

NATIONAL SERVICE SCHEME



YENEPOYA

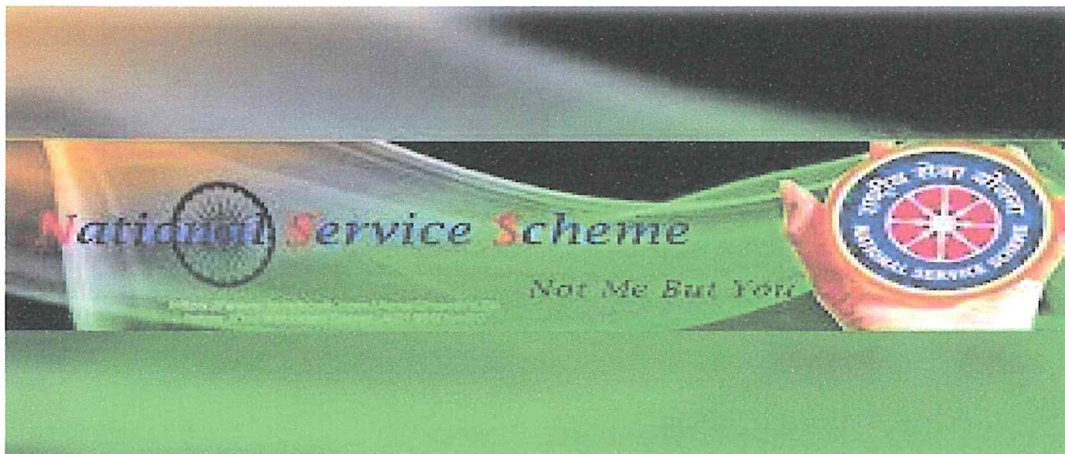
(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade

YENEPOYA DEEMED TO BE UNIVERSITY

NSS REPORT



Dr. Ashwini S. Shetty
Programme Coordinator, NSS

ATTESTED

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

AIMS AND OBJECTIVES

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

The broad objectives of NSS are to:

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

NSS BADGE

The NSS symbol is embossed on the NSS badge. The NSS Volunteers wear it while undertaking any programme of Community service. The Kodak wheel in the symbol has eight bars which represent the 24 hours of the day. The Red colour in the badge indicates that the NSS Volunteers are full of high spirit. The Navy Blue colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of mankind.



NSS LOGO

The symbol of the NSS is based on the 'Rath' wheel of the Konark Sun Temple situated in Orissa. These giant wheels of the Sun Temple portray the cycle of creation, preservation and release, and signify the movement in life across time and space. It stands for community as well as change and implies the continuous striving of National Service Scheme for social Transformation & upliftment.

NSS MOTTO

The motto of NSS is 'NOT Me But You'. This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings.

ATTESTED
[Signature]

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

NSS ACTIVITIES HELD FROM 2016-2020

SL.NO	DATE	PLACE	PROGRAMME ORGANISED AND SPEAKER	ORGANISED BY	PARTICIPANTS
1.	05-08-2016	Padwa College Nantoor	First aid and basic life support	Yenepoya Medical College & ACTSYEN	200 students participated
2.	23-08-2016 to 03-09-2016	Yenepoya Medical College	“Yoga for body mind and soul” 10 days workshop	Yenepoya Medical College	42 staff participated
3.	11.03.2017 to 15.03.2017	Adopted Village Chembugudde	Special Camp at Adopted village	Yenepoya University	200 Students Participated
4.	01.05.2017 to 07.05.2017	Yendurance, Yenepoya University campus	“National Integration Camp for Youth”	National Youth Project & NSS Unit of Yenepoya University	500 Students from 19 States
5.	01.10.2017	Barpole Coorg District	“Adventure Camp” River rafting training for volunteers	Ministry of Youths Affairs & Sports Govt of India	12 NSS Volunteers
6.	05.10.2017	Yenepoya University	“ Swacchta hi seva”	NSS Unit of Yenepoya Medical College	100 NSS Volunteers
7.	21.10.2017 to 29.10.2017	Karnal Hariyana	“International Youth Festival”	NIFAA, The National Integrated Forum for Artists & Activists	17 NSS Volunteers

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8.	03.12.2017 to 06.12.2017	Yenepoya University Camps	“Inter State Youth Exchange Programme”	Nehru Yuva Kendra Mangaluru in association with Yenepoya University NSS Unit and Dept of community Medicine, YMC	51 Youths from Uttarakhand
9.	4.12.2017	Yenepoya University Camps	“ Self Defence Programme”	Yenepoya NSS Unit	100 Volunteers
10.	6.12.2017	Indoor auditorium	“Armed Force Flag Day”	NSS Unit Yenepoya Medical College	50 Volunteers
11.	25.01.2018 to 30.01.2018	Government Primary School, Badriya Nagar at Malar	“Special Camp” for the School Children’s	NSS Camp – Mangalore University and Yenepoya Institute of Arts and Science	200 NSS Volunteers
12.	04.02.2018 to 06.02.2018	Panambur Beach	Cancer Awareness Outreach Programme – “World Cancer Day”	NSS Unit Community Dentistry, Yenepoya Dental College,	100 NSS Volunteers
13.	24.04.2018	Indoor Auditorium, Yenepoya Deemed to be University.	“National Symposium on Cancer Prevention and Health Promotion and Early Detection” CD Release of CAOP material for NSS Volunteers	National Service Scheme Yenepoya deemed to be University	58 NSS Programme Officers & 30 NSS Volunteers
14.	21.06.2018	Yen durance- YU	“International Yoga Day”	NSS Yenepoya Deemed to be University and Physical Education	500 NSS Volunteers

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15.	13.09.2018	Forum Mall	“Drug Awareness Programme”	Yenepoya (Deemed to be University) in association with rotary club & Jaycee	70 NSS Volunteers
16.	15.09.2018	Madikai Gram Panchayat Kasargod	“Cancer Awareness Outreach Programme”	National service Scheme Yenepoya University	12 NSS Volunteers
17.	29.09.2018	Yenepoya Medical College	“Observance of Surgical Strike Day”	National Service Scheme Yenepoya deemed to be University	400 NSS Volunteers
18.	21.09.2018 to 01.10.2018	Narkand Himachal Pradesh	“National Level Adventure Camp”	National Service Scheme Yenepoya deemed to be University	10 NSS Volunteers
19.	31.10.2018	Yenepoya Medical College	“Rashtriya Ekta Diwas”(National Unity Day)	National Service Scheme Yenepoya deemed to be University	200 NSS Volunteers participated
20.	03.11.2018	Yenepoya Medical College	“Vigilance Awareness Week”	National Service Scheme Yenepoya deemed to be University	150 NSS Volunteers participated
21.	11.12.2018	Auditorium, EMD Building	“Armed Forces Flag Day”	National Service Scheme Yenepoya deemed to be University	200 NSS Volunteers participated
22.	21.01.2019 to 25.02.2019	Physiology Yoga Lab, YMC	“Fitness yoga Training Program”	Department Of Physiology in collaboration with National Service Scheme	21 Teaching and Non Teaching Faculty participated

ATTESTED

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23.	24.04.2019 to 25.04.2019	Indoor Auditorium, Yenepoya Medical College	World Health Day 2019	The NSS Unit - department of Hospital Administration	82 Students Participated
24.	04.08.2019	Kattathila, Salettur	Paddy Plantation Programme (Rice Filed)	National Service Scheme (NSS) and Karaseva of Yenepoya (Deemed to be University) in association with Krishi Vigyan Kendra	53 Students and Faculty
25.	24.04.2019 to 25.04.2019	Indoor Auditorium, Yenepoya Medical College	World Health Day 2019	The NSS Unit - department of Hospital Administration	82 Students Participated
26.	22.11.2019	Lecture Hall IV, Yenepoya Medical College	“Constitution Day”	NSS Unit 1 and 2 Yenepoya Medical College	150 Students Participated
27.	17.12.2019	Lecture Hall IV, Yenepoya Medical College	Armed Forces Flag Day	NSS, Yenepoya Deemed to be University	200 NSS Volunteers
28.	24.01.2020 to 27.01.2020	Yenepoya Deemed to be University	Interstate Youth Exchange Programme	Yenepoya Deemed to be University	50 students from Uttarkhand and 350 NSS Volunteers
29.	01.01.2020	Yenepoya Deemed to be University	Awareness on preventive measures on covid -19 and groceries to the poor families	Yenepoya Deemed to be University	1200 NSS Volunteers participated
30.	17.08.2020	NSS, Yenepoya Deemed to be University	Stress Management	Yenepoya Deemed to be University	250 Volunteers

ATTESTED

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FIRST AID AND BASIC LIFE SUPPORT

On 05-08.2016 At Padwa College Nantoor Speakers: Dr. Meghna Mukund, Asst Prof, Dept Of Anaesthesia, Dr. Abid Banuasi Dept Of Anaesthesia, Dr. Akshay Km, Nss Programme Officer YMC, Demonstrators: Dr. Ashwini Shetty, Dr. Shilpa Bhat, Dr. Anupa



Anahis

Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED
[Signature]

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

Office of the Principal
 Yenepoya Medical College
 No.: 9834
 Received on:
 Despatched on: 2/8/16

01.08.2016

From,
 Dr. Ashwini Shetty
 NSS Programme Co-ordinator
 Yenepoya Medical College.
 To,
 The Principal
 Yenepoya Medical College.

NSS unit of Yenepoya Medical College is organizing First Aid & BLS training program for the NSS volunteers of Padwa Degree College, Nantoor on 05.08.2016 Friday 3 to 5 pm. In this regard I have discussed with Dr. Meghana & Dr. Shameem from anesthesia Department. They are interested to take part in the programme. So I would like to request you to kindly grant us permission for conducting program and need permission to carry maniquins for the demonstration.

Thanking you

Yours Sincerely
 Dr. Ashwini S Shetty
 Programme Co-ordinator
 National Service Scheme

encl: 1

NSS unit of YMC is permitted to conduct first Aid & BLS training to the NSS Volunteers of Padwa College, Nantoor on 05/08/2016 Friday between 3.00 to 5.00 P.M.

- The following arrangements are ~~requested~~ permitted:
 - (i) Participation of Dr. Meghana. M and Dr. Shameem, dept: of Anes;
 - (ii) Permit one or two maniquins for demonstration, with permission from concerned;
 - (iii) No financial implications to college/ university.

copy sent on 3/8/16

ATTESTED
 PRINCIPAL
 YENEPLOYA MEDICAL COLLEGE
 02/08/16

“YOGA FOR BODY MIND AND SOUL”

Yoga for Body Mind and Soul 10 Days Workshop (23.08.2016 to 03.09.2016 at YMC)

Speaker: Dr. Srikanth SV, Director, and Aayama Center.



Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED

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

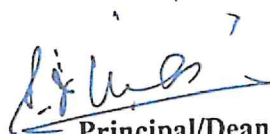
OFFICE OF THE PRINCIPAL, YMC, YENEPOYA UNIVERSITY

Office of the Principal Yenepoya Medical College
No.:.....99.54.....
Received on:.....
Despatched on: 17/8/16

As per the proposal submitted by Program Officer and Program Coordinator of NSS Unit Yenepoya Medical College, the NSS Unit of Yenepoya Medical College is permitted to conduct a workshop on YOGA for the faculty and students on voluntary basis for 01 hour between 01.00p.m to 02.00 pm (Lunch time) W. e. f. 23/8/2016 - 30/8/2016.

The expenses shall be borne by NSS grant of the Yenepoya Medical College.

Date: 16.08.2016


Principal/Dean
PRINCIPAL
YENEPOYA MEDICAL COLLEGE
MANGALORE.

Copy for information to:

1. Dr.Ashwini Shetty Program Coordinator NSS Unit YMC
2. Dr.Akshaya KM NSS Program Officer YMC

C.c.to: PA to Registrar, YU for information of Registrar, YU

PA to Hon'ble Vice Chancellor, YU for information of Hon'ble Vice Chancellor, YU

PA to Director (F&R), YU for information of Director (F&R), YU

ATTESTED



**National Service Scheme
Yenepoya Medical College
Yenepoya University
Organizes**

Seen

**INTRO to
YOGA...**

**A WORKSHOP FOR
BEGINNERS**

*Strong Body
Calm Mind
Peaceful Heart*

Trainer:

MR. SHRIKANTH S.V.

M.Sc. Yogic Science, Director and Yoga Consultant

AAYAMA YOGA & NATUROPATHY CENTER

Join us for

10 DAYS CLASSES

Date: 23. 08. 2016 to 03.09.2016

Time: 12.30 pm to 2.00 pm for 10 days

Learn the basic postures

Discover the benefits

Receive personal attention

Ask Question

Limited Registration for **50** Participants

HURRY UP

Registration fees for 10 days

Teaching Faculty: ₹ 200/-

Supporting staff: ₹ 100/-

Research Scholars,

PG and UG Students: ₹ 100/-

Housekeeping/ Gardeners /

Drivers/Security ETC -

Free Registration

For Registration PLEASE CONTACT:

Dr. Akshay KM, NSS Programme Officer, Dept of Community Medicine, Yenepoya Medical College. Contact: 9482984898

Dr. Ashwini S Shetty, NSS Coordinator, Dept of Anatomy, Yenepoya Medical College Contact: 7204093728

Please Note:

Certificate will be issued for all the participants only if she/he attended workshop on all the days.

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

NATIONAL LEVEL

1. NATIONAL INTEGRATION CAMP AT YENEPLOYA UNIVERSITY

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

Inauguration of National Integration Camp at Yeneploya University



Anahar

Programme Co-ordinator, NSS
Yeneploya (deemed to be University)

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

NATIONAL INTEGRATION CAMP REPORT

Last week was full of action, learning and devotion for the country. The campers were given a warm welcome by Dr. Ashwini Shetty and her capable team on 30th April and the boys and girls got quickly acclimated to the beautiful campus. The inaugural ceremony was a grand affair and the highlight was the felicitation of Dr. S.N Subba Rao, Director of NYP and Colonel Nitteguthu Sharath Bhandary, Chairman of Rubber Planters federation. 350 campers 290 from 19 states of India and rest of from Yenepoya University participated in the camp. The day starts very early with the youth song at 4.55 am, this is followed by fitness exercise from 6.30 am and the flag salutation from 6.30 to 6.45 am. Each day there would be a chief guest and one of the students conducting the ceremony. Many of the campers and even the guests were very happy to learn the current way of tying the flag and hosting it. The campers would then be briefed about the days schedule and allotted duties. After a quick breakfast they were off for their 1¹/₂-2 hours of manual labour. There were four projects they worked on in this camp.

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



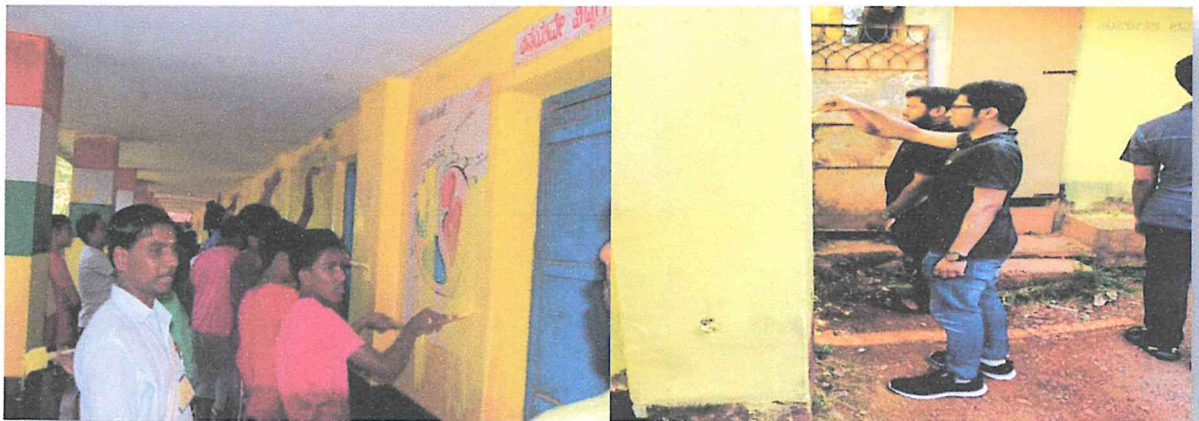
❖ Cleaning the Village



❖ Cleaning the beach at Ullala



❖ Painting exteriors of the Govt School Babbukatte.



Anahar
Programme Co-ordinator, NSS
Yenepoya deemed to be University
Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakotte
Mangalore 575 018, Karnataka.

There would then be an hour of language learning followed by lunch after an hour's rest, the campers would assemble for their group activities. Each state deliberated on their vision for India and how they would strive to achieve it after the camp. One participant from each state presented their views. Evenings would be live for mass games where everyone participated and not just winning was the motto.

Talent exchange saw some campers teach others unique talents they had bihu dance, karate and self defense, Bengali songs, spinning khaadi and may other items were taught. 6pm was the time for the evening all religions prayers. After the prayers it was time for cultural exchange. Every day saw different dances from all the states participating. On 5th evening, the campers went on a rally from Milagres Church to the forum mall singing songs of unity in diversity and slogans on national integration wearing traditional costumes.

At the end of the rally was a public meeting at the Forum Fizza Mall. 6th May was a day out. All the campers visited Shree Kshetra Dharmasthala at the invitation of the Dharmadhikari Veerendra Heggade. They were introduced to the rural development initiatives of the institutions and taken around the temple and premises. The high point of the camp was when people of all religions, states, languages, castes including many Muslim students and professors of Yenepoya University visited the temple and had lunch at the Annapurna Hall. This according to me was a very important and resounding message to the citizens of the country by show casing the real and tolerant face of Islam in these days when wings of Islamophobia is blowing in the country and the world.

ATTESTED


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NATIONAL INTEGRATION CAMP FOR YOUTH – 2017

Organized by

National Youth Project, New Delhi
 National Service Scheme, Yenepoya University,
 Deralakatte, Mangalore
 Ministry of Youth Affairs and Sports
 Govt. of Karnataka

Venue: Yendurane Zone, Yenepoya University,
 Deralakatte, Mangalore
 01.05.2017 to 07.05.2017

You Are Cordially Invited

BEST WISHES

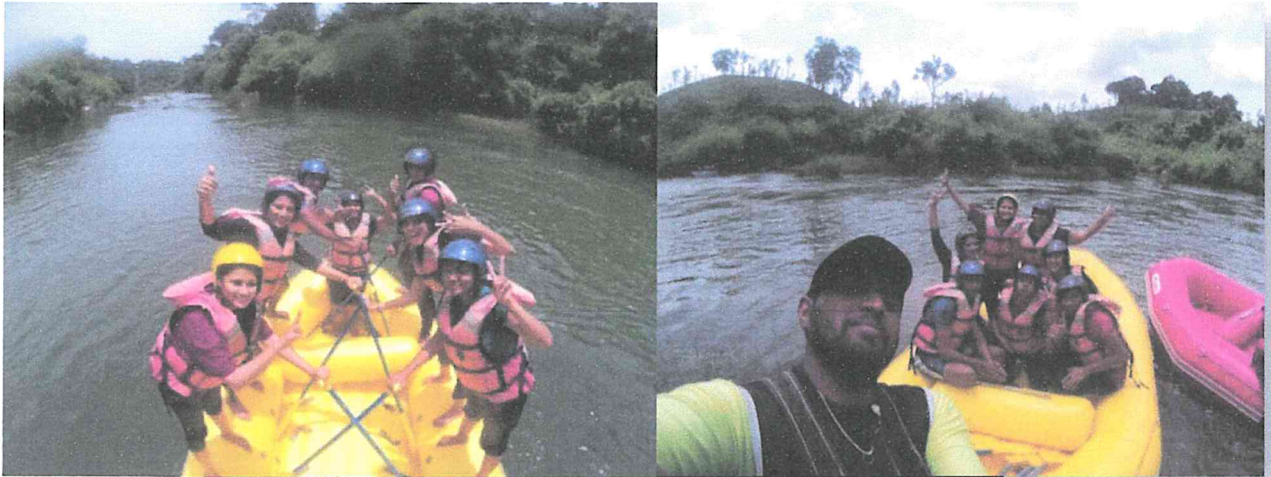
DR.S. SHREEKUMAR REDDY Registrar, Yenepoya University	DR.GHULAM JEELANI QURESHI Dean, Yenepoya Medical College Organizing Education National Integration Camp for Youth	DR. SHREERATH RAO Dean, Yenepoya Dental College	DR. AGHA P. SHETTY Dean, Yenepoya Marketing College
PROF. S. PADMAKUMAR Dean, Yenepoya Physiotherapy College	DR. AMR. HESSAR Executive National Youth Project Organizing Services National Integration Camp for Youth	DR. LASHMI SHETTY Deputy Director NYS Foundation, EN National Integration Camp for Youth	NYS PROGRAMME OFFICERS Yenepoya University



ATTESTED

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

ADVENTURE CAMP HELD ON 01.10.2017



Anahy

Programme Co-ordinator, NSS
Yenepoya deemed to be University

W ATTESTED

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

National Service Scheme
Yenepoya University

To
The Dean
Yenepoya Medical College

Date: 30.08.2017

Sub: Regarding Deputation of NSS Volunteers for the NSS Camp held at BARPOLE
South Coorg
Letter dated 2017/18/189 by the ministry of Youth affairs and sports, Govt of Karnataka

Dear Sir,

With reference to the above subject As per the request by the Govt of Karnataka, we are requesting you to depute below mentioned 4 NSS Volunteers for the NSS camp held at Barpole, South Coorg from 31.08.2017 to 2.09.2017. NSS Coordinator will be accompanying the student for all the three days. I have also enclosed the parents consent. I request you to give us the permission for the same

Yours Sincerely


Programme Co-ordinator
National Service Scheme

Dr. Ashwini Shetty

Students Participating in the camp:

Ms Ramya ^M ~~Ramesh~~ 2014 batch MBBS

Ms. Anusha 2014 batch MBBS

Ms. Shilpa 2014 batch MBBS

Ms. Sameeksha 2014 batch MBBS


Staff Incharge: Dr Ashwini S Shetty NSS Coordinator.


Enclosure: Attached letter from Ministry of Youth Affair and Sports

Permission Letter from the parents

Informs the Registrar and get prior permission


30/8/17
PRINCIPAL
YENEPOYA MEDICAL COLLEGE
MANGALORE.


30/8/17


Dr. G. Suresh Kumar
Registrar
Yenepoya University
Mangalore - 575 018

W ATTESTED

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

ಸಂಖ್ಯೆ:ಯು.ಸಿ.ಇ/ಕಾನಿ.ಯೋ.ಸ/ಮಜ/೨೦೧೭-೧೮/೧೮೯

ಕರ್ನಾಟಕ ಸರ್ಕಾರ
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕೋಶ,
ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ.

Letter from
Ministry of Youth
Govt of Karnataka

ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಸಚಿವಾಲಯ,
ಬಹುಮಂದಿ ಕಟ್ಟಡ,
ಬೆಂಗಳೂರು, ದಿನಾಂಕ: ೧೭.೦೮.೨೦೧೭

ಇವರಿಗೆ:
ಕಾರ್ಯಕ್ರಮ ಸಂಯೋಜನಾಧಿಕಾರಿಗಳು,
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ, ಬೆಂಗಳೂರು/ ನಿಟ್ಟೇ / ಮೈಸೂರು/ ಮೈಸೂರು/
ಬಿ.ಎಸ್.ಎಸ್. ವಿಶ್ವವಿದ್ಯಾನಿಲಯಗಳು/ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣ/ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ/
ಮಾನ್ಯರೇ.

ವಿಷಯ: ಎಸ್.ಎಸ್.ಎಸ್. ಸ್ವಯಂಸೇವಕರಿಗೆ ಸಾಹಸ ಶಿಬಿರಗಳನ್ನು ನಡೆಸುವ ಬಗ್ಗೆ.
ಉಲ್ಲೇಖ: ೧) ಸರ್ಕಾರದಿಂದ ಸಂಖ್ಯೆ:ಯು.ಸಿ.ಇ/ಕಾನಿ.ಯೋ.ಸ/೨೦೧೭-೧೮/೧೮೨, ಬೆಂಗಳೂರು,
ದಿನಾಂಕ ೧೯.೦೭.೨೦೧೭.

೨) ಜನಶಕ್ತಿ ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ಸಾಹಸ ಅಕಾಡೆಮಿ, ಬೆಂಗಳೂರು ಇವರ ಪತ್ರ
ಸಂಖ್ಯೆ:ಜಿ.ಸಿ.ಇ/೨೦೧೭-೧೮/೨೦೧೭-೧೮ ದಿನಾಂಕ ೦೯.೦೮.೨೦೧೭

ಮೇಲಿನ ವಿಷಯ ಮತ್ತು ಉಲ್ಲೇಖಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ, ಜನಶಕ್ತಿ ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ಸಾಹಸ ಅಕಾಡೆಮಿ, ಬೆಂಗಳೂರು ಹಾಗೂ
ರಾಜ್ಯ ಎಸ್.ಎಸ್.ಎಸ್. ಕೋಶ ಇವರ ಸಂಯುಕ್ತ ಆಶ್ರಯದಲ್ಲಿ ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಸ್ವಯಂಸೇವಕರಿಗೆ ೨ ದಿನಗಳ ಸಾಹಸ ಶಿಬಿರಗಳನ್ನು
ಆಯೋಜಿಸಿದ್ದು, ವಿವರಗಳು ಕೆಳಕಂಡಂತಿವೆ:

Sl.No.	Place	Activities	Date
01.	Bargole, South Coorg	River rafting	21-23.08.2017
02.	Bargole, South Coorg	River rafting	28-30.8.2017
03.	Bargole, South Coorg	River rafting	31.8.2017 -02.09.2017

ಈ ಕೆಳಕಂಡ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ/ನಿರ್ದೇಶನಾಲಯಗಳಿಂದಷ್ಟು ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಒಂದು ಜಿಲ್ಲೆಗಳಿಂದ ಸ್ವಯಂಸೇವಕ/ಸೇವಕಿಯರನ್ನು
ಕಳುಹಿಸಿಕೊಡಲು ಕೋರಲಾಗಿದೆ. ಸಾಧ್ಯವಾದಷ್ಟು ಶಿಬಿರದ ಸ್ಥಳಕ್ಕೆ ಹತ್ತಿರವಿರುವ ಸ್ವಯಂಸೇವಕರನ್ನು ನಿರ್ದೇಶಿಸಲು ಕೋರಿದೆ.

ಕ್ರ.ಸಂ.	ವಿಶ್ವವಿದ್ಯಾನಿಲಯ/ ನಿರ್ದೇಶನಾಲಯ	ಜಿಲ್ಲೆ	ಸ್ವಯಂಸೇವಕ/ ಸೇವಕಿಯರು	ಕಾರ್ಯಕ್ರಮ ಆಧಿಕಾರಿಗಳು
೦೧.	ಬೆಂಗಳೂರು	ಬೆಂಗಳೂರು	೦೭	೦೧
		ಉಡುಪಿ	೦೫	
		ಕೊಡಗು	೦೫	
೦೨	ಮೈಸೂರು	ಬೆಂಗಳೂರು	೦೨	
೦೩	ನಿಟ್ಟೇ	ಬೆಂಗಳೂರು	೦೭	೦೧
೦೪.	ಮೈಸೂರು	ಮೈಸೂರು	೦೭	
		ಹಾಸನ	೦೨	
		ಮೈಸೂರು	೦೭	
೦೫.	ಬಿ.ಎಸ್.ಎಸ್.	ಬೆಂಗಳೂರು	೦೨	
೦೬.	ಕುವೆಂಪು ವಿವಿ.	ಬೆಂಗಳೂರು	೦೨	
೦೭	ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣ	ಮೈಸೂರು	೦೨	
		ಬೆಂಗಳೂರು	೦೨	
೦೮	ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ	ಮೈಸೂರು	೦೨	

✓ Yenepoya

ದಾಖಲಾತಿ ಅರ್ಜಿ, ಬೆಂಗಳೂರು ಮತ್ತು ಸಂಪರ್ಕದೊಂದಿಗೆ ಸಂಬಂಧಿಸಿದ ಈ ಪತ್ರಕ್ಕೆ ಲಗತ್ತಿಸಿದೆ. ವಿವರಗಳಿಗೆ ಶ್ರೀ ಎಂ.ಸಿ.ರಮೇಶ್
ಉಪನಿರ್ದೇಶಕರು, ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ, ಬೆಂಗಳೂರು ಮೊಬೈಲ್ ಸಂಖ್ಯೆ: ೯೪೮೦೮೮೭೧೨೯ ಇವರನ್ನು
ಸಂಪರ್ಕಿಸಬಹುದಾಗಿದೆ.

ತಮ್ಮ ವಿಶ್ವಾಸಿ,

Chetty

(ಹಾಗೂ ಸಾಧಕ ಶಿಲ್ಪಿ)
ರಾಜ್ಯ ಎಸ್.ಎಸ್.ಎಸ್. ಅಧಿಕಾರಿ ಹಾಗೂ ಪದವಿಮಿತ್ರ
ಸರ್ಕಾರದ ಜಂಟಿ ಕಾರ್ಯದರ್ಶಿ,
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕೋಶ,
ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ.

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

INTERNATIONAL YOUTH FESTIVAL AT HARIYANA HELD ON 21.10.2017 TO 29.10.2017

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

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

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

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

Students also participated in the sessions on

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

 **ATTESTED**

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

Students also had opportunity to visit Ayush Expo, International tourism expo, Agricultural Technologies implements and rice expo, and international craft mela –rich showcase of regional and international craft and traditions.

The team from YU was representing the state of Karnataka, and therefore performed the ‘Kamsale’ folk dance popular in Kollegal, Nanjangudu and Bengaluru Taluks. It is a highly energetic and acrobatic dance form with songs sung in praise of Lord Shiva. It derives its name from the Brass cymbals (Kamsale in Kannada) that clang rhythmically to the upbeat tempo of the song. The performance of our students was highly appreciated and very well received by the audience.

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

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

PHOTOGRAPHY OF THE HARMONY 2017





Figure. 1 Yenepoya University Students with the Delegates from Russia, Japan, Newzeland



Figure 2. Yenepoya Students Team-Cultural Performance



Figure 3. Students with Governor of Himachal Pradesh

ATTESTED



Figure 4. NSS Coordinator Dr. Ashwini. S. Shetty Delivering Talk on Youth Thrust for Drug Free India



ATTESTED

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



Figure 5. Unity in Diversity, 4500 Students from 29 States and 4 Countries Participated In Harmony 2017



NSS Volunteers from the University Representing Karnataka State for the International Youth Festival Held At Karnal Hariyana

Anahy

Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED
te

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



Recognized under Sec 3(A) of the UGC Act 1956 as per Notification No. F.9-11/2007-U.3 (A) dated 27th February 2008
Ref: No. YU/REG/ACA/Cultural Festival/2017 10.10.2017

Dr. Ashwini S Shetty
NSS Coordinator
NSS Programme

Sub: Harmony 2017, International Cultural Festival on 21.10.2017 at Alpha
International City, Karnal, Hariyana

Ref: Your Letter dated 04.10.2017

Permission is accorded for the participation of the following students at the Harmony,
International Cultural Festivals to be held from 21st to 29th October 2017 at Alpha
International City, Karnal, Hariyana.

No.	Sl.	Name	College
1.		Mr. Ajmal K.T	Yenepoya Dental college
2.		Mr. Shajaham V	Yenepoya Dental college
3.		Mr. Muhammed Rameez	Yenepoya Dental college
4.		Mr. Farhaan B	Yenepoya Dental college
5.		Mr. Arshad T.	Yenepoya Dental college
6.		Mr. Mahir Aboobakkar	Yenepoya Dental college
7.		Mr. Moideen Shahinsha	Yenepoya Dental college
8.		Mr. Naeem	Yenepoya Dental college
9.		Mr. Andrew Banu	Yenepoya Dental college
10.		Mr. Mohmed Suhail	Yenepoya Dental college
11.		Ms. Minnu Jose	Yenepoya Physiotherapy College
12.		Ms. Sheethal	Yenepoya Physiotherapy College
13.		Ms. Shifali	Yenepoya Physiotherapy College
14.		Mr. Nizamuddeen	Yenepoya Physiotherapy College
15.		Mr. Muhammed Jabeer	Yenepoya Physiotherapy College
16.		Mr. Yasir	Yenepoya Physiotherapy College
17.		Mr. Farheed Mohammed	Yenepoya Physiotherapy College

The students will be accompanied by the following officials of the University during their visit.

1. Dr. Ashwini Shetty, NSS Coordinator
2. Mrs. Sunita Prabha, Student Welfare Officer

The officials will be treated as on duty during the period i.e., from the date of departure on 17th
October 2017 till their return on 2nd November 2017.

The Postgraduate students/ Interns may be given attendance from 17th October to 2nd
November 2017.

(Dr. G. Shreekumar Menon)
REGISTRAR

Copy to:

1. Principal -YDC/YPC
2. Mrs. Sunita Prabhu, Student Welfare Officer
3. Estt. Section

ATTESTED

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

INTER STATE YOUTH EXCHANGE PROGRAMME REPORT HELD ON 03.12.2017 – 06.12.2017

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

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

- ❖ For Rachana, “The weather in Mangaluru made her wonder how she will survive with this humidity. Now she is adjusted to it. People respect each other in Mangaluru, which they liked a lot”.

WHY THIS PROGRAMME ORGANIZED?

TO PROMOTE LEARNING

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

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

ATTESTED


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



ATTESTED

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

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



Anahy

Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED

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

SELF DEFENCE PROGRAMME HELD ON 04.12.2017



ATTESTED

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

40/4HE1DCH | 542/2017

NSS

Office of the Principal
Yenepoya Medical College
No.: 3075
Received on:
Despatched on: 2/12/17

30/11/2017

To,
The Registrar,
Yenepoya University, Mangaluru-575018

Through Principal/ Dean, YMC

Respected Sir,

Subject: Report of the training on Self Defense for the female students of 6th and 7th Term MBBS on 25/11/2017.

On your directions, the NSS unit of Yenepoya Medical College in association with Department of Community Medicine organized the training on Self Defense Techniques on 25/11/2017 between 3 pm and 5pm at Yendurance zone, Yenepoya University campus. Around 80 female students from the 6th and 7th term MBBS participated in the training. Mr. Nadeem, a black belt Karate Master trained the students in the self defense techniques. The programme was well appreciated by the students and many were willing to take up a formal course in future. Dr Navya N, Assistant Professor, Community Medicine coordinated the conduct of the programme.

There was also a sensitization session on "Gender sensitization" for the male students of 6th and 7th term MBBS during the same period. About 50 students participated in this session. This session was conducted by Dr Varun N and Dr Madhavi Bhargava, Assistant Professors in Community Medicine.

Dr Akshaya KM, NSS Programme Officer and Associate Professor, Community Medicine and Dr Ashwini Shetty, NSS coordinator, Yenepoya University organized the programmes.

Thanks and Regards,

[Signature]
Dr Akshaya KM
NSS Programme Officer
Yenepoya Medical College
Deralakatte, Mangalore

[Signature]
Dr Ashwini Shetty
Programme Co-ordinator
National Service Scheme

[Signature]
Prof. A.F. 2017
DEPT. of COMMUNITY MEDICINE
YENEPOYA MEDICAL COLLEGE
Deralakatte, Mangalore-575018

Forwarded
in original to
Registrar

PRINCIPAL
YENEPOYA MEDICAL COLLEGE
MANGALORE
30/11/17
ATTESTED

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

ARMED FORCE FLAG DAY HELD ON 06.12.2017

National service Scheme Yenepoya University had organized Armed Force Flag Day on 6th December 2017 at Indoor auditorium from 11.00 to 1.00pm. Dr. Pracheth Programme Officer welcomed the gathering .Programme Inaugurated by the chief guest Brigadier Roy and Col. Bhanadary, was the guest of honour & Dr. G. Shreekumar Menon delivered presidential address. Around 10 EX Service men from Mangalore were felicitated by the NSS Yenepoya Deemed to be University Brigadier Rai spoke on his past experience in his field and motivated students to serve for armed force. He has also enlightened them by giving introduction to the job opportunities at Armed force. Col Bhandary delivered talk on significance of the Flag Day to the NSS Volunteers and said it is to remember the sacrifice of these selfless **martyrs**, warriors and their kin that Flag Day is observed every year on December 7. Based on the belief that it is the duty of every Indian to look after the wellbeing of those who have sacrificed their lives for the nation, Flag Day is an opportunity for every Indian citizen to contribute most generously to the Armed Forces Flag Day Fund.

He also presented video of Kargil for the students. Around 400 NSS Volunteers PG and UG students and staff and other officials of the university participated in this programme. Programme concluded by national anthem. Dr. Ashwini Shetty Programme Coordinator and Mr.Jobin Programme officer Campus Officer Capt Mahesh Nayak coordinated the programme. Dr. Amin wani Chief operating officer YMCH, Dr.Moosabba, Prof Padmakumar Dean YPC were present on stage.



ATTESTED
[Signature]



Recognized under Sec 3(A) of the UGC Act 1956 as per Notification No. F.9-11/2007-U.3 (A) dated 27th February 2008

Ref: No. YU/REG/ACA/Armed Force/2017

27.12.2017

Dr. Ashwini S Shetty, NSS Coordinator
Campus Officer

Sub: Permission to organize Armed Force Day on 27.12.2017

Ref: Your Letter dated 22.12.2017 Dr. Ashwini S. Shetty, NSS Coordinator and
email dated 21st December 2017 from the Campus Officer

Post-facto permission is accorded to organize Armed Force Day on 27th December 2017 from
10.00 a.m. to 1.00p.m. at EMD Building, YMC/H. Brigadier Rai and Coln Bhandary,
accompanied by the veterans are Chief guests for the programme.

Sanction is accorded for the following:-

1. Technical Assistance
2. Photography and video
3. Transport
4. Lunch for 20 members
5. Memento and shawl for felicitation

You are requested to submit a report on the conduct of the Programme with photograph within a
week's time for our records.

(Dr. G. Shreekumar Menon)
REGISTRAR

Copy to:

1. Finance officer
2. PRO
3. Supdt. (Transport)
4. MD, Food Craft, (with a request to make necessary arrangement for Lunch)
5. PA to Vice-Chancellor/PA to Registrar
6. Academic Section

marked
28/12/2017

ATTESTED

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

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

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

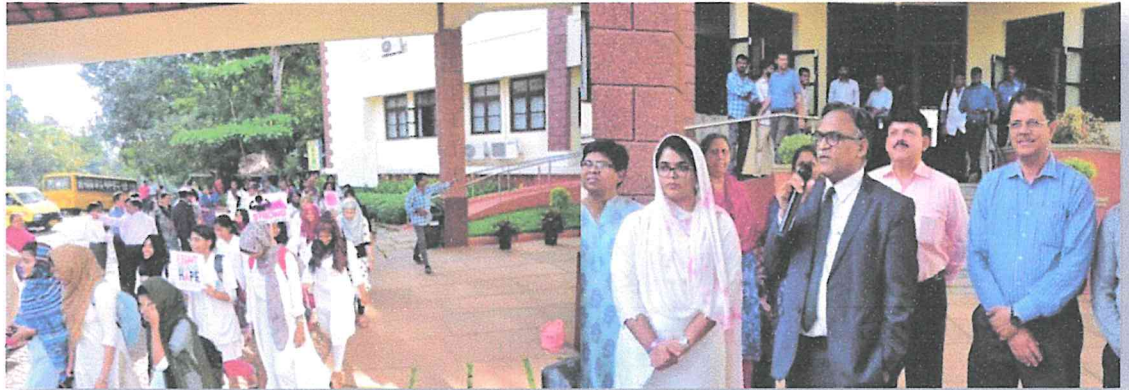
Cancer Awareness Outreach Programme – World Cancer Day

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

CANCER PREVENTION AWARENESS RALLY



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



DRUG ABUSE AWARENESS PROGRAM – HELD ON 04.02.2018 IN PANAMBUR BEACH MANGALORE



CANCER AWARENESS OUTREACH PROGRAMME HELD IN PANAMBUR ON 06.02.2018



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

29/1/18
Arad
Yenepoya University

Date: 29-01-18

from

Dr. Ashwini S Shetty
NSS Coordinator
Yenepoya University

Office of the Registrar Yenepoya University
No.: 7623
Date: 30/01/18

to,

The Registrar
Yenepoya University

Dear Sir,

Sub: Regarding Organizing World Cancer Day

NSS unit of Yenepoya Medical College and Yenepoya Dental College, CAOP Unit and Community Dentistry and Yen Onco center are observing **WORLD CANCER DAY** on 4/02/2018 at Panambur Beach 3pm to 6pm. Students of Yenepoya Medical College Yenepoya Dental College participating in this programme. So I kindly request you to grant us the permission for the same.

Programme Organized at Beach are:-

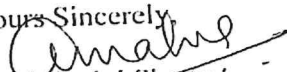
1. Awareness talk by the CAOP Team
2. Walk for cancer prevention by NSS volunteers
3. Flash mob by the Students.
4. Skit by the students.
5. Oral screening for the public (by community dentistry, YDC)

REQUIRMENT:

- 4 buses for Students
- 1 light vehicle for Staff
- LCD Projector with screen.

Thanking You

Yours Sincerely,


Dr. Ashwini Shetty

NSS Coordinator

ATTESTED


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



Recognized under Sec 3(A) of the UGC Act 1956 as per Notification No. F.9-11/2007-U.3 (A) dated 27th February 2008

Ref: No. YU/REG/ACA/NSS/03/2018

03.02.2018

Dr. Ashvini S Shetty,
NSS Coordinator

Sub: Permission to organize World Cancer Day on 04.02.2018

Ref: Your Letter dated 29.01.2018

Permission is herewith granted for your proposal to observe World Cancer Day on 04.02.2018 at Panambur Beach from 03.00 pm to 06.00 pm for the students YDC & YMC. On this occasion the following programmes will be organized.

1. Awareness talk by the CAOP Team
2. Walk for cancer prevention by NSS volunteers
3. Flash mob by the students
4. Skit by the students
5. Oral screening for the public (by Community Dentistry, YDC)

Sanction is accorded for the following logistics for the programme.

1. 4 buses for students
2. 1 light vehicle for staff
3. LCD Projectors with screen


(Dr. G. Shreekumar Menon)
REGISTRAR

Copy to:

1. The Principal, YMC/YDC
2. Finance Officer
3. Dy. Director, IT Section
4. PRO
5. Academic Section

ATTESTED


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

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

VSS PCO / 027 / 2018

11/9/18
Registrar
Yenepoya (Deemed to be University)
Mangalore

Office of the Registrar
Yenepoya (Deemed to be University)
Despatch No. 618
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	ashiwarya	arooj
lamitha	Afra	dakshina	shaheera
laxmia	Aditha	adithya	Asif
preeti	Zainab	keerthana	harshini
resha	Amriu	shirin	amana
naiza	Zaiba fidna	nada	
summaya	Neha shani	simila	
Ameena hala	Izaan	rajath	
manjusha	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,

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

B.D.S Students are
promised

DEAN, PRINCIPAL
Yenepoya Dental College
Yenepoya Deemed to be University
University Road, Deralakatte
Mangaluru-575018

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



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

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

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


Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore 575 016, Karnataka.



ATTESTED


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

“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.



Anahis

Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED
le

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



1969 - 2019
24 September 2018 – 24 September 2019
50th year Celebration of NSS



YENEPOYA
[DEEMED TO BE UNIVERSITY]
Recognized under Sec.3(A) of the UGC Act, 1956
Accredited by NAAC with 'B' 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**

ATTESTED

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Derlakatte
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. YREG/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 29th September 2018

Ref: UGC D.O. No. F.14-15/2018(CPP-II) dtd. 19th 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, Col (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. Shreeekumar 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

ATTESTED

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

NATIONAL LEVEL ADVENTURE CAMP HELD AT NARKANDA, HIMACHAL PRADESH

INTRODUCTION:

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

LIST OF THE PARTICIPANTS

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

REPORT:

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

Day 1:

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

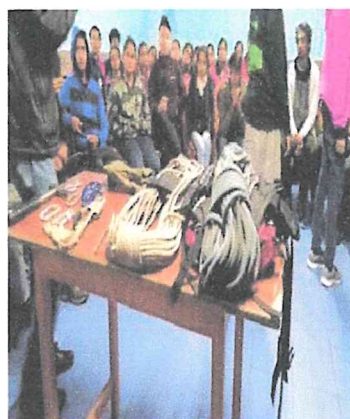
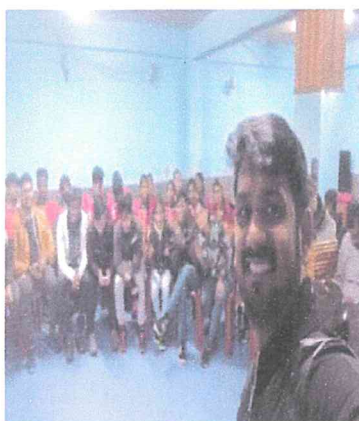


Figure 1: Registration and Lecture on Ropes and Instruments

Day 2:

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

member, and some on the social media screaming out loud and informing their feat to all.

- I also felt the sense of relief after climbing the peak and started enjoying the moment with all.



Figure 2: The Shirkoot Peak, Narkanda- 8500 feet

Day 3:

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

ATTESTED

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Mangalore 575 018, Karnataka.

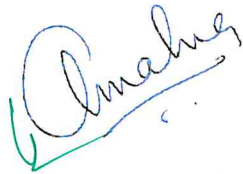
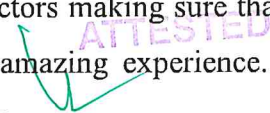

Programme Co-ordinator, NSS
Yenepoya deemed to be University



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.
- 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.


Dr. Gangadhara Somayaji K S
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- As usual i went second last with Feroze from Yenepoya coming in the last to do the river crossing indeed it was an amazing experience with all team members crossing the river with no injuries or harm. The second half of crossing was amazing as we saw heavy downpour which dint ditter the volunteers or the programmes officers as we continues to do crossing in the rain. After the river crossing there was debriefing on the exercise.
- It also followed the demonstration on how to rescue people during floods, which was amazing.

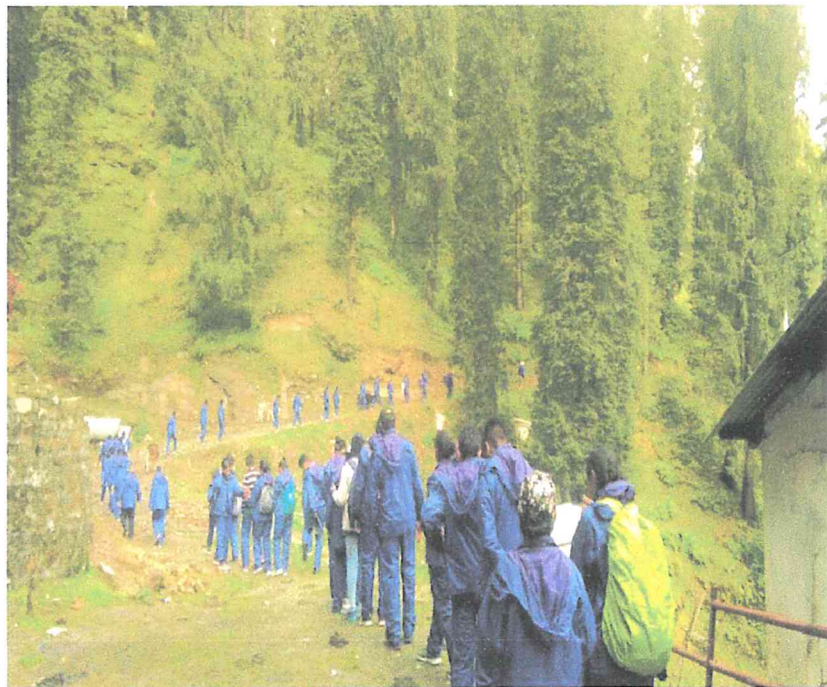


Day 5:

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


ATTESTED
 Dr. Gangadhara Somayaji K S
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- The climb was steep with every one panting and sitting and walking.
- In the debriefing session we found out that we had walked for about 12 Kilometres without any effort.

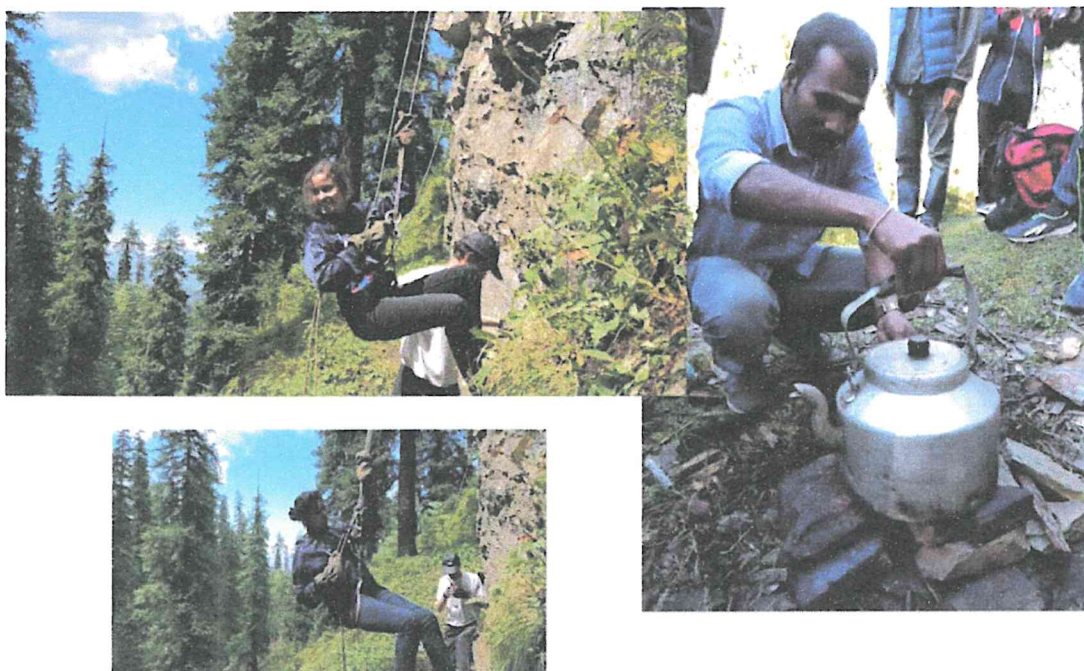


Day 6:

- Day 6 started with a walk to the uphill where we did our morning exercise and Jampa sir demonstrating an exercise where he walked past all of us and we didn't even realise that he walked past us.
- The day started with a trek and we reached a summit the team were divided into two teams and were given a task of making the tea with every team finding the source of water and firewood and it was an task with amazing experience with the instructors setting us up with an task of rappelling and the task was Amazing with the steep and the look down below was dangerous with rocks sharp and water flowing downwards.
- I was confident of doing it easily but once u had the rope in your hand and started rappelling and was feeling very happy and excited that we completed the task. And again the trekk towards the uphill amidst the river was amazing.

W ATTESTED

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



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.

ATTESTED

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

Amal

Programme Co-ordinator, NSS
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.



ATTESTED

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

Programme Co-ordinator, NSS
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

 ATTESTED

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



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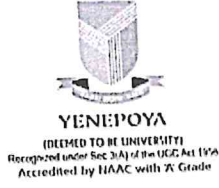
Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED

[Handwritten signature]

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

[Handwritten mark]



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

“RASHTRIYA EKTA DIWAS”(NATIONAL UNITY DAY)

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

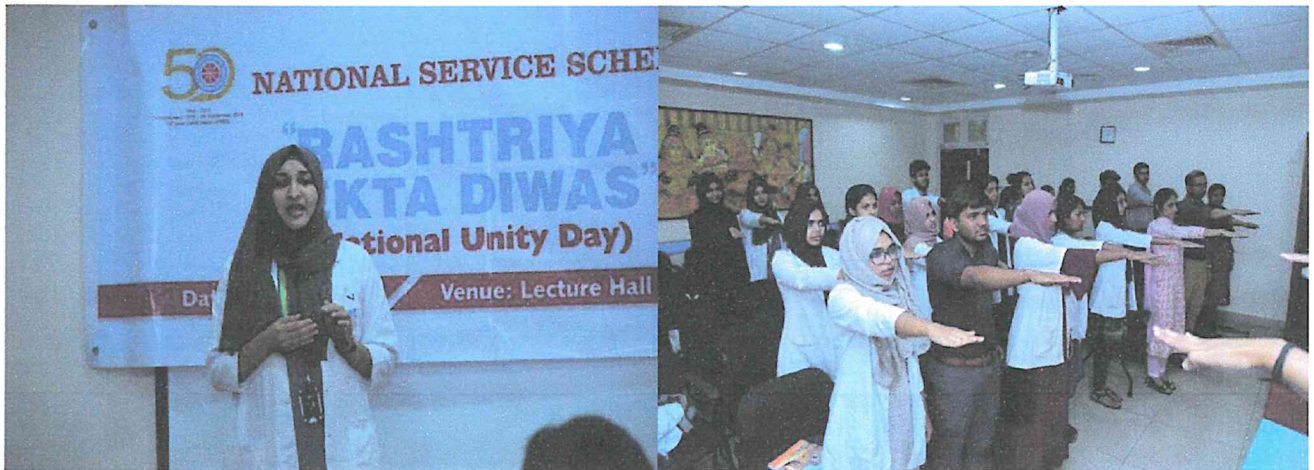
Thereafter students engaged themselves in Elocution Competition – On Topic “Role of Youth for Nation Building” and discussed about the life history and contribution of Sardar Vallabh Bhai Patel towards making of India. Ms. Simila from MBBS 2017 batch gave a introductory talk on importance of National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

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



 ATTESTED

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



Anahy

Programme Co-ordinator, NSS
Yenepoya deemed to be University

U ATTESTED

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



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
Shamaz C K (17M118 - 8997)	Minu Mushafaz (MBBS 2017 Batch)
Sooraj (17M124 - 8968)	Nihal Alavi (MBBS 2017 Batch)
Sharukh Ameer (17M114 - 8674)	Mariyam Jamina (BDS 2018 Batch)
Shaheera (17M116-8951)	Naima (BDS 2018 Batch)
Shareefa (17M119- 8701)	Neema(MBBS 2018 Batch)
Reisa (17M103-8952)	Farzeen Harris (MBBS 2018 Batch)
Shazia (17M123 - 8803)	Salier Salam (MBBS 2018 Batch)
Waseem (17M147)	Milien Sherihan (MBBS 2018 Batch)
Sangeetha (17M113 -8954)	Shrika Shetty (MBBS 2015 Batch)
Aamia (17M001 - 8939)	Ann Brijith (MBBS 2017 Batch)
Minu (17M077 -8942)	Ribiyana (MBBS 2016 Batch)
Aleena (17M016-8736)	Shabana (MBBS 2017 Batch)
Aashiya (17M032 - 8846)	Afrah (MBBS 2017 Batch)
Simila (17M129 - 8945)	Reiham (MBBS 2017 Batch)
Asna (17M037)	Afsal (MBBS 2017 Batch)
Muhsina (17M084-8346)	Asif (MBBS 2017 Batch)
Fathima Majeed (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 Afriza (Bohm 2017)

29/10/18

[Signature]
REGISTRAR
2/11

ATTESTED

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

“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.



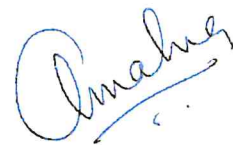
Dr. Ashwini S Shetty NSS Coordinator, Dr. Qudsia Sultana Asst Professor, Anatomy, Dr. Madhavi Asst Professor Community Medicine, Dr. Neha Asst Professor, Microbiology administered the oath as follows:

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.



Programme Co-ordinator, NSS
Yenepoya deemed to be University

 ATTESTED

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

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

22.10.2018

The Principal
YDC/YMC/YNC/YPC/YPC&RC/IASC&M

Ref: UGC letter dated 16.10.2018

UGC has sent a letter requesting all the Universities to organize Vigilance Awareness Week from 29th October to 3rd 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 5th November, 2018 so that the same may be uploaded in the UGC portal.

22/10/18

Dr. Gangadhara Somayaji
Y/C REGISTRAR 22/10

Dr. Gangadhara Somayaji
ATTESTED

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

ARMED FORCES FLAG DAY

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

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

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





Anahy

Programme Co-ordinator, NSS
Yenepoya deemed to be University

W ATTESTED



University Road, Deralakatte, Mangaluru – 575 018

No.YU/REG/PA/Cir/2018

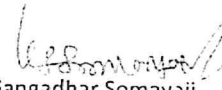
Date: 03.12.2018

CIRCULAR

Sub: Observation of Armed Force Flag Day on 7th Dec 2018 – reg.
Ref: UGC letter D.O.No. 14-8/2016(CPP-II) dated 29.11.2018.

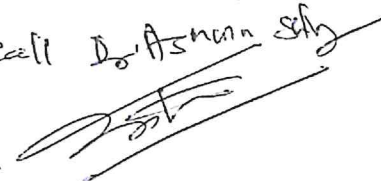
As per the UGC letter referred above, the Universities are requested to arrange functions / talks for the students in the colleges / institutes to generate awareness among the youth about the sacrifices made by our armed forces and the significance of the day in our lives.

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

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

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, 1st 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 8th 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.

ATTESTED

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

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

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

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



ATTESTED
[Signature]

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

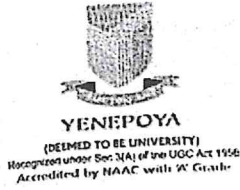


Future plans:

- 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.

Programme Co-ordinator, NSS
Yenepoya deemed to be University

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/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

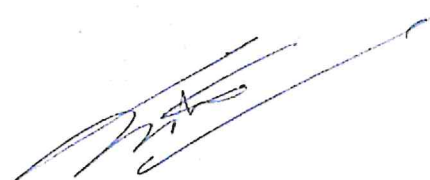
A report of the program may be submitted to the University.


REGISTRAR


18/1

Copy to:

1. File Copy



ATTESTED


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

**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 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.

ATTESTED

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Mangalore 575 015, Karnataka

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 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.



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



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



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



ATTESTED

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University Road, Derlakatte
Mangalore 575 018, Karnataka.

Programme Co-ordinator, NSS
Yenepoya deemed to be University

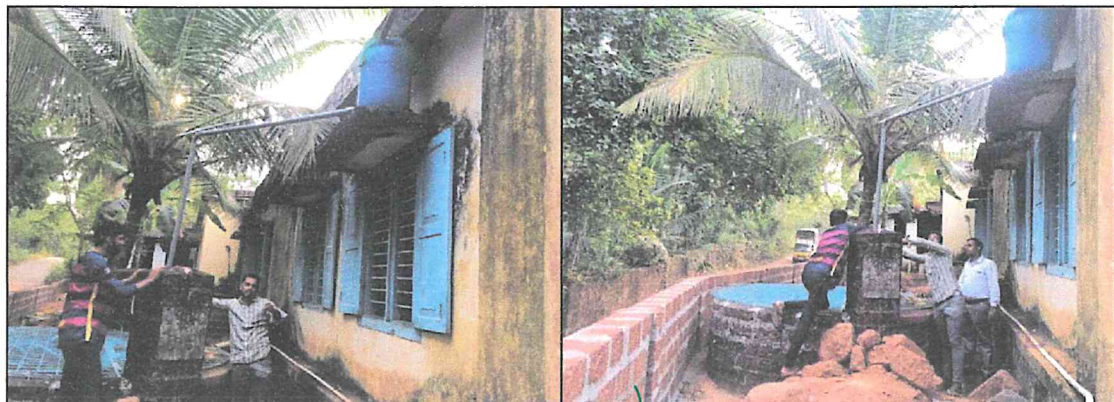
On 10th April, a free dental check-up camp by Dr. Imran Pasha and team was organized for the volunteers and the general public.



Construction of drainage system:



Installation of rain water harvesting system:

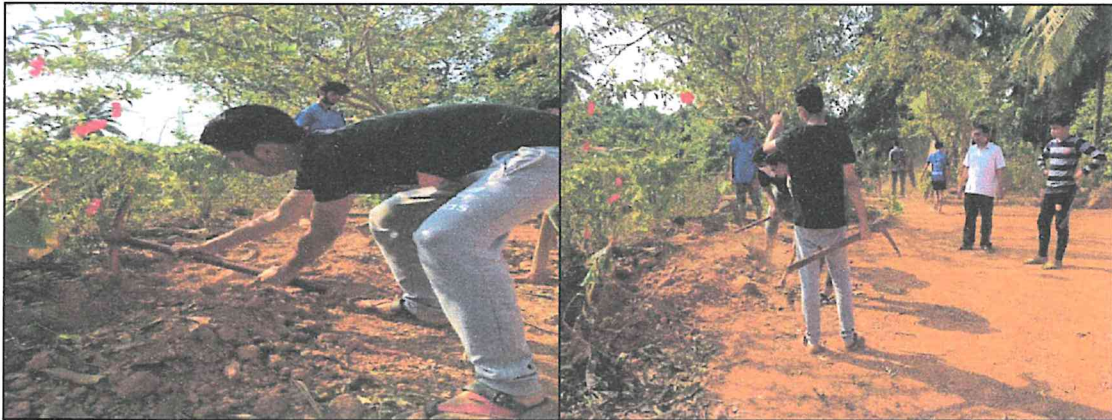


Dr. Gangadhara Somayaji K S
Registrar
Yeneploya (Deemed to be University)
University Road, Daralekatte,
Mangalore 575 018, Karnataka.

Planting saplings:



Levelling the school ground:



Painting the school flag post:



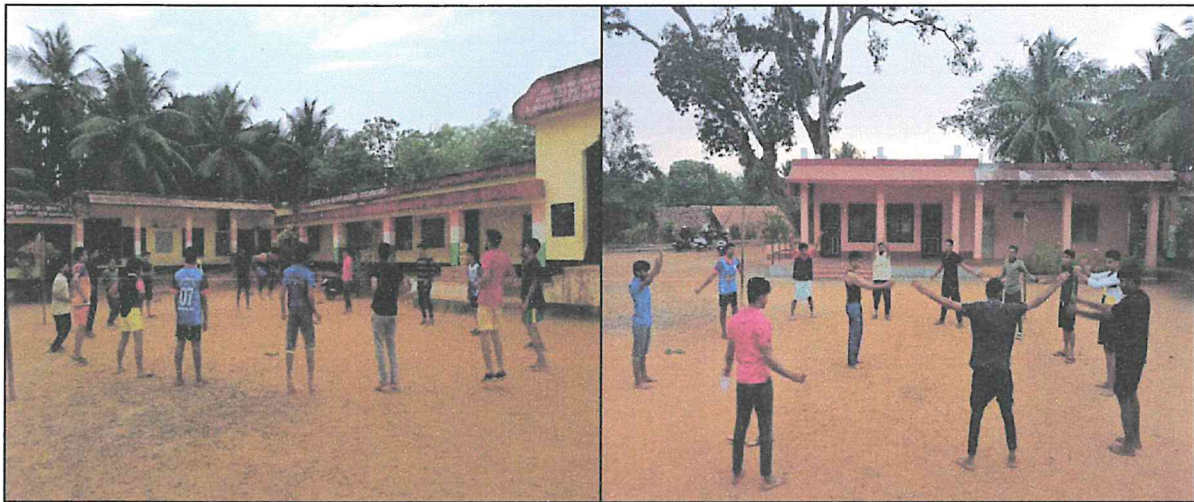
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Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Dorakatte
Mangalore 576 016, Karnataka.

Cleaning the surrounding areas:



Exercise:



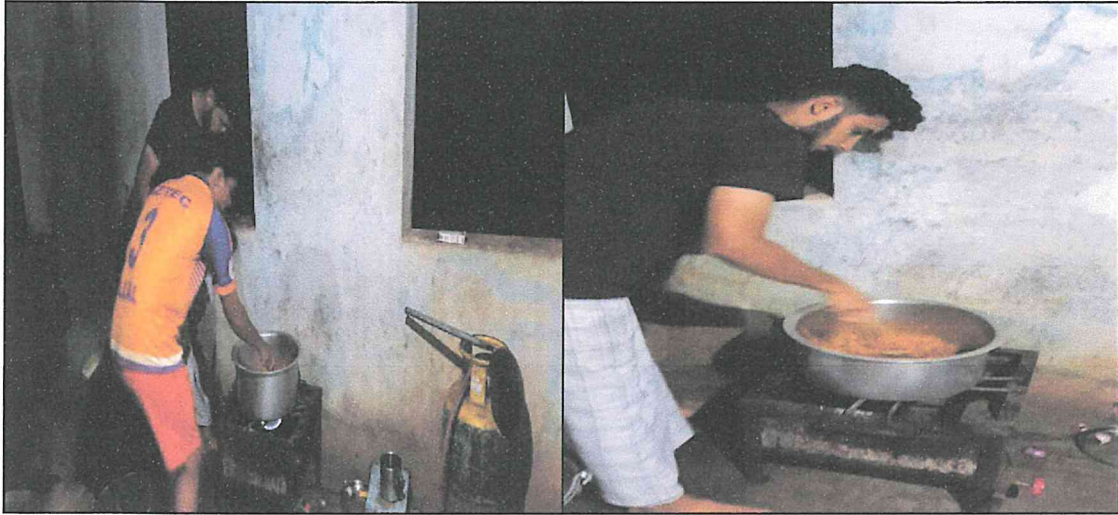
Evaluation of the day's activities:



ATTESTED

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

Cooking:



Cultural program:



Visit the sick:



Health check-up:



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. 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.



Programme Co-ordinator, NSS
Yenepoya deemed to be University



ATTESTED

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

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

Date: 28/03/2019

Office of the Registrar	
Yenepoya (Deemed to be University)	5081
Dispatch No.	29.3.19.
Dispatch Date	

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.

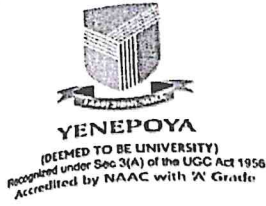
Office of the Principal Yenepoya Medical College
No.: 6990
Received on: 28/3/19
Despatched on: 28/3/19

Academics
Note to VC
Budget through NSS Funds
Rachith
28/3/19
Programme Officer, NSS
Yenepoya Medical College

29/3
Registrar
Yenepoya
(Deemed to be University)

ATTESTED

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore 575 016, 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/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.


REGISTRAR
mj 3/4

Copy to:

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



ATTESTED

WORLD HEALTH DAY - 2019

The NSS Unit of the department of Hospital Administration conducted a program on the 24th and 25th 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 th April 2019	Poster	Health for all	8 teams
	Photography	'Happy Ageing'/ 'Stronger together'	18
25 th 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

ATTESTED

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

Anahis

Programme Co-ordinator, NSS
Yenepoya deemed to be University



Posters presented at the competition



Handwritten signature

Dr. Gangadhara Somayaji K S
 Registrar
 Yenepoya (Deemed to be University)
 University Road, Doralakatte
 Mangalore 575 010, Karnataka.

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

Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED



YENEPLOYA
UNIVERSITY
Accredited by NAAC with 'A' Grade

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/127/World Health Day/2019

11.04.2019

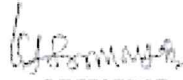
Mrs. Averil Rebello
NSS Programme Officer
Yenepoya Medical College Hospital

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.


REGISTRAR
12/4

Copy to:

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

*Copy of
12/04*



ATTESTED

PADDY PLANTATION PROGRAMME AT KATTATHILA, ON 4TH AUGUST 2019

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

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

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

Farming Activities for students are great, because,

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

ATTESTED

- It helps the students to empathise with farmers, and acknowledge the hardships they face. Farming encourages students not to waste food, given the effort taken to grow it..
- It's important to know that agricultural scenario is becoming less attractive every day, and an initiative like this will help to rekindle an interest towards farming, among students. One quintal rice which will be produced will feed the 36 students Govt students of Kattathila till the end of the current academic session



ATTESTED

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



Before



After

Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED



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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/07/NSS/2010

Programme Coordinator
NSS
Yenepoya (Deemed to be University)

25.07.2019

Sub: Permission to organize Farming Activity at Kattathilla Matta, Kolnadu

Ref: Your letter No. NSS/PCO/094/2019 dtd. 23.07.2019

Permission is hereby accorded in collaboration with Kara Seva and Indian Council of Agricultural Research, Government of India to organize farming activity at Kattathilla Matta, Kolnadu on 04.08.2019 from 9.00 a.m. to 5.00 p.m.

Sanction is accorded for budget of Rs.10,200/- as per the breakup given below from the NSS fund.

Particulars	(Rs.)
Lunch for the volunteers (100x500)	5,000/-
Sapling (8x150)	1,200/-
To prepare the land	3,500/-
Banner	500/-
Total	10,200/-

(Rupees ten thousand two hundred only)

lessomayaj

REGISTRAR
26/7

Copy to:

1. Finance Officer
2. Dy. Director, RHDC, Co-Cordinator of Kara Seva
3. File copy

n 26/07/19

ATTESTED
[Signature]

**REPORT OF OBSERVANCE OF 70TH CONSTITUTION DAY ORGANIZED BY NSS
UNIT 1 AND 2, YENEPOYA MEDICAL COLLEGE, YENEPOYA (DEEMED TO BE
UNIVERSITY)**

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

Date: 22/11/2019

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

Organizers:

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

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

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

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

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

BRIEF SUMMARY OF THE PROGRAMME

NSS Units 1 and 2 of Yenepoya Medical College observed the 70th Constitution Day on 22nd November, 2019. The programme was conducted at Lecture Hall-4 of Yenepoya Medical College. Dr. Akshaya KM and Dr. Pracheth R, NSS Programme Officers of Yenepoya Medical College were the key organizers. Dr. Ashwini Shetty, NSS Coordinator, Yenepoya (Deemed to be University) facilitated the smooth conduct of the programme. Dr. Satish Gowda N, Senior Faculty of Law and NSS Coordinator, Bangalore University was the Chief Guest. Dr. CV Raghuvver, Pro Vice Chancellor (Yenepoya Deemed to be University) presided over the programme and Dr. MS Moosabba, Dean/Principal, Yenepoya Medical College graced the occasion.


ATTESTED

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

The programme began at 2.00 pm with invocation by Mr. Mohammed Ibadh, MBBS Student, 2017 Batch, Yenepoya Medical College, after which, Dr. Akshaya KM welcomed the gathering. The dignitaries then lighted the lamp. Dr. Ashwini Shetty then introduced the Chief Guest to the gathering. Dr. Satish Gowda then gave his remarks which was followed by Dr. MS Moosabba's remarks about the Constitution Day. Dr. CV Raghuvver then delivered the presidential address. Dr. Pracheth R proposed the Vote of Thanks. Ms. Farha, MBBS Student, 2016 Batch, Yenepoya Medical College compered the programme. The inaugural programme was followed by a Guest Lecture by Dr. Satish Gowda N who spoke about importance of constitution, human rights and right to health under Constitution of India. The lecture concluded at 3.45 pm which was followed by refreshments. Senior faculty from the Department of Community Medicine, NSS volunteers and students from 2016 Batch, MBBS, Yenepoya Medical College were present amongst the audience.

PHOTOGRAPHS

Lighting of lamp



Dr. CV Raghuvver felicitating Dr. Satish Gowda N

be ATTESTED

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore 575 012, Karnataka.

Dr. Satish Gowda N delivering the Guest Lecture.



Anahar

Programme Co-ordinator, NSS
Yenepoya deemed to be University

[Signature]
ATTESTED

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



**NATIONAL SERVICE SCHEME
YENEPOYA MEDICAL COLLEGE, UNITS- 1 & 2
YENEPOYA (DEEMED TO BE UNIVERSITY)**

invite you for the observance of

CONSTITUTION DAY



FRIDAY
2.00 to 4.00 pm

22nd

NOVEMBER
2019

VENUE: LECTURE HALL- 4, YENEPOYA MEDICAL COLLEGE

Dr Satish Gowda N

Senior Faculty of Law and NSS Coordinator, Bangalore University
will be the Chief Guest

Dr. C.V Raghuvver

Pro Vice Chancellor
Yenepoya (Deemed to be University)
will preside

Dr. MS Moosabba
Dean/Principal
Yenepoya Medical College

Dr. Pracheth R
NSS Programme Officer
Yenepoya Medical College

Dr. Akshaya KM
NSS Programme Officer
Yenepoya Medical College

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deranakatte
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/123/NSS/2019

21.11.2019

The Programme Coordinator, NSS
Yenepoya (Deemed to be University)

Sub: Observance of Constitution Day on 22.11.2019

Ref: Letter dated 14.11.2019 from NSS Programme Officers, Yenepoya
Medical College

Permission is accorded to observe Constitution Day on 22.11.2019 at Lecture Hall, Yenepoya
Medical College from 2.00 p.m. to 4.00 p.m.

Sanction is accorded for the budget of Rs.10,000/- for the programme may be utilized from the
N.S.S. fund.


REGISTRAR
21/11

Copy to:

1. Finance Officer
2. Principal, YMC
3. Dr. Akshay K.M., NSS, Programme Officer, YMC
4. Dr. Pracheth R, NSS Programme Officer, YMC
5. File copy

ATTESTED


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

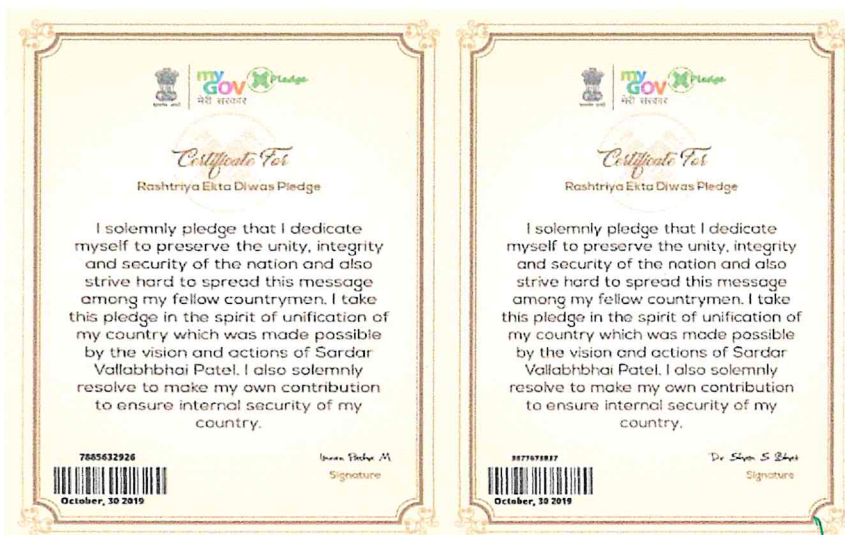
RASHTRIYA EKTHA DIWAS (NATIONAL UNITY DAY)

National Unity day (also known as Rashtriya Ekta Diwas) is celebrated every year on 31st of October by the people all through India. It is celebrated to commemorate the birth anniversary of Sardar Vallabhbhai Patel who really unified the country. Rashtriya Ekta Diwas or National Unity Day was introduced by the Government of India in 2014 with the aim of celebrating this event every year on 31st October.

On this occasion in our NSS Units of Constituents Colleges organised different activities like Fancy Dress Competition, Face painting competition, group songs, solo songs and slogan competition amongst students on 31st October 2019 to celebrate this, National Unity Day. All students and staff took the pledge on this day.



Yenepoya Dental College NSS Unit



Online Ektha Pledge: Many faculties have filled online Ektha pledge as well.



NSS Unit, Yenepoya Homoeopathic Medical College and Hospital



NSS Unit, Yenepoya Pharmacy College & Research Centre

ATTESTED 

Dr. Gangadhara Somayaji K S
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 Mangalore 575 016, Karnataka.



NSS Unit, Yenepoya Nursing College

Programme Co-ordinator, NSS
Yenepoya deemed to be University

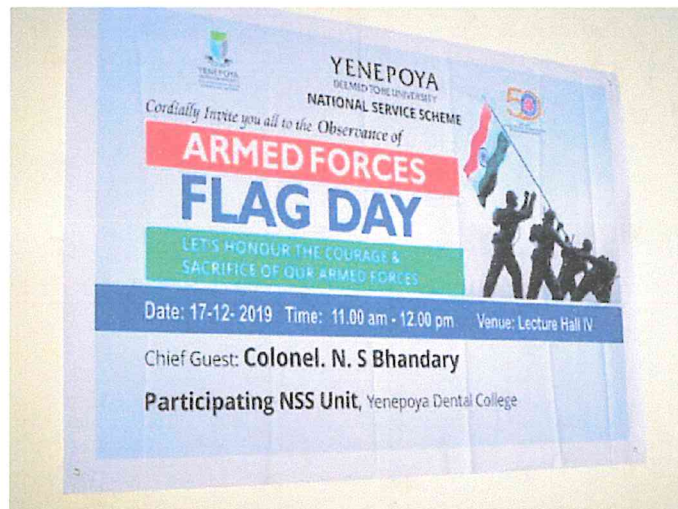
ATTESTED

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

ARMED FORCES FLAG DAY

National service Scheme, Yenepoya Deemed to be University had organized Armed Forces Flag Day on 17th December 2019 at Lecture Hall IV, Yenepoya Medical College from 11.00am to 12.00pm. Dr. Ashwini. S. Shetty NSS, Programme Coordinator, Yenepoya (Deemed to be University) welcomed the gathering.

The Programme Inaugurated by the chief guest Colonel. N.S. Bhandary who was also guest of honour & Dr. K.S Gangadhara Somayaji, Registrar, 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.

FELICITATION



Around 200 NSS Volunteers PG and UG students and staff and other officials of the university participated in this programme. Dr. Imran Pasha, Programme Officer, Yenepoya Dental College concluded with vote of thanks, National Anthem. Dr. Ashwini. S. Shetty Programme Coordinator and Dr. Imran Pasha Programme officer, coordinated the programme Dr. K.S Gangadhara Somayaji Registrar, Yenepoya (Deemed to be University) Dr. Akhter Husain Dean, Yenepoya Dental College, Dr. Abdul Rahiman Former Vice Chancellor Kannur & Calicut Universities, were present on stage.

ATTESTED

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

Amal

Programme Co-ordinator, NSS
Yenepoya deemed to be University

Website copy Academic Section

विश्वविद्यालय
राजनीश जैन
सचिव
Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(मानव संसाधन विकास विभाग, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)
बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002
Ph.: 011-23236288/23239337
Fax: 011-2323 8858
E-mail: secy.ugc@nic.in

D.O.No.F.14-8/2016(CPP-II)

31st October, 2019

Respected Sir/Madam,

As you are aware that the Armed Forces Flag Day is observed every year on 7th December to commemorate the supreme sacrifices made by our valiant Armed Forces personnel for protecting the sovereignty and territorial integrity of our country and securing our lives against the threats of insurgency and terrorism as well as providing rescue and relief during natural calamities.

Accordingly, you are requested to kindly arrange functions/talks for the students in your university and affiliated colleges/institutes to generate awareness among the youth about the sacrifices made by our Armed Forces and significance of the day in our lives.

With kind regards,

NSS Co-ordinator - Dr Ashwini
Yours sincerely,

(Rajnish Jain)

The Vice-Chancellors of all Universities.

5/10
Registrar
YENEPOYA
(Deemed to be University)

Office of the Registrar
Yenepoya (Deemed to be University)
Despatch No. 99/18
Despatch Date: 5.11.19.

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/011/NSS/2019

17.12.2019

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

Sub: Permission to organize the Armed Forces Flag Day on 17.12.2019

Ref: Your Letter No. NSS/PCO/143/2019 dated 13.12.2019

Permission is granted to conduct Armed Forces Flag Day on 17.12.2019 at Lecture Hall IV, from 11.00 am to 12.00 pm.

Sanction is accorded for budget of Rs.15,500/- towards the expenses for the programme as per the breakup given below:

1. Honorarium to guest speakers	Rs.2,000/-
2. Memento	Rs.10,000/-
3. Banner and Invitation	Rs.1,500/-
4. Snacks	Rs.2,000/-
Total	Rs.15,500/-


REGISTRAR

Copy to:

1. Finance Officer
2. File copy

am

 ATTESTED

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

INTER STATE YOUTH EXCHANGE PROGRAMME YUVA EK BHARAT SHRESHTHA BHARATH

After the Inauguration programme on 24.01.2020 the Team visited Syed Madani Darga, Ullal one of the most holy place. The Team was welcomed by the President of the Darga Sri Rasheed and he briefed the team on the importance of the Darga. Then the team proceeded to Sri Gokarnanath Temple at Mangalore and enjoyed the beauty of the Temple, its lighting and musical fountain and proceeded to the hostel. On 25.02.2020 the Team left to Surathkal for an interaction with the Govindadasa College & General public.

The Programme was arranged by VIRAT an NGO working with the society for all-round development. First the team witnessed through the project about the work done by the VIRAT and interacted with the students on various subjects like cultural, social, food varieties, marriages and other issues. Yakshanaga a traditional art was exhibited by the Girl students of the Govindadasa College and the ISYEP were overwhelmed with the show. Then the team went in Batches to the shops & awarded the shop keepers on swachhatha activities. And after a mouth watering refreshment the team went for an interaction with Sri Subramanya Mahaganapathi Yuvak Mandala and Yuvaka Sangha Thokur. The interaction went on for 2 hours mainly on the subject of how the youth clubs formed, their membership, social activities etc. And after lunch the team went to Padupanambur for an interaction with Gram Panchayat President and members & got the information on how the panchayat works in a village. The Team visited the State award club Sri Vidya Vinayyak Yuvaka Mandala and Sasihithlu Yuvaka Mandal and interacted with its members on various social and community issues. The Team went to Kular to witness the Famous **KAMBLA** a **kambala** (Tulu: **Kambala** Kannada: ಕಂಬಲಾ) is an annual buffalo race held in the southwestern Indian state of Karnataka. Traditionally, it is sponsored by local Tuluva landlords and households in the coastal districts of Dakshina Kannada and Udupi, a region collectively known as Tulu Nadu.

On 26.01.2020 the team attended Republic Day function at Nudi siri, Alvas Educational Institute Moodabidri wherein more than 25000 students and public participated in the Republic Day function. The Team proceeded to 1000 Pillar Jain Basadi at Moodabidri and the importance of the Basadi was briefed by the Sri Sri Battarakathirtha Swamiji of the Basadi. Then moved to

Dr. Gangadhara Somayaji K S
Registrar
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St Lawrence church, Attur in karkalla Udupi District, a unique place wherein people from all casts visits and prays in the church. Then the Team went to Padubidri SEA BEACH and enjoyed the beauty of the sea.

On 27.1.2020 the team interacted with the Deputy Commissioner of Dakshina Kannada District and went to visit the famours St. Aloysius Chapel and attended & exchanged their stay, food and other issues about Dakshina Kannda District in the press meet held at Information Department Mangalore.

In the afternoon session the team interacted with Sri **Abdulla Kunhi**, chairman of Yenepoya Group and recipient of the Karnataka Rajyotsava Award. First Aid Training was given to the Team by the faculty of Yenpoya Medical College. An Interaction and cultural exchange programme was held at School of Roshni Nilaya, Mangalore. In all, the visit of the Youth from Uttarakhand to Mangalore was a great success and team learnt & witnessed veraities in culture, food, and other issues.



ATTESTED 

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Mangalore 575 018, Karnataka.



KAMBALA (BUFFALO RACE) ORGANIZER WELCOME TEAM & VISITED MUSEUM



ALVA'S INSTITUTION WWLCOMED UTTARKHAND DELEGATION ON REPUBLIC DAY CELEBRATIONS MORE THAN 28,000 YOUTHS WITNESSED THIS PROGRAM.



ST. LAWRENCE SHRINE OR ATTUR AND ST ALOYSIUS CHURCH



HON'BLE SRI. U.T. KHADER MLA MANGALORE, DAKSHINA KANNADA. INTERACTION WITH YOUTH DELEGATION FROM UTTARKHAND



YAKSHAGANA IS A TRADITIONAL INDIAN THEATRE FORM STARTED FROM MANGALORE. ORGANIZED BY GOVINDA DAS COLLEGE & NGO, NAGARIKA SALAHA SAMITHI, SURATHKAL, MANGALORE



SINDHU B RUPESH IAS, DEPUTY COMMISSIONER OF MANGALORE, DAKSHINA KANNADA DISTRICT. INTERACTION WITH UTTARAKHAND TEAM

ATTESTED

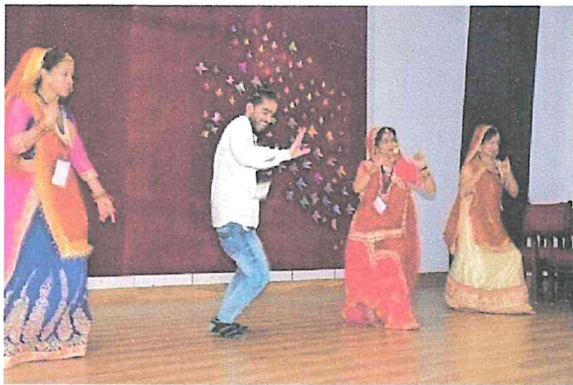
Dr. Gangadhara Somayaji K S
Registrar
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University Road, Deralakatte
Mangalore 575 018, Karnataka.



GRAM PANCHAYATH & YOUTH CLUB VISIT AND INTERACTION WITH MEMBERS



INTERACTION WITH VICE CHANCELLOR YENEPLOYA DEEMED TO BE UNIVERSITY



CULTURAL EVENING BY UTTARAKHAND & MANGALORE TEAM

WITNESSED

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



FIRST AID AND BASIC LIFE SUPPORT TRAINING BY YENEOYA UNIVERSITY

Anahy

Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Derlakatte
Mangalore 575 019, Karnataka.



नेहरू युवा केन्द्र संगठन
NEHRU YUVA KENDRA SANGATHAN

राज्य निदेशक कार्यालय, कर्नाटक
स्वायत्तशासी संस्था
युवा कार्यक्रम एवं खेल मंत्रालय
भारत सरकार

Office of the State Director, Karnataka
An Autonomous Body under the
Ministry of Youth Affairs and Sports
Government of India

SD-KAR/ISYEP/19-20/

January 9, 2020

The Registrar,
Yenepoya University,
Mangalore.

Sir,

Sub: Organizing Inter State Youth Exchange Programme under 'Ek Bharath Shreshta Bharath Scheme' by Nehru Yuva Kendra Sangathan, Bangalore.

Nehru Yuva Kendra Sangathan, Ministry of Youth Affairs & Sports, Government of India is organizing the Inter State Youth Exchange Programme under 'Ek Bharath Shreshta Bharath Scheme' in all the States and UTs for 15 days involving 100 participants. The programme will be very useful to link various States and Districts that will connect people through exchanges in areas of culture, tourism, language, education, trade etc., and citizens will be able to experience the cultural diversity of a much larger number of State/UTs while realizing that India is one.

NYKS is organizing the programme from 20.01.2020 to 03.02.2020 involving 100 young participants from Dehradun, Uttarkhand and Karnataka.

We propose to take 50 participants from Uttarakhand on an exposure tour to Mangalore from 24.01.2020 to 27.01.2020, during which they will be interacting with the local Youth, exposure will be given on the rich cultural heritage and advancements taking place in Mangalore and will be taken on a local exposure visit.

We seek simple Boarding and Lodging facility and transportation facilities for these 50 participants in Mangalore for the above dates from Youth Esteemed Institution, and an Auditorium wherein these 50 Youth can interact with 50 Youth from your esteemed institution.

Expecting your kind and favorable action.

Thanking you,

Yours faithfully,


(AUL J. NTKAM)

STATE DIRECTOR-KARNATAKA

ATTESTED

राज्य निदेशक कार्यालय : नं. 673, 2nd क्रॉस, 6th मुख्य सड़क, विजयनगर, बेंगलुरु- 560 040.

State Office: No. 673, 2nd Cross, 6th Main Road, Vijayanagar, Bengaluru - 560040.

Ph. : 080 - 23117787 / 23117789, State Director : 23118454, Email : zdkar87@gmail.com Website : www.nyks.nic.in

Date: 13.01.2020

From,

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

To,

Registrar
Yenepoya (Deemed To be University)

Dear Sir,

Sub: Regarding Inter State Youth Exchange Programme under "Ek Bharath Shreshta Bharath Scheme" by Nehru Kendra Sangathan, Bangalore

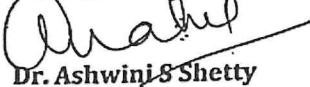
Yenepoya Deemed to be University in association with Nehru Yuva Kendra Sangathan, Ministry of Youth Affairs & Sports, Government of India is Organising Inter State Youth Exchange Programme under "Ek Bharath Shreshta Bharath Scheme" from 24.01.2020 to 27.01.2020 involving 50 young participants from Dehradun, Utrakhand. Accommodation, food and transport arrangement has to be arranged by Yenepoya Deemed to be University. 10 Students from our institution can participate in this Programme from 24.01.2020 to 27.01.2020.

NSS Volunteers can participate by various colleges of Yenepoya Deemed to be University as given below with the permission of University. Finance will be reimbursed by the Government of India once we produce the bills of the expenditure after the programme. So I kindly request you to grant permission for the same.

SL.NO	NAME OF THE COLLEGE	NO OF NSS VOLUNTEERS
1.	Yenepoya Degree College	2
2.	Yenepoya Homeopathic Medical College & Hospital	2
3.	Yenepoya Pharmacy College and Research Centre	2
4.	Yenepoya Dental College	2
5.	Yenepoya Nursing College + Allied health science	2

Thanking You,

Yours Sincerely,


Dr. Ashwini S Shetty
(NSS, Programme Coordinator)
Programme Co-ordinator, NSS
Yenepoya deemed to be University


ATTESTED

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

YENEPOYA UNIVERSITY NSS PROGRAMME COORDINATOR, OFFICERS AND VOLUNTEERS SPREADING AWARENESS ON PREVENTIVE MEASURES ON COVID 19 AND GROCERIES TO THE POOR FAMILIES

NSS Programme coordinator, officers and volunteers of Yenepoya University have not been deterred by the lockdown and they are doing their service to the nation by spreading awareness among public and students on Covid 19 via video and posters and online training programmes. Following an online training to 1200 NSS volunteers of Yenepoya University have been successfully completed by providing information on the origin, spread and preventive measures as well as the importance of using the Arogya Sethu application. Dr. M Vijayakumar Vice Chancellor inaugurated the programme and highlighted the preventive measures to be taken during this pandemic. Dr. Gannath Yekkar, State officers NSS Govt of Karnataka addressed NSS volunteers through the online Google meeting. Dr. C.V Raghuvier Pro Vice Chancellors, Dr B.H Sripathi Rao Pro Vice Chancellors, Dr. Vina Vaswani Director, Centre for Ethics, Dr. Prabha Adhikari, Deans and Associate Deans of all the constituent colleges addressed the students by their valuable message on COVID 19, NSS Unit also acknowledge Dr. Kalpana Gopaln IAS Additional Chief Secretary Youth empowerment and sports GOK, Yenepoya Abdulla Kunhi Chancellor Mr. Farhaad Yenepoya Pro chancellor, Dr. Gangadhar Somayaji Registrar, Regional director Khadri Narasimha Govt of India, Dr. Poornima Jogi State NSS Implementation officer GOK, Uppin Youth officer Govt of India and UNICEF team for their support and encouragement to organize this programme from April 1st 2020

The coordinator and programme officers were given the responsibility to train all the NSS volunteers apart from this Dr Akshay and Dr Pracheth programme officers also served in quarantine centers as medical doctors who were giving service to the people. Dr. Ashwini Shetty Programme Coordinator has also been invited as resource person to various colleges of Mysore University and Mangalore University for online webinar to talk on preventive measures of Covid 19 and also on a topic Women's health and wellness programme and stress management during Covid 19 lockdown period.

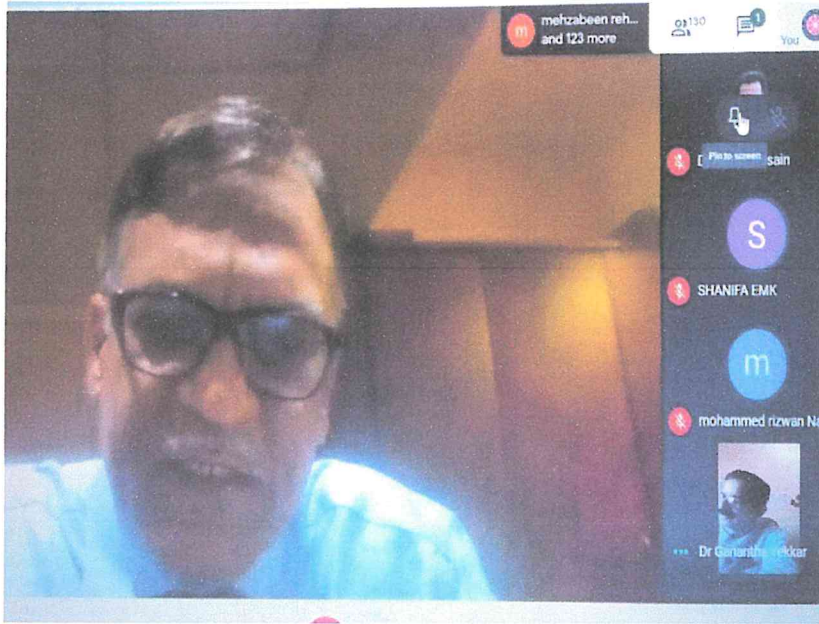
NSS Unit personnel have also trained on state level programme on Stress Management during Covid 19 lockdown period AND LEGAL AWARENESS ON COVID 19

While students of Pharmacy, allied health science, MBBS and Degree college, Ayurveda, Dental Colleges have created posters and short film on COVID-19 under the guidance of Mr. Mohammed Asif, Dr Imran, Dr. Jnanesh, Mrs. Savitha Kamath, Mrs Shalini Sequiera, Mr Niyaz, and Dr. Shemjaz and Renita Priya

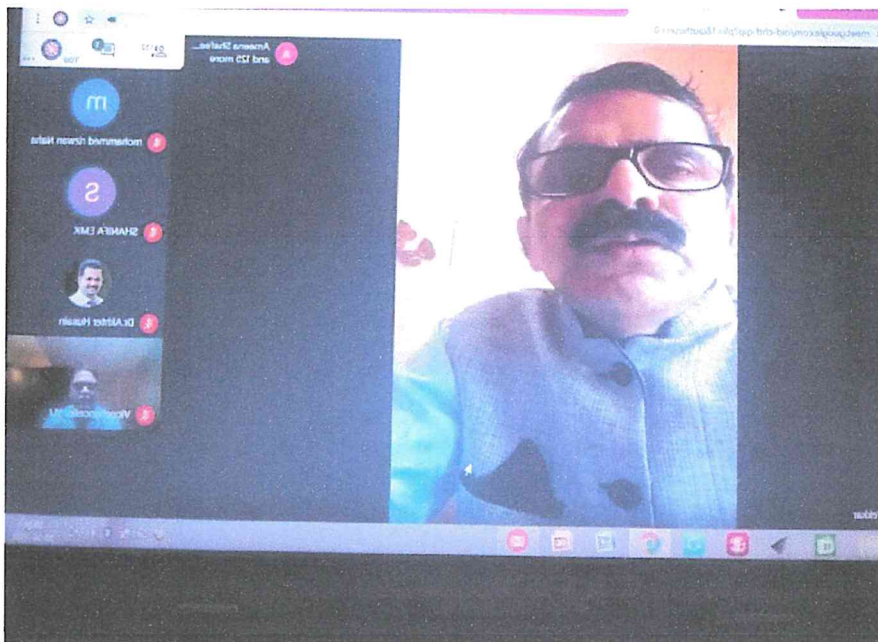
Programme coordinator and Programme officers of the university donated 400kg rice and other food items groceries to the 60 poor families at Kanna gudde and housekeeping staff as well to the Antony garbage carriers. We also acknowledge Mrs Suchetha and her family for contributing and giving helping hand in this crisis of Covid 19.

ATTESTED
Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road - Deratakatte
Mangalore - 575 007, Karnataka.

VICECHANCELLOR DR M VIJAYAKUMAR ADDRESSING NSS VOLUNTEERS



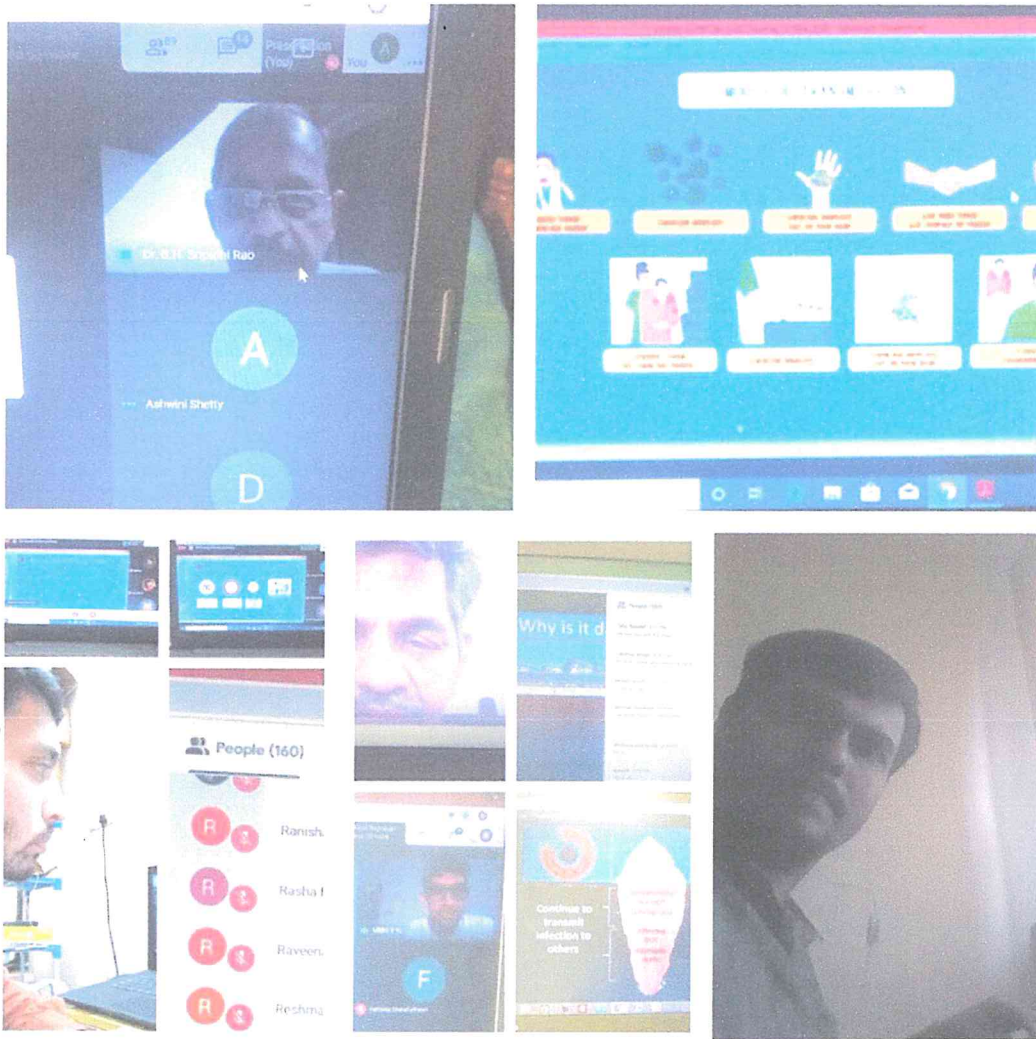
DR GANANATH YEKKAR STATE OFFICER GOK ADDRESSING THE NSS VOLUNTEERS



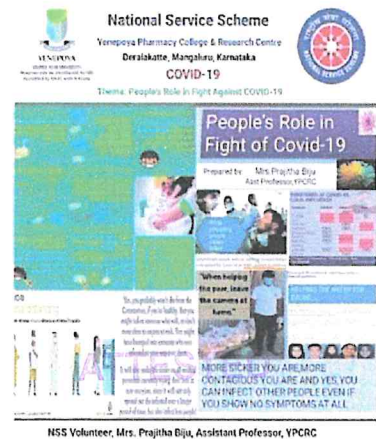
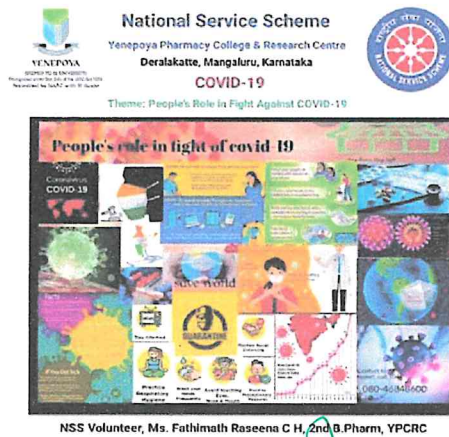
W ATTESTED

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

PRO VICECHANCELLOR DR. C V RAGHUVeer DR SRIPATHI RAO ADDRESSING THE NSS VOLUNTEERS



POSTERS CREATED BY STUDENT TO SPREAD AWARENESS ON COVID 19



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

NSS UNIT DISTRIBUTES OF 400KG RICE AND 60 PACK OF GROCERIES TO 60 FAMILIES



Programme Co-ordinator, NSS
Yenepoya deemed to be University

ATTESTED

Dr. Gangadhara Somayaji KS
Registrar
Yenepoya (Deemed to be University)
University Road, Demalakatte
Mysuru, Karnataka.

STRESS MANAGEMENT DURING COVID

National Service Scheme, Department of Youth Empowerment & Sports Government of Karnataka in collaboration with Yenepoya (Deemed to Be University) organised state level online interactive programme on 17th August 2020 at 11.00am. Dr. Ashwini S Shetty, NSS Programme Coordinator (Yenepoya Deemed to be University), Mangaluru delivered the welcome speech. Dr. Gananath Shetty Yekkar, State NSS Officer, Ex-officio joint secretary to government of Karnataka, in his key note address highlighted the importance of organising this programme for volunteers and programme officers of a various universities. Shri. K.V. Kadrinarsimaiah Regional Director, Regional Directorate of NSS, Govt of India, was the chief guest addressed the participants highlighting the difference steps to manage the stress.

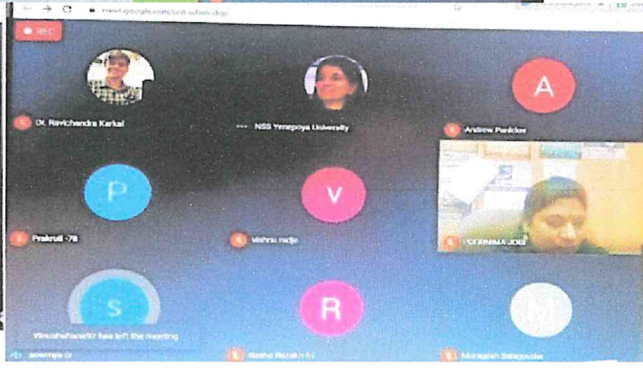
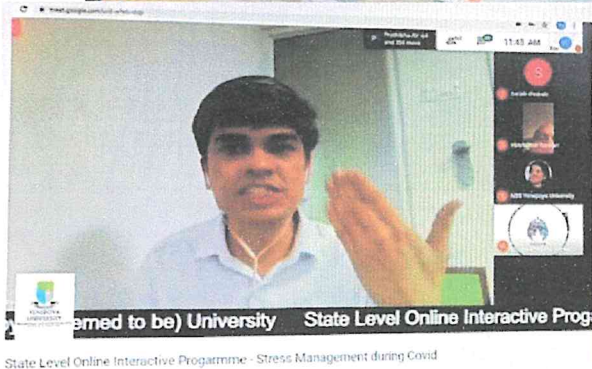
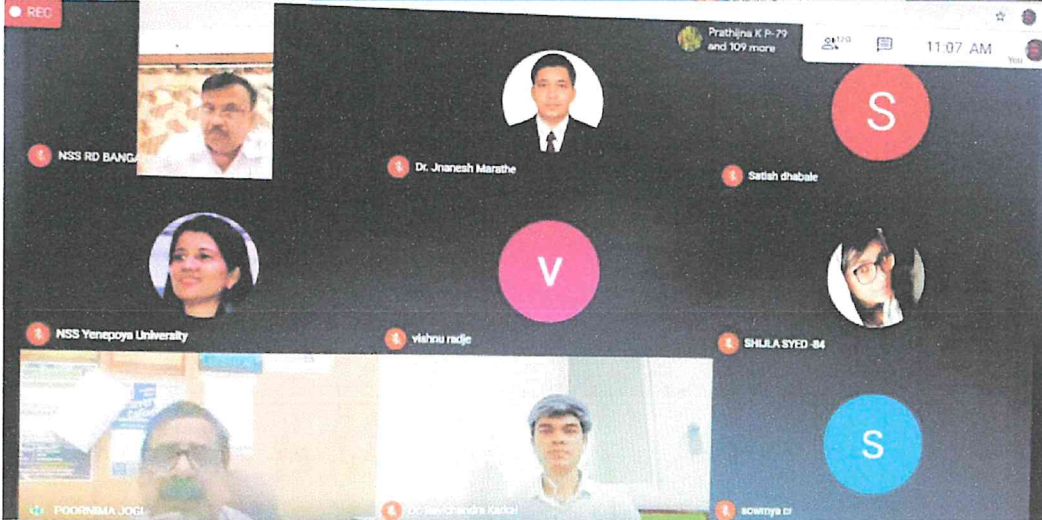
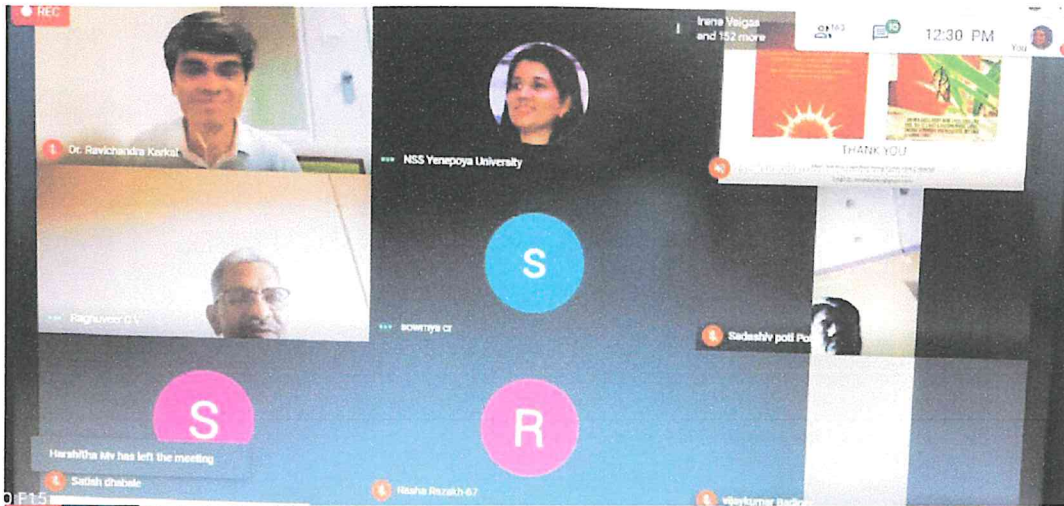
Dr. Ravichandra Karkal, Associate Professor, Department of psychiatry, Yenepoya Medical College, who was the Recourses person gave a brief introduction on origin spread and precaution and prevention of COVID- 19 and elaborately explanted isolation stigma, signs and symptoms of stress, the effect of stress on our body and what are the steps to manage the stress and how to overcome stress. He has emphasized on the role of students in managing stress in elderly people. There was an interaction at the end of the session.

Dr. C.V. Raghuvver, Pro Vice Chancellor, Yenepoya (Deemed to be university) in his Presidential address said that Covid -19 pandemic may be stress full for people. Fear and anxiety about a new diseases can cause strong emotions in adult and Children. He said by giving an example of his own family coping with stress in a health way will make you stronger. Session was ended by proposing vote of thanks by Dr. Poornima Jogi, Implementation Officer, at State NSS Cell, Karnataka.



ATTESTED

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangaluru - 575 015, Karnataka



ATTESTED

Amalys

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

Programme Co-ordinator, NSS
Yenepoya deemed to be University

14/08/2020

Date: 14.08.2020

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

The Registrar
Yenepoya (Deemed to be University)

Dear Sir,

Sub: Permission for the State Level Online Interactive Programme on Stress Management during Covid

We are organizing State Level Online Interactive Programme "Stress Management during Covid" Online session through Google meet for the Volunteers of Karnataka State Universities on 17.08.2020. We kindly request you to grant permission for the same.

Budget: - Rs.1, 000/ (Invitation Design)

Thanking You,

Sincerely

Ashwini S Shetty
Ashwini S Shetty
Programme Coordinator, NSS
Programme Co-ordinator, NSS
Yenepoya (Deemed to be University)

A cad
bo
14/08
Registrar
YENEPOYA
(Deemed to be University)

Office of the Registrar
Yenepoya (Deemed to be University)
Despatch No. 4880
Despatch Date: 14/8/20

bo ATTESTED

Dr. Gangadhara Somayaji K S
Registrar
Yenepoya (Deemed to be University)
University Road, Gorakhatte
Mangalore - 575 015, 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/NSS/2020

17.08.2020

The Programme Coordinator, NSS
Yenepoya (Deemed to be University)

Sub: Permission for the State Level Online Interactive Programme on Stress
Management during COVID

Ref: Your Letter No. NSS/PCO/198/2020 dated 14.08.2020

Permission is granted for your request to organize State Level Online Interactive Programme on the topic "Stress Management During Covid" online session through Google Meet for the Volunteers of Karnataka State Universities on 17.08.2020.

Sanction is accorded for sum of Rs.1000/- towards the Invitation Design for the programme.

REGISTRAR

Copy to:

1. Finance Officer
2. File copy

am

ATTESTED

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