



METHODIST

COLLEGE OF ENGINEERING & TECHNOLOGY

(An Autonomous Institution)

Approved by AICTE, New Delhi & Affiliated to Osmania University

Accredited by NBA and NAAC with A+ Grade



Date: 13/07/2024

NSS Cell

Report on Women Awareness and Traffic awareness

Introduction: The National Service Scheme (NSS) is a governmental initiative aimed at fostering social responsibility and community engagement among youth in India. Recently, NSS programs have been organized to address pressing issues such as awareness about good touch and bad touch, combating hidden camera problems faced by women, and tackling traffic violations. Various dignitaries have been involved in these programs to educate, empower, and advocate for solutions.

Combating Hidden Cameras Issue: The issue of hidden cameras, especially in public spaces like restrooms, changing rooms, and private establishments, poses a significant threat to privacy and safety, particularly for women. NSS initiatives work towards raising awareness about this issue and advocating for measures to prevent and detect hidden camera installations. NSS volunteers collaborate with law enforcement agencies, technology experts, and community leaders to conduct awareness drives, install surveillance equipment, and implement stringent penalties for offenders. Dignitaries such as women's rights activists, cyber security experts, and legal experts play a crucial role in guiding these initiatives and influencing policy changes.

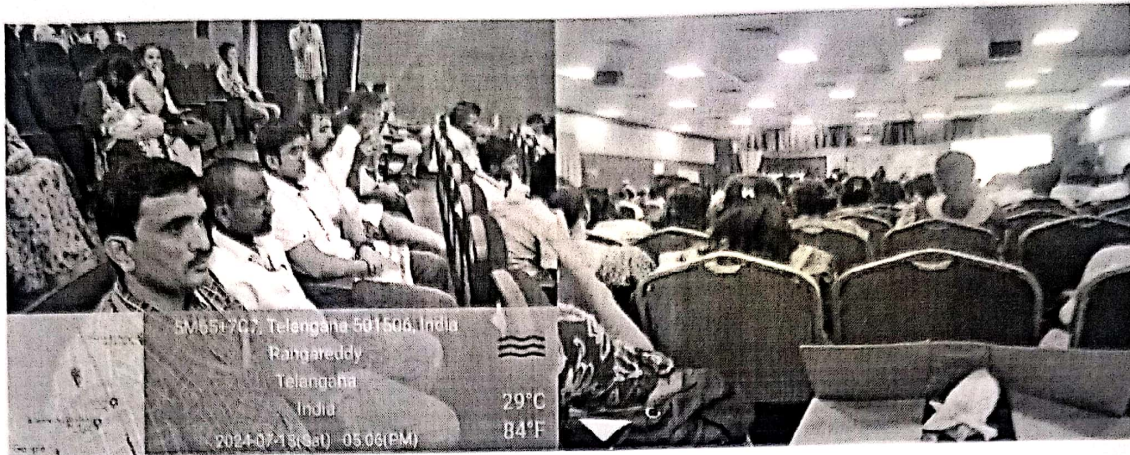
Addressing Traffic Violations: Traffic violations remain a pervasive problem in many urban areas, leading to road accidents, injuries, and loss of lives. NSS programs focus on promoting road safety awareness and encouraging responsible driving behavior among motorists, pedestrians, and cyclists. Through road safety campaigns, traffic management workshops, and community outreach activities, NSS volunteers strive to educate the public about traffic rules, safe driving practices, and the consequences of violations. Dignitaries such as traffic police officials, transportation authorities, and road safety advocates actively participate in these programs to lend their expertise and support.

Involvement of Dignitaries: Various dignitaries, including government officials like CM Revanth Reddy Garu and etc, social activists, experts, and celebrities, have actively participated in NSS programs addressing good touch and bad touch, hidden camera issues, and traffic violations. Their involvement adds credibility, visibility, and expertise to these initiatives, helping to garner public attention and support. Dignitaries often deliver keynote speeches, conduct interactive sessions, and participate in panel discussions to share insights, provide guidance, and inspire action among participants.

Conclusion: NSS programs addressing, hidden camera issues, and traffic violations play a vital role in promoting social awareness, empowering communities, and fostering positive change. Two students attended the event and gained so much valid information. The involvement of various dignitaries adds value to these initiatives by providing expertise, guidance, and support. Moving forward, continued collaboration between NSS, dignitaries, and community stakeholders is essential to address these pressing issues effectively and create safer, more inclusive environments for all.

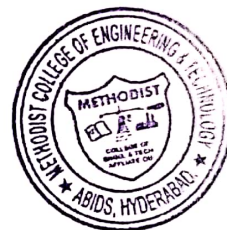


PHOTOS:



Students Attending Event


Coordinator





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Date: 26/06/2024

NSS Cell

Report on International Day against Drug Abuse and Illicit Trafficking-2024

Introduction: The National Service Scheme (NSS) is a governmental initiative aimed at fostering social responsibility and community engagement among youth in India. Recently, NSS programs have been organized to address pressing issues such as awareness about Drug Abuse and Illicit Trafficking. Various dignitaries have been involved in these programs to educate, empower, and advocate for solutions.

Drug Awareness: One of the primary focuses of NSS programs has been to educate children and adolescents about Drug Abuse. NSS volunteers conduct workshops, seminars, and awareness campaigns in schools, colleges, and communities to educate children, parents, and teachers about this sensitive issue. Dignitaries such as psychologists, child rights activists, and law enforcement officials often participate in these programs to provide expert guidance and support.

Illicit Trafficking Issue: The issue Illicit Trafficking is increasing now a days. NSS initiatives work towards raising awareness about this issue and advocating for measures to prevent Illicit Trafficking. NSS volunteers collaborate with law enforcement agencies, technology experts, and community leaders to conduct awareness on this. Dignitaries such as women's rights activists, cyber security experts, and legal experts play a crucial role in guiding these initiatives and influencing policy changes.

Involvement of Dignitaries: Various dignitaries, including government officials, social activists, experts, and celebrities, have actively participated in NSS programs addressing good Drug Abuse and Illicit Trafficking. Their involvement adds credibility, visibility, and expertise to these initiatives, helping to garner public attention and support. Dignitaries often deliver keynote speeches, conduct interactive sessions, and participate in panel discussions to share insights, provide guidance, and inspire action among participants.

Conclusion: NSS programs addressing Drug Abuse and Illicit Trafficking play a vital role in promoting social awareness, empowering communities, and fostering positive change. From the college 53 student volunteers attended the event and learnt so much information. The involvement of various dignitaries adds value to these initiatives by providing expertise, guidance, and support. Moving forward, continued collaboration between NSS, dignitaries, and community stakeholders is essential to address these pressing issues effectively and create safer, more inclusive environments for all.



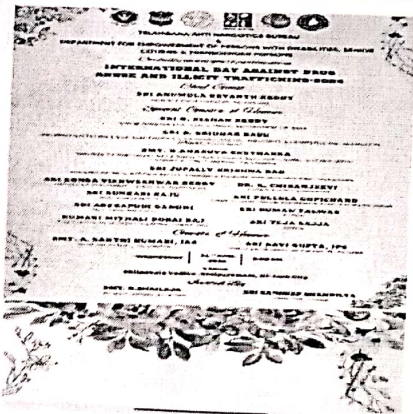
PHOTOS:



Attending Event



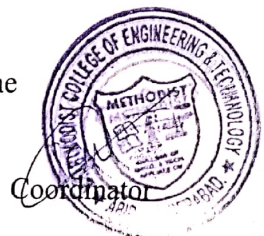
Attending Event



Event Invitation

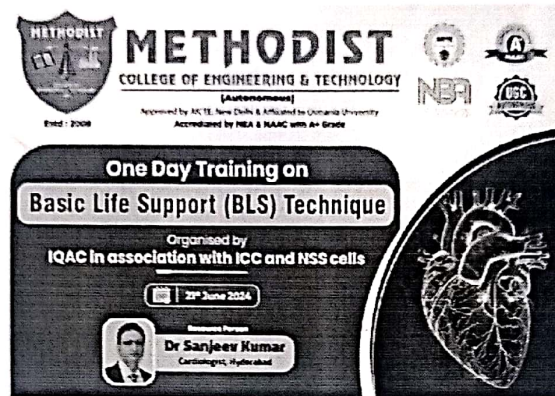
'Say Yes to Life, No to Drugs'
We took the pledge committed ourselves to consciously cooperate in stopping Drug abuse and stay away from Drugs to live a healthy and happy life

Event Theme



Report on Basic Life Support

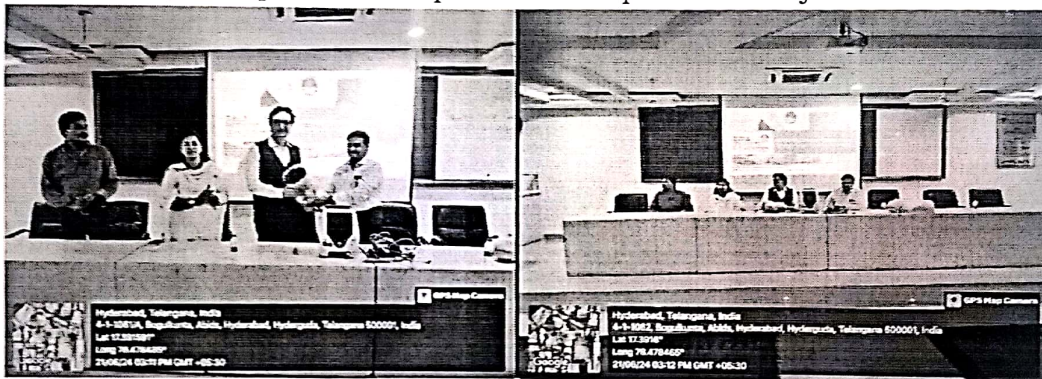
One day Training Program on "Basic Life Support" technique is organised by IQAC in association with ICC & NSS Cell of MCET on 21st June 2024. The main aim of this program is to create an awareness of sudden cardiac attack and also guide measures to be taken on sudden cardiac attack or other heart related issues. The program continued as per the following schedule, for non teaching staff, program continued from 2:45 p.m. to 3:30 p.m. and for teaching staff, program continued from 3:35 p.m. to 4:15 p.m.



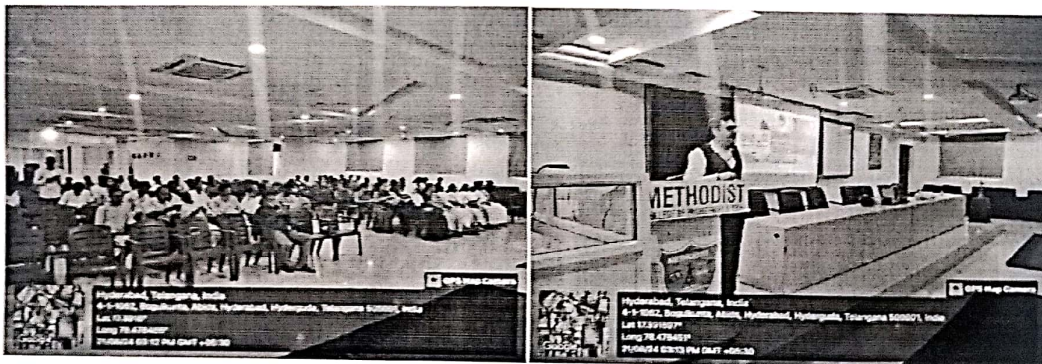
Resource person Dr. Sanjeev Kumar, Cardiologist, Hyderabad attended program at 2:20 p.m.

At 2:30 p.m. program was started with valuable speeches by Honourable Personalities.

Principal Sir presented bouquet to resource person Dr. Sanjeev Kumar.



Nearly 60 teaching staff and 45 non teaching staff attended the program to learn about symptoms of cardiac arrest and the measures to be followed, to handle cardiac attack or any heart related issues.



At 2:50 p.m. speaker Dr. Sanjeev Kumar started his guidance on measures to be taken to save life. He explained about symptoms of cardiac attack:

- Fatigue.
- Dizziness.
- Shortness of breath.
- Nausea.
- Chest pain.
- Heart palpitations (fast or pounding heart beat)
- Loss of consciousness.

He shared his valuable experiences on cardiac attack of his patients and how he handled other heart related issues of his patients. He informed to reduce lifestyle factors that may increase risk of cardiac arrest and other heart diseases by:

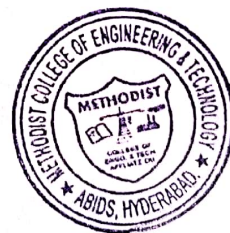
- Eating heart-healthy meals.
- Losing weight.
- Exercising.
- Quitting smoking and drug use.
- Reducing alcohol intake.

He also explained about Heart conditions that can cause sudden cardiac arrest and other heart issues:

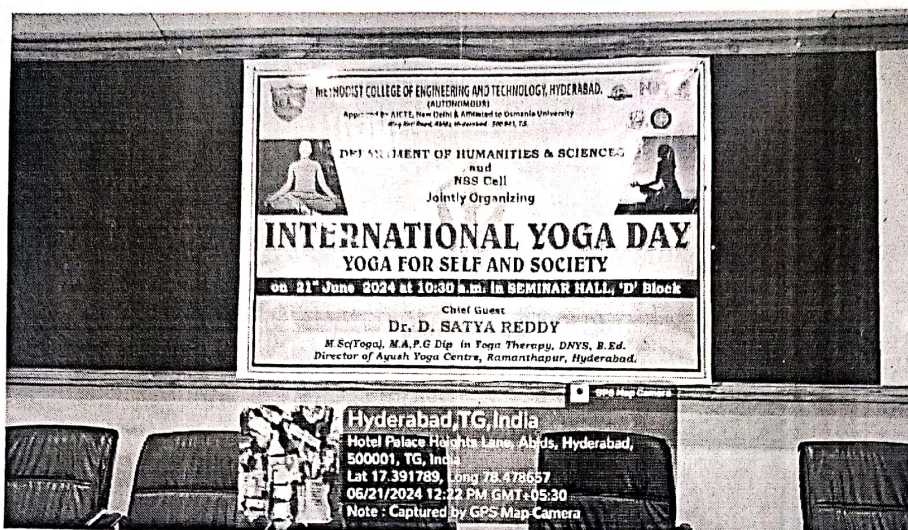
- Coronary artery disease
- Heart attack
- Enlarged heart
- Heart valve disease
- Heart problem present at birth
- Long QT syndrome (LQTS) and other heart signalling problems.

At 4:15 p.m. "Basic Life Saving" Program was successfully completed by gaining valuable knowledge on symptoms of cardiac attack, Heart conditions that can cause cardiac arrest and precautions to be taken to reduce the risk of cardiac attack and other heart related issues.


Coordinator



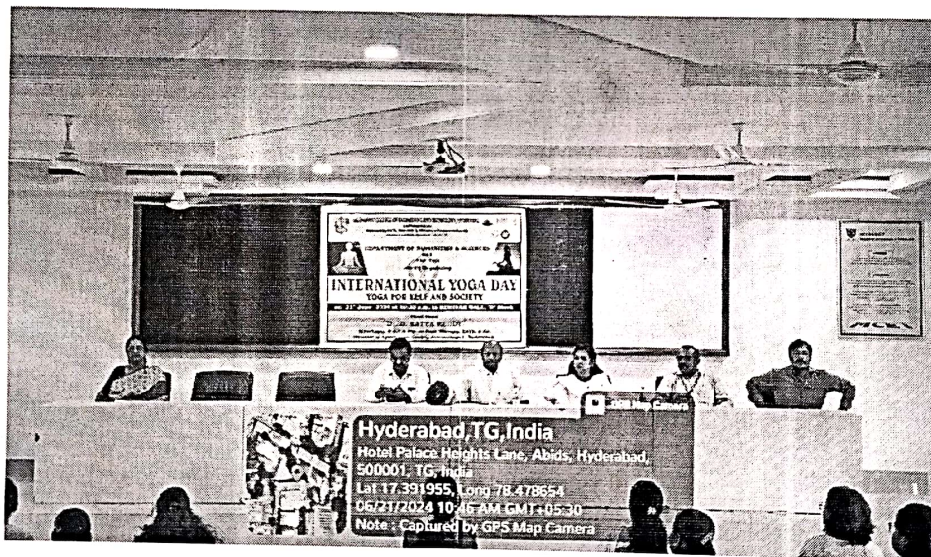
Report on Yoga for Self and Society Event



Department of Humanities and Sciences of MCET in collaboration with NSS Cell organized an event “International Yoga Day” Yoga for Self and Society on 21-june-2024 in Seminar Hall “D” Block.

Event started as per scheduled time. Principal sir, H&S Head of Dept., NSS coordinators of various Departments, students and faculty from various departments assembled in seminar hall at 10:20 am.

The chief guest Dr. D. Satya Reddy, Director of Ayush Yoga Center, Ramanthapur, Hyderabad is well known yoga therapist and yoga teacher arrived to seminar hall.



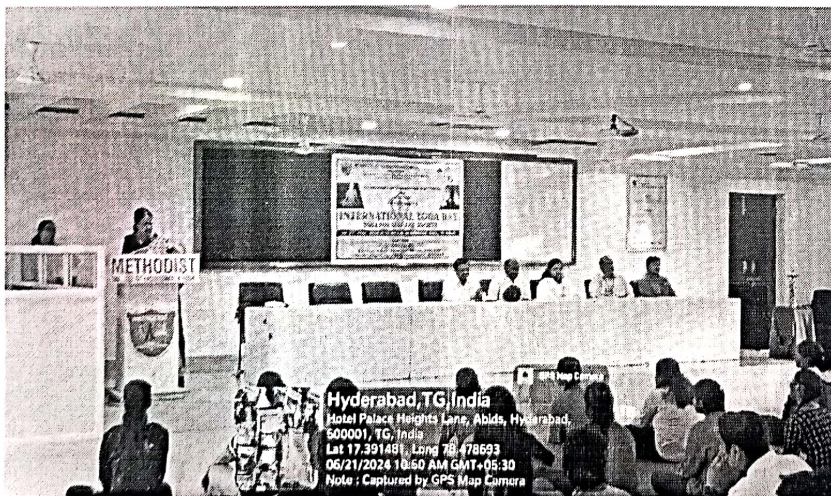
At 10:30 am principal sir, H&S HoD, Chief guest, chief NSS Coordinator shared dais, then the following sequence of events continued



lightening of lamp by dignitaries on the dais followed by prayer.



At 10:35 am principal sir shared his valuable speech on Importance of Yoga in daily life.



At 10:45 am H&S HoD shared her valuable speech on yoga



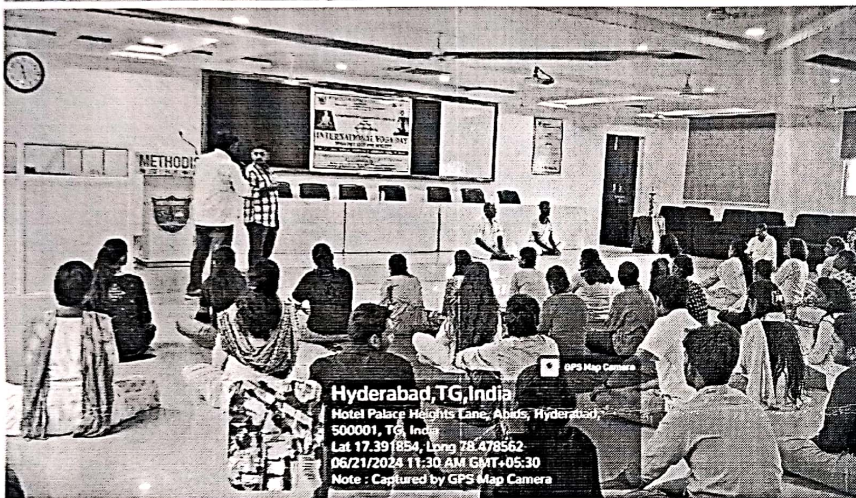
At 10:50 am chief guest Dr. D. Satya Reddy shared his valuable experiences, teaching and importance of Yoga Poses and Asanas.



At 11:00 am chief guest is felicitated by principal Sir.

He practically explained about various important Yoga Poses and Asanas such as

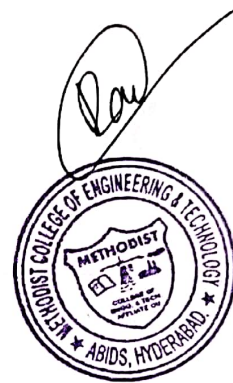
- Adho Mukha Svanasana. One of the most commonly practised asanas, which stretches and strengthens the body, from your arms to your legs.
- Vajrasana
- Bhujangasana
- Trikonasana
- Chaturanga Dandasana
- Navasana
- Sarvangasana
- Parsvakonasana
- Shavasana



Nearly 50 students,20 faculty members participated in the event and practically learnt about important Yoga Poses and Asanas taught by chief guest and his team.



At 12:30 pm, event ended successfully with gaining more knowledge on important yoga poses and asanas.





Date: 23/04/2024

NSS Cell

Report on Good touch & Bad touch awareness Combating Hidden Cameras & Traffic violations

Introduction: The National Service Scheme (NSS) is a governmental initiative aimed at fostering social responsibility and community engagement among youth in India. Recently, NSS programs have been organized to address pressing issues such as awareness about good touch and bad touch, combating hidden camera problems faced by women, and tackling traffic violations. Various dignitaries have been involved in these programs to educate, empower, and advocate for solutions.

Good Touch & Bad Touch Awareness: One of the primary focuses of NSS programs has been to educate children and adolescents about good touch and bad touch. These initiatives aim to raise awareness about sexual abuse and empower individuals to recognize and report inappropriate behavior. NSS volunteers conduct workshops, seminars, and awareness campaigns in schools, colleges, and communities to educate children, parents, and teachers about this sensitive issue. Dignitaries such as psychologists, child rights activists, and law enforcement officials often participate in these programs to provide expert guidance and support.

Combating Hidden Cameras Issue: The issue of hidden cameras, especially in public spaces like restrooms, changing rooms, and private establishments, poses a significant threat to privacy and safety, particularly for women. NSS initiatives work towards raising awareness about this issue and advocating for measures to prevent and detect hidden camera installations. NSS volunteers collaborate with law enforcement agencies, technology experts, and community leaders to conduct awareness drives, install surveillance equipment, and implement stringent penalties for offenders. Dignitaries such as women's rights activists, cyber security experts, and legal experts play a crucial role in guiding these initiatives and influencing policy changes.

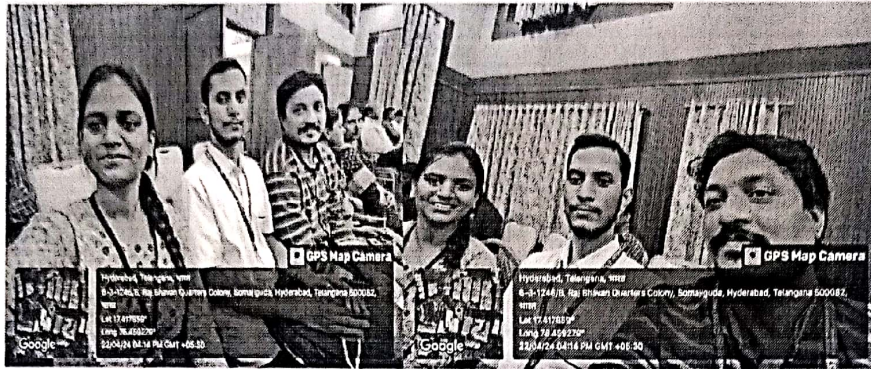
Addressing Traffic Violations: Traffic violations remain a pervasive problem in many urban areas, leading to road accidents, injuries, and loss of lives. NSS programs focus on promoting road safety awareness and encouraging responsible driving behavior among motorists, pedestrians, and cyclists. Through road safety campaigns, traffic management workshops, and community outreach activities, NSS volunteers strive to educate the public about traffic rules, safe driving practices, and the consequences of violations. Dignitaries such as traffic police officials, transportation authorities, and road safety advocates actively participate in these programs to lend their expertise and support.

Involvement of Dignitaries: Various dignitaries, including government officials, social activists, experts, and celebrities, have actively participated in NSS programs addressing good touch and bad touch, hidden camera issues, and traffic violations. Their involvement adds credibility, visibility, and expertise to these initiatives, helping to garner public attention and support. Dignitaries often deliver keynote speeches, conduct interactive sessions, and participate in panel discussions to share insights, provide guidance, and inspire action among participants.

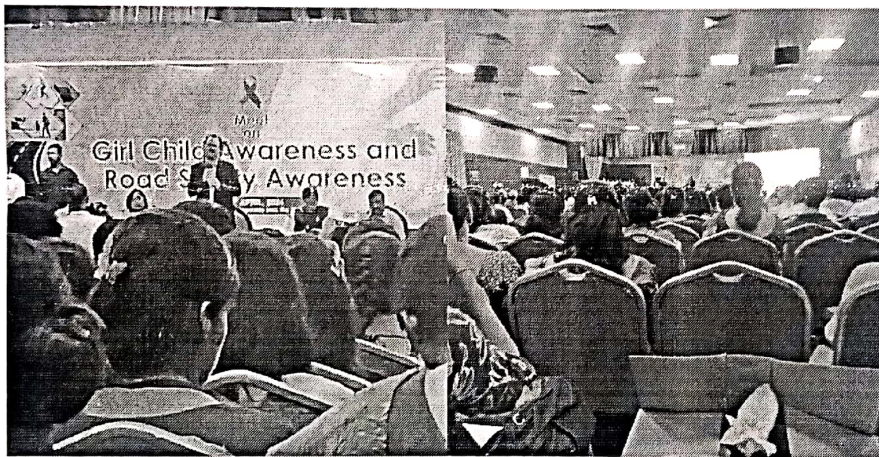
Conclusion: NSS programs addressing good touch and bad touch awareness, hidden camera issues, and traffic violations play a vital role in promoting social awareness, empowering communities, and fostering positive change. The involvement of various dignitaries adds value to these initiatives by providing expertise, guidance, and support. Moving forward, continued collaboration between NSS, dignitaries, and community stakeholders is essential to address these pressing issues effectively and create safer, more inclusive environments for all.



PHOTOS:



Attending Event

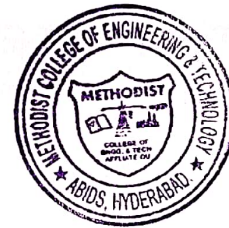


Chief guest addressing



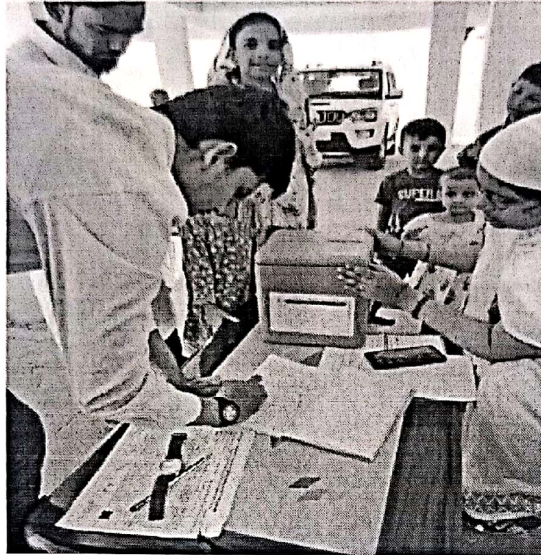
Participants Listening


Coordinator



Report on Pulse Polio Event

NID-2024 (Pulse Polio Camp) was organised by Medical Officer Dr. Deepthi Priyanka, UPHC, Musheerabad / Boggulakunta, Hyderabad from 3rd March 2024 to 5th March 2024 in association with student team of NSS of MCET. Program was scheduled from 9:00 a.m to 4:30 p.m. on mentioned dates.



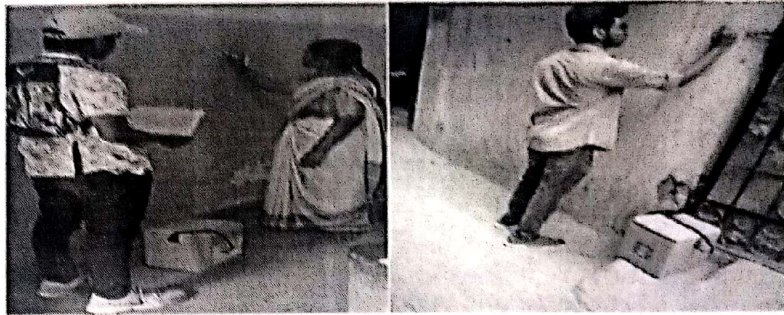
UPHC associated with a team of 16 students of NSS of MCET, started Pulse Polio Program at 9:00 a.m. with registration process. Parents and children of age 1 - 10 years from different areas attended the camp to consume polio drops.

Parents are allowed to register their children personal information like name, age, aadhar number and so on. A medical card of child is provided to parent, which represents detailed information about polio drops to be consumed.



Once the registration process is completed then the child is marked with black dot on finger and allowed to have Polio Drop by professional nurse. Nurse updates medical card of child mentioning the date of consumption of polio drops. Nurse also explained about next dose of

polio drop to be taken. After wards the details about polio drops provided to children are marked on wall by volunteers of program. A detailed statistical report was prepared about consumption of polio drops by children of age 1 – 10 years.



2 days of camp of Pulse Polio was successfully completed at 4:00 p.m. on 5th march 2024, providing polio drops to children of age group 1 – 10 years of different areas. It was a good program to eradicate Polio from the society.


Coordinator





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NSS Cell in Coordination with CSE Department Report On National Productivity

Seminar National **Productivity** was organized by our NSS unit with CSE Department, Participants of 100 from students and the staff members attended the program. The speaker is Mr.R.Peddi Raju from SPP, Hyderabad. He explained the importance of "National Productivity Day. The below are some important points of the seminar.

National Productivity Day is observed every year on February 12 in India. This day commemorates the establishment of the National Productivity Council (NPC). The main objective of this day is to raise awareness about the importance of enhancing productivity, efficiency, and innovation. The celebration is part of the Indian Productivity Week, which spans from February 12 to February 18.

The theme for 2024 is "Artificial Intelligence (AI) - Productivity Engine for Economic Growth", highlighting the crucial role of AI in driving a country's economic growth and productivity.

The NPC, an autonomous body, was established in 1958 by the Ministry of Commerce and Industry to advance India's culture of productivity.

The day serves as a reminder for individuals, organizations, and governments to adopt practices and strategies that promote efficiency, innovation, and sustainable development.

PHOTOS:



Participants attending Program

token of memento to guest





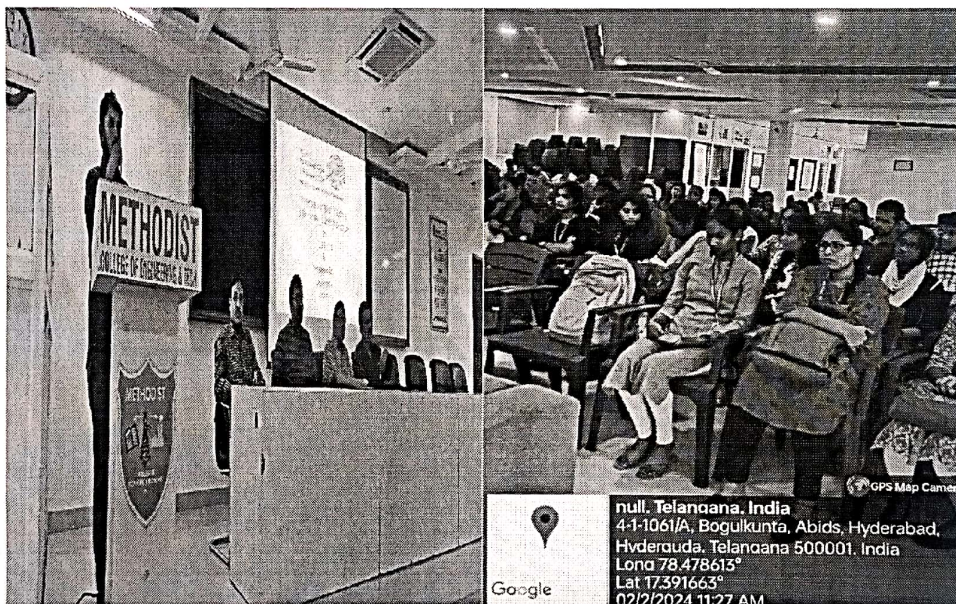
World Wetland Day Report

Our college is set to commemorate World Wetland Day on 02-02-2024, fostering environmental consciousness among students and staff. The awareness program, scheduled for 11 a.m. in Seminar Hall D-block, is a collaborative effort between the Pollution Control Board of Telangana, the NSS cell, and the Civil Engineering Department of our institute.

This initiative aims to educate participants about the critical role wetlands play in biodiversity, water purification, and flood control. The event will feature presentations by experts from the Pollution Control Board, shedding light on the importance of wetland conservation and sustainable management.

The program aligns with the college's commitment to environmental stewardship, providing a platform for students and staff to engage with pressing ecological issues. Through interactive sessions and discussions, attendees will gain insights into practical measures for wetland preservation.

This collaborative effort signifies the synergy between academic institutions and governmental bodies in addressing environmental concerns. By actively participating in the World Wetland Day awareness program, our college strives to contribute to a more environmentally conscious and responsible community.

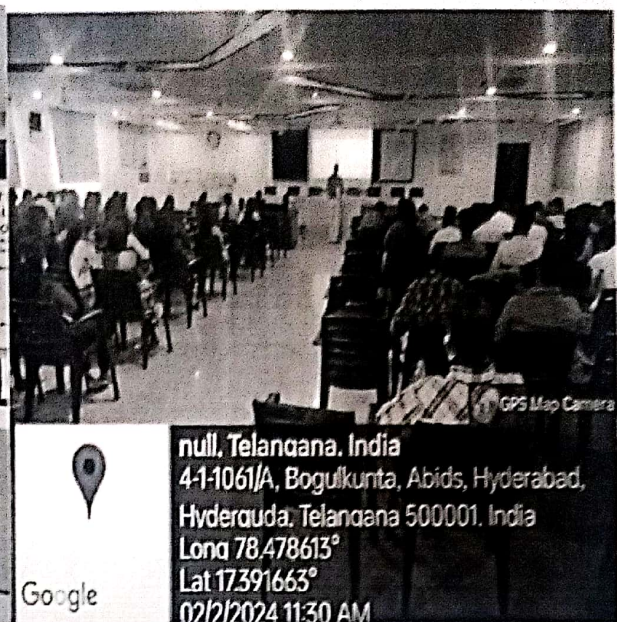


Speak Introduction

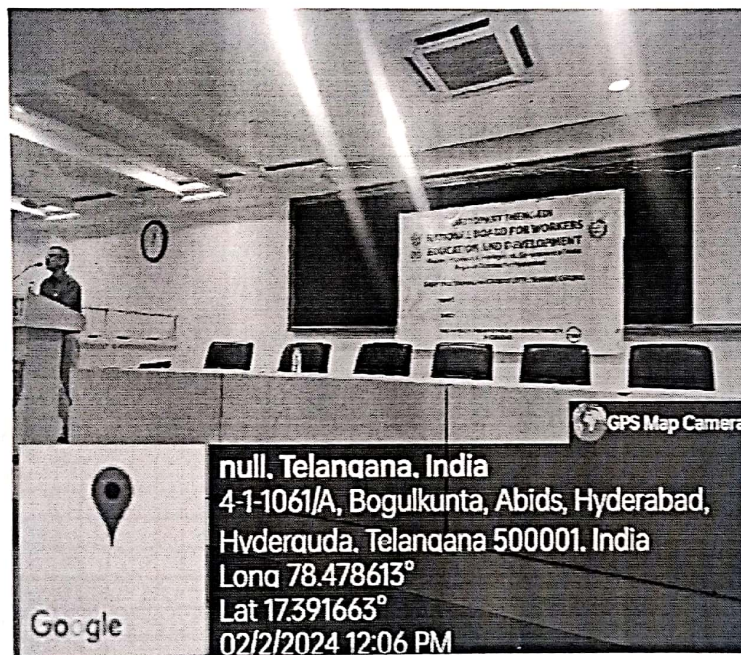
Participants



Token of Memento to the Speaker

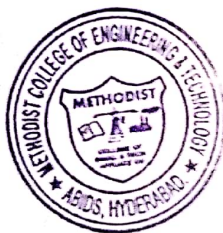


Speaker Delivering the event importance



Programme Banner


Coordinator



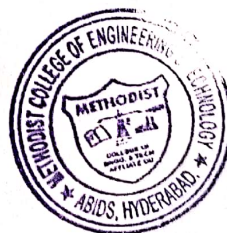


NSS Cell

Report On Blood Donation Camp

A Blood donation camp was organized by our NSS unit, in collaboration with P.V.Narasimha Rao Memorial Charitable Trust, Hyderabad, through which 170 units of blood was donated by both students and the staff members. It is a way of Methodist College of Engineering & Technology gesture in bringing a ray of hope to contribute to the serious problems of acutest shortage of blood. India faces a blood shortage of 3 million units. The problem can be addressed if an additional two percent of Indians donate blood, as opened by the Health experts. We need 12 million units of blood every year but just about nine million units are being donated. Our College has been religiously organizing blood donation camps every year and students and the faculty members come forward voluntarily to donate blood. While addressing to people at the camp our NSS volunteers brought awareness in them about shortage of blood and why we must donate blood every year, to help the persons requiring blood. Blood donation can save lives of innumerable persons. Donation of blood is very critical and crucial for saving lives many patients and those who have met with accidents. It is as such a great service or contribution to the society and people living in it.

1	Name of the Activity/Event	Blood Donation Camp
2	Date of Activity/Event	20-12-2023
3	Organized by/Name of the committee	NSS UNIT
4	Name of the Association	P.V.Narasimha Rao Memorial Charitable Trust, Hyderabad
5	Place of Activity/event	Methodist College of Engineering & Technology, Hyderabad.
6	Type of activity/Event	Blood Donation
7	Activity/Event objectives	<p>1. To collect blood units but also to make students aware about blood and its benefits.</p> <p>2. It was an effort to motivate students to come forward and donate for this noble cause.</p> <p>3. First time donors need to be encouraged so that once the initial hesitation/ fear goes away, the donor will look forward to such camps in near future too.</p> <p>4. To help anyone, in case of any requirement for blood.</p>
8	Participation	<p>Total Participation</p> <p>1070</p>
9	Enclosures	<p>1. Report</p> <p>2. Photos</p>



PHOTOS:

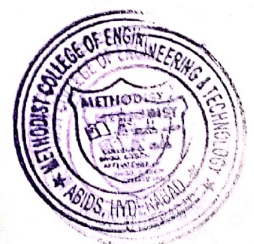


Principal Inaugurating the Camp Faculty Donating Blood



Students Donating Blood


Coordinator







Health Camp Report

The health camp commenced at 7 a.m., on 17th september, 2023 providing an early start for attendees to partake in a series of essential health assessments. The planned tests included blood pressure (B.P), blood sugar levels, and 2D Echo examinations, ensuring a comprehensive evaluation of cardiovascular health. These tests were instrumental in identifying potential health concerns and fostering a proactive approach to wellness.

Furthermore, the organizers exhibited thoughtful consideration by arranging a nutritious and wholesome breakfast for all participants. This added dimension aimed to promote not only diagnostic wellness but also encouraged a holistic approach to health through dietary awareness.

Overall, the collaborative effort of TYTCC and NSS unit in orchestrating this health camp exemplifies a commitment to the health and well-being of the staff members, fostering a culture of preventive healthcare within the institution.

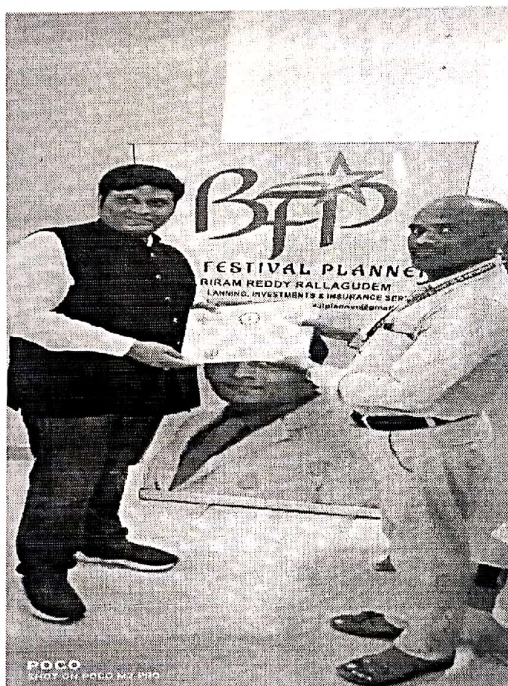
  **TELANGANA
YOGA TEACHERS
CO-ORDINATION
COMMITTEE**

Mega Heart Health & Wealth
For TYTCC Registered Yoga Teachers
@ Methodist Engineering College, Abids, Hyderabad
On 17-09-2023, 8Am - 4:30Pm

Get Ready for a Day of Heart Health & Wealth
CPR Training for Yoga Teachers with Certification
by Yashodha Hospitals.
Free Health check up BP, ECG, Diabetes & 2D Echo &
Dr. consultation.
Sessions on Financial planning for your family with
Innovative concept by Sri Ram Reddy.
Special session by Dr. Prabhkar Madhikar
International Yoga Therapist
Tips for Increasing your yoga classes by Financial
planner & Trainer
Breakfast, Lunch, Tea & Snacks will be provided.
This Program is FREE, but Google form Registration is
COMPULSORY! Registration Deadline: 15th September, 12 Noon

President General Secretary
P.Ravi Kishore D. Satya Reddy
9246227061 9246173775

Health Camp Broucher



Staff Participation Certificate

Coordinating

