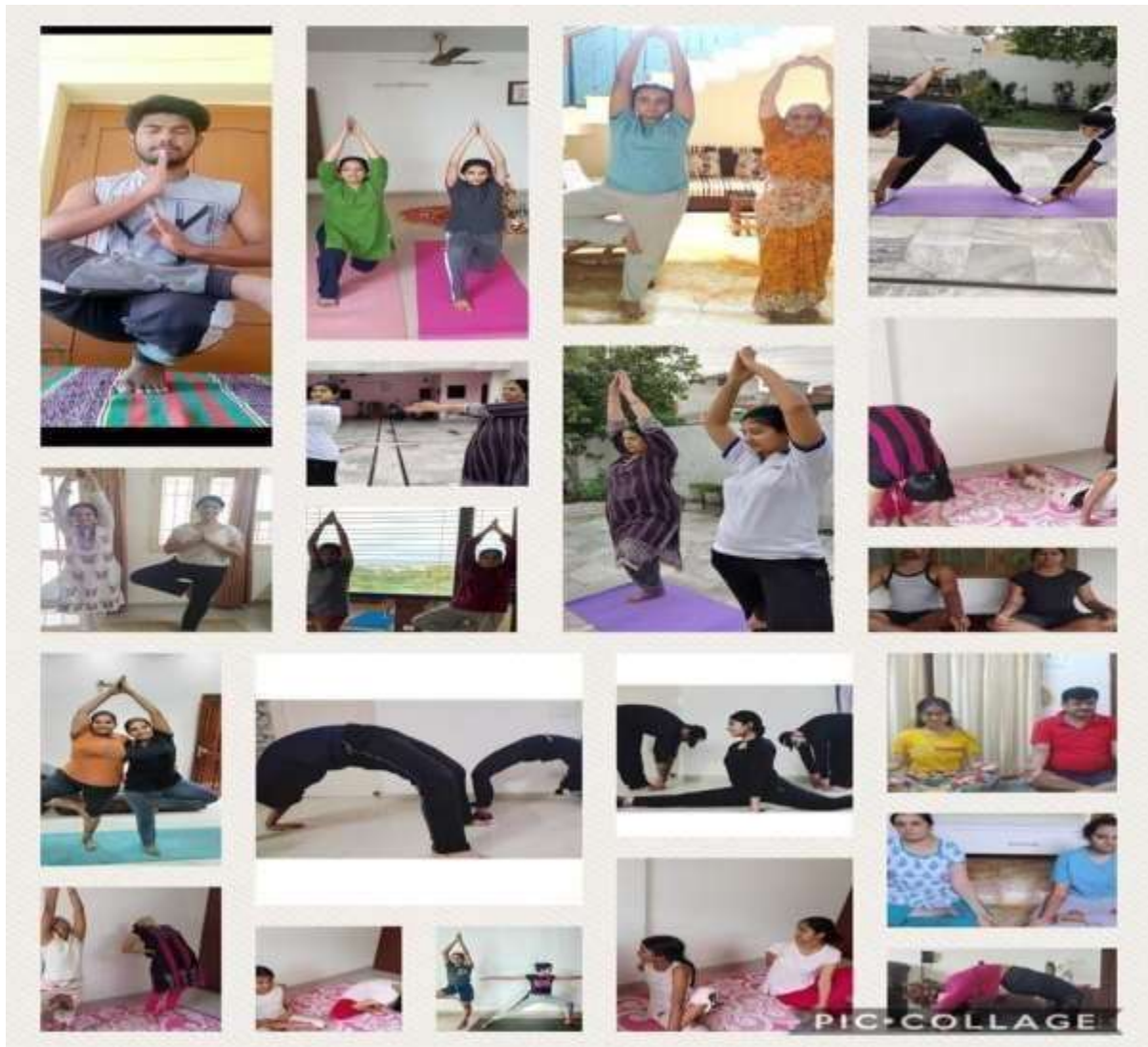


Criteria 5.1.2 (2019-2020)

International Yoga Day 2020 – “Yoga with Family”

The volunteers of NSS unit of JSS Medical College, constituent college of JSSAHER participated in the ‘Yoga with family’ activity on the occasion of International Yoga Day on 21st June, 2020. The International Day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General Assembly in 2014. Despite being times of the quarantine the volunteers celebrated the true spirit of Yoga by joining hands with their loved ones at home. The volunteers performed various Yoga Asanas from 7 AM to 9 AM in the morning. They had a wonderful and refreshing experience of togetherness and peace through Yoga, the amalgamation of the fitness of the mind, body and soul.



WORLD DIABETES DAY – 30-11-2019

Department of Community Medicine, JSS Medical College, JSS Academy of Higher Education and Research observed World Diabetes Day on 30th November 2019 at JSS Urban Health Centre, Medhar block, Bamboo Bazar, Mysuru.

As a part of the occasion various events were organized. The day started with inauguration of the programme by releasing the balloons at 08:00 am by Dr H Basavana Gowdappa, Principal, JSS Medical College, Dr Suma MN, Vice Principal (Pre and Paraclinical), JSS Medical College, Dr M R Narayanana Murthy, Professor

and Head, Dept of Community Medicine, and Dr Champakamalini, Medical officer, JSS UHC. Dr M R Narayanana Murthy, Professor and Head, Dept of Community Medicine welcomed the dignitaries and briefed about the whole day events. Dr H Basavana Gowdappa, Principal, JSS Medical College addressed the gathering by quoting the burden of the disease and the disease features and its management and Dr Suma MN Vice Principal (Pre and Paraclinical) JSS Medical College addressed the gathering regarding the reason & importance of World Diabetes Day observation .

Followed by this Diabetes Awareness Jatha was flagged off by Dr H Basavana Gowdappa, Principal, JSS Medical College, JSS AHER and Dr Suma MN Vice Principal (Pre and Paraclinical) JSS Medical College, JSS AHER. Dr M R Narayanana Murthy, Professor and Head, Dept of Community Medicine welcomed residents of Medar block to take part in the Health checkup at 10:00 am.

All the invitees, faculty members and post graduate students of Dept of Community Medicine, School of Public health, staffs of JSS UHC, Dept of Health Systems Management Studies, JSSAHER, JSS school of nursing participated in the Jatha, All through the Jatha the residents of Medar block were given health education by showcasing placards , distributing pamphlets and by inviting them to make use of free medical camp. After the Jatha breakfast was arranged for all the participants.

At 10:00 am the medical camp cum diabetes screening programme was inaugurated by Mr Sathish Chandra, Administrative Officer, JSSMC by getting his blood glucose checked. Diabetes Screening camp was organized with the help of Dept of Health Systems Management Studies, JSSAHER. Random blood sugar estimation and HbA1C determination along with anthropometric assessment was done for individuals above the age of 30 years. Over all 111 people got their Health checked with Blood pressure measurement and RBS & HbA1C check-up.

Among the 111 people checked 35 were hypertensive and 38 were diabetic with 6 people being uncontrolled diabetic(>300mg/dl). Among the 38 diabetics only 2 were newly diagnosed in our camp. HbA1C was done for 56 people based on there History and diabetic status

Simultaneously street plays on diabetes awareness was performed by students of JSS School of Nursing at the Auto stand of Medar block and Diabetes Awareness talks and video shows were organized to sensitize the people on risk factors, prevention and control of diabetes for people after they got blood sugar checked. Meantime the patients where served sprouts to encourage healthy diet. At the end of the camp lunch was served to all health care professional



Organization of Rare Diseases India-Marathon-2019



Foundation Course: 2nd August to 31st August 2019

The Foundation Course was conducted from 02nd August 2019 to 31st August 2019, as per the MCI directives. The content for the Foundation course has been suggested by the MCI in its Competence Based Medical Education Curriculum. The overall objective of foundation course would be to sensitize the learners with essential knowledge and skills which will lay a sound foundation for their pursuit of learning across the subjects in MBBS course and later on a career in medicine. Accordingly, the Foundation Course delivered by various resource faculty from across different disciplines of Medicine, Law, Language, computer skills, life skills, yoga and sports and extracurricular activities. The students were also taken to Hospital and community visits. Sessions were also held on 'Alternate health systems', by Dr. Rajesh Udupudi, Principal, JSS Ayurveda College, Mysuru. Adequate exposure was provided in 'Communication Skills and Interpersonal relationships', as envisaged in GMER 2019 Document. The other relevant topics covered in the Foundation Course were 'professionalism, ethics and attitude', 'First Aid and BLS', 'immunization of Health care professionals', 'Concept of biosafety, handling bio waste/biomaterial management', 'leadership skills', 'Medical humanities' and 'professional etiquette'







White coat Ceremony: 30th August 2019:

A White Coat Ceremony was held on 30/08/19 along with Cultural Programme by the students. During this programme the fresh graduates were administered with White Coat Oath and were made aware of the importance of dignity and solemnity of medical profession.



NSS SWACHCH BHARAT ABHIYAAN

As a part of the Swachch Bharat Abhiyaan, NSS unit of JSS Medical College, JSS Academy of Higher Education & Research, in association with Department of Physiology, JSS Medical College, conducted an educative session for spreading awareness on health and hygiene in JSS High School, Bannimantap, on **19th August 2019**. The NSS volunteers addressed the students of eighth, ninth and tenth grade. The main focus of the session was to acquaint the young minds with the proper technique of hand washing, waste segregation at source and menstrual hygiene.

The session started off with a welcome address by Miss Gayathri S Nair. The session was conducted under the guidance of NSS Programme Officer Dr. Bharath T., with cooperation by the staff of JSS High School. Dr. Rajalakshmi R., Professor and HOD of Physiology; Dr Sunil Kumar D., Associate Professor of Community Medicine; Dr. Vijaya Vageesh Y., Assistant Professor of Physiology were present on the occasion.

An innovative approach was used to make the school children aware of the proper hand wash technique which was by means of a poem in Kannada and English, explaining with actions, the fourteen steps of proper hand wash. The poems were composed by Dr. Sumana M N, Professor and HOD of Department of Microbiology. NSS volunteer Miss Medha Bhat recited the Kannada version of the hand wash anthem. The grasping skills of the young children served as a motivation for all the volunteers, when they learnt the poem in just one recitation. The school children were very enthusiastic to learn it and they also took a vow to teach their family members and friends to wash hands to remove all the germs on their hands. There was a brief discussion on the importance of hand hygiene.

The audience was briefed about waste segregation at source and its advantages by the NSS volunteers. The session was done by keeping two cardboard boxes with the titles of biodegradable substances and non biodegradable substances written on them. There were around eleven examples written on cardboard pieces. Volunteers from the students were called and handed out an example to each one. Then one by one they came forward with their example and the other students had to tell whether it belonged to biodegradable or non biodegradable substance, accordingly it was placed in the respective boxes. The session turned out to be very entertaining and interactive, with students showing great interest in volunteering and giving their views on how waste segregation is going to help in cleaning and enhancing our environment.

Dr. Rajalakshmi R and Dr. Vijaya Vageesh Y enlightened the students about the normal developmental changes in females during puberty, normal menstrual cycle, normal flow during menstruation, normal and abnormal white discharge. Some of the menstrual disorders like Menorrhagia and Dysmenorrhea were also discussed. Importance and ways of maintaining personal hygiene and the use of sanitary napkins was highlighted. The students were interactive and also clarified their doubts.

The session ended with a vote of thanks proposed by Dr. Bharath T. The session was a learning experience for the volunteers. Indeed educating the children, sensitising them to the health issues around them and getting them equipped to face the challenges is the best way to ensure that the future of the country lies in the hands of citizens who are aware and responsible.

Session on demonstration of proper hand wash technique





Session on waste segregation at source Session on menstrual and personal hygiene

Fit India Campaign

National Service Scheme, JSS Medical College Unit, in association with NSS units of constituent Colleges of JSS Academy of Higher Education & Research, had organized a live telecast of launch of Fit India campaign by Honourable Prime Minister of India, Sri. Narendra Modi, at the Auditorium of JSS College of Pharmacy, Mysore.

The live telecast was arranged between 10 AM and 11 AM on **29-08-2019**. NSS volunteers of all the units of JSSAHER along with other students and faculty of the constituent colleges took part in the event. Overall around 400 participants viewed the telecast which included 160 students from JSS Medical College and staff. The participants witnessed the colourful cultural events which preceded the address by the Prime Minister. Later on, the address of the Prime Minister to the citizens of India followed. Prime Minister in his address stressed upon the importance of fitness and the advantages of being fit and healthy. He also urged all the citizens to take a pledge to dedicate some time daily for physical activity to improve the fitness levels. The programme concluded with National anthem.

Yoga Chain Event at Mysore Palace (4th October 2019)

The NSS volunteers of the JSS Medical College unit of JSS Academy of Higher Education and Research participated the Yoga chain event organized by Yoga Dasara sub-committee, which was held at the Mysore Palace as a part of the Mysuru Dasara celebration on 4th October 2019. Around 60 volunteers from JSSMC unit participated in the event. The event was supervised by the members of SPYSS yoga society.

The event started at half past six in the morning, when all the participants were asked to form concentric circles around the stage from where the various yoga asanas would be demonstrated. In the cool morning breeze and the warm sunshine, participants performed basic yoga asanas like 'trikonasana' and 'ardhachakrasana'. Participants also had a brief session of breathing exercises that included 'anulom' and 'vilom' after which they witnessed practice sessions of the evening processions with extravagantly adorned elephants mounted with festive umbrellas.

The event came to a close at eight o'clock when all the participants took photographs, collected their certificates and had breakfast. Indeed a very memorable event, all the volunteers would surely have promised to themselves to attend the event again next year.

JSS MEDICAL COLLEGE

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School Health Check up 10-03-2020

NSS Unit of JSS Medical College in association with Departments of Physiology and Community Medicine organized health screening programme for students of Government Primary School, Civil Police Quarters, Jalapuri, Mysuru; on 10th March 2020. The school had students from classes 1 to 7. All the NSS Volunteers gathered at 10.30 AM. The Headmaster of the school and the students were very happy and enthusiastic seeing NSS volunteers and welcomed the team wholeheartedly and extended their support and cooperation.

The team was headed by Dr. Bharath T., NSS Programme Officer of JSSMC unit; accompanied by Dr. Vijaya Vageesh, Assistant Professor of Physiology; postgraduates from Department of Community Medicine and MBBS student volunteers.

The NSS unit started with the health check up of the students. Health screening was done for all the school students, along with which the teaching and non-teaching staff of the school was additionally screened. 120 school students were screened by Dr. Bharath, Dr. Vijaya Vageesh and postgraduates from Department of Community Medicine. The particulars of school students, their height and weight were recorded. They were also asked for complaints- like respiratory, gastrointestinal, fever or any other symptoms, if any. They were also examined for anemia, any respiratory or cardiac signs. Following any positive complaint or clinical finding, suitable medications and treatment was advised.

The Headmaster of the school thanked the NSS unit of JSSMC for organizing and conducting these activities and arranged refreshments as a token of love and appreciation. The JSSMC NSS unit was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students of the school



Distribution of chocolates and sweets to school students and decorating their blackboard with great thoughts & teachings



Orientation Programme for Interns of 2020-21 Batch (05/03/20)

The Medical Education Unit conducted One day Orientation Programme for the Interns of 2020-21 Batch on 05th March 2020 from 10.00 AM TO 03.00 PM at Sri Rajendra Centenary Auditorium, JSS Hospital, Mysuru. A total 143 Interns attended and availed the benefits of this programme.

Dr. Arun, Convenor of Medical Education Unit, welcomed the dignitaries to the dais. The programme began with address by Dr. H. Basavana Gowdappa, Principal, JSS Medical College. He advised the fresh interns to make best use of the resources available at the Hospital for their academic activities. Dr. (Col) M Dayananda, Director, JSS Hospital, spoke on the occasion and stressed about the medical ethics to be inculcated by the interns. Dr. M Guruswamy, Medical Superintendent, JSS Hospital, spoke about the rules and regulations of JSS Hospital. Dr. GV Manjunath, Vice Principal (Clinicals), JSS Medical College was present. Dr. Vijaya Vageesh, Member of Medical Education Unit, proposed the vote of thanks. In the forenoon session, Dr. Madhu Srinivasarangan, Dr. Nithin KB, Dr. Vinay J and Dr. Sunil Kumar D, spoke about 'Duties and responsibilities of interns', 'Case sheet and prescription writing', 'Handling medicolegal cases', 'Introduction to Community Medicine Postings', respectively. In the afternoon session, Dr. Soumya GS and Dr. Shivanand Manohar spoke on 'Hospital Infection Control Programme' and 'Interpersonal relationships', respectively. This was followed by a Lunch Break. The post lunch session was held by Dr. Prithvik, Postgraduate student of Surgery, JSS Medical College and Dr. Chandan, Postgraduate student of Surgery, MMCRI, Mysuru. The Postgraduates narrated their own experience on 'How to make best use of Internship?'

The interns gave their feedback at the end, where they conveyed that the Orientation Programme was highly beneficial for their Internship programme and the topics covered had an immense value of application.

Health awareness Covid 19 and hand hygiene at NSS National Integration Camp, Mysuru on 05-03-2020

Dr Bharath T., NSS Programme Officer of JSS Medical College Unit educated and created awareness about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease (COVID 19) among the 150 NSS volunteers and NSS Programme Officers of 22 Universities of 6 States of India. Awareness programme was conducted on 5-3-2020 between 2.45 pm and 3.45 pm.

Awareness was created regarding risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, and most importantly the methods of prevention and precautions to be taken to safeguard oneself. The myths created on social media were also busted. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic. Hand hygiene and its importance were also discussed. The programme continued till around 3:45 pm, followed by questions and answers session for the student volunteers and teachers/POs to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries which were answered.



Health awareness on Corona virus disease 19 (COVID 19) and hand hygiene 10-03-2020

NSS Unit of JSS Medical College in association with Department of Physiology organized health awareness programme for students of Government Primary School, Civil Police Quarters, Jalapuri, Mysuru; on 10th March 2020. The school had students from classes 1 to 7. All the NSS Volunteers gathered at 10.30 AM. The Headmaster of the school and the students were very happy and enthusiastic seeing NSS volunteers and welcomed the team wholeheartedly and extended their support and cooperation.

The team was headed by Dr. Bharath T., NSS Programme Officer of JSSMC unit; accompanied by Dr.

Vijaya Vageesh, Assistant Professor of Physiology and MBBS student volunteers. The NSS team started created health awareness on two important topics.

Firstly, the students were taught about hand hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing.

Secondly, the volunteers were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease 19 (COVID 19). Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were also made aware about the importance and the people who are at high risk requiring the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way but being aware of the problem and tackling the situation, approaching the healthcare providers and hospital in case of any suspicion is the key to control such a pandemic.

Also on demand of school students, a special on-the-spot informative lecture was given by Dr. Bharath on mosquito borne diseases like Dengue, Chikungunya and other vector borne diseases. The Headmaster of the school thanked the NSS unit of JSSMC for organizing and conducting these activities and arranged refreshments as a token of love and appreciation. The JSSMC NSS unit was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students of the school

Talk on hand hygiene & demonstration of proper steps of hand washing



Awareness about Corona virus disease 19 (COVID 19), Dengue, Chikungunya and other vector borne diseases



Health awareness Covid 19 and hand hygiene JSS College for Women, Kollegal 13-03-2020

The initiative was taken up by the NSS Unit of JSS Medical College, Mysuru to organize a health awareness programme for college students at Kollegal. Kollegal is a major taluk in Chamarajnaragara district and also the largest taluk in Karnataka, well known for its silk industry, around 70 kms away from Mysore.

On 13th March 2020, the NSS unit reached the JSS College for Women, Kollegal at around 2:00 p.m. It was a beautiful and well maintained campus. It is an Arts and Commerce College. The NSS team of JSSMC was headed by Dr. Bharath T., along with 3 NSS MBBS undergraduate volunteers – Ms. Simran Saluja, Mr. Mohamed Khasim and Ms. Tanuja K N. Prof. Umesh, Principal of the College, Prof. Prabhu M, Professor from Faculty of Commerce, other professors, staff and the students were very happy and enthusiastic seeing the NSS volunteers and welcomed us wholeheartedly and extended their support and cooperation. The NSS Unit conducted this health awareness programme for around 80-100 women college students along with the staff members on 2 important topics.

Firstly, the students were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease. Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, busting the myths created on social media and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic.

Secondly, the students were taught about hand hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing.

The programme continued till around 3:30 p.m. followed by questions and answers session for the students and teachers to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries. Prof. Prabhu thanked the NSS unit, on behalf of the Principal, for organizing and conducting these activities and arranged refreshments as a token of love and appreciation for all of us. The NSS unit of JSSMC was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students of the college.



Health awareness Covid 19 and hand hygiene JSS High School Ramapura 13-03-2020

The initiative was taken up by the NSS Unit of JSS Medical College, Mysuru to organize a health awareness programme for school students at Ramapura. Ramapura is a village in Southern Karnataka, located in the Hanur taluk of Chamarajnaragara district which is around 110 kms away from Mysore.

On 13th March 2020, the NSS unit reached the JSS High School, Ramapura at around 9:30 a.m. It was a beautiful place with a huge campus and playground. The NSS unit of JSSMC was headed by Dr. Bharath T., along with 3 NSS MBBS undergraduate volunteers – Ms. Simran Saluja, Mr. Mohamed Khasim and Ms. Tanuja K N. The Headmaster of the school, Mr. Nataraja and the students welcomed us wholeheartedly and extended their support and cooperation.

The NSS Unit conducted this health awareness programme for around 150 high school students on 2 important topics.

Firstly, the students were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease. Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, busting the myths created on social media and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic.

Secondly, the students were taught about hand hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing. The programme continued till around 10:30 a.m. followed by questions and answers session for the students and teachers to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries. The Headmaster of the school thanked the NSS unit for organizing and conducting these activities. The NSS unit of JSSMC was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students of the school.



Health awareness Covid 19 and hand hygiene JSS Primary School Ramapura 13-03-2020

The initiative was taken up by the NSS Unit of JSS Medical College, Mysuru to organize a health awareness programme for school students at Ramapura. Ramapura is a village in Southern Karnataka, located in the Kollegal taluk of Chamarajnaragara district which is around 110 kms away from Mysore. On 13th March 2020, the NSS unit reached the JSS Primary School, Ramapura at around 11:30 a.m. It was a beautiful place with paintings on walls by their own students. The NSS unit of JSSMC was headed by Dr. Bharath T., along with 3 NSS MBBS undergraduate volunteers—Ms.Simran Saluja, Mr.Mohamed Khasim and Ms. Tanuja K N.

The Headmaster of the school, Mr. Srikanta and the students welcomed us wholeheartedly and extended their support and cooperation. The NSS Unit conducted this health awareness programme for around 150 primary school students on 2 important topics.

Firstly, the students were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease.

Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, busting the myths created on social media and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and

hospitals in case of any suspicion, is the key to control such a pandemic. Secondly, the students were taught about Hand Hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing.

The programme continued till around 1:30 p.m. followed by questions and answers session for the students and teachers to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries. The Headmaster of the school thanked the NSS unit for organizing and conducting these activities. The NSS unit of JSSMC was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students of the school.



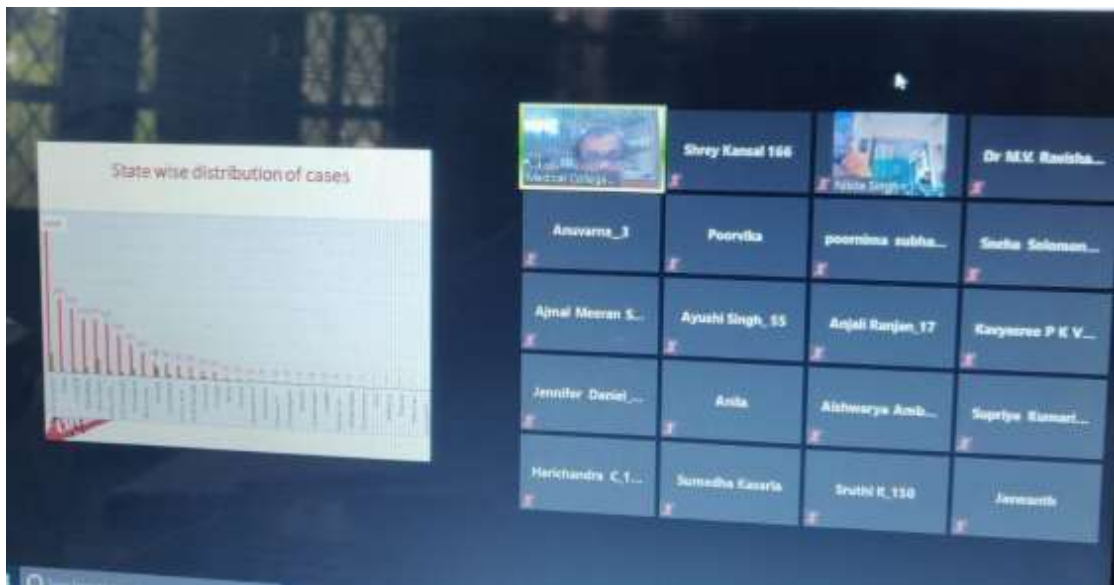
Online session on COVID-19 awareness 20-04-2020

An online informative session was organized by NSS unit of JSS Medical College on 20th April, 2020. Dr Praveen Kulkarni, from Department of Community Medicine of JSS Medical College was the resource person. He spoke on “Spreading awareness and addressing queries regarding the COVID-19 Pandemic” which has threatened the very existence of the human race. It was conducted for the students and NSS volunteers of JSS Medical College, JSS Dental College, University Departments of JSS Academy of Higher Education and Research.

The various stages of pandemic with respect to the Corona Virus, method of spread of the virus was discussed. The methods for prevention of contracting the virus was discussed which include simple steps like using a face mask while going outside, washing hands thoroughly with soap and water for a minimum of 20 seconds, using 70% alcohol based hand sanitizers, sneezing into the elbow or shirt and washing clothes with sodium hypochlorite solution etc.

The session ended with a note on how the medical professionals could prevent being infected by the Corona virus while answering their duty calls. Importance of social distancing to curb spread of the virus till a vaccine has been found was discussed. Role of Hydroxychloroquine prophylactic treatment for the medical professionals and family members taking care of patients suffering from COVID-19 infection was also discussed.

As the session came to a close, all the participants had a better understanding of the dynamics of the pandemic and were better equipped both mentally and emotionally for the ongoing lockdown.



Induction Programme for B.Sc., M.Sc., & MPH programme 2019-20 batch on Friday, 2nd August 2019

The Induction program was conducted on 2nd August 2019 for first year BSc, Medical MSc M.Sc. Clinical Embryology and MPH students at Sri Rajendra auditorium, JSS Medical College, Mysuru. The registration desk were volunteered by JSSMC office supporting staff and MPH students. Guests arrived at 11 am and formal inauguration function started.

With the divine blessings of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, the inauguration function was started by an invocation by Miss Poojitha, 4th term MBBS student.

Dr.Suma M.N Vice Principal (Pre & Para-clinical) of JSS MC, Dean faculty of Biomedical sciences of JSS AHER, welcomed the dignitaries and highlighted the importance and the reason for initiating the courses. This was followed by lighting of the lamp by newly joined students and dignitaries on the dias.



The guests released academic calendars of BSc and MSc programs along with the textbook of Anatomy for BSc students authored by Dr Vidya C S, Associate Prof, Department of Anatomy. Dr.P.A.Kushalappa, Director (Academics) was honoured as the chief guest for the program. He addressed the gathering by explaining the expectations of parents, their demand, importance of Biomedical Sciences in healthcare and the opportunities for their future career. Dr.Prashanth S, Assistant Director (Academics) spoke in detail about the history of our prestigious Academy, the leadership bodies, performance in various ranking process and success of the organization. Dr.Sarika M Shetty, Assistant Professor, Department of Anaesthesia later co-ordinated the oath taking ceremony for students.

Dr.Manjunath G.V, Vice Principal (Clinical), JSSMC highlighted the importance of Biomedical sciences Programs and took us through Choice Based Credit System. He also highlighted the scope of each profession and the job opportunities available. At last he mentioned that jobs don't come easily just by mere degree but one has to demonstrate hard work and dedication to achieve for success.

Dr.Renuka M, Deputy Controller of Examinations who was the Guests of Honour explained about the scheme of examination for different programs. She also mentioned about the grades and SGPA (Semester Grade Point Average) system. She advised students to be updated and be regular in studying and not to carry the burden of studies only during the exams.

Further, Dr.Chandrakanth H V, Prof & Head, Department of Forensic Medicine and Chief Warden, JSSMC Hostels, oriented students and parents about the Anti-ragging and prevention of sexual harassment guidelines. He started with the definition, types, committees to address it, punishment, police mufti and outsourcing of the investigation.

In addition, Dr.Vidya C S, Associate Professor, Department of Anatomy and Dr.Vijaya Vageesh, Associate Professor, Department of Physiology introduced the Heads of the department and the co-ordinators of various programs. Programme was concluded by Vote of Thanks by Dr.Anil S Bilimale, MPH Program Co-ordinator, Assistant Prof in Department of Community Medicine, JSSMC.

After the lunch break, there was white coat ceremony, which was co-ordinated by Dr.Pushpalatha K Professor and Head, Department of Anatomy and Dr.Praveen Kulkarni, Associate Professor, Department of Community Medicine. The importance of white coat, its significance and the respect we have to offer to it was explained in detail. The aprons were handed over to fifteen students by Dr.Suma M.N, Dr.Manjunath G.V, Dr.Mruthyunjaya and Dr.Jayanthi K.



At the end of the program, announcements were made for the Sports Day activity on 3rd Aug 2019 between 9am to 1pm. Students were asked to group themselves according to the numbers they call out between 1-10 and were asked to be in the sports event wearing sports attire.

This was followed by feedback session which was taken by Dr.Suma M.N by addressing the parents and students. Few of the parents expressed their deepest gratitude for having conducted such a well organized induction program which addressed most of their concerns and also left them with a sense of proudness for the Institute. The mastering of ceremony was done by Dr Nayana Shabadi Assistant Professor, Department of Community Medicine, JSSMC.

Sports event August 3rd 2019

On Aug 3rd 2019, Sports Day event was organized. At 9am Dr.Pushpalatha K, Professor and Head, Dept of Anatomy and Dr.Praveen Kulkarni, Associate Professor, Dept of Community Medicine conducted Ice Breaking Session for the students for one hour. The students followed certain instructions and played the game and learnt the message that was being communicated.



Later, Mr Lokeshappa along with three referees and team members joined for sports event. Dr.Anil S Bilimale, Dr.Devanand and Dr.Vidya C.S. co-ordinated sports event. There were 127 students and were divided into 10 teams. Each of them gave a name to their team and the games were started with Tug of War. It was followed by volleyball and throw ball. Each team for throw ball had 2 boys and 5 girls and for volleyball 4 boys and 2 girls.



The matches got concluded by 1 pm and Sri S.R.Sathish Chandra, Administrative Officer of JSSMC addressed the students. He gave away the prizes for the winners and runners in all the sports and asked students to maintain discipline. He also encouraged them to utilize the sports facilities and make the best utilization of the campus. He gave away a memento to Mr.Lokeshappa and Dr.Devanand for organizing and conducting the sports event successfully.



All the students were advised to gather on 5th Aug 2019 at 10 am in Gallery Hall 5 for the fag end of the induction program.

Guest Lecture on August 5th 2019

The first session was conducted by Dr. Anil S Bilimale along with Mrs Padmashree who did an interactive session on **Communication Skills** and Etiquettes where an emphasis was made on professional communication and etiquettes.



This was followed by a tea break and later Dr. Shivanand Manohar J spoke on **Mental Wellbeing and adaptation to new environment**. The written feedback for all three days programme was collected from the students.

HOLISTIC WELLNESS PROGRAM FOR UG STUDENTS

JSS DENTAL COLLEGE AND HOSPITAL, JSS ACADEMY OF HIGHER EDUCATION AND RESEARCH, MYSURU

Program report-2019-20

Holistic wellness program in association with Mysore Yoga PranaVidya Pranik Healers Association (MYPHA) was proposed for under graduate dental students at JSS Dental College and Hospital, as a certificate value addition program with an intention of overall personality development of the students with emphasis on stress management and better academic performance.

The course co-ordinators are: Dr. Premalatha B.R and Dr. Vidya Priyadarshini.

The classes for the academic year 2019-20 commenced from 10th January 2020. 100 students were the beneficiaries. At the end of the program the students were awarded with course completion certificates.



S.M.

Principal
Principal
JSS Dental College & Hospital,
Mysuru-570 016

JSS DENTAL COLLEGE & HOSPITAL

📍 Sri Shivarathreeshwara Nagara, Mysuru – 570 015, Karnataka, India.

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**Guest Lecture : Personality Development and Communication**

16-17-20



Mr. Blake P O' Connor, Founder of Blake Coaching (WellnReady), Training manager, Consultant & Facilitator from Denver Colorado, USA. The speaker delivered a lecture on human potential coaching and achieving their goals for self-relationships and community. He spoke about empathetic and resilient leadership that contagiously transforms the emotional, mental, physical and spiritual wellbeing of individuals, relationships and communities. The program was attended by the undergraduate students, house surgeons and post graduate students and staffs.

S.M.
Principal

Dr. Ravindra S
Principal

JSS Dental College & Hospital,
Mysuru-570 015

Report on Soft skill program

On 3rd July, **Mr. Chethanram**, Corporate and International Personality Development Trainer spoke on the topic **“Involve to Evolve”**. He stressed upon the importance of the statement **“Live and let live”** by Mahavira and **“Be happy and allow others to be happy”** stated by Buddha. .

He emphasized about the types of Personalities like Physical, Intellectual and Behavioural. To enhance personality one has to involve more in the work, then automatically the evolvement will happen. He quoted the example of M.K.Gandhi, how he was involved in the work and why evolved or reached godly state. He advised student to involve more in their study to evolve as a meritorious student. He also quoted that one has to enhance the aura to evolve.



On 3rd July 2018, **Mr. Mukundahan**, Corporate and International Personality Development Trainer and yoga specialist spoke on the topic **“THINK and GROW”**.

In his talk he mentioned the difference between the brain and mind. Brain is a physical organ and mind is concrete. And thinking always comes from mind. He also mentioned the importance of attitude and aptitude. He advised the students not to think about future and past, but realise that our future is in the present only. He emphasized that one can learn by mistakes and thinking positive is very important for the growth. To have wonderful growth one should not react for anything, but should think and respond for that. He made a mention that life is art of drawing without eraser and also explained importance of happiness to become a successful person. To succeed in life, one should have a balanced mind rather than a strong or weak mind. He mentioned that the tip to succeed in life is doing things with happiness, putting efforts, only then one can succeed.



On 4th July 2019, **Dr. Harish Machia Kodandera**, Corporate and International Personality Development Trainer spoke on the topic “**Growth by Design**” and its importance in present scenario. He started with a question “What is growth and why should we grow” and giving the expansion for JSS as JUST START SHINE. The change should happen at young age. He also emphasized about three Gs like Go, Grow and Glow. He mentioned that growth can happen only when one gains knowledge, reach out to others, open our world and walk towards wisdom. The important steps or coaching to grow are – Defining goals, Explore realities, Develop options and what should be done. At the end of his lecture he gave the expansion for JSS as Jeevanada Sarala Siddanta.



Report on Communication Skill

On 6th July 2019, Mrs. Neetha Girish Bandur, Personality Development trainer, Department of Income Tax, Bangalore, Spoke on the topic Soft Skills.

Why SOFT SKILL is mandatory for the present generation. The soft skills to improve their character and get better result in their work. According to speaker begin With One's Academic Skills and succeed with One's Emotional Skills, soft skills are more important. She stressed upon the importance of emotional quotients than intelligent quotients. EQ is more required to enrich life, enrich country, humanity, simplicity. She also mentioned that one should not run behind IQ. She mentioned that WHO –Has identified 10 life skills and they are classified as

Thinking skills-

1. Self awareness, 2. Creative thinking 3.problem solving 4.decision making, 5. Critical thinking

Social skills: 1.Interpersonal skills, 2.Communication, 3. Empathy Skill

Coping Skills: 1. Coping with emotions, 2.Coping with stress



On 6th July 2019, **Mr. Kapil Saini**, Entrepreneur, Art of Living Centre, Bangalore spoke on “**Mind Management**”. He emphasized the importance of focus, confidence and emotional quotient for managing mind and enhancement of life skills.

Focus: One of the major challenges faced by students in these days is the lack of ability to sustain focus and persistence in a particular activity. He mentioned importance of personality development training program to make them aware of how the mind gets pulled and addicted towards distractions and why it is important to train our mind to focus. This training makes them aware of the techniques through which one can effortlessly maintain

the state of focused and relaxed mind – a very rare but very effective combination.

Confidence: It has been observed that many students know their subjects well, but they are not able to convey/ communicate the information that they have, because of various inhibitions and barriers in the mind. The personality development training makes them aware of how doubting their own ability will lead to lack of confidence in them and how they can learn to handle these doubts through the various breathing techniques, Pranayama.

Emotional Quotient: A poor emotional quotient leads to lack of clarity in the mind. For a mind which is stuck in anger, anxiety, jealousy and irritation, it is very difficult to focus on any activity. There is so much of time and energy that gets wasted in these unnecessary emotions. And in our education system, it is not taught how to handle our own mind. As mind cannot be handled by putting effort at the level of mind, therefore these type of training makes them help them to control the mind and take them out of the slavery of their own emotions and feelings.



Report on Yoga and wellness

In the other session, **Dr. A R Seetharam**, Director, Paramahansa yoga therapy and counselling centre, Mysuru delivered a talk on “**Stress Management**” and discussed on the concept of self-belief, motivation and planning to achieve the goals. He demonstrated some yoga techniques to reduce headache, spondylities etc.



On 4th July 2019, **Dr. R. Balasubramaniam**, Président Swami Vivekananda Youth Movement, Mysuru, and Personality development trainer spoke on the topic “**Marching into the future**”. He started his lecture by asking the students to recall their thoughts which they had received in the last 24 hours.

He stressed upon the point that man is maker of his own life. In his lecture he mentioned that only less than 4% of the people succeed in their life, if they complete their education in any national or international good universities. He also mentioned three types of life, they are Public life, Private life and Inner secret life. He mainly emphasized importance of inner secret life to march into the future and also mentioned that religions are more powerful tools to grow and become a successful man. He stressed upon the importance of Yogasana, Pranayama and Meditation to march ahead in our life and advised the students to have positive thought to succeed in life.



On 5th July 2019, **Dr. M. Kishore**, Associate Professor, Dept. of Psychiatry, JSS Medical College, Mysuru spoke on the topic “**Enjoying College Life Balancing academic and Non-academic activities**”.

At the beginning of his talk, he suggested the students to enjoy college life. One should have targets and goals, one has to be like a child, should have good friends, and should always work in a team. He gave some tips for students to have time to go for music, swimming, dance etc. Speaker suggested that one has to work from time to time, do more than expected, be spiritual, enhance awareness by practicing meditation, practice yoga to be more healthy, should participate in sports, be with nature, respect their own mind, to avoid depression and sadness, should not be money grabber. According to him money earned without any effort leads to more trouble.



On 6th July 2019, **Dr. Vidyasagar**, Chethana Trust Mysuru, spoke on the topic – “**Stress-Body, Mind – complexes**. During his talk he made a mention that brain and mind are like hardware and software. If software is attacked by virus, then hardware also stops functioning.

He also mentioned that human being should be able to discriminate between good and bad thoughts. He mentioned that thoughts are like water, they will flow continuously and they pour more poison to the body. If anybody focuses more on negative thoughts, then he will put himself in stress and in turn invite more and more physical diseases. He stressed upon the importance of positive thoughts and effects on human body and mind.

Human Value Development 2019-20

Report on Guest Lecture on Legal and Ethical Aspects of Medicine- Interface between Law and Medicine

December 2019 Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru, had organized a Guest Lecture on 'Legal and Ethical Aspects of Medicine – Interface between Law and Medicine' at Seminar Hall of JSS College of Pharmacy on 3rd December 2019. The Guest Speaker was Dr. Nataraju, Principal of JSS Law College, Mysuru. The lecture was attended by V and VI year Pharm D students and M. Pharm (Pharmacy Practice) students. Dr. Nataraju started off his talk by explaining difference between policies and laws and gave a brief introduction to various policies, guidelines, and laws that pertain to provision of Health care in India. He enumerated the different principles of medical ethics and duties and obligations of healthcare professionals towards patients and public. He spoke about the various articles in the constitution that pertain to public health like Right to Health, Right to Health and Environment, and Right to Health and Medical Assistance with examples of case studies where the Supreme Court imposed a positive obligation upon the state to take steps for improving medical care in the country. He also provided information about Medical negligence, tort laws, consumer laws, right to life and right to privacy with case studies as examples for students to understand the concept better. He briefly listed out the various National Health Legislations that have come into effect since 1936 and their amendments and also listed out various laws of socio-economic interest and community welfare. He ended his talk with a brief outline of the Pharmacy Practice Regulation, 2015. The lecture was followed by a question and answer session and interaction with the students.



Report on "Experiences of Practicing Pharmacists during COVID 19:

Global Scenario" Webinar A Webinar on "Experiences of Practicing Pharmacists during COVID 19 : Global Scenario" was organized by department of Pharmacy Practice, JSS College of Pharmacy (JSSCP), JSS Academy of Higher Education & Research (JSS AHER), Mysuru on 16th June 2020 between 4.00 PM and 5:00 PM. Following were the objectives of the webinar: 1. To understand the practice adaptation of the pharmacist in the pandemic situation 2. To discuss the different strategies that can help pharmacist provide a better service in the pandemic situation. The webinar was started with the welcome & briefing on objectives of the webinar by Dr. M Ramesh, Professor & Head, JSSCP, Mysuru followed by opening remarks presented by Dr. T M Pramod Kumar, Principal, JSSCP, JSS AHER, Mysuru. Webinar was focused on sharing the experiences of pharmacist across the world. In this respect, the speakers of the webinar represented different global locations. The first speaker was, Mr. Raj Vaidya, Chief Pharmacist, Hindu Pharmacy, Panaji, Goa. He shared the outcomings of COVID situation and also the changes brought about in their pharmacy to provide better and safe service to the patients. Our second speaker was Mrs Rinkle Thomas, who is retail pharmacist, working at Aster Pharmacy, Abu Dhabi. She was a great speaker who emphasised the situation in Abu Dhabi, also explained the flow of changes brought in

their pharmacy, especially the home delivery service what they had adapted. We had a representation from Ireland, Dr. Tony David, working at Stacks Pharmacy, Ireland. He is a young pharmacist, who cleared his licensure recently. He focused on how pharmacist was facing difficulties and what measures need to be taken while they are practicing. Though the scenario was same as other part of the world, but experiences were different and he emphasised on that. Mr. Nidhin Mohan represented the most economically affected country. He is President, New Island Pharmacy, Vice president West Islip Pharmacy at New York. Recently he has been recognised as a Pharmacy hero for his contribution in the pandemic situation. He explained the situation of the pandemic at his service area, also briefed on the different changes that took place during this pandemic. In his talk he explained how they have adapted different methods to ensure that all their patients are safe while providing the service to them. He mentioned about the Curbside strategy, which they have adopted, also mentioned about the extended services they are providing apart from dispensing the medications. The complete session was moderated by Ms. Shilpa Palaksha, Assistant Professor, JSSCP, JSS AHER, Mysuru. The webinar ended with the question and answer session, some important questions posted by the viewers to different speakers was discussed. More than 250 pharmacists participated in the webinar. Pharmacist provided an excellent feedback on this webinar and they were happy with the content delivered through this webinar. Participated pharmacist were thankful to, Dept. of Pharmacy Practice, JSSCP, JSS AHER, Mysuru for organising the webinar on such a need-based topic.



Brochure of the webinar



Report on Participation in the National Deworming Day

Held on 10th February 2020 The ADR Monitoring Center (AMC) and Regional Training Center for the South Zone located at Department of Clinical Pharmacy, JSS Medical College and Hospital, Mysuru participated in the National Deworming Day (NDD) held on 10th February 2020 along with District Health & Family Welfare Society, Mysuru. The program in the Mysuru region was coordinated by the District Health & Family Welfare Society, Mysuru. The inauguration was held at Christ Public School, Mysuru in the presence of District Health Officer and Regional Child Health Officer, Mysuru.

The aim of participation of the AMC was to monitor the adverse events, if any, due to the administration of Albendazole on National Deworming Day. During the event, Students of the Department of Pharmacy Practice made a personal visit to 10 different schools and colleges located in the Mysore city.



The communication letter issued by the District Health Officer and modes of reporting of Adverse Reactions to Albendazole were distributed to the respective school authority, participating healthcare professionals and to school children so as to enable them to contact the AMC centre in case of adverse event(s) arising from the use of Albendazole. Also, they were educated about the importance of reporting of Adverse Drug Reactions and also about the possible adverse reactions that can occur with the use of Albendazole. A follow-up visit was made three days after the administration of Albendazole to monitor the safety and no Adverse Reactions were identified. We sincerely thank the staff of District Health & Family Welfare Society, Mysuru and Pharmacovigilance Programme of India for giving us the opportunity to participate in the program.

Awareness Program- National Deworming Day

The ADR Monitoring Center (AMC) and Regional Training Center for the South Zone located at Department of Clinical Pharmacy, JSS Medical College and Hospital, Mysuru participated in the National Deworming Day (NDD) held on 10th February 2020 along with District Health & Family Welfare Society, Mysuru. The program in the Mysuru region was coordinated by the District Health & Family Welfare Society, Mysuru. The inauguration was held at Christ Public School, Mysuru in the presence of District Health Officer and Regional Child Health Officer, Mysuru.



Health Screening Camp Conducted at Mysuru City December 2019

Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru, in collaboration with NSS Unit of JSS College of Pharmacy, Mysuru and Indian Pharmaceutical Association (IPA), Mysore Local Branch organized a Health Screening Camp on 8th December 2019 at three different locations Viz., Bal Bhavan, Chamundi Hills Footsteps and Lalith Mahal Gate between 06.00 AM and 09.00 AM. The aim of the health screening camp was to sensitize the people about the importance of regular monitoring of health and safe use of medications. During the camp, interested public were screened for blood pressure and blood glucose levels. A total of 207 people were monitored for their blood pressure and blood glucose levels. At the time of monitoring, 66 people were found with elevated blood glucose level and 77 people were found with elevated levels of blood pressure. People who were identified with the elevated levels of blood pressure and blood glucose levels were advised on NonPharmacological management and suggested to consult physician for further diagnosis & treatment. We thank Principal, JSS College of Pharmacy, Mysuru, and IPA, Mysore Local Branch for their support and encouragement in organizing this camp.



Health Screening Camp Conducted At Chamundi Hill

Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru, in collaboration with NSS Units of JSS Academy of Higher Education & Research and Indian Pharmaceutical Association (IPA), Mysore Local Branch organized a Health Screening Camp for the benefit of pilgrimages visiting to Chamundi hills on 21st September 2019 between 06.00 AM and 09.00 AM. The aim of the health screening camp was to sensitize the people about the importance of regular monitoring of health and safe use of medications. During the camp, interested public were screened for blood pressure and blood glucose levels. A total of 175 people were monitored for their blood pressure and blood glucose levels. At the time of monitoring, 44 people were found with elevated blood glucose level and 32 people were found with elevated levels of blood pressure. People who were identified with the elevated levels of blood pressure and blood glucose levels were advised on Non-Pharmacological management and suggested to consult physician for further diagnosis & treatment. We thank Principal, JSS College of Pharmacy, Mysuru, and NSS coordinator, JSS AHER, Mysuru for their support and encouragement in organizing this camp.



International Day Against Drug Abuse And Illicit Trafficking

Report on International Day Against Drug Abuse and Illicit Trafficking Organized in Mysore Railway Station Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru, in collaboration with Drug Control Department Mysore, Railway Protection Force Organized Rally on occasion of International Day Against Drug Abuse and Illicit Trafficking on 26th June 2019 in Mysore Railway station. The aim of Rally was to create awareness among publics and different methods that need to be adopted by common people to overcome Drug

Abuse. The Rally was with in the railway station. The Rally was inaugurated by Mr Nagaraj (Incharge drug controller Mysore division), Mr Harish , Mr Kallid , Mr Ramesh, Mis Asha latha (Drug inspectors) were present in the rally. 30 students from our Dept were actively participated in the rally. We thank Principal, JSS College of Pharmacy, Mysuru and our HOD for continuous support , encouraging our students and staff for active participations in rally.



**M. Pharm Students Attended communication skill development
2019 – 20**

Sl. No	Name of the Student	Reg. No
1.	Charmila M	19P14002
2.	Gulumkar Aniket Anant	19P14003
3.	Jyothi M S	19P14004
4.	Kavya S Reddy	19P14005
5.	Naga Gouri T	19P14007
6.	Narmada S	19P14008
7.	Prasannakumar P Bhat	19P14009
8.	Suhas Shankar Joshi	19P14013
9.	Swathi K C	19P14014
10.	Tarun Nag S S	19P14015
11.	Alampalli Nitisha	19P12001
12.	Annette Mariam Mathew	19P12002
13.	Geevar J Thaikkadan	19P12003
14.	Kajal Kumari M	19P12004
15.	Pavan Kumar G	19P12005
16.	Patdar Amruta Ashok	19P12006
17.	S M Manjunath	19P12007
18.	Shivani Benakatti	19P12008
19.	Sonashree M B	19P12009
20.	Tenzin Thinley	19P12010
21.	V Ramya	19P12011
22.	Adugani Sowmya	19P05001
23.	Andrews K T	19P05002
24.	Barath M	19P05003
25.	Chiriki Devi Sri	19P05004
26.	G V Anupama	19P05005
27.	Kalyani	19P05006
28.	Lodoe Choezom	19P05007
29.	Manikya Deepika	19P05008
30.	MD Simon Haque	19P05009
31.	Meghana Biswas	19P05010
32.	Peddaguravagari Mounika	19P05011
33.	Poulami Das	19P05012
34.	Shravani M	19P05013
35.	Sinchana B G	19P05014
36.	Vemani Vijaya	19P05015
37.	Bhattacharjee Devanjali Dipankar	19P04001
38.	Maithri Shanbhogue H	19P04002
39.	Nirmala Nayak	19P04003
40.	Prasad Vinay Rao	19P04004
41.	Siree K G	19P04005

42.	Subham Jain N	19P04006
43.	Suraj S	19P04007
44.	Vishal B Rawal	19P04008
45.	Yashas M S	19P04009
46.	Elukuri Gantalavari Karanam Sharmista	19P07001
47.	Jamuna	19P07002
48.	Praveen Murigeppa Parkali	19P07003
49.	Syed Faizan Rajak	19P07004
50.	Tenzin Adon	19P07005
51.	Divya S	19P09001
52.	Kavyashri Malammanavar	19P09002
53.	Manjunath D K	19P09003
54.	Chavala Sai Kishan	19P08001
55.	G Naveen Datta	19P08002
56.	Girish S H	19P08003
57.	Jogabrata Tripathy	19P08004
58.	Merryl Dsilva	19P08005
59.	Gopinath Nagarajan	19P08006
60.	Kowsalya Nagaraj	19P08007
61.	Nanhi Nandini	19P08008
62.	Kalaiselvi R	19P08009
63.	Rachna M Kumar	19P08010
64.	Rohini Bhattacharya	19P08011
65.	Saheli Das	19P08012
66.	Shravanth S H	19P08013
67.	Subhashree Sahoo	19P08014
68.	Surabhi C	19P08015
69.	Gurujapu Sundari Swarna	19P10001
70.	Jiju Narayanan A	19P10002
71.	Mahesh Ishwar Sirasangi	19P10003
72.	Narasimhamurthy M	19P10004
73.	Navaneeth Kumar K	19P10005
74.	Niloy Nandi	19P10006
75.	Nirma	19P10007
76.	P Sai Neeraj	19P10008
77.	Prithvi L	19P10009
78.	Shreyas S Ayachit	19P10010
79.	Sneha Anand Desai	19P10011
80.	Sonali Sharma	19P10012
81.	Swaroop Shambulingappa Bankolli	19P10013
82.	Swerna E	19P10014
83.	Vaishnavi S	19P10015
84.	Chinta Sharvani	19P13001
85.	Darshan Desani G	19P13002
86.	Duggineni Manogna Chowdary	19P13003
87.	Geethanjali V	19P13004

88.	Hemanth Kumar R	19P13005
89.	Lakshmi Aiswarya Sonti	19P13006
90.	Madhu R	19P13007
91.	Mahima C K	19P13008
92.	Nagendra S	19P13009
93.	P Meghana	19P13010
94.	Raghu P	19P13011
95.	Satrajit Basak	19P13012
96.	Shalin Shikhar	19P13013
97.	Sowmya B M	19P13014
98.	Sunil Habib	19P13015

Principal



B. Pharm Students Attended Yoga and wellness program 2019 – 20

Roll No.	Name of the Student	Reg.No.
1	Sahal Basheer	19P01001
2	Salman Faris	19P01002
3	Sanjay R	19P01003
4	Sayanth K	19P01004
5	Shamili S	19P01005
6	Shashwath Ponnappa Mu	19P01006
7	Shreya M U	19P01007
8	Anamika Kottayi	19P01008
9	Anju James	19P01009
10	Annapurneshwari B J	19P01010
11	Anshu Anand	19P01011
12	Anusha M	19P01012
13	Anusha C	19P01013
14	Anushka Mani Tripathi	19P01014
15	Apurv	19P01015
16	Arpitha D Muttur	19P01016
17	Arshida Sherin V	19P01017
18	Arya Ramachandran	19P01018
19	Bellamkonda Sahithi Rayal	19P01019
20	Benwin Shaju	19P01020
21	Bharath K C	19P01021
22	Bhavin Jain	19P01022
23	Bhuvan B	19P01023
24	Bilna Babu	19P01024
25	Bins P Abraham	19P01025
26	Chhotu Kumar	19P01026
27	Deekshitha P V	19P01027
28	Deepthi Jasti	19P01028
29	Della K Shibu	19P01029
30	Devanth D Gowda	19P01030
31	Dhanushkumar M	19P01031
32	G Sathya	19P01032
33	Gangireddy Revanth	19P01033
34	Gayathri M	19P01034
35	Gourav R	19P01035
36	Gourikrishna U	19P01036
37	Hemashree S U	19P01037
38	Hruthik N	19P01038
39	Jafar M	19P01039
40	Jayashree B	19P01040
41	Jeevan C	19P01041

42	Jesna Ann Joseph	19P01042
43	Jishad Ahamad Karingattil	19P01043
44	Jithen Shibu	19P01044
45	Jose Sanu	19P01045
46	Joshiha A J	19P01046
47	Jyothika M	19P01047
48	K S Laksshya	19P01048
49	K A Bhagath	19P01049
50	Karthik G Pujar	19P01050
51	Karthik R Karindi	19P01051
52	Kavyashree K R	19P01052
53	Keerthana Prakash	19P01053
54	Khushi Sanjit Kumar Upadhyay	19P01054
55	L Biju	19P01055
56	Lis Maria Joseph	19P01056
57	Makam Venkata Subramanyam Sai Sumedh	19P01057
58	Manisha K	19P01058
59	Manjushree B M	19P01059
60	Manoj Srihari V T	19P01060
61	Mariya Shelby	19P01061
62	Mohamed Imran S	19P01062
63	Mohammed Adil	19P01063
64	Mohan Shakthi M B	19P01064
65	Monisha I N	19P01065
66	Nagaskanda Gupta H S	19P01066
67	Lingutla Nanda Kumar	19P01067
68	Nishanth N M	19P01068
69	Prajwal K R	19P01069
70	Prem S	19P01070
71	Rakshith K	19P01071
72	Rakshitha B S	19P01072
73	Reuben Nazareth	19P01073
74	Riyas Raja R	19P01074
75	Saakshi Jain	19P01075
76	Abinesh R S	19P01076
77	Adityanarayan V	19P01077
78	Aisha Noor	19P01078
79	Aisha Shafeeque Shaikh	19P01079
80	Akshitha G L	19P01080
81	Amal Benny	19P01081
82	Anagha K S	19P01082
83	Shiva Arunesh G	19P01083
84	Shivaneil A	19P01084
85	Sneha K M	19P01085
86	Sparshith V S	19P01086
87	Spoorthi M	19P01087

JSS COLLEGE OF PHARMACY

(Constituent College)

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH MYSURU

(Deemed to be University)
Accredited 'A' Grade by NAAC

88	Spoorthi S	19P01088
89	Spurthi L	19P01089
90	Sri Ram S	19P01090
91	Sushmitha	19P01091
92	Suzana Ann Abraham	19P01092
93	Tashwin Y P	19P01093
94	Ushaswini Atluri	19P01094
95	Vachana M N	19P01095
96	Vamshi N	19P01096
97	Varshini R	19P01097
98	Vinay H J	19P01098
99	Vinayak K R	19P01099
100	Vinoliya Mary R	19P01100
101	Vishnupriya	19P01101

Principal



Capability Enhancement Program

(2019 – 2020)

Awareness Rally - International Day against Drug Abuse and Illicit Trafficking in the town on Wednesday 26th, June, 2019.

JSS College of Pharmacy, Ooty participated in a rally to stamp the International Day against Drug Abuse and Illicit Trafficking in the town on Wednesday 26th, June, 2019. The rally was sorted out by the Nilgiris Police. The rally, hailed off by Nilgiris SP B. Shanmuga Priya, Talking on the event, Deputy Director of Health Dr. S. Porkodi, said "Nobody would need to get dependent on medications or liquor or smoking. However, individuals get affected by different methods and later battle to leave it. Calling attention to that physical exercises by kids have diminished in the previous multi decade she stated, "Physical exercise would support an individual with great focus and readiness. Valuing the reaction to the program from school and college students, Shanmuga Priya stated, This is a mindfulness program for youths, including younger students. They would know the outcomes of falling prey to negative behavior patterns and along these lines should avoid medications and liquor.



Tree plantation in Thalaikuda forest area, conducted on 20th July under the scheme of “Jalaskathi Abiyan” jointly with the Forest department office which was initiated by The Nilgiris District Collector. On 29th July 2019, that was the time for the new NSS volunteers to enroll their name in our troop. Followed by the enrollment, the orientation program was conducted by Dr. B.Babu (NSS program officer). **“One Student One Tree”**, our NSS volunteers planted the Indigenous solar slappings inside our campus.



From Aug 1-15th 2019, organized the **“Swachhta Pakhwada”** in our campus under this program the NSS volunteers took the Swachhta Shapath followed by that our NSS unit were cleaned the campus such as classrooms, veranda, lawn, garden area, mess, hostels, etc and created the awareness about the Open Defecation Free (ODF) as well as healthy food.



On 21st October 2019, The awareness and plantation of indigenous and solar grass varieties in The Nilgiris Library, Ooty which was organized by the Youth Red Cross. 30 of our NSS volunteers were took part in that event and planted the indigenous and solar grasses in The Nilgiris Library.



On 31st Jan 2020, our NSS Volunteers were participated in the **Drama event on “Tea Promotion Campaign”** organized by the Tea Board India which was held at Tribal Resource Centre and we have got third prize in the event.



1. NSS volunteers took out an Awareness rally at Srirangapatna about Environment on 26th October 2019





NSS volunteers and faculties at the Awareness rally in Srirangapatna during Save Kaveri Programme

On 26th Oct, 2019.



Students at the Save Kaveri campaign on 26th October 2019.



Faculties and NSS students at the Save Kaveri campaign on 26th October 2019.

*To sensitize the student community on climate change and plastic management, training programme was conducted on **22nd August 2019** by Environmental Management & Policy Research Institute (EMPRI), Bengaluru, Govt. of Karnataka at the Division of Environmental Science, Department of Water & Health, JSS AHER Mysuru. Dr. Balasubramanian S, Dean and Director Research, JSSAHER, was inaugurated the event by addressing the students about the necessity of up-gradation with new technologies and current issues of the environment. Ramesh Chandrappa, Project Development officer, EMPRI delivered a lecture on climate change & its impact. B. N. Ramesh Kumar former CEO, KSPCB highlighted about Biomedical Waste management Rule 2016. Basavarajappa, Head Training Officer, EMPRI gave detailed information about Solid Waste Management. Satyshree, Project Coordinator, EMPRI enlighten about plastic pollution and its impact on environment. Team from EMPRI demonstrated the biodegradable, reusable, recyclable and toxic materials being used in everyday life at house and public places. The students from Division of Environmental Science interacted with EMPRI and KSPCB officers regarding regulatory frameworks and carbon footprint.*



Training programme on climate change and plastic management



Dr. Balasubramanian S, Dean and Director Research, JSSAHER



Dr.H.PShivaraju, Asst Prof, Department of Environment Science,DWH – FLS, addressing the students

Dr. Sriganeshan Ganapathy, delivered a talk on “Environmental legislations and Management
“on 7th February, 2019.



Dr. Sriganeshan Ganapathy at DWH-FLS

REPORT: WORKSHOP ON COMMUNICATION & BEHAVIOURAL SKILLS

The Dept. of Health System Management Studies organized an online workshop on Communication and behavioral Skills for 10 days from May 2020 for the students of 2nd year 4th semester BBA Hospital & Health System Management.

The workshop was conducted by Mr. H.V. VISHVESH, 'ARIVU' Founder Director.

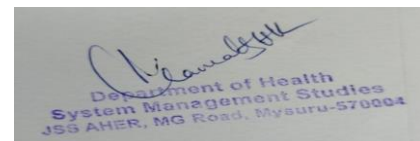
'ARIVU' follows the pedagogy of active learning i.e., experiential learning, and has the following ideas.

- Equip the participants with the desired 'Knowledge & wisdom' to face the challenges of competitive employability.
- Activity-based learning with proven methods to impart the desired skills.
- Rediscovering the joy of learning

The workshop was conducted for 36 students on

- Business Communication
- Body Language Listening Skills
- Presentation Skills
- Presentation Skills Questioning Techniques
- Decision making & Leadership skills.
- Assertiveness
- Time management
- Team Skills

The interactions were helpful to the students, they enjoyed the sessions. Students actively participated on all 10 days and showed interest in this learning opportunity. All were engaged in teams rather than individually to emphasize the importance of teamwork in any given setting.



Department of Health
System Management Studies
JSS AHER, MG Road, Mysuru-570004

Report: Workshop on Personality Development & Communicational Skills

The dept. of Health System Management Studies organized a Workshop on Personality Development and communicational skills for 3hrs, 4days a week from 29th November to 19th December 2019 for the students of 1st year MBA hospital administration & MBA Pharmacy administration.

The workshop was conducted by Mr. H.V. VISHVESH, ‘ARIVU’ Founder Director.

‘ARIVU’ follows the pedagogy of active learning i.e. experiential learning and has the following ideas

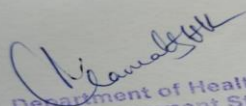
- Equip the participants with the desired ‘Knowledge & wisdom’ to face the challenges of competitive employability
- Activity-based learning with proven methods to impart the desired skills.
- Rediscovering the joy of learning

Mr. H.V.Vishvesh, conducted a workshop for 45 students on

- Leadership,
- Communication,
- Oral and written presentation,
- Attitude
- Decision making
- Body language
- Assertiveness
- Time management
- Power point presentation

The interactions were helpful to the students, they enjoyed the sessions. At the end of the workshop students were trained to carry away three things like, **team work, assertiveness, & an attitude** in behavioral management to use proper words & appropriate body language with right tone.




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