

3.4.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs) during the last five years

Youth Red Cross 2022-23

1. Soil Awareness (Save Soil) Programme



The Soil Awareness (Save Soil) Programme emphasized the urgency of soil conservation and pollution control. Mr. Sahil Jha's journey inspired everyone about the importance of soil health. The event gathered 800 participants and dignitaries, making it a significant step towards a more sustainable future. The insights shared during the program will help protect our precious soil resource.

2. AIDS Awareness Programme

On December 7, 2022, an "AIDS Awareness Programme" was conducted in observance of World AIDS Day, with 400 participants in attendance. Dr. Umesh Puthran, Vice President of IRCS Kundapura and Director of Chinmay Hospital, served as the resource person. He delivered a comprehensive session, educating attendees about HIV, its transmission modes, preventive measures, and the medications used to control HIV replication in the body.

3. Voluntary Blood Donation Camp





On January 8, 2023, a "Voluntary Blood Donation Camp" was organized, drawing 450 participants. The program commenced with Mr. S. Jayakar Shetty, Chairman of ICRC Kundapura, inaugurating the event by lighting the lamp. In his inaugural speech, he commended BCK for its consistent contribution to blood collection. Dr. N.P. Narayana Shetty, Principal of BCK, extended his best wishes to the students. A total of 201 units of blood were collected and handed over to the Kundapura Blood Bank, reinforcing the college's commitment to a noble cause.

4. Fire Safety Awareness



On May 24, 2023, a Fire Safety Awareness program was conducted at R.N. Shetty Hall, jointly organized by the Youth Red Cross Wing of Bhandarkar's College Kundapura and the Indian Red Cross Society Taluk Branch Kundapura. Dr. N.P. Narayana Shetty, Principal of BCK, presided over the function, and Mr. Krishnanada P. Gowda, Fire Station Officer from Koni, Kundapura, served as the resource person. The event covered the reasons for fires, safety measures, how to use fire extinguishers, and the various types of fire extinguishers. It also included interactive sessions where students had the opportunity to ask questions and clarify doubts, fostering awareness and preparedness for fire safety.

5. Geneva Convention Day



On August 12, 2023, the Geneva Convention Day was observed to emphasize the significance of these conventions, which establish crucial rules to protect combatants, wounded, sick, prisoners of war, and civilians during armed conflicts. The program was jointly organized by the Indian Red Cross Society, Taluk Branch Kundapura, and Bhandarkar's College Kundapura. It commenced with a Jatha in Kundapur, inaugurated by Mr. Shantramram Prabhu, Senior Trust Member of Bhandarkar's College Kundapura. A stage program followed at Junior College Kundapura, inaugurated by Mr. Kiran Kumar Kodgi, MLA Kundapura Legislative. Dr. Shubhakarachary, Principal of Bhandarkar's College Kundapura, explained the significance of Geneva Conventions and detailed the four protocols to the audience. Mr. Jayakar Shetty, Chairman of the Indian Red Cross Society Kundapura Taluk Branch, presided over the program, with Dr. Sonias as the Master of Ceremonies, and a vote of thanks proposed by Sitharam Shetty, a member of the Indian Red Cross Society Kundapura Taluk Branch. This event highlighted the importance of upholding humanitarian principles during times of conflict.

NSS 2022-23

1. "Inauguration Report: NSS Activities 2022–23 with Dr. Rekha V. Bannadi"



On October 19, 2022, NSS activities for the academic year 2022–23 were inaugurated by Dr. Rekha V. Bannadi, a retired professor of Kannada. The event emphasized community service, skill development, and a spirit of duty. Planned activities include social awareness campaigns and cleanliness drives. The inauguration marks a promising start for NSS volunteers, aiming for meaningful contributions and personal growth in the upcoming year.

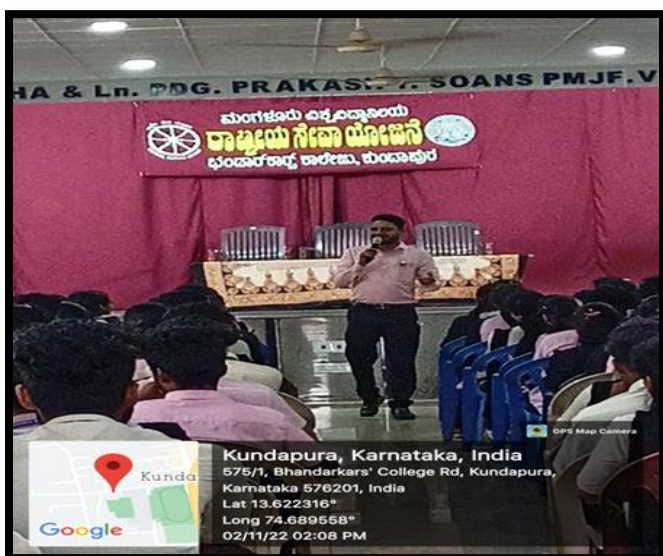
2. "Title: Fit India Freedom Run & Beach Cleaning: Navunda 2022 Report"





On October 30, 2022, 200 NSS volunteers from Yenepoya Dental College, Mangalore, joined hands for the Fit India Freedom Run and Beach Cleaning program in collaboration with Navunda Grama Panchayath and Lions Club, Navunda. The event, a blend of fitness and environmental responsibility, included a spirited run followed by a coastal cleanup. The collaborative effort emphasized community engagement, raised awareness about environmental preservation, and showcased the youth's dedication to societal well-being. The event promises a lasting positive impact on both personal health and community welfare.

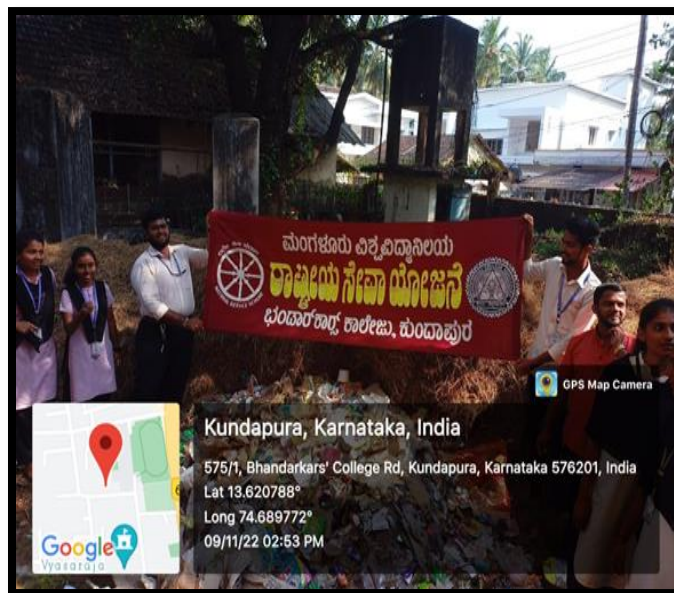
3. Public Speaking Program at Bhandarkars' College - November 2, 2022



On November 2, 2022, a dynamic program on public speaking unfolded at Bhandarkars' College. The resource person, Mr. Sandesh Shetty from Salvadi, an esteemed alumnus of both Bhandarkars' College and NSS, took center stage. The event aimed to enhance the students' oratory skills, drawing insights from the experiences of a distinguished former

student. The convergence of academic and NSS ties added a personal touch, making the session both informative and relatable.

4. College Campus Cleaning and Plastic Awareness - November 9, 2022



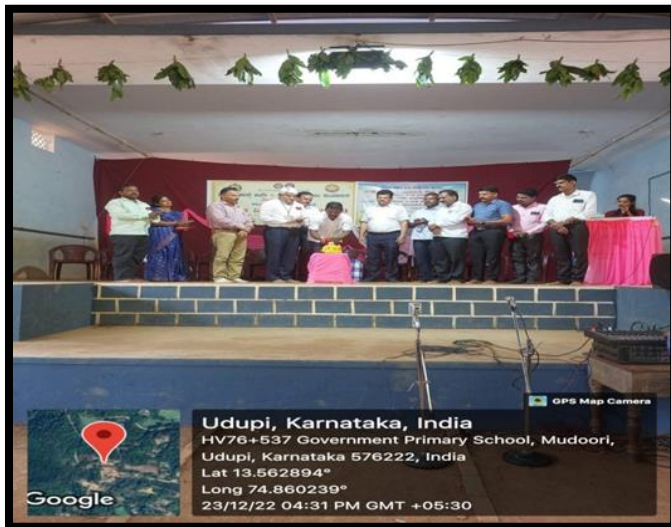
On November 9, 2022, the college campus became a hub of activity with a dual initiative focusing on campus cleanliness and plastic awareness. NSS volunteers actively participated in the cleaning drive, ensuring a pristine environment. Simultaneously, awareness sessions on plastic reduction were conducted, educating students about the environmental impact of plastic usage. The event aimed to instill a sense of responsibility among students for a cleaner and greener campus.

5. Cultural Extravaganza by NSS Volunteers - September 16, 2022



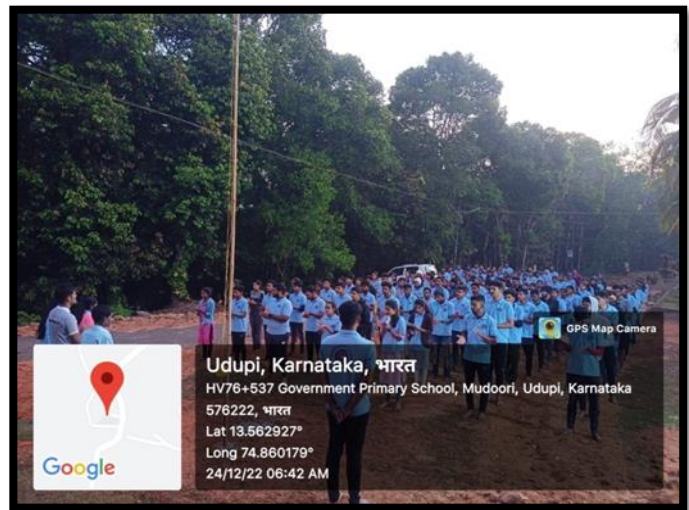
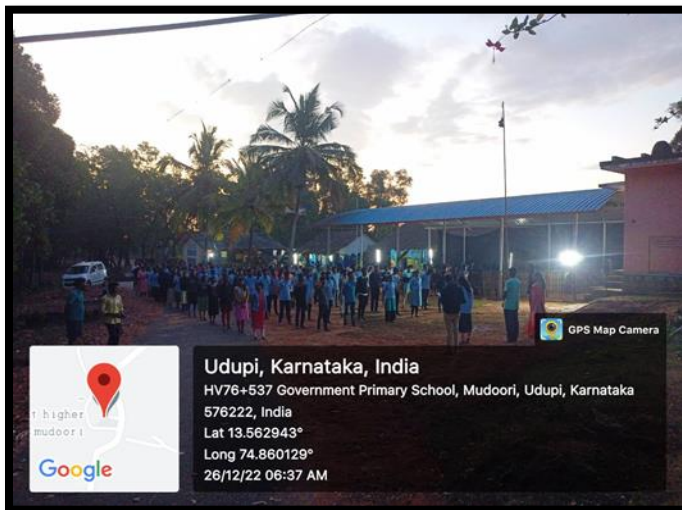
On September 16, 2022, the NSS volunteers showcased their vibrant talents in a cultural programme, turning the college into a center of artistic expression. The event celebrated diversity, creativity, and the spirit of NSS involvement. The cultural program fostered camaraderie among students and highlighted the multifaceted talents within the NSS community, contributing to a lively and engaging campus atmosphere.

6. NSS Annual Special Camp at Govt. Higher Primary School, Mudoori, Haladi - December 23-29, 2022



From December 23 to 29, 2022, the NSS Annual Special Camp unfolded at Govt. Higher Primary School, Mudoori, Haladi. The inauguration ceremony was graced by Sri Janardhana, Vice-president of the Grama Panchayath, Haladi. This week-long initiative aimed at community service, education, and holistic development promises to leave a lasting impact on both volunteers and the local community. The event signifies the NSS commitment to social welfare and collaborative community engagement.

Daily Flag Hoisting Ceremony - NSS Annual Special Camp, Mudoori, Haladi - December 23-29, 2022



Throughout the seven days of the NSS Annual Special Camp at Govt. Higher Primary School, Mudoori, Haladi, a daily ritual of flag hoisting marked the commencement of each day's activities. The honor of hoisting the flag showcased the spirit of unity and dedication among the volunteers, creating a sense of pride and commitment to the NSS mission. The daily ceremony added a touch of tradition and patriotism to the week-long camp, fostering a strong sense of community spirit and purpose.

Shramadan: Collective Effort in NSS Annual Special Camp - December 25, 2022



December 25, 2022, witnessed a dedicated "Shramadan" as part of the NSS Annual Special Camp at Govt. Higher Primary School, Mudoori, Haladi. The term symbolizes a collective effort towards manual labor and community service. NSS volunteers actively engaged in various tasks, reflecting the spirit of unity and shared responsibility for the betterment of the campsite and surrounding areas. Shramadan exemplifies the ethos of the NSS, emphasizing the significance of hands-on contribution to community welfare.

7. Free Medical Check-up Camp at NSS Special Camp - December 26, 2022



In collaboration with Lions Club Kundapura, Community Health Dept. KMC Manipal, and Primary Health Center Halady, the NSS Annual Special Camp at Govt. Higher Primary School, Mudoori, Haladi, hosted a Free Medical Checkup Camp on December 26, 2022. The inauguration, led by Prof. Naveen Kumar Shetty, President of Lions Club, marked the beginning of a health-focused day benefiting more than 150 individuals from in and around Mudoori, Haladi. This initiative exemplifies the NSS commitment to holistic well-being and community health.

8. Cultural Extravaganza at NSS Special Camp - December 27, 2022



On December 27, 2022, the NSS Annual Special Camp at Govt. Higher Primary School, Mudoori, Haladi, transformed into a hub of creativity and talent with a vibrant Cultural Program. NSS volunteers showcased their artistic flair, bringing joy and entertainment to the campsite. The event celebrated diversity, unity, and the spirit of community engagement, adding a lively cultural touch to the special camp experience.

9. Community Survey by NSS Volunteers - NSS Special Camp - December 27, 2022



On December 27, 2022, NSS volunteers at the Annual Special Camp at Govt. Higher Primary School, Mudoori, Haladi, undertook a significant community survey. Visiting over 150 houses, volunteers created awareness about various government facilities and collected valuable information regarding the government services availed by each household. This initiative reflects the NSS commitment to understanding and addressing community needs, fostering awareness, and promoting access to government resources for the betterment of the local residents.

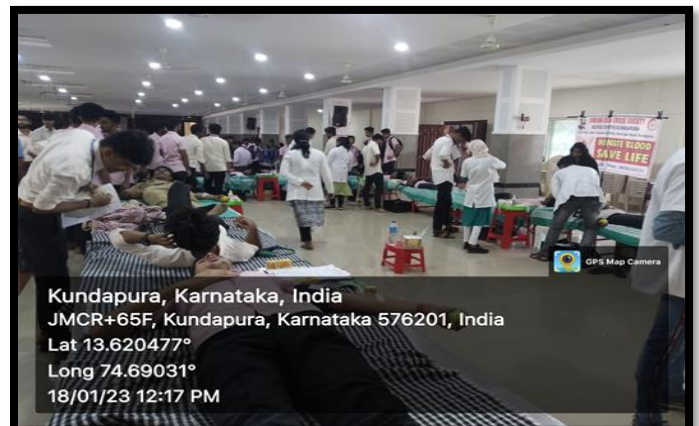
10. NSS Volunteers' Initiative at "Plastic Free Maranakatte Temple Festival" - January 14-15, 2023



NSS Volunteers participated in "Plastic Free Maranakatte Temple Festival" at Maranakatte on 14-01-2023 and 15-01-2023. Created awareness and distributed cloth bags.

NSS volunteers actively participated in the "Plastic Free Maranakatte Temple Festival" at Maranakatte on January 14 and 15, 2023. In a commitment to environmental consciousness, volunteers created awareness and distributed cloth bags, promoting a plastic-free celebration. This initiative underscores the NSS dedication to community engagement and sustainable practices, Contribution.

11. Blood Donation Camp in Collaboration with Indian Red Cross Society - January 18, 2023





On January 18, 2023, NSS volunteers organized a Blood Donation Camp at [Location] in association with the Indian Red Cross Society, Kundapura. This noble initiative aimed to contribute to the blood bank and meet the critical need for blood in medical emergencies. The event showcased the NSS commitment to humanitarian efforts and community health, fostering a culture of voluntary blood donation for the welfare of society. g to a cleaner and eco-friendly festival environment.

12. Health and Hygiene Program by Dr. Sony D'Costa - January 18, 2023



On January 18, 2023, NSS volunteers organized a program on Health and Hygiene featuring Dr. Sony D'Costa. The event aimed to educate and raise awareness about crucial health and hygiene practices. Dr. D'Costa's expertise contributed valuable insights, fostering a sense of well-being and personal health responsibility among participants. This initiative aligns with the NSS commitment to holistic community development and health education.

NCC ARMY WING 2022-23

NCC Army Wing Community Initiatives

1. Blood Donation Camp - January 18, 2023:



A successful blood donation camp was organized in the college, where approximately 30 cadets voluntarily contributed to the Blood Bank, Manipal, and Red Cross, Kundapura on January 18, 2023. This event showcased the NCC Army Wing's commitment to humanitarian efforts and community welfare.

2. World Earth Day Celebration - April 18, 2023:



The NCC Army Wing actively participated in the celebration of World Earth Day on April 18, 2023. The event extended beyond the college premises, reaching the surrounding area of Kundapura. The participation reflected the NCC's dedication to environmental awareness and sustainable practices.

3. Tree Plantation and Swachha Bharat Abhiyan - May 21, 2023:



Collaborating with Clean Kundapura, the NCC Army Wing organized a Tree Plantation and Swachha Bharat Abhiyan at Kodi Beach, Kundapura, on May 21, 2023. This initiative demonstrated a holistic approach to community service, focusing on environmental conservation and cleanliness.

4. Yoga Day Celebration - June 21, 2023



On June 21, 2023, our college enthusiastically celebrated International Day of Yoga. The event aimed to promote physical and mental well-being through yoga practices. Students and faculty members actively participated in yoga sessions, emphasizing the importance of a healthy lifestyle and the positive impact of yoga on overall wellness. The celebration showcased the college's commitment to holistic development and fostering a culture of well-being within the campus community.

5. Har Ghar Tiranga Celebration - August 15, 2023



On August 15, 2023, our college joyously celebrated "Har Ghar Tiranga" as a tribute to the nation on Independence Day. The initiative aimed to adorn every home with the national flag, fostering a sense of unity and patriotism among the college community. Students and faculty participated in the event, symbolizing a collective commitment to national pride and solidarity. The celebration not only marked Independence Day but also reflected the college's dedication to instilling a spirit of patriotism among its members.

In summary, these community initiatives highlight the NCC Army Wing's active involvement in humanitarian, environmental, and cleanliness endeavors, showcasing a commitment to social responsibility and community well-being.

Women's Grievance Redressal Cell - Annual Report 2022-23

Guest Talk on Community Welfare - December 6, 2022



The Women's Grievance Redressal Cell actively engaged in promoting awareness and education during the academic year 2022-23. One notable event was a guest talk on Community Welfare held on December 6, 2022. Dr. Sony D'costa, an expert in the field as the Medical Superintendent at Ayushdhama Hospital, Kundapura, shared valuable insights with the students. The talk likely covered various aspects of community welfare, offering students a broader perspective on their roles and responsibilities in societal well-being. Such initiatives underscore the Women's Grievance Redressal Cell's commitment to fostering not only a safe environment but also a socially conscious and responsible student community.

2. Guest Talk on Self-Awareness - June 6, 2023



Dr. P. Venkataraya Bhandary, D.P.M., DNB, Psychiatrist at Dr. A.V. Baliga Memorial Hospital, Udupi, delivered an insightful talk on self-awareness to students on June 6, 2023. The session focused on the importance of self-awareness for personal development, mental health, and life satisfaction. The students actively engaged in the session, gaining valuable insights into self-reflection and strategies for personal growth.

NCC Naval Wing 2022-23

1. Swachh Bharat Abhiyan Participation Report (2nd October 2022):

On the 2nd of October 2022, our college cadets actively engaged in the Swachh Bharat Abhiyan in Kundapura. This nationwide cleanliness campaign aimed at promoting cleanliness and hygiene witnessed enthusiastic participation from our dedicated cadets. The event, held within our college premises, exemplified our commitment to the national cleanliness drive, contributing to the collective efforts for a cleaner and healthier environment. The cadets played a pivotal role in fostering a sense of responsibility and civic duty, aligning with the broader goals of the Swachh Bharat Abhiyan.

2. Spiritual Enrichment through Yoga Camp (June 21, 2022):



A one-day yoga camp was organized at our college on June 21, 2022, with the primary objective of instilling spiritual qualities among the cadets. The event aimed to promote physical and mental well-being, fostering a holistic approach to personal development. Through various yoga practices and sessions, cadets were provided with tools to enhance their spiritual awareness and overall balance.

3. Adventure and Team Building at Kavaludurga Trekking Camp (December 30, 2022):

On December 30, 2022, our cadets embarked on an exhilarating trekking camp at Kavaludurga in Udupi district. The camp was strategically designed to instill adventurous qualities among the participants, emphasizing teamwork, resilience, and the spirit of exploration. Amidst the natural beauty of the Udupi district, cadets had the opportunity to develop leadership skills, build camaraderie, and appreciate the value of outdoor activities in personal growth.

Cadet Participation in Various Camps (Academic Year 2022-2023):

- Ocean Sailing Camp (11th Dec - 24th Dec, 2022):

Cadets: PO. Cdt. Kaushik, PO. Cdt. Shilpa, L. Cdt. Shrikrishna, L. Cdt. Chaitra



Duration: 11th December, 2022, to 24th December, 2022

- Yachting Regatta Phase I Camp (1st Oct - 10th Oct, 2022):

Cadets: Cdt. Cpt. Ankith, PO. Cdt. Kaushik, PO. Cdt. Shilpa, Cdt. Madhura

Duration: 1st October to 10th October, 2022

- Yachting Regatta Phase II Camp (11th Oct - 20th Oct, 2022):

Cadet: PO. Cdt. Shilpa (III B.sc.)

Duration: 11th October to 20th October, 2022

- Republic Day Camp Phase I (18th Sep - 28th Sep, 2022):

Cadets: L. Cdt. Shrikrishna, L. Cdt. Prathwish, L. Cdt. Pooja, L.Cdt. Chaitra, Cdt. Navya, Cdt. Prajwal

Duration: 18th September to 28th September, 2022

- EK BHARAT SHREST BHARAT (EBSB) Camp (7th Jan - 17th Jan, 2022):

Cadet: PO. Cdt. Kaushik (III B.com)

Duration: 7th January to 17th January, 2022

- ATC Camp at Nitte Engineering College (8th Aug - 16th Aug, 2022):

Cadets: Cdt. Cpt. Ankith, PO. Cdt. Kaushik, PO. Cdt. Mauz, PO. Cdt. Shilpa, PO. Cdt. Dhanya, L. Cdt. Shrikrishna, L. Cdt. Prathwish, L. Cdt. Pooja, Cdt. Shreesha, Cdt. Madhura, Cdt. Kamakshi, Cdt. Nagraj, Cdt. Anish, Cdt. Sathvik

Duration: 8th August to 16th August, 2022

- CATC Camp at Manipal (3rd Dec - 13th Dec, 2022):

Cadets: Cdt. Cpt. Ankith, PO. Cdt. Kaushik, PO. Cdt. Mauz, PO. Cdt. Shilpa, PO. Cdt. Dhanya, L. Cdt. Shrikrishna, L. Cdt. Prathwish, L. Cdt. Pooja, Cdt. Shreesha, Cdt. Madhura, Cdt. Kamakshi, Cdt. Nagraj, L. Cdt. Anushree, Cdt. Anish, Cdt. Sathvik, Cdt. Pradeep, Cdt. Sharath, Cdt. Vishesh, Cdt. Veena, Cdt. Prakriti, Cdt. Pooja, Cdt. Shelvita

Duration: 3rd December to 13th December, 2022



Rangers and Rovers 2022-23.

1. Rajya Puraskar Award Achievement (2022-23) at Bangalore:

Three Rangers from our college were honored with the prestigious Rajya Puraskar Award in the year 2022-23. The recognition took place in Bangalore, highlighting the exceptional contributions and accomplishments of our college's scouting talent.

2. International Cultural Jamboree and Service Camp (21-27 Dec 2022) in Moodbidri:

In celebration of the International Cultural Jamboree held from December 21 to December 27, 2022, a 7-day service camp was organized in Moodbidri. Notably, 18 students from our college actively participated in this global cultural event, showcasing their commitment to service and cultural exchange.

3. Participation in International Cultural Jamboree (20 Dec 2022):



Prior to the official commencement of the International Cultural Jamboree, on December 20, 2022, 18 students from our college enthusiastically engaged in various activities, setting the stage for a vibrant and culturally rich experience.

4. Nipun Exam and Service Camp (30 Jan - 1 Feb 2023) in Manipal:

The Nipun Exam, held from January 30 to February 1, 2023, prompted the organization of a 3-day service camp in Manipal. Two Rangers and Rovers from our college actively participated in this camp, demonstrating their commitment to personal development and community service.