

## **Rangers and Rovers Unit Activities 2020-21**

The Rangers and Rovers unit exist to assist young people in reaching their full physical, intellectual, social, and spiritual potential as individuals, responsible citizen, and members of local, national and international communities. The report of the Unit's activities for the Academic year 2020-21 has been are record of achievement and success.

Enrollment drive was conducted in the month of September and enrolled 41 students for the year.

The COVID-19 pandemic has caused the most disruption to educational system. The majority of the association's programs are delivered online.

POORNAPRAJNA COLLEGE, UDUPI



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IQAC

Departmental and EC & CC Activities

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** Virtual Orientation Program

**Type:** Orientation Program

**Number of participants:** 60 students

**Target group:** Members of Rovers and Rangers Unit

**Objectives of the activity:** The purpose of the orientation session is to educate Aspirants with a basic understanding of Scouts and Guides as well as information about scout movements.

**Highlights of the activity:** On November 26th, 2020, an orientation program was organized for rovers and rangers aspirants. The resource person was Prakash B, Associate Professor, NSAM First Grade College, Nitte, who spoke about the Unit's importance, the roles and responsibilities of Rovers and Rangers, and the potential opportunities for Rangers and Rovers by joining this unit.

**Outcomes of the activity:** The orientation program had influenced many number of students to join the unit. The program gave insight to the students with regard to the Rangering and Roving movement.

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader

**Poornaprajna College and Post Graduate Centre Udupi**  
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IQAC, ROVERS AND RANGERS ASSOCIATION  
Jointly Organises

**VIRTUAL ORIENTATION PROGRAM FOR ROVERS AND RANGERS**

PLATFORM:GOOGLE MEET  
DATE& TIME: 26TH NOVEMBER 2020 AT 2.30P.M

Resource person: **PROF.PRAKASH B DR. NSAM FIRST GRADE COLLEGE NITTE**

**All are cordially invited**



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**Departmental and EC & CC Activities**

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** A Virtual training program on "First Aid."

**Type:** Training Program

**Number of participants:** 126 students

**Target group:** Members of Rovers and Rangers Unit and Commerce and Management Association.

**Objectives of the activity:** The goal of the first aid program is to teach students the fundamentals of "First Aid." Students are also taught how to keep healthy and live a healthy lifestyle.

**Highlights of the activity:** On November 27, 2020, the rovers and rangers unit hosted a virtual training seminar on "First Aid." Mr. Veenish V, Assistant Professor, Manipal College of Nursing, MAHE, was the resource person.

**Outcomes of the activity:** The training program of first Aid made the students capable for giving First aid treatment for the injured. The knowledge derived from this program was helpful for them to clear their Nipun Test

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader

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**IQAC, ROVERS AND RANGERS UNIT**  
 in association with  
**DEPARTMENT OF COMMERCE AND MANAGEMENT**  
 Organises

**A virtual Training Program On  
 FIRST AID**

*Date and time: November, 27, 2020, 2.30pm*  
*Platform. : Google Meet*

**RESOURCE PERSON: MR. VINISH V**  
 ASSISTANT PROFESSOR  
 MANIPAL COLLEGE OF NURSING  
 MAHE, MANIPAL

**Prof. Shivakumar P T** **Dr. Prakash Rao** **Dr. Raghavendra A**  
 HOD IQAC CO-ORDINATOR & Principal  
 Commerce & MGT. VICE PRINCIPAL

**Ms. Jyothi Acharya** **Dr. Santhosh Kumar**  
 Ranger leader Rover leader

All are cordially invited



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**Departmental and EC & CC Activities**

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** A Virtual Program on Personal Hygiene and Healthy Lifestyle

**Type:** Awareness program

**Number of participants:** 136 students

**Target group:** Members of Rangers Unit and girl students of the college

**Objectives of the activity:**

1. To ensure that all participants have a shared understanding of menstruation and menstrual hygiene.
2. To provide basic information about menstrual and menstrual hygiene.
3. To ensure importance of healthy lifestyle

**Highlights of the activity:** On November 3, 2020, a webinar on "personal hygiene and healthy lifestyle" has been organized for female students. The program's resource person was Dr. Chaithra, associate professor of Community Medicine at KMC.

**Outcomes of the activity:** Students obtained knowledge about how to maintain cleanliness during menstruation which is useful for healthy life style

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader

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**IQAC, RANGERS UNIT IN ASSOCIATION WITH LADIES FORUM ORGANISES A VIRTUAL PROGRAM ON Personal Hygiene and Healthy Life Style**

Date and time: November, 30, 2020,  
3.00P.M to 4.30P.M  
Platform : Google Meet

Resource Person : **Dr.Chythra R Rao**  
Associate Professor  
Community Medicine, KMC  
Manipal

**Dr.Prakash Rao**  
IQAC CO-ORDINATOR &  
VICE PRINCIPAL

**Dr.Raghavendra A**  
Principal

**MRS.Harinakshi Shetty**  
Convener of Ladies Forum

**Ms.Jyothi Acharya**  
Ranger leader

All are cordially invited



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**Departmental and EC & CC Activities**

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** State level Three Days Virtual Training Program On “Disaster Management”

**Type:** Training Program

**Number of participants:** 250 students

**Target group:** Rovers and Rangers of different districts of Karnataka State

**Objectives of the activity:** 1. To provide basic conceptual understanding of disaster management.

2. To build skills to respond to the disaster.

3. To focus on disaster preparedness, response and recovery

**Highlights of the activity:** The unit organized a Three-days State-Level Virtual Training program from 8th to 10th December 2020 on “Disaster Management” in collaboration with The Bharat Scouts and Guides of Karnataka. President of the Admar Mutt Education Council, H.H. Sri Vishwapriya Theertha Swamiji, inaugurated the program. The program's guest was Sri P.G. R Sindya, state commissioner, Bharath scouts and guides, Karnataka. This initiative brought together 250 rovers and rangers from several



districts. The resource person was Mr. Prabhath Kalkura M, consultant, Disaster Management, Udupi.

**Outcome of the Activity:** 1. Capacity to integrate knowledge and to analyze, evaluate and manage the different public health aspects of Disaster events at a local and global levels, even when limited information is available.

2. Capacity to describe, analyze and evaluate the environmental , social, cultural, economic and legal and organizational aspects influencing vulnerabilities and capacities to face disasters.

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader

 **THE BHARAT SCOUTS AND GUIDES KARNATAKA**   
**POORNAPRAJNA COLLEGE AND POST GRADUATE CENTRE**  
**UDUPI**  
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**IQAC ,ROVERS AND RANGERS UNIT**  
**IN ASSOCIATION WITH**  
**BHARATH SCOUTS AND GUIDES STATE ASSOCIATION,KARNATAKA**  
**ORGANISES**  
**STATE LEVEL THREE DAYS VIRTUAL TRAINING PROGRAM**  
**ON DISASTER MANAGEMENT**  
**DATE : From 8th December to 10th December 2020**  
Time: 2.30 P.M. to 4.30 P.M.  
Plat Form : Zoom Meeting

**Resource Person : Mr. Prabhath Kalkur M**   
**Consultant, Disaster Management Udupi**

**on 8-12-2020: INAUGURATION**  
**Inaugural Blessings : H.H. Shri Vishwa Priya Theertha Swamiji**  
(President of Admar Mutt Education Council )  
**Introductory Remarks :SHRI. P G R Sindhia**  
(State Chief Commissioner, BSG KARNATAKA )  
**Presidential Remarks : Dr. Raghavendra A**  
(Principal PPC )

**on 8-12-2020**  
**Topic:**  
**Basics of Disaster Management**

**on 9-12-2020**  
**Topic:**  
**Disaster Preparedness and Emergency relief Response**

**on 10-12-2020**  
**Topic :**  
**Recovery;Rehabilitation and Reconstruction**

**Validictory**  
**4.00 P.M**



Lightning.pdf - Adobe Reader

Do not carry umbrella

Do not fly kite

Stay AWAY from loose hanging power lines, tree etc.

If driving, try to safely exit road and park away from isolated trees and areas prone to flash flooding.

Generally, enclosed metal vehicles (cars, buses) with the windows rolled up, are better shelter than being in open.

Stay AWAY from tractors, farm equipment, motorcycles, bicycles etc.

Chats Raise Hand Q&A More

## Who are first responders?

- A person who is certified to provide medical care in emergencies before more highly trained medical personnel arrives on the scene.
- First responders are the certified trained personnel who has more skills than the one with the first-aid training.
- However, they are not medical technicians. Important safety and protection measures for the Volunteers while rendering the Disaster Management services.

Chats Raise Hand Q&A More

**DISASTER MANAGEMENT**

**DISASTER RESPONSE (post-disaster)**

Emergency Response

**Disaster Response**  
Immediate rescue, other systems and services, rescue, relief, shelter, medical & travel care, etc.

**Response Relief**  
Immediate relief, shelter, food, clothing, medical & travel care, etc.  
Duration: short-term

**Rehabilitation**  
Restoration of basic services and facilities.  
Duration: (weeks to months)

**Reconstruction**  
Full reconstruction of services plus preventive measures. (Duration: (months to years))

**Preparedness**  
Contingency planning, warning and evacuation/contingency preparations for next disaster.

**Mitigation (Risk Assessment/Prevention)**  
Hazard mapping/ Hazard and vulnerability assessment of structural and non-structural resources.

**DISASTER MITIGATION and DISASTER PREPAREDNESS (pre-disaster)**

Pre-disaster: risk reduction

Post-disaster: recovery

Reference: Are you Prepared? Learning from the Great Hanshin-Awaji Earthquake Disaster - Handbook for Disaster Reduction and Volunteer activities

Chats Raise Hand Q&A More

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**Departmental and EC & CC Activities**

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** SMS Campaign Activity (Sanitize hand, wear Mask, and Steam Inhalation)

**Type:** Awareness Activity

**Number of participants:** 6 students

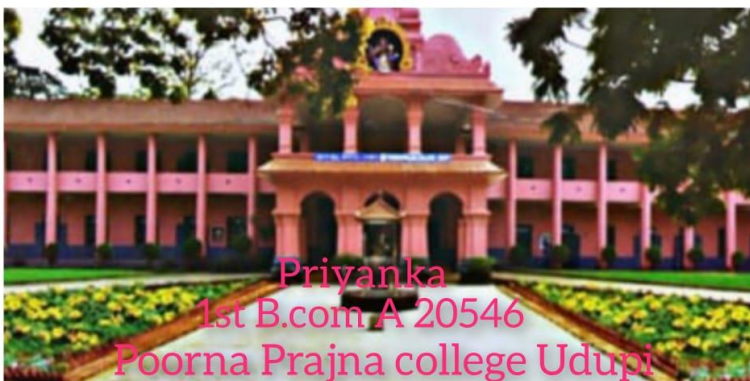
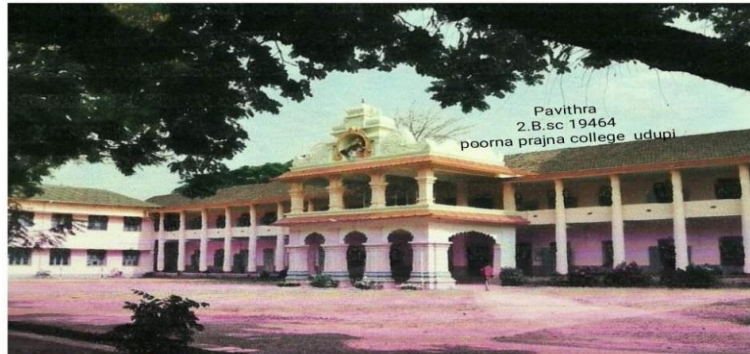
**Target group:** Members of Rovers and Rangers Unit

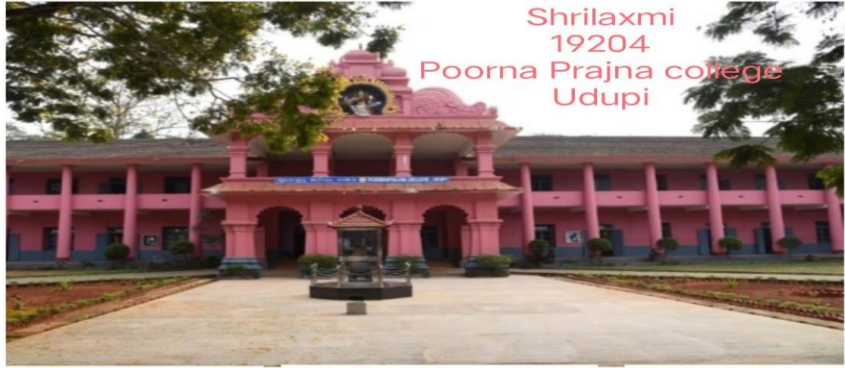
**Objectives of the activity:** to raise awareness among students about the need of leading a healthy lifestyle and to encourage them to do S- Sanitize; M- Mask; S- Steam Inhalation. By practicing this exercise on a daily basis, students will be protected against the COVID Virus.

**Highlights of the activity:** To break down the covid 19 pandemic chain, the rovers and rangers unit organized an SMS campaign activity under the guidance of Bharth Scouts and Guides, Karnataka.

**Outcomes of the activity:** Students took part in an SMS campaign activity. They posted about their experiences on social media and nominated other students to participate in this campaign.

Lecturers in charge of the activity: Ms. Jyothi Acharya (HWB), Ranger leader





Shrilaxmi  
19204  
Poorna Prajna college  
Udupi



S - Sanitise



M - Mask



S - Steam  
inhalation



Shivaleela  
1 BCom A 20523  
Poorna Prajna College Udupi



S-Sanitise



M-Mask



S-Steamm  
Inhalation

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Departmental and EC & CC Activities

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** Visit to an old age home "Appa- Amma Anaathalaya"

**Type:** Community Development Program

**Number of participants:** 45 students

**Target group:** Members of Rovers and Rangers Unit

**Objectives of the activity:** The objective of this activity was to sensitize the students about the problems faced by the elderly, learn how to respect them, care for them and listen to their experiences and their advice.

**Highlights of the activity:** On the occasion of World Thinking Day, on 22/2/2020, Rovers and Rangers visited and spent time with the elderly inmates of the Old Age Home, "appa Amma Anathalaya". They interacted with them, entertained them by playing games, narrating stories etc. Students contributed fresh fruits and vegetables, as well as new clothing.

**Outcomes of the activity:** The members of the unit enjoyed their interactions with the senior citizens and looked forward to participating in such activities in the future.

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader

## **POORNAPRAJNA COLLEGE UDUPI**

Rangers and Rovers unit is organising a program of visiting "Appa Amma Anathalaya" an old age home visit and donate groceries, vegetables and new clothes on 22/2/2021 on the account of World Thinking Day

If any one is interested and willing to donate, please bring items on Monday 22/2/2021 before 1:00 pm and contact Ranger Leader Jyothi Acharya (9483483869)



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ಉಡುಪಿ: ವಿಶ್ವ ಚಿಂತನಾ, ವಿಶ್ವ ಭಾತೃತ್ವ ಹಾಗೂ ಸಂಸ್ಥಾಪಕರ ದಿನಾಚರಣೆಯ ಅಂಗವಾಗಿ ಉಡುಪಿ ಪೂರ್ಣಪ್ರಜ್ಞ ಕಾಲೇಜಿನ ರೇಂಜರ್ ಮತ್ತು ರೋವರ್ ಘಟಕದ 60 ವಿದ್ಯಾರ್ಥಿಗಳು ಬ್ರಹ್ಮಾವರದ 'ಅಪ್ಪ ಅಮ್ಮ' ಅನಾಥಾಲಯಕ್ಕೆ ಭೇಟಿ ನೀಡಿದರು. ತಮ್ಮ ಮನೆಯಲ್ಲಿ ಬೆಳೆದ ತರಕಾರಿ, ಹಣ್ಣು ಹಂಪಲು ಹಾಗೂ ದಿನಸಿ ವಸ್ತುಗಳನ್ನು ಆಶ್ರಮಕ್ಕೆ ವಿತರಿಸಿದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಶಾಂತಿ ಜಾಥವನ್ನು ಹಮ್ಮಿಕೊಂಡಿದ್ದು, ರೇಂಜರ್ ನಾಯಕಿ ಜ್ಯೋತಿ ಆಚಾರ್ಯ ಮಂಚಿ ಸಂಯೋಜಿಸಿದರು.

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Departmental and EC & CC Activities

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** Nipun pre-test camp

**Type:** Training camp

**Number of participants:** 13 students

**Target group:** Members of Rangers Unit

**Objectives of the activity:** to prepare students for the nipun exam, which is held by the district association, Bharath scouts and guides, and Udupi

**Highlights of the activity:** Nipun pre-test camp was organized for one day on 21<sup>st</sup> March 2021.

**Outcomes of the activity:** Students who took the exam passed the nipun exam.

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader

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**Departmental and EC & CC Activities**

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** Practical classes (basic knots)

**Type:** skill development program

**Number of participants:** Members of Rangers and Rovers Unit

**Target group:** Members of Rangers and Rovers Unit

**Objectives of the activity:** 1. To provide students with basic knowledge of eight knots through demonstration.

2. To provide students with life skills and to increase their practical exposure to life-saving knots, bandage preparation, and so on.

**Highlights of the activity:** Practical classes for rovers and rangers are held every Wednesday. Students learn life skills such as knot tying, first aid, and gadget preparation in practical classes.

**Outcomes of the activity:** The pupils learned how to tie Knots and apply First Aid bandages. These abilities are necessary for the advancement of Scouting and Guiding

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader



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**Departmental and EC & CC Activities**

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** A Virtual Corona Wellness Program on "Positive Psychology among Students"

**Type:** Students wellness program

**Number of participants:** 235 students

**Target group:** Members of Rangers and Rovers Unit and commerce students

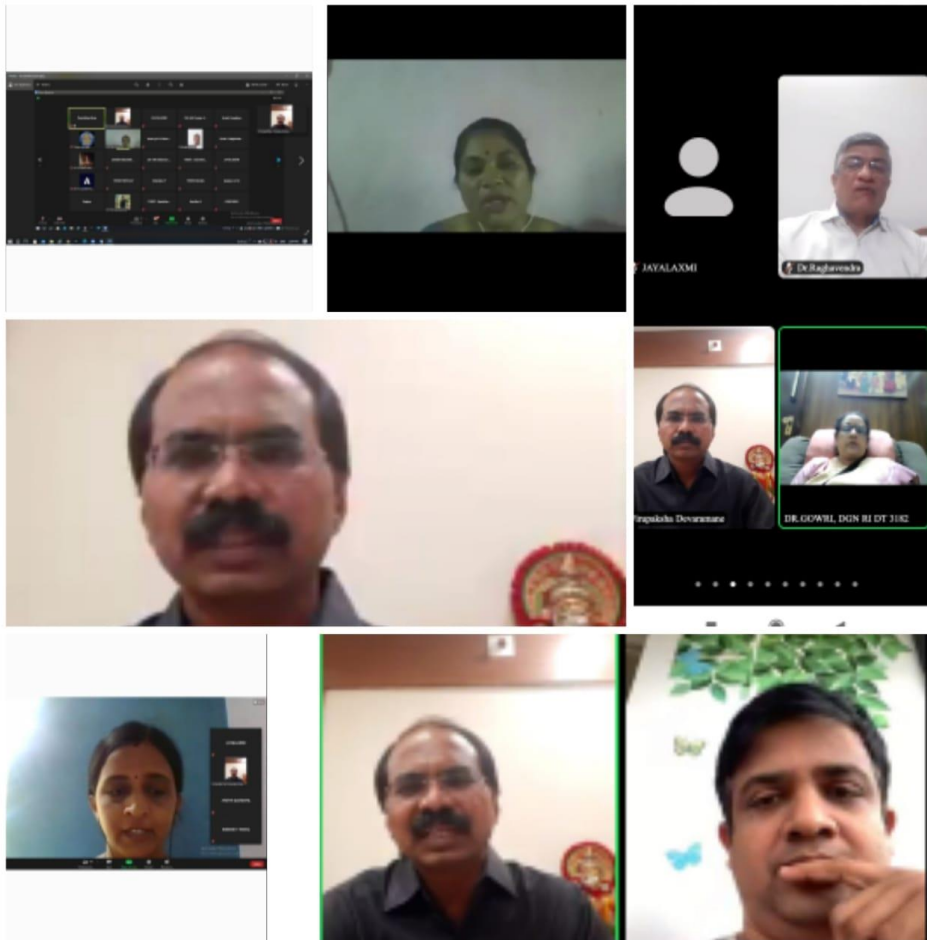
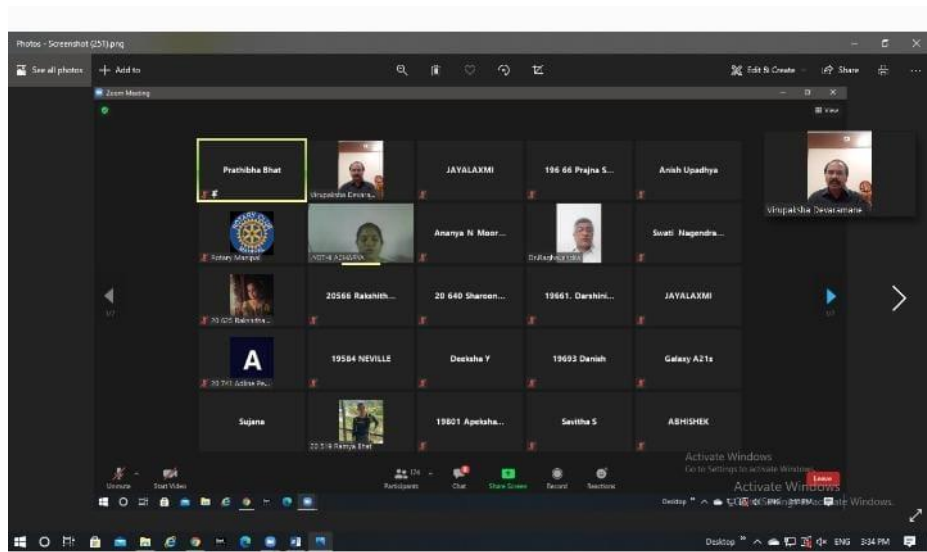
**Objectives of the activity:** 1. To help students in understanding the role that hope plays in setting goals during difficult times.

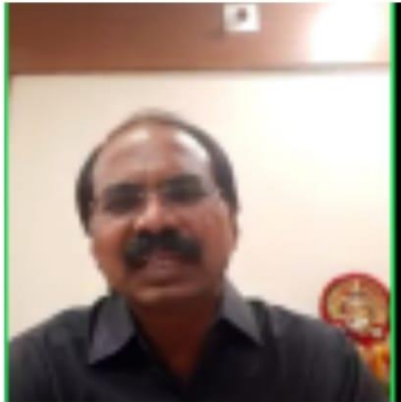
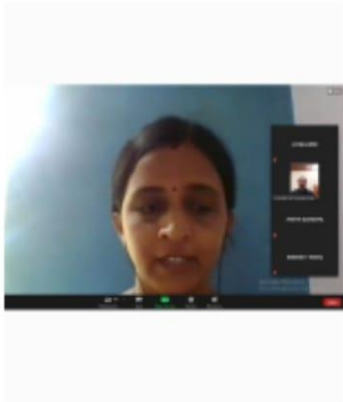
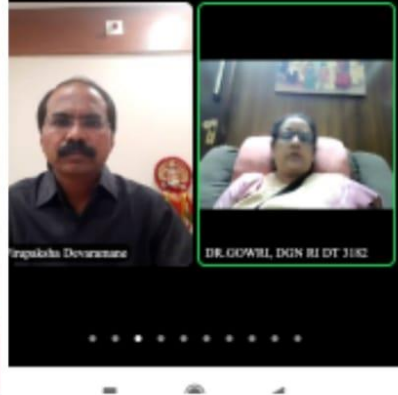
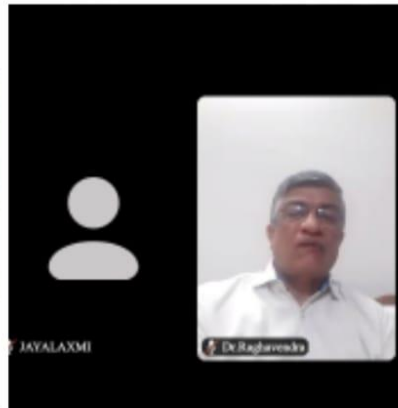
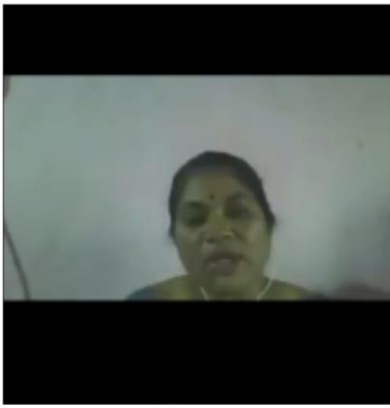
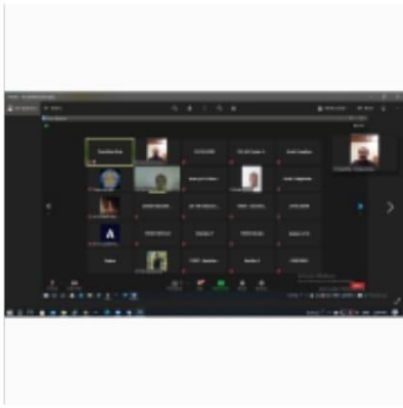
2. To normalize negative emotions and devise methods to promote more positive emotions

**Highlights of the activity:** The unit organized a virtual Corona Wellness Program on "Positive Psychology among Students" on 12/06/2021. DR. Virupaksha Devaramane, Psychiatrist, DR. A V Baliga Memorial Hospital, Udupi, was the resource person.

**Outcomes of the activity:**

**Lecturers in charge of the activity:** Mrs. Prathibha S Bhat, Ranger leader







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Departmental and EC & CC Activities

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** A webinar on "Yoga for Wellbeing"

**Type:** Informative Program

**Number of participants:** 125 students

**Target group:** Members of Rangers and Rovers Unit and Youth Red cross


**Objectives of the activity:** 1. To teach students the fundamentals of yoga and pranayama in order for them to maintain good physical and mental health.

2. To inspire students to practise yoga on a daily basis by emphasising the significance of yoga.

**Highlights of the activity:** On the occasion of World Yoga Day, the Rovers and Rangers unit hosted a webinar on "Yoga for Wellbeing" on June 21, 2021. Smt. Chethana Badekar, College of Yoga and Research, Mangalore, Karnataka, as the resource person.


**Outcomes of the activity:** Students actively participated in the training programme. They learned fundamental yoga asanas and pranayamas.

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader




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*Greetings of*  
**7<sup>th</sup> International Day of Yoga**




**Rangers and Rovers Unit**  
In association with **Youth Red Cross Unit**  
Organizing **WEBINAR** on



**“Yoga for well-being”**


**Date and time 21<sup>st</sup> June 2021, 3pm to 4pm**

**Resource Person**  
**Smt. Chethana Badekar**  
Academic Director



**YOGACHETHANA®**  
College of Yoga and Research  
Mangalore, Karnataka

(32 years of basic practice of Yoga and 15 years of teaching Yoga to national and international Students.)



**All Are Cordially Invited**


**Ajith Kumar UV**  
Founder Director  
YOGACHETHANA®

**Dr. Prakash Rao**  
Vice Principal  
IQAC Co-ordinator

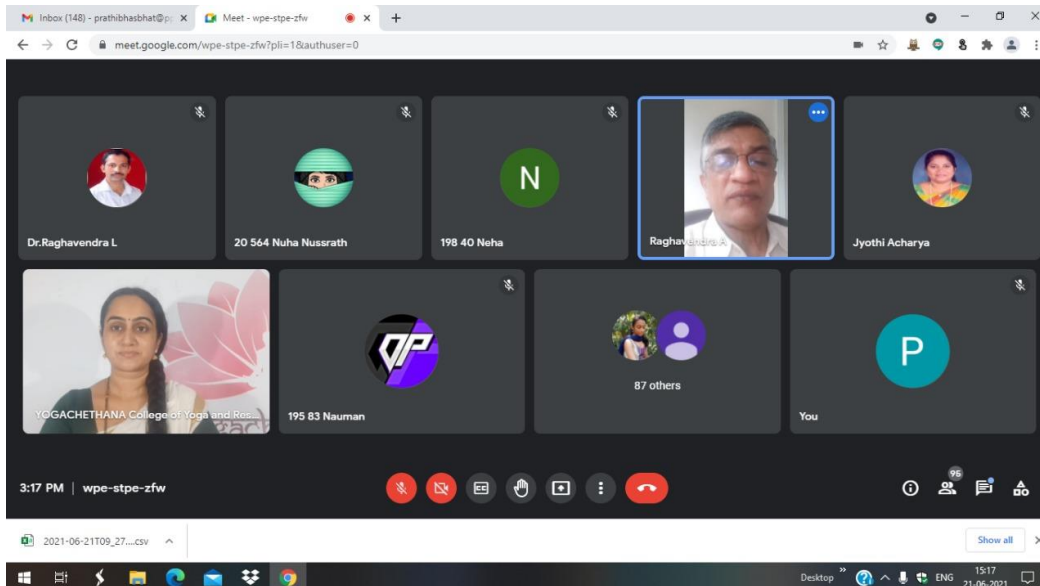
**Dr. Raghavendra A**  
Principal

**Raghavendra L,**  
Convenor  
Youth Red Cross

**Ms. Jyothi Acharya** (Ranger Leader)  
**Ms. Prathibha Bhat** (Ranger Leader)  
**Dr. Santhosh Kumar** (Rover Leader)

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**Departmental and EC & CC Activities**

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** "Fit India Freedom Run 2.0"

**Type:** Awareness Program

**Number of participants:** 13 students

**Target group:** Members of Rangers and Rovers Unit

**Objectives of the activity:** 1. To promote fitness as a simple, enjoyable, and cost-free activity.

2. Through targeted campaigns, raise awareness about fitness and various physical activities that enhance fitness.

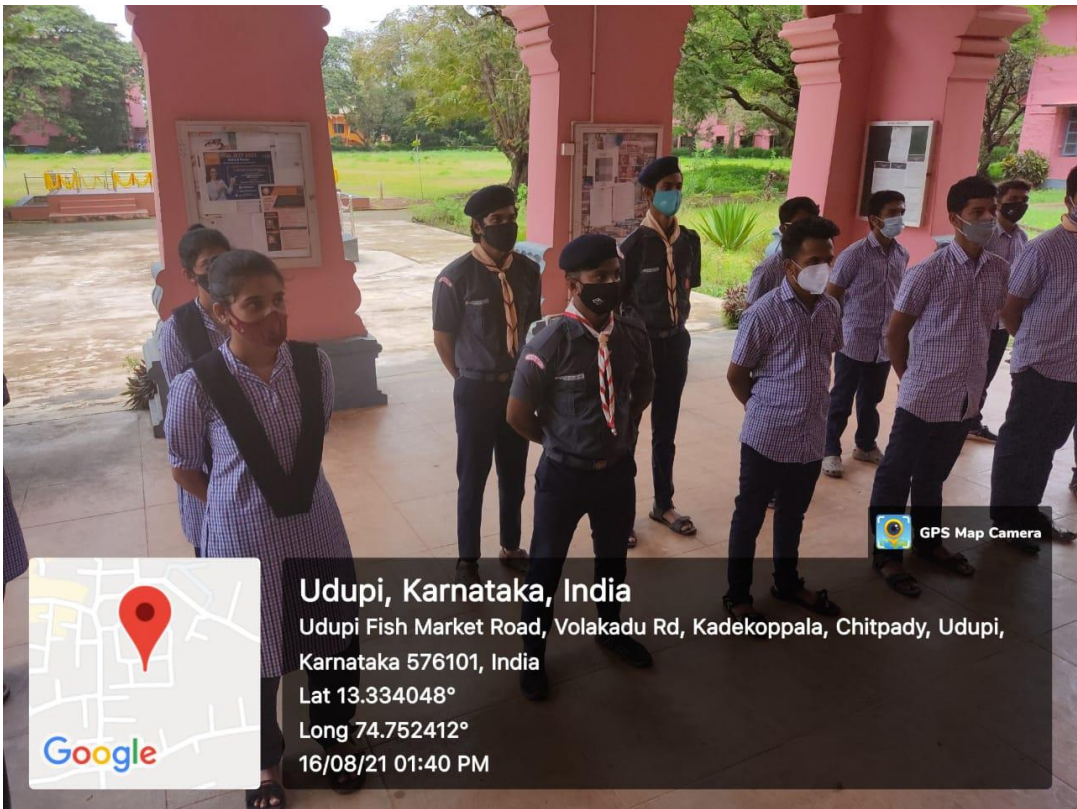
**Highlights of the activity:**

On the celebration of Azadi Ka Amruth Mahostava, The Unit of Rangers and Rovers held "Fit India Freedom Run 2.0" on August 16, 2021.

Total 13 students and staff members participated in the run

**Outcomes of the activity:** The member of the unit actively participated.

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), Ranger leader and Mrs. Prathibha Bhat, RL



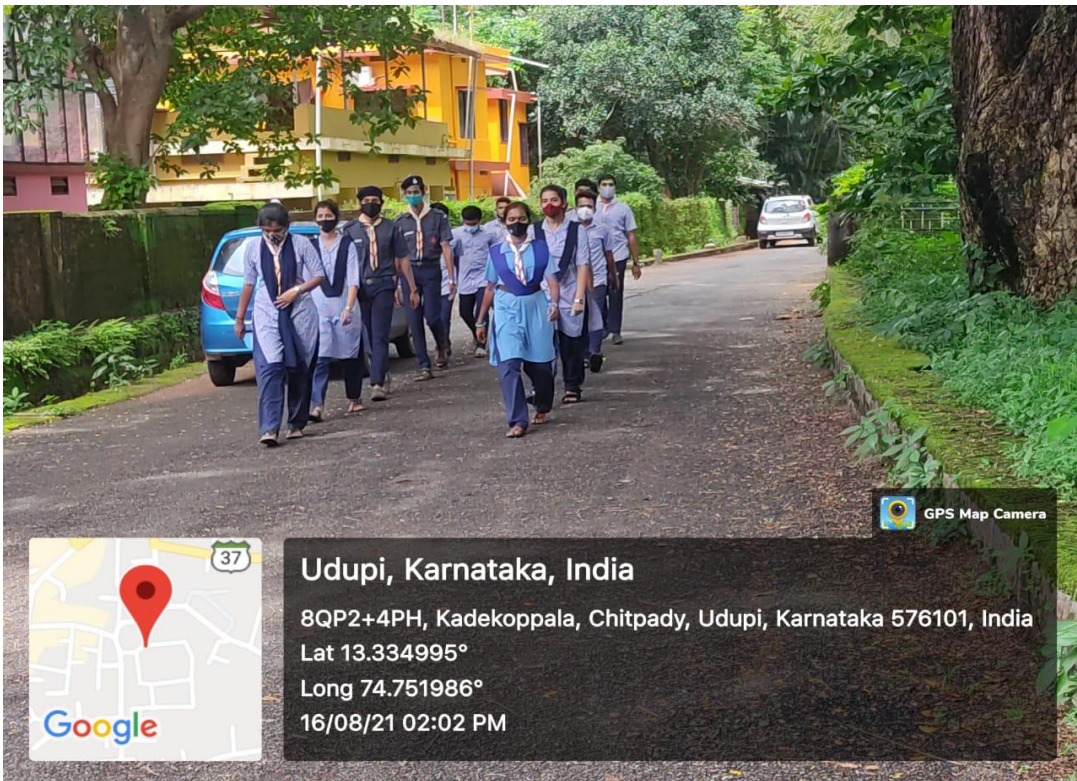
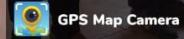
**Udupi, Karnataka, India**

Udupi Fish Market Road, Volakadu Rd, Kadekoppala, Chitpady, Udupi, Karnataka 576101, India

Lat 13.334048°

Long 74.752412°

16/08/21 01:40 PM



**Udupi, Karnataka, India**

8QP2+4PH, Kadekoppala, Chitpady, Udupi, Karnataka 576101, India

Lat 13.334995°

Long 74.751986°

16/08/21 02:02 PM



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Departmental and EC & CC Activities

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** "Fit India Freedom Run 2.0"

**Type:** Awareness program

**Number of participants:** 40 students

**Target group:** Members of Rangers and Rovers Unit

**Objectives of the activity:** 1. To encourage students to make physical fitness a lifestyle choice

2. To transform students' daily habits from a sedentary to a physically active way of life in order to live a healthy lifestyle

**Highlights of the activity:**

The Fit India Run 2.0 was also held to commemorate 75th year of the Independence of India on 19<sup>th</sup> August 2021 in association with department of Physical Education. Students including the sports association members, Rovers and Rangers and staff members of the college participated in the run.

**Outcomes of the activity:** The Fit India Freedom Run drew a large number of students.

**Lecturers in charge of the activity: Ms. Jyothi Acharya (HWB), Ranger leader**



POORNAPRAJNA COLLEGE, UDUPI



NAAC Re-Accredited "A" (3.19 CGPA)

IQAC

Departmental and EC & CC Activities

**Name of the Association: Rangers and Rovers Unit**

**Name of the activity:** Sadbhavan Diwas Celebration

**Type:** Awareness Program

**Number of participants:** 13 students

**Target group:** Members of Rangers and Rovers Unit

**Objectives of the activity:** To encourage pupils to have a positive attitude toward others, to instil fraternity, communal peace, unity, and love, and to foster a sense of belonging among people of all faiths.

**Highlights of the activity:**

20 August 2021, marks the 77th birth anniversary of India's Former Prime Minister late Rajiv Gandhi. This day is known as 'Sadbhavana Diwas, with the goal of promoting national unity, peace, affection, and communal harmony among Indians of all faiths. Rangers and Rovers Unit of Poornaprajna College, Udupi observed the Sadbhavana Diwas on 19th August 2021. A pledge taking ceremony was conducted at 4:00 p.m.

**Outcomes of the activity:** The students took the pledge, which was led by Ranger, Ms Deeksha of II bcom.

**Lecturers in charge of the activity:** Ms. Jyothi Acharya (HWB), RL

Mrs. Prathibha S Bhat, RL

