



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

EXC1002 – Red Cross

Submitted by

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19BCE2105

To

Dr. Priyankar Sen

Winter Semester, 2020-2021

Table of Activities

| Sl. No. | Topics | Date | Hours Spent | Page No. |
|---------|---|------------|-------------|----------|
| 1 | Ctrl+Alt+Del Stress | 07/04/2021 | 1.5 | 3 |
| 2 | Planet or Plastic | 15/04/2021 | 12 | 4 |
| 3 | United Against COVID-19 | 01/05/2021 | 12 | 4 |
| 4 | Let's Talk Thalassemia | 05/05/2021 | 1 | 5 |
| 5 | A Tribute to Our Frontline Heroes | 12/05/2021 | 12 | 6 |
| 6 | Menstruation Doesn't Stop for Pandemics | 22/05/2021 | 1.5 | 7 |
| 7 | Analyzing COVID-19 with Dr. Rupam Kumar | 23/05/2021 | 1.25 | 8 |
| 8 | Tobacco: The Real Cost | 31/05/2021 | 1.25 | 10 |
| 9 | Scars of Wars | 07/08/2021 | 12 | 11 |
| 10 | Gift of Life | 14/08/2021 | 1.25 | 11 |
| 11 | Blare Against the Bias | 22/08/2021 | 1.5 | 13 |
| 12 | Nutrition in a Nutshell | 02/09/2021 | 12 | 13 |
| 13 | Know your Nutrition | 04/09/2021 | 1.25 | 14 |
| 14 | It's Okay to be Not Okay | 26/09/2021 | 1.5 | 15 |
| 15 | Diabetes: The sweet pills to an early grave | 29/09/2021 | 1.25 | 16 |
| 16 | Mitigating Effects of Natural Disasters | 13/10/2021 | 1.25 | 17 |

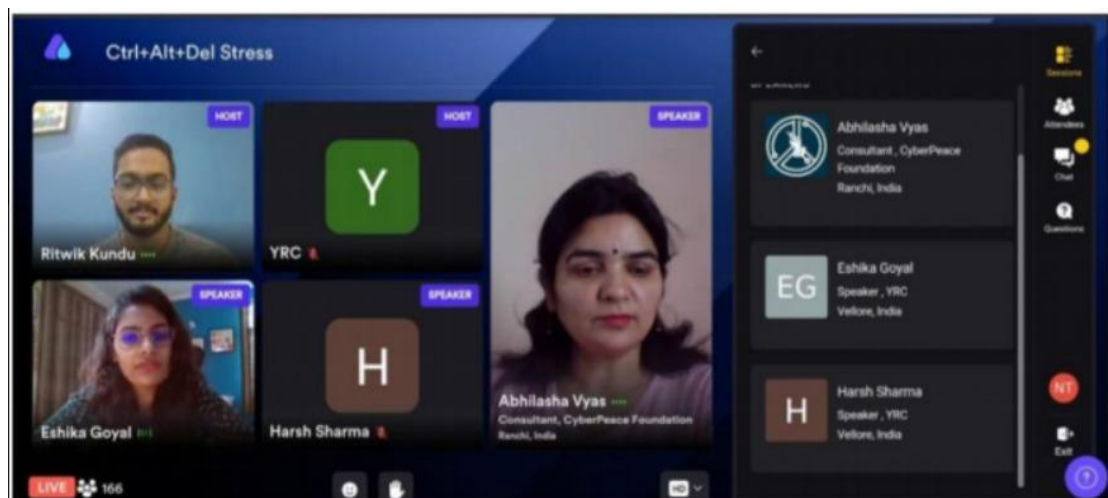
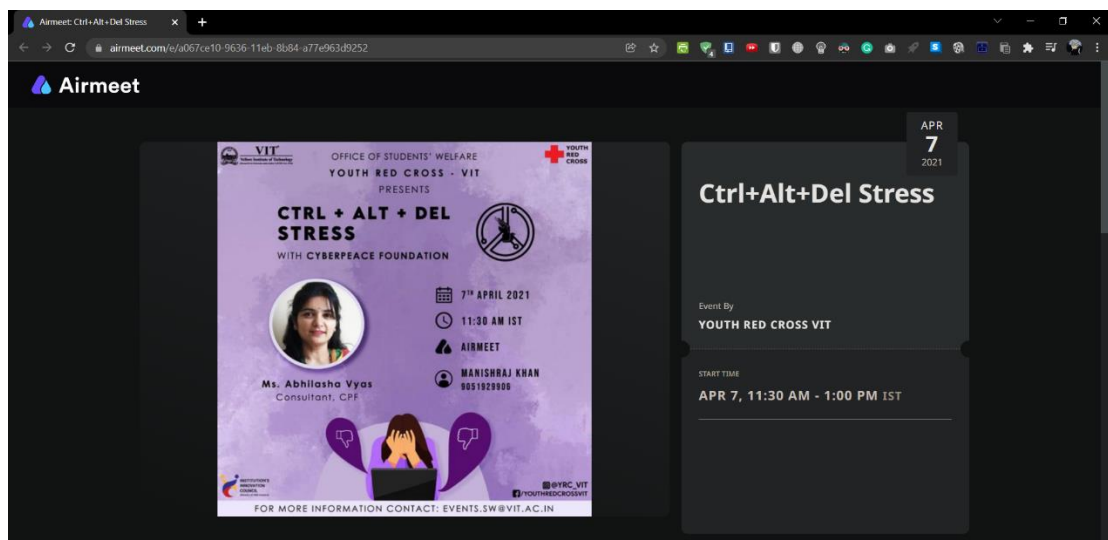
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|----|----------------------------------|--------------------|------------|----|
| 17 | Wash and Shield | 14/10/2021 | 12 | 18 |
| 18 | Know the UN | 22/10/2021 | 12 | 18 |
| 19 | Let's Defeat Cancer Together | 10/11/2021 | 1 | 19 |
| 20 | Crealize 3.0 | 16/11/2021 | 12 | 20 |
| 21 | Aid to AIDS | 01/12/2021 | 12 | 20 |
| 22 | Break The Silence On Violence | 02/12/2021 | 1.25 | 21 |
| 23 | The Pollution Problem | 05/12/2021 | 1.25 | 22 |
| | | Total Hours | 126 | |

Description of Events/ Activities/ Competitions

1. Ctrl+Alt+Del Stress

It was an insightful event in collaboration with CyberPeace Foundation to highlight the importance of mental health in this era of virtual meets. With the shift in paradigm to the online environment, keeping a check on the mental health has become a priority. The conversation with Ms. Abhilasha Vyas was captivating; it focussed on understanding, developing and maintaining a healthy mental state.

Time Spent: 1.5 hrs



2. Planet or Plastic

It was a slogan writing competition aimed at raising awareness about the ever-increasing plastic pollution; to use the power of words and rhymes to help combat this issue. The main theme was centered around the elimination of single-use plastic.

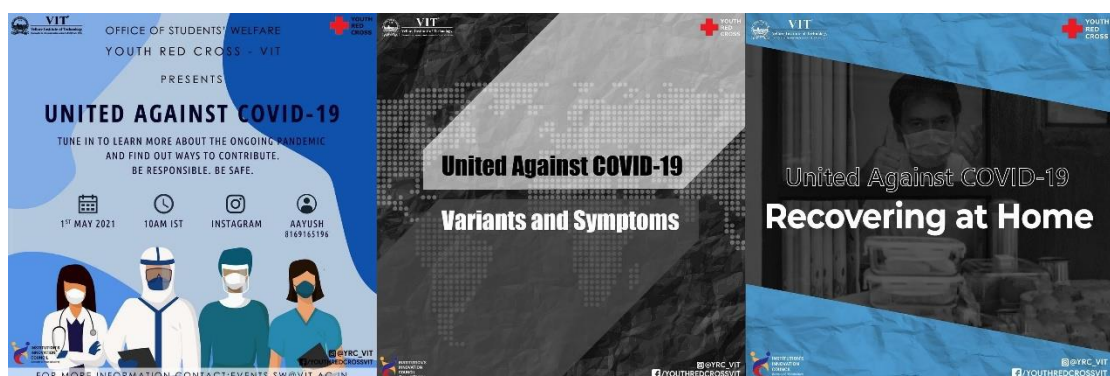
Time Spent: 12 hrs

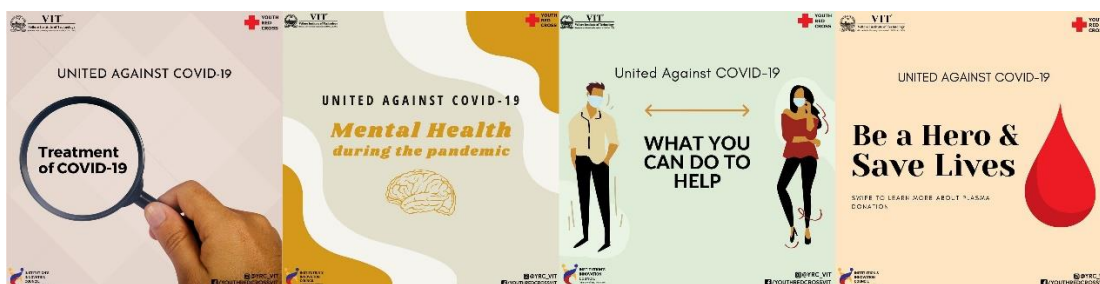


3. United Against COVID-19

This was an informative Instagram series conducted to get everyone all the latest updates about the second wave of COVID-19 and find out ways to help during those tough times. The series also described possible symptoms and the differences between COVID-19 and panic attacks. It also aimed to shed light on the effect of the pandemic on mental health.

Time Spent: 12 hrs

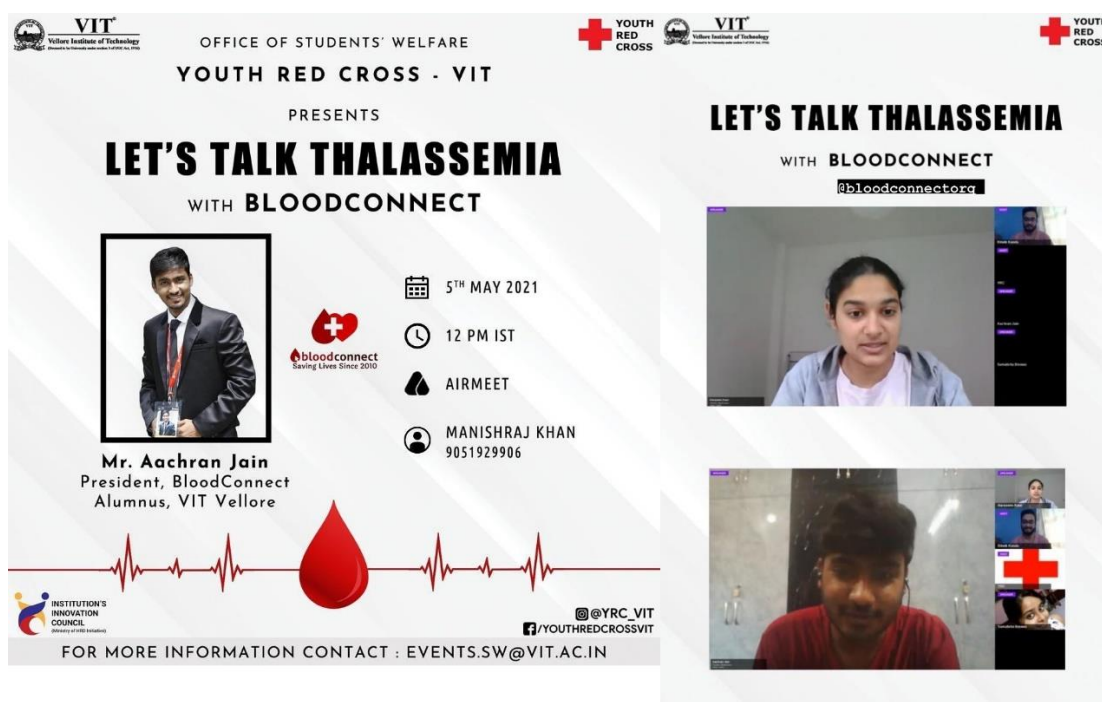


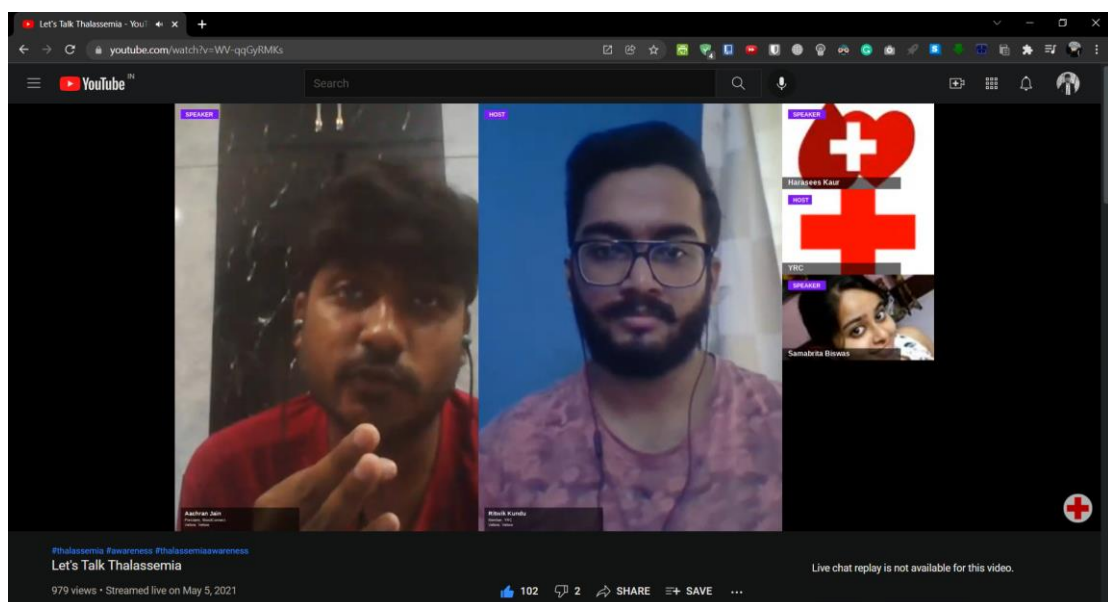
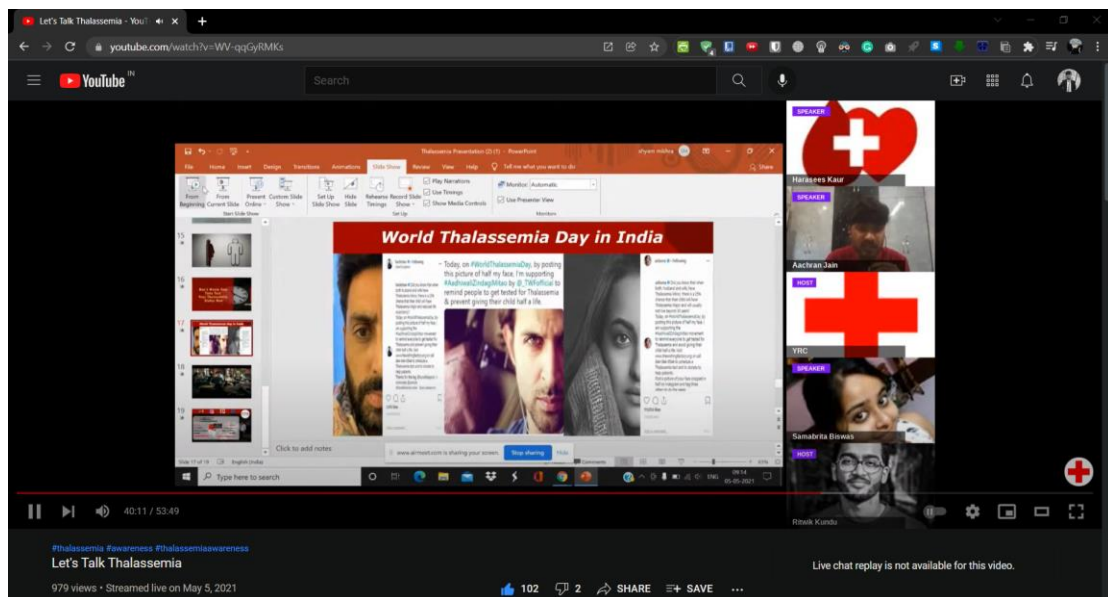


4. Let's Talk Thalassemia

It was an enlightening session on Thalassemia, which included talks on what it is about and how all of us together can help people suffering from this disorder. For this session, we had Mr. Aachran Jain, a VIT alumni and the President of the BloodConnect Foundation as our guest speaker. The event aimed to create maximum awareness about Thalassemia, an inherited blood disorder, during the occasion of Thalassemia week.

Time Spent: **1 hr**

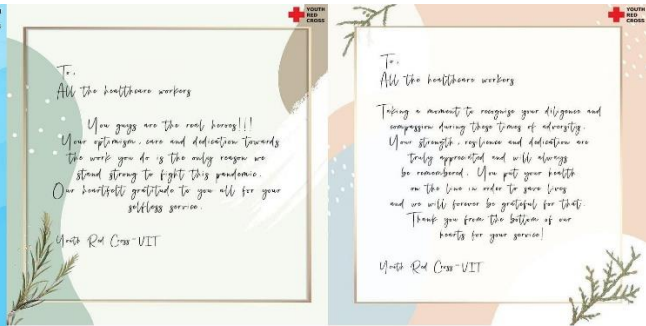
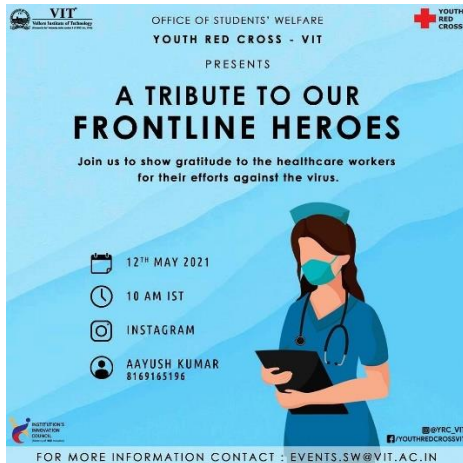




5. A Tribute to Our Frontline Heroes

It was an Instagram event to celebrate International Nurses Day by showing our gratitude to the HealthCare workers who are risking their lives to protect ours. It was a token of appreciation showing our love for the immense work they are selflessly doing.

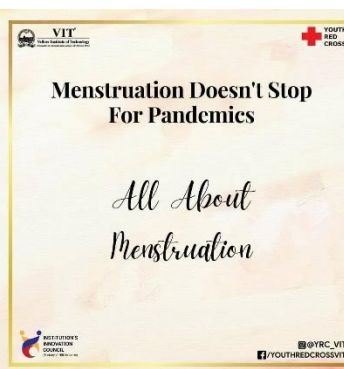
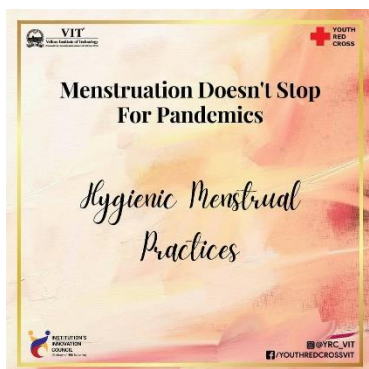
Time Spent: **12 hrs**

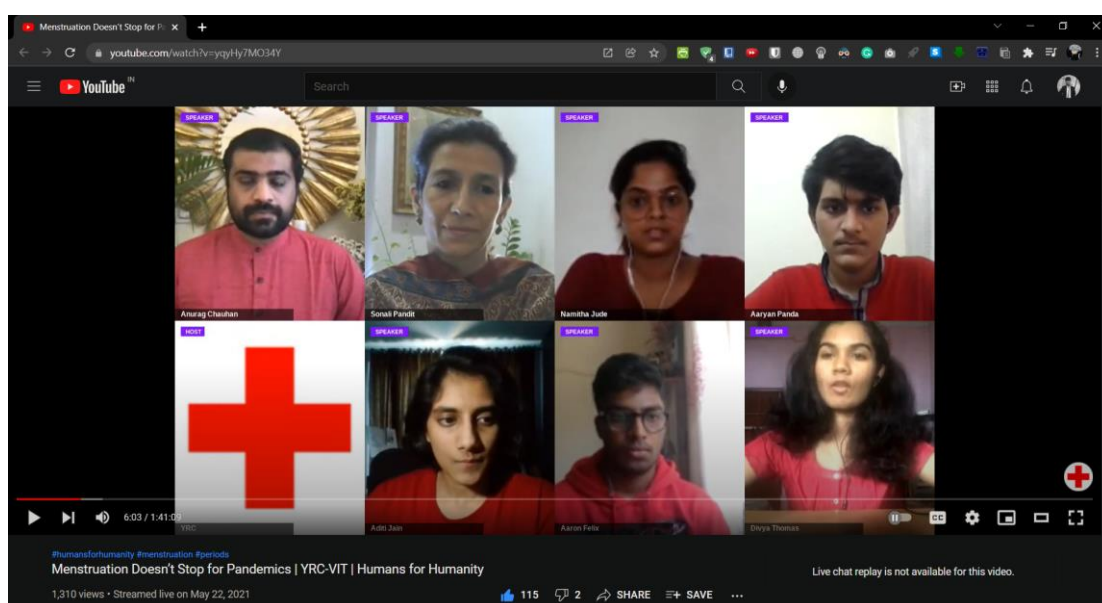
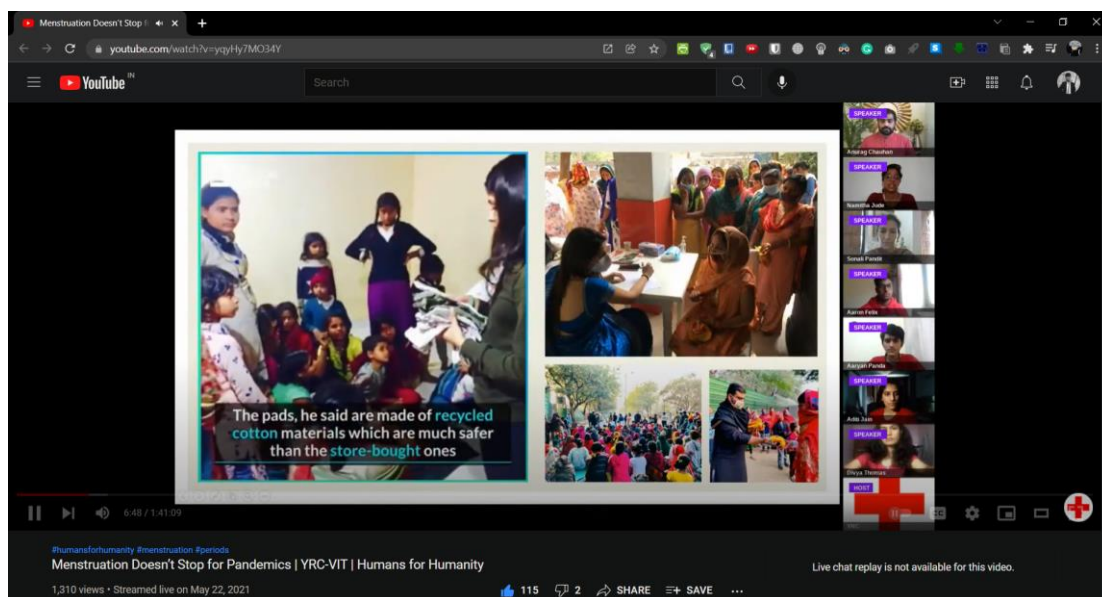


6. Menstruation Doesn't Stop for Pandemics

This event was conducted in collaboration with Humans For Humanity (HFH), a highly notable NGO with the primary mission of bringing awareness about menstrual health and hygiene among women across India. It consisted of interesting facts and myth busters about menstruation, illuminating the attendees about the natural process that has long been taboo in our society.

Time Spent: 1.5 hrs

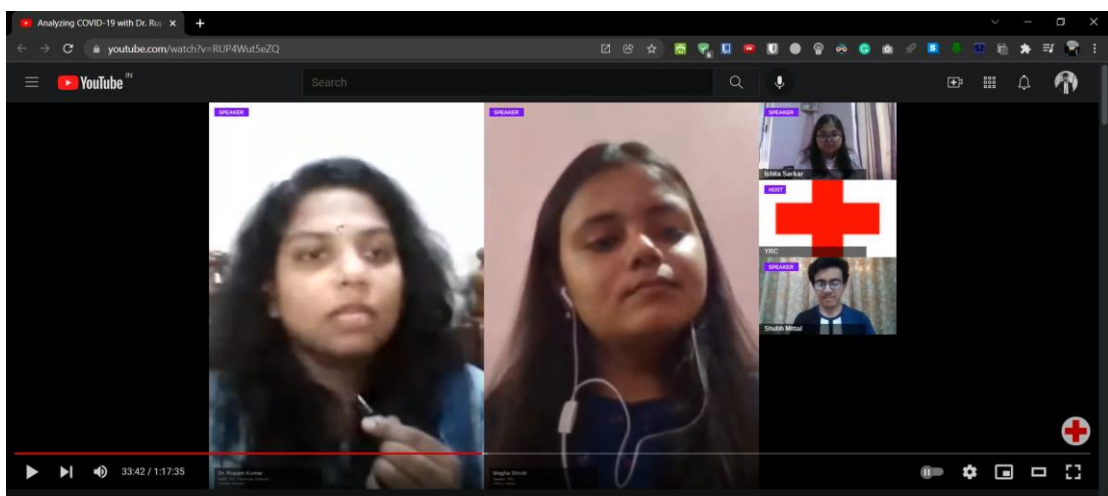
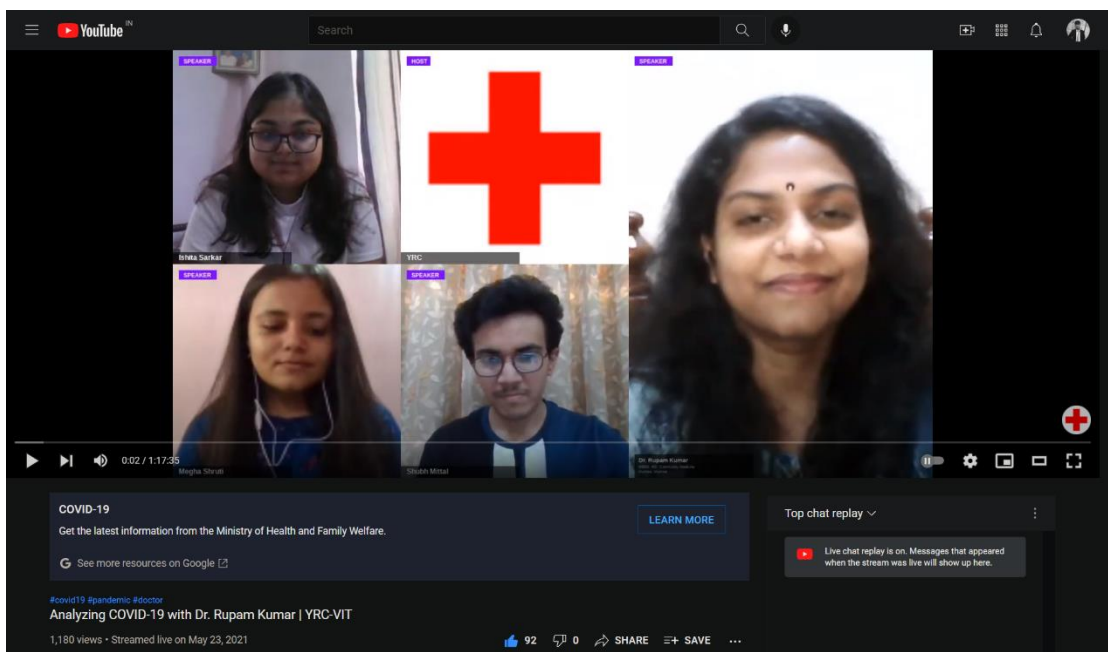
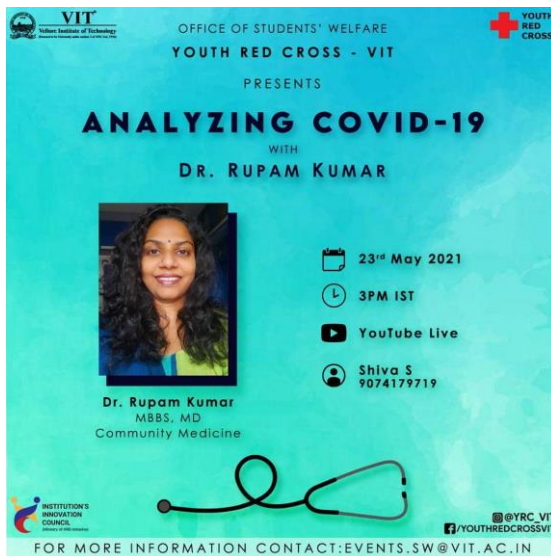




7. Analyzing COVID-19 with Dr. Rupam Kumar

This event was conducted to address all sorts of myths and rumours about the virus that had been circulating around. Against the spread of fake news and speculations, it was imperative to highlight the scientific facts. Dr. Rupam Kumar, a frontline health worker who had been lending her efforts to the vaccination drive shared her expertise on topics ranging from precautions and medication to vaccination.

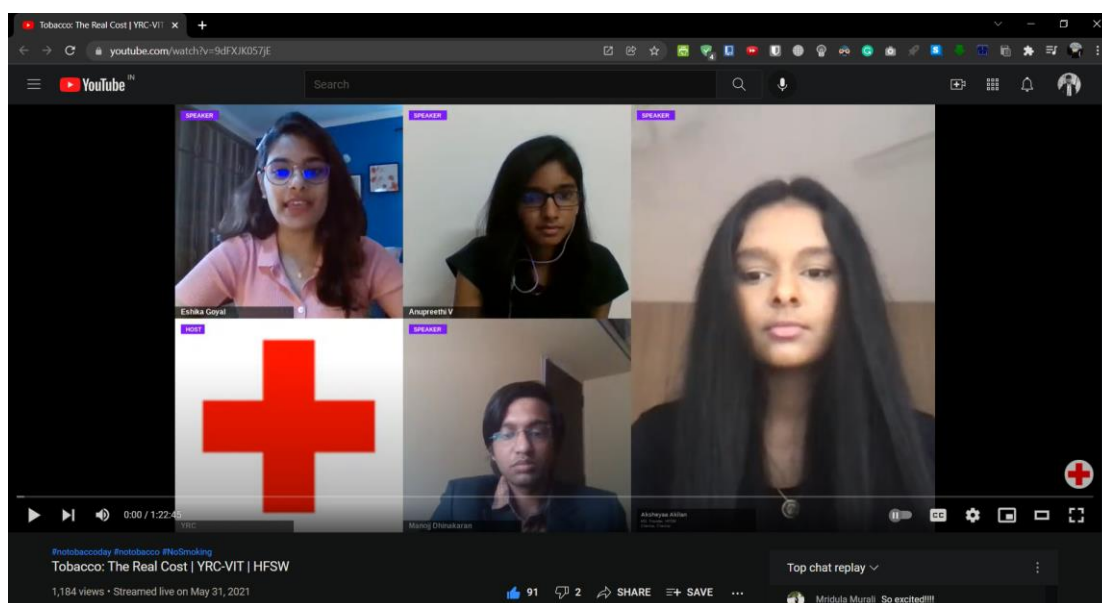
Time Spent: **1.25 hrs**



8. Tobacco: The Real Cost

In conversation with Hibiscus Foundation For Social Welfare, this event was conducted to raise awareness about the ill-effects of using tobacco products thereby instilling a sense of confidence in the masses towards taking the right step in the direction of quitting tobacco. One of the speakers, Ms. Aksheyaa Akilan, discussed in great detail about the fatalities of nicotine addiction as well.

Time Spent: **1.25 hrs**



9. Scars of Wars

It was a quiz and Instagram story series to spread awareness on the scars of wars while also showcasing how there has been peace, relatively after the WW2. The second world war had a devastating impact on the world and the two cities of Hiroshima and Nagasaki certainly felt the most of it. To this day, the repercussion in these cities of Japan can be felt tremendously. The quiz helped highlight all parts of it.


Time Spent: **12 hrs**



10. Gift of Life

This event was conducted on the occasion of the World Organ Donation Day (13th August) to spread awareness about organ donation, where Dr. Ravish Sanghi Raju (Dep. Medical Superintendent) and Ms. S. Gnanadeepam (Liver Nurse Educator, Department of Hepatology) from Christian Medical College, Vellore enlightened us on various topics associated with organ donation. They discussed about several hurdles associated with organ donation, the roles of family obligation, and the peer pressure. The speakers also debated possible remedies to combat these challenges in order to nurture a healthier attitude towards organ donation and solve the problem of organ shortage.

Time Spent: **1.25 hrs**



Office Of Students' Welfare
Youth Red Cross - VIT


On the occasion of **World Organ Donation Day**
Presents

GIFT OF LIFE

In conversation with

Dr. Ravish Sanghi Raju
Professor and Head
Deputy Medical Superintendent


S. Gnanadeepam
Liver Nurse Educator
Department of Hepatology



14th August 2021 **10am IST** **YouTube Live**
Event Coordinator: Shiva S (9074179719)

For more information contact: events.sw@vit.ac.in

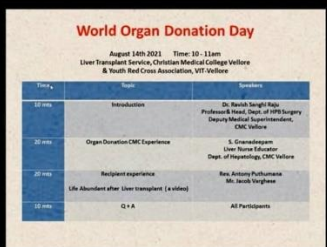
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GIFT OF LIFE

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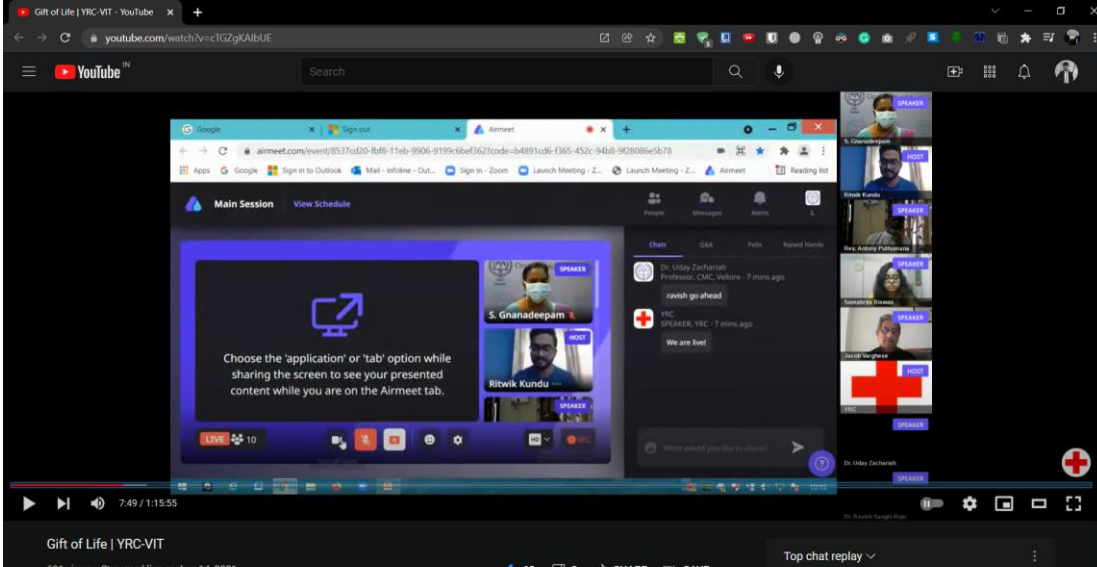




YOUTH RED CROSS



Gift of Life | YRC-VIT
691 views • Streamed live on Aug 14, 2021

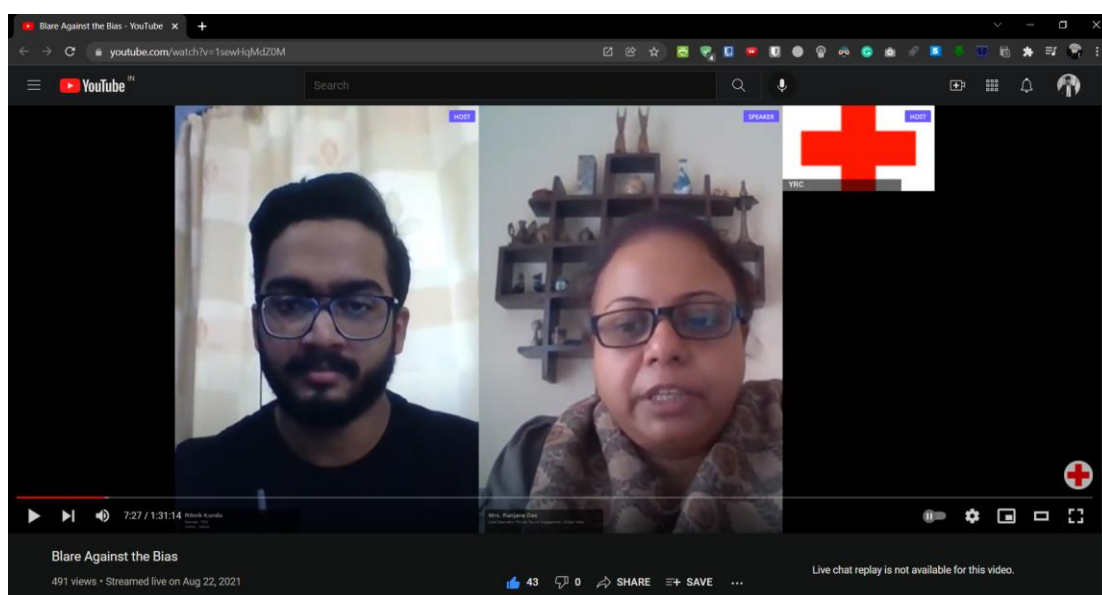


Gift of Life | YRC-VIT
691 views • Streamed live on Aug 14, 2021

11. Blare Against the Bias

This event shed light on the plaguing effects of prejudices that as yet lurks in our society. Mrs. Ranjana Das, an esteemed speaker from Oxfam India apprised us on various aspects of discrimination prevalent in the modern community and how to eradicate it effectively.

Time Spent: **1.5 hrs**



12. Nutrition in a Nutshell

This event aimed to inculcate the sheer importance of maintaining a balanced diet and getting the optimum nutrition. The theme was "Feed smart right from the start". The lack of education and hence access to adequate nutrition is not only fuelling malnourishment but also obesity. All of the quiz questions focussed greatly on these points.

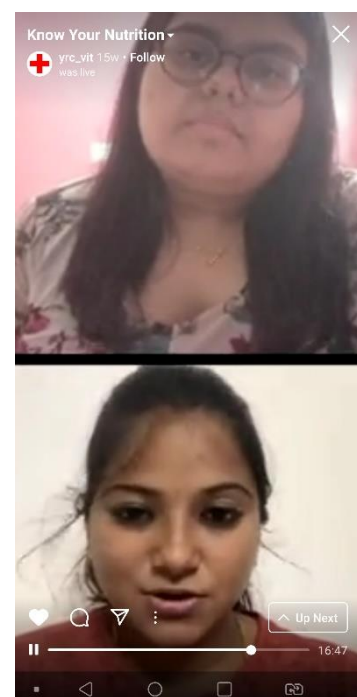
Time Spent: 12 hrs



13. Know your Nutrition

This event was conducted on the occasion of National Nutrition week to spread the importance of healthy eating especially among youngsters. Ms. R Pavithra, a famous Nutritionist enlightened us on the topic.

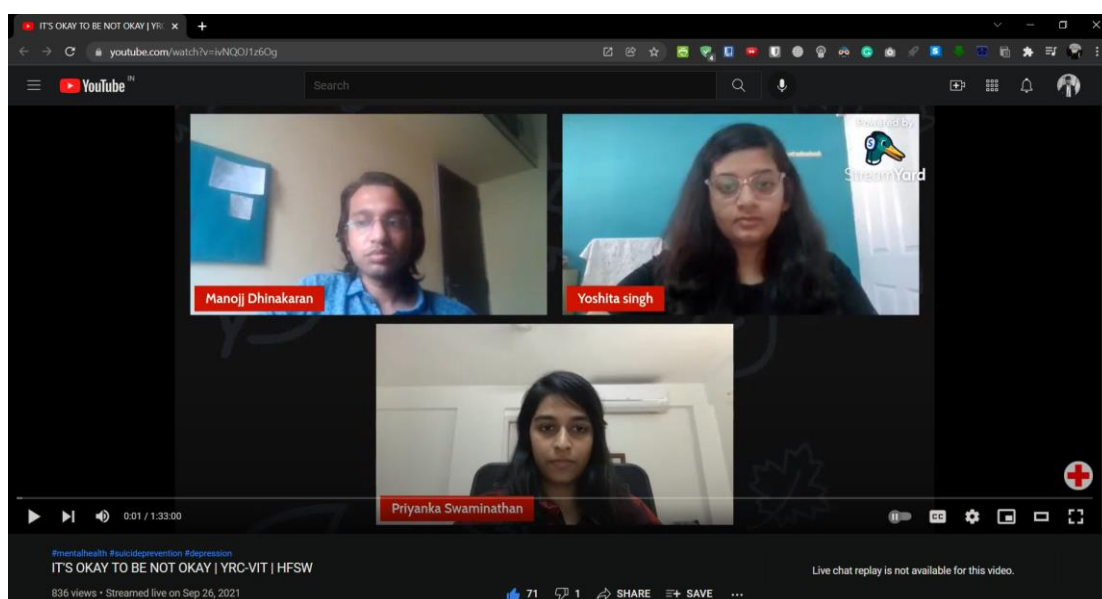
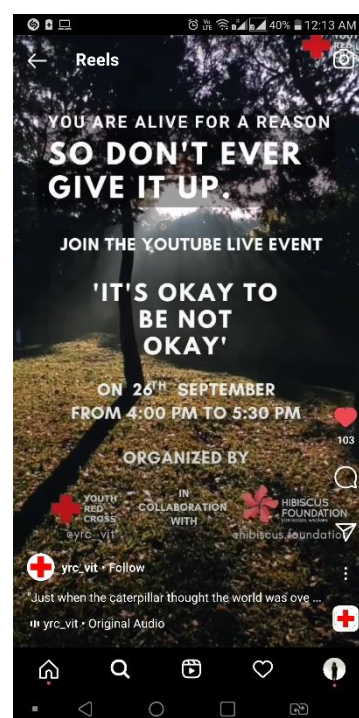
Time Spent: 1.25 hrs



14. It's Okay to be Not Okay

This event was conducted in collaboration with Hibiscus Foundation for Social Welfare in light of the Suicide Prevention Month. In the session, discussions on how one can overcome the toughest of times were carried out, as well as ways one can slowly but surely recover. We used this as an opportunity to show crucial support to one another and reminded ourselves that it will get better one day.

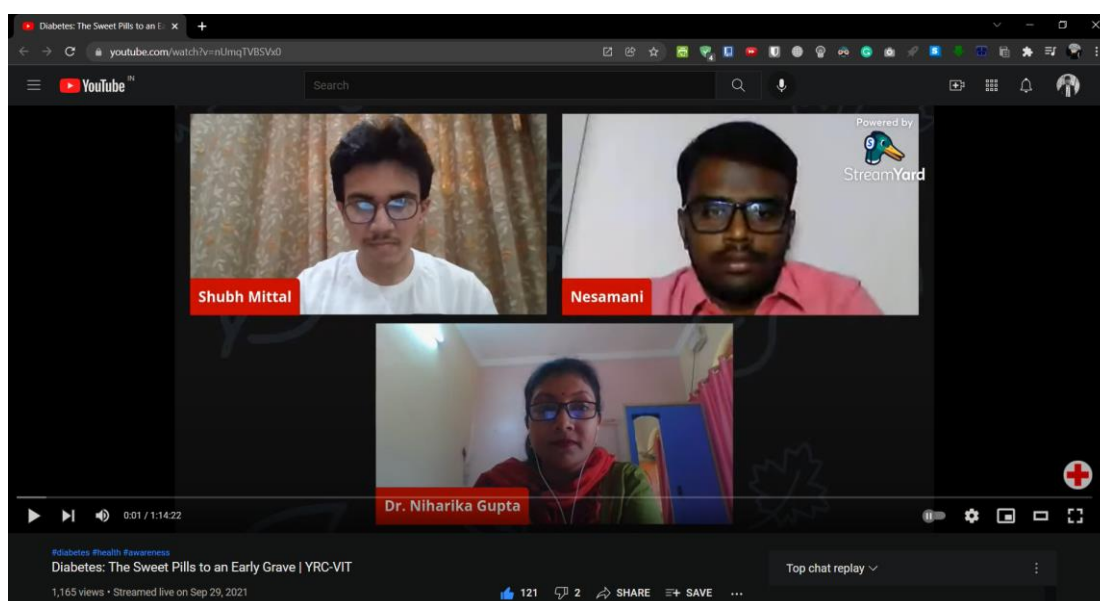
Time Spent: 1.5 hrs



15. Diabetes: The sweet pills to an early grave

It was an informative session in conversation with Dr. Niharika Gupta to further enhance the knowledge about diabetes and its proper management. Diabetes has become a very common disease these days but people around the world might not have realized that. It isn't a deadly disease if proper care is taken. The event intended to give the audience more clarity on the diabetes while answering some questions, focussing on prevention and debunking some common myths related to the same.

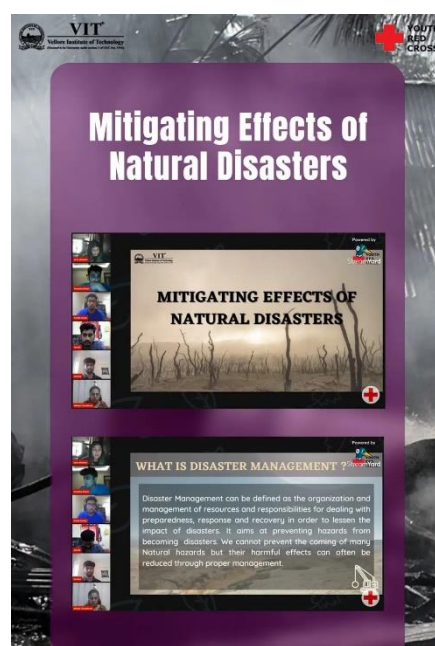
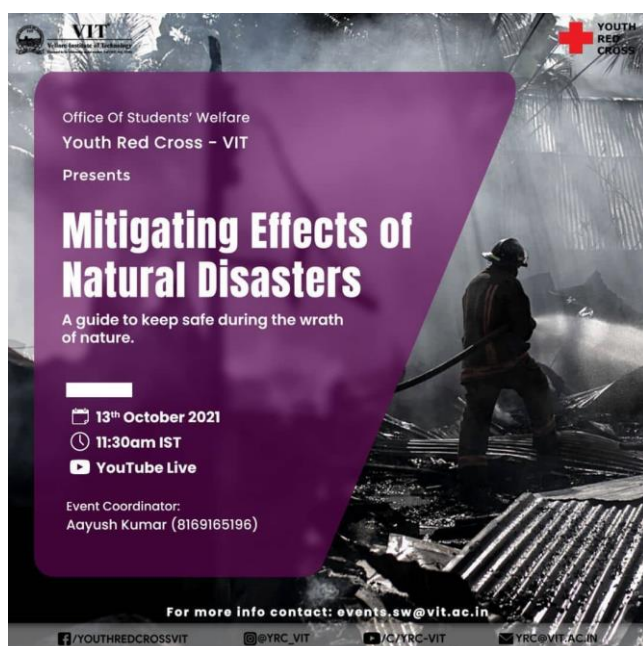
Time Spent: **1.25 hrs**



16. Mitigating Effects of Natural Disasters

Natural Disasters like floods, earthquakes, cyclones and many others can't be entirely prevented but they can be managed well with certain preparations and basic lifestyle changes. This event was conducted to give insights on possible disasters and ways to be safe from major casualties.

Time Spent: **1.25 hrs**



17. Wash and Shield

This slogan writing competition, on the occasion of global hand-washing day, was organised to spread the importance of hand-washing in preventing from cold. The power to wash our hands and hence protect ourselves lies with us. Best slogans were featured on YRC VIT's social media handles.

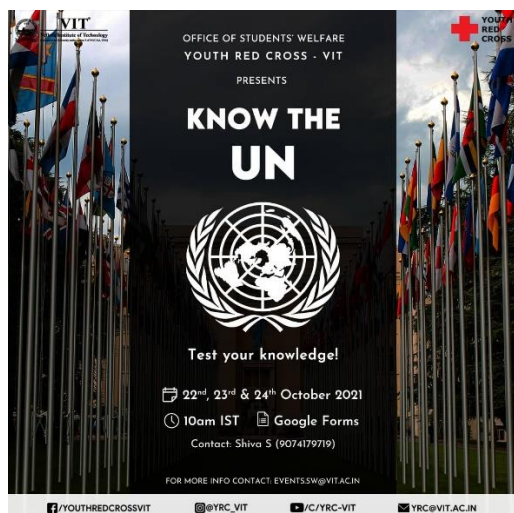
Time Spent: **12 hrs**



18. Know the UN

It was a short quiz to check how much we all know about United Nations. It is of no surprise that The United Nations is our one great hope for a peaceful and free world, and to spread its importance on the UN day, the quizzing event was conducted.

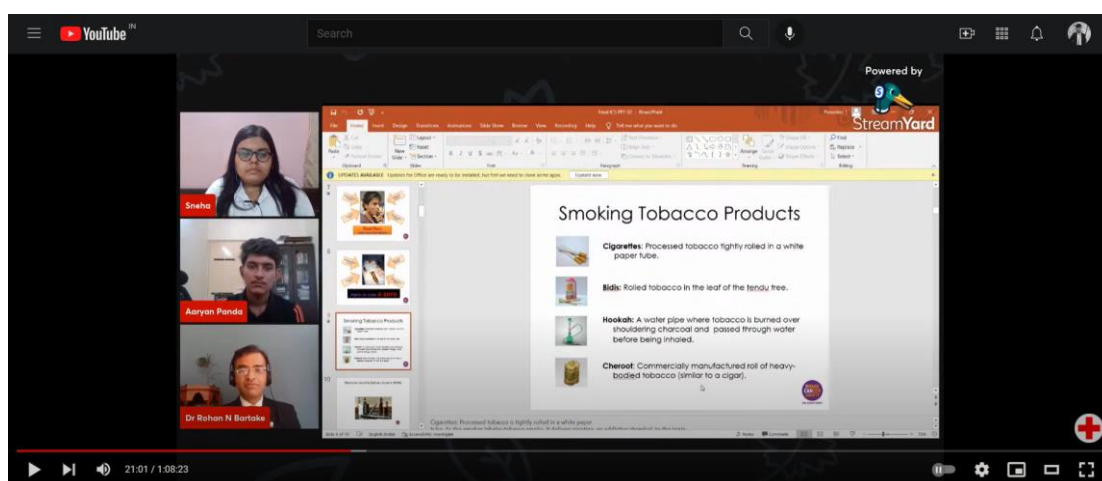
Time Spent: **12 hrs**



19. Let's Defeat Cancer Together

This informative webinar with Dr. Rohan Bartake was conducted on the occasion of National Cancer Awareness Day, in collaboration with Indian Cancer Society. It aimed to help us understand about oral cancer and ways to promote tobacco de-addiction.

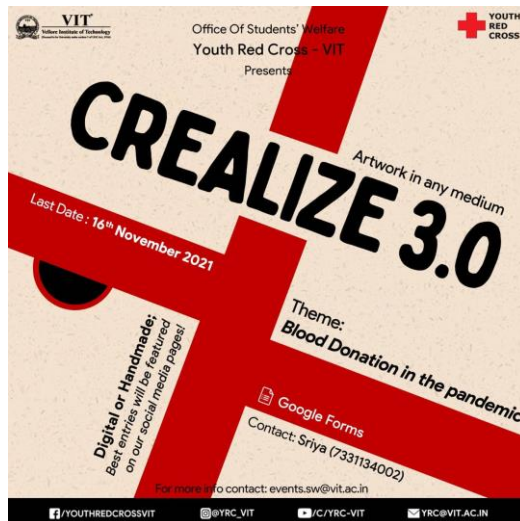
Time Spent: 1 hr



20. Crealize 3.0

It was an online poster making competition to inculcate awareness and encourage people to use their creativity to create artwork that promotes blood donation during the pandemic. The posters were encouraged to be made in any medium: by hand or be made digitally. Best entries were also featured on Instagram page.

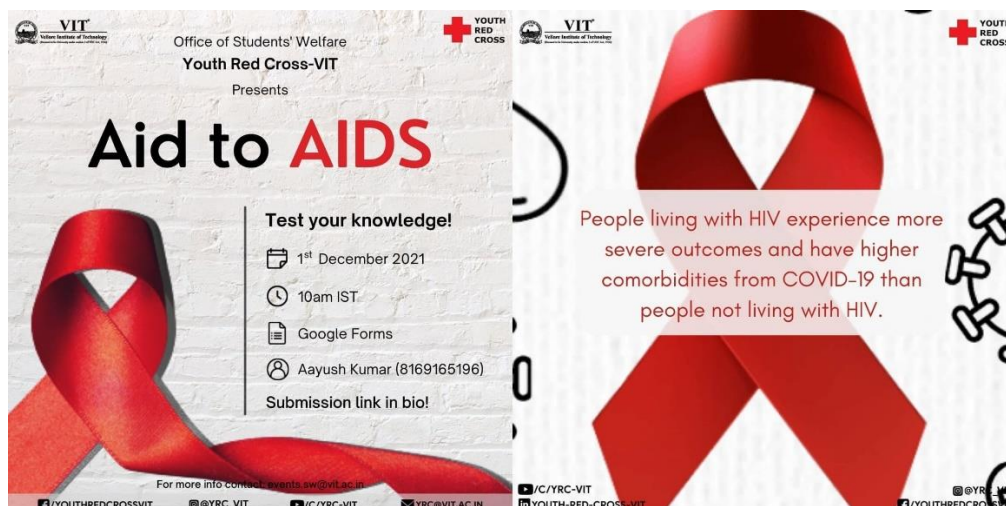
Time Spent: **12 hrs**



21. Aid to AIDS

It was a short quizzing event to test our knowledge about the deadly disease of AIDS, whilst also spreading awareness about it through a series of posts on Instagram. It was conducted on the occasion of the World AIDS Day.

Time Spent: **12 hrs**



22. Break The Silence On Violence

This event was conducted in collaboration with My Choices Foundation, an organisation that advocates against domestic violence. In it, Dr. Farzana Khan (Head of Programs) shed light on the pertinent issues of violence against women and youth. She even had given insights into the causes, the current distressing statistics and ways in which we can eliminate this evil.

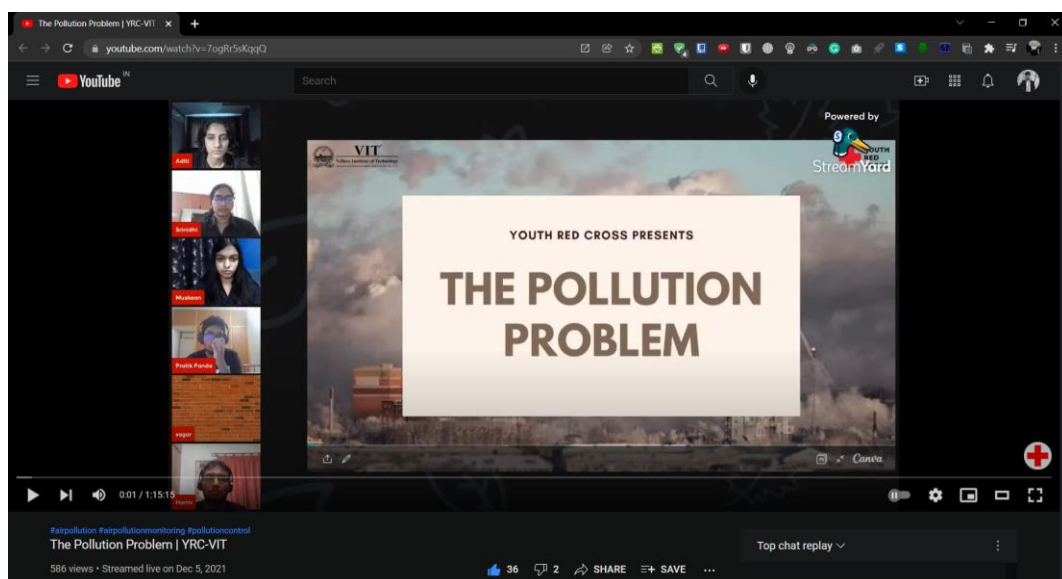
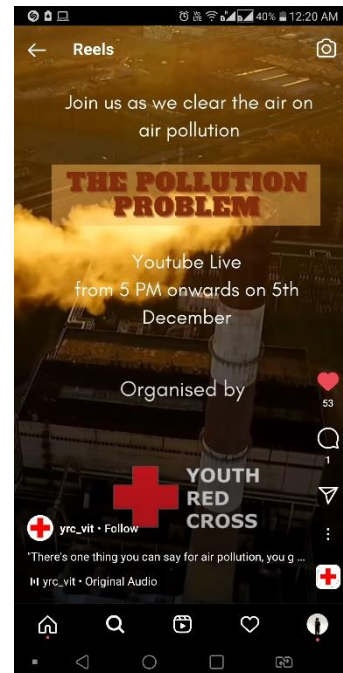
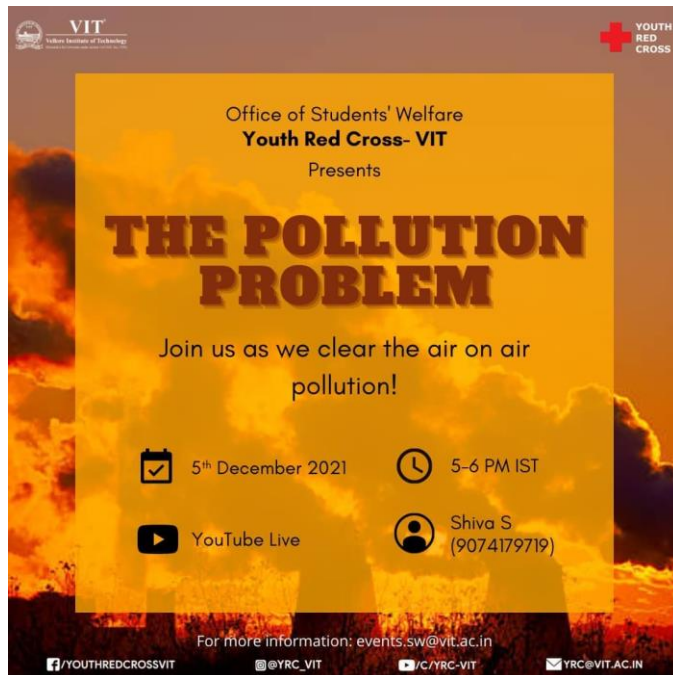
Time Spent: 1.25 hrs

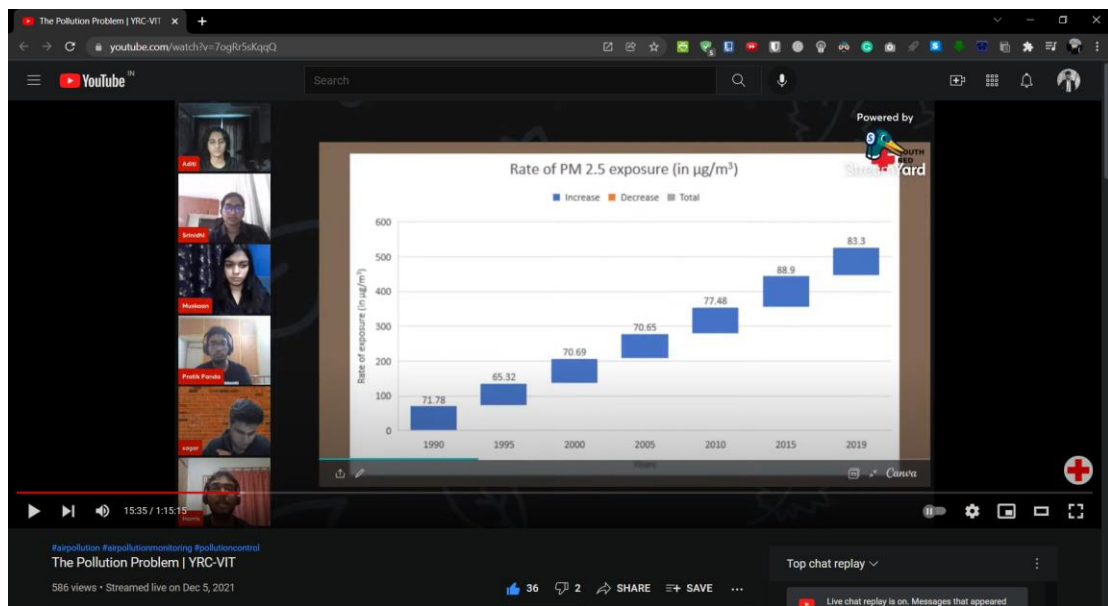


23. The Pollution Problem

This event was conducted keeping in mind the alarming concerns against air pollution and global warming. The main aim was to spread awareness and come up with solutions and steps to help create a sustainable world for our future generations.

Time Spent: **1.25 hrs**





The Pollution Problem | YRC-VIT

youtube.com/watch?v=7ogRr5sKqyQ

Search

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MEUSE RIVER VALLEY FOG

In December of 1930, a seemingly-normal fog made its way into the Meuse River valley in Belgium. Soon after, the weather formation began to cause excessive coughing and choking, mystifying doctors in the area. Over 3,000 inhabitants of nearby towns and villages fell ill, resulting in the death of 65 people and thousands of livestock. The cause was later determined to be a result of a combination of naturally forming fog and the sulfur dioxide emissions produced by a large amount of coal-burning in the valley.

41:02 / 1:15:15

#airpollution #airpollutionmonitoring #pollutioncontrol
The Pollution Problem | YRC-VIT

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