

# Session Report (2019-20)

Session-1  
(12-09-2019)

It was an introductory session. The Programme Officers of YRC explained the activities of YRC to the first year volunteers. The first year volunteers also actively interacted with the programme officers.



Total number of volunteers present: 92

Total number of volunteers absent: 31

## SESSION – 2

(First Aid Session)

**Date: 18.9.19**

**“Learn First Aid! Be a Hero!”**

It was a first aid session. It was conducted by **Prof.R.Manickam**, M.A., M.Ed., M.Phil, Professor in jeeva medical academy. He served as B. T. Headmaster, Supervisor and SSA Education Officer in Kanchipuram Dist Education Department for 36 years. He is now the *District secretary of Indian Red Cross society, Kanchipuram district*. He has been involving in many service activities like, conducting blood donation camps, conducting camps for youth red cross and junior red cross students, organizing rally about road safety rules, conducting seminars for teachers ,organizing debate for youth and public, etc. He has received many awards as a teacher and also as a social worker.



He spoke about the aspects of red cross. He explained about youth red cross and junior red cross .Then the first aid session started .He explained about remedies for snake bite and scorpion bite and also demonstrated it with 2 student volunteers .He also gave a demonstration for remedies to do in emergency period like sudden accidents.



Throughout the session, he grabbed the attention of students and made the session interactive. At the end of the session, Dr.S.Thanigaiarasu honoured him with a memento. Finally the session ended with the feedback from the first year volunteers about the session.



- Total number of volunteers present: 99
- Total number of volunteers absent: 24

## Session - 3

(Cleaning Session)

Date:03-10-19.

Venue: MIT campus.



The session involved cleaning of MIT campus. The session started around 5:30 p.m. YRC volunteers and around 89 of the first year YRC students had cleared the plastic wastes from various places in the campus.



The first year volunteers were separated into 3 units.

**Unit – 1**

Total strength of students : 23

Number of boys : 13

Number of girls : 10

**Unit – 2**

Total strength of students : 32

Number of boys : 17

Number of girls : 15

**Unit – 3**

Total strength of students : 34

Number of boys : 22

Number of girls : 12

A specific area of the campus was allocated to each unit for cleaning. Most of the places had been cleaned which includes GJ park, Parking area, surroundings of Aerospace department, PT department, AKLHC and RLHC. The biodegradable wastes such as dry leaves, twigs, etc. and non-biodegradable wastes such as carry bags, plastic wrappers, etc. were collected separately and disposed accordingly.



The YRC volunteers had done a neat and clean job of maintaining the environment. The cleaning of the campus was completed around 6:30 p.m. Kudos to our Volunteers for their dedication towards a clean and safe environment!

## SESSION-4

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### JUST A MINUTE(JAM)

DATE:10-10-19

**“Take care of your minutes and the hours will take care of themselves.”**

It was a Just A Minute(JAM) session.It was conducted by YRC volunteers.Our First Year students enlightened the session with their creativity , presence of mind and command over language, all within a span of one minute. Through this session they provided the platform for the students to speak on a given topic without hesitation, repetition or deviation.The students were given a random topics based on their school life,about their family and they were also asked to share their important and crazy moments of life.During this session they also shared their expectation towards their college life and the real scenario taking place!



This JAM session helps the the students to showcase their talent and expertise in impromptu speech. This session had also enhanced extempore speech and spontaneity of students.Despite all the above pros,this session helped the students to get rid of their stage fear.At the end of the session students were asked to give their feedback about the session.



- Total number of volunteers present:86
- Total number of volunteers absent:64

# **SESSION-5**

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## **Scholarship Instruction Session.**

**Date:16.10.2019**

It was a combined session. First students were taught about the scholarship that can be applied by our first year students at the starting of the college, so that it can help the students financially for their studies.

Everything that needed for applying the scholarship like the type of scholarship, how it can be applied, what was the eligibility for applying the scholarship, by what way the scholarship can be provided and many others were explained to the first year YRC students by the third year YRC volunteers, whoever applied for the different types of scholarship at their first year.

Students were also asked to take the notes on the things that were explained for the corresponding scholarship that can be applied by every students, so that they won't forgot the things that were taught and also it can be easy for the first year students to apply the scholarship.

## SESSION-5

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After that our beloved staff **Dr.K.M.Veerabadran** , Assistant professor, Department of Chemistry has interacted with the student members and explained about the various scholarships that was given to the students and the various reason behind why it was started by *our founder of MITShri*.

**ChinnaswamiRajam**. Sir also given motivational speech on why the college life is the main part of student life, how it can be utilized properly and how to use the knowledge that the student members gained in their college for the welfare of the

# SESSION-5

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society people.



- Total number of volunteers present: 91
- Total number of volunteers absent: 66

# SESSION 6

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## ORGANIC FARMING AWARENESS

DATE : 23.10.2019

It is a session related to organic farming. And the session was presented by K .R .Ammasaiappan, SMS, Sr.Operator, Salem steel plant. And also he is the Ex secretary of Muthamizh Mandram. At the start of the session he admired all the students with his entertaining speech. He speaks about how every crops can be planted and harvested without the use of pesticides that cause many disease to the human beings. He also addressed about how the engineers can help the formers by their new invention by making forming an easy one.



He shared all his knowledge and experience on how to make organic farming an efficient one. At the end of the session our program officer Dr. M. Vijay Karthick honoured him with a memento.

# SESSION 6

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Total number of volunteers present: 73

Total number of volunteers absent : 84

## SESSION 7

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### INFORMATION SESSION

DATE: 30.10.2019

It was an informative session about Youthfest and mass plantation. It was conducted by YRC volunteers. Dean sir announced that the mass plantation will be conducted this year through all the first year students. YRC is the part of green team so we gave the information about mass plantation. Youthfest is the event conducted mainly by the Youth Red Cross for the visually challenged people. As the YRC students, they should know about the youth fest.



Total number of volunteers present : 67

Total number of volunteers absent : 90

# SESSION-8

(MENTAL HEALTH AWARENESS)

DATE:04.11.2019

It is a mental health session presented by Mrs .V Geetha, Clinical Psychologist, District mental health programme, Chennai district, Government Hospital Saidapet. At first she started the session by introducing herself and her experiences in this field. She told about the differences between stress and depression and how it initiates first. She also explained about the present student generation and why these generations are mostly affected by stress and depression. The main reason for stress and depression are lack of creative thinking, postponing the works and doing that at a single stretch and many more. She explained about all these and how these problems can be solved. For easy understanding she called some of the volunteers, given them some task and asked them to perform it. So that students can get some knowledge about how to react to that current situation.



## SESSION-8

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- Total number of volunteers present:48
- Total number of volunteers absent:109

## **SESSION – 9**

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### **(SEGREGATION OF TEAMS)**

**DATE:13.11.2019**

In this session the first year students were segregated into teams. There were six teams namely as follows,

**1.ADHIMADHURAM**

**2.AGIL**

**3.KARUMUGAI**

**4.MANORANJIDHAM**

**5.KADHALAI**

**6.GUGAMATHI**

In each team there were at least of 25 students. Each team was given a separate work and the students were explained about their work (i.e.,)

**1.ADHIMADHURAM**

#### **WORK : BLOOD AND VISION**

MIT Bloodline is maintained by the Youth Red Cross. In this the student volunteers of this team were assigned to collect the blood group details of the students as well as faculties in every department.

Vision Companions is also a social activity which is well organized by YRC of MIT. It is an annual activity in which the students volunteer themselves in helping the visually challenged people from 4.30pm to 7.30pm throughout all working days.

## **SESSION – 9**

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### **(SEGREGATION OF TEAMS)**

#### **2.AGIL**

##### **WORK : PLANTATION**

To make the campus green and make an healthy environment, the student volunteers are assigned to plant trees with medicinal values around the campus and also maintain it.

#### **3.KARUMUGAI**

##### **WORK : PLANTATION AND VISION**

The volunteers of this team has to maintain the plants in the campus and to help visually challenged people.

#### **4.MANORANJIDHAM**

##### **WORK : WATER SAMPLING**

The student volunteers has to collect both raw and drinking water samples from various places in the campus like Hostel (Boys and Girls), Rajam Lecture Hall Complex, Abdulkalam Lecture Hall Complex and Canteen and analyze it in the Chemistry Department Laboratory in order to find suitable water parameters like Alkalinity, Ph, TDS. Etc.,

#### **5.KADHALAI**

##### **WORK : PLANTATION**

This team also assigned to do plantation in the campus and maintain them.

## **SESSION – 9**

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### **(SEGREGATION OF TEAMS)**

#### **6.GUGAMATHI**

##### **WORK : MAGAZINE**

The students was assigned to do Magazine work which includes the yearly activities done by the Youth Red Cross. It comprises the weekly session activities and events conducted by YRC.

And the students were explained about their respective works.

- TOTAL NUMBER OF VOLUNTEERS PRESENT: 61
- TOTAL NUMBER OF VOLUNTEERS ABSENT: 90

## SESSION 10

### ENTREPRENEURSHIP

**DATE: 19.12.2019**

This session was conducted by Ms. Shruthi. She was very enthusiastic that she become the entrepreneur at the age of 18. She started the session with respect to the student life. She grabbed the attention of young budding minds, by stating the responsibilities of the students. She also insisted that, one day or the other all of them would come up with flying colours as entrepreneurs. She also added that it is the responsibility of the youngsters to strive hard for their country and surrounding. It attracted the students and they were very keen on listening to that. After that she spoke about the social responsibilities that students should have with them. She spoke about the entrepreneurship that would help the student who has interest in entrepreneurship. Her words, “Broken heart, empty pocket, hungry stomach teach us a lesson about life” was very meaningful.



## SESSION 10

### ENTREPRENEURSHIP



- TOTAL NUMBER OF VOLUNTEERS PRESENT: 89
- TOTAL NUMBER OF VOLUNTEERS ABSENT: 67

## SESSION-11

### PARTITIONING OF WORKS

**DATE: 03.01.2020**

In this session, the first year students, who were segregated as teams in the last session, were explained about their allotted work by their respective seniors. Teams were given explanation about the topic and were insisted how could they contribute to the campus for the welfare of it and everybody in it, through this platform. Teams were elaborated on how to do their work by their respective seniors.



## **SESSION-11**

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### **PARTITIONING OF WORKS**

This session was of about half an hour duration, in which all the teams contributed their innovative ideas on the assigned job and a note of the same was made by all the members of the teams to implement it as soon as possible in a most effective and efficient manner. Students were also encouraged to involve in all the activities of Youth Red Cross, apart from their team work, on their leisure time. Teams were insisted about the significance of splitting of the teams and the time bound for the completion of the allotted work was specified.

- Total number of volunteers present : 67
- Total number of volunteers absent : 88

## SESSION 12

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### TRAFFIC AWARENESS

**DATE: 08.01.2020**

This session was presented by Mr.P.Manimaran , M.Sc. Zoology, Sub Inspector of Mount Police Station. This session was an eye opener for all the budding youngsters of YRC MIT. Students were blessed with his speech, which was regarding traffic awareness. He spoke about do's and don'ts while driving and discussed the root causes of cancellation of driving license. He also shared about his contributions to the society, some of which are direction of short films, composition of songs pertaining to traffic awareness and kindled the students to think.



## SESSION 12

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### TRAFFIC AWARENESS



He also marked that he had penned a book named “Kaalathai Vendravan” and suggested the students to read the same. He also shared some of his experiences which is must for a student to know for safe driving and explained about the importance of following the traffic rules. He reported that TamilNadu has one of the highest fatalities due to accidents and gave some precautions to be safe on roads. This session was a thought provoking one for the students.

- Total number of volunteers present : 97
- Total number of volunteers absent : 59

## SESSION 13

### TURTLE PROTECTION

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**DATE: 21.01.2020**

The aim of this session was to make the student volunteers to have concern about their environment and to safeguard the nature with its treasure. This session was aimed to inculcate the responsibility of student volunteers, towards protection of fauna. The chief guests introduced different variety of turtle species and spotted the difference between turtle and tortoise. They also explained about the habitation of turtles and their life span and stated how student volunteers can contribute to the environment by knowing these stuffs.



## SESSION 13

### TURTLE PROTECTION



Volunteers were encouraged to save water and not to pollute it since fresh water is a breeding ground for the turtles as stated by them. They also shared their contribution to this initiative to save the turtles and motivated the student volunteers to do so. Students were also emphasized with the importance of preserving turtles as their loss extinction may affect numerous species in the environment.

- Total number of volunteers present : 89
- Total number of volunteers absent : 63

HEALTH!

SERVICE!

FRIENDSHIP!

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#### SESSION 14

Date: 28-01-20

Venue: LHC -002

Food is an essential need for the survival of all human beings. However, India is a country facing poverty on a large scale since the beginning. So many volunteers and social workers strive hard every day to provide atleast a meal a day to the needy. One such initiative by Dr. Fathima Jasmine is IyyamittuUnn. In this session, she discussed about the hurdles she faced while starting the activity. In this activity, she decided to



have large sized food storage containers in the crowded areas of Chennai where the useful food remains from nearby households can be stored for the beggars and any other hungry people to access. She also spoke in detail about the joy and happiness she shared with her fellow people after achieving this feat. The students were inspired by her profile as well as her personality. She shone as an epitome of confidence and determination.



## SESSION 15

Date: 13-02-20

Venue :LHC-002

Saytta Panchayat session is an interactive module where awareness is created among students about the legal rights a person owns, according to our constitution. Dr. Rangaprasad from Satta Panchayat Iyakkam discussed various aspects in an interesting manner and at the same time, offered various valuable information for all of us. The students felt the session to be very informative. He also explained various real life examples and scenarios so that we can understand and analyse the situations better. It was one of the best sessions of this academic year.



## SESSION 16

Date: 20-02-20

Venue : RLHC Conference hall

This session was an extension of the full day Eye Checkup camp, Dr.Indumathi from Dr.Agarwal's Hospitals conducted the session about eye related issues. She gave several information about the Eye and gave advisory information to maintain a healthy eye. She discussed many eye related issues faced by different age group people from children to old aged people. The severe that people face recent days is cataract, she gave information about the reasons for these eye problems and also discussed the preventive measures. She also shared many medico healthcare treatments and also gave information about the recent modern technology in medicinal field like laser treatments that cures the eye problems. She also preferred many best medications like humidifiers and nutritional supplements to treat the eye problems.



### SESSION 17

Date: 27-02-20

Venue:LHC -002

The Youth Red Cross of MIT is not only known for its service to the society but also to thy juniors. We assign various projects to our first year volunteers after dividing them into various groups. The projects include collecting blood data of their fellow mates, maintaining trees and plants in MIT, doing the Year magazine of MIT and many more. The final year volunteers of YRC, who have attended various interviews and reviews conduct monthly reviews for all these projects. They also offer due criticism to their works. This acts as a great motivation and a platform to improve the standards of presentation for the first years. Sometimes, the Programme Officers of YRC are also present in the review panel. We had two panels for this review where each panel reviewed three teams each. The first year students were most benefitted.

## SESSION 18

Date:05-03-20

Venue: LHC -002

This session was a fully interactive one. **Mr. Kaushik kumar** who is an Architecture graduate from **Akarmaa Foundations**, he taught architecture and also very much involved in academics. He has been involved in various initiatives related to education and conservation since then. The session was about Production Management, he discussed the uses of products like Kadhi, steel and glass materials in a productive way. Also he discussed about the management of wastes and to develop useful outcome with the waste products.

