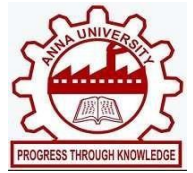




YOUTH RED CROSS

**MADRAS INSTITUTE OF TECHNOLOGY
ANNA UNIVERSITY, CHROME PET - 600044**



SESSION AND EVENT REPORT

2021 - 2022

SESSION REPORT

Weekly sessions are conducted to enrich students with knowledge about social activities by arranging a motivational speech every week by an expert in any desired field.

The Youth Red Cross conducts sessions like:

- Motivational sessions
- Interactive sessions
- Cleaning sessions

SESSION 1:

MANAGING MENTAL HEALTH DURING THE PANDEMIC

The first session for the academic year (2021-2022) was held on **21st JULY 2021**. This was an online session, which began at 5 PM, and ended by 6 PM. Microsoft Teams was the platform chosen for this event.

Our esteemed speaker was **Dr. K.V. KISHORE KUMAR** (consultant psychiatrist), Director - the Banyan and Banyan Academy for Leadership in mental health. He began the session with a good positive vibe. He stressed the importance of managing mental health during the pandemic.



He explained the importance of managing mental health with various situations in our day to day life where our mental health plays an important role, which was like a revelation and motivation to manage our internal environment.

He stressed on the point that everyone should understand the importance of mental health and learn to manage their inner peace by doing yoga and meditation in order to live a peaceful life. Even during the pandemic we must be maintaining a stable mental being and cultivate a positive vibe. We must not be over stressed and must find solutions to handle situations. If our inner peace is lost, then it will be difficult to live peacefully.

He motivated us to be stable and calm and he cleared our confusions that we had regarding our maintenance of internal health and at the end of the session, he asked our feedbacks and it was a wonderful interactive session with **135** participant's .This session turned out to be a great success.

SESSION 2:

REINVIGORATE YOUR MEMORY

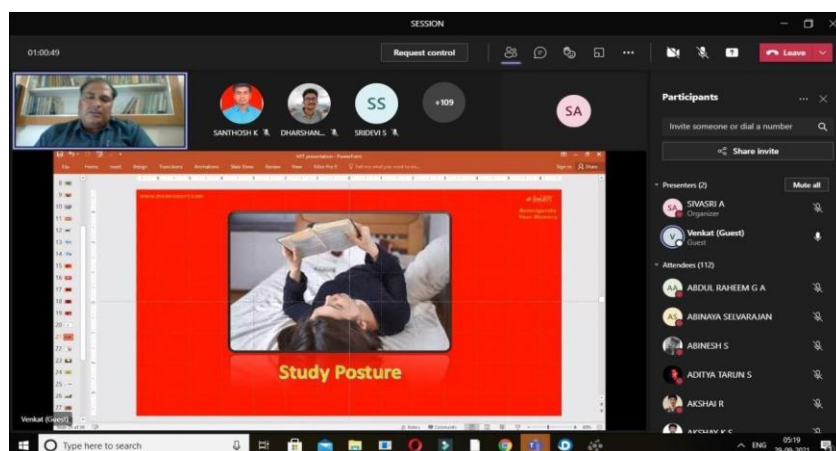
The second session for the academic year (2021-2022) was held on **29th September 2022**. This was an online session which began at 5.00 PM and ended by 6.00 PM. Microsoft Teams was the platform chosen for this event. Our esteemed speaker was **Mr. VENKAT S R**, Deputy Director – MAX Academy. He began the session with few memory games that helped us to test our memory power.



The speaker explained us about the dos and don'ts to strengthen our memory power. Especially, he stressed on how to remember things that we listen to or learn. One such method was to understand it in our mother tongue.



He also emphasized few ways to protect ourselves from the harmful radiations of mobile phones and laptops, like doing Pranayama. He motivated us to read books, which can activate our brain cells.



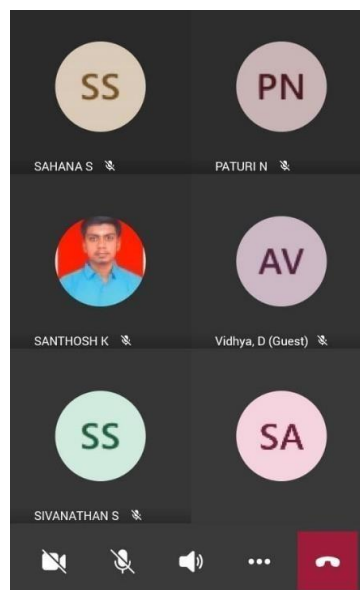
As the quote says, “A good laugh and a long sleep are the two best cures for anything”, he advised us to stay optimistic and to have at least 7 hours of sleep a day. He also cleared our confusions and it was a remarkable interactive session with **112** participants. This session turned out to be a great success.

SESSION 3:

ONE UNTOLD SECRET OF SUCCESS

The third session for the academic year (2021-2022) was held on **12th OCTOBER 2021**. This was an online session, which began at 6 PM, and ended by 7.15 PM. Microsoft Teams was the platform chosen for this event.

Our esteemed speaker was **Mr. VIDHYASHANKAR GURUMURTHY**, Founder and Chief Executive Officer of Only Success Leadership Academy. He began the session with a good positive vibe. He also elaborated that his college life was a big mess when he had a lag in his self- confidence and a trouble with speaking English fluently the stage fear he had in himself made him to hide from the seminars and lectures that he had to present. As his name started, with 'V', he was escaped for 3 semesters but he was fluttered in 4th semester when he was asked to present.



But it changed his life a lot and he took that shame as a stepping stone and he finished his M.B.A degree in Annamalai University and started an academy “ONLY SUCCESS LEADERSHIP ACADEMY” to enlighten the lives of 100s and 1000s of students by motivational speaks and influencing them for their brighter future.

He made his life an example for students like us and made his tribute by writing a famous book known as “UNTOLD OF SUCCESS”. He also gave us life hacks of becoming a successful human being. The life glimpse of the ownspeaker made the session interesting to core and was wonderful.

“The secret of success is a pleasant personality with sincere enthusiastic attitude”.

SESSION 4:

PERSONALITY DEVELOPMENT

The fourth session for the academic year (2021-2022) was held on **21st OCTOBER 2021**. This was an online session, which began at 5 PM, and ended by 6 PM. Microsoft Teams was the platform chosen for this event.

Our esteemed speaker was **Mr. KHALEEL RAHMAN**, Director at Action DnA, and Director at Pace Safety Solutions. He paved way for understanding the importance of **PERSONALITY DEVELOPMENT**.

Personality is most important in everyone’s life. Personality is the thing, which we gain through experience. No one’s personality is fully developed. It is a continuous process. Even a small increase in personality is considered a development in one’s personal skills.



He explained about the four stages of personal development:

- Physical growth
- Emotional growth
- Social growth
- Intellectual growth

He explained in depth about ways of improving and gave tips to apply in everyday life and improve our personal skills.

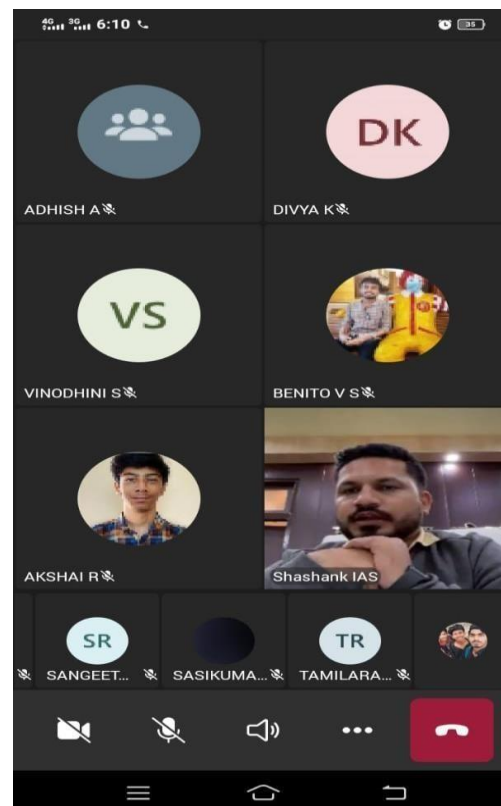
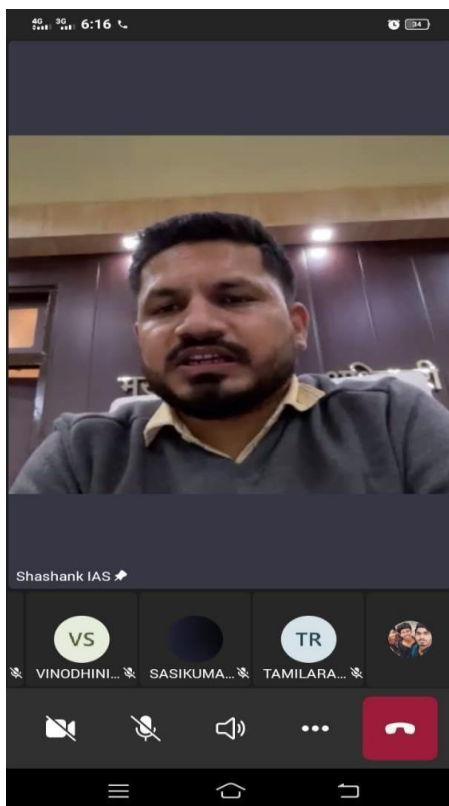
Personality development helps an individual to inculcate positive qualities like punctuality, flexible attitude, and friendly nature. The session came out to be a great success with many awesome responses.

SESSION 5:

DISCOVER YOUR IDEAL CARRER

The fifth session for the academic year (2021-2022) was held on **6th December 2021**. This was an online session, which began at 6.15 PM, and ended by 7.15PM. Microsoft Teams was the platform chosen for this event.

Our esteemed speaker was **Mr. SHASHANK TRIPATHI IAS**, Chief Development Officer of Uttar Pradesh. He began the session with a good positive vibe. He also elaborated that how to face UPSC exams with courage.



In addition, he said many interesting ways to develop our knowledge in the field of administrative carrier. Then he said about the self- confidence and the importance of communication skills. He taught us to improve our communication skills by reading English newspapers. He shared about some problems that he faced in his life and how he overcame from that.

He shared his thoughts in the UPSC exam preparations and how he prepared for the UPSC examinations. He also gave us life hacks of becoming a successful human being. The life glimpse of the own speaker made the session interesting to core and was wonderful.

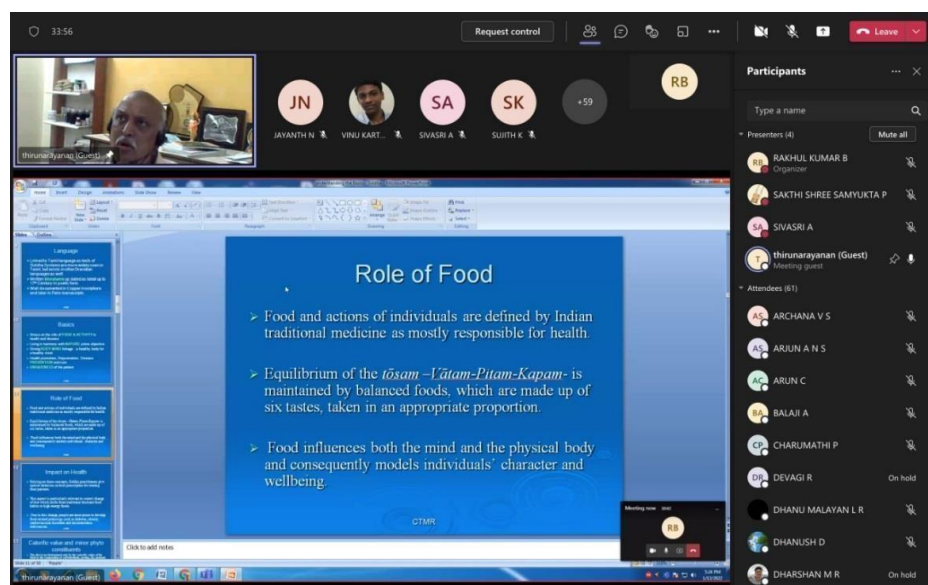
“The secret of success is a pleasant personality with sincere enthusiastic attitude”.

SESSION 6:

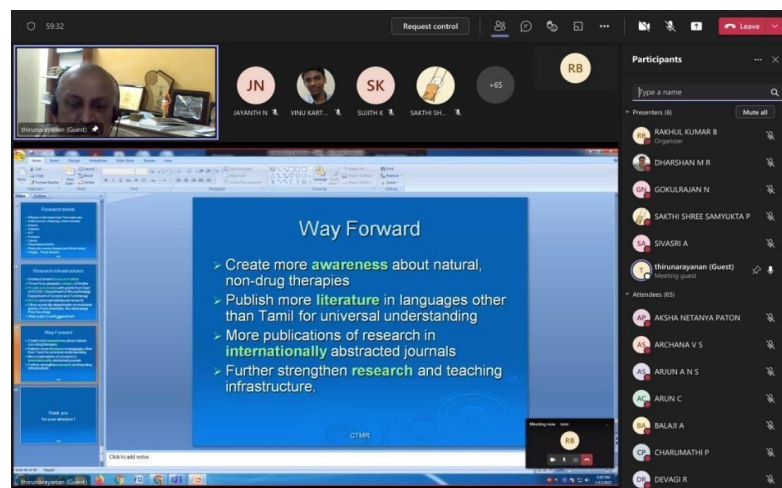
BENEFITS OF SIDDHA MEDICINE IN TODAY’S WORLD

The sixth session for the academic year (2021-2022) was held on **13th January 2022**. This was an online session, which began at 05:00 PM, and ended by 06:00 PM. Microsoft Teams was the platform chosen for this event.

Our esteemed speaker was **Dr. T. Thirunarayanan**, Secretary of centre for Traditional Medicine and Research, Chennai. He began the session with a good positive vibe. He also elaborated the importance of health to our life.



In addition, he said more about the role of food on our day-to-day life. Food plays an important role in everyone's life. It gives energy for our body, which is needed to do any work. It influences both mind and physical body character and well-being.

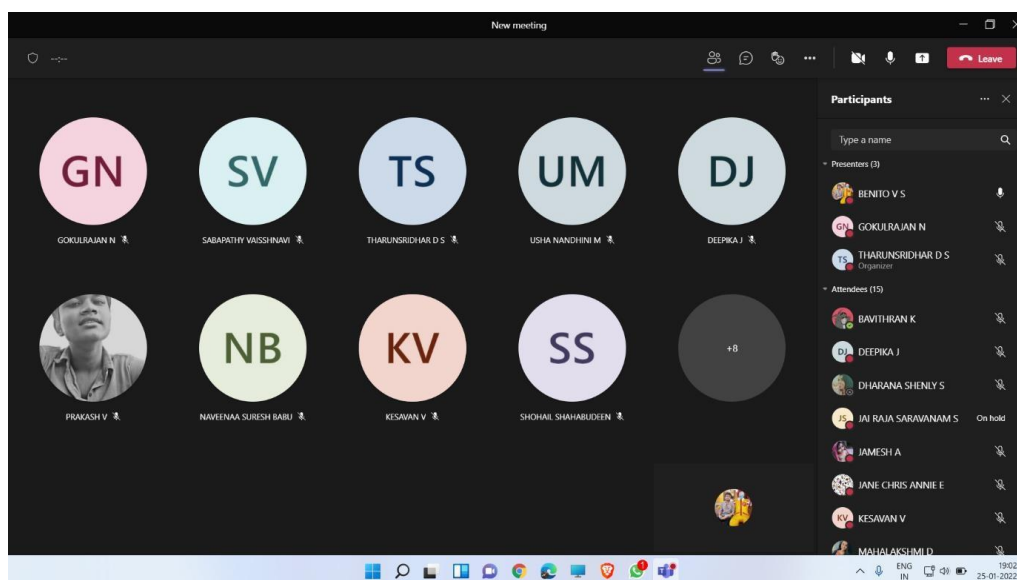


He elaborated the importance of food, which inversely has an effect on body, physical, mental and social well-being. He finally concluded with the effect of Siddha medicine and how it changes life

SESSION 7:

KNOWLEDGE ON ENTREPRENEURSHIP

The seventh session for the academic year (2021-2022) was held on **3rd February 2022**. This was an online session which began at 6 PM and ended by 7 PM. Microsoft Teams was the platform chosen for this event. Our esteemed speaker was **Dr. S. NEELAVATHY PARI**, Deputy Director for Entrepreneurship Development Centre. The session began with an introduction about entrepreneurship. She is also an Assistant Professor at the Department of Computer Technology, MIT Campus, Anna University. The moto of this session is of transferring the knowledge on entrepreneurship to enrich students' knowledge.



Participants were shed a light of knowledge on the difference between business and startups. It was very helpful to know about the reasons behind successful startups. The interest of the participants was keenly seen as they were interactive throughout the session. Top entrepreneurs and their successful business ideas were also shown as case. Students felt easy to perceive the session because it contained explanations with examples. On the whole the session was very informative and it evoked a sense of entrepreneurialism in participants.

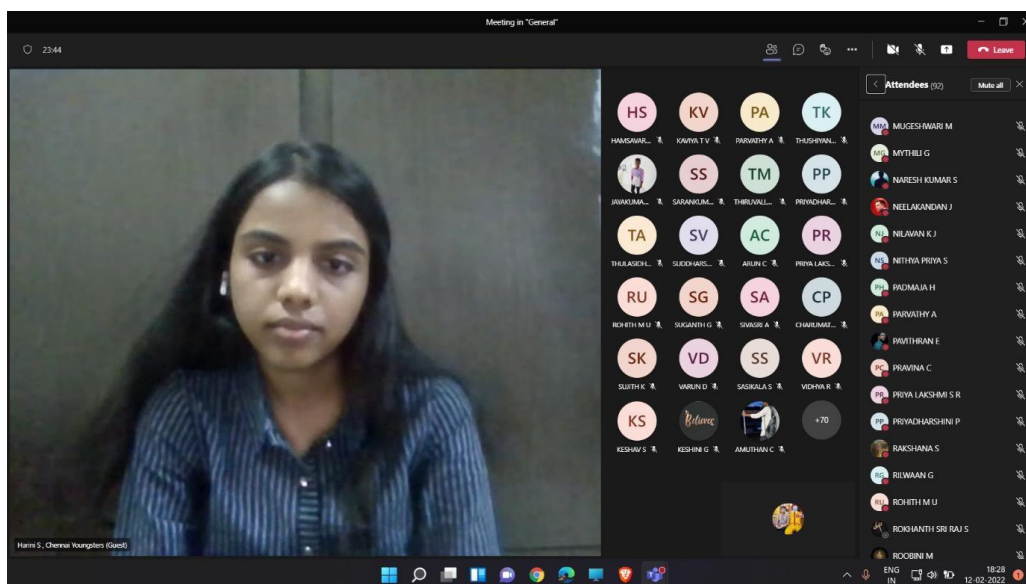
The theme for the whole sessions was “The secret of getting ahead is getting started”

SESSION 8:

THE FIRE THAT LIT AND RAISED THIS NGO

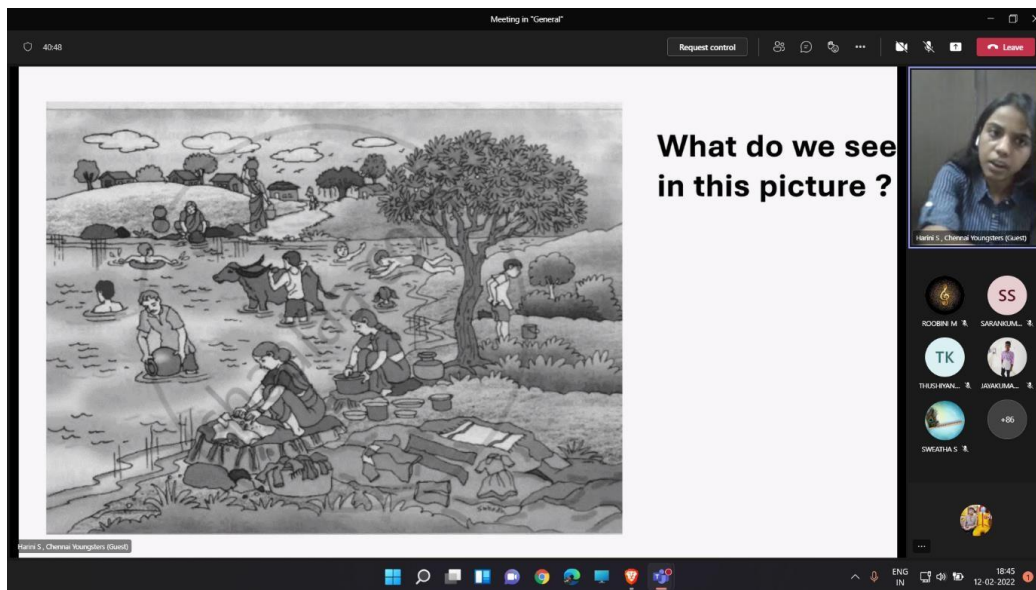
The eighth session for the academic year (2021-2022) was held on **12th February 2022**. This was an online session which began at 06:00 PM and ended by 07:00 PM. Microsoft Teams was the platform chosen for this session.

Our esteemed speaker was **Ms. S. HARINI**, Volunteer of the Chennai Youngsters Organization. She created awareness among the students about non profitable services that the NGO's were doing. Their service fields were of Disaster Relief, Education, Environment and Community.



She explained the struggles they faced when they started this organization and also the accompaniment of every team member she had in her team. Above all struggles they were doing an extraordinary job and she also emphasized that they were the one of the leading non profitable NGO in Chennai.

She explained in depth about ways of improving and also gave tips to apply in everyday life and improve our service-based mind and to enhance sociology through examining the views of students as she displayed some pics and asked us to clarify. She mentioned that the habit of volunteering gives a great benefit in the field of services.



This session is fully about the theme “THE FIRE THAT LIT AND RAISED THIS NGO”.

SESSION 9:

INTERACTIVE SESSION

The ninth session for the academic year (2021-2022) was held on **10th March 2022**. This is an interactive session where we found our juniors more interested in serving others and we also gave introduction to the works of Youth Red Cross. We felt that juniors felt more connected towards the Youth Red Cross.



The final year Youth Red Cross volunteers made their juniors to give introduction about them. This will create team spirit and will make friendship bond which is an ultimate aim of YRC. The Interactive Session was held with an objective of building communication among participants, volunteers and programme officers of Youth Red Cross on the second day of the camp. The Event was well-organized by the volunteers with the motto of developing interpersonal and problem-solving skills.

SESSION 10:

FIRST AID

The tenth session for the academic year (2021-2022) was held on **16th March 2022**. This was an offline session which began at 5 PM and ended by 6 PM. It was the first offline session conducted after long time.

Our esteemed speaker, professor (Jeeva medical academy) **Mr. MANIKKAM** shared his experience in field of First Aid which tends to be a great informative one.

Problems will always be there in our day-to-day life. But solving those problems requires an experienced heart to guide. One such problem was the accident which may happen without prior information.



He started his speech with a volunteer from students and demonstrated what we have to do when we encountered a sudden accident called Snake bite. He then explained the procedures after sudden injury and scorpion bite and what are the precautions before taking the person to hospital.



The information which he shared was very informative one and all were benefited from his speech. Finally, the students were aware of the First Aid measures which we will follow prior to hospitalization.

SESSION 11:

INTERACTIVE SESSION

The eleventh session for the academic year (2021-2022) was held on **5th April 2022**. This was an offline session which began at 4.30 PM and ended by 5.30 PM. It was an interactive session with juniors.

The objective of interactive session is to build communication among students of various streams. The final year volunteers made this session more interactive by sharing the services done by Youth Red Cross every year.

The orphanage visit is planned to conduct on the very next week of April and the Youthfest'22 is planned to conduct on next month May. Hence, juniors were given detailed insights of both the events. They were allowed to ask the questions of whatever doubt they have regarding Youth Red Cross, College, Academics, etc. Feedbacks were collected from everyone.

Finally, the winners and runners of the contest conducted during 25th and 26th of January 2022, called the Republic day contest were awarded.



SESSION 12:

SOLID WASTE MANAGEMENT

The twelfth session for the academic year (2021-2022) was held on **20th April 2022**. This was an offline session which began at 05:00 pm and ended by 06:15 pm. Dr. VijayaKarthick, Program officer of Youth Red Cross introduced the speaker to the students.

Our esteemed speaker Mrs. Rukmani, AWCEM foundation, started the session with the positive vibe which she earned through her experience.



She explained well about the importance of recycling of wastes in day-to-day life. She started the session with cleaning and organizing the wastes. Every product has an end and every product has a life cycle.

After completion of the lifecycle, it is considered to be waste. It is important to manage and remove waste in a proper way. She explained managing and disposal of waste in proper way. She said that there are ways to maintain a better environment in MIT.



She explained well about different kinds of waste such as waste from animal bodies, E-wastes, etc., the workers suffer a lot when they try to separate different kinds of wastes for disposal and recycling. So, she said that it is important to manage waste in a proper way.

At last, the students shared their experience about her session with a positive way and they were all enjoyed. They gained an extra knowledge from the speaker. No. of participants is 62.

EVENT REPORT

Two online contests were conducted during the academic year 2021 – 2022. One was during the Pongal of January 2022 and other during the Republic day of same year. This event is planned by the Youth Red Cross to enhance teamwork and increase intrinsic motivation among students especially during the pandemic.

CONTEST 1:

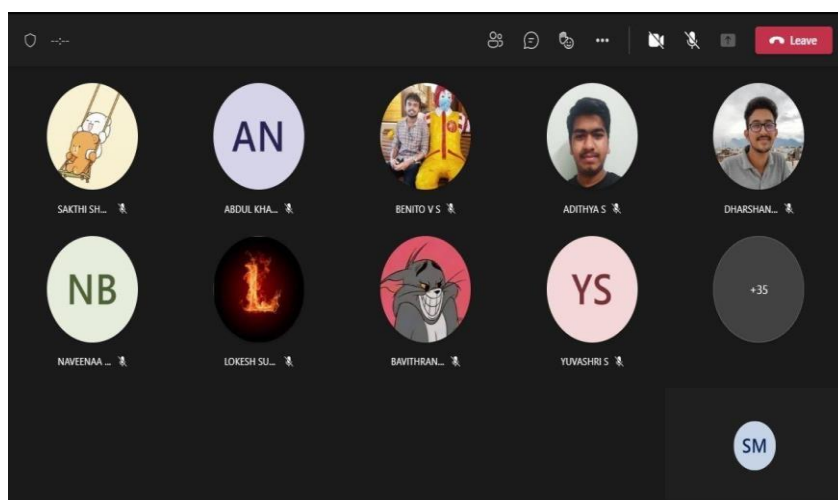
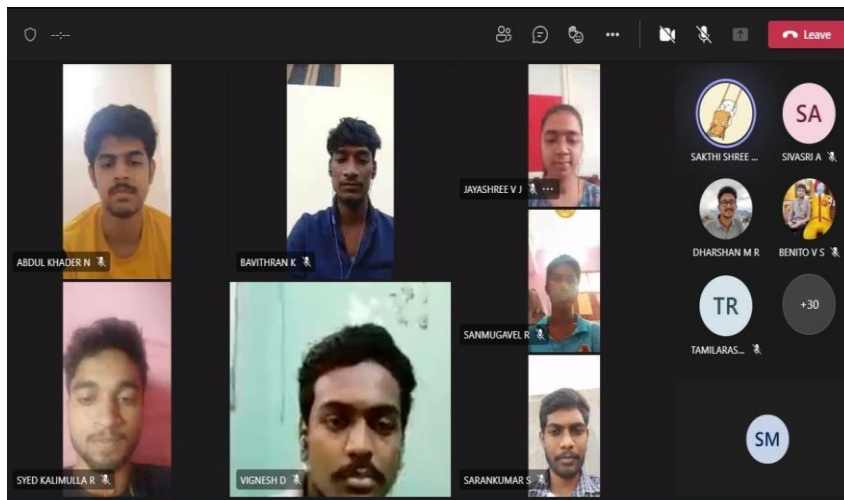
CELEBRATING PONGAL FESTIVAL

The story telling competition titled **JAVVUMITTAI** was conducted on **January 15th 2022**. It has two rounds and each round has different rules. The total numbers of teams were 10 and each team consists of three members. The team, which qualify first round, enters second round. This contest was conducted at Intra-college level in Microsoft teams platform.

In first round, the starting scenario of the story was said. Each team was asked to choose a random number from a lot. Each number consists of different story situations. The team members developed the story and the best 5 teams were chosen for second round.

In second round namely hint development, the teams are given some hints and they are asked to develop a story with the hints. The winners were selected by our YRC seniors.

This contest was open to all students of 1st and 2nd years. The winners were announced on 18/01/2022. They were awarded with cash prize and appreciated in official Instagram page of Youth Red Cross.



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On celebrating pongal
Javumittai "story building
 competition"

Instructions

- Register as a team of 3 members
- open to first & second year students
- There will be no year mixing
- Total rounds will be 3
- Event will be conducted on microsoft teams

15/01/2022
3 pm

<https://yrc.mitindia.edu> Youth Red Cross of MIT @yrc_mit

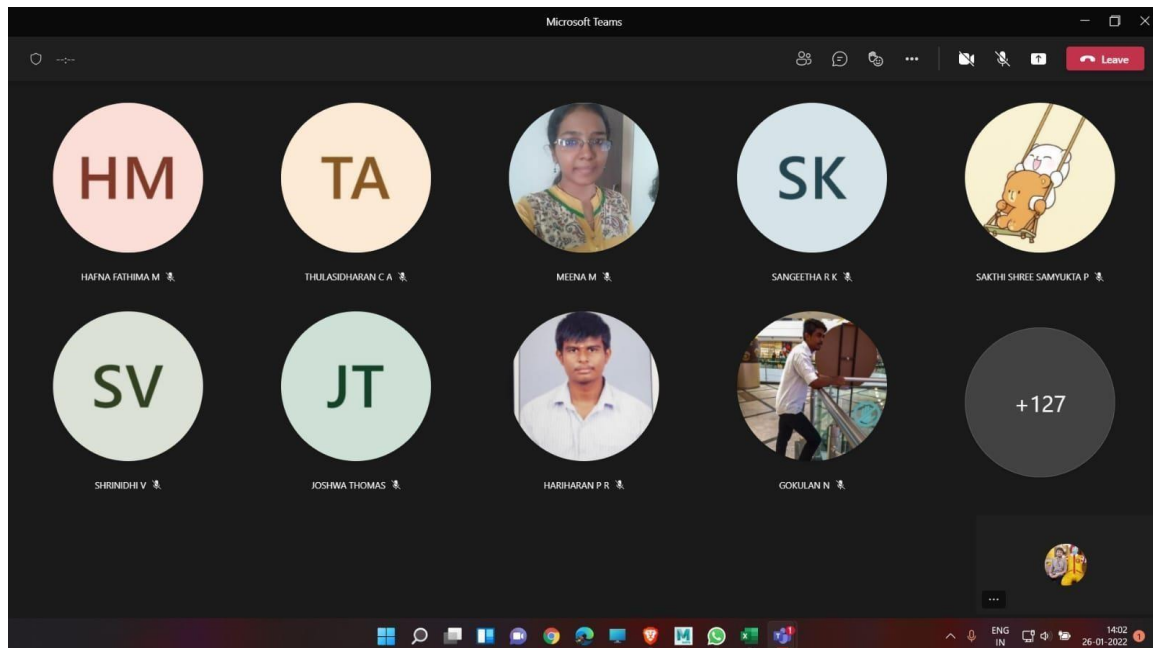
CONTEST 2:

REPUBLIC DAY CONTEST

The Republic day contest was conducted on **25th and 26th of January 2022** in Microsoft teams platform. This is an inter-college level event where students from our campus, College of Engineering Guindy campus and Alagappa College of Technology campus were also participated. The event is planned in two genre, technical and non-technical.

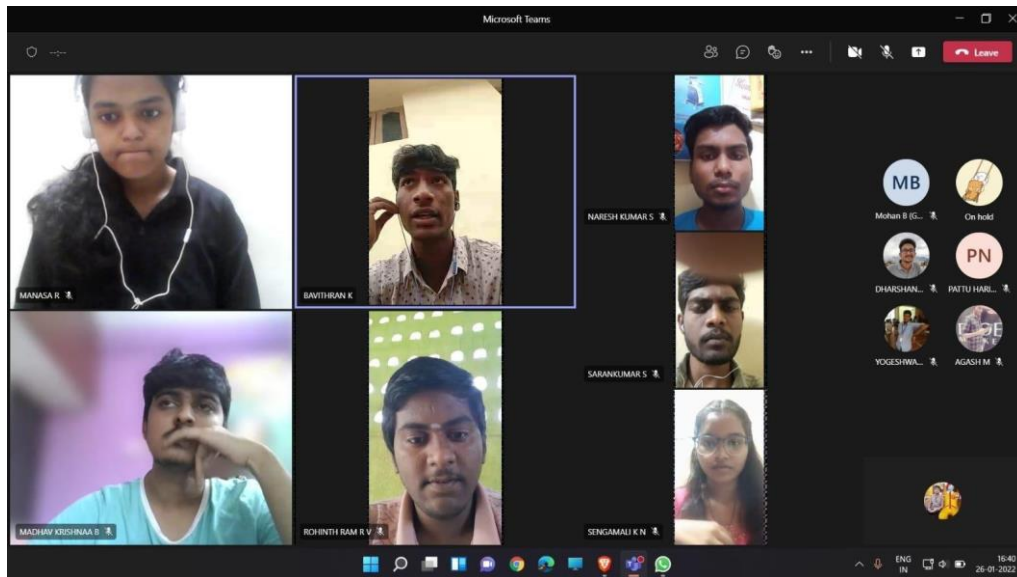
The technical events took place in two phases: **BRAIN TWISTERS** and **GROUP DISCUSSION**. Total of 68 teams were participated in first round. Each team consists of two members

The Brain twisters round is considered as a qualifier round for group discussion. The questions for this round are uploaded in an application with time limitations. The team members are asked to register with their team number as given before and advised to answer the questions before closing time. We qualified 30 participants based on the marks for group discussion.



The selected 30 participants were separated into 3 panels. Each panel was judged by different passed out seniors of Youth Red Cross. The discussion started simultaneously at 04:30 PM and topic was given by respective judges. At the end, the individual feedback was given for every participant.

The selected 8 participants from all the three panels were attended the final round. Finally, the runner and winner were awarded with cash prize.



The non-technical events like hangman, block & tackle and connexions were conducted to encourage the extra-curricular skills of the students. The winners and runners of each event were awarded with the cash prize.

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Republic Day Contest Results

Technical Events

Brain Twister - GD

- Winner- Gurubaran K (2019504524)
- Runner- Jane Chris Annie E (2020505010)

Non - Technical Events

Connection

- Winner - Tharun Ganesh Roy (2020504594), Aravindan S M (2020504515)
- Runner - Swetha V S (2020503553), Manasa R (2020503018)

Block and Tackle

- Winner - Rakhul Kumar B (2019505033), Vasunthra Devi R (2019505051)
- Runner - Kesavan V (2021502022), Dharana Shenly S (2021502007)

Hangman

- Winner - Aakash(2020506001), Madhav Krishna(2020506048)
- Runner - Vinisha(2020503558), Rakshitha(2020503024)

Tech event
1st prize - Rs.1000
2nd prize - Rs.500

Non - Tech event (3 events)
1st prize - Rs.150
2nd prize - Rs.100

<http://yrc.mitindia.edu> Youth Red Cross of MIT @yrc_mit