

CRITERIA 5.1.2 (2022-2023)

YOGATHON : 2023 – 15-01-2023



The theme “YOGA” is an ancient practice intended to enlighten the physical, mental, and emotional excellence of an individual. The theme aims to inspire the yoga community for global development through physical and mental fitness. Yogathon2023 is one of the largest yoga and health movement that aims to enable the youth to take charge of their health. It took place across 31 districts of Karnataka on 15th January 2023. This programme was conducted to initiate Yogathon Guinness World Record (GWR) attempt for the world’s largest yoga lesson plan.

The programme was held in the racecourse Mysuru. The event was started with the “Nada Geetha” at 7:30 AM, later inaugural speech given by the deputy commissioner followed by keynote address by district MLA Ramdas. Later actual YOGA session was started and it was conducted for 45 minutes, where different asanas(postures)were practiced by more than 41 thousand participants. One hundred and twenty-eight (128) registered NSS student volunteers from JSS Medical College, and from the division of Allied Health Sciences (AHS), took part actively in the event. The event ended by offering a vote of thanks followed by the national anthem. The whole event was held successfully with the valuable support from the authorities of JSS Medical College, JSS AHER, and the administrators from the respective constituent colleges. The programme was coordinated by Dr. Anshu Kumar Yadav, Dept. of Biochemistry, and Dr. Srinath C.G, Dept. of Physiology along with the NSS program officer, Dr. M. V. Ravishankar, and assistant NSS programme officer, Manu G.

WORLD BLOOD DONORS DAY 2023 – 09-06-2023

"Blood donation is an act of solidarity, join the effort and save lives"

“World Blood Donor Day” is celebrated on the 14th of June every year. This day focuses on drawing the public attention towards the importance of donating the blood for a noble cause. The programme was first initiated in 2004 by the World Health Organisation (WHO). The event serves to raise awareness of the need for safe blood donation and encourage and thank voluntary blood donors for their life-saving gifts to others. Every year, a new slogan/theme is associated with WBDD to encourage blood donors worldwide. **“Give Blood, Give Plasma, Share Life, Share Often”** is the slogan for WBDD for the year 2023.

In this connection, the NSS Unit of JSS Medical College, Mysuru, jointly with Blood Bank, Department of Pathology JSS Hospital Mysuru organized the “World Blood Donors Day 2023” on 9th June 2023 in the Clinical Physiology Lab. The event was held from 10 am-3 pm. The program was inaugurated by Dr.Suma M.N., Vice Principal JSSMC, Dr.Parveen Kulkarni, Vice Principal of JSSMC. Mr. Satish Chandra, Administrative Officer, JSSMC. Other dignitaries of the event were Dr.Pallavi, Medical Officer, JSS Blood Bank, Dr. Krishna K L, NSS Coordinator, JSSAHER, Dr.Vidya C.S. HOD of Anatomy and Dr.L.Rajeshwari, HOD Dept. of Physiology, Dr.Thippeswamy, Dept. of Community Dentistry, JSS Dental College, were presided over the function. Dr Suma M.N. and Mr. Sathish Chandra motivated our student fraternity by reiterating the importance of blood donation as a noble social service to save the lives worldwide.



Dr.Basavana Gowdappa H, Principal JSS Medical College visited the spot and witnessed the event of blood donation and motivated our students to take part in large numbers. More than 129 student volunteers registered for the blood donation drive. They underwent initial screening for fitness; among them, 70 students were found eligible for blood donation event.

Fourteen NSS volunteers from JSS Medical College coordinated the complete event. The whole program was coordinated by Dr.M.V.Ravishankar (NSS Programme Officer, JSS Medical College) and Dr.Manu G. (Assistant NSS Programme Officer, JSS Medical College). We, the NSS Unit express our humble gratitude towards all our higher authorities for their support and cooperation to make this event a grand success.

World Blood Donor Day 2023 – 14-06-2023

With the blessings of His Holiness Jagadguru Sri Shivarathri Rajendra Mahaswami and His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswami “World Blood Donor Day 2023” was organized by Blood Centre and Transfusion Medicine, Department of Pathology, JSS Medical College & Hospital, JSSAHER, Mysuru in association with JSS College of Nursing, on Wednesday the 14th of June 2023, 10.30 am at Sri Rajendra Centenary Auditorium, JSS Hospital, M G Road, Mysuru. Dr.Namratha R, Assistant Professor, Blood centre, Dept. of Pathology compered for the function and Dr.Vani K., Associate Professor, Dept. of Pathology invoked the blessings of the Almighty with a prayer. Dr.Pallavi P., Associate Professor and Chief Medical Officer JSS Blood Centre warmly welcomed the gathering and highlighted the importance of WBDD.

The function was inaugurated by the Chief guest Dr. K V Rajendra, I.A.S, Deputy Commissioner and District Magistrate, Mysore. Dr.C.G.Betsurmth, Executive Secretary, JSS Mahavidhyapeetha presided over the function. Dr.G.V.Manjunath, Deputy Director (Diagnostics), JSS Hospital, Dr.Sheela Devi S., Professor and HOD, Pathology, Smt.Ashwathy Devi M.K., Principal ,JSS College of Nursing and Dr.Pallavi P., Blood Bank Officer, JSS Hospital were on the dais. The chief guest Dr.K.V.Rajendra in his speech motivated the audience to donate blood and save lives. Dr.C.G.Betsurmth spoke about the importance and benefits of blood donation. The program highlighted the importance of World Blood Donor Day 2023 campaign "Give blood, give plasma, share life, share often".

A voluntary blood donation camp was organised and 90 donors participated in the camp.

INTERNATIONAL YOGA DAY (IYD) 2023 - 21-06-2023

“Yogas Chitta Vritti Nirodha”

-Patanjali



Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. This year, the theme for International Yoga Day 2023 was 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.'

Yoga is an ancient practice intended to enlighten the physical, mental, and emotional excellence of an individual. The theme aims to inspire the yoga community for global development. The theme has been selected after much deliberation and consultation, it appropriately portrays, how during the peak of the pandemic, yoga served humanity in alleviating human suffering.

In this connection with this, NSS unit, JSS Medical College, AHER, Mysuru conducted yoga session on 21st June 2023 in the auditorium between 6:45 am-7:30 am. Various types of “Yoga” postures, and pranayama technique was taught and demonstrated by yoga coach Ms. Jahnavi V Madhu, 4th semester M.Sc. and Ms. Monika D, 2nd semester. They were the students from the department of Yoga JSSAHER, Mysuru. The yoga session was involving the active participation of students and faculty members of JSS Medical College, Mysuru. The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru, Dr Vijaya Vageesh, Dept. of Physiology, and Mr. Srujan, Department of Yoga, AHER. The program was supervised and coordinated by NSS program officers, NSS unit, JSS Medical College, Mysuru.

NSS SPECIAL CAMP 2023, INAUGURATION CEREMONY REPORT, 20TH FEB 2023

NSS unit of JSS Medical College had organized an annual special camp from 20th to-26th of February 2023 at Someshwarapura Gram Panchayat limits, Varuna Hobli, T Narasipura Taluk, Mysuru district. Free health screening and treatment camp was organized as part of the NSS annual rural special health camp activities.

Special camp Inauguration Ceremony was conducted on 20/02/23 morning at 10:30 AM in Someshwarapura Gramapanchayiti office. Our esteemed chief guests and other guests were JSSMC A.O Mr. Satish Chandra, JSSMC Vice principal Dr. Praveen Kulkarni, JSS Dental College Principal Dr.Dakshayini, Dr.Anushree SM and Panchayat president Ms. Bhagya, Panchayat vice president Ms. Manjula, PDO Mr. Madappa were presided over the function.

- Anchoring of the ceremony was done by Mr. Nithin R, 3rd year JSSMC
- Invocation song by Ms. Vihitha, 3rd year JSSMC
- Welcome speech by Dr. Thippeswamy, JSS Dental College
- Introductory speech about NSS activities by Dr. M.V. Ravishankar, JSSMC
- Addressing the gathering was done by the chief guests, and other invitees of the programme as follows.
- JSSMC A.O Mr. Satish Chandra addressed the gathering by reiterating the importance of rural health camp and benefit of medical students' involvement in rural health camp in understanding the medical need of various strata of socioeconomical backward sections in the society.

- JSSMC, Vice Principal Dr. Praveen Kulkarni, addressed the gathering by sensitizing the student and public community about "MAKING HEALTH CARE A DEMAND, RATHER THAN A NEED".
- JSS Dental College Principal Dr. Dakshayini addressed that gathering by highlighting the importance of rural health services.
- NSS song by Swasthi, JSS Dental College
- Vote of thanks by Geetanjali Reddy, 3rd year JSSMC
- The ceremony was conducted under the guidance and coordination of the NSS officers Dr.M.V.Ravishankar, Dr.Manu.

NSS Special Health Camp Report – 20th to 26th Feb.2023

NSS Unit of JSS Medical College, Mysuru conducted special health camp from February 20th - 26th – 2023 at Someshwarapura Gram Panchayat limits, Varuna Hobli, T Narasipura Taluk, Mysuru district under Someshwarapura Gram Panchayat jurisdiction. The camp was conducted in one village each day.



It was conducted under the supervision of NSS Programme officer Dr.M.V.Ravishankar, and Dr.Manu G., Assistant NSS Programme officer from JSS Medical College, Mysuru. Faculty members from the Dept. of biochemistry Mr. Jadesh, Mr.Venkatesah, and Mr Ananth, coordinated the whole event.

The medical camp was conducted in Someshwarapura, Kambralli Matha, Basalli hundi, Kochana halli, Koodana halli, Makana Hundi.

A Team of doctors from department of general medicine, obstetrician & gynaecologist, and paediatrics and NSS volunteers among medical students from JSS medical college supported the entire camp. There were different counters for recording the blood pressure (BP), testing capillary blood glucose (Blood Sugar); and one pharmacy counter was set up to dispense free medicine for all the patients who were prescribed medication by the concerned doctors. About 963 patients benefitted from the services offered during the free medical health camp series; it mainly included many children, women, and old-age population.



Blood sugar (CBG) was tested in 180 patients, and free drugs were distributed to 643 patients.

NSS Camp-26.07.2023



SPOORTHY ladies wing of the builders' association of "Builder's Association of India" (BIA) has conducted a health check-up camp at Dattagalli, Mysuru. under the aegis of JSS Medical College, Academy of Higher Education and Research, NSS wing, Mysuru on the 26th of July 2022, held from morning 11 AM-4 PM.

The camp was conducted in the construction (apartment) site at Dattagalli, where the actual building construction work was in progress. The camp was headed by the NSS wing medical college, Mysuru, and conducted in coordination with the physicians from the department of community medicine, JSS medical college. The program was started with the initial remarks by the doctors, regarding basic awareness among the common people on the concepts of health, cleanliness, and security measures at the construction site. While addressing the female participants special remarks were passed on the importance of menstrual hygiene, and the nutrition, by the lady physician.

The health camp activity included general health checkups along with the distribution of free medicines for general complaints and minor health issues. For the major complaints, the necessary advice was given to approach the concerned physician/hospital. Along with the physical examination the blood pressure was measured in all the participants, and blood sugar levels were checked by using a glucometer. More than 70 construction workers including males, females, and children took benefit from the camp.

Dr. Saurish Hegde, Dr. Ravali, Dr. Sumanth Kaushik, Dr. Neha, and Dr. Niharika, were actively involved in patient checkups, treatment and health advice. The NSS wing officers Dr. M.V Ravishankar and Dr. Manu G coordinated the whole event.

Voting Awareness Programme for Students – 05-05-2023

“Somewhere inside of all of us is the Power to Change the World.”
- Roald Dahl, Matilda

An election is a way people can choose their candidate or their preferences in a representative democracy or other form of government. To support and sensitize this issue among the student fraternity, the NSS unit, JSS Medical College, Mysuru had organized a voting awareness programme for the students of JSS Medical College and AHER. The programme was held on 5th May 2023 between 2 PM-3 PM in Gallery 6, JSS Medical College, Mysuru. We have invited an eminent speaker, election process trainer, and master trainer of personality development, Mr.D.Parashivamurthy, Assistant



Professor Govt. first-grade college for women, Mysuru, to deliver a guest lecture on the topic “**Nothing Like Voting, I Vote for Sure.**” The speaker explicitly stressed the importance of voting as a responsible citizen of the country. He also clarified myths about voting, and the process of voting and unbiased election process to form a democratic government.

The programme was attended by more than 210 students, who belong to JSS Medical College, JSS School of Public Health, JSS College of Life Sciences, JSS College of Pharmacy and JSS Dental College. The whole event was coordinated by the NSS student volunteer Ms. Anushree Sreekumar and Ms. Ananya of third-year (3rd phase) MBBS students.

We would like to thank Principal JSS Medical College, Dr. Basavana Gowdappa H, Vice Principal Dr. Suma MN (preclinical), and Vice Principal Dr. Praveen Kulkarni (paraclinical) for their whole hearted support to conduct this event. We would like to convey our special thanks to Dr. Purohith JSS AHER, and Dr. Sunil Kumar D, Professor and Head of Community Medicine for their support in encouraging and facilitating the large number of students from various constituent colleges of JSS AHER, Mysuru. We also would like to thank all NSS programme coordinators for their support to make this programme a successful one.

MY LIFE AND MY CLEAN CITY – 01-06-2023

“Being Clean and Green is not just an Aspiration but an Action”

- Christine Pelosi

Mysuru City Corporation (MMC) took the initiative to clean Mysuru city and create awareness about the concept of a “Clean and Green City.” JSS Medical College, Mysuru, has been invited to take part in this cleanliness program. The event was organized under the aegis of Mysuru City Corporation (MMC) with the supervision of corporation medical officer Dr. D.G. Nagaraj. The sole agenda of the event was “MY LIFE AND MY CLEAN CITY.” The cleanliness drive was carried out on 1st June 2023 with the sole intention of plogging the nondegradable waste materials like plastic, fibre, metal, wax-coated disposables, etc. Thirty-one (31) NSS student volunteers from 1st year MBBS graduate students actively and enthusiastically participated in the event. The plogging activity was performed in the streets around the JSS medical college campus and Cauvery Nagar. The collected waste material was loaded into the waste carriage accompanying the participants. The program was coordinated by Ms. Tejaswini S.P. health inspector city corporation, Mysuru.



The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru. The program was supervised and coordinated by NSS program officers NSS unit, JSS Medical College, Mysuru.

NSS Volunteers JSS Medical College, Mysuru, Plogging activity by volunteers, Street cleaning, Plogging activity by volunteers

World Suicide Prevention Day – 12-09-2022

School of public health & Department of clinical psychiatry, JSS Medical College, JSS AHER observed world suicide prevention day on the 12th of September 2022, Monday. Students of MPH and the psychiatry department with all teaching and non-teaching staff were present for the observational activities. "Creating Hope Through Action" is the triennial theme that started in 2021.

OBSERVATIONAL ACTIVITIES

The event started with a prayer recited by 2nd semester MPH students. Then Dr. Minu Maria Rose, a student of the 2nd semester MPH, introduced the prevalence and awareness of suicidal activities among the population.

AWARENESS ACTIVITIES

The MPH students performed a skit to spread awareness about suicide prevention. The performance was based on the theme of "Say it right- Power to Heal, Power to Hurt." which is based on the importance of using the right communication to prevent any suicidal activities in the community. Then Mr. Ritvik S. Kashyap- Assistant professor of clinical psychiatry gave an awareness speech on suicide prevalence and trends among the population and myths related to the condition. He also discussed how to help people who are having suicidal thoughts or suffering from any mental conditions.

Then the students took part in competitions such as Slogan writing, quiz, and IEC making. The event concluded with the felicitation of winners and thanking of the organizers, audience, chief guests, teaching, and non-teaching staff.



INTERNATIONAL DAY FOR DISABLED PERSONS 2022 – 03-12-2022

JSS School of Public Health observed International Day for Disabled person on 3rd December 2022 under the theme "Transformative solution for inclusive development: the role of innovation in fueling an accessible and equitable world. The programme was conducted by Group 2 of the 1st and 3rd Semester of MPH.

The programme started with a small introductory speech by Dr Raghavi and Dr Aasweeja followed by a skit presented by the students of 1st semester MPH on spreading awareness on disability. This was followed by a briefing by Mr Kishore about the various schemes available under the Government of India for the well-being of disabled people. Chief Co-Ordinator of MPH Dr Anil S Bilimale also shared his experiences on this occasion. Dr Hemalatha and Dr Urvi of 3rd Semester MPH who had close experiences of working with the specially-abled also shared their words and then the session was concluded.



Guest lecture on Meditation – 13-06-2023

The department of Physiology conducted a guest lecture on meditation on 13th June 2023 between 9.00 to 11.00 am in view of celebration of international meditation day. The Resource person was Yoga Guru Dr. K Raghavendra Pai- Secretary of Sri Veda Vyasa Yoga Pratishthana, Mysuru. He was welcomed by Professor & Head Dr.Rajeshwari L.

Dr.Pai described about the five Koshas of our existence and explained in detail about meditative practices. He elaborated on the procedures of “karna chaithanya” and “yogic walk” with practical demonstrations. Students were motivated to practice these brief and simple practices. 250 First year MBBS students and more than 50 staff were delighted and actively participated. These sessions were lively and energetic creating positive vibrations. Very positive feedback was received from students. This was followed by honouring the guest speaker by Administrative Officer Sri S R Satish Chandra and Vice Principal (Para clinical)- Dr.Praveen Kulkarni. Programme concluded with vote of thanks by Professor Dr.Sudha Sreenivas.



INTERNS ORIENTATION PROGRAM 2022-23 (Supplementary batch) (25/08/22)

The Medical Education Unit conducted one day Orientation Programme for Interns of Supplementary Batch of 2021-22 on 25th August 2022 from 09.30 AM to 11.00 AM at Lecture Hall No-02, Ground Floor, JSS Hospital, Mysore.

Dr. Shilpa C, Member of Medical Education Unit, welcomed the dignitaries and the participants. This was followed by address by Dr. H. Basavanagowdappa, Principal, JSS Medical College. He advised the new resident doctors to make best use of the resources available at the Hospital for their academic activities. Dr. GV Manjunath, Vice Principal (Clinicals) and Deputy Director, JSS Medical College addressed the interns and spoke about discipline and dedication. Dr Arun M Convener of Medical Education Unit addressed the interns and useful information.

Dr Nithin K B spoke on duties and responsibilities of interns, spoke about practical issues faced during internship. Dr. Shwethashree M spoke on Introduction to Community Medicine Postings. Dr. Shivanand Manohar J spoke on communication skills.



REPORT ON INDUCTION PROGRAM FOR MBBS STUDENTS OF 2022-23 BATCH

Medical education unit of JSS Medical College has organized induction programme for the MBBS students of 2022-23 batch on 28th of November 2022 at Sri Rajendra auditorium, JSS Medical College, Mysuru. Dr Suma M N, Vice Principal JSS Medical College, Dean Faculty of Biomedical sciences, formally welcomed the dignitaries.

Dr. Surinder Singh, Vice chancellor of JSSAHER, released the Academic calendar and Dr.Sudeendra Bhat, Controller of examinations released the book “One thing I would like to tell you” which is conceptualised entirely by students of JSS Medical college. Dr H Basavanagowdappa, Principal JSS Medical college released the book “Textbook of Histology” by IB Singh 10th Edition, Revised and edited by Dr.Pushpalatha K, Professor and Head and Dr Deepa Bhat Associate Professor, Department of Anatomy, JSS Medical college.

Maharshi Charak Shapath was administered to the students by Dr.Sunil Kumar D, Professor and Head Department of Community Medicine.

Dr. H. Basavana Gowdappa, congratulated students and their proud parents. He gave an overall outline of CBME curriculum. Dr Sudeendra Bhat, spoke about the importance of exams and assessments to students. Dr Surinder Singh, Vice Chancellor of JSSAHER, addressed the students and emphasized on the key roles played by the competent physician in the society. Dr Vijaya Vageesh Y, Associate Professor Department of Physiology delivered the Vote of Thanks.

Dr.Prashant S, Deputy Director of Academics, JSSAHER gave an overview of JSSAHER. Dr Praveen Kulkarni Vice Principal (Paraclinical), gave an overview of JSS Medical college and Dr Manthappa M Vice Principal (Clinical), provided overview of JSS Hospital.

Students were given an overview on the CBME curriculum by Dr.Pushpalatha K. She re emphasised about attendance, eligibility, number of attempts for passing each phase.

This was followed by a talk on Examination pattern and the passing criteria by Dr.Renuka M, Deputy Controller of Examination, JSSAHER. Dr Nayanabai Shabadi, Asst. Professor of Community Medicine gave an introduction about the family adoption program. Dr Rajalakshmi R, Professor and Head Department of Physiology presented about mentorship program and the roles and responsibilities of mentees and mentors. All the teaching faculties of were introduced to the students and their parents, by respective Head of the departments.

Dr Shreyans Darla who completed MBBS BATCH 2016, from JSS Medical college briefed regarding the college, course and shared his experiences. The program ended with high tea.





REPORT ON FOUNDATION PROGRAM FOR MBBS STUDENTS OF 2022-23 BATCH FROM 29.11.2022 to 10.12.2022

The Medical Education Unit has conducted Foundation Course for 1st year MBBS Students of JSS Medical College from 29th November 2022 to 10th December 2022. Eminent resource faculty from within and outside the institution took sessions on the areas as prescribed by National Medical Commission. The topics covered in the course were, ragging and its consequences, gender harassment and its consequences, history of medicine, principles of primary health care, traffic rules and road safety, basics of Kannada language, Patient safety and biohazard safety, time management, stress management, positive attitudes, first aid, Physician's Role in Society, 'Concept of Biosafety – Handling Biowaste / Biomaterial Management', National Health Policies, Universal Precautions & Vaccinations & Immunization requirements of health care professionals, Universal Precautions, Medical ethics, Ethics and Morality, Research in Undergraduates, Reflective Writing, Professionalism and Attitude, Yoga and Life style, Introduction to medical humanities, History of outbreaks, epidemics and pandemics, basic life support, Infection control practices, introduction to JSSU online portal.

The students showed great amount of involvement in all the sessions and gave positive feedback about the conduct of all the sessions.





WHITE COAT CEREMONY FOR MBBS STUDENTS OF 2022-23 BATCH (10/12/2022)

White coat ceremony for the first year MBBS students was conducted on 10th of December 2022 at, Gallery-6, JSS Medical College, Mysuru. Dr Suma M N, Vice Principal (Preclinical) and Dean Faculty of Biomedical Sciences, in her opening remarks described the importance of White coat ceremony. Dr. Praveen Kulkarni, Vice Principal (Paraclinical) described the etiquettes of white coat and professional tips. This was followed by formal ceremony where the students were made to wear the white coat by senior faculty of JSS Medical College. Dr. Manthappa M, Vice Principal (Clinical) administered white coat oath to the students. Dr. Vijaya Vageesh, Associate Professor, Dept of Physiology and coordinator of white coat ceremony proposed the vote of thanks.



National Service Scheme (NSS) Report

WORLD BLOOD DONORS DAY 2022 – 11-06-2022

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood. Every year, a new slogan / theme is associated with WBDD to encourage blood donors. "Give blood and keep the world beating" was the slogan for WBDD 2021. For 2022, "**Blood donation is an act of solidarity. Join the effort and save lives**" is the slogan for WBDD. World Blood Donor Day is celebrated on the 14th of June every year. This day focuses on drawing attention to the importance of donating blood. It was first initiated in 2004 by the World Health Organisation (WHO).

In accordance to this, the NSS Unit of JSS Medical College, Mysuru, jointly with Blood Bank, JSS Hospital Mysuru organized the World Blood Donors Day 2022 on 11th June 2022 in the Physiology Practical Lab. The programme was inaugurated by Dr Basavana Gowdappa, Principal, JSSMC. Dr Suma M N, Vice Principal, Dr Pallavi, Medical Officer, JSS Blood Bank, Dr Vijaya B, HOD of Pathology and Dr Krishna K L, NSS Coordinator, JSSAHER, Mr Satish Chandra, Administrative Officer, JSSMC were present in the program. More than 100 students participated in the blood drive and 63 donated their blood.

The programme was conducted in the honored presence Dr. Ravishankar M V (NSS Programme Officer, JSS Medical College) and Dr. Manu G (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs.





Blood Donation by Donors

NSS Health Camp Report

“SPOORTHY” ladies wing of the builders’ association of “**Builder’s Association of India**” (BIA) has conducted a health check-up camp at Dattagalli, Mysuru. under the aegis of JSS Medical College, Academy of Higher Education and Research, NSS wing, Mysuru on the 26th of July 2022, held from morning 11 AM-4 PM. The camp was conducted in the construction (apartment) site at Dattagalli, where the actual building construction work was in progress. The camp was headed by the NSS wing medical college, Mysuru, and conducted in coordination with the physicians from the department of community medicine, JSS medical college. The program was started with the initial remarks by the doctors, regarding basic awareness among the common people on the concepts of health, cleanliness, and security measures at the construction site. While addressing the female participants special remarks were passed on the importance of menstrual hygiene, and the nutrition, by the lady physician.

The health camp activity included general health checkups along with the distribution of free medicines for general complaints and minor health issues. For the major complaints, the necessary advice was given to approach the concerned physician/hospital. Along with the physical examination the blood pressure was measured in all the participants, and blood sugar levels were checked by using a glucometer. More than 70 construction workers including males, females, and children took benefit from the camp.

Dr. Saurish Hegde, Dr. Ravali, Dr. Sumanth Kaushik, Dr. Neha, and Dr. Niharika, were actively involved in patient checkups, treatment and health advice. The NSS wing officers Dr. M.V Ravishankar and Dr. Manu G coordinated the whole event.

PHOTOS OF HEALTH CHECKUP CAMP





Patient examination during the camp

NSS Special Health Camp Report NSS Unit, JSS Medical College, Mysuru February 20th - 26th - 2023

NSS unit of JSS Medical College had organized an annual special camp from 20th to-26th of February 2023 at Someshwarapura Gram Panchayat limits, Varuna Hobli, T Narasipura Taluk, Mysuru district. Free health screening and treatment camp was conducted as part of the NSS annual special camp. The camp was organized and supported by JSS Medical College, AHER Mysuru. It was conducted under the supervision of NSS Programme officer Dr. MV Ravishankar, and Dr. Manu G., Assistant NSS Programme officer from JSS Medical College, Mysuru. All our activities are guided and directed by the principal Dr. H. Basavanagowdappa and vice-principal Dr. Suma M.N. JSS medical College, Mysuru. Faculty members from the Dept. of biochemistry Mr. Jadesh, Mr. Venkatesah, and Mr Ananth, coordinated the whole event. The medical camp was conducted in Someshwarapura, Kambralli Matha, Basalli hundi, Kochana halli, Koodana halli, Makana Hundi. Coming under Someshwarapura Gram Panchayat jurisdiction. The camp was conducted in one village each day.

The medical health camp team had involved MBBS students of JSS Medical College, Mysuru. Services were offered by specialist from the department of general medicine, obstetrician & gynaecologist, and paediatrics from JSS Hospital and Research Centre, Mysuru. All these volunteers catering their services in different medical counters, were including screening, patient check-up, counselling, etc. There were different counters for recording the blood pressure (BP), testing capillary blood glucose (Blood Sugar); and one pharmacy counter was set up to dispense free medicine for all the patients who were prescribed medication by the concerned doctors. About 963 patients benefitted from the services offered during the free medical health camp series; it mainly included many children, women, and old-age population. Blood sugar (CBG) was tested in 180 patients, and free drugs were

distributed to 643 patients. All these adjuvant services along with the patient registration counter were effectively managed by 25 NSS volunteer medical students, who were actively, responsibly, and tirelessly involved in assisting these counters for all 7 days throughout the conduct of the camp.

Along with this, the students took an initiative to spread the awareness about the important issues like nutrition and its values, social hygiene, personal hygiene, etc. A small group of students went door to door, covering most of the houses of the village to create awareness and impart knowledge to the families through posters, flyers, etc. Students discussed with the villagers to ascertain various myths and truths. Students visited different schools to spread awareness on health, hygiene and nutrition and its values. The residents of the village and school students were extremely receptive to the information being given to them. Overall, the camp turned out to be a fruitful learning experience for all the volunteers. It helped the medical students contribute their little part towards the objective of "**making health care a demand, rather than a need**", as rightly said by our respected Vice Principal, Dr. Praveen Kulkarni, JSS Medical College, Mysuru.

Registration Counter



Patient Examination



Screening the patients



School visit and screening the students



Interaction with students
Awareness about “Hygiene”



Awareness about “Nutrition”
Health awareness talk

JSS MEDICAL COLLEGE

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HOLISTIC WELLNESS PROGRAM FOR UG STUDENTS

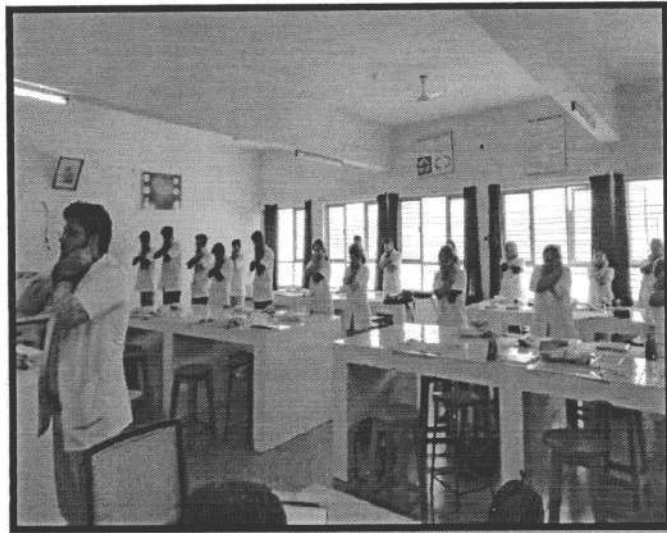
JSS DENTAL COLLEGE AND HOSPITAL, JSS ACADEMY OF HIGHER EDUCATION AND RESEARCH, MYSURU

Program report-22-23

Holistic wellness program in association with Mysore Yoga Prana Vidya 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 2021-22 commenced from 26th August 2022. 89 students were the beneficiaries. At the end of the program the students were awarded with course completion certificates.



Students performing Yoga

S.M.

Principal
Principal

JSS Dental College & Hospital,
Mysuru-570 015

**JSS Academy of Higher Education & Research,
Mysuru**

(Deemed to be University)

JSS College of Pharmacy

Sri Shivarathreeshwara Nagara, Mysore-570 015

Training & Placement Cell

1. SKILL DEVELOPMENT PROGRAM 2022-23 BATCH: A Report

The Soft Skill Development Program (SDP) conducted from 17th August 2022 to April 2023 for 35 hours. The program aimed to equip the Ist M.Pharm students with essential soft skills such as Communication and Behavioural Skill. A total of 113 students from 10 different M.Pharm Programs participated in SDP.

Introduction

Soft Skills Development Program is crucial for M.Pharm students as they prepare for the workforce and academic research. These skills complement academic knowledge and are essential for career advancement and effective collaboration. Our institution recognized this need and initiated the Soft Skill Development Program to empower M.Pharm students with these vital skills.

Objectives

The primary objectives of the Soft Skill Development Program were as follows:

1. **Communication Skills:** Improve employees' ability to communicate effectively both verbally and in writing.
2. **Foster Teamwork and Collaboration:** to improve interpersonal, regulatory and task-related skills and abilities that ensure students good performance in academic and professional settings.

Program Activities

The Soft Skill Development Program included a variety of activities and initiatives to address the stated objectives. These activities were conducted through workshops, training sessions, and one-on-one coaching sessions. The SDP module and topics covered are as follows;

Skill Development Program Learning Module

Module	Topics	Duration (Hours)
Communication & Conversational Skills (Present to Impact)	Listening Skills	04
	Body Language	04
	Writing Skills	04
	Presentation Skills	04
Behavioural Skills (Attitude Determines Altitude)	Positive thinking	04
	Team skills	05
	Time management	04
	Assertiveness	05
TOTAL		34

1. **Communication Workshops:** These workshops focused on improving both written and verbal communication skills, including active listening, effective email communication, and delivering persuasive presentations.
2. **Behavioural Skills(Attitude Determines Altitude):** The Students demonstrated improved collaboration, leading to more productive group projects and a stronger sense of community within the program. Various situation based activities were conducted to assess the time management, positive thinking and assertiveness of the students.

Outcomes

The Soft Skill Development Program for postgraduate students achieved several notable outcomes:

1. **Improved Communication Skills:** Participants reported increased confidence in their communication abilities, which translated into better academic presentations and research papers.
2. **Enhanced Teamwork:** Students demonstrated improved collaboration, leading to more productive group projects and a stronger sense of community within the program.
3. **Leadership Development:** Many students exhibited growth in leadership qualities, with some taking on leadership roles within student organizations and research teams.
4. **Greater Adaptability:** Participants displayed increased resilience and adaptability when facing complex academic challenges and changes in research objectives.
5. **Enhanced Problem-Solving:** Students applied problem-solving techniques learned in the program to their research projects, leading to more innovative and effective solutions.

Conclusion

The Soft Skill Development Program for M.Pharm students has proven to be a valuable investment in preparing the next generation of scholars and professionals. The program's positive outcomes in communication, teamwork, leadership, assertive, and Presentation skills demonstrate its effectiveness. It can be concluded that our institution can continue to provide students with a competitive advantage as they pursue their academic and career goals as well as their holistic growth.



**Team
Work**



Presentation Skills



2. Language and communication skill development

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH

JSS College of Pharmacy

Sri Shivarathreeshwara Nagara, Mysuru – 570 015

Language and communication skill development

Spanish language class was started at JSS College of Pharmacy, Mysuru for the benefit of students. We believe in providing our students with a well-rounded education that prepares them for a global healthcare environment. Hence Spanish classes were introduced from 2022 for our pharmacy students!

The Spanish class is designed to help students develop language skills that will be invaluable in their future pharmacy careers. Learning Spanish opens up doors to better communication and understanding with Spanish-speaking patients, colleagues, and healthcare professionals worldwide.

During the Spanish class, students will be immersed in a dynamic and interactive learning environment. Our experienced language instructors will guide them through vocabulary, grammar, and conversational exercises, ensuring that they develop a solid foundation in the language.

We understand that language learning can be challenging, but rest assured, our supportive faculty and resources will be available to assist students every step of the way. Through a combination of classroom instruction, multimedia tools, and real-life scenarios, students will gain practical skills that can be immediately applied in their future pharmacy practice.

By offering Spanish classes, we aim to empower our pharmacy students to become well-rounded healthcare professionals who can provide culturally sensitive care to diverse patient populations. This unique opportunity will not only enhance their language skills but also deepen their understanding and appreciation for different cultures.

We are delighted to witness our students grow and thrive as they embrace the Spanish language and its impact on their pharmacy careers. Together, we can bridge language barriers and shape a more inclusive healthcare system.

Report: Orientation of Spanish Class by Mr. Chacko J. Thattil held on 13-08-2022

As part of the orientation programme for the freshers of B.Pharm and Pharm D , a session was held with regard to the launch of Foreign Language Classes at Rajendra auditorium in JSS College of Pharmacy, Mysuru. Spanish language was selected for the implementation and in this regard a subject matter expert in the field Mr. Chacko J. Thattil who is currently working in School of Foreign Languages at Mysore University as Assistant Professor (Spanish) was invited. Mr. Chacko briefed the students regarding Spanish language and the importance of learning it in the global setup. An insight was given to the students regarding the use of Spanish as a secondary language across continents and its interrelation with the current pharma industry. The expanding Indian Pharmaceutical industries which are now venturing in to Latin American countries and Europe would prefer candidates from the pharma background with an added advantage of Spanish language which is a boost to the career growth. Also, he briefed about the rich cultural and literary aspects of Spanish language which shall enhance one's perspectives of a foreign culture.



Mr. Chacko J. Thattil

3. Yoga and wellness

JSS Academy of Higher Education & Research, Mysuru
JSS College of Pharmacy
Sri Shivarathreeswara Nagara, Mysore-570015

Yoga and Wellness

RETREAT FOR PHARMACY

Organised by: JSS Mahavidhyapeetha, Sri Shivarathreeswara Endowment Trust, Mysuru.

Date: 3-5th May 2023

Venue: Jagadguru Sri Veerasimhasana Mahasamsthana Mutt, Suttur Srikshetra, Nanjungud Taluk, Mysuru District

All students and staff did woke up at 5:15AM in the morning & assemble for mass prayer at 6:00AM in the morning & at 7:00PM in the evening for all the three days.

The mass prayer in the morning was followed by a Yoga, conducted by JSS Lalitha Kala Team and followed by yoga, from Sri. Patanjali Yoga Shikshana Samithi, Mysore. The yoga team explained the participants about the importance of Yoga, the origin of Yoga and demonstrated Warm-up exercises and few asanas. All the students were made to perform various asanas, warm-up exercises like Vajrasana, Bhujangasana, Trikonasana, Makarasana, Chakrasana, Halasana, Vrikshasana etc. The team also explained about pranayama, Kapalhati and Brahmari.

Dr. Shivaraj Patil Chief Medical Officer, SDM Yoga & Naturopathy Centre, Udupi has participated in the yoga session and demonstrated few asanas to make students to understand the theoretical aspects.

Students and all faculty members participate and perform yoga during International Yoga Day.

Dr. Arun Kumar TR founder and chief medical officer at Shri padmavathi ayush integrated Brain and spine care clinic Ramanagara, has delivered a talk on “**Yoga and Naturopathic System**” on 3rd May 2023, he focused mainly on how yoga and naturopathy helps in curing the various diseases and disorders.

Induction Programme

During Induction programme for newly admitted students for B. Pharm, Pharm D., and M. Pharm Students an eminent resource person Dr. Pai was invited, he delivered an enlightening talk on the topic "Yoga and Study Technique," sharing valuable insights on how

incorporating yoga practices can enhance study techniques and overall academic performance.

Following Dr. Pai's impactful presentation, the speaker was felicitated by the organizers, expressing gratitude for his valuable contribution to the event. The felicitation ceremony acknowledged Dr. Pai's expertise and appreciation for sharing his knowledge with the audience.



Resilience

The next session featured Dr. Shivananda Manohar, who delivered an insightful talk on the topic of "How to Overcome Bad Lifestyle Habits in the Present Scenario." Dr. Anand Kumar Tengli had the honor of introducing and felicitating Dr. Manohar.

During his session, Dr. Manohar shared valuable strategies and practical advice on how to overcome detrimental lifestyle habits that have become increasingly prevalent in today's society. He addressed the challenges posed by sedentary lifestyles, unhealthy eating habits, stress, and other factors affecting overall well-being.



5. Human Value development:



JSS Academy of Higher Education & Research
JSS College of Pharmacy, Mysuru
Department of Pharmacy Practice

Report on Webinar on ‘Gender Equality in the Current Era - Importance and Impact on Social Transformation’

Department of Pharmacy Practice, JSS College of Pharmacy (JSSCP), Mysuru organized a Webinar on the topic “**Gender Equality in the Current Era - Importance and Impact on Social Transformation**” on 6th May 2022 as part of Sustainable Development Goal (SDG) 5 for the benefit of students and staff of JSS College of Pharmacy, JSS AHER, Mysuru. The speaker of the webinar was **Dr Archana Gadekar**, Associate Professor, Faculty of Law, The Maharaja Sayajirao University of Baroda, Vadodara. The webinar was organized with an objective to orient audience on gender equality and how it impacts on the social transformation. **Dr Acsah Annie Paul**, Lecturer, Department of Pharmacy Practice welcomed the gathering. **Dr T M Pramod Kumar**, Principal, JSS College of Pharmacy, JSS AHER, Mysuru delivered his opening remarks. In his address, he highlighted on how women have evolved as entrepreneurs and global leaders in recent times, and he emphasised that the practice of respecting women should start from oneself.



Dr. T. M. Pramod Kumar delivering the opening remarks

Dr. Archana Gadekar, the speaker of the webinar highlighted the importance of gender equality in the current era. During her talk, she gave an insight into the laws and regulations implemented to protect gender equality. Further, she discussed on the issues of gender inequality and also the importance of the gender equality in transforming the society. Also, she touched upon the existence of inequality in the present world.



Dr Archana Gadekar during her lecture

Dr Archana concluded her speech by emphasizing on how to overcome the issues of gender inequality, and how critical the Sustainable Development Goal (SDG) 5 is and the role each one has to play in achieving gender equality. Around 100 participants attended and benefited from the webinar.



Dr Archana Gadekar during her lecture

The following students have been Attended Soft skills 2022 – 23

B. Pharm

Sl. No.	Name of the Student	Reg. No.
1	AAYUSH AJIT SANAGAR	22P01001
2	ABHINAV TRIPATHY	22P01002
3	ADIL SADIQUE	22P01003
4	AJMEER DEHUTI	22P01004
5	ALEX P JAISON	22P01005
6	ANAMIKA K	22P01006
7	ANEESH SABANIS	22P01007
8	ANIRUDH RAMESHWARAM	22P01008
9	ANVITHA PRAVEEN	22P01009
10	ARINDOM PATAR	22P01010
11	ARUNKUMAR V	22P01011
12	ASHITHA.M	22P01012
13	ATISHAY GUPTA	22P01013
14	BHARATH N N	22P01014
15	BLESSY XAVIER	22P01015
16	CHANDAN. S	22P01016
17	CHINCHOLI VAISHNAVI VIRESH	22P01017
18	DRUVARAJ M R	22P01018
19	EDALA PRANEETH ADITHYA	22P01019
20	FARHEEN TAJ	22P01020
21	FIZA FATHIMA	22P01021
22	GAGAN T A	22P01022
23	GOWDA PRASHAN SHYAM	22P01023
24	GOWDA SANJANA NAGRAJ	22P01024
25	GOWTHAM BABU N	22P01025
26	HAMSA H C	22P01026
27	HAMSASHREE. G N	22P01027
28	HARINI V	22P01028

29	HARSHITH.S.A	22P01029
30	JANICE EVANJALINE A	22P01030
31	JEETHENDAR SEERVI	22P01031
32	JEEVAN J	22P01032
33	JOICE MERY T	22P01033
34	JONISHA SHALINI.N	22P01034
35	KANDARP PANERI	22P01035
36	KEERTHANA.S	22P01036
37	KUMAR ASHUTOSH	22P01037
38	LATIKA PANDEY	22P01038
39	M N MURALIMOHAN	22P01039
40	MAHATEJAS S	22P01040
41	MAHESH DINESH AGARWAL	22P01041
42	MAHESHWARI.B	22P01042
43	MANASI SARAVANAN	22P01043
44	MANASWINI P B	22P01044
45	MANDALAPU REYNA	22P01045
46	MANIKANDAN.S	22P01046
47	MARIO RODESCHINI.P	22P01047
48	MD MAROOF	22P01048
49	MEGHANA VP	22P01049
50	MEHRAN KHAN	22P01050
51	MISBA M	22P01051
52	MITHUN. R	22P01052
53	MOHAMMED SHAHAL K	22P01053
54	MONISH R	22P01054
55	MONISHA G.S	22P01055
56	MUBARAKKUL SHABID KM	22P01056
57	MUHAMMED FADHIL KHAN ASHRAF	22P01057
58	MUHAMMED SADIQ	22P01058
59	MURE GIREESH REDDY	22P01059
60	MYTHRY REDDY KANDLAGUNTA	22P01060
61	NABIL ADNAN	22P01061

62	NAMAN SHARMA	22P01062
63	NANDITH K S	22P01063
64	NITHIN KUMAR A. L	22P01064
65	P M PREETH	22P01065
66	PAVAN KULKARNI	22P01066
67	POKURI GANESH	22P01067
68	PRAVEEN B.S	22P01068
69	PRAVEEN V	22P01069
70	PRIYA CHOUDHARY	22P01070
71	R AKHELESH	22P01071
72	AVANTHIKA R	22P01072
73	RAGHAVENDRA. H.M.	22P01073
74	RAHUL K	22P01074
75	RAJATH N.G	22P01075
76	RANNA M	22P01076
77	RENITA D'SOUZA	22P01077
78	ROHAN RAMKUMAR	22P01078
79	C ROHINI	22P01079
80	ROSHAN PRADHAN	22P01080
81	SAIMA MARIYAM	22P01081
82	SAKSHAM KESAR	22P01082
83	SAMARTH GURURAJ GUNDAGI	22P01083
84	SANIYA MEHTA	22P01084
85	SATHWIKA N K	22P01085
86	SAYAN DAS	22P01086
87	SAYANTH P	22P01087
88	SHAURYAVARDHAN SINGH	22P01088
89	SHIVANANDA B M	22P01089
90	SINCHANA MS	22P01090
91	SOORAJ SURESH	22P01091
92	SPOORTHI.C.S	22P01092
93	SURAJ S	22P01093
94	SURENDHAR SINGH P	22P01094

95	SUSHMA R	22P01095
96	TANISHA PANDITA	22P01096
97	THANUSHREE.V.V.	22P01097
98	TUYISHIME HERI NTOKE	22P01098
99	VASUNDHARA KONDAVEETI	22P01099
100	VEMULAPALLI NAGAHARINI	22P01100
101	VUYYURU NAGA TEJASWI	22P01101
102	YASH JAIN	22P01102
103	YASHWANTH S GOWDA	22P01103
104	Bhoomika	
105	Irudaya Mary	
106	Junaid Pasha A J	
107	Meghana V	
108	Preksha S	
109	Rohith N	
110	Shilpa Purohith	
111	Vishal V K	
112	Shasank	
113	Tisha	



**The following students have been Attended Soft skills 2022 – 23
Pharm D.**

Sl. No.	Name of the Student	Reg. No.
1	ABBY P JOHN	22P02301
2	ADITYA NISHIL	22P02302
3	AFSHIN SHAHINA KODIAMMAL ASIFALI	22P02303
4	AISWARYA MANJU	22P02304
5	AMNA BAI J	22P02305
6	ARUNDHATHI.V	22P02306
7	C.PREENA	22P02307
8	CHINMYE. M	22P02308
9	DESHMUKH YASH SACHIN	22P02309
10	ESHVEEN KOUR SODHI	22P02310
11	GANTA BHASKAR PRAVEEN	22P02311
12	ASHMITAA J	22P02312
13	JANANI VENKATARAMAN	22P02313
14	JEWEL GRACE SANTHOSH	22P02314
15	JYODHIS KUTTYAMMA BABY	22P02315
16	K H RITULAKSHMI	22P02316
17	K. RESHMA RITHIK	22P02317
18	KAVIYAA M	22P02318
19	KEERTHANA. M	22P02319
20	MAHIMA H KRISHNA	22P02320
21	MIRUDHULA N	22P02321
22	NITHIN G GHORPADE	22P02322
23	POORNACHANDRA K L	22P02323
24	S GOPIKA	22P02324
25	SAILAVANYA BEZAWADA	22P02325
26	SERA STANLY PHILIP	22P02326
27	SHRAVYA A H	22P02327
28	SREDHA MARIA TOM	22P02328
29	SREE JAGATARINI.L	22P02329
30	HARISH RAM V R	22P02330



JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS College of Pharmacy
Sri Shivarathreeswara Nagara, Mysuru – 570 015

The following students have been Attended Soft skills 2022 – 23
M. Pharm

Sl. No.	Name of the Student	Reg. No.
1.	ADITI DASH	22P08001
2.	AKASH S	22P08002
3.	ARJUN D S	22P08003
4.	ATLURI HEMANTH	22P08004
5.	BHUMIKA PRASAD SATAM	22P08005
6.	CHITHRA R	22P08006
7.	DEBARATI KAR	22P08007
8.	HARISH RAMANAGOWDA PATIL	22P08008
9.	KAVYASHREE R	22P08009
10.	MEGHANA T S	22P08010
11.	NITHEESH T	22P08011
12.	PURNIMA SINHA	22P08012
13.	SATHVEEKA NARAYANAN	22P08013
14.	SHIVADARSHAN J	22P08014
15.	VANSJALIYA JAYKUMAR JAYANTILAL	22P08015
16.	ABHISHEK KUMAR DEV	22P04001
17.	ABINESH MS	22P04002
18.	ANISH KUMAR A	22P04003
19.	S ARCHANA	22P04004
20.	ARPIT MISHRA	22P04005
21.	BALABHADRA PHANI VSSK BHASKAR VINAY	22P04006
22.	GOKUL S	22P04007
23.	KHATER ABHISHEK DHANYAKUMAR	22P04008
24.	LOKANANDA	22P04009

25.	MAHADEVA SWAMY S	22P04010
26.	NISHA SHARMA	22P04011
27.	PAYAL PATTNAIK	22P04012
28.	RITAMA BHAR	22P04013
29.	RUTUJA HARISHCHANDRA YADAV	22P04014
30.	SHIVAPRASAD G D	22P04015
31.	BALASUBRAMANYA P K	22P14001
32.	BHOOPATHI S	22P14002
33.	BHUMIKA N M	22P14003
34.	CHANDANA A N	22P14004
35.	GUNASEELAN J	22P14005
36.	JIGO SHAJI VARUGHESE	22P14006
37.	KRUTHIKA R K	22P14007
38.	MEGHNA U BAIRI	22P14008
39.	NARESH NARAYANAN T	22P14009
40.	NAYANA SAJI	22P14010
41.	RANNA G C	22P14011
42.	ROOPASHREE G L	22P14012
43.	S N CHETHAN	22P14013
44.	S. AMESHA	22P14014
45.	SURJONARAYAN MOTILAL	22P14015
46.	BALASUBRAMANYA P K	22P14001
47.	ANANTHU A	22P13001
48.	B J TANMAYI	22P13002
49.	CHOUDHARI BHARTI SHESHARAM	22P13003
50.	G. HEMAVATHI	22P13004
51.	KATRAGADDA NIRMALA	22P13005
52.	MAHESH K	22P13006
53.	MUSKAN	22P13007
54.	NAIK SHRUJAL NANI	22P13008
55.	NUPUR CHOUDHARY	22P13009

56.	PATIL VAISHNAVI CHIDANAND	22P13010
57.	POOJA S	22P13011
58.	PRATHEEK V	22P13012
59.	SHREYA U G	22P13013
60.	SMITHA H SESHADRI	22P13014
61.	VARUN M S	22P13015
62.	ANJANI KUMARI	22P10001
63.	DIVYA D	22P10002
64.	LENISHA ASHLYN SEQUEIRA	22P10003
65.	LINGA GOWTHAM	22P10004
66.	MANASA RENU SRIVALLI CHATTU	22P10005
67.	MOHINI YADAV MILMILE	22P10006
68.	PRUTHVI.R	22P10007
69.	RAHUL K R	22P10008
70.	REDDI SREE R	22P10009
71.	S M PRAKRUTHI	22P10010
72.	SNEHA G	22P10011
73.	SOLANKI DEEPAK VINODKUMAR	22P10012
74.	SOMANNA MANALI MUKESH	22P10013
75.	THUMMURU EKSHITA SAI	22P10014
76.	UJWAL REDDY P	22P10015
77.	AISHWARYA PATTANSHETTY	22P05001
78.	AMBATI DILEEP KRISHNA	22P05002
79.	ARJITA MUKHERJEE	22P05003
80.	BEEMANI SREE VEENA	22P05004
81.	GOLLAPALLE THIRUMALESH YADAV	22P05005
82.	MUTTAVARAPU ROHIT CHANDRA	22P05006
83.	NALAMOTHU.SURENDRA CHOWDARY	22P05007
84.	PATTALUCHETTY P	22P05008
85.	PRAJWAL B N	22P05009
86.	REGAN ROBY	22P05010

87.	SALADULA HIMA	22P05011
88.	SNEHA MANDAL	22P05012
89.	SUDIP PAL	22P05013
90.	SUMEDHA KUNDU	22P05014
91.	VIPUL CHANDAN P S	22P05015
92.	ABHIMANYU AWASTHI	22P07001
93.	ACHAL RAJESH YAWALKAR	22P07002
94.	ATYAM SAI MADHU PRASANTH	22P07003
95.	HIMANI K S	22P07004
96.	PATEL NIKITA SWATANTRABHAI	22P07005
97.	SAACHI	22P07006
98.	ANIK SOME	22P12001
99.	ARDRA J L	22P12002
100.	GIRISH A.M	22P12003
101.	JESIYA ANN JAISON	22P12004
102.	NAVYA S	22P12005
103.	NEHA BALACHANDRA SHETTY	22P12006
104.	NIKITA CHETTRI	22P12007
105.	PATEL PARTH RAJNIKANT	22P12008
106.	SHOBHITHA G K	22P12009
107.	SHUBHANGINI SHIVANAND LIGADE	22P12010
108.	SIMRAN KUMARI	22P12011
109.	VAISHAKHI	22P12012
110.	Vaishnavi Battu	
111.	LALHMUNSIAMI	22P09001
112.	ANGEL RAJU	22P06001
113.	BORRA YESASWI	22P06002
114.	RAJPUT DHARA SHAILESHKUMAR	22P06003
115.	SHREYAS K M	22P06004





A | R | I | V | U[®]

Journey to Self Discovery...

Empower to be Employed



*"I hear and I forget. I see and I remember.
I do and I understand"*

- Confucius

This addresses all those academicians and administrators of academic institutions, who earnestly desire that their wards rise above the average, especially in the context of employability.

Professional as well as arts, science, commerce and management students, who strive for excellence, are confronted with an employment scenario which records dissatisfaction over their efficiency status. The fact, that these days, even those students with brilliant academic performances, including those from IITs & IIMs, have to strive hard for procuring employment.

There is no doubt that the employment market beckons, but only the excellent. Changing trends in styles of functioning have ensured that it is of paramount importance, at entry level itself, for a job applicant to possess the standards of efficiency that can not only meet the challenges of the job but also project effectiveness.

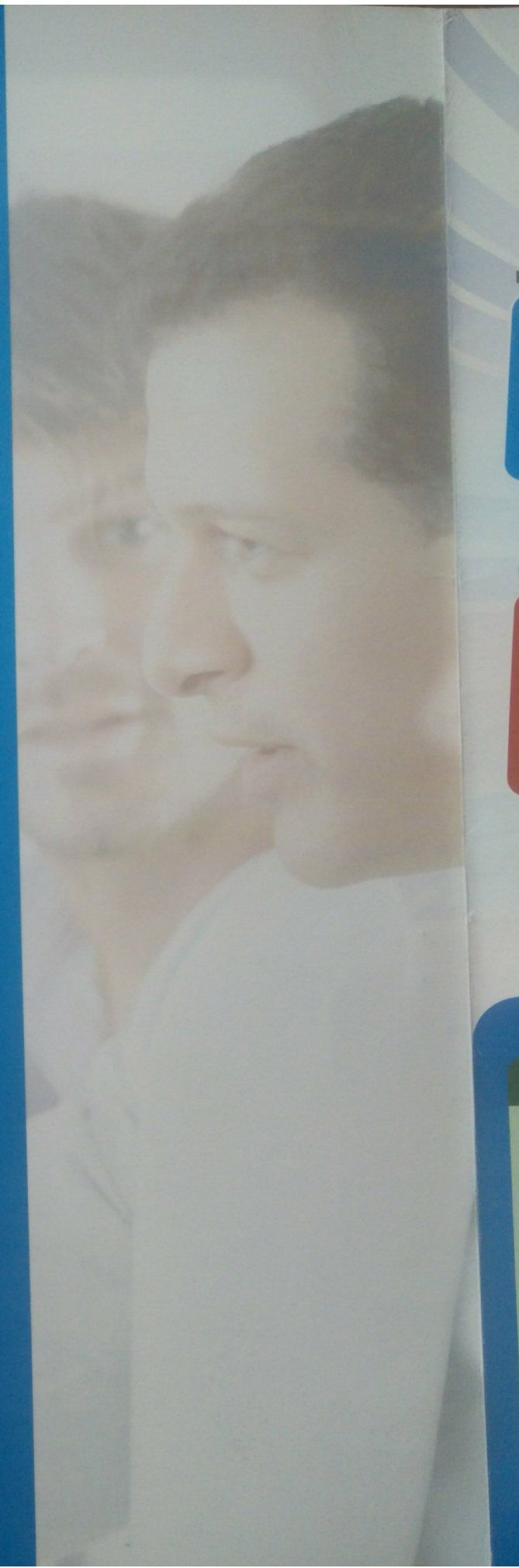
It is only those who function on the frontiers of excellence who would be needed in the competitive employment scenario. It is the responsibility of each student to equip with such skills that make them stand out in comparison with others

This is not easily achievable through the traditional methods, neither is it possible unless the educator is willing to innovate.

Hence the innovation and introduction of 'ARIVU' – Journey to Self Discovery.

'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.



'ARIVU' LEARNING MODEL

Self Assessment (Psychological Tests):

Aptitude and personality assessment of each participant and based on which the areas of improvement are identified. This helps in need based training of each participant

Feedback and Follow-up:

The effectiveness of the training is enhanced through a two-way feedback. Wherever necessary the facilitators will give feedback to individual participant on their performance and to the group in general. In turn, the participants also give on the training sessions

Facilitators Presentations:

Interactive and participative presentations by facilitators on each topic

Presentations by Participants:

Participants are encouraged to make paper presentations which will help them in building confidence, improve communication and also enables them to have critical and logical mindset towards the subject

Case Analysis & Group Discussion:

Participants will be introduced to real life case studies in each topic which will help them to identify & analyze the problem and to apply theory to practice. Group Discussion helps the participants to work and make decisions in a group which is the need of the hour in the modern corporate world

Play and Learn:

Fun filled and educative games to develop leadership qualities, team spirit, communication skills and logical thinking



'ARIVU' MODULES*

MODULE - I

Business Communication

- Business correspondence,
- English language usage,
- Presentation Skills,
- Body language

MODULE - II

Behavioral Skills

- Psychological Tests,
- Decision Making, Problem Solving
- Positive Thinking,
- Team Skills,
- Time Management,
- Leadership,
- Assertiveness,
- Creative Thinking,
- Emotional Intelligence

MODULE - III

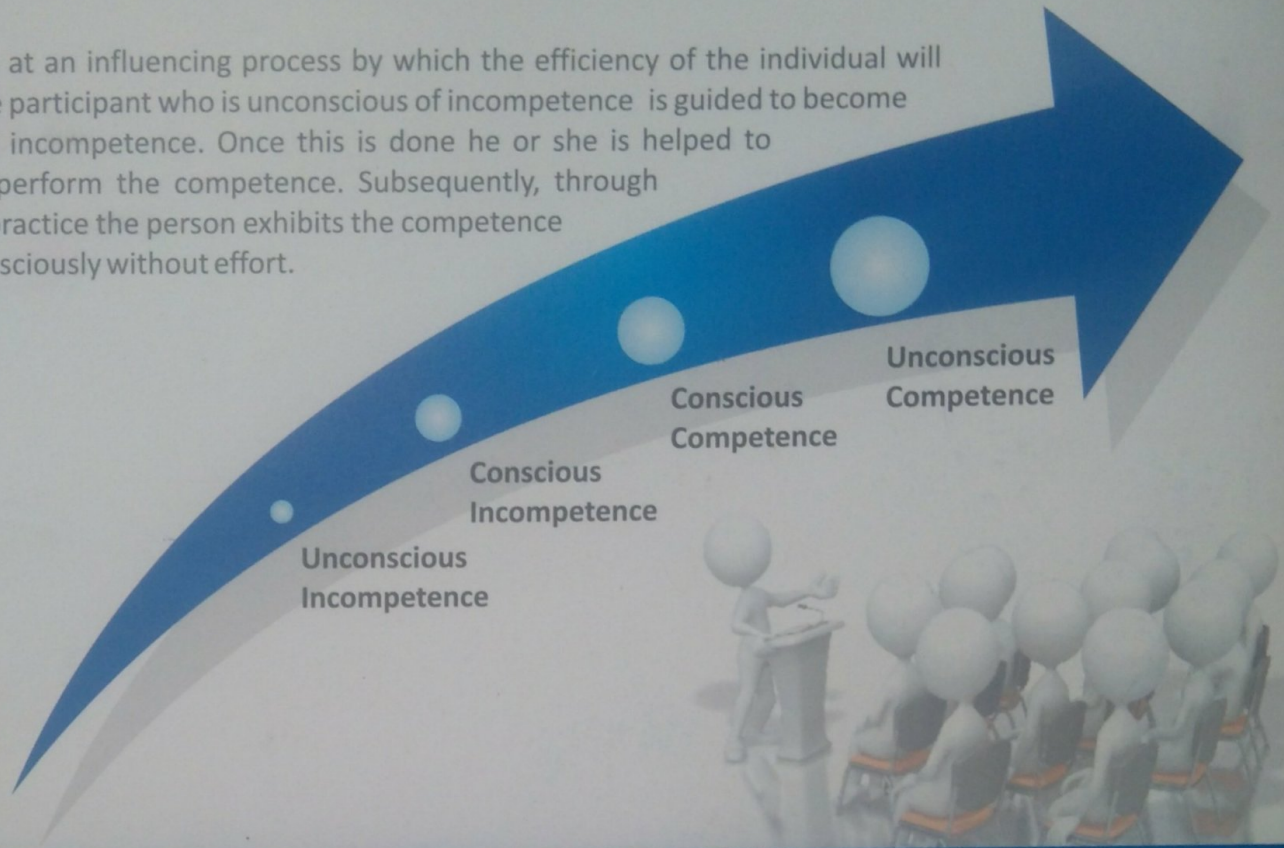
Group Discussion(GD), Personal Interview(PI) & Career Management (CM)

- Group Discussion-Concept and Practice,
- Interview techniques and career management.

*Duration of Each Module Workshop is minimum 2 working Days (Approximately 16Hrs)

'ARIVU' - INFLUENCE TO CHANGE

'ARIVU' aims at an influencing process by which the efficiency of the individual will increase. The participant who is unconscious of incompetence is guided to become conscious of incompetence. Once this is done he or she is helped to consciously perform the competence. Subsequently, through continuous practice the person exhibits the competence rather unconsciously without effort.



'ARIVU' FACILITATORS

ARIVU, a handpicked team of highly talented, experienced and skilled facilitators who are capable to train, coach and counsel the participants. They come from various backgrounds, cultures and industries who can get the best from the people they work with and can share stories, anecdotes and real life working examples that are proven, so that you can achieve the results that you deserve in half the time.

For Further Information Please Contact:



S2V SOLUTIONS®

#66, Golden Park, Vijayanagar Extension, HUBLI-580032. Karnataka State
Mr. H. V. Vishvesh - 78297 83215 Mr. V. M. Shailendra - 99028 77330



JSS Academy of Higher Education & Research, Mysuru
(Deemed to be University, Accredited 'A+' Grade by NAAC)
JSS COLLEGE OF PHARMACY, Ooty
(ISO 9001:2015 Certified)

Capability enhancement program

(2022 – 2023)

International Yoga day

The International Yoga Day 2023 with the Theme 'Yoga For Vasudhaiva Kutumbakam'. Was organized by the NSS volunteers at the college auditorium. Ms Sumathi Healer and Yoga trainer addressed the gathering about importance of Yoga and showcased few important asnas for the well being of the body to be healthier. Our NSS volunteers participated in the event.



Report on International Day against Drug Abuse and Illicit Trafficking

Organized by
Dept. of Pharmacy Practice
JSS College of Pharmacy
Ooty

In association with
Indian Pharmaceutical Association
(Nilgiris Local Branch)

Date: 26th June 2022
Time: 10:00 AM – 02:00 PM
Venue: JSS College of Pharmacy, Ooty

Report Submitted by:
Dr S Ponnusankar
Professor & Head
Dept. of Pharmacy Practice
OUTREACH Program – Coordinator

The theme of this year activity is: **Addressing Drug Challenges in health and humanitarian crises!#CareInCrises**

The program was started with a brief introduction to the students of our institution about the problems of drug abuse and list of prescription / non-prescription and OTC drugs misuse among the community and students.

What are the causes and consequences of drug abuse?

Drug abuse also plays a role in many major social problems, such as drugged driving, violence, stress, and child abuse. Drug abuse can lead to homelessness, crime, and missed work or problems with keeping a job. It harms unborn babies and destroys families.

What are the effects of drug abuse on the community?

Drug abuse is often accompanied by a devastating social impact upon community life. The present article focuses on the adverse effect of drug abuse on industry, education and training and the family, as well as on its contribution to violence, crime, financial problems, housing problems, homelessness and vagrancy.

What is the meaning of illicit trafficking?

Someone who traffics in something such as drugs or stolen goods buys and sells them even though it is illegal to do so.

What are the examples of drug trafficking?

Examples of drugs that can be trafficked are usually drugs that take the form of illicit, schedule drugs, like cocaine, heroin, and methamphetamines. Drug trafficking also consists of prescription drugs that individuals can abuse, such as Xanax, Adderall, oxycodone, and Vicodin etc.

How can we prevent drug trafficking?

- The government of every country should ensure effective security at its borders.
- Drug trafficking can be prevented by educating citizens on the dangers of trafficking drugs.
- Educating youths especially school children on the dangers of drug trafficking.

How can we prevent drug abuse in the community?

Current strategies for reducing youth use and adult substance abuse include:

- Increase community collaboration to reduce substance abuse.
- Increase and align community substance abuse prevention messaging.
- Increase access to skill-building opportunities for parents and adults working with youth to reduce youth use.
- Support pro-social and youth development activities for youth in Boulder County
- Change consequences for youth charged with minor in possession to support reducing substance abuse
- Support local policies to reduce youth marijuana use
- Assess and support alcohol retailers in reducing youth access to alcohol
- Increasing access to brief intervention and treatment for youth substance use and adult abuse

What is drug abuse prevention and Control?

Substance abuse prevention, also known as drug abuse prevention, is a process that attempts to prevent the onset of substance use or limit the development of problems associated with using psychoactive substances. Prevention efforts may focus on the individual or their surroundings.

The theme of this year activity is addressed to the students and in brief the protective and risk factors of drug abuse is given to the students as part of awareness campaign!.

Awareness Program on International Day Against Drug Abuse and Illicit Trafficking – the following activities were conducted on the day!

- Awareness Against Drug Abuse and Illicit Trafficking – Signing in the signage board - Taking Pledge against the drug abuse and illicit trafficking by staff and students of JSS CoP, Ooty –
- Public awareness - distribution of leaflet - against drug abuse (prepared by the department) and it will be circulated to the public in important tourism spots of Ooty town.

The program was well received by the students of our institution.

Dr S Ponnusankar, Professor & Head, OUTREACH Program Coordinator coordinated the program and Dr. C Keerthana and Dr Jeyaram Bharathi, Clinical Residents were the joint coordinator(s) for the program.



Dr Surinder Singh, Vice Chancellor, JSS AHER, Mysuru – is inaugurating the signage board of the event



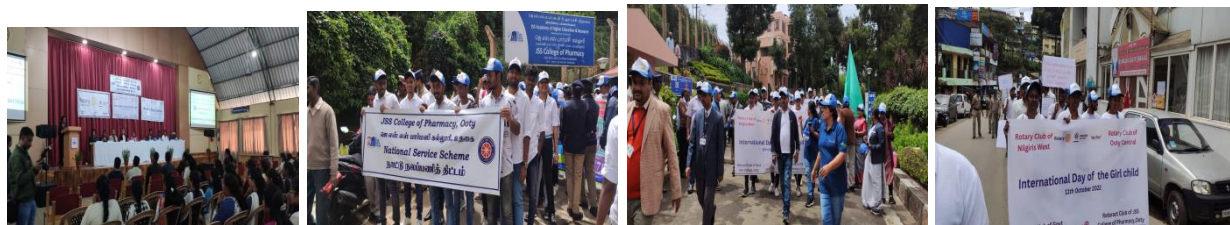
Indian Pharmaceutical Association – Nilgiris Local Branch – office bearers unveiling the awareness posters!



Active participation of students and staff of our institutions in taking the pledge against the drug abuse by signing in the signage board

Awareness rally

jointly with Rotary club of nilgiris was organized to sensitize value of the Girl child. A talk was delivered by the Rotarian and followed by a rally to celebrated on the “International Day of the Girl child” was taken on the streets of the town to sensitize the public.



08.10.2022

A voter’s day awareness poster competition was held in the college. The NSS volunteers actively participated in a poster making competition and the winners were given the prizes.



Walkathon Health awareness rally

The NSSCPO jointly organized and participated in the walkathon Health awareness rally organized by BS Hospital, Karunya Hurdalaya. The chief guest of the event was Justice Narayanan District judge, Dr.Balasubramaniam MD BS Hospital, Dr Arun hari MD Cardiologist and NSSPO Dr.B.Babu. The chief guest addressed and stressed upon the how to take care of our heart and keep calm in this stressed world. Dr.Balasubramaniam and Dr Arun hari talked on method to keep our self calm and healthy. The rally was on the awareness on world heart day.




GRAB YOUR PACKET OF
KRUNCH NOW!!



10



THE PSYCHOLOGY
Says
Flirting is an effective way
to reduce LONELINESS,
DEPRESSION & STRESS

PSYCHOLOGY ARTS
If a person Laughs too much over
Stupid things they're 
Lonely Deep Inside







**JSS ACADEMY OF HIGHER EDUCATION
AND RESEARCH DEPARTMENT OF
BIOTECHNOLOGY & BIOINFORMATICS
Sri Shivaratreeshwara Nagara, Mysuru –
570015**

**LECTURE SERIES REPORT ON
IMPORTANCE OF BIOLOGY FOR ENGINEERS**

A two-day special lecture was conducted for 3rd Year Semester students of CSE and ISE at National Institute of Engineering, Mysuru on 15th and 17th December 2022 i.e on Thursday and Saturday between 2:30 to 4:30 pm & 9:00 am to 11:00 am respectively. The seminar topic was about the Importance of Biology for Engineers. Dr. Ramith Ramu, Assistant Professor, Department of Biotechnology & Bioinformatics, JSS AHER, Mysuru was invited as the resource person for the seminar. On first day i.e on 15th December 2022, he spoke about biology and its branches, their insights, applications and recent trends and advances. On second day i.e on 17th December 2022, he spoke about the role of biology in engineering relating to various aspects such as biologically inspired design, medical and bioengineering, environmental engineering, biomechanics, bioprocessing, food technology, synthetic biology, biochemical engineering, materials engineering, and interdisciplinary collaboration.

**GLIMPSE OF TWO-DAY SPECIAL LECTURE AT NATIONAL INSTITUTE OF
ENGINEERING, MYSURU**



TRAINING & PLACEMENT CELL
SCHOOL OF LIFE SCIENCES & LIFE SCIENCES DEPARTEMENTS
JSS Academy of Higher Education & Research, Mysuru
Sri Shivarathreshwara Nagara, Mysore-570 015

A REPORT ON ‘SOFT SKILLS FOR MSc STUDENTS’ WORKSHOP – November 2022

A Workshop entitled ‘Soft Skills for MSc Students’ was organized from Training and Placement cell, SLS & LSD, JSS Academy of Higher Education and Research, Mysuru, for all III semester MSc students. **Dr. K. Sumana**, Placement Coordinator, SLS & LSD, JSS AHER, Mysuru, coordinated the event that was scheduled in 4 batches. **Dr. Raveesha K.A**, HOD, SLS & LSD, JSS AHER, Mysuru addressed the students and also made aware about the importance of soft skills in the corporate sector. He also emphasized on soft skills orientation which is essential to be industry ready to be incorporated and to be inculcated as per the requirements by various recruitment organization. **Dr. Amit K Patil**, Member Secretary, Training and Placement cell, JSS AHER, shared his views on the requirements of soft skills training as a value addition course and in alignment towards SDGs 4 – Quality Education; precisely towards SDGs 4.4 - Substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs and entrepreneurship. All the Departments and Divison Co-ordinators SLS & LSD, JSS AHER, Mysuru, encouraged their students to take part in the workshop.

The resource person **Mr. H.V. Vishvesh**, Director/Facilitator in ARIVU Skill Development Academy, S2V Solutions Bengaluru, Mysuru and Hubli, addressed all the students and the training sessions were scheduled on 26th, 29th and 30th November 2022. A session of 3 hours for MSc Microbiology, Biochemistry, Environmental Science, Molecular Biology, Biotechnology and Bioinformatics Students, Medical Statistics, Medical Physics, Nanoscience, Geoinformatics, Cosmetic Science and Cognitive Students, Nutrition and Dietetics students, SLS & LSD, JSS AHER, Mysuru, around total 417 of which 358 students attended Soft Skills training programme.

The topics focused in the workshop ‘Soft Skills for MSc Students’ are as follows:

- Business Communication "Communicate To Impact" Importance of "What to Say & How to Say"
- Team Skills and its Importance "Together Everyone Achieves More"
- TIME Management "TIME &TIDE waits for none"
- ASSERTIVENESS "Art of Saying NO/YES"

“Soft skills are the ability required and expected from person for finding as suitable job”. Industry required 1) Oral and written communication skills, 2) Critical thinking ability, 3) Problem-solving resourcefulness, 4) Ability to work productively on a team. Soft skills are very important to handle interpersonal relations, to take appropriate decisions, to communicate effectively and to have good impression and impact to gain professional development. Mr. Vishvesh, Director/Facilitator in ARIVU Skill Development Academy, S2V Solutions, shared his experience with the participants about Soft Skills like skills, abilities and traits that pertains to personality, attitude and behavior. Key points from the workshop were: 1. Sustainable Development Goals (SDG). 2. Good

Communication Skills and Body Language. 3. Team work and Professional ethics. 4. Time Management and Stress Management. 5. Leadership Skills. The Soft skills training was completed successfully with the involvement of Students and Faculty from all the School of Life Sciences and Life Sciences Departments, JSS AHER, Mysuru,

Enclosed: Images from the workshop.

Images from the workshop:





World Mental Health Day Celebration at JSS

JSS AHER, MYSORE, 10th OCTOBER 2022:

On the occasion of World Mental Health Day, JSS celebrated it in yet another innovative way. The Division of Cognitive neurosciences and Psychology of Life Sciences organised a series of activities to spread the awareness and bust the myths related to mental health. The day was celebrated in two phases- one, just for the students of psychology and second, an activity for the whole campus. The day started out with the students showcased a unique representation of what would have happened if the toxic and mentally ill characters in movies and books took therapy. The students acted out how things would have been better and how the stories would have turned out had these characters taken therapy. Following this, there was psychology quiz that made everyone engage actively and show their competitive spirit. The first phase ended with a very fun and mood lightening game of Psychology bingo. All the students along with the lecturers enjoyed the game thoroughly.

The second phase began with a flash mob where the students danced to the beats of songs while showing the major symptoms of social anxiety in from of the SLS Circle. This was followed by a series of street act giving a glimpse of how a few famously known psychological disorders look like. Along with this, students held up interactive posters that spoke of all the upcoming and misunderstood disorders, giving the right information and giving a cautious message of not diagnosing oneself of any disorder rather, meet with a professional. The celebration ended with the inauguration of the Instagram handle of the Psychology Club. All in all, the theme of this year to 'make mental health for all a global priority' was upheld by the students of Psychology.

Report: Workshop on Personality Development & Communicational Skills

One thing all strive for is perhaps, excellence in a nutshell. To achieve excellence in the respective fields it is not only the knowledge that is acquired but the skill that is inculcated to establish excellence. The robust nature of the education system, be it primary until secondary to graduation is to make students excel.

The Dept. of Health System Management Studies organized a Workshop on Personality Development and communicational skills for 10 days from JAN 24, 2023, for the students of 1st year MBA Hospital administration, MBA Pharmacy administration, and MBA Information Technology.

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 74 students on

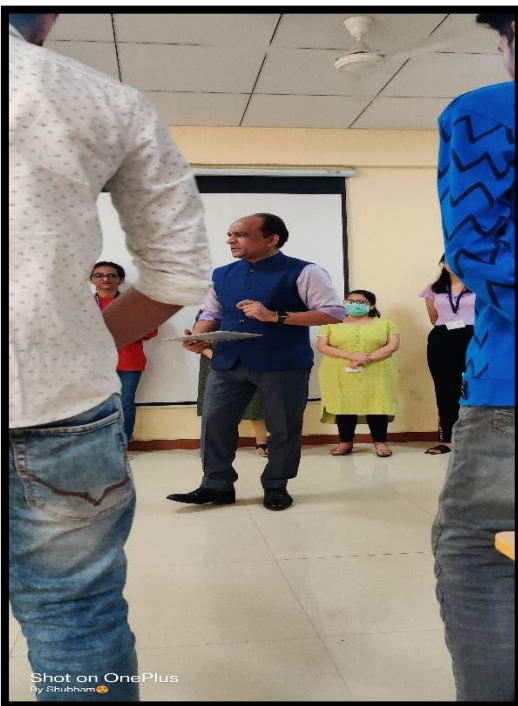
- Leadership,
- Communication,
- Oral and written presentations,
- Attitude
- Decision making
- Body language
- Assertiveness
- Time management
- PowerPoint presentation

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

At the end of the workshop, students were trained to carry away three things like **teamwork**, **assertiveness**, & **an attitude** in behavioral management to use proper words & appropriate body language with the right tone.

Mr. Prashanth Shetty, a manager based in Qatar, and an alumnus of JSS CPM, was invited as a guest speaker to inspire students on how to grab opportunities in life with a positive perspective. Being 26 years in the industry, with all his familiarity and expertise, beautifully put forth the experience and shared his thoughts. A book recommendation was made on “the parable of the pipeline”.

The 10-day self-developing, knowledge-seeking, fun learning came to an end with an assessment by the resource person. Excellently penned books like IKIGAI, MAGIC OF BELIEVING, THE 5 AM CLUB, and many more were given to students who performed well during activities and evaluations.





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

REPORT: WORKSHOP ON COMMUNICATION & BEHAVIOURAL SKILLS

The Dept. of Health System Management Studies organized a workshop on Communication & Behavioral Skills for 8 days from JUNE 15th, 2023, to 07th July 2023, (8 days) 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.

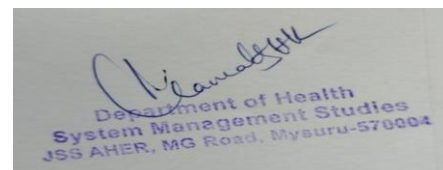
'ARIVU' follows the pedagogy of active learning i.e., experiential learning, and has the following ideas.

- 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 52 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 their interest in this learning opportunity. All were engaged in teams rather than on an individual basis to emphasize the importance of teamwork in any given setting.



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