



Holy Mary Institute of Technology & Science

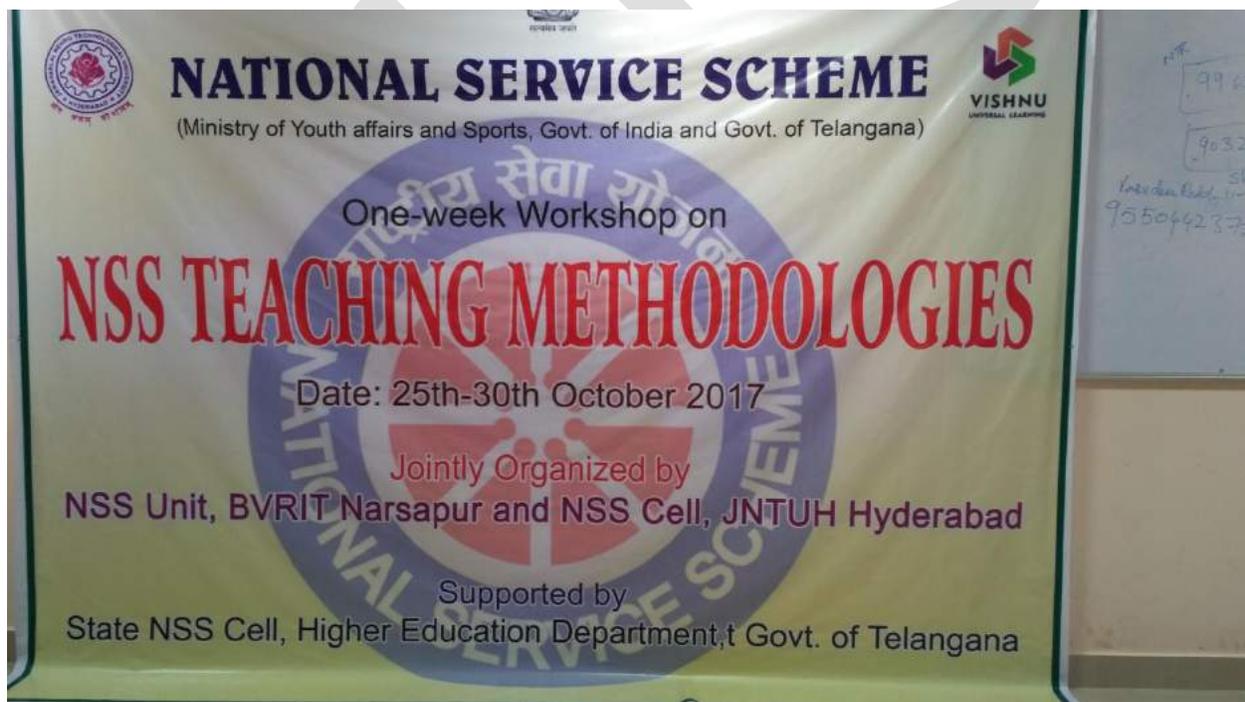
Bogaram (V), Keesara (M), Ranga Reddy District, Telangana
Permanent Affiliated to JNTU Hyderabad, Accredited by NAAC

Department of Electronics & Communication Engineering

NSS TEACHING METHODOLOGIES REPORT

Engineering is not merely knowing and being knowledgeable, engineering is not merely analysis, engineering is not merely the possession of the capacity to get elegant solutions to non-existent engineering problems, engineering is practicing the art of the organized forcing of technological change.

NSS Unit BVRIT, Narsapur and NSS Cell JNTUH, Hyderabad jointly conducted the one-week workshop on NSS TEACHING METHODOLOGIES from 25th to 30th October 2017. All the NSS Coordinators of various colleges under JNTUH attended the workshop. Our college NSS Coordinator Mr. K. Kanthi Kumar, Associate Professor in ECE department attended the one-week workshop in BVRIT, Narsapur.





In this workshop they discussed about three points.

1.YOGA: Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

Yoga for Health

The theme for the 2017 celebration, organized by the Permanent Mission of India to the United Nations, is 'Yoga for Health.' The theme highlights the fact that yoga can contribute in a holistic way to achieving an equilibrium between mind and body. The organizers believe that this approach to health and wellbeing can make a direct and useful contribution to humankind's quest to achieve sustainable development and move towards lifestyles that are in harmony with nature.

History of International Yoga Day

PM Modi asked the United Nations General Assembly on 27th September 2014 to observe 21st June as International Yoga Day. "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between

man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day,” he had said in his speech. Following this, the first Yoga Day was celebrated in 2015 and this year will mark the third Yoga day celebrations.

International Yoga Day

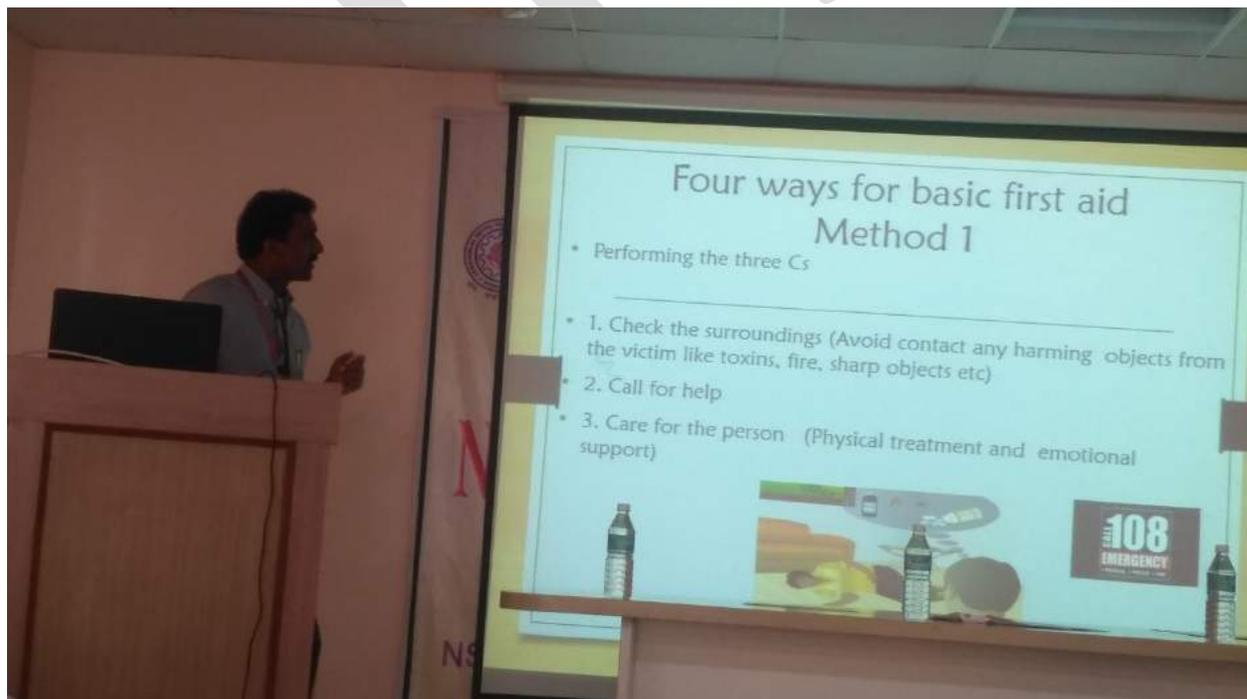
International Day of Yoga, or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly. [Wikipedia](#)

Significance: Official United Nations promotion of global health, harmony and peace

Also called: Yoga Day

Date: 21 June

Related to: Yoga, meditation, cultural performances, health and fitness.





2. BLOOD DONATION: A blood donation occurs when a person voluntarily has blood drawn and used for transfusions and/or made into biopharmaceutical medications by a process called fractionation. Donation may be of whole blood, or of specific components directly.

Give blood" redirects here. For other uses, see Give blood (disambiguation).

"Blood donor" redirects here. For the TV episode, see The Blood Donor.



Blood donation pictogram

Blood donation center at the University Hospital of Basel, Switzerland. From left to right: Two cell separators for apheresis, secluded office for pre-donation blood pressure measurement and blood count, and on the right, chairs for whole blood donations.

A **blood donation** occurs when a person voluntarily has blood drawn and used for transfusions and/or made into biopharmaceutical medications by a process called fractionation (separation of whole-blood components). Donation may be of whole blood (WB), or of specific components directly (the latter called apheresis). Blood banks often participate in the collection process as well as the procedures that follow it.

Today in the developed world, most blood donors are unpaid volunteers who donate blood for a community supply. In poorer countries, established supplies are limited and donors usually give blood when family or friends need a transfusion (directed donation). Many donors donate as an act of charity, but in countries that allow paid donation some donors are paid, and in some cases there are incentives other than money such as paid time off from work. Donors can also have blood drawn for their own future use (autologous donation). Donating is relatively safe, but some donors have bruising where the needle is inserted or may feel faint.

Potential donors are evaluated for anything that might make their blood unsafe to use. The screening includes testing for diseases that can be transmitted by a blood transfusion, including HIV and viral hepatitis. The donor must also answer questions about medical history and take a short physical examination to make sure the donation is not hazardous to his or her health. How often a donor can donate varies from days to months based on what component they donate and the laws of the country where the donation takes place. For example, in the United States, donors must wait eight weeks (56 days) between whole blood donations but only seven days between plateletpheresis donations and twice per seven-day period in plasmapheresis.^[1]

The amount of blood drawn and the methods vary. The collection can be done manually or with automated equipment that takes only specific components of the blood. Most of the components of blood used for transfusions have a short shelf life, and maintaining a constant supply is a persistent problem. This has led to some increased interest in autotransfusion, whereby a patient's blood is salvaged during surgery for continuous reinfusion—or alternatively, is "self-donated" *prior* to when it will be needed. (Generally, the notion of "donation" does not refer to giving to one's *self*, though in this context it has become somewhat acceptably idiomatic.)

Types of donations

A blood collection bus (bloodmobile) from Children's Hospital Boston at a manufacturing facility in Massachusetts: Blood banks sometimes use a modified bus or similar large vehicle to provide mobile facilities for donation..

Blood donations are divided into groups based on who will receive the collected blood.^[2] An 'allogeneic' (also called 'homologous') donation is when a donor gives blood for storage at a blood bank for transfusion to an unknown recipient. A 'directed' donation is when a person, often a family member, donates blood for transfusion to a specific individual.^[3] Directed donations are relatively rare when an established supply exists.^[4] A 'replacement donor' donation is a hybrid of the two and is common in developing countries such as Ghana.^[5] In this case, a friend or family member of the recipient donates blood to replace the stored blood used in a transfusion, ensuring a consistent supply. When a person has blood stored that will be transfused back to the donor at a later date, usually after surgery, that is called an 'autologous' donation.^[6] Blood that is used to make medications can be made from allogeneic donations or from donations exclusively used for manufacturing.^[7]



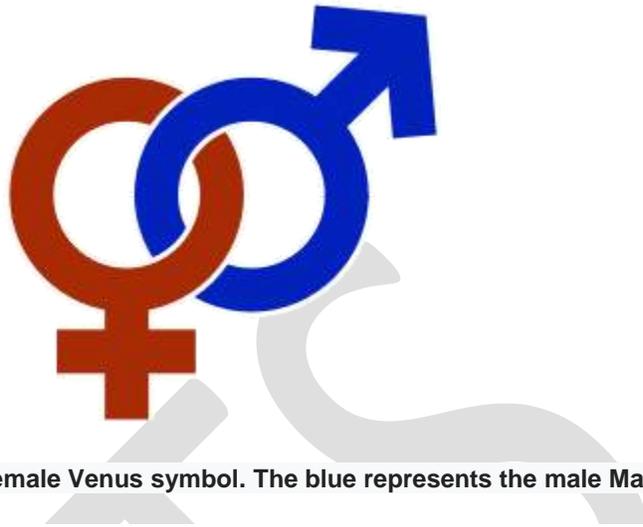
3.GENDER SENSITIZATION: Gender sensitization theories claim that modification of the behavior of teachers and parents (etc.) towards children which can have a causal effect on gender equality. Gender sensitizing "is about changing behavior and instilling empathy into the views that we hold about our own and the other genders."

Gender sensitization precedes over Gender Sensitivity which refers to the modification of behavior by raising awareness of gender equality concerns.^[1] This can be achieved by conducting various sensitization campaigns, training centres, workshop, programs etc. Sensitization in the domain of Humanities and Social Sciences, is seen as an awareness informed propensity or disposition which aims at changing behavior so that it is sensitive to certain issues. Gender sensitization may be seen as "the awareness informed disposition or propensity to behave in a manner which is sensitive to gender justice and gender equality issues."

It is interlinked with gender empowerment.¹ Gender sensitization theories claim that modification of the behavior of teachers and parents (etc.) towards children which can have a causal effect on gender equality.

Gender sensitizing "is about changing behavior and instilling empathy into the views that we hold about our own and the other genders." It helps people in "examining their personal attitudes and beliefs and questioning the 'realities' they thought they know.

Gender Sensitization is one basic requirement for the normal development of an individual. Without being sensitive to the needs of a particular gender, an individual may refrain from understanding the opposite gender and in some acute cases even him or herself. The need for this sensitivity has been felt and realised through times immemorial and in almost all kinds of human existence, across the globe.



Gender symbols. The red is the female Venus symbol. The blue represents the male Mars symbol.

“Girls shouldn’t wear short skirts and boys shouldn’t be weak.”

What do you think is wrong with this statement? Or do you think there is nothing wrong at all?

We have come to a stage where two year old girls are being raped and more than 42% girls are abused before they turn 19.* It’s not only girls who are facing these unfortunate and horrific cases; one in two boys in India is a victim of sexual abuse.* We are clearly failing to protect our children, to educate them about how to stay safe. Moreover, it should not be the responsibility of victims to prevent abuse, but rather of the communities to stop it from happening. Many schools have realised this problem, and to help combat it, they have introduced gender sensitization workshops with the help of different organizations that help bring awareness of body safety rules and abuse in age appropriate levels.

We spoke to Sharmada Shastry who works for one such social enterprise based in Bangalore, Pasand, and conducts regular workshops for schools, and here’s what she shared with us:

Why do you think Gender Sensitisation is important?

We aren’t told about some very important things from a young age. For example: your mother would tell you not to go out or you will get raped, but she will never tell you what rape really is. Parents will ask where their daughters are going but not think to question their sons. This leads to many children not understanding the gravity of something like abuse, or rape. Children are

curious and if they are shamed by adults for their questions, they look it up on the internet, making them even more vulnerable. It's important for someone with proper knowledge and an approachable attitude to inform children about their rights, body changes, and how to stay safe. This is where Gender Sensitization workshops step in to help.

What reactions do you usually get from the children?

Reactions vary from school to school, especially depending on the socio-economic background of the children. At first, the children giggle, and are shy or uncomfortable. However, once we get into the session their curiosity takes over any shyness. They ask many questions and understand that it is a serious topic for their own benefit. No one has ever spoken to them about sex or anything related to it before, whatever they know is usually from the media or internet. When children learn that their body changes are normal and natural, but that everybody is different, their reaction is a big sigh of relief and a smile.

References

1. ^ **Jump up to:**^{a b} Dr. Jatinder Kumar Sharma (March 2016). "Understanding the Concept of Sensitisation in Humanities and Social Sciences : An Exploration in Philosophy of Mind". *International Journal of Scientific Research*. **24** (90): 380–400.
2. **Jump up**^ Bhowmick Soma. "[Gender Sensitization and Police](#)". Retrieved 17 February 2014.
3. **Jump up**^ Aksornkool, Namtip. Joerger, Cindy; Taylor, Elaine, eds. *Gender sensitivity: a training manual for sensitizing education managers, curriculum and material developers and media professionals to gender concerns*. p. VIII.

