



VIT[®]
Vellore Institute of Technology
(Deemed to be University under section 3 of UGC Act, 1956)

Report on Extra-Curricular activities done as a part of

EXC1134 JUVENILE CARE

Submitted by

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To

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Winter Semester, 2020-2021

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Description of Events/ Activities

1. Project Prakriti :

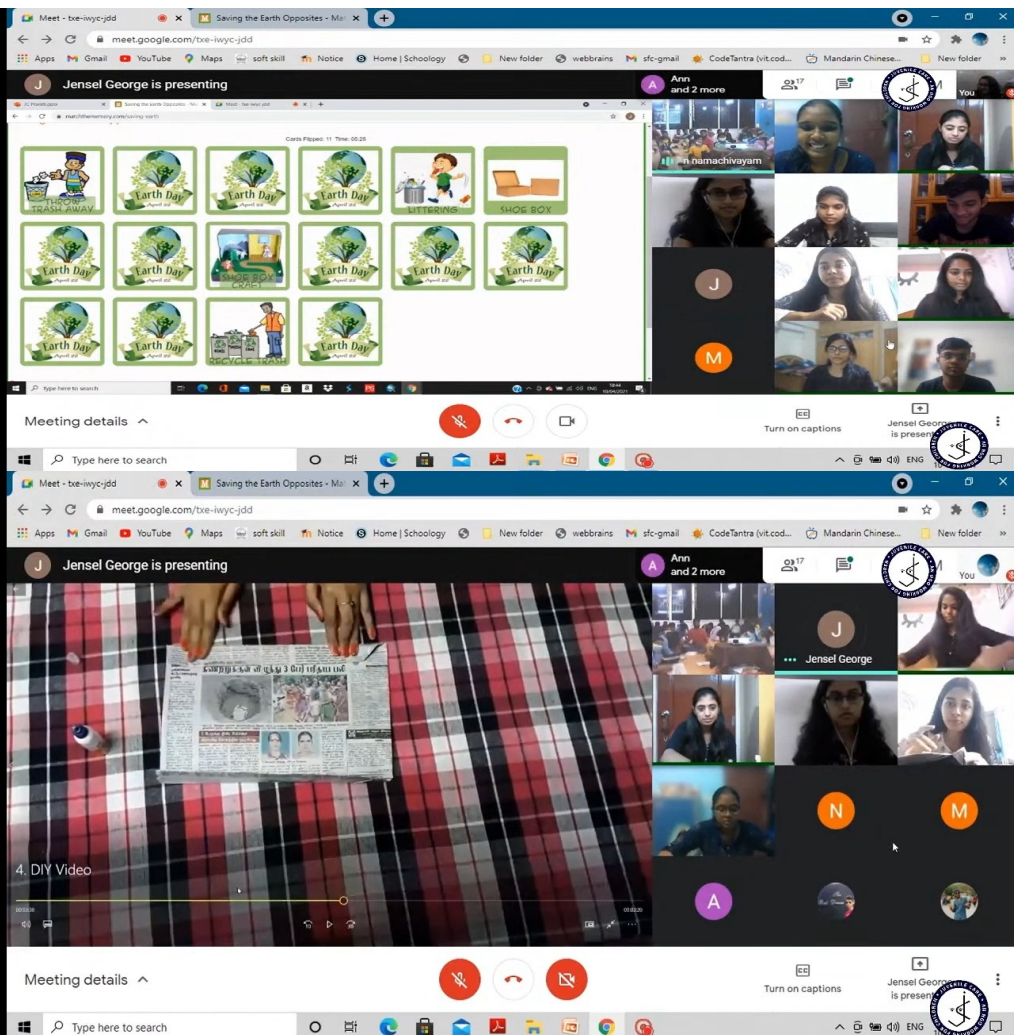
This event mainly focusses to gain the general knowledge and the social activities towards the society of environment to the children and the event is conducted on 11-4-2021(Monday)

The main motto of the event is to share the ideas with the orphanage schools like conducting the quiz programs towards the nature.

The authority conducted card games, recycle the items and conducted some paper activities like doing the small type of the miniature and many more to the children and it is a wonderful event with the kids.

Activities conducted during the event :

- card games
- quiz programs
- paper activities to do small type of miniature



2. Paathshala :

The main motto of the event is teach the kids about different topics in their curriculum in an interesting, innovative and informative way with customized content prepared specially for them.

As this event is conducted for the kids between the age of 6 – 12. So I have created the ppt accordingly which contains the subject like social studies and some general knowledge topic which gives an interactive section towards the kids. So that the kids gets some knowledge towards the social studies and general knowledge.

Activities conducted during the event :

- Quiz programs
- English topics like grammar
- Small mathematical problems explanation
- Many More

Juvenile care Event Name : Paathshala

Name : S.Deepan
Reg No : 19MIS0102

**Topic : Fun-Facts in
Social Studies**

what is the difference between them ?



3. Introspect

The main motto of the event is to share the participant propose solutions and express their views about what the problems are facing by the Youth in towards society.

So I have shared my point of view of how the Youth is suffering from the problems like stress, bullying and depression etc.

I have also mentioned about how the depression and bullying will cause main issue in the mind of the youth.

And also I mentioned how the youth should be stress free in today's life by continuing Regular exercise, getting plenty of sleep and Building strong relationships with others and many more.

And my conclusion is be happy and face the difficulty in an easy manner. So don't worry about the difficulty. If you gone into depression then think about the time because time is very precious than any other. For all the Youth, Work like a run machine. So this is my view.

To overcome these type of problem I have mentioned some of the important notice below :

- Medications : Because these provide antianxiety, antidepressants and antipsychotic medications. It has the benefits and potential risks to overcome the depression.
- Exercise : Do exercise for more than 30 minutes of physical activity between 3 to 5 days a week. Because exercise can increase your body's produces the endorphins it helps to improve your mood.
- Avoid alcohol and drugs : Drinking alcohol and using the drugs may make you feel better for a little bit of time. But for life long, these substances can get you into the depression and anxiety symptoms worse.
- Take care of yourself : Improve your symptoms of depression by taking care of yourself. Because these involves in getting much more of sleep , eating healthy foods, avoiding the wrong people, and get involved in the enjoyable activities.
- Prevent over thinking.
- Attention to the children words which makes you happy

So when the depression persons follow the above solution then he/she can overcome the depression problems.

<div><p style="text-align: center;">Juvenile care Event Name : Introspect</p><p style="text-align: right;">Name : S.Deepan Reg No : 19MIS0102</p><p style="text-align: center;">The Problematic Issues Faced By Today's Youth :</p><ol style="list-style-type: none">1. Juvenile Delinquency2. Bullying3. Raised by Single Parents4. Physical Image5. Lack of Quality Education6. Depression<p>There are many more problems related to the issues faced by today's youth, but I have main focussed on the depression.</p><p>Depression is just like a mood disorder. By the other way it can be defined as a feelings of sadness, loss, or anger that interfere with a person's everyday activities.</p><p>But Youth experience depression in different ways. This leads to your daily work, resulting in lost time and lower productivity in a day. So these can also involve in the relationships and some chronic health conditions.</p><p>Conditions that you get into the worse due to depression include:</p><ul style="list-style-type: none">• Arthritis• Asthma• Cardiovascular Disease• Cancer• Obesity many more<p>Depression is involved more and more in the adult age group. The CDC Pvt Lmt says that more than 8.1 percent of Indian adults ages over 20 and over had</p></div>	<div><p style="text-align: right;">19MIS0102</p><p>more depression when compared other age groups. Unfortunately, the rate of the depression is getting more and more in adults.</p><p>The Current situation also takes a toll on youths physical condition and leads to other well known issue Obesity which leads to the depression case.</p><p>According to the CDC Pvt Lmt an about of 20 Percent of the age group from12- to 19 are obese, with the hispanic and the black children more likely to be overweight or obese when compared to others.</p><p>Aside from the fact that overweight teens are often targeted by bullies, obese kids are also get involved in many health problems, such as diabetes, arthritis, cancer, and heart disease as mentioned above. And also they were struggle with body size issues or developing the eating disorders in a unhealthy way of changing the appearance and also make them victims to body shaming which in turn causes peer pressure.</p><p>These statistics show how the youth is developing the obesity depression and other health problems are more alarming than you think. Absence of physical activity, bad food, and an overall unhealthy, sedentary lifestyle are to be blamed.</p><p>The main cause of the depression is the family problems, brain structure, medical conditions and drug use..</p><p>To overcome these types of problems there are few solutions which reduces the depression :</p><ul style="list-style-type: none">• Medications : Because these provide antianxiety, antidepressants and antipsychotic medications. It has the benefits and potential risks to overcome the depression.• Exercise : Do exercise for more than 30 minutes of physical activity between 3 to 5 days a week. Because exercise can increase your body's produces the endorphins it helps to improve your mood.• Avoid alcohol and drugs : Drinking alcohol and using the drugs may make you feel better for a little bit of time. But for life long, these substances can get you into the depression and anxiety symptoms worse.• Take care of yourself : Improve your symptoms of depression by taking care of yourself. Because these involves in getting much more of sleep , eating healthy foods, avoiding the wrong people, and get involved in the</div>
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4. Echos of India :

The main motto of the event is to teach the children belonging to an orphanage about the Indian Culture & Heritage.

So the event is conducted in a google meet to have an interactive session with the orphanage students. In this event we have shown traditional manner of India which contains the traditional dance of that particular states in India like Tamil Nadu, Andhra Pradesh, Misoram and many more state and also shown the traditional foods of the states etc.

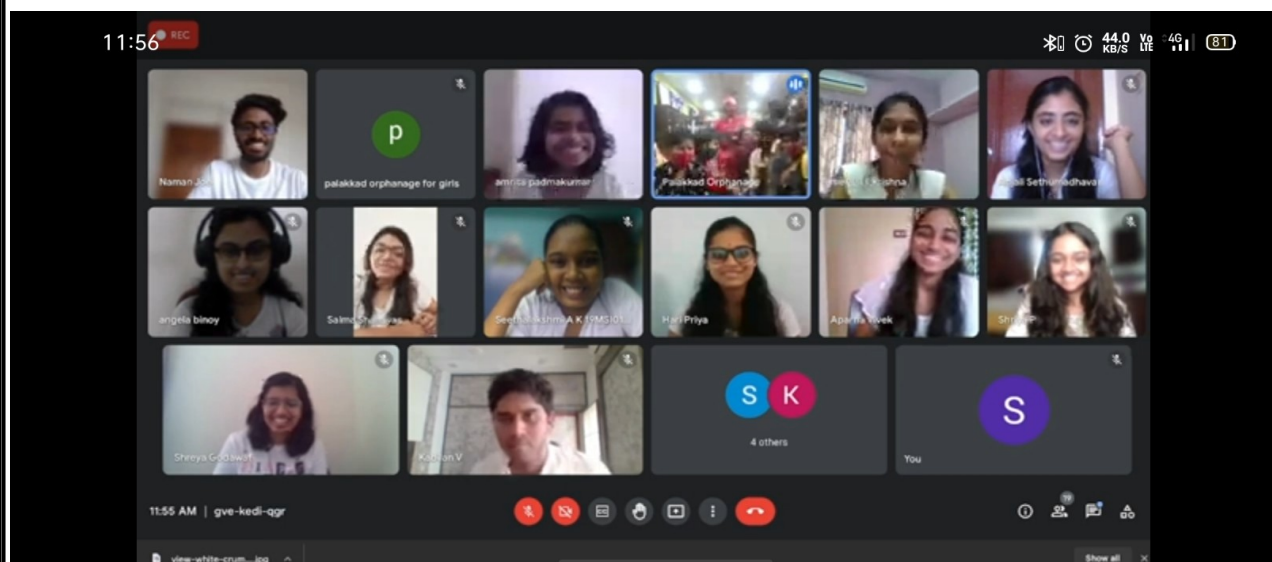
And also conducting some fun activities like playing random music of every state and showing how every state have there own traditional dance.

Activities conducted during the program :

- Culture of India
- Heritage of India
- Capitals of every state in India
- And some fun activities like dance



So here are the relevant screenshots of the event which shows the traditional dance of that particular state in India. And the traditional mannerism in India about how the way of dressing sense are followed in India. It mainly states the India culture and traditions to the children.



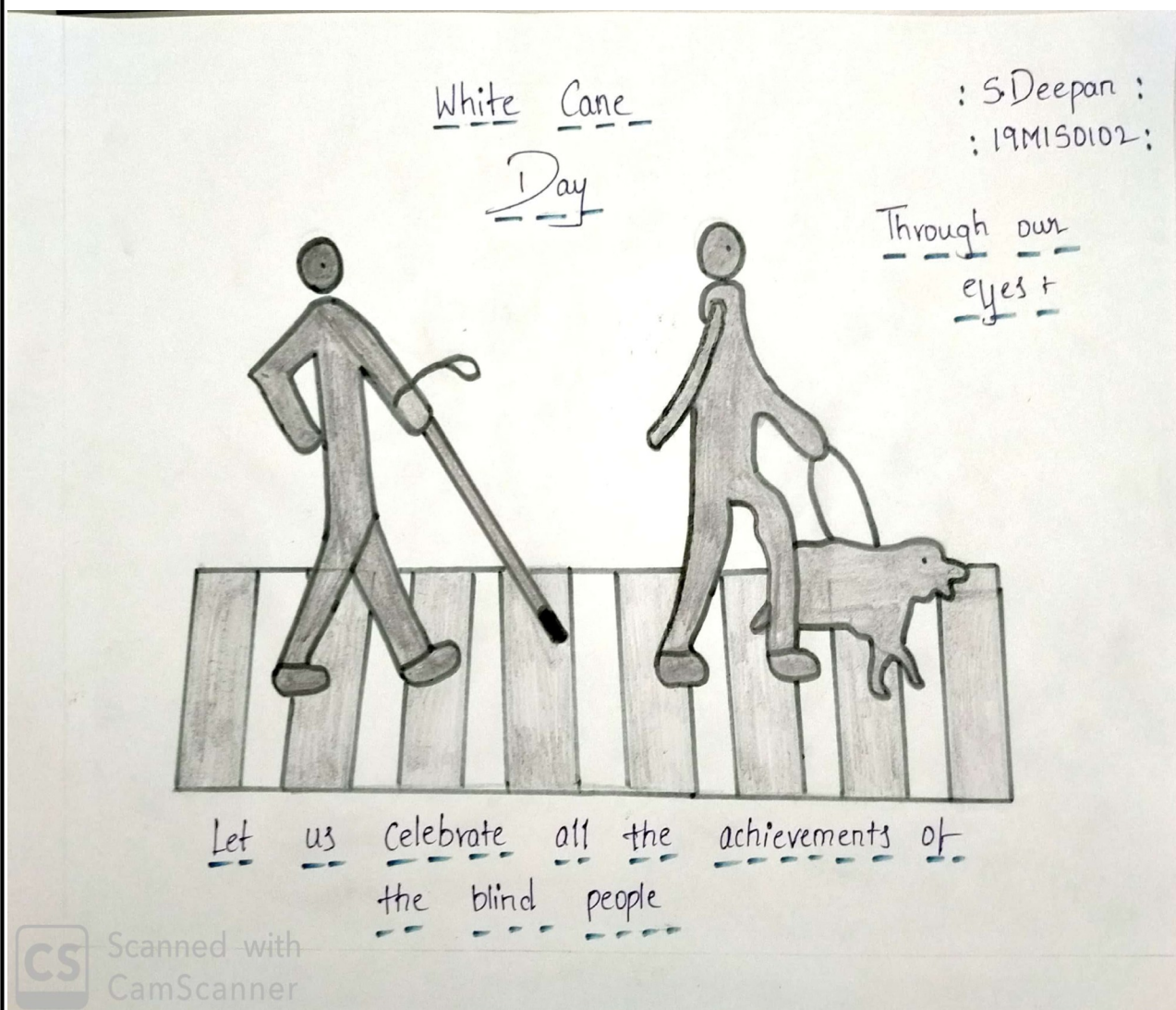
5. Through our Eyes :

In this event, I have participated and made a poster on the white cane day.

The main motto of the event is raise awareness of people towards this day and to celebrate the achievements of the visually impaired.

And also I have submitted some of the slogans like the best and the most beautiful things in the world cannot be seen or even touched. They must be felt with their heart and many more slogans I have submitted.

This white cane day is set aside to celebrate the achievements of the people who are blind or visually impaired and the important symbol of blindness and the tool of the independence is white cane day



I have mentioned a poster above which represent the white cane day and also the motto like let us celebrate all the achievements of the blind people.

6. Project Sahitya :

The main motto of the event is educating young children about the rich literature of India and even around the world.

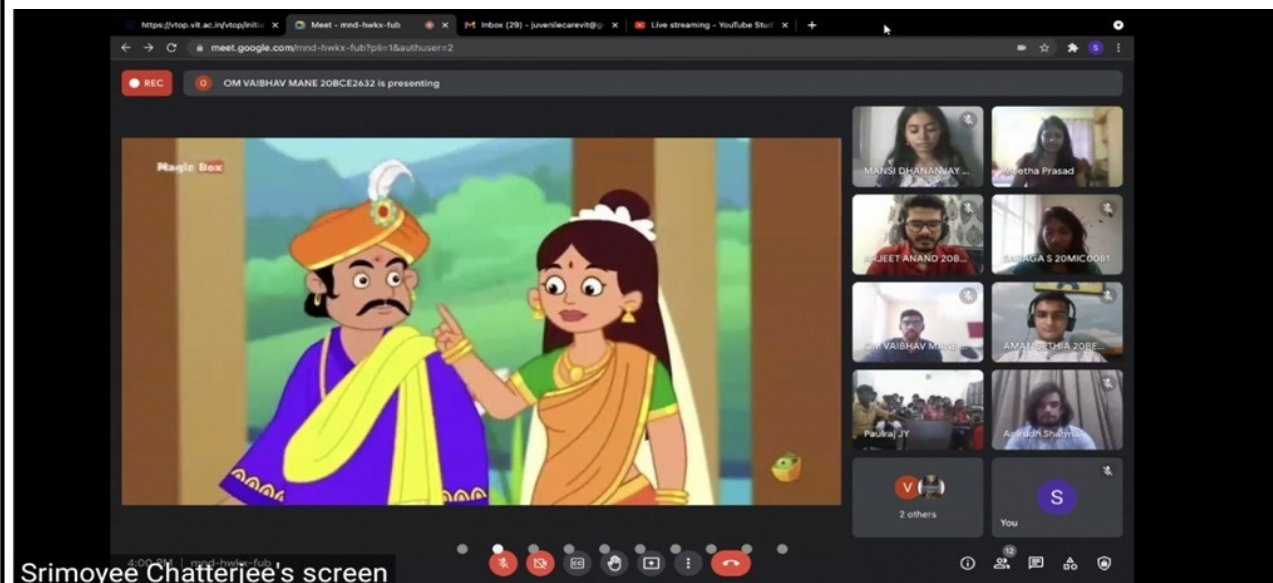
So we have shared about the literature which refers to the literature produced on the Indian subcontinent until 1947.

And also shared some of the stories which was very much liked by the children which makes an interaction between us and also the children. The stories are like which shows the mannerism and the discipline to be learned at the early age to the children. And it was conducted on 17 Oct through zoom platform.

So these event conducted to the four different orphanages across India and the event is mainly comprise of teaching the kids about our literature and organising fun activities for them.



Below there is a screenshots which represent about the stories which makes a fun interaction between children.



7. Headline of the Day :

The main motto of the event is people should take action to improve their lives and the lives of those around them. The Volunteering for a good cause allows us to connect to our community and make it a better place.


The authority given a newspaper template to write a headline or the front page about the "International volunteer day" for the economic and social development. Every year International volunteer day is observed on 5 December to encourage the role of the volunteer.

I have mentioned about the importance of the day because I have encouraged the role of the volunteers at the national and the international level for the achieving the sustainable development goals. And also I have mentioned some of the quotes related to the International volunteer day. I have given brief summary about the IVD in the front-page.

INTERNATIONAL VOLUNTEER DAY

ECONOMIC AND SOCIAL DEVELOPMENT 05-12-2021 Sunday

TOGETHER WE CAN THROUGH VOLUNTEERING



IVD - 2021

Volunteering is found everywhere not only in cultures, languages and religions. Every year, there are millions of people joining and spending their time and skills to make the world a better place and in better condition. When you are a volunteer, you will help improve the lives of others in the society. And when they volunteer, they also get a greater sense of belonging to their community.

Summary

International Volunteer Day was commissioned by the United Nations General Assembly in 1985. The United Nations Volunteer Campaign sponsors local volunteers each year for peace and development.

"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope" - Barack Obama.

This is an opportunity for individual volunteers, communities and organizations to facilitate contributions to development at the local, national and international levels. Combining UN (UN) support with basic missions, International Volunteer Day is a unique opportunity for people and volunteer organizations to collaborate with government agencies, nonprofits, community groups, academia, and the private sector.

So be a voluntary allways to improve the social development

By S.Deepan