

SHRI DHARMASTHALA MANJUNATHESHWARA LAW COLLEGE

CENTRE FOR POST GRADUATE STUDIES & RESEARCH IN LAW

Mangaluru - 575003

NAAC - Re - Accredited B++ (CGPA 2.9)

Affiliated to Karnataka State Law University, Hubballi

Recognized by the Bar Council Of India, New Delhi

President: Dr. D. Veerendra Hegde

RED CROSS SOCIETY 2023-2024





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[Managed by: SDM Education Society (R)]

President: Dr. D. Veerendra Heggade



In Collaboration With
KMC Hospital, Attavar
Is Organising

BASIC LIFE SUPPORT TRAINING

RESOURCE PERSON

Dr. Nikhil Paul
Emergency Physician
Manipal Academy

On 30th December 2023 at 11:00 AM
in SDM Law College Auditorium

Amith S.M.
 Faculty Convener

Dr. Tharanath
 Principal

Anjana K
 Student Secretary

STUDENT COORDINATORS

Riya Raj

Devika Rathnan

Nandana. Manoj

Diya K

Pranav G. S Nellithaya



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Executive Summary

Purpose / Objectives:

The purpose of organizing a Basic Life Support (BLS) training program for Red Cross volunteers is to equip them with essential life-saving skills and knowledge to effectively respond to emergencies. The objectives include enhancing volunteers' proficiency in recognizing and managing cardiac and respiratory emergencies, performing CPR, and using automated external defibrillators (AEDs). Additionally, the training aims to improve their ability to stabilize patients until professional medical help arrives, thereby increasing the survival rate and outcomes of individuals in critical situations. This program will ensure that Red Cross volunteers are prepared, confident, and capable of providing immediate and effective assistance, ultimately strengthening the community's resilience in emergencies.

Key Highlights:

The highlight of the Basic Life Support (BLS) training program was an engaging session conducted by Dr. Nikhil Paul, Consultant Emergency Physician and Assistant Professor at Manipal Academy of Higher Education, India. Dr. Paul demonstrated crucial emergency techniques, including CPR, AED usage, and other vital life-saving procedures. His expertise and hands-on approach provided Red Cross volunteers with invaluable skills and confidence to effectively respond to cardiac and respiratory emergencies, significantly enhancing their ability to save lives in critical situations.

Attendee Summary:

The Basic Life Support (BLS) training program saw enthusiastic participation from both Red Cross Cell members and students, with a total of 77 attendees.



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Outcome:

The Basic Life Support (BLS) training program concluded with participants demonstrating a marked improvement in their emergency response skills. Attendees reported increased confidence in performing CPR, using AEDs, and managing various emergency scenarios. The program successfully equipped 77 Red Cross Cell members and students with the knowledge and practical skills necessary to provide immediate and effective assistance in critical situations, thereby enhancing preparedness.

Feedback:

Participants provided constructive feedback, praising the Basic Life Support (BLS) training program for its comprehensive and hands-on approach. They appreciated Dr. Nikhil Paul's clear demonstrations and the practical sessions that allowed them to practice and refine their skills. Many highlighted the value of learning to use AEDs and performing CPR, noting an increase in their confidence to handle real-life emergencies. Suggestions for improvement included extending the duration of the practical sessions and incorporating more advanced emergency scenarios.



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RED CROSS CELL

Presents

Environmental Stewardship Video Contest

Unleash Your Creativity for a Sustainable Future

Our Youth, the Stewards of Tomorrow, Hold the Key to a Greener and Brighter Future

EMBRACE THE SPIRIT OF NATIONAL YOUTH DAY by sowing seeds of change! Let us unite in fostering awareness and engagement in sustainable practices, nurturing a future where every action contributes to building a more sustainable and eco-conscious society.

OBJECTIVE:

- 1. Capture the Change:** Visualize the impact of environmental issues and the need for sustainable solutions through your lens.
- 2. Innovate for Tomorrow:** Propose groundbreaking ideas and innovations that can pave the way for a greener, healthier planet.
- 3. Raise Awareness:** Use the power of Short Video/ Short Film/ Documentary to educate and inspire others to act towards environmental conservation.

Organizing committee

Amith S M
Faculty Convenor

Anjana K
Student Secretary

Dr.Tharanath
Principal

Student Co-ordinator

Riya Raj | Devika Rathnan | Nandana Manoj | Diya K | Pranav G S Nellithaya

Designed @Siphi



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THEME: (Not Restricted to)

- Climate Change Awareness
- Waste Management and Recycling
- Deforestation and Reforestation
- Urbanization and Green Spaces
- Plastic Pollution
- Wildlife Protection
- Sustainable Agriculture
- Eco-friendly Lifestyle Choices
- Environmental Justice

Rules and Regulations

1. Eligibility: Open to the students of UG and PG
2. All video entries must focus on visualizing the impact of environmental issues and proposing sustainable solutions
3. **Duration: The total duration is inclusive of Title Card, Contents and Credits**
 - Short Video: Maximum 5 minutes
 - Short Film: Minimum 5 – 10 minutes
 - Documentary: Minimum 20 minutes
4. **Language: All languages are accepted and subtitles in English are mandatory**
5. Entries must be original works and any third-party content must be properly credited.
6. Videos should be submitted with a minimum resolution of 1080p with clear audio quality.
7. **Deadline: 12 February 2024**
8. The content in the video should not be politically motivated/ should not target any specific community, group, region, state, nation.
9. The organizers reserve the right to disqualify entries that do not adhere to the rules and regulations outlined.
10. The entries submitted for the competition should not be uploaded in any of the social media platforms, nor submitted for any other competitions.
11. AI generated contents will result in disqualification of the entries.
12. Judge's decisions are final and binding
13. For queries mail us at redcrosssdmlc@gmail.com

The videos need to be added to the drive, and the drive link, along with other information, should be provided through the designated registration form.

<https://forms.gle/2vy9b4346DKqMxyw6>

***Best Three will be awarded with cash prizes**

***Winners will be communicated through email by 20 February 2024**



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Executive Summary

Purpose / Objectives:

The Environmental Stewardship Video Contest, themed "Unleash Your Creativity for a Sustainable Future," aims to inspire and engage youth in promoting sustainable practices. This competition, held in the spirit of National Youth Day, emphasizes the pivotal role young people play as the stewards of tomorrow, holding the key to a greener and brighter future. By participating in this contest, youth are encouraged to create compelling videos that foster awareness and engagement in environmental stewardship. The objectives are to nurture a sense of responsibility towards the environment, promote innovative solutions for sustainability, and unite the community in building a more eco-conscious society. Through this initiative, we aim to sow the seeds of change and empower our youth to lead the way in creating a sustainable future.

Attendee Summary:

One Video Submission

Outcome:

The Environmental Stewardship Video Contest, themed "Unleash Your Creativity for a Sustainable Future," seeks to inspire and engage youth in promoting sustainable practices. Aligned with National Youth Day, this competition highlights the critical role young people play in shaping a greener future. By creating compelling videos, participants foster awareness and engagement in environmental stewardship, nurturing a sense of responsibility and promoting innovative solutions for sustainability. This initiative aims to unite the community in building a more eco-conscious society, empowering youth to lead the way towards a sustainable future.



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RED CROSS CELL

In Collaboration with

KMC Hospital, Attavar

Organises

Health Checkup Camp

(An IQAC Initiative)

9.30 AM to 10.30 AM	1st BA/ BBA/ LLB
10.30 AM to 11.30 AM	2nd BA/ BBA/ LLB
11.30 AM to 1.00 PM	4th & 5th BA/ BBA
12.30 PM to 1.00 PM	3rd BA/ BBA & 3rd LLB



Date: 08 July 2024 Time: 9:30 AM to 1:30 PM Venue: Law College Auditorium

Organizing Committee

Amith S M
Faculty Convenor

Anjana K
Student Secretary

Dr.Tharanath
Principal

Student Co-ordinators

Riya Raj | Devika Rathnan | Nandana Manoj | Diya K | Pranav G S Nellithaya



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Executive Summary

Purpose / Objectives:

The Basic Health Check-Up Camp, organized in collaboration with KMC Hospital Attavar, aims to provide comprehensive health assessments to the community. This camp focuses on promoting overall well-being and early detection of potential health issues through a series of tests, including BMI, ENT, OBG, blood sugar, and skin examinations. The objectives are to raise awareness about the importance of regular health check-ups, offer accessible and preventive healthcare services, and educate participants on maintaining a healthy lifestyle. By facilitating these essential health screenings, the camp seeks to empower individuals with knowledge about their health status, encouraging proactive measures towards a healthier and more informed community.

Key Highlights:

A key highlight of the Basic Health Check-Up Camp was the comprehensive range of health screenings provided, including BMI, ENT, OBG, blood sugar, and skin examinations, all conducted by experienced medical professionals from KMC Hospital Attavar. This wide array of tests ensured that participants received a thorough assessment of their overall health, enabling early detection and management of potential health issues.

Attendee Summary:

The Basic Health Check-Up Camp, organized in collaboration with KMC Hospital Attavar, saw active participation from a total of 171 individuals, including both staff and students.



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Outcome:

The Basic Health Check-Up Camp successfully provided essential health assessments to 171 participants, including staff and students. The outcome of the camp was an increased awareness about the importance of regular health check-ups, and education on preventive healthcare practices. Participants expressed appreciation for the accessibility of the screenings and the professional guidance offered by the KMC Hospital team. The camp fostered a greater sense of health consciousness encouraging proactive measures towards maintaining overall well-being.

Feedback:

Participants appreciated the comprehensive range of screenings available, including BMI, ENT, OBG, blood sugar, and skin examinations. Many highlighted the professionalism and expertise of the KMC Hospital team, which contributed to a reassuring and informative experience. Suggestions for improvement included extending the duration of the camp and providing additional follow-up resources for participants.



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SDM News – Link ([Health Check-up Camp at SDMLC \(sdmnews.in\)](https://sdmnews.in))

Home

Health Check-up Camp at SDMLC

SDM Law College, Mangaluru

News

Dept. Activity

Mangaluru: The Red Cross Unit of the SDM Law College in collaboration with KMC Hospital, Attavar organized a Basic Health Checkup Camp for the students and staff of the college on July 8.

103 Claps

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RED CROSS CELL

Organises

Educating Young Minds:

Workshop on Advocacy, Leadership and Justice

(An IQAC Initiative)

Adv. Swathi Shenoy

Resource Persons :

Adv. Mrinal Chand M

Date : 7 August 2024 Time : 10:00 AM Venue: Law College Auditorium

Organizing Committee

Amith S M
 Faculty Convenor

Anjana K
 Student Secretary

Dr.Tharanath
 Principal

Student Co-ordinators

Riya Raj Devika Rathnan Nandana Manoj Diya K Pranav G S Nellithaya



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Executive Summary

Purpose / Objectives:

The "Educating Young Minds: Workshop on Advocacy, Leadership, and Justice" aims to empower youth by equipping them with essential knowledge and skills in advocacy, leadership, and justice. The workshop seeks to enhance participants' understanding of human rights and social justice, while developing their advocacy skills and highlighting the importance of legal frameworks in promoting these causes. Additionally, the workshop addresses youth crime and rehabilitation, offering insights into effective practices and the significance of community support.

Key Highlights:

In Session I, Adv. Swathi Shenoy highlighted the importance of integrating legal knowledge into school curriculums to ensure children understand their rights from an early age. She differentiated between legal advocacy and activism, emphasizing the need to practice and promote laws effectively. She also stressed the role of social media in driving positive societal change, citing examples like Greta Thunberg and the #MeToo movement, and noted how small movements on social platforms could gain global significance. Additionally, she stressed on the importance of people's protests, leadership skills, and policy reforms as crucial components of successful activism.

In Session II, Adv. Mrinal Chand M focused on the need to reform the treatment of individuals who are imprisoned and their families. He shared a poignant story about a child facing isolation due to his father's criminal background, highlighting the necessity for systemic change. He advocated for community sentences over short-term custodial sentences, using Scotland's success with community-based rehabilitation as an example. He also questioned the effectiveness of strict imprisonment, suggesting it often leads to aggressive tendencies and negative behaviors in offenders.

Attendee Summary:

Thirty-two students participated in this highly interactive workshop, engaging actively in discussions and activities throughout the sessions.



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Outcome:

Participants gained a deeper understanding of human rights and social justice, learning to effectively practice and promote these principles through legal advocacy and activism. The workshop emphasized integrating legal knowledge into education, showcased the role of social media in societal change, and addressed the need for reform in the criminal justice system, advocating for community-based rehabilitation over strict imprisonment. The interactive sessions fostered active participation, equipping students with the confidence and tools to become proactive leaders and informed advocates for justice and human rights in their communities.

Feedback:

Participants praised the workshop for its engaging and interactive format, noting that the sessions were highly informative and practical. Participants appreciated the emphasis on integrating legal knowledge into education, as it provided them with a clearer understanding of their rights and how to advocate for them. The examples of successful social media movements were particularly inspiring, showing the real-world impact of advocacy. The discussions on criminal justice reform and community-based rehabilitation were eye-opening, prompting many to reconsider their views on imprisonment and rehabilitation.



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SDM News - Link ([Educating Young Minds: Workshop on Advocacy, Leadership and Justice \(sdmnews.in\)](https://sdmnews.in))



Home



Educating Young Minds: Workshop on Advocacy, Leadership and Justice

SDM Law College, Mangaluru



News

Dept. Activity

Mangaluru, Aug 8: 'Educating Young Minds: Workshop on Advocacy, Leadership and Justice', was held here at SDM Law College on August 7.

The programme was organized by Red Cross Cell of the college.

Alumni **Adv. Swathi Shenoy** and **Adv. Mrinal Chand M** were the resource persons.

Session I: Youth Empowerment through Legal Advocacy and Activism

Adv. Swathi Shenoy emphasized the importance of both practicing and promoting laws, differentiating between legal advocacy and activism. She opined that legal knowledge should be integrated into school curriculums to ensure children understand their rights from an early age. This early education would help address issues such as domestic violence, sexual harassment more effectively.



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She also highlighted the potential of social media as a tool for positive societal change, citing examples like Greta Thunberg, #Metoo Movement. She noted that small movements on social media could gain global significance and bring about substantial change. Additionally, she stressed the importance of people's protests, leadership skills, and policy reforms as crucial components of successful activism.

Session II: Youth, Crime and Rehabilitation: Rethinking Legal Approaches

Adv. Mrinal Chand M focused on the need to reform the treatment of individuals who are imprisoned and their families. He shared the story of a child who faced isolation and diminished life chances due to his father's criminal background, underscoring the need for systemic change.



He highlighted the effectiveness of community sentences over short term custodial sentences, using Scotland as an example where community sentences have shown greater success in rehabilitation. He opined that the notion of strict imprisonment transforming offenders should be reconsidered, as it can foster aggressive tendencies and negative behaviors in the future.

Assistant Professor **Mohan Kumar K.**, Faculty Convenor of Red Cross Cell **Amith S M.**, and Student Secretary **Anjana K.** were present.