

Extension activities carried out in the neighbourhood community during the Academic Year 2020-21

2020-21

S.No	Name of the activity	Organising unit/ agency/ collaborating agency	Number of students participated in such activities	Page No.
1	International Yoga Day 2020	NSS UNIT & Women empowerment cell, Sree Vidyanikethan engineering college.	150	1-2
2	1 Day- Workshop on Social Entrepreneurship, Swachhta and Rural Engagement.	SESRE CELL	177	3-5
3	Cyber awareness Drive- for girl students by AP Police	AP Police -Govt of Andhra Pradesh	370	6-8
4	Health Camp	NSS UNIT and Department of CSE of Sree Vidyanikethan Engineering College in collaboration with AMARA HOSPITALS, Tirupati	50	9-11
5	Blood Donation Camp	NSS UNIT-Sree Vidyanikethan Engineering College	136	12-13
6	International Women's Day	NSS Unit, IEEE WIE and Women Empowerment Cell of Sree Vidyanikethan Engineering College.	392	14-16
7	WORLD WATER DAY 2021c An Awareness program on "Water Conservation"	SESRE CELL	350	17-18
8	NSS Orientation Program	NSS UNIT-Sree Vidyanikethan Engineering College	250	19-20
9	3-DAY ONLINE GUIDED FREE WORKSHOP On ASANAS, PRANAYAMA & MEDITATION.	NSS Unit, IEEE WIE and Women Empowerment Cell of Sree Vidyanikethan Engineering College In association with "Art of Living Organization".	300	21-23
10	World Environment Day 2021	Social Entrepreneurship, Swachhta, and Rural Engagement CELL.	510	24-26
11	International Yoga Day 2021	NSS Unit, IEEE WIE and Women Empowerment Cell of Sree Vidyanikethan Engineering College In association with "Art of Living Organization".	213	27-30
12	Young calibre 2021	NSS Unit and Dept. of ECE	49	31-32
13	Health Awareness Seminar	NSS Unit and Dept. of CSE in association with AMARA Hospitals	300	33-34
14	Health Awareness Campaign- Adopted Village (Kotala) - An Initiative of IQAC	NSS UNIT and Dept. of CSE	70	35-36
15	Managing Women's health issues in the pandemic times- Online webinar -DRFHE	NSS UNIT & DRFHE	80	37-39
16	Swachh Bhatat Abhiyaan, clean and green Program on the occasion of NSS FOUNDATION DAY - An initiative of IQAC	NSS UNIT	425	40-42

NSS Coordinator
NSS Programme Officer
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PRINCIPAL
SREE VIDYANIKETHAN ENGINEERING COLLEGE
(AUTONOMOUS)
Sree Sainath Nagar, A. RANGAMPET
Chittoor (Dist.) - 517 102, A.P., INDIA.

AY: 2020-21

Date: 21.06.2020

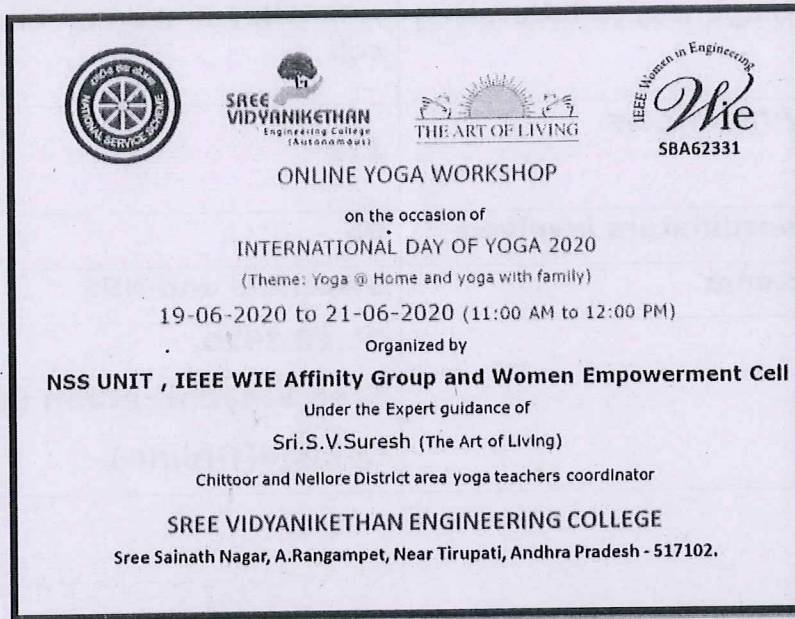
INTERNATIONAL YOGA DAY 2020	
Organising unit/agency/collaborating agency	NSS Unit, IEEE WIE Affinity group and Women Empowerment cell of Sree Vidyanikethan Engineering College in association with Art of Living.
No of Students/volunteers Participated	150
No of Faculty Coordinators involved	5
Name of the Scheme	NSS
Date	21.06.2020
Venue	Online

A Detailed Report on Online Yoga Workshop:

Date: 21st June, 2020

Online Yoga Workshop

No of Students Participated : 150
No of Faculty Coordinators involved : 05



On the occasion of **INTERNATIONAL YOGA DAY 2020** an **ONLINE YOGA WORKSHOP** was combinedly organized by NSS Unit, IEEE WIE Affinity group and Women Empowerment cell of SREE VIDYANIKETHAN ENGINEERING COLLEGE under the expert guidance of **Sri. S.V Suresh Garu**, Coordinator of Chittoor and Nellore Yoga teachers, The Art of Living. For three days i.e. from 19-06-2020 to 21-06-2020. The workshop was conducted on the Theme "**YOGA@ HOME AND YOGAWITH FAMILY**". As we all know that the whole world is in Corona pandemic situation and facing problem with physical and Mental health. To balance the health Yoga is an best art and science of healthy living. It makes our body and mind together. In three days of workshop, basic yoga postures, pranayama and meditation techniques we thought by our trainer. Trainer demonstrated the asanas very briefly in such a way that they reached to new learners easily. Due to the pandemic the workshop was conducted through online. So many members become the part of this workshop through YOUTUBE live and ZOOM meeting and this event success. To encourage the active participation NSS unit, IEEE WIE Affinity group and Women Empowerment cell provided certificates to participants.

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AY: 2020-21

Date: 21.10.2020

**1-Day Workshop on Social Entrepreneurship,
Swachhta and Rural Engagement**

Organising unit/agency/collaborating agency	NSS UNIT & Women empowerment cell
No of Students/volunteers Participated	177
No of Faculty Coordinators involved	05
Name of the Scheme	Swachhta and NSS
Date	21.10.2020
Venue	Sree Vidyanikethan Engineering College(Online).



SREE VIDYANIKETHAN ENGINEERING COLLEGE

(AUTONOMOUS)

SREE SAINATH NAGAR, A. RANGAMPET, TIRUPATI – 517 102,
CHITTOOR DISTRICT, ANDHRA PRADESH.

A Detailed Report on :

ONLINE WORKSHOP

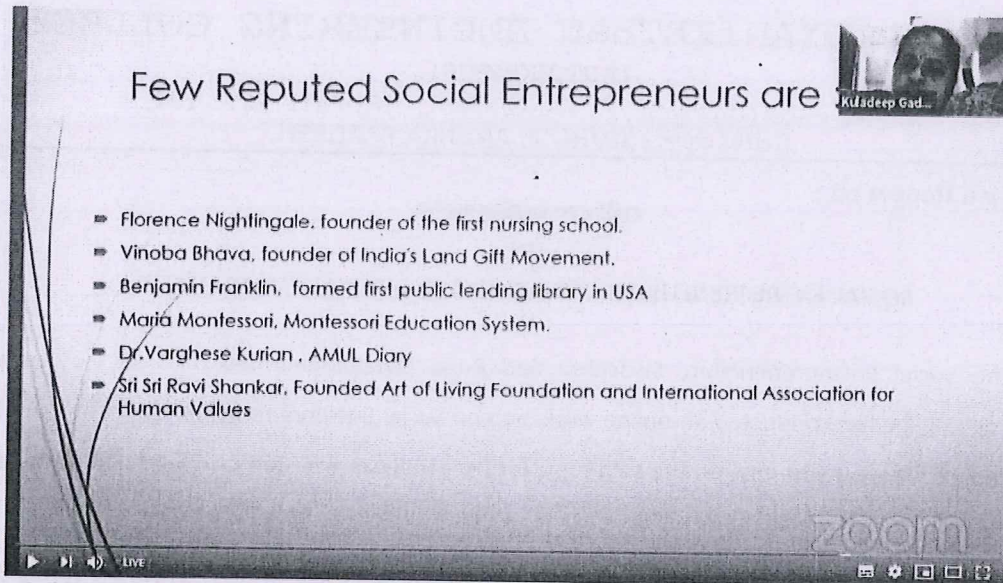
ON

SOCIAL ENTREPRENEURSHIP, SWACHHTA AND RURAL ENGAGEMENT

The Social Entrepreneurship, Swachhta and Rural Engagement Cell of Sree Vidyanikethan Engineering College has conducted an online workshop on Social Entrepreneurship, Swachhta and Rural Engagement to create awareness on the said topic for the students and staff on 21-10-2020 from 11.00 am to 1.00 pm.

Dr. Hemadri Prasad Raju, Associate Professor/Dept. of Civil Engineering, Convener of Social Entrepreneurship, Swachhta and Rural Engagement Cell (SES REC), Sree Vidyanikethan Engineering College has started the online workshop at 11.00 am with the welcome address (Picture 1). And then Mr. Kuldeep, Coordinator of the event has read the profile of the speaker, Dr. V. Krishna Priya, Assistant Professor, School of Management Studies, Vels Institute of Science, Technology & Advanced Studies (VISTAS), Chennai (Picture 2). The speaker started her presentation with an introduction to the Social Entrepreneurship (Picture 3 and 4). After explaining the social entrepreneurship, she played a YouTube video (~8 minutes) of an inspiring story of SKOLL foundation by a graduate student, Jeff Skoll of USA (Picture 5). This video explained how Jeff Skoll became Socio-entrepreneur with the help of NGO's in the year 2001 after rejecting the Associate vice president job offer from the e-Bay company.

The Speaker has enlightened the core values of Social Entrepreneurs and Evolution of Social entrepreneurship in the next few slides (Picture 6 and Picture 7). She showed an announcement for competition of young entrepreneurs from Mahatma Gandhi National Council for Rural Education (MGNCRE) and has described how to fill the application form for submission (Picture 8) and has described about reputed Entrepreneurs and their success stories in one slide (Picture 9). Finally, speaker concluded her presentation by playing a video of success story of an Engineering graduate student turned into social entrepreneur from Bengaluru city (Picture 10).



Picture-9: Speaker described the success stories of Reputed Entrepreneurs



Picture-10: Speaker played a video of success story of young socio-entrepreneur from Bengaluru City

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AY: 2020-21

Date: 06.01.2021

AP State Police Duty Meet – IGNITE 2021	
Organising unit/agency/collaborating agency	AP Police department and State Government
No of Students/volunteers Participated	370
No of Faculty Coordinators involved	6
Name of the Scheme	A Symposium on a Cyber Security and Women Safety
Date	06.01.2021 (04.01.2021 to 07.01.2021)
Venue	AR Police Parade Grounds, Tirupati.

A Detailed Report on AP State police Duty Meet , IGNITE-2021:

First time after bifurcation of States into AP & Telangana, Tirupati Urban police was nominated to conduct a prestigious event **1st (63rd) AP Police Duty Meet, IGNITE-2021** to Police department and State Government in the temple town of Tirupati. The meet was inaugurated by DGP Gautam Sawang on January 4, 2021 at the AR Police Parade Grounds and concluded on January 7, 2021.

Objective

- The meet is to showcase achievements of the police department and laurels received at national and international stages.

Focus

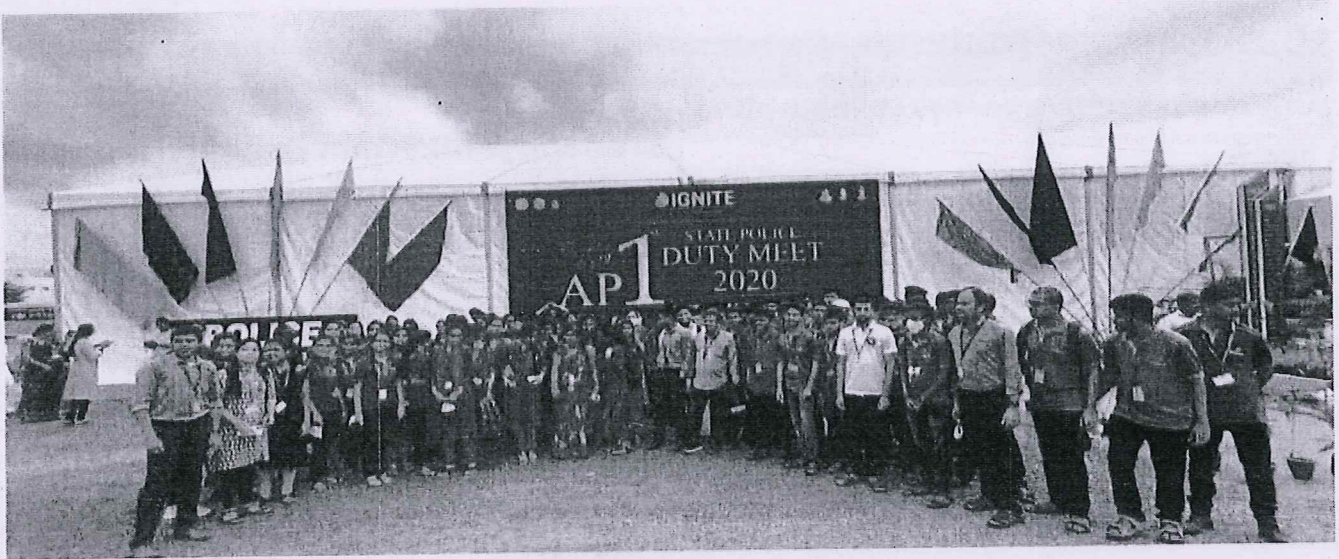
- The importance of 'cyber security' and 'women safety'.

The Initiatives and Programmes

- Awareness on gender based laws, Types of police support to public, Cyber Crimes, etc.,
- Career Counseling for IPS and Motivational talks
- Cultural events
- Graham hand police parade
- 2K, 5K run (for participants)
- Investigating of online gaming and betting
- Recent trends in cyber crime, cyber hygiene, online loan frauds
- Inauguration of women safety session, crimes against women, AP Police technological outreach in controlling crime against women
- Disha Act, Quiz etc.,

As part of this, a 35-member Special Weapons and Tactics (SWAT) team and Octopus commandos carried out a mock drill on room intervention, unarmed combat and hostage rescue

delivered key note address in Women safety session on AP Police technological outreach in controlling crime against women. An excellent content with realistic view of the present scenario against women and cyber crime has delivered with some motivational traits to the students.

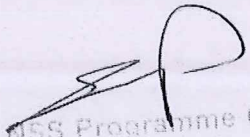


Girl students and faculty at the venue

Pic 4: Sree Vidyanikethan Engineering College NSS UNIT in IGNITE event of AP State Police Duty Meet 2020

In continuation to this session, an expert speaker Smt. Deepika, IAS, Special officer DISHA has conducted mock Quiz on the topics 'women safety and cyber crime'. Sree Vidyanikethan Engineering College students have participated in quiz and answered most of the questions. As a result of this, our students got appreciation on the dais and bagged many gift hampers for their correct answers.

AP police department has given a grand valediction to all the participants in police meet and served them with sweet boxes. Overall, it's an excellent program, which is a very useful one for the current condition of living to all the human being irrespective of gender.


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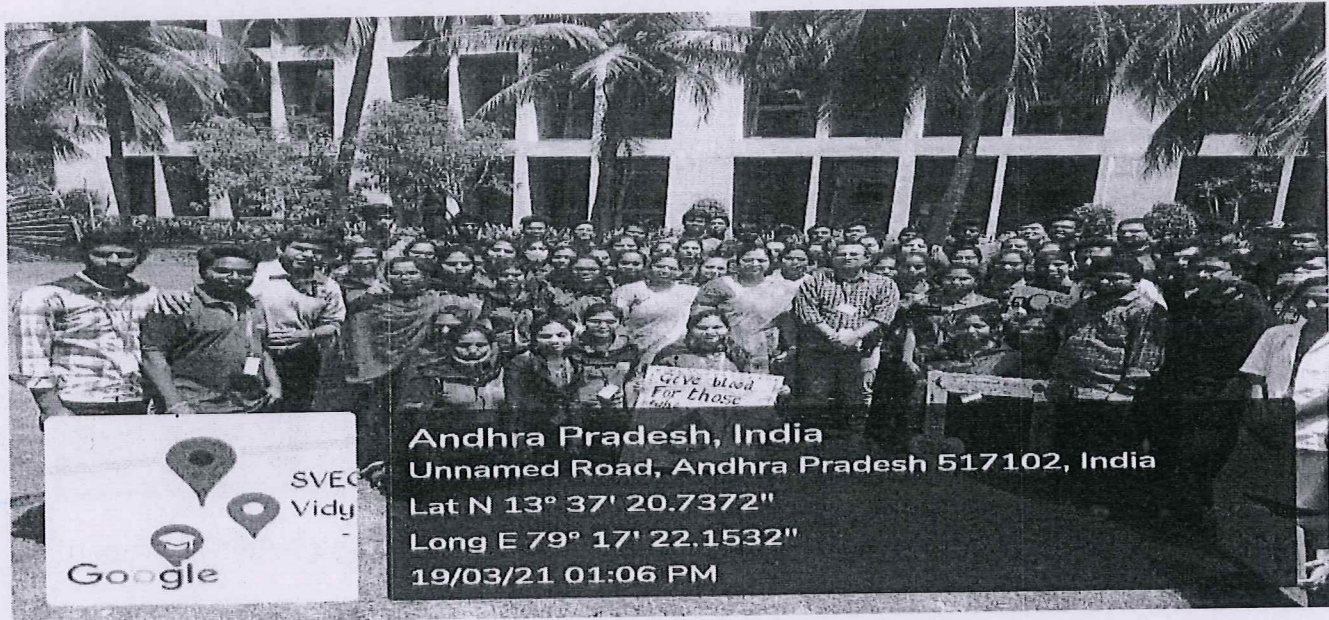
AY: 2020-21

Date: 19.03.2021

Blood Donation camp	
Organising unit/agency/collaborating agency	NSS UNIT, Sree Vidyanikethan Engineering College.
No of Students/volunteers Participated	136
No of Faculty Coordinators involved	10
Name of the Scheme	NSS
Date	19.03.2021
Venue	Sree Vidyanikethan Engineering College.

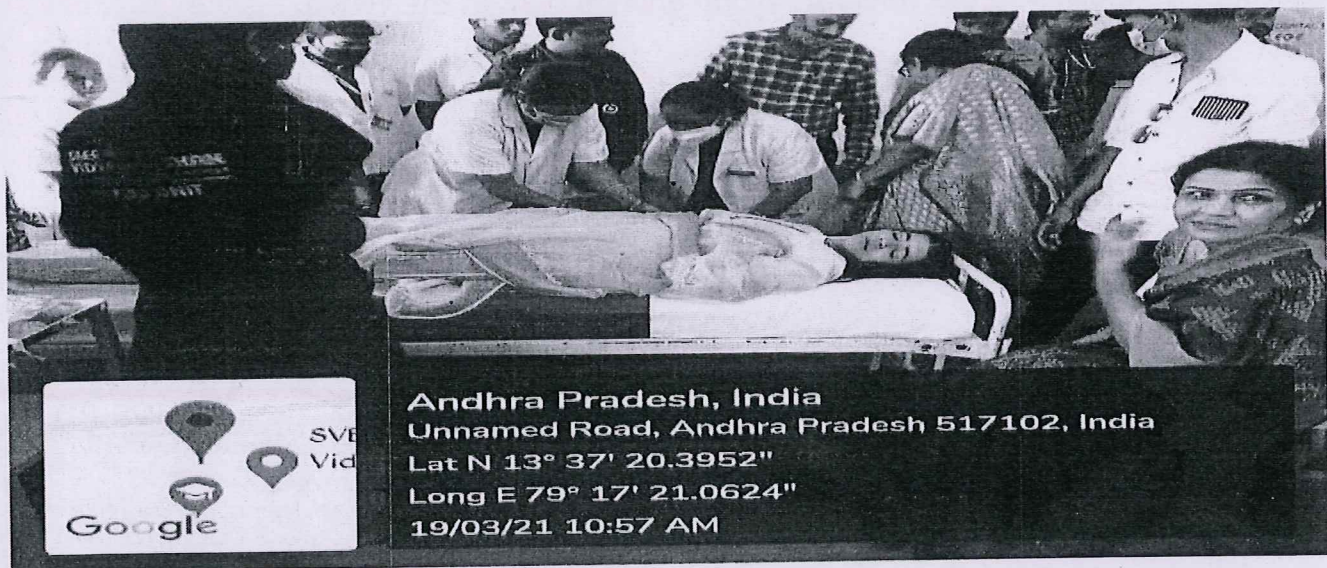
A Detailed Report on Blood Donation Camp:

NSS UNIT of Sree Vidyanikethan Engineering College, has organized one day mega blood donation camp on 19-03-2021.

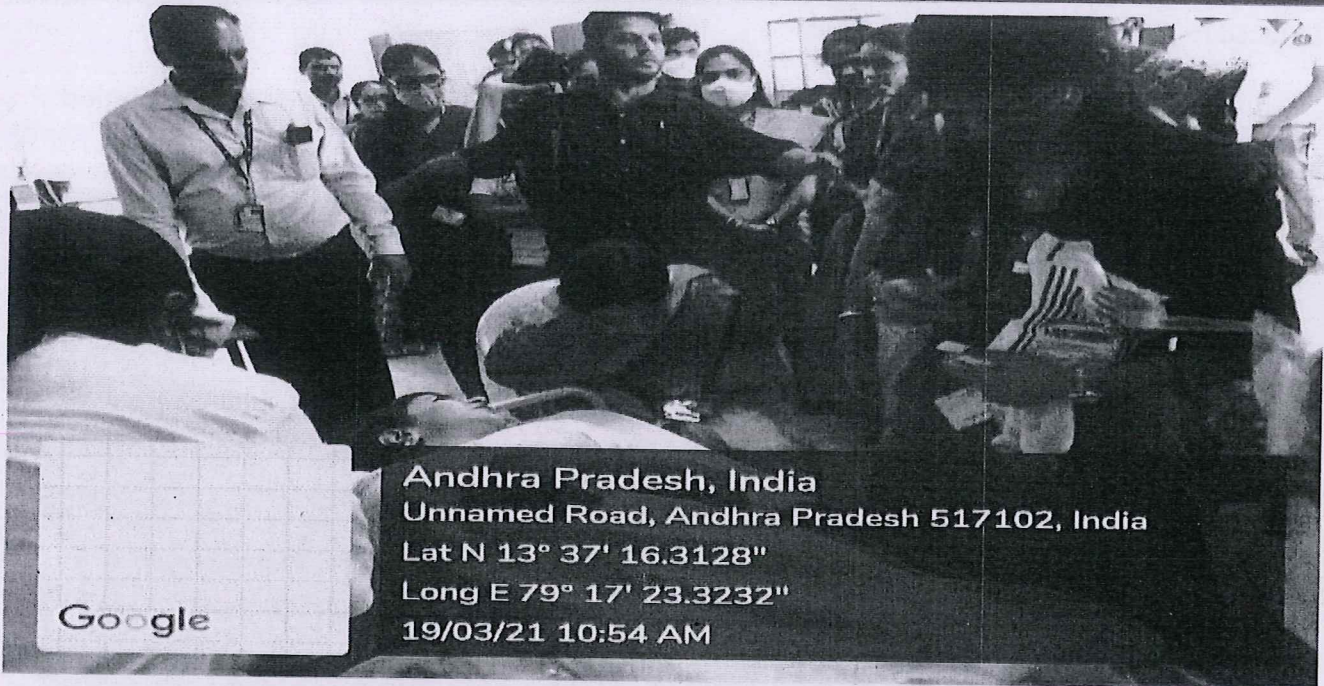


NSS Volunteers with the staff of Gov. Maternity Hospital, Tirupati.

Major Recipient organizations such as Sree Venkateswara Institute of Medical Sciences (SVIMS), Govt. Maternity Hospital (GMH), Sree Venkateswara Ramnarayan ruia Government general Hospital (SVRRGGH), SVS Charitable Trust from Tirupati have taken part in our Camp.



Ms. Manchu Laxmi Prasanna donating blood at the venue



Andhra Pradesh, India
Unnamed Road, Andhra Pradesh 517102, India
Lat N 13° 37' 16.3128"
Long E 79° 17' 23.3232"
19/03/21 10:54 AM

Students with Staff of Sree Venkateswara Institute of Medical Sciences (SVIMS), Tirupati.

Pre blood donation checks were done for all the individuals around 300 students and staff together of which 260 eligible people have donated blood voluntarily in the event.

Dr.M.Mohan Babu, Chairman of SVET have inaugurated the event and conveyed best wishes to all the recipient organizations.

Certificates were given to the voluntary blood donor's right at the venue.


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iii. Event Participants List

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AY: 2020-21

Date: 16.02.2021

Health Camp	
Organising unit/agency/collaborating agency	NSS UNIT & Dept. of CSE of Sree Vidyanikethan Engineering College in collaboration with AMARA HOSPITALS, Tirupati.
No of Students/volunteers Participated	50
No of Faculty Coordinators involved	5
Name of the Scheme	Health Camp
Date	16.02.2021
Venue	Sree Vidyanikethan Engineering College.

Welcome to Doctors and staff of
AMARA HOSPITAL, TIRUPATI



by
NSS UNIT, SREE VIDYANIKETHAN ENGINEERING COLLEGE



HEALTH CAMP

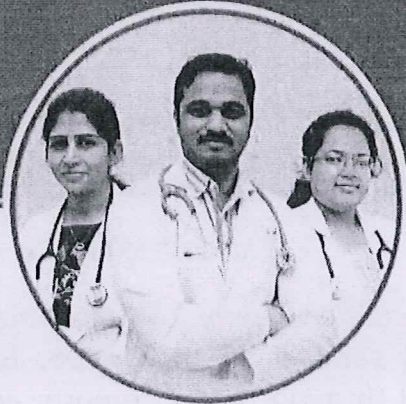
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NSS Unit, Sree Vidyanikethan Engineering College
Sree Sainath Nagar, Tirupati - 517102
Date: 16.02.2021

A Detailed Report on Health Camp:

NSS UNIT of Sree Vidyanikethan Engineering College (Autonomous) in collaboration with AMARA Hospitals, Tirupati organized a Health camp in a befitting manner for Faculty and Staff of SVEI (Sree Vidyanikethan Educational Institutions).

Dr.P.C.Krishnamachary, Principal, Sree Vidyanikethan Engineering College, and Dr. Venugopal Reddy Advisor, SVET as chief guest inaugurated the event.

During the inauguration Chief guest advised all the members of faculty, Staff to utilize the opportunity.



Faculty taking the diagnosis tests before consultation

On this occasion nearly 145 teaching and non teaching staff of the institution has given the blood samples at the venue. Based on the test reports 40 diabetes patients got benefitted through the lab reports and nearly 25 people were newly diagnosed with the Diabetes and other ailments.

(Signature)
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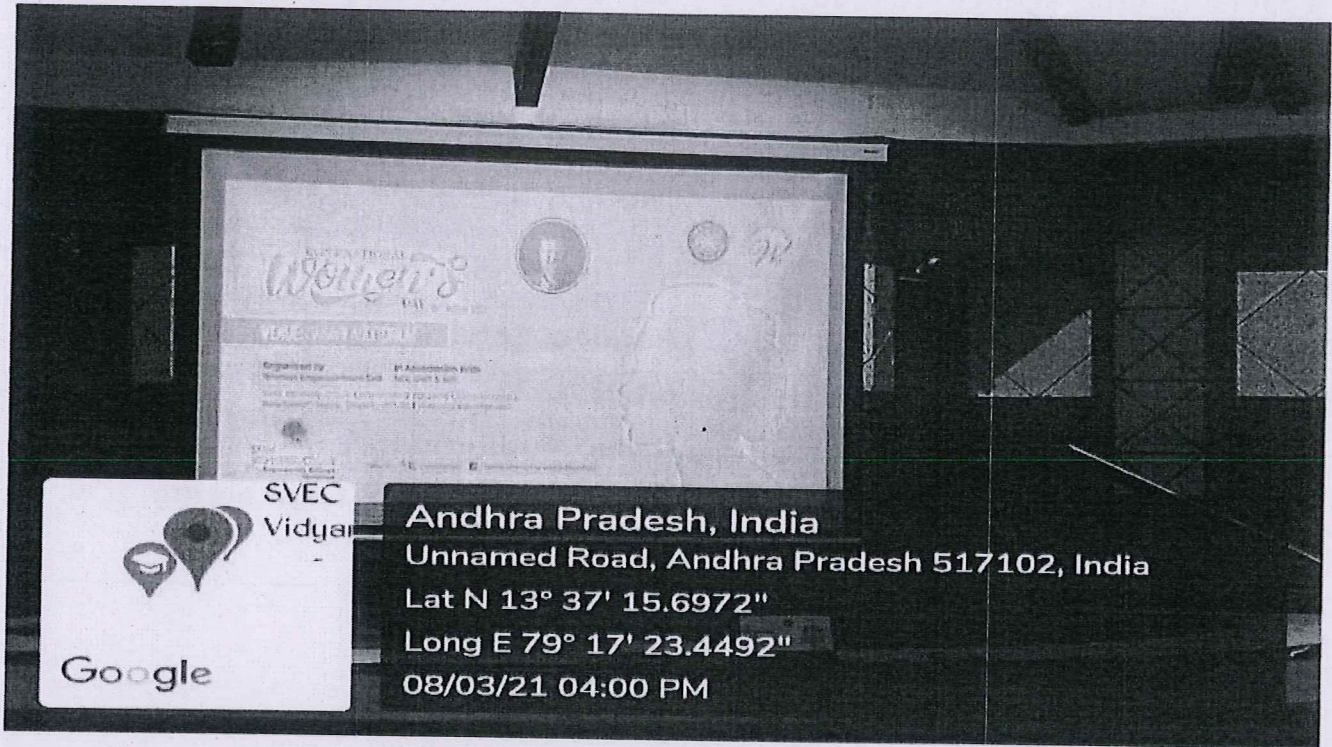
AY: 2020-21

Date: 08.03.2021

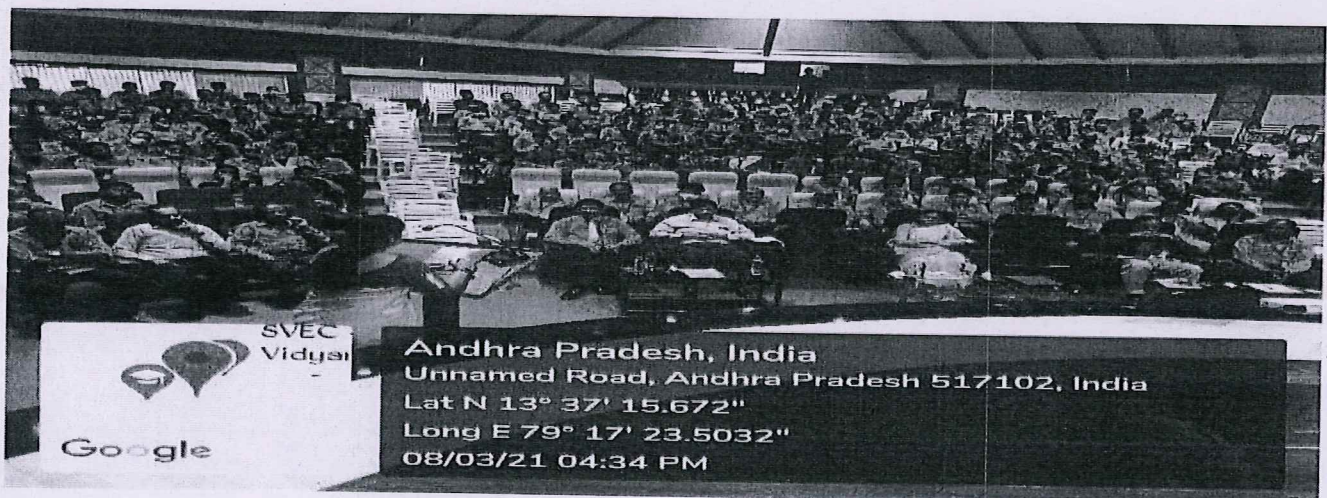
INTERNATIONAL WOMEN'S DAY	
Organising unit/agency/collaborating agency	NSS UNIT, Sree Vidyanikethan Engineering College. In collaboration with Women Grievance Cell ,IEEE-WIE & Jana Vignana Vedika, Chittoor Dt,A.P.
No of Students/volunteers Participated	150
No of Faculty Coordinators involved	05
Name of the Scheme	National Service Scheme
Date	08.03.2021
Venue	Dasari Auditorium, Sree Vidyanikethan Engineering College

A Detailed Report on International Women's day:

NSS UNIT, Sree Vidyanikethan Engineering college and Women's Grievance cell celebrated International Women's Day on 8th March 2021.

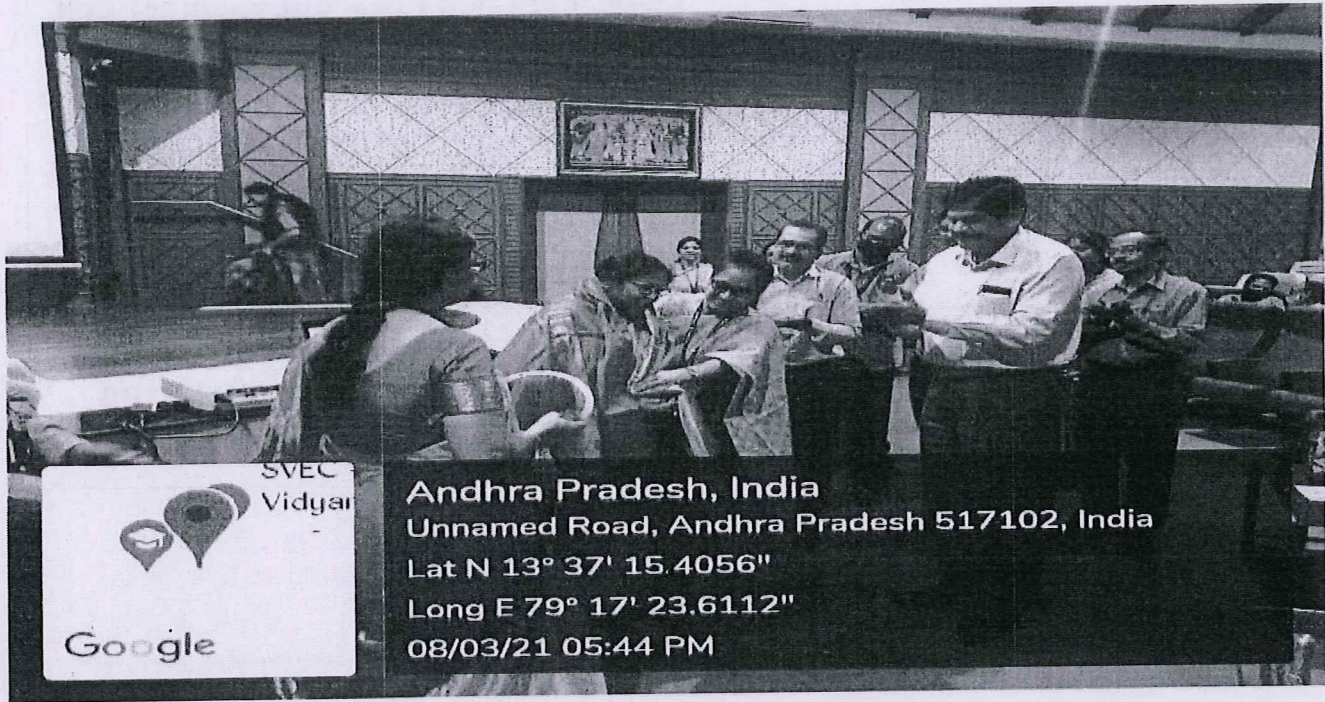


Pic 1: International women's day 2020 banner with logo displayed in Venue (Dasari Auditorium Projector Screen). The programme began with Dr. V.R. Anitha, Convenor, Women Empowerment Cell highlighting the importance of the Women's Day and a few women who excelled in their careers.



Pic 2: Dr. V.R. Anitha, Convenor, Women Empowerment Cell highlighting the importance of the Women's Day

The Chief Guest, Dr. G.M.Sundaravalli, Professor and Rector, Sri Venkateswara University, Tirupati said that she had visited the institution many a time and appreciated the development of the institution over the years to autonomous status. She even wished that the institution should grow further. She also exemplified the facts about the position of women in their personal and professional lives.



Pic3: The Chief Guest, Dr. G.M.Sundaravalli, Professor and Rector, Sri Venkateswara University, Tirupati

Dr. P. C. Krishnamachary, Principal, SVEC, while speaking about the theme "Women in leadership: Achieving an equal future in a COVID-19 world." stated that the theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

It is also aligned with the priority theme on the Status of Women, "Women's full and effective participation and decision-making in public life, as well as the elimination of violence, for achieving gender equality and the empowerment of all women and girls", and the flagship Generation Equality campaign, which calls for women's right to decision-making in all areas of life, equal pay, equal sharing of unpaid care and domestic work, an end all forms of violence against women and girls, and health-care services that respond to their needs.

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Tirupati - 517102, A.P.

AY: 2020-21

Date: 22-03-2021

**AWARENESS PROGRAM ON
WATER CONSERVATION**

Organising unit/agency/collaborating agency	NSS, The Social Entrepreneurship, Swachhta and Rural Engagement Cell (SES & REC) of Sree Vidyanikethan Engineering College
No of Students/volunteers Participated	350
No of Faculty Coordinators involved	15
Name of the Scheme	WORLD WATER DAY
Date	22-03-2021
Venue	Sree Vidyanikethan Engineering College.

NSS Programme Officer
Sree Vidyanikethan Engineering College

A Detailed Report on Water Conservation Awareness Program:

The Social Entrepreneurship, Swachhta and Rural Engagement Cell (SES & REC) of Sree Vidyanikethan Engineering College has organized an awareness program on "Water Conservation" to create awareness on the said topic for the students and staff on 22-03-2021 from 2.45 pm to 4.00 pm to observe the WORLD WATER DAY 2021 at Dasari Auditorium which is in the college campus (South wing of M-Block). Around 350 student participants from different branches and 15 staff members were participated in the program.

Dr. Hemadri Prasad Raju, Associate Professor/Dept. of Civil Engineering, Convener of Social Entrepreneurship, Swachhta and Rural Engagement Cell (SES REC), Sree Vidyanikethan Engineering College has started the proceedings at 2.30 pm with the welcome address (Picture 1) and then, Dr. P.C. Krishnamachary, Principal of the college has delivered an introductory speech on Water Conservation best practices followed in the campus (Picture 2). The guest speaker of the program was then felicitated (Picture 3). The student anchors read the profile of the keynote speaker, Dr. Prasanna V. Sampath, Assistant Professor, Department of Civil and Environmental Engineering, Indian Institute of Technology (IIT), Tirupati. The speaker started his presentation with an introduction to the water availability, extensive usage and how it's been wasted in different ways (Picture 4).

The Speaker has enlightened the students with best water conservation practices that can be practiced in the campus as well as in our daily life (Picture 5 and 6). The speaker in his final few slides explained the best practices of water conservation followed in their institute and in the end answered the questions posed by students present in the program. The program was concluded with vote of thanks to all those who are directly or indirectly involved in the successful completion of the program.


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AY: 2020-21

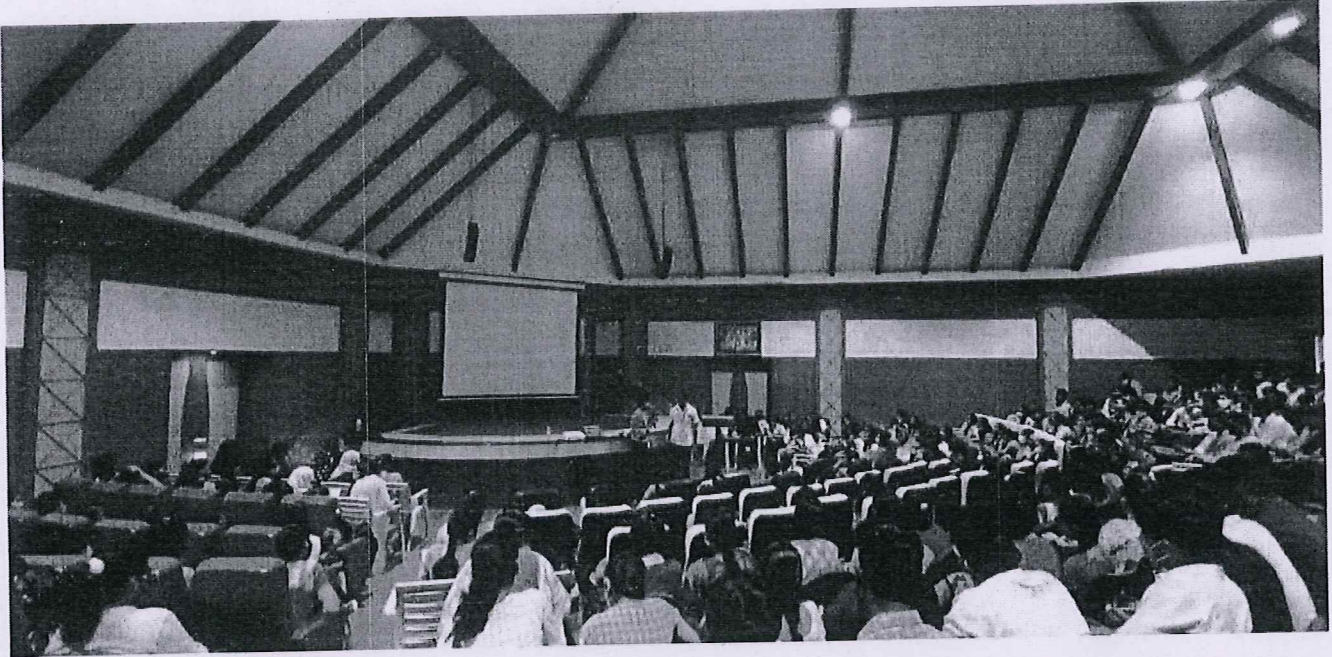
Date: 30-01-2021

NSS Orientation Program	
Organising unit/agency/collaborating agency	NSS UNIT, Sree Vidyanikethan Engineering College
No of Students/volunteers Participated	250
No of Faculty Coordinators involved	15
Name of the Scheme	NSS
Date	30-01-2021
Venue	Sree Vidyanikethan Engineering College.

NSS Programme Officer
Sree Vidyanikethan Engineering College
Sree Sainath Nagar, Tirupati - 517102

A Detailed Report on NSS Orientation Programme:

NSS Orientation Programme was organized at Dasari Auditorium, Sree Vidyanikethan Engineering College, A.Rangampet, Tirupati on 30-01-2021 from 2.30 PM to 4.30 PM to provide knowledge on NSS programmes, activities, organizing NSS camps and special camps.



Students gathering at Dasari Auditorium on the occasion of NSS Orientation Day

To impart comprehensive knowledge on youth development activities, Team Building, Leadership, Developmental issues, Disaster management and Village adoption, students are participating in this event. NSS Unit, presented a video before the dignitaries and newcomers about the programme and activities being done under the National Service Scheme.

NSS UNIT of Sree Vidyanikethan Engineering College in association with Connect 2 Former (C2F) has successfully conducted the event in high standards. We have organized a guest lecture on this occasion. Mrs. V. Shilpa, Connect 2 Farmers (NPO), Pandurangavaripalli, Chandragiri mandal has delivered an excellent lecture on organic farming and its wellness to the society.


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AY: 2020-21

Date: 28-05-2021 to 30-05-2021

**3-DAY ONLINE GUIDED FREE WORKSHOP
On PRANAYAMA, MEDITATION & ASANA**

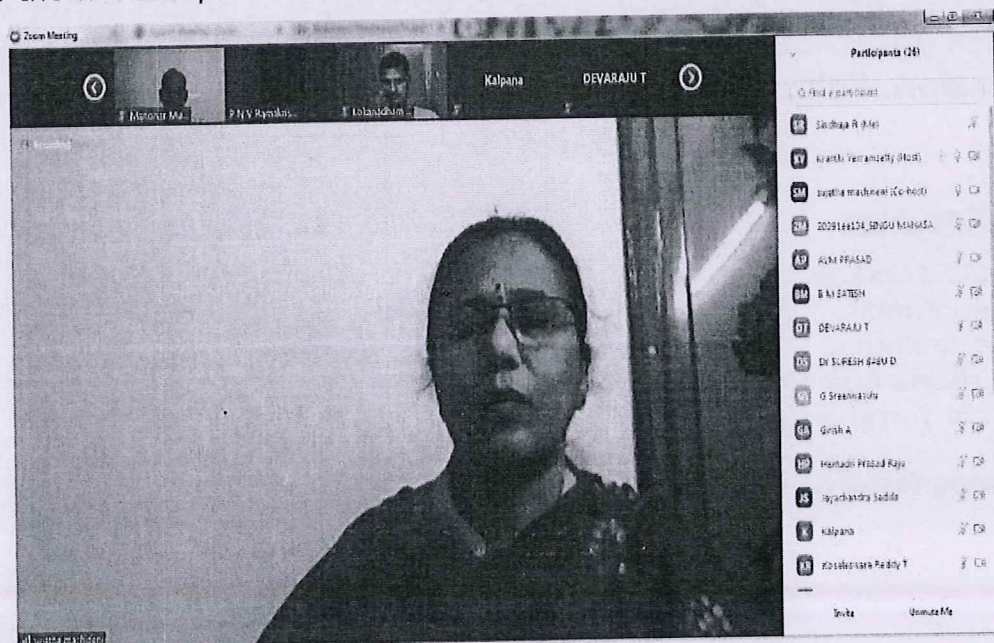
Organising unit/agency/collaborating agency	NSS, IEEE-WIE Affinity Group and Women Empowerment Cell , Sree Vidyanikethan Engineering College.
No of Students/volunteers Participated	200 registered 101 participated
No of Faculty Coordinators involved	6
Name of the Scheme	NSS
Date	28-05-2021 to 30-05-2021
Venue	Sree Vidyanikethan Engineering College.

REPORT

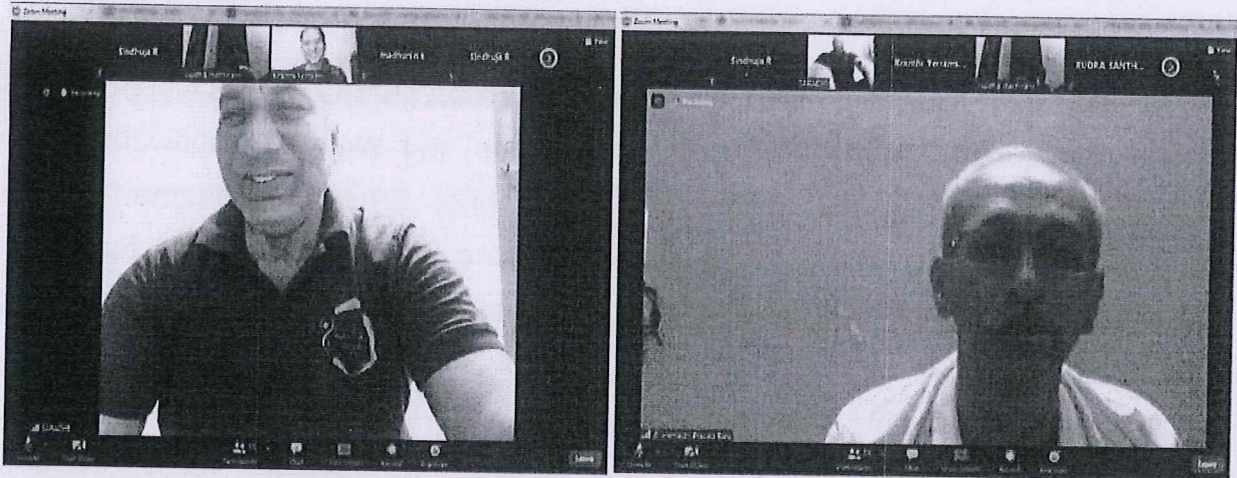
A 3-Day Online Guided free workshop on **"PRANAYAMA, MEDITATION & ASANA"** was organized under NSS, IEEE-WIE Affinity Group and Women Empowerment Cell by Department of Electrical and Electronics Engineering, Sree Vidyanikethan Engineering College, Tirupati in association with **Art of Living Organization** for the benefit of undergraduates students, postgraduates students and faculties of various department and various institutions.

The 200 participants who have enrolled for this workshop were divided into 5 batches and each batch was headed by well trained faculties from Art of Living organization. The speaker of the session was Dr. Harish Saranam, Dr. Sairam Kumar, Ms. Soumya Kotha, Dr. Sai Krishna Kumar and Ms. Kranthi Yerramsetty who have trained the students and faculties of the workshop on 28-05-2021 virtually through Zoom platform between 5.30 pm to 06.00 pm.

The session started with the welcome note by Dr.M.S.Sujatha and Mr.G.Kuladeep, Co-Ordinator of the workshop.



Picture 1: Dr. M.S.Sujatha addressing the participants and giving the welcome note on online workshop



Dr.Saradhi and Dr.Prasad Raju sharing their experience during the end of workshop.

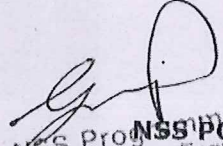
Dr. M.S. Sujatha, Faculty Advisor, IEEE-WIE affinity group and Mr. G.Kuladeep, NSS Program Officer- SVEC extended their hearty thanks to all the participants for their active participation.

"Let us not think that doomsday is coming or spread other ideas that create panic. Let us come together in a sense of cooperation and compassion. Follow social distancing, stay safe, and help each other."

Details of Speaker

Dr. Harish Saranam,
Dr. Sairam Kumar,
Ms. Soumya Kotha,
Dr. Sai Krishna Kumar &
Ms. Kranthi Yerramsetty

Art of Living faculty,
Tirupati.


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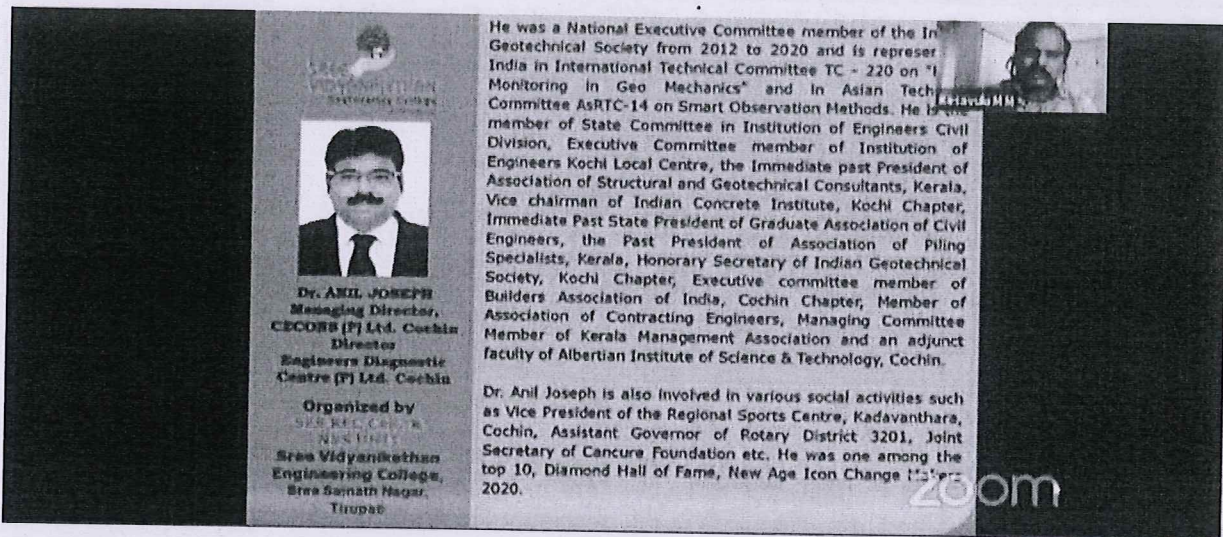
AY: 2020-21

Date: 05.06.2021

World Environment Day (Environmental Sustainability)	
Organising unit/agency/collaborating agency	NSS UNIT, Sree Vidyanikethan Engineering College.
No of Students/volunteers Participated	510
No of Faculty Coordinators involved	10
Name of the Scheme	NSS
Date	05.06.2021
Venue	Sree Vidyanikethan Engineering College.

A Detailed Report on World Environment Day:

The world environment day is celebrated every year on 5th June to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment friendly activities. It is run by the United Nations Environment Programme (UNEP).



He was a National Executive Committee member of the Indian Geotechnical Society from 2012 to 2020 and is representing India in International Technical Committee TC - 220 on "Monitoring in Geo Mechanics" and In Asian Technical Committee AsRTC-14 on Smart Observation Methods. He is also a member of State Committee in Institution of Engineers Civil Division, Executive Committee member of Institution of Engineers Kochi Local Centre, the Immediate past President of Association of Structural and Geotechnical Consultants, Kerala, Vice chairman of Indian Concrete Institute, Kochi Chapter, Immediate Past State President of Graduate Association of Civil Engineers, the Past President of Association of Piling Specialists, Kerala, Honorary Secretary of Indian Geotechnical Society, Kochi Chapter, Executive committee member of Builders Association of India, Cochin Chapter, Member of Association of Contracting Engineers, Managing Committee Member of Kerala Management Association and an adjunct faculty of Albertian Institute of Science & Technology, Cochin.

Dr. Anil Joseph is also involved in various social activities such as Vice President of the Regional Sports Centre, Kadavanthara, Cochin, Assistant Governor of Rotary District 3201, Joint Secretary of Cancure Foundation etc. He was one among the top 10, Diamond Hall of Fame, New Age Icon Change Makers 2020.

Dr. M M KESAVULU READING OUT Dr. ANIL JOSEPH'S PROFILE

The World Environment Day has been started celebrating as an annual event on 5th of June since 1973 at the Stockholm conference, Sweden and then started celebrating annually at global level. From school children to community groups, companies and governments, all come together to pledge towards building a greener planet.



DR. ANIL JOSEPH ADDRESSING THE AUDIENCE

It gave a window of opportunity to students to share their ideas and activities for making our world cleaner, greener, and brighter.

The presentation highlighted in an age appropriate way the ways in which energy is wasted throughout the day, how they overuse energy in the form of water, electricity, fuels, food etc and how they could reduce, reuse and recycle these at their level.

The event was conducted successfully with whole hearted participation and awareness for a greener World.


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NSS UNIT

21st June 2021

Online Webinar & 3 day workshop on "YOGA and LIFE MANAGEMENT SKILLS"	
Organising unit/agency/collaborating agency	NSS, IEEE-WIE Affinity Group and Women Empowerment Cell
No of Students/volunteers Participated	155
No of Faculty Coordinators involved	10
Name of the Scheme	NSS
Date	(21-06-2021 to 23-06-2021)
Venue	Sree Vidyanikethan Engineering College.

Online Webinar & Workshop on
7th International Yoga Day
Theme: "Be with Yoga, Be at Home"
Title: "Yoga and Life Management Skills"

Date: 21st to 23rd June 2021 | Time: 8:30 AM to 9:30 AM

Resource Person

Sri. S. V. Suresh (The Art of Living)
Chittoor and Nellore District area yoga teachers coordinator

Platform: Zoom/Youtube

Organized By: NSS UNIT, IEEE WIE, Women Empowerment Cell

In Association With: THE ART OF LIVING ORG

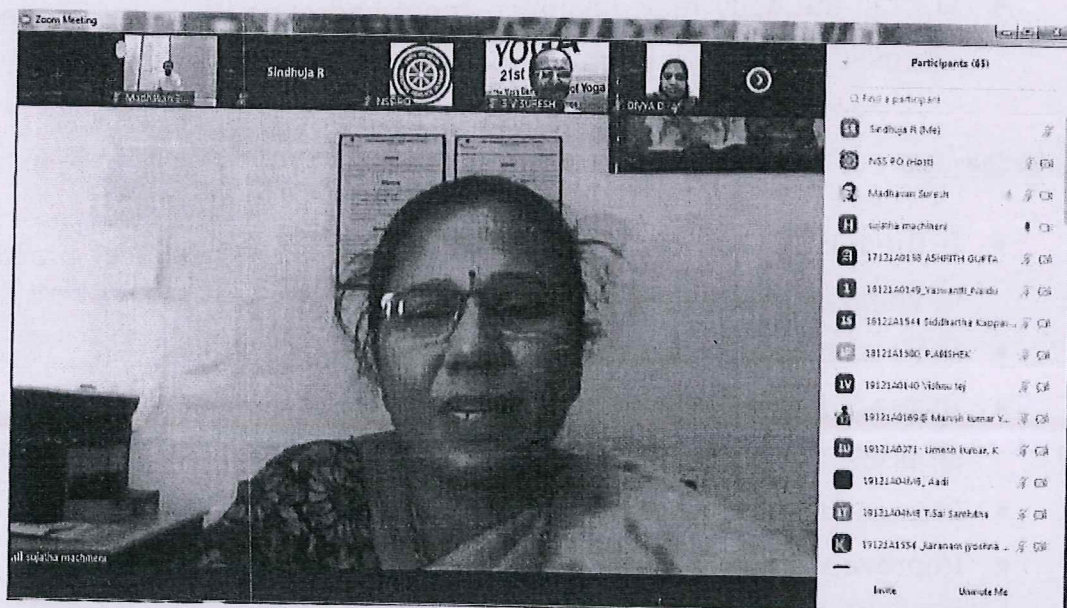


REPORT

Tough times like COVID-19 put us through a lot of challenges but they bring out the real strength in us. It took one terrible pandemic to realize the importance of YOGA in our daily life. Here's on account of 7th International YOGA day, NSS unit, IEEE WIE, Women empowerment cell of Sree Vidyanikethan engineering college in association with THE ART OF LIVING ORGANISATION planned to organize a Online Webinar & 3 day workshop on "YOGA and LIFE MANAGEMENT SKILLS" for the benefit of undergraduates students, postgraduates students and faculties of various department and various institutions.

The speaker of the session was Sri. S.V. Suresh, Art of Living, Chittoor and Nellore District area Yoga Teachers Coordinator who have trained the students and faculties of the workshop on 21-06-2021 virtually through Zoom platform between 9.30 am to 10.30 am.

Dr.M.S.Sujatha, IEEE-WIE Faculty Advisor invited all for the Day 1 session. The session started with the welcome note by Dr.M.S.Sujatha and Mr.G.Kuladeep, Coordinator of the workshop.



Dr. M.S. Sujatha, IEEE-WIE Faculty Advisor Delivering Welcome note

Sri. S. V. Suresh explained various asanas which helps our mind to come out of clusters of thought. He also added that just as the knowledge of Yoga is vast and deep, so are its benefits. The practice of yoga benefits the body, mind and spirit.

Benefits for the body

- Improves flexibility of muscles and joints
- Strengthens muscles and bones
- Improves posture and body alignment
- Improves digestion, circulation, and immunity
- Enhances function of neurological and endocrine organs
- Prevents and provides relief from chronic illnesses, such as chronic pain syndromes, anxiety and panic disorders, depression, sleep disorders, chronic fatigue syndrome, and high blood pressure
- Overall the body feels healthier, more energetic. It is less prone to diseases and effects of day-to-day stress.

Benefits for the mind

- If the mind is well, everything else feels well. With regular practice of yoga, the mind gets the following benefits:
- Increased peace, alertness and clarity of mind
- Increased ability to deal effectively with short and long-term stresses
- Increased concentration of mind
- Improved self-esteem
- Decreased reliance on drugs
- Greater energy and enthusiasm for life

Pre-Examination Preparedness:

- Sleep well. Without physical and mental rest, memory and concentration are not strong. A tired mind will not focus or retain information well.
- Try and wake up at sunrise, and followed by simple breathing exercises like Nadishodhan Pranayama and Ujjai breathing. This way, stress is eliminated from your body and mind and energy levels rise. .
- Use Meditation as a study tool. Practice any simple meditation for a few minutes just before you start your studies. It helps you relax, learn fast, and retain longer, without getting distracted.
- Once you are ready to start, sit down and start studying. No excuses, no postponement.
- Plan your time: Draw a revision timetable schedule and include some time for periodic relaxation breaks. This helps internalize what you have studied and also increases concentration.
- Eat right: fresh, light, homemade vegetarian food will help to increase your ability to concentrate and increase energy levels.

During exams:

- Before you enter the exam hall, relax. Don't stress yourself more by overloading your brain. You don't have to study any more at that time.
- If you feel tense during an exam, take deep long breaths. Observe your breath going in and out and feel your calmness and balance return.
- Don't under-estimate the power of prayer. Prayer also helps your mind to focus, concentrate and defuse anxiety.


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AY: 2020-21

Date: 21.03.2021

Young Caliber-Help the Homeless (Visit to Mathrusya)

Organising unit/agency/collaborating agency	NSS UNIT & Dept. of Electronics & Communication Engineering ASSOCIATION OF COMMUNICATION MAJORS & ENTHUSIASTS (ACME).
No of Students/volunteers Participated	49
No of Faculty Coordinators involved	05
Name of the Scheme	NSS
Date	21.03.2021
Venue	"Mathrusya", Bairagi patteda, Tirupati.



Report on Help the Homeless (Visit to Mathrusya)

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever", A quote by KOFI ANNAN.

Main purpose of education is to educate individuals within a society, to prepare and qualify them for work in economy as well as to integrate people into society and teach those values and morals of society. Role of education is means of socializing individuals and making them realize their responsibilities towards society. In this process, "**Young Caliber**", an ACME club, a students' social service initiative of ECE of Sree Vidyanikethan Engineering College was started in December 2012. The objective of this club was to inculcate the attitude of serving the society.



Picture 1&2: Volunteers visit to Mathrusya orphanage under Young Caliber(ACME Club)

This year, as a part of Young Caliber, students of III and IV B.Tech. had visited to "**Mathrusya**", an orphanage, with the main intention of providing moral support to them. "Mathrusya"—School for Abandoned children and mentally challenged people is located near Bairagi patteda, Tirupati. It was an orphanage home stated with the motto of adopting the street children and joining them into a school. The founder of the orphanage is Mrs. Sreedevi and all the children call her as Amma. She has almost kept her money into the orphanage and now it being run by her son Surya. Almost 85 children are there aging from 2-15 years.



Picture 3: Team ACME -young caliber event cake cutting ceremony in Mathrusya

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AY: 2020-21

Date: 24.08.2021

Health Awareness Seminar	
Organising unit/agency/collaborating agency	NSS UNIT & Dept. of CSE of Sree Vidyanikethan Engineering College in collaboration with AMARA HOSPITALS, Tirupati.
No of Students/volunteers Participated	300
No of Faculty Coordinators involved	10
Name of the Scheme	NSS
Date	24.08.2021
Venue	Sree Vidyanikethan Engineering College.

HEALTH AWARENESS SEMINAR

Date: 24-08-2021 | Time: 3:30 PM to 4:30 PM

Resource Person

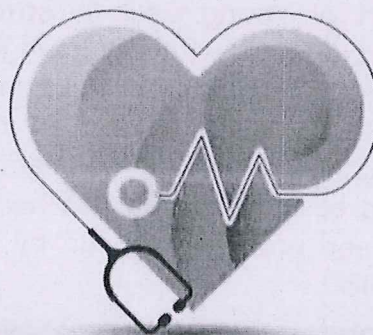
Dr. P. HARSHITHA REDDY

MBBS, MD (General Medicine), AMARA HOSPITALS, Renigunta

Venue: Dosari Auditorium, SVEC Campus

Organized By: NSS UNIT

In Association With: Department of CSE and AMARA Hospitals



A Detailed Report on Health Awareness Seminar:

National Service Scheme(NSS) is an educational programme with primary focus on the development of personality of students through community service. The NSS Unit **SREE VIDYANIKETHAN ENGINEERING COLLEGE** has 300 volunteers. The activities and programmes of NSS Unit of SREE VIDYANIKETHAN ENGINEERING COLLEGE aim the overall development of students.

We, **Sree Vidyanikethan Engineering College** (Autonomous) in association with **NSS UNIT & Dept. of CSE collaboration with AMARA HOSPITALS, Tirupati**. A Seminar will be organized by NSS UNIT in association with department of **CSE** on health awareness in post COVID-19 conditions and cardiac problems after COVID-19 by Dr.P. Harshitha Reddy MBBS, MD (General Medicine), AMARA HOSPITALS, Renigunta, Tirupati.

Objective

- **Health Awareness** about the COVID-19 conditions and mental health continuum, reduce stigma associated with mental illness, promote help seeking behaviors and emotional well-being practices, and prevent suicide through individual education and outreach events.

Focus

- The importance of 'Health'.

The Initiatives and Programmes

- Bereavement, isolation, loss of income and fear are triggering mental health conditions or exacerbating existing ones. Many people may be facing increased levels of alcohol and drug use, insomnia, and anxiety.
- Meanwhile, COVID-19 itself can lead to neurological and mental complications, such as delirium, agitation, and stroke. People with pre-existing mental, neurological or substance use disorders are also more vulnerable to SARS-CoV-2 infection -they may stand a higher risk of severe outcomes and even death.
- Signs and symptoms include respiratory symptoms and include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and sometimes death.
- Standard recommendations to prevent the spread of COVID-19 include frequent cleaning of hands using alcohol-based hand rub or soap and water; covering the nose and mouth with a flexed elbow or disposable tissue when coughing and sneezing; and avoiding close contact with anyone that has a fever and cough.

AY: 2021-22

Date: 08.09.2021

Health Awareness Campaign- An initiative of IQAC	
Organising unit/agency/collaborating agency	NSS UNIT & Dept. of CSE of Sree Vidyanikethan Engineering College.-
No of Students/volunteers Participated	70
No of Faculty Coordinators involved	4
Name of the Scheme	NSS
Date	08.09.2021
Venue	Kotala village.

A Detailed Report on Health Awareness Campaign :

National Service Scheme (NSS) is an educational program with primary focus on the development of personality of students through community service. The NSS Unit of **Sree Vidyanikethan Engineering College** has 70 volunteers. The activities and programmes of NSS Unit of SREE VIDYANIKETHAN ENGINEERING COLLEGE aim the overall development of students.

We, **NSS UNIT** in association with **Dept. of CSE, Sree Vidyanikethan Engineering College**(Autonomous), organized a campaign on health awareness and hygiene at Kotala Village.

Objective

- **Health Awareness** about the COVID-19 conditions, women income sources, self-defense, future education preferences, house hold management, healthy food and life style, importance of cultural activities and sports, personal hygiene, health and environmental management.

Focus

- The importance of 'Health and hygiene'.

The Initiatives and Programmes

- Awareness campaign in government schools about future educational systems.
- Future educational preferences, importance of cultural activities.
- Personal hygiene and sports activities.
- Health and environment management.
- Income sources.
- Women self-defense.
- House hold management.
- Healthy and personal life style.


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AY: 2020-21

Date: 22.09.2021

**MANAGING WOMEN'S HEALTH ISSUES IN THE
PANDEMIC TIMES
(A NATIONAL WEBINAR)**

Organising unit/agency/collaborating agency	NSS UNIT, Sree Vidyanikethan Engineering College in association with Dr. Reddy's Foundation For Health Education
No of Students/volunteers Participated	104 (SVET WOMEN FACULTY)
No of Faculty Coordinators involved	2
Name of the Scheme	NSS
Date	22.09.2021
Venue	Online Platform: MsTeams Link: https://bit.ly/3Eaxfc9

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 A.P.

The Initiatives and Programmes

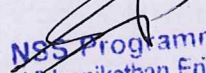
- Women's caring responsibilities outside the home
- Women's caring responsibilities at home

COMMON GYNECOLOGIC PROBLEMS INCLUDE:

- Heavy periods or abnormal bleeding
- Pelvic pain
- Uterine fibroids
- Endometriosis
- Vaginal discharge

NSS Team of Sree Vidyanikethan Engineering College in association with Dr. Reddys Foundation for Health Education has conducted a National Webinar – "MANAGING WOMEN'S HEALTH ISSUES IN THE PANDEMIC TIMES" on Wednesday, 22nd September, 2021 through Online Platform: MsTeams Link: <https://bit.ly/3Eaxfc9> from 4PM to 5:30PM .

The entire women faculty (nearly 104 members) under Sree Vidyanikethan Educational Trust has attended the programme. Dr. Reshma Reddy has explained women gynecology related problems and their solutions in a simple and solvable way to women. She has explained in her power point presentation about all kind of health issues and how to manage them in post COVID conditions with some tips which can be easily obeyed and followed.


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AY: 2020-21

Date: 24.09.2021

NSS Foundation Day – 2021 ("SWACHH BHARAT ABHIYAN" – Clean and Green Program) An Initiative of IQAC	
Organising unit/agency/collaborating agency	NSS UNIT, Sree Vidyanikethan Engineering College.
No of Students/volunteers Participated	425
No of Faculty Coordinators involved	15
Name of the Scheme	NSS
Date	24.09.2021
Venue	Tirupati -Madanapalle Main road. (New Boy's Hostel Main gate to SVIS Main Gate) NH71.

A Detailed Report on NSS Foundation day 2021:

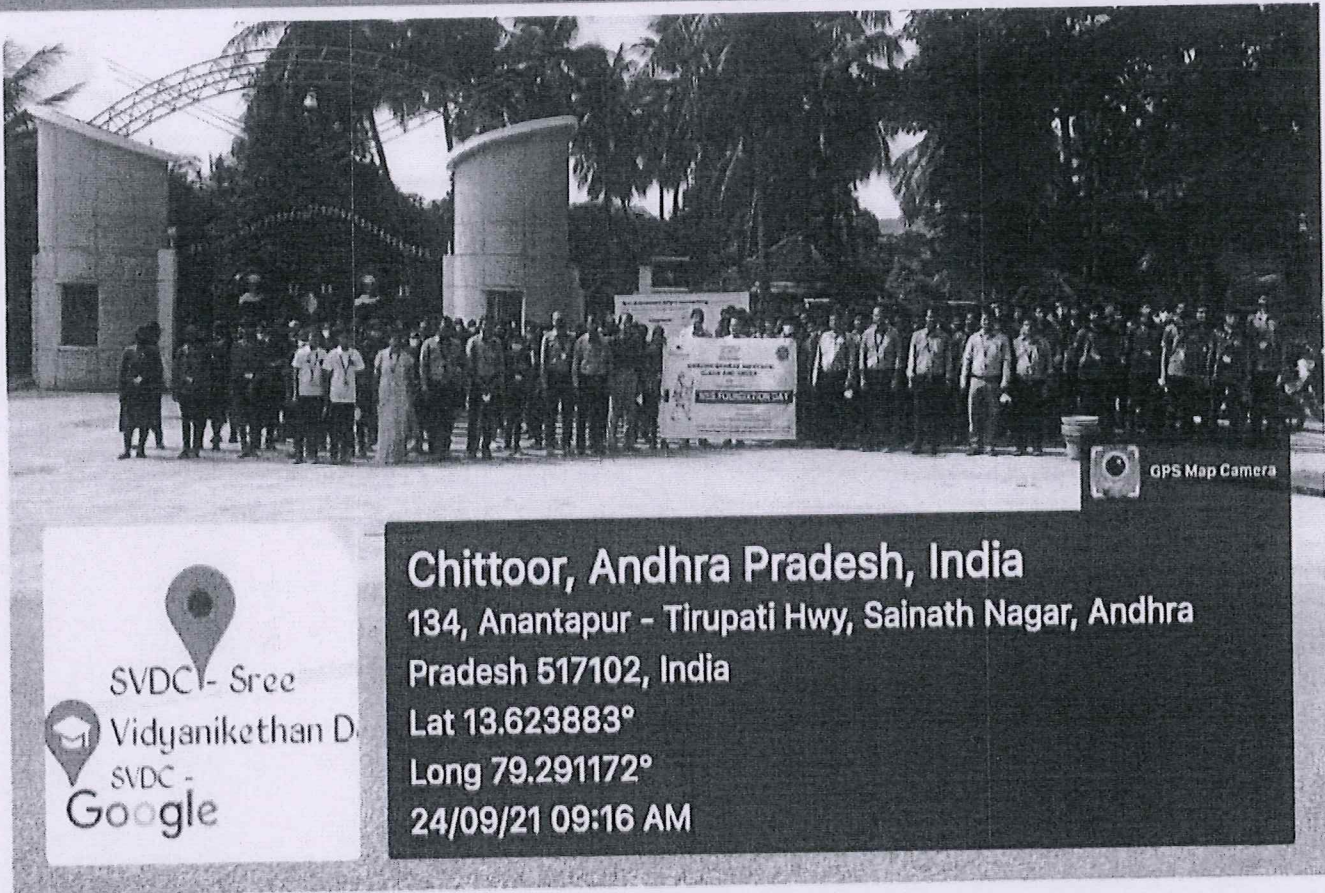
Objective

- The main objective behind this programme "SWATCHH BHARAT ABHIYAN" – Clean and Green Program was to make Sree Vidyanikethan campus and surroundings open defecation free.
- The step of the Government towards making India clean is really appreciable and we owe to contribute to it with such programs.

Focus

- The Swachh Bharat- Swachh Vidyalaya Campaign to promote cleanliness in institutions and surroundings with the support of Teachers and Students.

Sree Vidyanikethan Engineering College celebrated NSS Foundation Day – 2021 on Friday, 24th September, 2021 by organizing an outreach program by the message from our revered Chairman Dr. M. Mohan Babu and CEO Mr. Vishnu Manchu garu on **"SWATCHH BHARAT ABHIYAN" – Clean and Green Program.**



Chittoor, Andhra Pradesh, India
134, Anantapur - Tirupati Hwy, Sainath Nagar, Andhra Pradesh 517102, India
Lat 13.623883°
Long 79.291172°
24/09/21 09:16 AM

Dr.B.M.Satish, Principal, SVEC; Dr.P.Giridara Reddy, Director (R&A); Dr.L.Venugopal Reddy, Advisor, SVET; Mr.B.Ravi Sekhar Director (F&A), SVET; Dr.Nageswara Prasad Vice Pricipal ,SVEC & Dr.P.Ramana Dean Academics, SVEC; Mr.G.Kuladeep, NSS PO , SVEC and respective faculty from various departements during Inaguration of event .

This program has inaugurated by Dr.B.M.Satish, Principal, SVEC; Dr.P.Giridara Reddy, Director (R&A); Dr.L.Venugopal Reddy, Advisor, SVET; Mr.B.Ravi Sekhar Director (F&A), SVET; Dr.Nageswara Prasad Vice Pricipal ,SVEC & Dr.P.Ramana Dean Academics, SVEC.

On the occasion Dr.L.Venugopal Reddy Advisor , SVET stated that government organizations should take necessary action to ensure Proper sanitation and systems in right place to dispose waste and maintain cleanliness. He also mentioned that SVET is planning to conduct Anti-litter campaigns to create awareness among the general public and motivate them to take up the broom.

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