	1 Dr. Maji Jose
Number of students	2 Dr. Akshatha Chatra & Dr. Asha Joseph, Interns

7



ATTESTED

**Dr. Gangadhara Somayaji K S**  
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Mangalore 575 018, Karnataka.

**Deputy Director**  
**CENTRE FOR SUBSTANCE ABUSE PREVENTION**  
*Maji Jose*  
**Deputy Director**  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19




### Report

Department	Centre for Substance Abuse Prevention
Collaborators	Government Higher Primary School, Maddur
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of drugs and its consequences
Date	10-12-2018
Venue	Government Higher Primary School, Maddur
No of delegates/ participants	48 students and 4 teachers
Chief guest/ Resource person	Mr. Ananda.S
Number of teachers	2 Mr.Ananda.S , Asst. professor , Mrs.Nithyashree, Asst.Professor, Dept of community health nursing
Number of students	1 Ms.Preema , 4 <sup>th</sup> year B.sc nursing student



ATTESTED

  
**Dr. Gangadhara Somayaji K S**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore 575 018, Karnataka.



Deputy Director  
 CENTRE FOR SUBSTANCE  
 ABUSE PREVENTION  
  
 Deputy Director  
 Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centrefor Substance Abuse Prevention
Collaborators	Yenepoya Nursing College
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of drugs and its consequences
Date	31-01-2019 (Thursday)
Venue	KSRTC bus-stand Lalbagh
No of delegates/ participants	14 (Faculty & Non-Teaching Staff) 50-60 students from YNC, 100-120 students from Yenepoya PU college and Public crowd
Chief guest/ Resource person	Dr. Shruthi Nayak, Reader Department of Oral Pathology & Microbiology, Yenepoya Dental College
Activities/ Event	<p>A rally which commenced from Mangalore city corporation, Lalbagh, to KSRTC bus-stand. Students were from YNC and Yenepoya pre University College. The message regarding drug addiction and habits were spread using placards and banners. This was followed by street play and cultural activitiesonthesametheme.</p>
Number of teachers	14
Number of students	60 students from Nursing College
	

9

ATTESTED

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University Road, Deralakatte  
Mangalore 575 018, Karnataka.

**Deputy Director**  
**CENTRE FOR SUBSTANCE ABUSE PREVENTION**  
*Majis Jm*  
Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report of the awareness program

Department	Centre for Substance Abuse Prevention
Collaborators	Shree Narayana Guru Degree College, Kudroli
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of substances of abuse and its consequences
Date	31-01-2019 (Thursday)
Venue	Indoor auditorium, Shree Narayana Guru Degree College, Kudroli
No of delegates/ participants	60 Students & 3 Teachers
Chief guest/ Resource person	Dr. Maji Jose, Dr.M Venkatesan , post graduate, Oral Pathology & Microbiology,
Activities/ Event	Lecture with power point & Video presentation giving the message on harmful effects of tobacco, substance abuse . followed by question and answer session. Anti Substance Abuse Oath taking by participants administered by Dr Maji Jose
Number of teachers	1 Dr. Maji Jose
Number of students	1 Dr. M Venkatesan, post graduate of Department of Oral Pathology & Microbiology, YDC

10



ATTESTED

Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
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Mangalore 575 018, Karnataka.

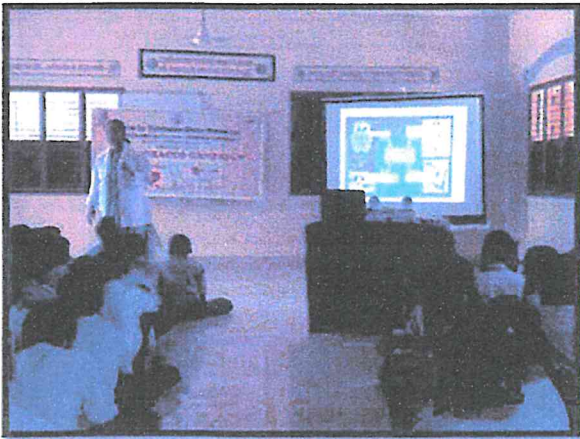

Deputy Director  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centre for Substance Abuse Prevention
Collaborators	Government high School, Mullakadu, Kavour
Name of the program	Harmful effects of tobacco & substance abuse
Nature of the program	Awareness program
Theme of the program	Prevention of use of substances of abuse and its consequences
Date	21-02-2019(Thursday)
Venue	Government high School, Mullakadu, Kavour
No of delegates/ participants	114 High School students & 4 Teachers
Chief guest/ Resource person	Dr. Maji Jose, Deputy Director, Center for Substance Abuse Prevention
Activities/ Event	Talk with power point & Video presentation giving the message on harmful effects of tobacco, substance abuse. Anti tobacco Oath taking administered by Mrs. Laveena Dsouza
Number of teachers	1
	

11

*le* ATTESTED

**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

Deputy Director  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION  
Deputy Director  
Centre for Substance Abuse Prevention

*Maji Jose*

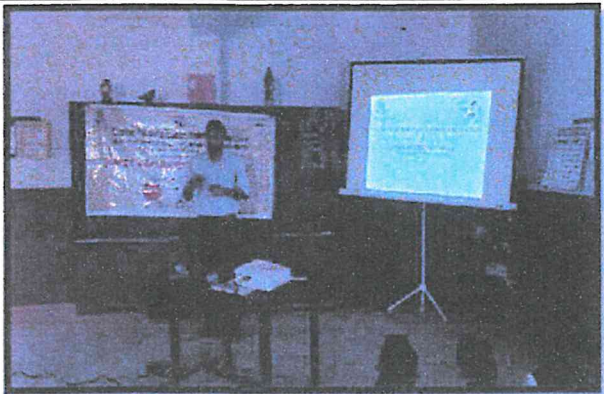



# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centre for Substance Abuse Prevention
Collaborators	Ashoka Vidyalaya High school, Ashok Nagar
Name of the program	Harmful effects of substance abuse
Nature of the program	Awareness program
Theme of the program	Prevention of use of substances of abuse and its consequences
Date	23-02-2019(Saturday)
Venue	Ashoka Vidyalaya High school, Ashok Nagar
No of delegates/ participants	77 High School students & 5 Teachers
Chief guest/ Resource person	Dr. Reuben Abraham Jacob, JRF, Dr. M Venkatesan, Post Graduate student, Department of Oral Pathology & Microbiology, Yenepoya Dental College
Activities/ Event	Lecture with power point & Video presentation giving the message on harmful effects of tobacco, substance abuse. Anti Substance Abuse Oath taking
Number of students	2 Dr. Reuben Abraham Jacob, Dr. M Venkatesan
	

12

**ATTESTED**

**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

Deputy Director  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION  
*Maji M*  
Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centre for Substance Abuse Prevention
Collaborators	Yenepoya Nursing College
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Substances use and its consequences
Date	8 <sup>th</sup> March 2019
Venue	Lecture Hall , Yenepoya Nursing College
No of delegates/ participants	60 Students & 3 Teachers
Chief guest/ Resource person	MrsViji Prasad, Assistant professor, Yenepoya Nursing College
Activities/ Event	Lecture with power point & Video presentation giving the message on general information on substance use and abuse, causes and risk factors, effects of drug abuse influence on academic performance followed by question and answer session
Number of teachers	1
Number of students	60 students of Yenepoya Nursing College



**ATTESTED**

**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.



Deputy Director  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centre for Substance Abuse Prevention
Collaborators	Yenepoya Nursing College
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Substances use and its consequences
Date	13 <sup>th</sup> March 2019
Venue	Lecture Hall , Yenepoya Nursing College
No of delegates/ participants	200 Students and 3 teachers
Chief guest/ Resource person	Mrs Viji Prasad, Assistant professor, Yenepoya Nursing College
Activities/ Event	Lecture with power point & Video presentation giving the message on general information on substance use and abuse, causes and risk factors, effects of drug abuse influence on academic performance followed by question and answer session
Number of teachers	1
Number of students	200 First MBBS and first BDS students of Yenepoya
	

14

ATTESTED

**Dr. Gangadhara Somayaji KS**  
Registrar  
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University Road, Deralakatte  
Mangalore 575 018, Karnataka.

**Deputy Director**  
**CENTRE FOR SUBSTANCE**  
**ABUSE PREVENTION**  
*Viji Prasad*  
**Deputy Director**  
**Centre for Substance Abuse Prevention**

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centre for Substance Abuse Prevention	
Collaborators	NSS unit of Yenepya	
Name of the program	No Tobacco Day observation	
Nature of the program	Awareness program	
Theme of the program	Hazards of Tobacco use	
Date	31-05-19	
Venue	Yenepoya Campus	
No of delegates/ participants	Around 200 members including students and faculty members from constituent colleges	
Chief guest/ Resource person	Dr.Raghuveer, Hon'ble ProVice Chancellor and Prof(Dr) Abdul Rehman, Former Vice Chancellor Kannur& Calicut University	
Activities/ Event	<p>Rally, street play, anti-tobacco pledge, anti-smoking screening and awareness program. Anti tobacco screening and awareness for public transport drivers and Yenepoya drivers was done at Oral Medicine and Radiology department.</p>	
Number of teachers	20	
Number of students	200 UG and PG students. The rally was led by First BDS and Nursing students. First year BDS students took part in a street play.	

15

ATTESTED

**Dr. Gangadhara Somayaji K S**  
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Deputy Director  
 CENTRE FOR SUBSTANCE  
 ABUSE PREVENTION  
*Maji Jw*  
 Deputy Director  
 Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness program

Department	Centre for Substance Abuse Prevention, YDC, YU
Collaborators	Sharadha Vidyanikethana, Residential School, Devinagara, Talapady
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of substances of abuse and its consequences
Date	26-06-2019 (Wednesday)
Venue	School indoor auditorium, Sharadha Vidyanikethana, Residential School, Devinagara, Talapady
No of delegates/ participants	200 Residential school, students & 15 Teachers
Chief guest/ Resource person	Dr. Reuben Abraham Jacob, JRF, Center for Substance Abuse Prevention, YDC, YU
Activities/ Event	Lecture with power point & Video presentation giving the message on harmful effects of tobacco, substance abuse . followed by question and answer session
Student Participated	Dr. Reuben Abraham Jacob, JRF, Center for Substance Abuse Prevention, YDC, YU
Other relevant information	Anti Substance Abuse Oath taking

17



ATTESTED

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**Deputy Director**  
**CENTRE FOR SUBSTANCE**  
**ABUSE PREVENTION** Deputy Director  
Centre for Substance Abuse Prevention

# CENTRE FOR SUBSTANCE ABUSE PREVENTION Reports 2018-19



16

**ATTESTED**

**Dr. Gangadhara Somayaji K S**  
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**Deputy Director**  
**CENTRE FOR SUBSTANCE**  
**ABUSE PREVENTION**  
*[Signature]*  
**Deputy Director**  
**Centre for Substance Abuse Prevention**

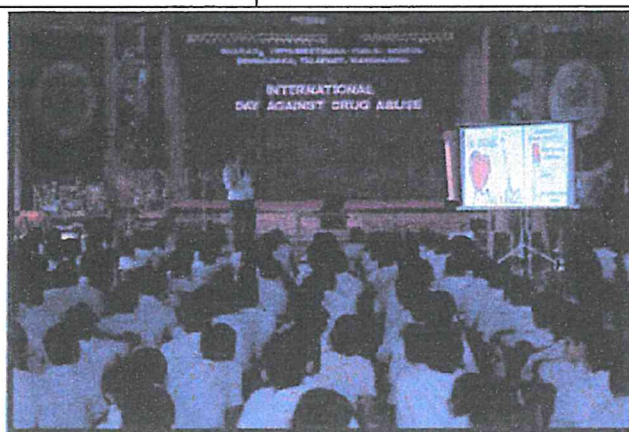
# CENTRE FOR SUBSTANCE ABUSE PREVENTION

## Reports 2018-19



### Report on awareness camp

Department	Centrefor Substance Abuse Prevention
Collaborators	Sharadha Vidyanikethana, Public School, Devinagara, Talapady
Name of the program	Harmful effects of Drugs
Nature of the program	Awareness program
Theme of the program	Prevention of use of substances of abuse and its consequences
Date	26-06-2019 (Wednesday)
Venue	School indoor auditorium, Sharadha Vidyanikethana, Public School, Devinagara, Talapady
No of delegates/ participants	241 day board students & 10 Teachers
Chief guest/ Resource person	Dr. Pallavi Sabarad, Senior Lecturer, Dr. Priyanga G, post graduate, Department of Oral Pathology & Microbiology, Yenepoya Dental College
Activities/ Event	Lecture with power point & Video presentation giving the message on harmful effects of tobacco, substance abuse . followed by question and answer session. Anti Substance Abuse Oath taking.
Number of teachers	1 Dr. Pallavi Sabarad
Number of students	1 Dr. Priyanga



ATTESTED

Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

Deputy Director  
CENTRE FOR SUBSTANCE  
ABUSE PREVENTION

Deputy Director  
Centre for Substance Abuse Prevention

# YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

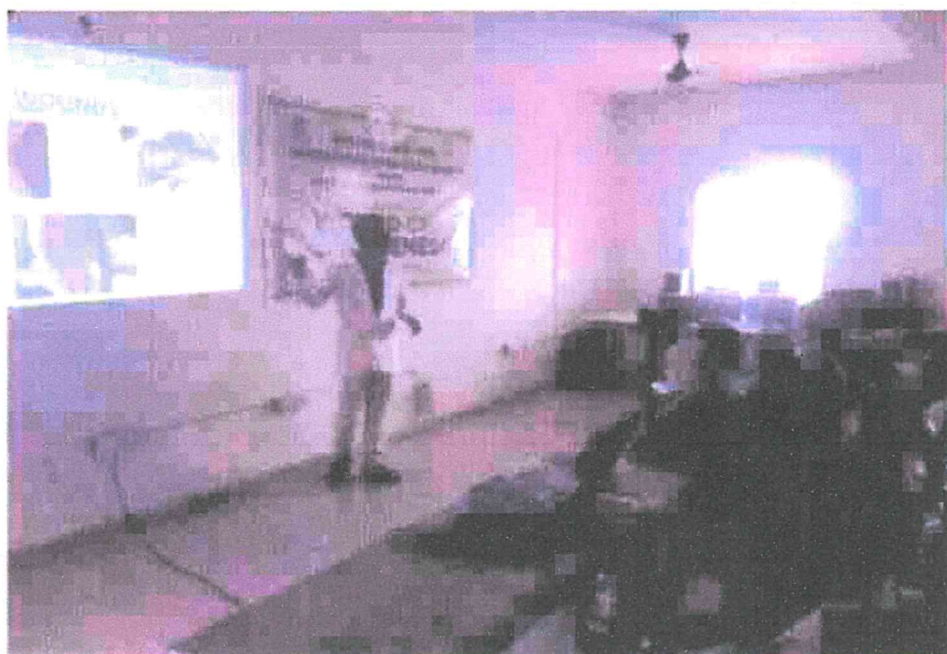
Reports for 2018-19

2018-19 OR 697

## REPORT ON: AWARENESS PROGRAM

Sl.No	CONTENT	DETAILS	
1.	Title	Wound Care Awareness camp	
2.	Theme /Scheme from the govt.	Awareness	
3.	Organizing department/s and committees and collaborating agency	Dept of Shalya Tantra	
4.	Program schedule, Date and Time	28 <sup>th</sup> June 2019, Kunil Higher Secondary English Medium School	
5.	Speaker (if applicable)	Dr. Durgaprasad	
6.	Number of Participants break up	Teachers	01
		Beneficiaries	67
		Total	68
7.	<b>Report:</b> Yenepoya Ayurveda Medical College and Hospital Naringana, Deralakatte(Post) Mangalore, A Unit of Yenepoya University has conducted Wound Care Awareness camp in association with Kunil Higher Secondary English Medium School on 28th June 2019 from 9.00 to 2.00pm. Awareness was created about the care of wound and healing of wounds by Dr. Durgaprasad for the beneficiaries who included school children, teachers and general public. Total 67 attended the program discussion was done about wound which is common in school going children, there was a active participation in the camp.		

1



ATTESTED

*S. Gokhale*  
Dr. Sridhar Gokhale, BAMS, MD(Ayu)  
Vice Principal  
Reg.No. 15454  
Yenepoya Ayurveda Medical  
College and Hospital, Mangalore

Dr. Gangadhara Somayaji K S  
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Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.




**REPORT ON: AWARENESS PROGRAM**

Sl.No	CONTENT	DETAILS	
1.	Title	Awareness Programme – On the occasion of World Oral Health Day	
2.	Theme /Scheme from the govt.	Awareness	
3.	Organizing department/s and committees and collaborating agency	Department of Shalakyta Tantra	
4.	Program schedule, Date and Time	2 <sup>nd</sup> May 2019, Xavier's Degree College, Asaigoli	
5.	Speaker (if applicable)	Dr. Akshatha K Bhat	
6.	Number of Participants break up	Teachers	01
		Beneficiaries	160
		Total	161
7.	<b>Report:</b> On the occasion of world Oral health day 2019, an awareness program was held in association with Xavier's degree college Asaigoli on 02-05-2019. The program commenced at 10.30 am and concluded at 11.30 am. Total 160 beneficiaries attended and benefited from the program, further for needy advised to visit Yenepoya Ayurveda Medical College Hospital. Department of Shalakyatantra conducted the awareness program.		

2



  
**Dr.Sridhar Gokhale, BAMS, MD(Ayu)**  
 Vice Principal  
 Reg.No. 15454  
 Yenepoya Ayurveda Medical  
 College and Hospital, Mangalore

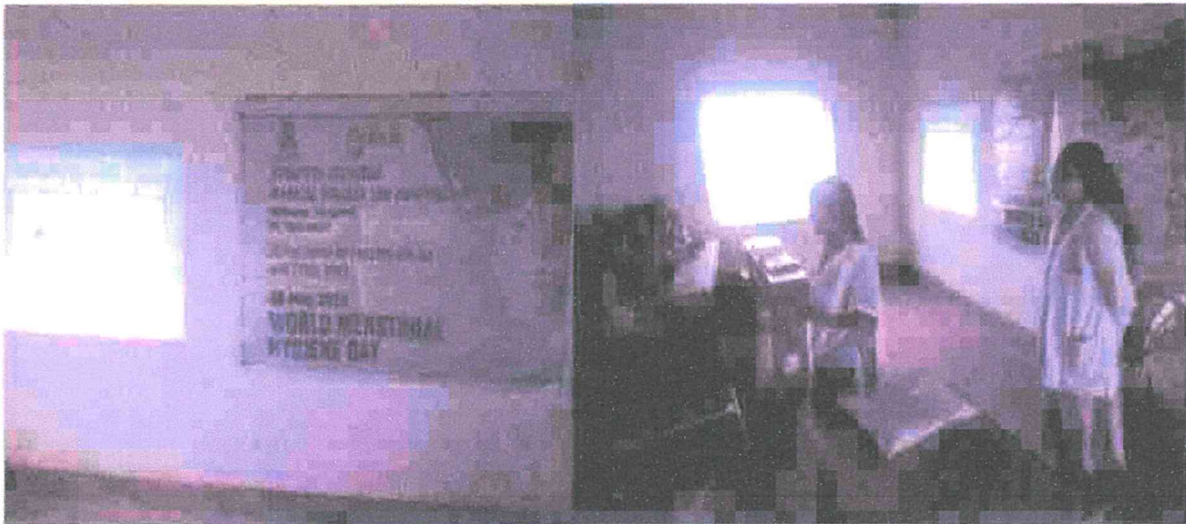
**ATTESTED**


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**REPORT ON: AWARENESS PROGRAM**

Sl.No	CONTENT	DETAILS	
1.	Title	Awareness camp on the occasion of "World Menstrual Hygiene Day"	
2.	Theme /Scheme from the govt.	Awareness	
3.	Organizing department/s and committees and collaborating agency	Department of Prasooti Tantra & StreeRoga	
4.	Program schedule, Date and Time	28 <sup>th</sup> May 2019, Al-Madeena Women PU College, Thoudugoli, Mangalore	
5.	Speaker (if applicable)	Dr. Mrudula K.S	
6.	Number of Participants break up	Teachers	01
		Beneficiaries	100
		Total	101
7.	<b>Report:</b> Yenepoya Ayurveda Medical College and Hospital Naringana, A Unit of Yenepoya University, Department of Prasuti Tantra & StreeRoga has conducted an awareness camp in association with Al-Madeena Women's college management on behalf of "World Menstrual Hygiene Day" at Al-Madeena Women's PU College, Thoudugoli, Mangalore, on 28/05/2019 from 10am to 12pm. Total 100 female students and ladies staff of the college were participated. Further advised to visit the Yenepoya Ayurveda College Hospital, Naringana		

3



  
**Dr. Sridhar Gokhale, BAMS, MD(Ayu)**  
 Vice Principal  
 Reg.No. 15454  
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# YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

Reports for 2018-19

2018-19 OR 700

## REPORT ON: AWARENESS PROGRAM

Sl.No	CONTENT	DETAILS	
1.	Title	Awareness camp on the occasion of "World Health Day" conducted at Mangalore	
2.	Theme /Scheme from the govt.	Awareness	
3.	Organizing department/s and committees and collaborating agency	Department of ShareeraKriya	
4.	Program schedule, Date and Time	7 <sup>th</sup> April 2019, Indoor Sports Complex, Mangaluru University, Konaje	
5.	Speaker (if applicable)	Dr. Vidyaprabha, Dr. Soumyashree, Dr. Supriya Dr. Almas, Dr. Harikrishna B.N	
6.	Number of Participants break up	Teachers	05
		Beneficiaries	50
		Total	55
7.	<b>Report:</b> Yenepoya Ayurveda Medical College and Hospital Naringana, Deralakatte(Post) Mangalore, A Unit of Yenepoya University has conducted a free medical camp at Indoor Sports Complex, Mangaluru University, Konaje on 07/04/2019 from 9AM to 2PM. Total 50 beneficiaries attended and benefited from the program, further for needy advised to visit Yenepoya Ayurveda Medical College Hospital		

  
Dr. Sridhar Gokhale, BAMS, MD(Ayu)  
Vice Principal  
Reg.No. 15454  
Yenepoya Ayurveda Medical  
College and Hospital, Mangalore

  
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Dr. Gangadhara Somayaji KS  
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# YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

Reports for 2018-19

2018-19 OR 701

## REPORT ON: AWARENESS PROGRAM

Sl.No	CONTENT	DETAILS	
1.	Title	Free Awareness & Screening Camp on Account of "World Hearing Day "	
2.	Theme /Scheme from the govt.	Awareness	
3.	Organizing department/s and committees and collaborating agency	Dept of Shalakyatantra	
4.	Program schedule, Date and Time	2 <sup>nd</sup> March 2019, Mangalore Paper Mill Factory, K.C Road, Kinya	
5.	Speaker (if applicable)	Dr. Akshatha K Bhat	
6.	Number of Participants break up	Teachers	01
		Beneficiaries	30
		Total	31
7.	<b>Report:</b> On the occasion of "World Hearing Day 2019" Yenepoya Ayurveda Medical College and Hospital Naringana, A Unit of Yenepoya University, Department of Shalakyatantra has conducted a free awareness and screening camp in association with Mangalore paper mill, for the employees of Mangalore Paper Mill Factory on 02/03/2019 from 10AM to 1PM. About 30 beneficiaries took the screening and further advised to visit Yenepoya Ayurveda Medical College Hospital at Naringana		

5



ATTESTED

Dr. Sridhar Gokhal e, BAMS, MD(Ayu)  
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# YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL


Reports for 2018-19

2018-19 OR 702


## REPORT ON: AWARENESS PROGRAM

Sl.No	CONTENT	DETAILS	
1.	Title	Awareness camp of "National Cervical Cancer Awareness Month"	
2.	Theme /Scheme from the govt.	Awareness	
3.	Organizing department/s and committees and collaborating agency	Department of Prasuti Tantra & Sreeroga	
4.	Program schedule, Date and Time	20 <sup>th</sup> Feb 2019, South Karnataka Salafi Movement Association, Deralakatte, Mangalore	
5.	Speaker (if applicable)	Dr. Mrudula K.S	
6.	Number of Participants break up	Teachers	01
		Beneficiaries	20
		Total	21
7.	<b>Report:</b> On the Occasion of National Cervical Cancer Awareness month Yenepoya Ayurveda Medical College and Hospital Naringana, Deralakatte (Post) Mangalore. A Unit of Yenepoya University has conducted a free medical camp in association with South Karnataka Salafi Movement in Deralakatte, Mangalore on 01/12/2018 from 9AM to 2PM. About 20 female benefited and Dr Mrudula K S given awareness talks for beneficiaries.		

6

  
Dr. Sridhar Gokhale, BAMS, MD(Ayu)  
Vice Principal  
Reg.No. 15454  
Yenepoya Ayurveda Medical  
College and Hospital, Mangalore


ATTESTED

  
Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

**Name of the Department /College The Yenepoya Institute of Arts Science  
Commerce and Management**

Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON VISIT AWARENESS PROGRAMME ON BALANCED DIET**

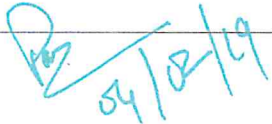
Sl.No	CONTENT	DETAILS	
1.	Title	Awareness programme on balanced diet	
2.	Theme /Scheme from the govt.		
3.	Organizing department/s and committees	The Yenepoya Institute of Arts Science Commerce and Management	
4.	Program schedule, Date and Time	02.02.2019	
5.	Speaker (if applicable)	Ms Ashwini Shetty, Assistant Professor, Department of Anatomy and NSS Program Coordinator, Yenepoya (Deemed to be University). Dr Madhavi Bhargava, Assistant Professor, Department of Community Medicine, Yenepoya Medical College, Centre for Nutrition Studies, Yenepoya (Deemed to be University)	
6.	Guests(if applicable)	NA	
7.	Number of Participants break up	Teachers	02
		Students	600
		Beneficiaries	
		Others	
		Total	602
8.	<b>Photographs with clear captions (Preferably geotagged)</b>		

**ATTESTED**

**Dr. Gangadhara Somayaji KS**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore 575 018, Karnataka.

  
 04/02/19  
**PRINCIPAL**  
 The Yenepoya Institute of Arts, Science,  
 Commerce & Management  
 Mangaluru-575002

	Awareness programme on Balanced Diet
<b>9.</b>	<b>Invitation / Brochure if any</b>
<b>10.</b>	<p><b>Brief report on the program</b></p> <p>The NSS unit of The Yenepoya Institute of Arts, Science, Commerce and Management, Balmatta, organised an awareness programme on balanced diet as a part of Nutrition Week' at the Corporation Block.</p> <p>The talk was inaugurated by Ms Ashwini Shetty, Assistant Professor, Department of Anatomy and NSS Program Coordinator, Yenepoya (Deemed to be University). Dr Madhavi Bhargava, Assistant Professor, Department of Community Medicine, Yenepoya Medical College, Centre for Nutrition Studies, Yenepoya (Deemed to be University) was the resource person. She enlightened the students about a balanced diet and weight among youth and said "Today, people suffer from obesity and malnutrition and both are very unsafe for health. This is a serious issue and we must try to eradicate it. We must cultivate the habit of consuming healthy food. Everyone needs to have a well-balanced diet and along with that, exercise can keep everything fit." The height and weight of the students were checked on this occasion. Dr Parvardhavardhini Gopalakrishnan, Principal, YIASCM, Ms Harshitha, Nutritionist, Yenepoya (Deemed to be University), Mr Niyaz P and Ms Shalini Sequeira, NSS officers, were present.</p> <p>Merin Roy, I BBA (Aviation &amp; Logistics) compered the programme, Yadhu Krishna, NSS leader. I BCA, welcomed the gathering. Convenor of the programme, Ms Ashwini Shetty, Assistant Professor, Department of Anatomy and NSS Program Coordinator, Yenepoya (Deemed to be University), introduced the speaker. Ms Shalini Sequeira proposed the vote of thanks. Class wise awareness programs on Balanced Diet is organised on Thursdays for the students of all the courses.</p>

  
 04/02/19

**Sign and seal of the Organizing person and HOD with date**

**PRINCIPAL**  
**The Yenepoya Institute of Arts, Science,**  
**Commerce & Management**  
 Balmatta, Mahalaxmi - 575 002


**ATTESTED**  


**Dr. Gangadhara Somayaji K S**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mahalaxmi 575 018, Karnataka.

**Name of the Department /College The Yenepoya Institute of Arts Science  
Commerce and Management**

Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON NATIONAL YOUTH EXCHANGE - 2020**

Sl.No	CONTENT	DETAILS	
1.	Title	National Youth Exchange - 2020	
2.	Theime /Scheme from the govt.		
3.	Organizing department/s and committees	The Yenepoya Institute of Arts Science Commerce and Management	
4.	Program schedule, Date and Time	24.01.2019 to 27.01.2019	
5.	Speaker (if applicable)		
6.	Guests(if applicable)		
7.	Number of Participants break up	Teachers	02
		Students	02
		Beneficiaries	
		Others	
		Total	04
8.	Photographs with clear captions (Preferably geotagged)	 <p align="center">National Youth Rxchange - 2020</p>	
9.	Invitation / Brochure if any		

*Par*  
29/01/19  
PRINCIPAL  
The Yenepoya Institute of Arts, Science,  
Commerce & Management  
Balmatta, Mangaluru-575002

**ATTESTED**  
Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.





#### 10. Brief report on the program

A three-day youth exchange program was held from January 24<sup>th</sup> to January 27<sup>th</sup> 2020 for the NSS volunteers. The youth exchange programme featured 50 volunteers representing the youth from various districts of the state of Uttarakhand. The main motive for this programme was the exchange of culture and cultural activities among the students of Uttarakhand and Karnataka which included various productive activities. Mirza Ibad and Mohammad Saad of Second BCom took part in this exchange program. The NSS volunteers got an opportunity to explore the coastal city of Mangalore.

On January 24, 2020, the programme was inaugurated in Yenepoya Medical College. After the inauguration, the volunteers visited Ullal Dargah. The students from Uttarakhand proceeded to their accommodation at Jeppu boys' hostel.

On January 25, 2020, the volunteers proceeded to Surathkal for creating awareness on cleanliness in around the city hub. Then they visited Thokur youth association and had an interaction on the basis of culture. They went to the Mahila Sangha in Padubidri and Shashihitlu youth association and had an interaction with the pioneers of the association. Later they watch the well-known Kambala festival in Padubidri.

On January 26, 2020, the volunteers attended the Republic Day celebration in Alva's College, Moodbidri. They also visited the Hanuman temple, Moodbidri, St. Christa Old age home and St. Lawrence Shrine, Attur. Later they had dinner with Shri UT Khader and interacted with him.

On January 27, 2020, the volunteers visited DC office, Mangaluru and had an interaction with the DC regarding the current affairs and the youth exchange programme. Later they visited Nehru Yuva Kendra office, St Aloysius Chapel and Museum. They also had an interaction with media personnel. Our students not only enjoyed the Youth Exchange program but also have lot of memories to cherish.

*Par*  
*29/07/19*

Sign and seal of the Organizing person and HOD with date


**PRINCIPAL**  
The Yenepoya Institute of Arts, Science,  
Commerce & Management  
Balmatta, Mangaluru-575002

**ATTESTED**  
*ke*

**Dr. Gangadhara Somayaji KS**  
Registrar  
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University Road, Deralakatte  
Mangalore 575 018, Karnataka.

**The Yenepoya Institute of Arts Science Commerce and Management**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON GUEST TALK ON GANDHIJI'S PRINCIPLES**

Sl.No	CONTENT	DETAILS	
1.	Title	Guest talk on Gandhiji's Principles	
2.	Theme /Scheme from the govt.	Not Me, But You	
3.	Organizing department/s and committees	The Yenepoya Institute of Arts Science Commerce and Management	
4.	Program schedule, Date and Time	01.092018	
5.	Speaker (if applicable)	Mr Aboobacker, Headmaster, Udupi	
6.	Guests(if applicable)	NA	
7.	Number of Participants break up	Teachers	02
		Students	
		Beneficiaries	
		Others	
		Total	
8.	Photographs with clear captions (Preferably geotagged)	 <p>Guest talk on Gndhiji's Principles</p>	
9.	Invitation / Brochure if any NA	<p><i>Dr. Gangadhara Somayaji K S</i> 3/09/18 PRINCIPAL The Yenepoya Institute of Arts, Science, Commerce &amp; Management Balmatta, Mangaluru-575002</p>	

ATTESTED

*Dr. Gangadhara Somayaji K S*  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.



**10. Brief report on the program**

The Yenepoya Institute of Arts, Science, Commerce and Management, Balmatta paid homage to the great leader and visionary, Mahatma Gandhi, at the Seminar Hall on 1st October 2018. A guest lecture by Mr. Aboobacker, Headmaster, Udupi on Gandhiji's Principles was organized on this occasion. He presented a brief history of Mahatma Gandhi to the audience and stressed on the need of Swachh Bharat which Gandhi had begun then. He also spoke on his freedom struggle through non-violence which brought independence to the country. He advised the students to emulate and imbibe in one's life the simple living and noble thinking of Gandhi.

Mr Niyaz P., NSS Officer and Lecturer in Kannada, introduced the speaker to the audience, Principal, Dr Joby E.C. in his Presidential address, delivered a motivational speech and highlighted the sacrifice Gandhiji made towards the country.

The programme was compered by Mohammad Bilal of I ACCA; Aysha Suhana welcomed the gathering and Mrs Shalini Sequeira, NSS Officer and Lecturer in English, proposed the vote of thanks. It concluded with the National Anthem.

*For 05/09/18*

Sign and seal of the Organizing person and HOD with date

**PRINCIPAL**


**The Yenepoya Institute of Arts, Science,  
Commerce & Management  
Balmatta, Mangaluru-575002**

**ATTESTED**

**Dr. Gangadhara Somayaji K.S**  
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Mangalore 575 018, Karnataka.

**The Yenepoya Institute of Arts Science Commerce and Management**  
Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru-575018

**REPORT ON DRUG AWARENESS RALLY**

Sl.No	CONTENT	DETAILS	
1.	Title	Drug Awareness rally	
2.	Theme /Scheme from the govt.	Not Me, But You	
3.	Organizing department/s and committees	The Yenepoya Institute of Arts Science Commerce and Management	
4.	Program schedule, Date and Time	22.08.2018	
5.	Speaker (if applicable)	NA	
6.	Guests(if applicable)	NA	
7.	Number of Participants break up	Teachers	02
		Students	
		Beneficiaries	
		Others	
		Total	
8.	Photographs with clear captions (Preferably geotagged)	 <p style="text-align: center;">Drug awareness Rally</p>	
9.	Invitation / Brochure if any	<p style="text-align: center;"><i>P. S.</i> 24/08/2018 <b>PRINCIPAL</b> The Yenepoya Institute of Arts, Science, Commerce &amp; Management Balmatta, Mangaluru-575002</p>	

**ATTESTED**

*[Signature]*  
**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangaluru 575 018, Karnataka.



10. Brief report on the program

On 22nd August 2018, the NSS unit of our college took part in a drug awareness rally from Ramakrishna College to TMA Pai Hall.

*For 24/08/18*

Sign and seal of the Organizing person and HOD with date

**PRINCIPAL**

The Yenepoya Institute of Arts, Science,  
Commerce & Management  
Balmatta, Mangaluru-575002

*24/08/18*

**ATTESTED**

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Mangalore 575 018, Karnataka.

**Yenepoya Medical College**  
**Department of Paediatrics**  
**ORS Day**

2018-19 OR 707

The world ORS Day was celebrated on 29<sup>th</sup> of July 2018 at paediatric OPD. Preparation of ORS was demonstrated by the PG's to the patients coming to OPD and they were also educated regarding the usage of ORS.

Total Number of Undergraduate Students participated: 14

Total Number of Postgraduate Students participated: 06

SL.NO	Name of the UG Students	Name of the PG Students
1.	Najna Majeed	Dr. Rasheena Shamshu
2.	Rabin P Ishak	Dr. Ashritha
3.	Rashida K	Dr. Maahir Mayan
4.	Aparna Ajjanagadde	Dr. Poojitha
5.	Apurva Raj	Dr. Manasa
6.	Ashitha CK	Dr. Sowmya
7.	Avinash	
8.	Ayshath Sarfana	
9.	Ayshath Shanufa	
10.	Basila Iyyathummu	
11.	Bhulkees Beevi	
12.	Chidananda B.B	
13.	Jasmin E.M	
14.	Sanam	



Department of Paediatrics  
Yenepoya University, Mangalore

**ATTESTED**

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University Road, Derlakatte  
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**Yenepoya Medical College**  
**Department of Paediatrics**  
**Observation of World Breast Feeding Week**

2018-19 OR 708

Observation of World Breast Feeding Week was done by the Department of Paediatrics in association with Department of Community Medicine and Nursing College from 1<sup>st</sup> to 7<sup>th</sup> August 2018 at Yenepoya Medical College Hospital.

Various activities like Video demonstration & Talk for Nursing Mothers & Quiz for Mothers Talk for Non Teaching and Nursing Staffs, were carried out during the week



Total Number of Undergraduate Students participated : 13

Total Number of Postgraduate Students participated: 06

SL.NO	Name of the UG Students	Name of the PG Students
1.	Najna Majeed	Dr. Manasa
2.	Rabin P Ishak	Dr. Tejaswini
3.	Rashida K	Dr. Sowmya
4.	Aparna Ajjanagadde	Dr. Ubaidur Rehman
5.	Apurva Raj	Dr. Roshan Kuriakose
6.	Ashitha CK	Dr. Poojitha
7.	Avinash	
8.	Ayshath Sarfana	
9.	Ayshath Shanufa	
10.	Basila Iyyathummu	
11.	Bhulkees Beevi	
12.	Chidananda B.B	
13.	Jasmin E.M	

*KSS*  
 Professor and Head  
 Department of Paediatrics  
 Yenepoya University, Mangalore

**ATTESTED**  
*[Signature]*

**Dr. Gangadhara Somayaji K S**  
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**Yenepoya Medical College  
Department of Paediatrics  
Children's Day**

2018-19 OR 709

Childrens Day celebrated on 14<sup>th</sup> November 2018 at 8<sup>th</sup> floor paediatric ward, YMCH.  
Various activities including games singing competition were conducted, followed by prize distribution



Total Number of Undergraduate Students participated: 10

Total Number of Postgraduate Students participated: 05

SL.NO	Name of the UG Students	Name of the PG Students
1.	Sony Ravi Bhandari	Dr. Manasa
2.	Srinivas K Patel	Dr. Ashritha
3.	Sufana V.P	Dr. Poojitha
4.	Sumaira Farheen M.N	Dr. Roshan Kuriakose
5.	T M Ashima	Dr. Maahir Mayan
6.	Trupthi Das	
7.	Vanessa Fernandes	
8.	Vignesh S	
9.	Mohammed Abdul Latheef K	
10.	Koushik Chander P	

*Handwritten signature*  
Department of Paediatrics  
Yenepoya University, Mangalore

**ATTESTED**  
*Handwritten signature*  
Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore - 575 018, Karnataka.



## DEPARTMENT OF OPHTHALMOLOGY

### Report of the Eye Donation Fortnight - 2018

The 33<sup>rd</sup> National Eye Donation Fortnight was successfully observed by the department of Ophthalmology, Yenepoya Medical College from 25<sup>th</sup> August to 8<sup>th</sup> September 2018

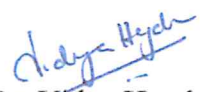
Yenepoya Eye Bank conducted following activities during Eye Donation Fortnight

- Launch of pledging of eyes through email
- Presentation in Scientific society meet regarding eye bank facilities available in YMCH
- Distribution of eye donation awareness pamphlets by students, to patients/relatives and community
- Circulating eye donation video through watsApp in community (First three winners of Video Competition)
- Eye Donation video on TV screen at YMCH in common areas/patient waiting areas
- Giving publicity among doctors and public of Mangalore about Yenepoya Eye Bank through wats App messages

MBBS students participated: 25 students from 2015 batch

Postgraduates participated: 2016, 2017 and 2018 batch

2016 batch postgraduates	2017 batch postgraduates	2018 batch postgraduates
Dr. Aiman Ahmed Khan	Dr. Aditi Vidha	Dr. Inzamam Ul Haq-
Dr. Surya Pavithran	Dr. Shama Sharief	Dr. Khadeeja Shadin -
Dr. Alapati Naga Yaraswini	Dr. Chaithanya Singh B	Dr. Madhuri Upadhyaya
Dr. Parveen Fatima	Dr. Abhilasha Charugundla	Dr. Anagha Dinesh



Dr. Vidya Hegde  
Professor & Head  
Department of Ophthalmology  
Professor & Head of the Department  
Department of Ophthalmology  
**YENEPOYA MEDICAL COLLEGE**  
Nirvanagudi Nagar, Post  
Deralakatte, Mangalore-575018

ATTESTED



Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575018, Karnataka

## Family Adoption Scheme

July-2018 to June-2019

Family Adoption Programme for 2015 MBBS students at Chethan Nagar, Kumpala

Organized by: Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

Place: Chethan Nagar, Kumpala

Date: 16.11.2018, 23.11.2018 and 30.11.2018 ( Total 3 batches)

In charge: Dr. Darshan, Medical Officer, RHCDC

Other Staffs:

Dr. Navya – Asst. Professor

Dr. Santosh- Asst. Professor

Dr. Madhavi B hargava- Asst. Professor

Total number of students- 70 (2015 MBBS students) + 4 (Post Graduates)

Total number of teachers- 4

Total number of houses: 45

**Brief Summary:** A cluster of students (MBBS and BDS students) visited the families adopted by them and conducted various assessment like understanding family composition, type of family, antenatal and postnatal visits by pregnant women, vaccination status of children, assessing surrounding environment of the house, measures taken to control vectors, method of waste disposal, Source of water supply, mode of sullage and type of household latrine and bathroom, health seeking behaviour, oral and personal hygiene practices, major morbidity in family like diabetes, hypertension, tuberculosis, understanding needs and health and diseases influencing factors in the family. Students made their allotted families understand the correct way of practicing to improve and promote the above mentioned factors. This programme will develop trust worthy and long- lasting relationship with the families and students which will facilitate health seeking behaviour and promote health and prevent diseases. The students will develop better communication and social skills for family oriented health care training and adopting that particular family.



*Dms*

Deputy Director  
RHCDC

Rural Health Care & Development  
Centre, Yenepoya (Deemed to be University)  
Kumpala, 575 018

**ATTESTED**

Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018, Karnataka.

## Family Adoption Scheme

July-2018 to June-2019

Family Adoption Programme for 2016 MBBS and 2014 BDS students at Chethan Nagar,  
Kumpala

Organized by: Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

Place: Chethan Nagar, Kumpala

Date: 14.12.2018 and 21.12.2018 (total 5 batches)

In charge: Dr. Poonam Naik, Deputy Director, RHCDC

Other Staffs:

Dr. Imad Mohammed Ismail– Associate Professor

Dr. Pracheth R- Asst. Professor

Dr. Darshan, Medical Officer, RHCDC

Total number of students- 167 (2016 MBBS and 2014 BDS students) + 5 (Post Graduates)

Total number of teachers- 4

Total number of houses: 75

**Brief Summary:** A cluster of students (MBBS and BDS students) visited the families adopted by them and conducted various assessment like understanding family composition, type of family, antenatal and postnatal visits by pregnant women, vaccination status of children, assessing surrounding environment of the house, measures taken to control vectors, method of waste disposal, Source of water supply, mode of sullage and type of household latrine and bathroom, health seeking behaviour, oral and personal hygiene practices, major morbidity in family like diabetes, hypertension, tuberculosis, understanding needs and health and diseases influencing factors in the family. Students made their allotted families understand the correct way of practicing to improve and promote the above mentioned factors. This programme will develop trust worthy and long- lasting relationship with the families and students which will facilitate health seeking behaviour and promote health and prevent diseases. The students will develop better communication and social skills for family oriented health care training and adopting that particular family.



  
 Deputy Director  
 RHCDC

Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

**Dr. Gangadhara Somayaji K S**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore 575 018, Karnataka.

## Family Adoption Scheme

Family Adoption Programme for 2014 MBBS students at Kalkatta

Organized by: Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

Place: Kalkatta

Date: 14.12.2018 (Total 1 batch)

In charge: Dr. Raif Abbas, Medical Officer -RHCDC

Other Staffs:

Dr. Imad Mohammed Ismail, Associate Professor

Total number of students- 134 (2014 MBBS) + 1 (Post Graduates)

Total number of teachers- 2

Total number of houses: 15



**Brief Summary:** A cluster of students (MBBS and BDS students) visited the families adopted by them and conducted various assessment like understanding family composition, type of family, antenatal and postnatal visits by pregnant women, vaccination status of children, assessing surrounding environment of the house, measures taken to control vectors, method of waste disposal, Source of water supply, mode of sullage and type of household latrine and bathroom, health seeking behaviour, oral and personal hygiene practices, major morbidity in family like diabetes, hypertension, tuberculosis, understanding needs and health and diseases influencing factors in the family. Students made their allotted families understand the correct way of practicing to improve and promote the above mentioned factors. This programme will develop trust worthy and long- lasting relationship with the families and students which will facilitate health seeking behaviour and promote health and prevent diseases. The students will develop better communication and social skills for family oriented health care training and adopting that particular family.

  
 Deputy Director  
 RHCDC

Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

ATTESTED

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## Family Adoption Scheme

July-2018 to June-2019

Family Adoption Programme for 2018 MBBS and 2018 BDS students at Dharandha Bagilu

Organized by: Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

Place: Dharandha Bagilu

Date: 12.05.2019 (Total 3 batches)

In charge: Dr. Thanseef, Medical Officer -RHCDC

Other Staffs:

Dr. Imad Mohammed Ismail, Associate Professor

Dr. Navya, Asst. Professor

Total number of students- 144 (2018MBBS and 2018 BDS) + 3 (Post Graduates)

Total number of teachers- 3


Total number of houses: 45



**Brief Summary:** A cluster of students (MBBS and BDS students) visited the families adopted by them and conducted various assessment like understanding family composition, type of family, antenatal and postnatal visits by pregnant women, vaccination status of children, assessing surrounding environment of the house, measures taken to control vectors, method of waste disposal, Source of water supply, mode of sullage and type of household latrine and bathroom, health seeking behaviour, oral and personal hygiene practices, major morbidity in family like diabetes, hypertension, tuberculosis, understanding needs and health and diseases influencing factors in the family. Students made their allotted families understand the correct way of practicing to improve and promote the above mentioned factors. This programme will develop trust worthy and long- lasting relationship with the families and students which will facilitate health seeking behaviour and promote health and prevent diseases. The students will develop better communication and social skills for family oriented health care training and adopting that particular family.

  
 Deputy Director  
 RHCDC

Rural Health Care and Development Centre,  
 Yenepoya (Deemed to be University),  
 Mangalore - 575 018

  
 Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

**Dr. Gangadhara Somayaji KS**  
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 University Road, Derlakatte  
 Mangalore - 575 018, Karnataka.

## Family Adoption Scheme

July-2018 to June-2019

Family Adoption Programme for 2016 MBBS students at Chethan Nagar

Organized by: Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

Place: Chethan Nagar

Date: 07.07.2019 ,14.07.2019 and 28.07.2019 (Total 5 batches)

In charge: Dr. Poonam Naik, Deputy Director, RHCDC

Other Staffs:

Dr. Srinivas, Medical Officer, RHCDC

Total number of students- 109 (2016MBBS students) + 1 (Post Graduates)

Total number of teachers- 2

Total number of houses: 75



**Brief Summary:** A cluster of students (MBBS and BDS students) visited the families adopted by them and conducted various assessment like understanding family composition, type of family, antenatal and postnatal visits by pregnant women, vaccination status of children, assessing surrounding environment of the house, measures taken to control vectors, method of waste disposal, Source of water supply, mode of sullage and type of household latrine and bathroom, health seeking behaviour, oral and personal hygiene practices, major morbidity in family like diabetes, hypertension, tuberculosis, understanding needs and health and diseases influencing factors in the family. Students made their allotted families understand the correct way of practicing to improve and promote the above mentioned factors. This programme will develop trust worthy and long- lasting relationship with the families and students which will facilitate health seeking behaviour and promote health and prevent diseases. The students will develop better communication and social skills for family oriented health care training and adopting that particular family.

  
Deputy Director  
RHCDC

**ATTESTED**

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## Family Adoption Scheme

July-2018 to June-2019

Family Adoption Programme for 2017 MBBS and 2017 BDS students at Santosh Nagar

Organized by: Rural Health Care and Development Centre, Yenepoya (Deemed to be University)

Place: Santosh Nagar

Date: 10.03.2019 and 24.03.2019 (Total 5 batches)

In charge: Dr. Poonam Naik, Deputy Director, RHCDC

Other Staffs:

Dr. Santosh, Asst. Professor

Dr. Pracheth, Asst. Professor

Dr. Darshan, Medical Officer, RHCDC

Total number of students- 218 (2017 MBBS and BDS students) + 10(Post Graduates)

Total number of teachers- 4

Total number of houses: 75



**Brief Summary:** A cluster of students (MBBS and BDS students) visited the families adopted by them and conducted various assessment like understanding family composition, type of family, antenatal and postnatal visits by pregnant women, vaccination status of children, assessing surrounding environment of the house, measures taken to control vectors, method of waste disposal, Source of water supply, mode of sullage and type of household latrine and bathroom, health seeking behaviour, oral and personal hygiene practices, major morbidity in family like diabetes, hypertension, tuberculosis, understanding needs and health and diseases influencing factors in the family. Students made their allotted families understand the correct way of practicing to improve and promote the above mentioned factors. This programme will develop trust worthy and long- lasting relationship with the families and students which will facilitate health seeking behaviour and promote health and prevent diseases. The students will develop better communication and social skills for family oriented health care training and adopting that particular family.

  
 Deputy Director  
 RHCDC

**ATTESTED**

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