Educational Programmes and Community Outreach for Sustainable Management of Land for Tourism

Academic Year: 2025–2026
Institution: JSS Academy of Higher Education & Research (JSS AHER), Mysuru, India

1. Introduction

JSS Academy of Higher Education & Research (JSS AHER) recognizes the importance of sustainable land management, biodiversity conservation and responsible utilization of natural resources in ensuring the long-term ecological, social and economic sustainability of local communities.

The University promotes environmental stewardship through community-based outreach programmes, National Service Scheme (NSS) activities, biodiversity awareness initiatives, collaborative environmental projects and educational activities focusing on the conservation and restoration of terrestrial ecosystems.

These initiatives are particularly relevant to sustainable tourism, as the conservation of forests, natural landscapes, native vegetation, wildlife habitats, water bodies and local biodiversity forms the foundation of responsible nature-based and ecologically sensitive tourism.

Through its constituent institutions, particularly JSS College of Pharmacy, Ooty, and JSS College of Pharmacy, Mysuru, the University engages with local communities, tribal populations, environmental organizations and civic stakeholders to promote sustainable land-use practices and awareness of the ecological importance of natural landscapes.

2. Community-Based Environmental Conservation and Sustainable Land Management

2.1 NSS Special Camp at Tribal Villages – Nilgiris Region

The National Service Scheme (NSS) Unit of JSS College of Pharmacy, Ooty, organized a seven-day Special Camp from **29 March to 4 April 2026** in the tribal villages of Thengumarahada, Alimayar and Kallampalayam.

The programme focused on environmental conservation, sustainable land use and community participation in protecting local ecosystems.

The major activities undertaken included:

- Plantation activities to improve vegetation cover and promote ecological restoration.
- Removal of weeds and thorny bushes from public spaces to improve the local environment.
- Cleaning of public spaces, riverbanks and water channels to maintain environmental quality.
- Interaction with Forest Department officials and biodiversity experts to understand the importance of forest conservation and ecosystem management.
- Environmental awareness programmes for tribal communities to encourage sustainable land-use practices and responsible environmental behaviour.

The programme provided students with practical exposure to conservation challenges in ecologically sensitive landscapes and encouraged interaction with communities whose livelihoods and lifestyles are closely connected with natural ecosystems.

These activities support the principles of sustainable nature-based tourism by emphasizing the conservation of natural landscapes, responsible use of forest resources, protection of biodiversity and maintenance of environmentally healthy destinations.

2.2 Interactive Educational Session with the Biodiversity Conservation Trust

On **2 April 2026**, during the NSS Special Camp at Kallampalayam village, volunteers participated in an interactive educational session conducted by the Biodiversity Conservation Trust.

Experts highlighted important aspects of:

- Biodiversity conservation and protection of native species.
- Ecosystem restoration and sustainable management of natural habitats.
- Wildlife habitat management and the ecological importance of indigenous vegetation.

- Conservation of native plant species and their contribution to ecosystem sustainability.

As part of the learning activity, volunteers collected seeds and leaves of native plant species, including soap nut, Seemai Karuvelam and Albizia, to understand their ecological significance.

On 3 April 2026, volunteers continued their environmental conservation activities by cleaning temple premises, public areas and footpaths and removing unwanted vegetation.

The programme also provided opportunities for interaction with tribal communities to understand their sustainable lifestyles and relationship with the surrounding natural environment.

This initiative is relevant to sustainable tourism education because it promotes awareness of the ecological value of natural landscapes, wildlife habitats and native vegetation, which are essential resources for responsible tourism and conservation-oriented visitor activities.

3. Collaborative Tree Census Project – Mysuru

The NSS Unit of JSS College of Pharmacy, Mysuru, undertook a Collaborative Tree Census Project from **12 October 2025 to 1 March 2026** in collaboration with:

- Dr. Smitha Hegde, Director, Centre for Advanced Learning (CFAL), Mysuru.
- Dr. Bhamy Shenoy, Founder, Mysore Grahakara Parishat (MGP).

The project was conceived as a community-oriented environmental initiative to document Mysuru's urban tree wealth, promote awareness of urban biodiversity and encourage community participation in protecting green spaces.

The initiative involved systematic field-based documentation of trees and provided students with an opportunity to understand the ecological significance of urban vegetation.

The major objectives included:

- Documenting the existing urban tree wealth of Mysuru.
- Promoting awareness about the ecological importance of trees and green spaces.
- Encouraging community participation in urban biodiversity conservation.
- Strengthening environmental stewardship through academic and civic collaboration.

- Supporting the conservation of the city's natural and green heritage.

The project contributed to the development of awareness regarding the importance of maintaining urban green infrastructure and ecological resilience.

Healthy urban green spaces, tree-lined avenues and biodiversity-rich landscapes also enhance the environmental quality and attractiveness of destinations for visitors. The project therefore supports the ecological foundations of sustainable urban tourism.

4. Environmental Awareness and Plantation Programmes

The University promotes environmental awareness through NSS initiatives and community-oriented plantation programmes.

The NSS Unit of JSS College of Pharmacy, Mysuru, organized a sapling plantation programme on **5 June 2025**, commemorating World Environment Day under the theme *Our Land, Our Future*.

The programme aimed to:

- Raise awareness about global warming and environmental degradation.
- Encourage tree planting and protection of natural resources.
- Promote community participation in creating a greener environment.
- Develop environmental responsibility among students and participants.

The University also encourages students to participate in environmental awareness activities, including poster competitions, essay writing, role plays and other educational initiatives associated with World Environment Day.

These programmes promote the importance of maintaining green landscapes and conserving natural resources, which are essential for environmentally responsible tourism.

5. Conservation of Natural and Public Spaces – Kukkarahalli Lake

On **10 January 2026**, the National Service Scheme participated in the Swachhatha Abhiyana organized by Mysuru City Corporation at Kukkarahalli Lake during the Swachh Survekshan 2025–26 initiative.

The programme witnessed participation from more than 300 students, including 15 medical students from JSS Medical College.

The participants undertook cleaning activities and collected plastic waste, wrappers and other discarded materials from the surrounding area.

The programme aimed to:

- Promote environmental cleanliness and public awareness.
- Encourage responsible use and maintenance of natural public spaces.
- Reduce plastic pollution in environmentally significant locations.
- Develop a sense of collective responsibility for environmental protection.

The activity reinforced the importance of maintaining clean and ecologically healthy public spaces. The conservation of lakes and their surrounding landscapes is particularly relevant to sustainable tourism, as such natural spaces contribute to the environmental attractiveness and recreational value of destinations.

6. Educational Initiatives on Medicinal Plants and Biodiversity Conservation

JSS AHER promotes the conservation and sustainable utilization of plant resources through educational initiatives and institutional green-campus activities.

The University has established medicinal plant gardens and promotes awareness of traditional medicinal plants and their ecological importance. Medicinal plant exhibitions organized through JSS Urban Health Centre provide opportunities to communicate the value of plant biodiversity and traditional knowledge.

At JSS College of Pharmacy, Ooty, the Department of Pharmacognosy has planned a QR-enabled Medicinal Plant Garden to provide students and visitors with access to educational information through mobile devices.

The proposed educational facility is intended to communicate information on:

- Medicinal plant identification and diversity.
- Therapeutic uses of medicinal plants.
- Conservation status of plant species.
- Sustainable utilization of medicinal plant resources.

The institution has also established *Prakriti*, a dedicated Green Club coordinated under IQAC, to encourage environmental conservation and sustainable practices.

These initiatives promote appreciation of native vegetation and plant biodiversity. Such educational resources can also contribute to environmentally responsible visitor experiences and awareness of the importance of conserving natural and medicinal plant heritage.

7. Environmental Education and Sustainable Land Management

Environmental education forms an important component of the University's sustainability initiatives.

Environmental Sciences is included in academic programmes in accordance with UGC requirements. The University also organizes Environment Day and Water Day programmes to promote environmental awareness.

The University's green-campus initiatives include:

- Establishment and maintenance of green spaces and landscaped areas.
- Conservation of medicinal plants and promotion of eco-friendly cultivation.
- Rainwater harvesting and groundwater recharge initiatives.
- Collection and retention of rainwater through rooftop systems and land-surface catchments.
- Maintenance of stormwater collection structures.
- Awareness initiatives on the responsible utilization of natural resources.

These activities provide an institutional learning environment that promotes sustainable resource management and environmental responsibility.

The knowledge and practices promoted through these initiatives are relevant to the sustainable management of landscapes and natural resources, including areas that have ecological, cultural and recreational significance.

8. Relevance to Sustainable Management of Land for Tourism

The above initiatives contribute to the fundamental principles of sustainable tourism by promoting conservation-oriented approaches to the management of natural and community landscapes.

The relationship between the University's outreach activities and sustainable tourism is summarized below.

Sustainable tourism principle	**Relevant JSS AHER initiative**
Conservation of natural landscapes	NSS Special Camp at tribal villages
Protection of native biodiversity	Interactive session with Biodiversity Conservation Trust
Sustainable management of forest ecosystems	Interaction with Forest Department officials and biodiversity experts
Restoration and maintenance of natural spaces	Plantation, removal of weeds and cleaning of public spaces
Conservation of urban green heritage	Collaborative Tree Census Project, Mysuru
Maintenance of environmentally attractive destinations	Kukkarahalli Lake cleanliness initiative
Awareness of plant biodiversity	Medicinal plant gardens and exhibitions

Community participation in environmental protection	NSS outreach and tribal community interactions
Environmental education	Environmental Sciences curriculum and Green Club initiatives

Through these activities, JSS AHER promotes awareness of the importance of protecting natural landscapes, conserving biodiversity, maintaining ecological integrity and encouraging community participation in sustainable environmental management.

9. Institutional Commitment and Way Forward

JSS AHER continues to promote sustainability through academic education, environmental outreach, student participation and collaborations with community and environmental organizations.

The University recognizes that sustainable tourism requires the protection of natural habitats, responsible utilization of land resources, conservation of biodiversity and meaningful participation of local communities.

The existing initiatives provide a foundation for strengthening community education on sustainable tourism and responsible management of ecologically sensitive landscapes.

10. Conclusion

JSS Academy of Higher Education & Research demonstrates its commitment to sustainable land management through community-based environmental conservation programmes, biodiversity awareness sessions, plantation activities, collaborative tree documentation and outreach initiatives in tribal and urban communities.

The NSS Special Camp in the Nilgiris region, interactive engagement with the Biodiversity Conservation Trust, Collaborative Tree Census Project in Mysuru and environmental conservation activities at Kukkarahalli Lake illustrate the University's engagement in promoting ecological awareness and responsible management of natural spaces.

These activities support important principles underlying sustainable tourism, particularly biodiversity conservation, landscape protection, ecosystem restoration and community participation.

By integrating environmental education with practical conservation activities and community engagement, JSS AHER contributes to the broader objectives of SDG 15 – Life on Land and promotes the importance of preserving natural and cultural landscapes for present and future generations.

NSS Annual Camp Report (2026).

The NSS Annual Camp was organized by the NSS unit of JSS Academy of Higher Education and Research, Mysore in the village called Koodanahalli located near the Nanjangudu road, Mysuru taluk. The camp was organized for seven days from 24th March 2026 to 30th March 2026.

Day 01 – Inauguration of the camp

Date: 24-03-2026



The NSS Annual Camp began on 24th March 2026. At around 2:00 PM, all volunteers departed from the college by bus to the camp site at Koodandahalli. Upon arrival, the volunteers cleaned the surroundings and arranged the venue for upcoming activities.

An inauguration ceremony was conducted in the presence of chief guests including

1. Shri K.M. Shankar the village leader, Koodanahalli.
2. Dr. K.A. Ravisha, HOD, School of Life Sciences, JSS Academy of Higher Education and Research.
3. Dr. Vadiraj K.T, NSS Programme officer.
4. Dr. Sushma B.V, NSS Supporting officer.
5. Sri Harshith.N, NSS Programme officer.
6. Sri Chethan Kumar R.M, NSS Supporting officer.

The program began with the watering of plants, symbolizing growth and prosperity.



The event was hosted by volunteer Lakshmishree, and many volunteers actively participated as audience members. In the evening around 6:00 PM, snacks were provided, including semiya and chutney, which everyone enjoyed.

The team left the camp site at 6:50 PM and reached the college at 7:20 PM. A total of 38 volunteers participated in the NSS Annual Camp 2026.

Day 02 – Survey and cleaning
Date: 25-03-2026

On the second day. At around 7:00 AM, all volunteers departed from the college by bus and reached to the camp site at Kodandahalli at 7:45 AM, the team assembled at 9:00 AM and assembly was conducted by team Kaveri and then the volunteers proceeded to the village for survey work.



The volunteers were divided into teams and conducted surveys to understand the lifestyle, problems, and needs of the local residents. The villagers were cooperative and shared valuable information. This helped the volunteers gain

awareness about rural living conditions and social issues.







Later, volunteers participated in a cleanliness drive, removing waste and improving hygiene in the area. And then we visited a nearby Mahadeshwara temple. After the activities, the team returned to the camp site, had snacks, and concluded the day. We left the camp site at 7:00PM and reached the college campus at 7:45PM.

Day 03 –Health camp and awareness about Tuberculosis.
Date: 26-03-2026



On day 3, at around 7:00 AM, all volunteers departed from the college by bus and reached to the camp site at Kodandahalli at 7:45 AM. An assembly was conducted by team Ganga. The Health camp was conducted from 10:00 AM to 1:00 PM which included general checkup of Blood pressure and diabetes, nutritional analysis, Ayurveda and awareness about microbial food spoilage. Many experts like Dr Pallavi N ,Dr Ashwini P,Dr Sumana K, Dr Swetha provided consultation to the villagers.

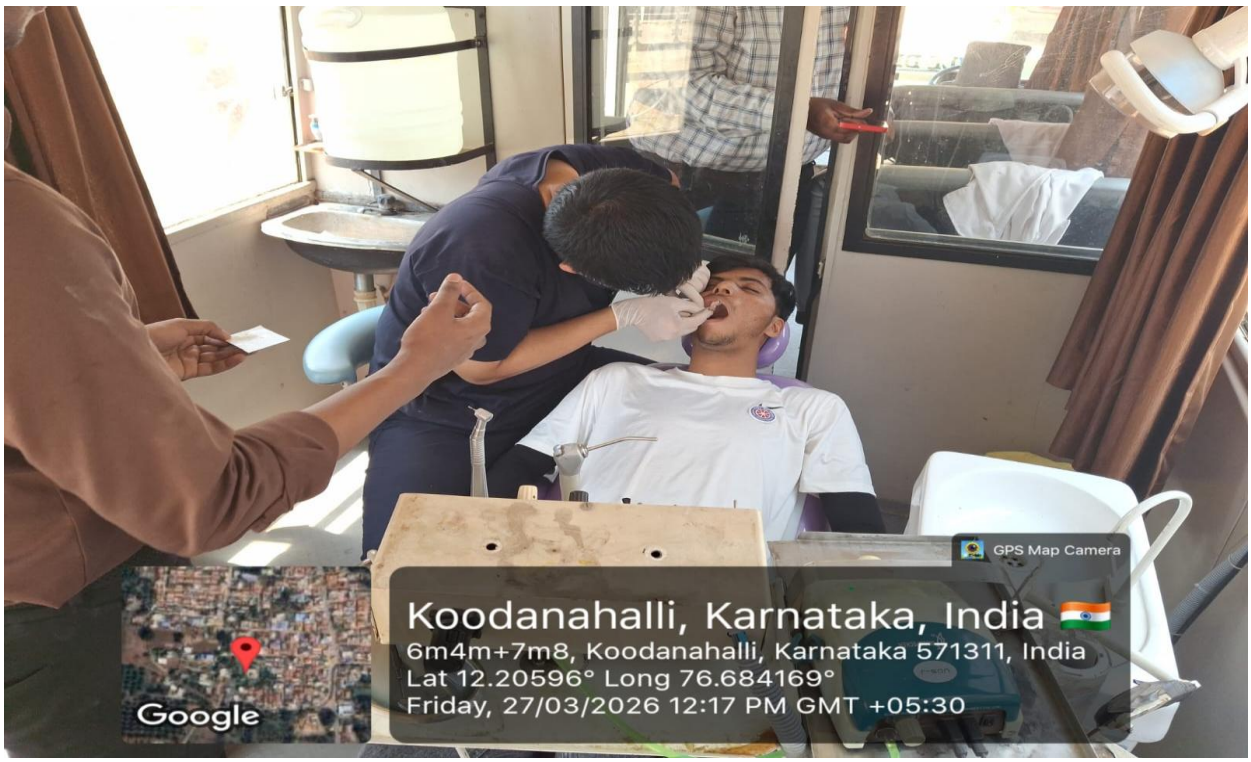


During post lunch activities Dr Umamaheshwari mam from JSS Academy of Higher Education and Research gave a talk on Tuberculosis and created awareness among the volunteers. Later snacks were provided and the culturals programme was held and we departed from the temple permises at 7:15PM and reached the college campus at 8:00 PM



The session was interactive and informative, helping students understand their responsibility toward the environment. The day ended with snacks and group photos.

Day 04 – Dental camp and cultural events.
Date: 27-03-2026



On day 4, at around 7:00 AM, all volunteers departed from the college by bus and reached to the camp site at Kodandahalli at 7:45 AM. The day began with assembly which was conducted by team Narmada. The dental camp was conducted in which many experts like Dr. Shivaraju.H.P, Dr. Divya.J, Dr. Siddesh.J.M and Dr. Sathish Kumar provided consultation to the villagers. Later, Prasad (buttermilk and panaka) distributed among the villagers on the occasion of Ram Navami.



After lunch, a session was held were Dr umesh sir from Jss college of Pharmacy gave a talk on toxins and poisons, the session was highly informative and engaging and Dr Ningaraju R, sir (Programme officer, University of Mysuru) thought us songs and dance. After the post lunch activity refreshments were provided and we departed from the village at 6:30 PM and reached the college campus at 7:15 PM. The session was highly informative and engaging. Volunteers gained practical knowledge about environmental protection. The day ended with snacks and a group photo session before returning to college.

Day 05 –Sharamadhana
Date:28-03-2026



On the fifth day, we departed from the college at 7:15 am and reached the camp site at 8:00 am. The assembly was conducted by team Yamuna.

After the assembly, volunteers carried out final cleaning activities at the camp site. Weeds were removed, and the area was cleaned thoroughly.



After lunch, a final lecture on the environment was conducted by Pradeep sir who spoke about bees and snakes and Mark Steve sir who spoke about birds from WCF.It was very fun and interactive session, it was very informative and fascinating to learn about the environment.

The camp concluded with refreshments. The volunteers left the camp site and reached college by 7:30 PM.

Day 6: Speech and Hearing Test Camp.
Date: 29-03-2026



On the sixth day of the NSS camp, we reached the camp site at 9:00 AM and cleaned the area to conduct the assembly. Team Godavari was assigned to manage the assembly for the day.

After the assembly, we had breakfast and arranged the venue for the camp. Doctors conducted speech and hearing tests for the local villagers and volunteers until 2:00 PM.

Later, we had lunch and organized an NSS song competition among the volunteers. Before the activity, we received our NSS T-shirts for the Shibira Jyoti program.

We also prepared Indian and Karnataka flags for Shibira Jyoti. Various competitions were conducted for the villagers, such as lemon and spoon race and rangoli competition, in which many participants actively took part.



At 7:30 PM, we all gathered for Shibira Jyoti, sang patriotic songs, and shared our camp experiences. And a special dinner was served. After the program, we had dinner and returned to college at 10:30 PM.

Day 7: Valedictory Function.
Date: 30-03-2026



The seventh day marked the final day of the NSS camp 2026. We reached the camp site at 9:00 AM. Everyone was dressed beautifully in traditional attire. Girls wore sarees and gowns, while boys wore shirts and dhotis.

After breakfast at 10:00 AM, we arranged the venue for the valedictory program. The chief guests included Shri K.M. Shankar, the village head and the NSS Programme officers and supporting officers from JSS Academy of Higher Education and Research.



The program began with watering the plant and singing the NSS song. Prizes were distributed to the winners of various competitions, and certificates were awarded to the best volunteers.

The program concluded with the singing of the National Anthem. After the event, we cleaned the camp site and packed all the materials used during the camp.

At 5:00 PM, we left the camp site and returned to college, marking the successful completion of the NSS camp.

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JSS AHER, MG Road, Mysuru-570004

JSS Academy of Higher Education & Research

Sri Shivarathreeshwara Nagara,

Mysuru-570015

National Service Scheme (NSS)

https://jssuni.edu.in/jssaher/outreach/Index.html

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Annual Report 2024-25

PATIENTS ARE OUR DEAREST

H H JAGADGURU
DR. SRI SHIVARATHRI RAJENDRA MAHASWAMIJI
FOUNDER PRESIDENT



His Holiness Jagadguru Dr. Sri Sri Shivarathri Rajendra Mahaswamiji, the 23rd Pontiff of Jagadguru Sri Veerasimhasana Mahasamsthana Math, popularly known as Sri Suttur Math, inherited the legacy of the 10 century old Srimath at an early age. He was born on 29-8-1916 and ascended the peetha on 28-2-1928 when he was hardly twelve. He shared the responsibilities with his senior, Jagadguru pattada Shivarathri Mahaswamigalu. He shouldered the responsibilities of the Srimath for more than half a century, taking each step towards service of humanity on every possible way.

Besides being the patron of arts, literature and music, he was a scholar in kannada and Sanskrit. He sacrificed his educational career to provide succor to the helpless poor. The Burning desire to assuage the educational needs of lakhs of rural children, he started the first free Hostel at Mysore in 1941. Thus began his journey of socio-economic transformation of the region with the establishment of Schools, Colleges and Sanskrit Pathashalas in and around Mysore. A single-minded dedication, aimed at the welfare of all, goaded him to tread the path of sacrifice. The Incredible divine grace coupled with intense and sustained focus resulted in materialization of his great dreams of establishing free schools and hostels, professional colleges, centers of art, music and literature etc. Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji had a strong vision of starting educational institutions in rural areas considering the hardship of students coming to cities seeking education. In order to make this possible, he started the Jagadguru Sri Shivarathreeshwara Mahavidyapeetha in 1954. Under the untiring efforts of Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji, the Vidyapeetha has witnessed enormous growth in the field of education. Thousands of children, men and women found solace under his boundless compassion.

JSS Academy of Higher Education & Research JSSAHER),Mysuru,

Karnataka, India

JSSAHER'S Social Responsibility Statement

'Touching the lives of Millions'



JSS AHER'S Social Responsibility is an approach of ethical and intelligent management, which involves both its impact on its human,social and natural context, and its active role on the promotionof Sustainable

HumanDevelopment of the country.

Within this approach, "Sustainable Campus" is a strategy that strives to reduce the ecological footprint of the Institution via a rational use of resources and to educate the JSSAHER community on the ethics of sustainability.

Proud moment

His Holiness Swamiji- Chancellor with Excellency
Late Dr. APJ Abdul KalamFormer President of India

JSSSAHER with the legacy of more than 1000 years of its Founding organization Sri Suttur Math and the sponsoring society–JSS Mahavidyapeetha is acutely aware of its social responsibilities and is confident in stating that it already goes well beyond what is expected of an organization.

JSSAHER and its Social Responsibility

Although Corporate Social Responsibility (CSR) is a relatively new concept, JSSAHER has embraced CSR principles based on the contributions made for several decades, particularly at a local and regional level. An organization's internal and external practices can influence their employees, customers, partners and environment in a positive manner.

This document highlights our commitment to CSR locally, regionally, nationally and internationally. The JSSAHER's vision is nurture and developsthe talents of students and to create applicable knowledge in order to support social and economic advancement.

Social Responsibility is part of the JSSAHER'S Strategic plan and is important to our Institution, Faculty and students and aims at making Organizational, Cognitive, social and educational impact.

JSSAHER is committed –

1. To promote ethical standards to be adopted by students, staff and other members of JSSAHER community.
2. To raise the educational aspirations of people in the community, aswell as across the country and encourage their greater participation in higher education.
3. To encourage an inclusive environment without barriers to achievement, where students and staff are highly valued, based on mutual respect.
4. To provide a Higher Education Institute campus environment and range of facilities, both educational and recreational, which are attractive, accessible and stimulating.
5. To integrate with and support the needs of our community and our region
6. To embrace environmental responsibility and sustainable developmentprinciples, to make a positive contribution to urban regeneration andto ensure that any adverse environmental impact of our activities is minimized.

Touching the lives….

To the students

1. As a most respected Higher Education Institute in the health sciences attract students from a range of backgrounds nationally and internationally.
2. Listening and responding to the student voice, with a shared understanding of our mutual responsibilities.
3. Providing a range of student support that covers all issues including support too low-income group students.
4. Student preparation towards a responsible citizenship for a Sustainable Development.

To the staff

1. Adopt best practices in its Human Resources Management policies and Practices.
2. Assist staff to develop their full potential as members of the JSSAHER's workforce and provide opportunities for professional development.
3. Observe the fundamental tenets of human rights, safety and non-discrimination.
4. Provide fair compensation and implement minimum wages policy.
5. Involve employees in the decision-making processes, where appropriate.
6. Providing opportunities for staff to undertake projects with local communities.

To our environment

1. Ensure that the developments in JSSAHER are sustainable and do nothave a negative impact on the environment.
2. Promote the concepts of the 3Rs of Reduction, Reuse and Recyclingand eliminate, where possible, the use of non- degradable materials.
3. Aim for a continuous reduction of the carbon footprint of theInstitution.
4. Provide equipment, training and other resources to ensure a healthyand safe environment for the students and staff.
5. Continuously work and evolve environmental improvements in the way we manage our transport, waste and energy.

To our city and our community

1. To work with the City of Mysore and regional partners to raise the health profile of the city and the Mysore and neighboring districts; and in partnership help secure the economic, health, social and cultural regeneration of the city and region.
2. Enriching the Institution and City socially, culturally and economically, with our diverse and vibrant student population.
3. Make significant and major contributions through our Faculty to the Social Responsibility agenda including:
   - the training of the future health professional workforce
   - the ongoing support for health professionals
   - support JSS Hospital to provide access to quality healthcare at affordable costs
   - Nurture and contribute to research that impacts healthcare and health policies and makes significant contribution to national and global health.
4. Working with young people in local schools:
   - to discuss health and science and its relevance to their everyday lives
   - to inspire them to consider careers in science and health andapply to Institution in the future
   - to devise creative and fun activities to help engage them
5. By involving the public/patients in our work to improve thequality of our teaching and healthcare delivery.

Proud to be touching the lives of millions!

Being socially responsible, be it as an individual, a group, or an organization is something we believe in very strongly and it makes us proud, as a Higher Education Institution, to highlight our commitmentin this area. JSSAHER is acutely aware of its responsibilities to its community, its city and its wider environment and the way it touches the 'Lives of Millions'.

JSS Academy of Higher Education & Research

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NATIONAL SERVICE SCHEME

NSS ANNUAL REPORT-2024-25

	Report for the period ending.	**01st APRIL 2024 TO 31st MARCH 2025**		
BASIC INFORMATION ABOUT UNIVERSITY				
	State	Karnataka		
	University	JSS Academy of Higher Education & Research, Mysuru		
	Name of the Programme Coordinator	Dr. K L Krishna		
	Whether part time/full time	Part Time		
	Date of appointment	Day	Month	Year
		01	04	2016
	No. of supporting staff for NSS at University/+2 level (including Programme Coordinator)	01+01		
	Date of last meeting of the University-levelAdvisory Committee	Day	Month	Year
		05	09	2023
	NSS volunteers' strength:	600		
	Total No. Of student population of the University	9,000		
	NSS strength allocated by State Government	600		
	Actual No. Of NSS volunteers			
	Male 395 Female 285	Total 680		
	No. of colleges having NSS	07		
	Total No. Of NSS units	07		
	No. Of programme officer in position	07		
	No. Of programme officers trained	02		
	No. Of villages /slums adopted	07		
FUNDS FOR NSS REGULAR/SPECIAL PROGRAMMES				
	Funds received by the University	4,15,000.00 dated 17th Jan 2025		
	Govt funds for Regular activities	Govt funds for Special Camps		

	Amount received Rs. 2,40,000.00			Amount received Rs. 2,10,000.00		
	Day 18	Month 07	Year 2024	Day 18	Month 07	Year 2024
	Received in one instalment			Received in one instalment		
	Per capita expenditure for the establishment of the University.			Rs. 500/Volunteer		
	SPECIAL CAMPING PROGRAMME					
I)	The total number of volunteers participated			326		
ii)	No. of camps organised			07		
Activity description: (column under which no activity has been conducted may be left blank)						
(1)	**LITERACY**					
1.1	The number of student volunteers participated			Male 350	Female 225	
1.2	No. Of villages/slums adopted for total literacy.			07		
1.3	Total No. of illiterates			Male 345	Female 257	
1.4	No. of persons made literature			Male 125	Female 132	
1.5	No. of villages/adopted areas made full literature: (indicate literacy status/percentage attained in the adopted area) attach list.			Nil		
2	**ENVIRONMENT/WASTELAND DEVELOPMENT AND CONSERVATION**					
2.1	No. of camps organized			10		
2.1.1	Tree plantation (van)			Nil		
2.1.2	No. of saplings planted			320		
2.1.3	Rate of survival (no. Of plants survived/total no. Of plantation x100)			58%		
2.1.4	Area proposed to be covered			_____Hectares		
	Actual area covered			_____Hectares		
2.1.5	Any other environment programme					
	area covered					
	No. of beneficiaries					
2.2	Reconstruction/repair of roads					
2.2.1	Distance laid			_____Kms.		
2.2.2	No. of days					
2.3	Water shed conservation and drinking water facilities:					
2.3.1	No. of camps/camping's organised on the issue			06		

2.3.2	No. of wells/cross bunds/water shed/harvesting structures/irrigation canals/any Other planned	Nil
2.3.3	No. of such facilities created	
3	**HEALTH AND FAMILY WELFARE**	
3.1	Immunization/health camps	28
3.11	Immunization/health camps Conducted	25
3.1.2	Details of health programme organised & beneficiaries	Free Health Screening, Vaccination awareness
	Health programme (specify)	Male 47 Female 65
3.2	**BLOOD DONATION CAMPS.**	
3.2.1	No. of blood donation camps Conducted	07
3.2.2	No. of units of blood collected	420
3.3	Population education:	--
3.3.1	Immunization/health camps Conducted	22
3.3.2	No. of persons covered	Male 518 Female 535
3.4	Eradication of drug abuse:	
3.4.1	No. of camps/awareness camping's held	18
	No. of beneficiaries	Male 450 Female 150
4.	**PROGRAMME FOR WOMEN**	
	Nature of programme:	
4.1	No. Of camps organised	05
4.2	No. Of beneficiaries	745
4.3	Campaign against social evils (if any)	AIDS Awareness, Drug abuse, Alcohol rehabilitation, sexual harassment,health and hygene etc.
5.	**WORK IN HOSPITALS, ORPHANAGES & DESTITUTE HOMES :**	
5.1	No. of persons benefitted	560
6.	**WORK DURING EMERGENCIES**	
6.1	Type of work: Cyclone/Earth quake/ Floods/Draught/ Riots/Other Areas (specify)	Nil
6.2	No. Of persons benefitted	---
7.	**AIDS AWARENESS (UTA)**	
7.1	No. of colleges/+ 2 schools identified	22
7.2	No. Of programme officers trained	Nil

7.3	No. Of peer educators trained	12
7.4	No. Of beneficiaries	567
8.	**Any other programme not covered above, please give statistical date in 50 words:**	NSS Regular and Special Camping activities are narrated under each NSS Unit activity.

Place: Mysuru S/d

Date: 3rd November 2025 **Signature of the Programme Coordinator NSS**

UNIVERSITY LEVEL ADVISORY COMMITTEE

1. Vice Chancellor, JSS Academy of Higher Education & Research, Mysuru. Chairman
2. Registrar, JSS Academy of Higher Education & Research, Mysuru. Member
3. State NSS Officer, Youth Empowerment & Sports Department, MS Building, Bengaluru. Member
4. Mrs. Prabha Urs, Deputy Director, Karnataka State Tribal Institute, Mysuru Member
5. Finance Officer, JSS Academy of Higher Education & Research, Mysuru. Member
6. Dean, IQAC, JSS Academy of Higher Education & Research, Mysuru. Member
7. Coordinator, NSS ETI, Centre, UoM, Mysuru. Member
8. The Principal, JSS Medical College, Mysuru. Member
9. The Principal, JSS Dental College & Hospital, Mysuru. Member
10. The Principal, JSS College of Pharmacy, Mysuru. Member
11. The Principal, JSS College of Pharmacy, Ooty. Member
12. The Head, SLS, JSS AHER, Mysuru. Member
13. The Head, Dept. of HSMS, JSS AHER, Mysuru Member
14. The Head, SLS, JSS AHER, Ooty. Member
15. Dr. H V. Gangadharappa, Ex NSS Program Coordinator, JSS AHER, Mysuru Member
16. Programme Officer, NSS Unit, JSS MC, Mysuru. Member
17. Programme Officer, NSS Unit, JSS Dental College and Hospital, Mysuru Member
18. Programme Officer, NSS Unit, JSS College of Pharmacy, Mysuru. Member
19. Programme Officer, NSS Unit, SLS, JSS AHER. Mysuru Member
20. Programme Officer, NSS Unit, JSS College of Pharmacy, Ooty. Member
21. Programme Officer, NSS Unit, Dept. of HSMS, JSS AHER, Mysuru Member
22. Programme Officer, NSS Unit, SLS, JSS AHER, Ooty Member
23. The Volunteer, NSS Unit, JSS Medical College, Mysuru Member
24. The Volunteer, NSS Unit, JSS Dental College & Hospital, Mysuru. Member
25. The Volunteer, NSS Unit, JSS College of Pharmacy, Mysuru. Member
26. The Volunteer, NSS Unit, JSS College of Pharmacy, Ooty Member
27. The Volunteer, NSS Unit, SLS, JSS AHER, Mysuru Member
28. The Volunteer, NSS Unit, SLS, JSS AHER, Ooty Member
29. The Volunteer, NSS Unit, Dept. of HSMS, JSS AHER, Mysuru Member
30. NSS Program Coordinator, JSS AHER, Mysuru. Member Secretary

Dates of the College-level NSS Advisory Committee held for the year 2024-25

College	Dates
JSS Medical College, Mysuru	---
JSS Dental College & Hospital, Mysuru	20th September 2023
JSS College of Pharmacy, Mysuru	15th July 2023
JSS College of Pharmacy, Ooty	24th August 2024
SLS, JSS AHER, Mysuru	3rd December 2024
HSMS, JSS AHER, Mysuru	3rd December 2024
SLS, Ooty	---

Details of Special Camp activities 2024-25

NSS Unit	Dates of Special Camp	Village
JSS Medical College, Mysuru	10th to 17th March 2025	At various villages coming under Devalapura Gramapanchayati (Devalapura, Hadajana, Chikkagowdanahundi, Rayanahundi, Marigowdanahundi and Ayarahalli)
JSS Dental College & Hospital, Mysuru	6th to 11th January 2025	Punajanuru, Chamarajanagara district
JSS College of Pharmacy, Mysuru	19th to 25th February 2025	Bidarahalli, Shrirangapattana Taluk, Mandya District
JSS College of Pharmacy, Ooty	21st to 26th April 2025	Devala villalge. Tamil Nadu
SLS, JSS AHER, Mysuru	3rd to 9th March 2025	Ballenahalli, Srirangapatna taluk
HSMS, JSS AHER, Mysuru	3rd to 9th March 2025	Ballenahalli, Srirangapatna taluk
SLS, JSS AHER, Ooty	13th March 2025	Kota Village, Sholure, The Nilgris, Ooty

BUDGET AND MONETIZATION OF NSS ACTIVITIES 2024-25

Total Amt received for NSS activities 2024-25			**Total Monetization**		
Activity	Amt in lakh Rs	Grand total in lakh Rs	Activity	Amt in lakh Rs	Grand total in lakh Rs
Regular activities (Govt.)	2.4	8.65	NSS Regular activities	5,43,959.00	
Special Camping Activities (Govt.)	2.1		NSS Special Camping Activities	8.42,000.00	
From JSS AHER	4.15				
Total societal contribution				**5,20,959.00**	

NSS Regular activities 2024-25

List of Activities

- Orientation Programme
- International Yoga Day
- Programme on Health awareness
- Anti Ragging Rally
- Awareness programme on oral hygiene
- Awareness on digital payment
- Awareness camps for Healthful Housing
- Awareness for Environment
- Maternal & Child Health and Family Planning Camps
- School Health Programme
- Cancer Education
- Free denture checkup and treatment camp
- World Earth Day Celebration
- Guest lecture on Plastic and its harmful effects
- World Environment Day
- Adolescent Health Camps
- Awareness on “SAY NO TO CRACKERS”.
- Awareness campaigns on VISAKA.
- Independence Day.
- NSS Day celebration.
- Kannada Rajyothsava Day.
- Republic Day.
- Stem Cell awareness and donor campaign.
- World Breastfeeding Week.
- World Rabies Day.
- Walkathon- Pledge an organ.
- Swachh Bharat Abhiyan.
- Teachers Day.
- Blood Donation Camps.
- NSS Day Celebration.
- AIDS awareness skit and World Aids Day awareness rally.
- Pharma Rally.
- Suttur Jatra Exhibition.
- Voter’s day programme.

NSS Regular activities

Unit I- JSS Medical College, Mysuru

NSS regular activities from 1st April 2023 to 31st March 2024

1. **Report on "Voting Awareness Programme for Students" by NSS unit, JSS Medical College, Mysuru**

"It's not the voting that's democracy; it's the counting."

- Tom Stoppard

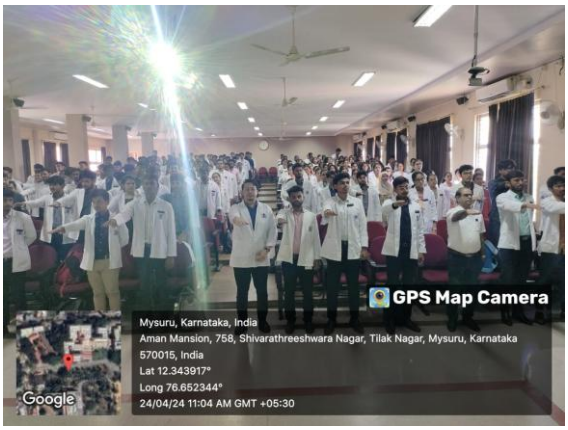
An election is a way for people to choose their candidate or express their preferences in a representative democracy or other form of government. To support and sensitise students on this issue, the NSS unit at JSS Medical College, Mysuru, organised a voting awareness programme for the students of JSS Medical College. The programme was conducted on 24th April 2024, between 10:30 AM and 11:20 AM, in Gallery 6, third floor, JSS Medical College, Mysuru. We have invited two resource persons, Ms Amoolya Prasad and Ms Anagha K. Bharadwaj, students of the BA, LLB course at JSS Law College, Mysuru, to deliver a lecture on the topic "Importance of Voting." The speakers explicitly stressed the importance of voting as a responsible citizen of the country. They also clarified myths about voting, the voting process, and an unbiased election process to establish a democratic government. Ultimately, all the students were administered the oath to sensitise them to their responsibility as voting citizens of this country.

We would like to thank Principal JSS Medical College, Dr Basavanagowdappa H., Vice Principal Dr Suma MN (preclinical), Vice Principal Dr Praveen Kulkarni (paraclinical), and Dr Vidya C.S., Professor and Head, Department of Anatomy, for their whole-hearted support in conducting this event. The programme was attended by more than 200 medical students of JSS Medical College. The resource persons were felicitated by Dr Vidya C.S. by giving a memento and certificates. The programme was supported by NSS volunteers and NSS programme officers.



Resource Persons:

Ms. Amoolya Prasad and Ms. Anagha K. Bharadwaj students of BA, LLB course, JSS Law College, Mysuru.



Students taking oath on voting rights



Students attending the Session



Felicitation of the Resource Persons of the Event

2. World Blood Donor Day Celebrations-2024

"Be the reason for someone's heartbeat"

World Blood Donor Day is celebrated every year by people around the world on June 14. It is celebrated on the birthday anniversary of Karl Landsteiner on June 14, 1868. Landsteiner was awarded the Nobel Prize for his discovery of the ABO blood group system. The theme for World Blood Donor Day 2024 is **"Give blood and keep the world-beating".** The theme highlights the value of blood donors and their roles in promoting health and saving lives.

In this regard, a series of awareness activities are scheduled. The drawing competition was organized by the NSS unit, JSS Medical College, and JSS AHER on "**WORLD BLOOD DONOR DAY"-2024**. This competition was organised to raise awareness about the importance of donating blood for a noble cause and to encourage participation from students of the medical, dental, and public health schools, as well as allied health sciences, and other constituent colleges of JSS AHER. Approximately 20 students participated in the event, held on June 1, 2024, from 10 am to 12 pm, in the Shree Rajendra Auditorium, second floor, JSS Medical College. We had invited our judges, Dr Vijaya Vageesh, Associate Professor, Department of Physiology, JSS MC & Dr Siddesha, Assistant Professor, Department of Biochemistry, JSS FLS. All participants received participation certificates from our judges.

The first Prize was bagged by Ms Riyah, JSS Dental College, the second prize by Ms Anvitha Bhat, JSS Medical College, and the third prize by Ms Anju, JSS Medical College.

The event not only served as a platform for showcasing talent but also highlighted the college's commitment to making a positive impact on society.

We want to thank our principal, vice principal Dr. Suma M N & Dr. Praveen Kulkarni, JSS Medical College and our chief administrative officer, Mr Sathish Chandra, and NSS program officers, NSS unit, JSS Medical College, Mysuru, for their valuable support and cooperation to conduct the event successfully.






3. BLOOD DONATION CAMP:2024

"A single pint can save three lives, a single gesture can create a million smiles."

In the honor of the 20th Anniversary of Blood Donation Day, National Services Scheme, in association with the first ever JSS Red Cross Club conducted a blood donation camp that took place on 8th of June 2024, in the JSS Pharmacy College Auditorium. The event was made possible by the Blood Bank of JSS Hospital, Mysuru.

The event was inaugurated with a lamp lighting ceremony presided by the Principal of College of Pharmacy: Dr. Pramod T M Kumar, Principal of JSS Medical College: Dr. Basavana Gowdappa H., Administrative Officer of JSSMC:

Mr. Satish Chandra S R, Dr. Pallavi P: Blood Bank Coordinator from JSSH, and Dr. Archana M from the Dept of Pathology, Dr. U R Rakshith (JSSPCM) and Dr. M V Ravishankar (JSSMC) as NSS Program Officers and Dr. Mythily M R from Dept of Community Medicine, also the nodal officer and faculty coordinator for JSS Red Cross Club.





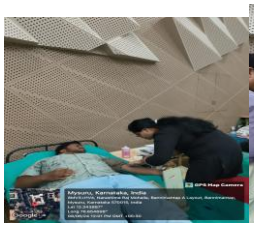
The event started at 10 am with Dr. Archana M taking the blood donor's pledge along with the donors present. The donors went on for proper screening, first by signing the pledge for voluntary donation, then subsequent screening. Proper food intake before donation, weight, blood pressure, Hb level and if any other criteria for blood donation, everything was considered. Proper screening for donors was done.

Over 40 donors showed up, but due to a strict screening session, only 23 donors could donate. Amongst the donors, we had blood groups such as B negative as well. After the donation, the donors were made to rest well on separate beds for at least 10 minutes and were provided with fruits and juices.

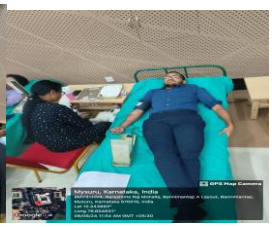
Apart from the donors, almost 10 volunteers were present at the venue to help run everything smoothly, both from NSS and JSS Red Cross Club. The enthusiasm of the donors and those who came willingly to donate, was commendable. The event successfully ended at 1:30 pm.

This event was only made possible by the combined efforts of JSS Medical College and JSS College of Pharmacy together, with the help of Blood Bank from JSS Hospital, Mysuru. It was a very successful event.









4. Plantation Drive as part of World Environmental Day 2024 at Hale Kesare

As part of World Environment Day 2024, the Department of Community Medicine at JSS Medical College, Mysuru, organised a Plantation Drive at Hale Kesare village under Hanchya PHC in Mysuru district on 15 June 2024. Siddlingpura Gram Panchayat President Mr Madesh was the chief guest. The program was also attended by Gram Panchayat Vice- President Mrs Jyothi, Panchayat Development Officer MR Basavaraj, Dr. Praveen Kulkarni, Vice-Principal (para clinical), JSS medical college, Dr. Ravishankar, Assistant Professor, Department of Anatomy and Dr. Manu, Associate Professor,

Department of Pharmacology (NSS officers), JSS Medical College, Mrs. Gowri, Headmistress-Government Primary School, Hale Kesare, Dr Shweta N Kurkuri, Dr. Sunitha Singh, Dr. Mythily M R, faculty, Medico-social workers and postgraduates from the Dept of Community Medicine, JSS Medical College, other members of Siddlingpura gram Panchayat and First-year MBBS students as part of their Family Adoption Program. The program followed with a pledge to save the environment and later with planting and adopting 120 saplings of Mahagony and Honge plants donated by the Forest Department, Mysore division by the medical students. Shri N Raghavan, owner of Raghulal and Co, donated tree guards for sapling protection.



"***Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind, and soul." – Amit Ray***

5. INTERNATIONAL YOGA DAY-21ST JUNE 2024

International Yoga Day is commemorated every year on 21st June to raise awareness about this ancient practice and celebrate the physical and spiritual powers that yoga has brought to the world. On 21st June 2024, International Yoga Day was celebrated with the theme of "Yoga for the Society". Ganesh Kumar, The President of Yoga Sports Foundation preceded with the **celebrations at Palace Ground, Mysore**. Thousands of people were gathered, including students from different schools and colleges, people from yoga community groups old age people, and other organizations from all over Mysuru, among them around 100 students from JSS Medical College Mysuru were present to witness the event. The students from various courses like MBBS, MSc, BSc, MPH, MD, and faculties from JSS Medical College participated in the event. All the students were gathered near the bus stand inside the JSS Medical College and left the college by 6 am. After reaching there, we all settled down with our yoga mats.

The event began at 6.40 am with Mysuru DC Dr K V Rajendra highlighting the contribution of Mysuru to yoga. He also mentioned plans for another Guinness Book of World Records for the largest participation of people performing yoga during Dasara this year. Following the event The Mysuru in-charge minister H C Mahadevappa addressed the event by saying that yoga helps one to maintain good mental and physical health, and lead a disciplined life which in turn will help in building a healthy society. Mysore-Kodagu

MP Yaduveer Krishnadatta Chamaraja Wadiyar said that Yoga Day is an opportunity to create awareness of the importance of modern yoga. MLA T S Srivatsa said there are plans to gather over a lakh people for Yoga Dasara this year. As per the Yoga Day protocol, the

yoga sessions began with "Shanka Naada" at 7.27 am. Participants performed over 22 warm-up exercises and simple yoga exercises like hastapadasana, utkatasana, baddhakonsasana, shavasana, etc. The session was ended with "Pranayama" and "Dhyana" at 8.40am. After the event had culminated everyone gathered in groups and clicked the photos along with the faculty in charge. We would like to thank Principal JSS Medical College, Dr. Basavanagowdappa H, Vice Principal Dr. Suma MN (preclinical), and Vice Principal Dr. Praveen Kulkarni (paraclinical) and Mr. Sathish Chandra, Chief Administrative Officer and NSS programme officers, JSS Medical College, Mysuru, for their support and cooperation to conduct the whole programme.






6. Celebration of "SADBHAVANA DIWAS"

India is an old country but a young nation…I am young and I too have a dream, I dream of India Strong, Independent, Self-Reliant and in the front rank of the nations of the world, in the service of mankind

-Sri. Rajiv Gandhi.

The "Sadbhavana Diwas" was observed in JSS Medical College, on 20th August 2024 to commemorate the birth anniversary of former Prime Minister Rajiv Gandhi, who was born on **August 20, 1944,** and served as the **sixth Prime Minister of India from 1984 to 1991.** He became the youngest Indian prime minister at the age of 40. The event was witnessed and supported by the principal Dr. Basavana Gowdappa, vice-principals, Dr Suma M.N, and Dr Parveen Kulkarni, JSS Medical College, Mysuru and chief administrative officer of JSS Medical College Mr. Sathish Chandra.

Mr. Sathish Chandra, administrative officer addressed the gathering by emphasising the importance of embracing diversity, respecting differences, and working together towards the common goal of nation-building. He mentioned that "Sadbhavana Diwas" holds immense significance in India; it serves as a reminder of Rajiv Gandhi's commitment to fostering a sense of unity and harmony among people of diverse backgrounds, religions, and cultures. Later, the "Sadbhavana Diwas" oath was administered by an NSS volunteer during the event. We would like to thank all authorities of JSS Medical College and all teaching and non-teaching faculty for their cooperation and participation in this event.






7. Democracy Day

"Democracy is not merely a form of government. It is primarily a mode of associated living, of conjoint communicated experience. It is essentially an attitude of respect and reverence towards fellow men." –
-BR Ambedkar

Democracy is a system of government where citizens directly or indirectly decide on laws, policies, leadership, and major undertakings. Essential elements of democracy include freedom, respect for human rights, and periodic elections. To underscore our democratic values, with the vital support from the district administrative office, Mysuru, on September 15, 2024, JSS Medical College, celebrated the "Democracy Day" by creating Human Chain near Manipal Hospital in Mysore. This was a memorable event involving the citizens of whole Karnataka staring from Bidar district to Chamarajanagar district. Volunteers from the National Service Scheme (NSS) along with the Vice-Principal Dr Suma M.N. JSS Medical College participated in the program in association with the government officials, Mysuru, Karnataka. They formed a human chain to demonstrate their commitment towards understanding the Indian democratic values and sensitizing the public in this regard. The event commenced at 9:00 AM and was attended by the Deputy Commissioner (DC) and other various officials of Govt. of Karnataka and programme ended at 10 AM.

The human chain formation was captured by a drone camera, offering a comprehensive aerial view of the human chain. To further commemorate the occasion, participants sang the state song of Mysore, which added a regional cultural dimension to the event. This initiative effectively highlighted the university's dedication to democratic principles and engaged the community in celebrating and reinforcing democratic values.

We would like to thank our Principal, Vice Principal Dr. Suma M N & Dr. Praveen Kulkarni, JSS Medical College and our chief administrative officer Mr. Sathish Chandra, and NSS program officers NSS unit, JSS Medical College, Mysuru, for their valuable support and cooperation to conduct the event successfully.





8. Oath taking on voluntary blood donation day

On October 1st 2024, as part of National Voluntary blood donation day, NSS JSS Medical College, Mysore, organized an Oath taking ceremony for the II phase MBBS students at Gallery 6 at 8:30 am. Around 200 medical students participated and took oath voluntarily to donate blood for the needy. The students were made aware about the importance of blood donation and also encouraged to contribute to the health and well-being of millions of people around the world and to promote a culture of regular

blood donation among the Youth to increase the diversity and sustainability of the blood donor pool. The programme was coordinated by Dr Manu G, NSS Programme Officer, JSS Medical College, Mysore.



9. Swachh Bharath Cleanliness drive

On October 9, 2024, NSS organised a Swachh Bharat cleanliness drive, aimed at promoting hygiene and environmental awareness with the students at JSS Medical
College. The event commenced at 6:30 AM and was attended by 25 students, who were eager to contribute to this noble cause.

Equipped with T-shirts, caps, and gloves provided by the college, the participants gathered behind the college premises, extremely enthusiastic. Under the guidance of esteemed faculty members—Dr. Manu G, Dr. Manjunath, and Dr. Venkatesh—the students divided into groups, efficiently cleaning the area. The enthusiasm was palpable as everyone worked together, fostering a sense of teamwork and responsibility towards the environment

Throughout the morning, the students collected and filled numerous garbage bags, clearing the area of plastic waste, wrappers, and other debris. This hands-on experience not only enhanced the students' understanding of the importance of cleanliness but also highlighted the significant impact collective action can have on maintaining a sustainable environment.

The drive concluded with a brief reflection session, where participants shared their experiences and discussed the need for continued efforts in promoting cleanliness. This initiative by NSS aligns with the broader goals of the Swachh Bharat mission, inspiring future generations to prioritise cleanliness and environmental stewardship. The event was a resounding success, leaving a lasting impression on both the students and the community.



10. Family Adoption Program MBBS Phase II (2022-2023 Batch) Report on NSS activity

As a part of Family Adoption Programme (FAP) in coordination with NSS unit, Department of Community Medicine, JSS Medical College, JSSAHER, conducted plantation drive in Hanchya and Ramanahalli village on 23rd and 24th of October 2024. Phase II MBBS students (2022-23 batch) were part of this activity.

The programme included distribution of herbal plants by the Phase II MBBS students to the adopted families on 23rd and 24th of October 2024. On 24th of October 2024, felicitation programme was conducted for the staffs and ASHA workers of Hanchya PHC. Dr. Manu, NSS Coordinator, JSS Medical College felicitated the Health Inspector Mr. Dayanand, Community Health Officers Mrs. Rashmi and Mrs. Madhuri, Primary Health Care Officers Mrs. Nethra and Mrs. Shilpa and other staffs and ASHA workers of the PHC. FAP Mentors Dr. Amoghashree, Assistant Professor and Dr. Rashmi S, Senior Resident, Department of Community Medicine organized the event. Dr. Rashmi S, Senior Resident thanked the PHC staffs for various support received from the PHC during the last two years of FAP. The postgraduate students, medico-social workers Mr Sunil and Mr Mallikarjun Swamy and non-teaching staffs of Department of Community Medicine were present during the event. The entire plantation drive was great success.



11. REPORT ON "CONSTITUTION DAY"

The Constitution Day (*Samvidhāna Divasa*), also known as "National Law Day", is celebrated in India on 26th day of November every year to commemorate the adoption of the Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted to the Constitution of India, and it came into effect on 26 January 1950.

The "75th Constitution Day" was observed in JSS Medical College, on 26th November 2024 to commemorate the adoption of the Constitution of India. The event was witnessed and supported by the principal Dr. Basavana Gowdappa, vice-principals, Dr Suma M.N, and Dr Praveen Kulkarni, JSS Medical College, Mysuru and Assistant administrative officer of JSS Medical College Ms. Shilpa.
Dr Praveen Kulkarni, Vice Principal addressed the gathering by emphasising the importance of Constitution day. He mentioned that celebrating National Constitution Day keeps us connected and pays tribute to the father of the Indian Constitution, Dr. Bhimrao Ambedkar, spreading his timeless philosophies and thoughts. Later, the "Constitution Day" oath was administered by NSS Programme Officer, Dr Manu G during the event. We would like to thank all authorities of JSS Medical College and all teaching and non-teaching faculty for their cooperation and participation in this event.



12. POSTER COMPETITION

Poster competition was conducted by NSS unit JSS Medical College on occasion of TOBACCO FREE YOUTH CAMPAIGN 2.0 on topic "STOP SMOKING, SAY NO TO TOBACCO" on 28th of November 2024. The event was held at Rajendra Auditorium of JSS Medical College (JSSMC). NSS officers, volunteers along with the staff took part in the event. The event started around 10:30 with a total number of 09 participants.

The judges were Dr. Sunil Kumar D, Professor & Head, Department of Community Medicine and Dr. Puspha VH, Professor. department of Pharmacology. All the participants were warmly welcomed by Dr Manu G Associate Professor, Dept. of Pharmacology, JSS Medical College. Dr Hema A H, Senior Resident, Dept of Pharmacology, presided over the function.

The event started with the great performances from the students of JSSMC, JSSCPM M.SC Biochemistry, showing their amazing painting and sketching skills. The participants had 2 hours to present their work. The participant's identity was masked for unbiased justification. At the end of the event students were addressed with encouraging words by the judges.

The results were announced by the judges. **First prize** was bagged by Ms Shikhara M M, MSc Medical Biochemistry, JSSMC, **Second prize** bagged by **Ms Spoorthi S,** MSc Medical Biochemistry, JSSMC. **Third prize** bagged by Ms. **Meghna Mishra, 1st year MBBS student of JSSMC**. Consolation prize was given to Ms Sandhyashree V, MSc Medical Biochemistry, JSSMC. Lastly to Honor the judges the certificates were handed over by Dr. Manu G, NSS Programme Officer. The NSS officers from JSS MC, Dr. Manu G and Mr Venkatesh coordinated the whole event. The event was a great success which bought everyone more enthusiasm towards co-curricular activities and learned the act of participation.

The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru; and the administrative officer JSS Medical College, Mysuru.





13. Oath taking on National Voter's Day

January 25th is celebrated as National Voter's Day and this time is the 15th National Voter's Day on 25th January 2025. The theme of NVD celebrations for this year is "NOTHING LIKE VOTING, I VOTE FOR SURE". In commemoration of National Voter's Day, NSS wing JSS Medical College, Mysuru, organized

on oath taking ceremony for the II phase MBBS students at Gallery 4 at 3pm. Voter's pledge is taken by the voters in favour of ethical voting upholding the democratic traditions of the country and the dignity of free, fair & peaceful elections. Around 200 medical students participated and took the voter's pledge voluntarily.

The voter's pledge is as follows

"We, the citizens of India, having abiding faith in Democracy, hereby pledge to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every elections fearlessly and without being influenced by consideration of religion, race, caste, community, language or any inducement"

The programme was coordinated by Dr Manu G, NSS Programme Officer, JSS Medical College, Mysuru.






14. <u>Swacchatha Sarvekshan 2024, Kukkarahalli lake Swacchatha Abhiyan</u>

JSS Medical College NSS wing participated in Swacchatha Sarvekshan 2024, Kukkarahalli lake Swacchatha Abhiyan conducted by Mysuru City Corporation on 16/02/2025 starting from Kuvempu Vana, Railway front gate, Mysuru.
The event commenced at 7:00 AM and witnessed enthusiastic participation from 25 students including MBBS and BSc students, who were eager to contribute to this noble cause.
Equipped with T-shirts, caps and gloves provided by the MCC, the participants gathered near Kuvempu Vana, Railway front gate, Mysuru, extremely enthusiastic. The programme was coordinated by Dr Manu G, NSS Programme Officer, Associate Professor and Dr Raghavendra Konnur, postgraduate department of Pharmacology, JSSMC, Mysuru along with JSSAHER constituent colleges.

The students collected and filled numerous garbage bags, clearing the area of plastic waste, wrappers, and other debris throughout the morning. This hands-on experience not only enhanced the students' understanding of the importance of cleanliness but also highlighted the significant impact collective action can have on maintaining a sustainable environment. The event was a resounding success, leaving a lasting impression on both the community and the students.







Sunday, February 16 2025, 08:20:28 AM
Lake View Tower, Ramavilas Rd, Kukkarahalli, Saraswathipuram, Mysuru, Karnataka 570009, India
12° 18' 26" N, 76° 38' 4" E 703m
22.0°C 6.1Km/h 50%


Sunday, February 16 2025, 08:25:41 AM
8JHJ+GHH, Kukkarahalli, Kajihundi, Mysuru, Karnataka 570009, India
12° 18' 24" N, 76° 37' 54" E 704m
22.0°C 6.1Km/h 50%


ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ, ಮೈಸೂರು
ಅಭಿನಂದನಾ ಪತ್ರ
J.S.S. college, Mysuru

NSS Regular activities

UNIT II JSS Dental College and Hospital, Mysuru

NSS regular activities from 1st April 2024 to 31st March 2025

Day & Date	Name of the programme	Place/Venue	Remarks/ Number of beneficiaries
30-05-2024	No Tobacco Day	Mysore	150
08-06-2024	Blood Donor's day	JSS Pharmacy College	300
21-06-2024	Yoga day	Mysore Palace premises	112
16-02-2025	Cleaning campaign	Kukkarahalli Lake, Mysuru	30
25-03-2025	Oral Health Day celebrations	Mysore Palace premises	101
24-01-2025	Dental camp and awareness program	Devalapura Govt School	123
06-01-2025	Dental camp and awareness program	Rayasandra	222
Total			

1. NSS Unit JSSDCH actively participated in the Cleaning Campaign organised by Mysuru Municipal Corporation at Kukkarahalli Lake on 16th February 2025. Twenty-five students actively participated in the cleaning campaign. The program started at 7 am and lasted until 11 am. There were 6 to 8 bags filled with garbage and dirt that were given to the municipal corporation.










2. No tobacco day:-

On the occasion of No Tobacco Day, May 30th, a workshop was conducted in a hybrid mode. A total of 224 participants took part in the workshop. Two guest lecturers conducted the workshop. Both undergraduate, postgraduate and staff took part in the program. Overall, the program was beneficial, and the event was successful.







3. Blood Donor Day:-

On the occasion of Blood Donors Day, JSSAHERNSS organised a blood donation camp in the JSS Pharmacy College auditorium. The undergraduate students, house surgeons, and postgraduate students of all constituent colleges donated blood. In the same program, they created awareness regarding the importance of blood donation. Overall, the program was successful.





International Yoga day:-

On 21st June 2024, a total of 31 members participated in the International Yoga Day, which was conducted by the AYUSH department of the central government in association with the Karnataka state government and the Mysore district administration. All the members actively participated in the program. The event commenced at 5:00 a.m. and ended at 8:00 a.m. Please find the photos for your perusal.













6. Dental camp :-

Department of Public Health Dentistry, JSS Dental College & Hospital, JSS Academy of Higher Education and Research, Mysuru conducted an oral health education and treatment camp on 10 -01-2025, NSS, Rayasandra.

The participants were Screened By Dr. Thippeswamy and Interns, and addressed regarding oral hygiene instructions, and importance of oral health.

A total of 222 people were screened and 88 were treated according to their needs. The camp was attended by Dr. Thippeswamy and Interns.



7. Dental Camp:-

Department of Public Health Dentistry, JSS Dental College & Hospital, JSS Academy of Higher Education and Research, Mysuru conducted an oral health education and treatment camp on 24-01-2025, Devalupura Govt School.

The participants were Screened by Dr. Thippeswamy, Post graduate And Interns, and addressed regarding oral hygiene instructions, and importance of oral health.

A total of 101 people were screened and 20 were treated according to their needs. The camp was attended by Dr. Thippeswamy and Interns.

World oral health day :-

World oral health day celebrated by arranging bike rally from Mysore palace premises to jss dental college and hospital on march 25th 2025. There are about 20 interns and 10 bikes rally was done and spread the awareness regarding oral diseases and their prevention. The awareness spread about hundreds of people and some of the doubts clarified on the spot itself and some of the people were referred to JSS dental college and hospital for further treatment.






NSS Regular Activities

NSS UNIT III- JSS College of Pharmacy, Mysuru

NSS regular activities from 1st April 2024 to 31st March 2025

Sl. No	Date	Duration of session in Hrs	No. Volunteers attended	Nature and quantum of work
1.	08-04-2024	01	50	NSS Unit JSS College of Pharmacy in association with community medicine Organized awareness program epidemic diseases on 8th April 2024 at Sri Rajendra Auditorium at 4.30pm
2.	17-05-2024	02	30	Department of Pharmacy Practice and NSS Unit, JSS College of Pharmacy as part of the blood pressure screening camp on the occasion of world hypertension day (17th May 2024). The theme for this world hypertension day is **'Measure Your Blood Pressure Accurately, Control It, Live Longer'**.
3.	05-06-2024	02	20	The National Service Scheme (NSS Unit) JSS College of Pharmacy, Mysuru Organized Plant Saplings on the occasion of World Environmental day (5th June 2024) with the theme of our land, our future. The main aim of this occasion was to prevent & creates awareness on the raised global warming to protect our nature and planet earth.
4.	08-06-2024	03	50	NSS Unit JSS College of Pharmacy in association with JSS Red cross JSS Medical College, Mysuru organized a Blood donation camp on the occasion of world blood donors' day on 8th June 2024.
5.	21-06-2024	02	35	National Service Scheme (NSS) Unit of JSS College of Pharmacy, Mysuru along with constituent colleges of JSSAHER celebrated International Yoga Day on 21st June 2024 at Mysore Palace. International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world

6.	21-06-2024	02	50	National Service Scheme (NSS) Unit of JSS College of Pharmacy, Mysuru in association with Department of Yoga, JSS Academy of Higher Education and Research Mysuru conducted a yoga awareness and training program on 21st June 2024. During this occasion all teaching and non-teaching staff and Ph.D. scholars from JSSAHER Constituent colleges took the benefit.
7.	26-06-2024	01	30	The National Service Scheme (NSS Unit) JSS College of Pharmacy, Mysuru Organized pledge taking activity on the occasion of international day against drug abuse and Illicit Trafficking (June 26th 2024). The theme for International Day against.
8.	15-08-2024	01	60	JSSAHER along with the constituent colleges and NSS units celebrated the 78th Independence Day in the JSS Medical institutions campus
9.	20-08-2024	01	50	NSS Unit JSS College of Pharmacy Mysuru organized Pledge taking activity on the occasion of Sadbhavana Diwas. Every year, 20th August is observed as Sadbhavana Diwas to celebrate India's Former PM, Rajiv Gandhi's birthday. This day serves as a reminder of his vision for a Prosperous, United and Peaceful India
10.	23-08-2024	03	30	NSS Unit JSS College of Pharmacy Mysuru organized Live Streaming of National Space Day (NSpD) 2024 event titled "Touching lives while touching the Moon- India's Space Saga on 23rd August 2024 at Gallery Hall
11.	15-09-2024	03	60	NSS Unit JSS College of Pharmacy, Mysuru in association with Government of Karnataka in association with civil society organised the world's longest Human chain, a powerful symbol of equality, unity, fraternity and participative governance on 15th September 2024.
12.	21-09-2024	03	10	**As a part of World Pharmacist Day Celebrations. Indian Pharmaceutical Association, Mysuru local Branch in association with Department of Pharmacy Practice & NSS Unit of JSS College of Pharmacy, Mysuru Organized health screening camp at Kurubara Halli Siddhartha Layout, Mysuru on 21st September 2024 at 10.00 am to**

				12.30 pm
13.	20-09-2024	04	30	As a part of celebration of 'National Pharmacovigilance Week 2024', The Regional Training Centre for South Zone – PvPI located at Department of Clinical Pharmacy, JSS Hospital, Mysuru in association with National Coordination Centre, Pharmacovigilance Program of India (PvPI), Indian Pharmacopeia Commission, Ghaziabad AND Special Interest Group (SIG) – Quality & Safe Use of Medicine conducted an Sensitisation & Awareness Program on 'Importance of Reporting of Adverse Drug Reaction' on 20th September 2024 for the benefit of Community Pharmacists and Consumers / Public of Mysuru city. The program was organised to create an awareness and inculcate ADR reporting culture amongst community pharmacists and consumers /public
14.	27-09-2024	03	20	As part of its Annual Action Plan 2024-25 Yuvajanothsava Programme, District-level Marathon Contest was organised by the District AIDS Prevention & Control Unit of Mysuru on 27th September 2024. The aim of this Marathon was to create awareness about HIV/AIDS, prevention of discrimination, HIV and AIDS (Prevention & Control). The NSS Unit JSS College of Pharmacy, Mysuru student volunteer participated in this awareness program. The Marathon will begin at JSS College for Women in Saraswathipuram and pass-through Fire Brigade, Ramaswamy Circle, Maharani's Science College, Old DC's Office, Oval Grounds, Kukkarahalli Road and culminate at the starting point.
15.	30-09-2024	03	30	NSS Unit JSS College of Pharmacy, Mysuru organized Swachhta cleaning activities within the institutional premises and in public place near the college campus on 30th September 2024.The main aim of this program is to create awareness on Swachhata Hi Seva with the theme of swabhav Swachhata- Sanskar Swachhta

16.	05-11-2024	3	100	NSS Unit JSS College of Pharmacy, in association with The Indian Pharmaceutical Association (IPA), Mysuru local branch, Mysuru, in association with JSS College of Pharmacy, Mysuru, organised a Blood donation camp on the occasion of 63rd National Pharmacy Week Celebrations on 05th November 2024.
17.	26-11-2024	01	35	NSS Unit JSS College of Pharmacy organised a pledge-taking on the occasion of Constitution Day. Every year, November 26 is observed as Constitution Day. NSS Volunteers took the pledge on this occasion.
18.	25-08-2025	03	20	NSS Unit JSS College of Pharmacy, Mysuru, organised the 15th National Voters' Day (NVD) on 25th January 2025. This Year's Theme "Nothing Like Voting, I Vote for Sure" is a continuation of last year's theme emphasizing the importance of participation in the electoral process, and encouraging voters to take pride in exercising their franchise. During the event, Votes Pledge was taken from all the teaching staff, non- teaching staff and NSS Volunteers.
19.	26-01-2025	02	30	The NSS Volunteers with the other students of the constituent college actively participated in the celebration of Republic Day at JSS Academy of Higher Education and Research Campus, SS Nagar, Mysuru
20.	26-01-2025 to 31-01-2025	02	50	Exhibition of Poison Information Centre at Suttur Jathra Expo 2024
21.	16-02-2025	3	60	NSS Unit JSS College of Pharmacy, in association with Mysuru Maha Nagara Palikey, organised Swachhata Seva on 16th February 2025 at Kukarahalli Lake. During the program, cleaning of the entire lake and collection of trash materials were done during the program

22.	21-03-2025	5	20	NSS Unit JSS College of Pharmacy, in association with the Union Ministry of Youth Empowerment and Sports, Nehru Yuva Kendra, Mysuru, organised a district-level Viksit Bharath Youth Parliament on 21st March 2025. This event aims to bring together young visionaries, policymakers, and changemakers to discuss and deliberate on India's development roadmap

1) Awareness program on Epidemic diseases:

NSS Unit JSS College of Pharmacy, Mysuru, in association with Community Medicine JSS Medical College, organised an awareness program on epidemic diseases on 8th April 2024 at Sri Rajendra Auditorium at 4.30 pm. The chief guest for this program was Dr Amoghashree, Assistant Professor, Department of Community Medicine, JSS Medical College, Mysuru. She sensitises teaching staff, non-teaching staff, NSS Student volunteers, and hostel cooks on definitions, epidemiological status, preventive measures, pathophysiology, pharmacological and non-pharmacological management, and prognosis of cholera / other epidemic diseases. Overall, the awareness program was very useful for the teaching, non-teaching staff, NSS volunteers and Hostel cook.





2) **Blood pressure screening camp on the occasion of World Hypertension Day.**

NSS Unit JSS College of Pharmacy, Mysuru in association with department of Pharmacy Practice organized a blood pressure screening camp on the occasion of world hypertension day (17th May 2024). The theme for this world hypertension day is **'Measure Your Blood Pressure Accurately, Control It, Live Longer'**. The main aim of this camp was to highlight the importance of monitoring blood pressure and bringing global awareness to the 1billion people living with the high blood pressure worldwide. The Teaching and Non-Teaching staff members of JSS College of Pharmacy was screened for their blood pressure. Over the camp was very use for our staff members.





3) **Plant a sapling on the occasion of World Environment Day celebration**

The National Service Scheme (NSS) Unit at JSS College of Pharmacy, Mysuru, organised a Plant Sapling event on the occasion of World Environment Day (June 5, 2024), with the theme 'Our Land, Our Future'. The main aim of this occasion was to raise awareness about the rising global warming and protect our natural environment and planet Earth. It is a day that reminds everyone on the planet to get involved in environmentally friendly activities. People come together to pledge towards building a greener planet. The event was conducted successfully, with overwhelming participation at the plants. Dr T.M Pramod Kumar, Principal JSS College of Pharmacy, Mysuru, Dr G V Pujar, Vice Principal, JSS College of Pharmacy, Mysuru, Mrs Kokila M.S., Administrative Officer, JSS College of Pharmacy, Mysuru, NSS Programme Officer, and Teaching and Non-Teaching staff were present during the occasion.





4) **Blood donation camp on the occasion of World Blood Donor Day**

NSS Unit JSS College of Pharmacy, in association with JSS Red Cross, JSS Medical College, Mysuru, organised a Blood donation camp on the occasion of World Blood Donor Day on 8th June 2024. The program was inaugurated by Dr T.M. Pramod Kumar, Principal, JSS College of Pharmacy, Mysuru, and Dr Pallavi. P Associate Professor Department of Pathology JSS Hospital, Mr Satish Chandra, Administrative Officer, JSS Medical College, Dr Smitha, Assistant Professor Department of Community Medicine, JSS Medical College, NSS Coordinator and NSS Program officers of both colleges were present. More than 50 students registered and screened for their eligibility to donate the blood through

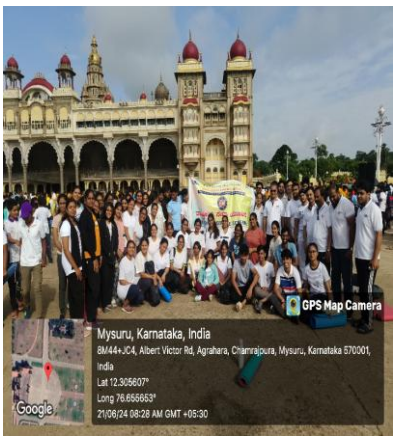
their blood pressure, weight, blood group matching and other procedures. The eligible volunteers were selected for blood donation and a total of 40 units of blood were collected from the student volunteers.






5) 10th International Yoga Day Celebration

The National Service Scheme (NSS) Unit of JSS College of Pharmacy, Mysuru, along with the constituent colleges of JSSAHER, celebrated International Yoga Day on June 21, 2024, at Mysore Palace. International Yoga Day is observed annually on June 21 to raise awareness about this ancient practice and celebrate the physical and spiritual benefits that yoga has brought to the world. Yoga is a practice that plays an important role in relaxing the mind and body and boosting people's immune system. On 21st June 2024, JSSAHER celebrated the 10th International Yoga Day at Mysore Palace with the theme ' Yoga for Vasudhaiva Kutumbakam'. Warm-up exercises were taken, and all the participants practised & performed sitting and standing asanas. The importance of these was explained simultaneously. The participants were informed about the importance of yoga practice in their lives. He encouraged students to practice yoga regularly to stay fit and improve their concentration. All Faculties, Staff and volunteers were taught the importance of Yoga in their lives & how to maintain the harmony between body and mind. The students discussed the importance of yoga and demonstrated various yoga postures, promising to incorporate this activity into their daily lives.





6) Yoga awareness and training program

National Service Scheme (NSS) Unit of JSS College of Pharmacy, Mysuru in association with Department of Yoga, JSS Academy of Higher Education and Research Mysuru conducted a yoga awareness and training program on 21st June 2024. During this occasion all teaching and Non-Teaching staff and Ph.D. scholars from JSSAHER Constituent colleges took the benefit.





7) **International Day against Drug Abuse and Illicit Trafficking**

The National Service Scheme (NSS Unit) JSS College of Pharmacy, Mysuru Organized pledge taking activity on the occasion of international day against drug abuse and Illicit Trafficking (June 26th 2024). The theme for International Day against Drug Abuse and Illicit trafficking 2024 is "The evidence is clear: invest in prevention." The main objective is to curb the menace of drug abuse and to create drug free society in the world. 30 NSS Volunteers and NSS Program officer of the college took the pledge on that occasion of international day against drug abuse and illicit trafficking.





8) 78th Independence Day celebration at JSSAHER

JSSAHER along with the constituent colleges and NSS units celebrated the 78th Independence Day in the JSS Medical institutions campus



9) **Pledge Taking on Sadbhavana Diwas**

NSS Unit JSS College of Pharmacy Mysuru organized Pledge taking activity on the occasion of Sadbhavana Diwas. Every year, 20th August is observed as Sadbhavana Diwas to celebrate India's Former PM, Rajiv Gandhi's birthday. This day serves as a reminder of his vision for a Prosperous, United and Peaceful India. He believed that the collective efforts of India's citizens, regardless of caste, religion, or creed, were crucial to the country's development. During this 50 NSS Volunteers, NSS Program officer and Assistant NSS Program officer took the pledge that people should work for the emotional oneness and harmony of all the peoples of India regardless of caste, creed, region, religion or language' and to 'resolve all differences through dialogue and constitutional means without resorting to violence'.





10) Live Streaming of National Space Day

NSS Unit JSS College of Pharmacy Mysuru organized Live Streaming of National Space Day (NSpD) 2024 event titled “Touching lives while touching the Moon- India’s Space Saga on 23rd August 2024 at Gallery Hall. A myriad of events will unfold highlighting India's remarkable achievements in space, profound benefits to the society, and boundless opportunities for people from all walks of life to engage with the Indian space programme. The event was watched by 30 NSS Volunteers, Program officer, Vice principal and Principal of the college.





11) **International democracy day celebration:**

NSS Unit JSS College of Pharmacy, Mysuru in association with Government of Karnataka in association with civil society organised the world's longest Human chain, a powerful symbol of equality, unity, fraternity and participative governance on 15th September 2024.As a mark of Karnataka's continued commitment towards democratic principles and a thriving democracy, a massive human chain was formed across the entire state from Bidar to chamarajanagar, covering all 31 districts. In a length of 2,500Km, the longest in the history if the world. A total of 25 lakhs+ people was participated with an average of more than 1000 people every kilometre. The participants of the human chain had not only displayed banners and posters on democracy underlining the concepts of liberty and freedom of expression but also remind us of our environment.





12) Health Screening camp at Kurubara Halli

As a part of World Pharmacist Day Celebrations. Indian Pharmaceutical Association, Mysuru local Branch in association with Department of Pharmacy Practice & NSS Unit of JSS College of Pharmacy, Mysuru Organized health screening camp at Kurubara Halli Siddhartha Layout, Mysuru on 21st September 2024 at 10.00 am to 12.30 pm. The aim of the health screening camp was to sensitize publics on importance of regular monitoring of health and safe use of medications to Improve the health-related quality of life among Mysuru publics. A Total of 52 general publics were monitored for their blood pressure & blood glucose levels. At the time of monitoring around 12 general publics were found to be having elevated blood glucose levels & of 5 them were having elevated blood pressure. General publics

who were identified with the elevated blood pressure and blood glucose levels were advised Non-Pharmacological Management & suggest to consult the physician for future diagnosis and management.





13) Awareness & Sensitisation Program on 'Importance of Reporting of Adverse Drug Reaction' – In Community Settings

As a part of celebration of 'National Pharmacovigilance Week 2024', The Regional Training Centre for South Zone – PvPI located at Department of Clinical Pharmacy, JSS Hospital, Mysuru in association with National Coordination Centre, Pharmacovigilance Program of India (PvPI), Indian Pharmacopeia Commission, Ghaziabad AND Special Interest Group (SIG) – Quality & Safe Use of Medicine conducted an Sensitisation & Awareness Program on 'Importance of Reporting of Adverse Drug Reaction' on 20th September 2024 for the benefit of Community Pharmacists and Consumers / Public of Mysuru city. The program was organised to create an awareness and inculcate ADR reporting culture amongst community pharmacists and consumers /public.

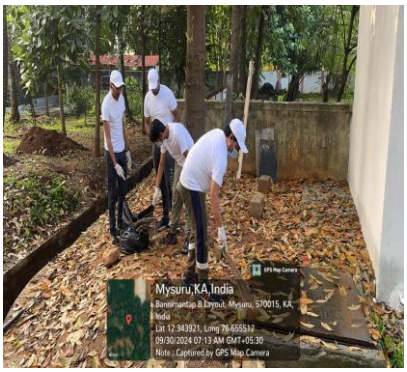




The program began with sensitizing and creating awareness to the community pharmacist along with Dr Jaidev Kumar & Dr Rakshith U R, Lecturer, Dept. of Pharmacy Practice, JSS College of Pharmacy, JSS AHER, Mysuru. The information materials, both in Kannada & English, depicting the importance of ADR reporting, ways and means of reporting ADRs were displayed at the community pharmacies and also circulated among the patients who visited the community pharmacies, and also to general public who were there in the vicinity in order to sensitize and create an awareness amongst them on the importance of reporting of adverse drug reaction.

14) **Swachhata Hi Seva (SHS)**

NSS Unit JSS College of Pharmacy, Mysuru organized Swachhta cleaning activities within the institutional premises and in public place near the college campus on 30th September 2024.The main aim of this program is to create awareness on Swachhata Hi Seva with the theme of swabhav Swachhata-Sanskar Swachhta. To carry out this activity Ministry of youth Affairs & Sports, Government of India has sanctioned rupees twenty-five thousand (25,000). The NSS Volunteers, Program officer, non-teaching staff of JSS College of Pharmacy, Mysuru were actively involved in campus cleaning drive at 6.30am. During the activity the NSS Volunteers took part in cleaning the garden area followed by parking space and campus road. NSS Volunteers were able to collected and disposed single use plastic materials and water bottle. Our NSS Volunteers, Program officer and Non teaching staff were continued to clean S.S Nagar Bus stand , Park and garbage area in S.S Nagar,Mysuru and collected lot of thrash matierals. All the NSS Volunteers were given with T- shirt and Cap containing my bharath logo and breakfast was provided to them. The NSS Volunteers were happy about Swachatta Seva program and acknowledge our principal , NSS Program officer & Ministry of youth Affairs & Sports, Government of India for sanctioning twenty-five thousand rupees for the NSS Account.







15) District- Level Marathon:

As part of its Annual Action Plan 2024-25 Yuvajanotsava Programme, District-level Marathon Contest was organised by the District AIDS Prevention & Control Unit of Mysuru on 27th September 2024. The aim of this Marathon was to create awareness about HIV/AIDS, prevention of discrimination, HIV and AIDS (Prevention & Control). The NSS Unit JSS College of Pharmacy, Mysuru student volunteer participated in this awareness program. The Marathon will begin at JSS College for Women in Saraswathipuram and pass through Fire Brigade, Ramaswamy Circle, Maharani's Science College, Old DC's Office, Oval Grounds, Kukkarahalli Road and culminate at the starting point.





16. Blood Donation Camp:

NSS Unit JSS College of Pharmacy, in association with The Indian Pharmaceutical Association (IPA), Mysuru local branch, Mysuru, in association with JSS College of Pharmacy, Mysuru, organised a Blood donation camp on the occasion of 63rd National Pharmacy Week Celebrations on **05th November 2024.** The program was inaugurated by Dr Pallavi, Associate Professor in Blood Bank and Transfusion Services, Department of Pathology, JSS Hospital, Dr TM Pramodkumar, Principal and Dean, JSS College of Pharmacy, GV Pujar, Vice Principal, JSS College of Pharmacy, Mysuru and all the heads of the department were present during the program. More than 100 students and staff registered and screened for their eligibility to donate the blood through their blood pressure, weight, blood group matching and other procedures. The eligible volunteers were selected for blood donation and a total of 32units of blood were collected from the student and staff volunteers





17. Pledge taking activity.

NSS Unit JSS College of Pharmacy, organized a pledge taking on the occasion of constitution day. Every year November 26th is considered as constitution day. NSS Volunteers took pledge on this occasion.





18. National Voter's Day celebration.

NSS Unit JSS College of Pharmacy, Mysuru, organised the 15th National Voters Day (NVD) on 25th January 2025. This year's theme, "Nothing Like Voting, I Vote for Sure," is a continuation of last year's theme, emphasising the importance of participation in the electoral process and encouraging voters to take pride in exercising their franchise. During the event, the Vote Pledge was taken from all the teaching staff, non-teaching staff and NSS Volunteers.



19. **Republic Day celebration at JSSAHER**

JSSAHER, along with the constituent colleges and NSS units, celebrated the 76th Republic Day Celebration in the JSS Medical College Campus.



20. Exhibition of Poison information center at Suttur Jathra Expo 2025

Suttur Jathra festival was celebrated for six days between 26-01-2025 to 31-01-2025 at Sri Suttur Srikshetra where more than thousand people visited the Jathra celebrations during these days. The JSS College of pharmacy, Mysuru had put up an Exhibition stall in the Suttur Jathra festival showcasing the various courses and activities of different departments of JSS College of Pharmacy, Mysuru in the Suttur Jathra Exhibition. It was inaugurated by Jayarajendra Swamji and Dr C. G Betsurmath Executive secretary Dr B JSS Mahavidyapeeta, Mysuru.




More than thousands of people /devotees visited the stall every day and they were educated on the various courses offered by the college, the minimum qualification required to join the course and various job opportunities available for pharmacists were highlighted to them.

The public /devotees were also educated on the role of each department of the college and their goals and objectives and their importance were explained to them. The public were also educated on safe use of medicines, Safety precautions to be taken on using medicines in elderly population, how to safely store the medications away from the reach of children's. The farmers were educated on how to safely use the pesticides and what are the preventive/precautionary measures to be followed to avoid the toxicity while using pesticides for farming. General public were informed about the various activities carried out at department of pharmaceutical chemistry related to Modern research and innovation of new drug molecules and the different steps followed to discover a new drug. We explained about the different types of pharmaceutical preparations which are discovered by pharmaceutical chemistry department and developed to various types of new formulations by using different methods of manufacturing of these different pharmaceutical dosage forms.




The general public was informed about the various activities carried out at the Department of Pharmaceutical Chemistry related to Modern research and innovation of new drug molecules and the different steps followed to discover a new drug. We explained the different types of pharmaceutical preparations discovered by the pharmaceutical chemistry department and developed into various new

formulations using different manufacturing methods for these pharmaceutical dosage forms. Educated the general public on recent advances and various tests carried out to check the safety and efficacy of various types of dosage forms that are developed by the pharmaceutics department by testing these formulations or dosage forms and identifying their toxicity and effectiveness in animals before they are suitable to be used by human beings. We highlighted and educated the general public on various types of new pharmaceutical preparations, which are also available in nature from plant, animal, mineral, and synthetic origins. The modern process of extraction of these medicines from these resources, and about various types of medicinal plants that are available in nature. We created awareness among the general public about the various services our department provides. We educated the general public on various diseases and their management by orally explaining to them and also by providing the patient information leaflets on 14 types of disease conditions generally seen, like Diabetes Mellitus, Hypertension, Asthma, Rheumatoid Arthritis, COPD, Peptic Ulcer Disease etc.,

We also created awareness about & Poison Information Centre &Its services like providing poison information and treatment protocol to the doctors for management of different types of poisoning cases, first aid treatment for different types of poisoning substances and its toll free Number and the Google Play App where you can get access to different types of Poison treatment protocol and 24 hours' free services provided by poison information centre.

Feedback and suggestions were collected from all the people/farmers /, and villagers, and the majority of them expressed their opinions, stating that the information provided was useful and helpful to them. The village people and the farmers were keen on the Poison Information Centre present in our hospital and informed that they would call up the toll-free number of the Poison Information Centre and collect the information on Various First aid Measures for Snake bite, Accidental Poisoning, Suicidal Poisoning, etc., and also on various information on poisonous substances. Each department staff member and student was assigned to duty at the exhibition stall, where they explained their duties and responsibilities to the general public.

The Suttur Jathra Exhibition committee honoured us for our active participation and for being actively involved in educating and creating awareness in the general public during the Suttur Jathra-2025 and rewarded our college with an appreciation certificate for participating, educating, and creating awareness among the public who visited the Suttur Jathra Exhibition.

21. Swachatta Seva at Kukarhalli Lake.

NSS Unit JSS College of Pharmacy, Mysuru, in association with Mysuru Mahanagarapallikey, organised a Swachharta Seva at Kukarhalli Lake on 16/02/2025. The main aim of this program is to create awareness on Swachhata Hi Seva with the theme of swabhav Swachhata- Sanskar Swachhta. During the seva our NSS Volunteers successfully collected several garbage and trash materials.





23. District Level Viksit Bharath Youth Parliament Program.

NSS Unit JSS College of Pharmacy, Mysuru in association with Ministry of Youth, Sports and affairs, and Nehru Yuva Kendra, Mysuru Organized a district level Viksit Bharath youth parliament program on 21st March 2024 at Gallery Hall. During this program a total of 76 Students from Mysuru, Mandya, Hassan, Chamarajanagar district participated in this program. 10 Best students were selected and sent them to the state level program.

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NSS Regular Activities

NSS UNIT IV- JSS College of Pharmacy, Ooty

Day & Date	Name of the programme	Place/Venue	Remarks/ Number of beneficiaries
27.09.2024	Swacchta Seva Program	Ooty	750
07.11.2024 & 26.02.2025	Blood donation camp	JSS College of Pharmacy) and the Government hospital, Ooty	120 units of blood were collected
Total			870

21.06.24- Celebration of International Day of Yoga-2024

The 10th International Yoga Day 2024 with the **Theme 'Yoga for self and society'**. Was organized by the NSS volunteers at the college auditorium. Mr. Prabhu Yoga trainer addressed the gathering about importance of Yoga and showcased few important asanas for the well-being of the body to be healthier. Principal Dr.S.P.Dhanabal graced the occasion and addressed the students on the importance of Yoga and its practice. The vice principal Dr.K.P.Arun also addressed the gathering and urged the students to continue the practice of yoga on daily basis.Dr Jeyaprakash spoke on the importance of Yoga. Dr.Babu NSS programme officer of the college gave the vote of thanks to all for their participation.










22.06.24 – Awareness rally on "International day against drug abuse and illicit trafficking"

The JSSCPO NSS Volunteers participated in the **"Drug abuse rally"** to commemorate on the **"International day against drug abuse and illicit trafficking"** to create an awareness on the use of various form of drug abuse in Ooty town. The event was jointly carried out with local police officials at the B1 Police station. The volunteers had slogans and placards showcased drug abuse by society. The rally was flagged off by the Inspector of police B1 station Mr. Muralidharan and SI of the station Mr.Karthi. Other police officials were present in the event. The rally started from charring cross through the market and ended in B1 police station.








23.06.24 – A street play and Awareness run on the occasion of "International day against drug abuse and illicit trafficking"

The JSSCPO NSS Volunteers performed a street play at ATC town to commemorate on the **"International day against drug abuse and illicit trafficking"** to create an awareness on the use of various form of drug abuse in Ooty town. Followed by the volunteers participated in the awareness run to sensitized on the illicit use of drug substances and its effect on the human society. The event was jointly carried out with local police officials of B1 Police station Inspector of police B1 station Mr. Muralidharan and SI of the station Mr.Karthi. Other police officials were present in the event.







11.07.2024:

The NSS volunteers participated in the preparation of and packing of the freshers kit to be provided to the new joiners to the college to various courses for the academic year 2024-25. They also distributed the kit to the freshers and welcomed to the institution for their carrier.







12.08.2024:

To commemorate the 78th Independence day celebration Various competition were conducted for the students such as Essay writing, Poetry writing and pencil sketching. The winners were provided with certificate of appreciation and a gift.








15.08.2024 Independence Day celebration.

JSSCP, Ooty - the 78th Independence Day Celebrations were held colorfully on 15.08.2024 at the College Square. Dr B. Suresh, Pro-Chancellor of JSS Academy of Higher Education & Research, Mysuru, was the Chief Guest of the function. The Function started with a parade welcome of all the dignitaries. The Principal, Dr S.P. Dhanabal, welcomed the dignitaries and the chief guest for attending the function. The Chief guest hosted the national flag and encouraged the students, asking them to work hard to achieve

their life goals. Various competitions were conducted to commemorate the Independence Day celebration for the students, including essay writing, Poetry writing, and pencil sketching. The winners of the event were given certificates of appreciation and a gift on Independence Day by the chief guest. Cultural programs by the students depicting patriotism and the diverse culture of the nation were witnessed & applauded by the gathering. Dr Babu B, NSS Coordinator, proposed a vote of thanks, and Mr Shivaprasad, PET, in association with NSS volunteers of III BPharm & III PharmD, made elaborate arrangements for the successful event. The happiness was shared by all through the distribution of sweets.



07.09.2024 - Orientation program for NSS volunteers:

The Orientation program for the newly joined NSS volunteers was organized. During the orientation program the NSS volunteers were sensitized about NSS and its importance and activity carried and its value to be a volunteer and benefits of joining NSS were been presented to the newly volunteers.



10.09.2024 - Awareness on the occasion of " World Suicide prevention Day"

An awareness program was organized for the benefit of students of Government Arts College, Ooty on the theme " Creating Hope Through Action" on the occasion of World Suicide Prevention Day.The program was jointly organized with Department of Health and Family welfare Ooty and Department of pharmacy practice. The programm was inaugurated by Dr.Poornajith DistrictMental Health Psychiatrist and Prof. Aswin NSS co Ordinator of Government Arts College ooty. Pamplets were distributed to the students, competitions like elocution, drawing and poste creation were held and prizes were awarded to the winners. The NSS volunteers performed various cultural activities focussing on suicide prevention.






25.09.2024

Celebration of NSS day and World Tourism Day:

On the occasion of the NSS Day on 24.09.24 and world tourism day on 27.09.24 an awareness lecture was organised jointly with **Bisleri International pvt Ltd** on plastics free nilgiri.











25.09.2024

World Pharmacist day was celebrated by our college.NSS volunteers were took part in the human chain, rally with awareness decorative vehicle demonstrating the profession of pharmacist initiated from our college campus to Rose garden and Walsom road to commercial road to ATC bus stand. Pamphlets were distributed to the students.



27.9.24: **Sochatha seva activity** at dodebetta Hill on **"Bottles for Change"**

The NSS volunteers jointly with Bisleri International Ltd. Participated in an plastic collection drive event on 27.9.24 at dodebetta Hill on sochatha seva activity. The awareness activity was an event on **"Bottles for Change"** an awareness event in cleaning and segregating the used plastics and creating awareness on no plastics in protecting The Nilgiris Biosphere free from plastics.







03.10.2024 Celebration of SWEEP (Systematic voters education and electrol participation)

An various competition was organized for the students on the occasion of SWEEP (Systematic voters education and electrol participation) to create and sensitized the students on the participation in electoral reforms. Various competition was held such as Wall magazine and Essay writing and prizes were distributed to the winners.

14.10.2024:

Paying Homage to the Indian industrialist and philanthropist to Padma Vibhushan and Padma Bhushan awardee , to Sri Ratan Naval Tata.

The NSS unit organized paid a condolence to the Indian industrialist and philanthropist to Padma Vibhushan and Padma Bhushan awardee , to Sri Ratan Naval Tata who demised in the late hours on 09.10.2024. The Padma awardee served all his life time for the wellbeing of the society directly and indirectly. The student community of our college about 430 no. was benefited directly through the TATA scholarship and Lady Tata fellowship for the last five years. He was widely admired not only for his stewardship of one of the country's largest conglomerates but also for his personal ethics and philanthropic activities. Sri Ratan Tata ji was regarded as a visionary leader, and his legacy is one of compassion and innovation that transcends the confines of the corporate realm to impact millions of ordinary lives through various firms of the TATA group. We would always remember and cherish those good values and ethics of life that he has left behind for all of us to learn from him. May his departed soul rest in peace. The Principal Dr.S.P.Dhanabal , Vice Principal Dr.K.P.Arun, administrative officer Mr.Basavalingadevaru and all the staffs of the institution joined to pay the respect to the departed soul.













07.11.2024 – Blood Donation Camp

A blood donation camp was organised jointly with the Government headquarters hospital, Ooty. At JSS College of Pharmacy, Ooty. The camp was inaugurated by the Vice Principal of the college, Dr. K.P.Arun, and about 50 NSS volunteers took part in the event and donated blood.













19.11.2024: Celebration of National Flag Day

To celebrate the National flag day the flag stamp was distributed to the students. The event was done on to sensitize the students on the importance of the flag and the amount collected shall sent to the Indian Army.













26.01.2025 - 76th Republic Day celebration.

Celebrated 76th Republic Day at the institution. Dr. S.P. Dhanabal, Principal, was the Chief guest of the function, joined by the Vice Principal Dr. K.P. Arun and other faculty members, both teaching and non-teaching staffs were present. The Principal Dr. S.P. Dhanabal welcomed the guests and addressed the gathering of the day. The vote of thanks was delivered by The NSS program officer Dr. R. Vadivelan. The function was attended by many staff supporting, admin NSS volunteers and AO Flag hoisting, speech and patriotic song by NSS volunteers and sweet distribution were the events of the day.













08.02.2025 Cleaning and removal of waste weeds at Murugan temple:

A mass cleaning and removal of weeds in the premises of the Elk Hill Murugan Temple was carried out jointly with the press union association of Ooty. Mr. Venkatesh, secretary of the Press union association inaugurated the event joined by the other press members and the temple secretary Mr., Janardhan was also present in the event. Our NSS volunteers took active participation in the event and cleaned the premises which is going to be gathering by many people of the society.

















11.02.2025 Thaipposam at Elk Hill Murugan temple:

The NSS Volunteers participated in the Thaipposam at Elk Hill Murugan temple on 11.02.25 in an attempt to regularize the traffic, pilgrims and distributing the prasadham. About 40 NSS Volunteers participated in the event.













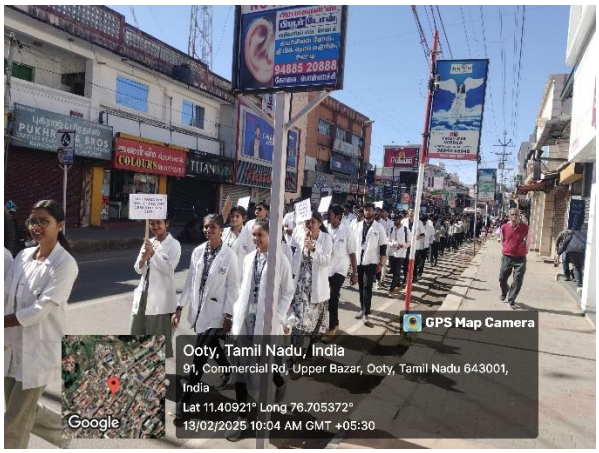
13.02.2025 Awareness rally on 'Alcohol & Drugs Free Society':

An awareness rally was organized in association with District Excise Department, Narco Coordination Centre (NCORD), Ooty & District Collectorate participated in an awareness rally on **' Alcohol & Drugs Free Society'** on 13.2.2025 at Ooty. District Collector Ms. Lakshmi Bhavya Tanneeru IAS inaugurated the rally. The rally started from the Ooty bus stand and concluded at the botanical garden. The NSS volunteers actively participated and educated the public.













26.02.2025 – Blood Donation Camp

A blood donation camp was organised jointly by the Government Headquarters Hospital, Ooty, the Rotary Club of Nilgiris West, the Indian Pharmaceutical Association Nilgiris local branch, and the Department of Pharmacy Practice, in collaboration with the NSS unit of the college, at JSS College of Pharmacy, Ooty. The camp was inaugurated by the presence of Dr S.P. Dhanabal, Principal, Dr K.P. Arun, Vice Principal, Doctors, IPANLB President Dr Vadivelan, Dr Deepalakshmi, and Dr B. Babu, NSS Program Officer. Approximately 50 NSS volunteers participated in the event and donated blood.









02.03.2025 Health Awareness Walkathon Rally on **"World Obesity Day"** Walk For Life

An Health Awareness Walkathon rally on **"Walk For Life"** on the occasion of **"World Obesity Day"** was organized by the NSS volunteers of JSS college of pharmacy, Ooty jointly with BS Hospital Ooty, CIPACA. The walkathon was inaugurated by Dr. Balasubramaniam MD of BS Hospital, Ooty and Dr. K.P.Arun Vice Principal. The awareness Walkathon was for a stretch of 5kilometer in the Ooty town.



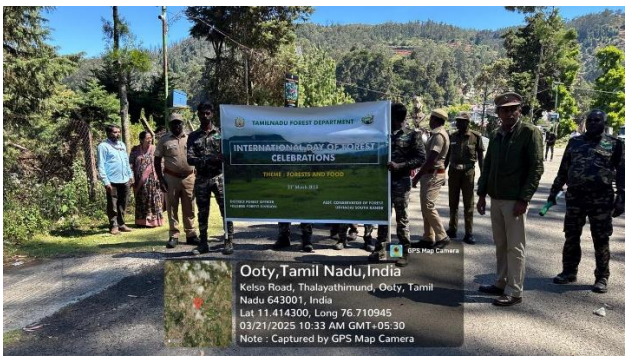




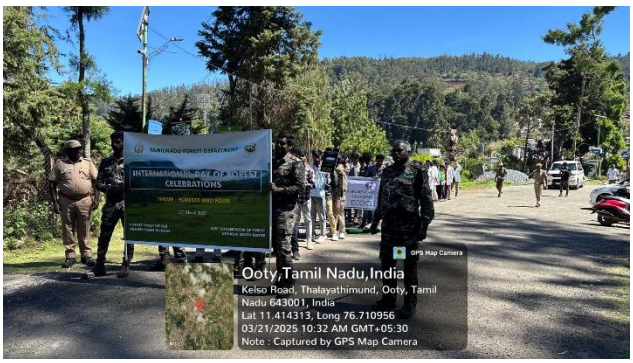


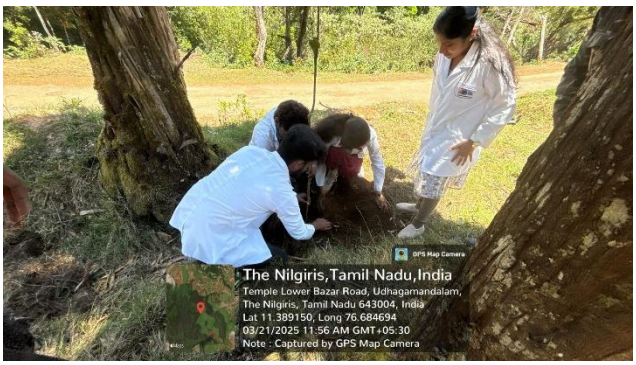
21.03.2025 – Awareness rally and Tree Plantation on "International Day of Forest" Celebration.

The NSS volunteers jointly with the District forest officer Nilgiris Forest division Asst. Conservator of forest Udhagai South range on the theme **"Forests and Food"** took an rally from charring cross to Ooty bus stand. Followed by plantation of tree saplings at Curn hill forest and tree saplings of about 100 various varieties like Naval, Katuma, Viki, Senbagam, and Kilinji were planted. The dignitaries for the event were Mr Gowtham IFS DISTRICT FOREST OFFICER Mr H P Manoj IFS ACF Training Mr Krishnakumar Range Officer Gopalakrishnan and Gokul Raj (Foresters) and other staff of forest department were present. Later a lecture was delivered to the volunteers on the importance of preserving the forest for the Foods for the Animals and Humans.

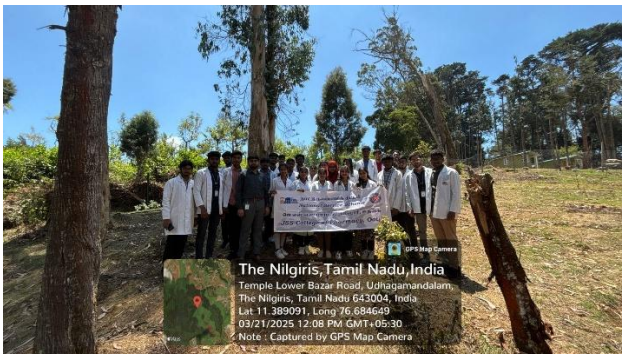












06.04.2025 – Awareness on "Health Walk" a walkathon by NSS Volunteers.

To sensitize on good health in the society an Walkathon on the theme "Health Walk" was organized jointly with the medical department Government hospital Ooty. The Walkathon was a 5 km stretch walk participated by the 50 of volunteers, Principal Dr.S.P.Dhanabal and administrative officer Mr Basavalingadevaru. The event was inaugurated by Thiru. Ma.Subramaniam, Hon'ble Health Minister, Govt of Tamilnadu and Sri.N.Ram (Director, The Hindu), Deputy Director (Health), and other district health officials had also taken part in this community walk.









NSS Regular Activities

NSS UNIT V- School of Life Sciences, JSS AHER, Mysuru

1. Induction Program






The academic year 2024-2025 for the NSS volunteers was started with an induction program. Former NSS volunteer and current faculty at school of life sciences Dr. Navya from department of nutrition and dietetics conducted an induction session to the newly joined NSS volunteers on 14th September 2024. She gave details on the importance, scope and opportunities available at NSS and also emphasized on the student participation in Republic Day parade.

2. Human Chain Formation:






These are volunteers from the School of Life Sciences who participated in the human chain formation organised by the Government of Karnataka on the occasion of Democracy Day on September 15, 2024. Approximately 50 volunteers participated in the program, making it a grand success.

3. NAAC NSS School of Life Sciences, Mysuru Stall:





Volunteers participated actively during the NAAC at School of Life Sciences on 3rd October 2024 along with the supporting faculty Dr. Sushma. Farmer NS volunteers Dr. Deeksha and Dr. Navya were present at venue. Volunteers interacted with the experts and explained about work carried out by the NS unit and achievements were presented.

4. **PCOS Survey at Suttur:**







Volunteers participated in awareness program on PCOS with the Special Interest Group on Reproduction Neuroendocrinology Research at Suttur. NSS volunteers conducted survey and created awareness among the ladies on the importance of menstrual hygiene and the impacts of PCOS during the pregnancy and other health related complications. The survey was conducted on 9th October 2024 and this program was flagged off by Prof. K Raveesha had the School of Life Sciences. The volunteers were accompanied by the program officer, SIG Team Leader Dr. Raghu N and Dr. Navya.

5. **Cyber Awareness Program:**







NSS unit of School of Life Sciences Mysore conducted a cyber awareness practice and lecture by Dr. Arvind, Department of Forensic Sciences and Toxicology, JSS Medical College Mysore. This program was conducted for all the participants at the School of Life Sciences and a good number of students and faculty members attended the program. During this, volunteers were given various information related to cyber security and healthy practices in social media for secure end save money transactions.

6. **Volunteering at Maulana Azad Model School as teaching assistant**



Maulana Azad Model Schools in Mysuru, Karnataka, are English medium schools which are run by the Minority Welfare Department. These institutions are established to provide education for children from minority groups. The schools provide education from grade 6 to 10.

These schools are in Rajendra Nagar, Lashkar Mohalla, and Bharatnagar in Mysuru. Volunteers served in the school located in Rajendra nagar, next to Minority welfare department. Admission to these schools can be obtained by submitting the application forms given in the MWD and in respective schools.

The school volunteers went, had 100 to 150 students studying there. There are seven teachers who teach Kannada, Hindi, English, social, science and mathematics subjects who are headed by the headmaster Ms.

Anusuya K. There are 5 classrooms for grade 6 to 10, with the facility of washroom for girls and boys. The mid-day meal is also given to the students and faculty.

7. **About the faculty**

At this school, Ms Anusuya works as the principal, she provides leadership and guidance to establish a well-structured academic environment. This school has a team of six dedicated teachers. These teachers handle different subjects for the students from sixth to tenth grade. The subjects taught by the teachers include Hindi, English, Kannada, Science, Mathematics, and Social Studies. Here the teachers adopt a student-centric approach, tailoring the teaching methods to match the learning pace of all the students. The teachers deliver the lessons in a clear and engaging manner, ensuring that students fully grasp key concepts. To ensure the learning process of the students, the teachers track their academic progress through class tests after the completion of the chapters. These assessments help the teacher to identify the areas where the students may require some additional support, allowing the teachers to provide valuable feedback and necessary corrections. Through this structured and supportive approach, the school aims to promote a strong foundation for knowledge and educational skill among students.



Experience

Geetha TJ, NSS volunteer from SLS, JSS AHER taught English for students of class 10th and took classes on daily basis for 20 days which were at 1 or 2 periods in a day.

In class 10, there were 32 students, who were good in reading but average in vocabulary and English, they were a bit disturbing, however she gained control in future days. Later they became friendly and obeying. She taught them 3 lessons and 2 poems, conducted unit tests after completion of each chapter. She also conducted FA test at the last. The students had gradually started giving interest in the subject after conducting various activities like learning new word every day, learning the meanings of words present in textbook and explaining them in their own words other then byhearting, this ensured that they understood the concept rather than mugging up. She also asked concept-based questions in everyday class to ensure that they are understanding what she was teaching and all doubts were cleared and feedback was taken to make sure if they wanted any change in teaching style. During the last days the students had bonded very well and also asked if she could join them in their school trip which was to Madakeri but due to time contraints it was not possible.

Akshatha Ram Kumar, was assigned to teach mathematics for class 6 which had an approximate of 36 students. While some students were slightly mischievous, the overall experience was enjoyable and enriching. To ensure good engagement she begin with interactive sessions which incorporate small games to get to know the students and to build a bond with them. At the beginning, she did try to understand their prior learning. After assessing their knowledge she focused on strengthening their basics before introducing them to the chapters: Decimals, Data Handling, and Algebra. She begin from the basic level questions to the advanced level which would in total help them to prepare for the exams. After every unit she administered them through class tests to evaluate their understanding. Based on these results She also identified the areas required for the improvement and simplified the concept to enhance their

understanding. Despite the initial challenges the overall teaching experience became more seamless and it was truly rewarding to guide and support the students in that learning journey.



Navya P, taught science to 7th and 8th standard students, with around 40 students in each class. Volunteering at the school and teaching science to the students was a valuable experience. She covered topics like reproduction in plants and sound, using plenty of examples to make the lessons more relatable. Whenever possible, she demonstrated simple experiments, which helped keep the students engaged. They were curious and eager to learn, often asking interesting questions that made the sessions interactive. There was a small challenge with language, as some students weren't very fluent in English. To bridge the gap, she explained concepts in a language we both understood, making communication easier.

They also conducted a small test to assess how much they have understood and the kids performed well, showing a good understanding of the concepts, she taught. On the last day, she played with them, and one of the most enjoyable moments was when they imitated their teachers and even me. It was fun to see their perspective and share a few laughs together

Feedback

The teachers and principal at Maulana Azad Model School shared that they were very satisfied with the work done by Geetha, Akshatha, and Navya. They said that all three of us were sincere, responsible, and connected well with the students. We made sure to teach in a way that was simple and easy for the children to understand. They mentioned that the students enjoyed our classes and showed more interest, especially in subjects like English, Maths, and Science.

They appreciated that we patiently explained the concepts, used simple methods, asked the students questions to keep them engaged, and gave special attention to the weaker students too. The teachers and principal felt that we helped improve the students' confidence and made learning more interactive and fun. Overall, they said our efforts had a positive effect on both the students' learning and their interest in studies.

Conclusion



Overall, volunteering at the school was a great experience for all three of us. Teaching and interacting with the students gave us a new perspective on learning and how to make it more engaging. Even with

small challenges like language differences, we found ways to connect and ensure the students understood the lessons. Their enthusiasm and eagerness to learn made the experience even more enjoyable.

Through this experience, we learned the importance of patience, adaptability, and effective communication. We realised that teaching is not just about sharing knowledge but also about making learning enjoyable and accessible for every student. We are truly grateful to the school and our college for providing us with this opportunity, and to the students for their curiosity and energy. It was rewarding to see them participate, ask questions, and even have fun with us. This experience not only helped them learn but also taught them valuable skills.

NSS Regular activities

NSS UNIT VI- Department of Health System and Management Studies, JSS AHER, Mysuru

1. **Report on International Yoga Day Celebration – 21-06-2024**

Mysuru, renowned as the Yoga Capital of the State, celebrated the International Day of Yoga with devotion and dedication. Students from the JSS Department of HSMS, who are yoga enthusiasts, perform according to the prescribed protocol at Mysore Palace. This year's Yoga Day, themed for Self and Society, emphasized
the dual role of yoga in **promoting individual and societal well-being**.

The celebrations began with the blowing of a conch, followed by prayers. Participants then performed various asanas, including Tadasana, Vrukshasana, Padahastasana, Chakrasana, Trikonasana, Vajrasana, Shashankasana, Makarasana, Bhujangasana, Shalabhasana, and Shavasana for 25 minutes.

This was followed by 14 minutes of Pranayama, Dhyana, and Sankalpa, which included Kapalabhathi, Naadishodana, Pranayama, Sheethali Pranayama and Bhramari Pranayama. Before these exercises, participants performed a four-minute warm-up routine.




District Minister Dr H.C. Mahadevappa inaugurated the International Day of Yoga with a Keynote address by Mysuru-Kodagu MP Yaduveer Krishnadatta Chamaraja Wadiyer. Also in attendance were MLA T.S. Srivatsa, MLC C.N. Manje Gowda, Deputy Commissioner Dr K.V. Rajendra, City Police Commissioner Ramesh Banoth, ZP CEO K.M. Gayathri, District AYUSH Officer Dr Pushpa, ADC P. Shivaraju, Mysore Palace Board Deputy Director T.S. Subramanya and GSS Foundation Founder D. Srihari.

2. **Martyrs Day 26/11**

Department of Health System Management, JSSAHER: Students and Staff Celebrated Martyrs' Day along with the NSS Unit to remember the Heroes of the Mumbai attack. Students gathered with the candle to mark respect to the brave hearts of the 26/11 attack students, then displayed the photos of Martyrs who have sacrificed their lives, and gave a speech on the significance of this day of significance



3. National Constitution Day Celebration Report - 2024

Event: National Constitution Day Celebration
Institution: JSS Academy of Higher Education & Research, Mysuru
Department: Department of Health System Management Studies, MG Road, Mysuru
Venue: Lecture Hall 6
Date & Time: 26th November 2024, 4:00 PM

1. Introduction

The Department of Health System Management Studies, JSS Academy of Higher Education & Research, Mysuru, observed National Constitution Day on 26th November 2024.
The day commemorates the adoption of the Constitution of India in 1949 and aims to create awareness about the values and principles enshrined in it.
The program was held in Lecture Hall 6 at the MG Road, Agrahara campus at 4:00 PM.

2. Proceedings of the Event

- The event commenced with a brief introduction on the significance of Constitution Day.
- Faculty members and students actively participated in the program.
- **Dr. Mamatha H.K.**, the Dean and Head of the Department, delivered the presidential address, emphasizing the values of justice, liberty, equality, and fraternity.
- A collective reading of the *Preamble to the Constitution* was carried out by all participants.
- Student representatives presented short talks on:
    - The contribution of **Dr. B. R. Ambedkar** in drafting the Constitution.
    - The role of the **Constituent Assembly** in shaping India's democratic framework.
- A faculty member delivered an insightful address on the relevance of constitutional values in contemporary society, with a special focus on their application in health systems and management.

3. Highlights of the Program

- Enthusiastic participation by both students and faculty members.
- Reinforcement of constitutional values and democratic principles.
- Reflection on the importance of the Constitution in professional, social, and national life.

Image 1: Faculty taking a pledge are seen in the photo.
Image 2: Students taking a pledge are seen in the photo.

4. Conclusion

The program concluded with a vote of thanks, appreciating the contributions of the faculty, students, and organizers.

The celebration successfully instilled a deeper sense of responsibility towards upholding the Constitution and inspired participants to contribute positively to society and nation-building.

4. **Report on Voting Awareness Programme**

Event: Voting Awareness Programme
Institution: JSS Academy of Higher Education & Research, Mysuru
Department: Department of Health System Management Studies
Venue: Lecture Hall, MG Road Campus
Date & Time: 25th April 2024, 3:00 PM

1. Introduction

The Department of Health System Management Studies, JSS Academy of Higher Education & Research, Mysuru, organized a Voting Awareness Programme on 25th April 2024. The objective of the event was to promote electoral literacy among students and staff and to emphasize the importance of active participation in the democratic process.

2. Programme Proceedings

The session began with an introductory talk highlighting the significance of voting as a fundamental right and civic duty of every citizen. The speaker explained how voting plays a vital role in shaping a responsible government and ensuring democratic values.

Faculty members and students enthusiastically participated in the awareness session. A pledge was administered to encourage all participants to exercise their right to vote responsibly and motivate others to do the same.

3. Highlights of the Event

- Awareness on the importance of voting and responsible citizenship.
- Active participation by faculty and students.
- Administration of the Voting Awareness Pledge.
- Interactive discussion on youth participation in elections.

Conclusion

The programme concluded with a vote of thanks. The session successfully instilled a sense of civic responsibility among participants and reinforced the importance of voting in strengthening democracy.





NSS Regular activities

NSS UNIT VII- School of Life Science, JSS AHER, Ooty

Report of the Regular Activities

1. **Constitution Day**
   26th Nov 2024

National Service Scheme (NSS) unit of School of Life Sciences (Ooty campus) conducted oath taking ceremony to celebrate Constitution day on 26th Nov, 2024 at School of life sciences Ooty campus. The NSS team included, Professor & Head Dr. MJN. Chandrasekar, NSS Programme officer Dr. S. Nishu, Assistant Programme officer Dr. B. Vanitha, 50 NSS Volunteers and 40 other students participated.







2. **Republic Day celebration**

   26th January, 2025

As a part of the 76th Republic Day Celebration on 26th January, 2025, flag unfurling ceremony was arranged in the school of life sciences (Ooty campus) by NSS team. The tricolor was unfurled by our institution head Dr. MJN Chandrasekar with the recitation of the National Anthem at 10 am. On the occasion, the Dr. MJN Chandrasekar address the gathering of students, teaching and non teaching staff 76th Republic Day Celebration came to a conclusion with distribution of sweets.









3. **Community service- Shiven temple (Thulasi Mutt), Ooty (26/02/2025)**

The NSS Volunteers of school of Life Sciences Ooty campus took part in the community service at thulasi mutt (Shiven temple) on the occasion of Maha Shivratri. Our 30 NSS Volunteers were involved in the crowed management, food serving and temple cleaning. The event was over looked by the temple community members, NSS Programme officer Dr.S.Nishu, Asst Programme officer Dr B.Vanitha.



4. **Street Play- On Road Safety (National Safety Day) (10/03/2025)**

The NSS unit of the School of Life Sciences, Ooty, organised a street play to celebrate the National Safety Day. The programme took place at the ATC circle, Ooty town. The NSS Volunteers performed a street play to spread the message of Drug safety and prevention. The street play featured 30 NSS Volunteers, who were actively involved, and the remaining volunteers were responsible for crowd management. The event was overseen by Mr M. Velraj, Inspector of Ooty Town Zone, Dr Chandrasekar, Head of SLS Ooty, Dr S. Nishu, NSS Programme Officer, and Dr B. Vanitha, Assistant Programme Officer.













NSS Special Camping Activities

NSS Unit I: JSS Medical College, Mysuru

10th to 17th March – 2025

The NSS unit of JSS Medical College, JSS AHER, organised an annual special camp from March 10th to 17th, 2025, at various villages under Devalapura Gramapanchayat (Devalapura, Hadajana, Chikkagowdanahundi, Rayanahundi, Marigowdanahundi, and Ayarahalli). A free health screening and treatment camp was conducted as part of the NSS annual special camp. The camp was organised and supported by JSS Medical College, under the JSS Academy of Higher Education and Research, Mysuru. All our activities are guided, directed, and supported by the principal, Dr H. Basavanagowdappa; the vice-principal, Dr Suma N.M.; Dr Praveen Kulkarni, JSS Medical College, Mysuru; and Mr Satish Chandra. Chief Administrative Officer, JSS Medical College, Mysuru and Dr K L Krishna, NSS Coordinator, JSSAHER, Mysuru.

Mr Chandrakanth N. E., Panchayat Development Officer (PDO), Devalapura Gramapanchayati, Mysuru district, and Dr Bahuguna, Medical Officer, Siddaramanahundi, Mysuru, were instrumental in obtaining permission, planning, and executing the arrangements, as well as providing publicity for the camp and the venue for its conduct. During his inaugural remarks, he reiterated the importance of medical camps, especially in rural areas, and urged the public to make the most of this unique opportunity. The decisions and support of the PDO and Medical Officer were unconditionally supported by PHCOs, Ashaworkers, all members, and other office bearers of the village.
Ms Nishka Gupta, Ms Mouli Mandal, Ms Mridusmita Hazarika, Ms Snigdha Muthyala, and Mr Aniketh (Phase III MBBS) were designated as student coordinators who successfully and systematically organised the camp by joining hands with the NSS officers, doctors, and other students.

The medical health camp team comprised specialists from various departments, including general medicine, obstetrics and gynaecology, and paediatrics, from JSS Hospital and Research Centre, Mysuru, as well as MBBS students from JSS Medical College, Mysuru. There were different counters, like Registration, screening complaints, recording the blood pressure (BP), testing random blood glucose levels (Blood Sugar), checking Height, Weight, and BMI, checking vision with Snellen's and Ishihara chartsv and one pharmacy counter was set up to dispense free medicine for all the patients who were prescribed medication by the concerned doctors. All these student volunteers provided their services at various medical counters and ultimately delivered the prescribed medications through the pharmacy counter. Around 662 patients, including members of the public and students from schools and Anganwadis, benefited from the services offered during the free medical camp series, which primarily included children, women, and the elderly population. Blood sugar (CBG) levels were tested in 295 patients, and free medications were distributed to 600 patients.

Along with this, the students took the initiative to spread awareness about important issues like nutrition and its values, social hygiene, and personal hygiene.

Right to Education, Child labour, Child marriage, and Beti Bachao Beti Padhao. 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, educating them through posters, flyers, and slogans. Students discussed with the villagers how to break various superstitions and stereotypes. Students divided themselves into two groups to talk to students from both primary and high schools. They visited various classrooms and conducted interactive sessions with the children to enhance their understanding of these topics. The children in the schools were

presented with posters and slogans that allowed them to comprehend the topic at their individual levels. The teachers appreciated the JSS students spreading awareness, as the children can better relate to someone their own age than to an authority figure. The residents of the village and school students were extremely receptive to the information being given to them.

All our activities were supported by the president, vice-president, members and PDO of Devalapura Gramapanchayati. Our activities involved residents. His whole-hearted support by all means stood as a strong base for overall work execution. We are very much thankful for his support and involvement. All these adjuvant services, along with the patient registration counter, were effectively managed by 50 NSS volunteer medical students from Phase II MBBS, in two slots each of 25, who were actively, responsibly, meticulously, and tirelessly involved in assisting these counters for all 7 days throughout the conduct of the camp. 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. This special rural medical camp activities were conducted under the supervision of NSS Programme Officer Dr. Manu G, NSS Assistant Programme Officers Mr Manjunath and Mr Venkatesh from JSS Medical College, Mysuru, and other faculty members from the Department of Biochemistry Dr. Anshu Yadav, Postgraduates Dr Raghavendra Konnur and Dr Rachitha, Department of Pharmacology, co-ordinated the whole event.


















GPS Map Camera
Chikkagowdana Hundi, Kar...
6mpm+jjx, Chikkagowdana Hundi, Karnataka 571311, India
Lat 12.236501° Long 76.684347°
12/03/2025 10:29 AM GMT +05:30
Google


GPS Map Camera
Devalapura, Karnataka, India
6mfx+vxZ, Devalapura, Karnataka 571311, India
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10/03/2025 11:46 AM GMT +05:30
Google


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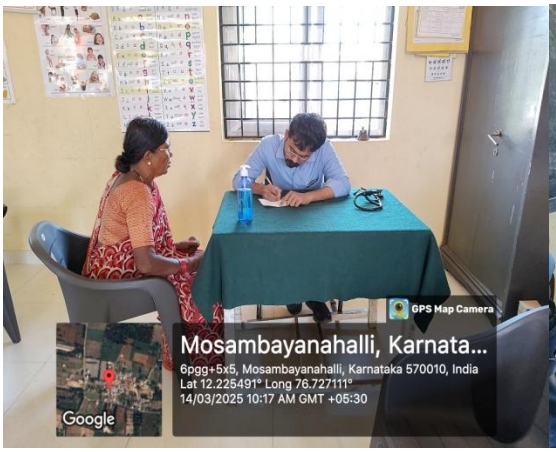
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NSS Special Camping activities

NSS Unit II- JSS Dental College & Hospital, Mysuru

Date : January 6th to January 11th 2024

Name of the village: Punajanuru, Chamarajanagara district

Programme list

Day/Date	Morning session (09:00 am to 01:00 pm)	Afternoon session (03:00 pm to 05:30 pm)
06/01/2025 Monday	Inauguration & Free Dental Health Checkup: Free Dental Health Check Up (Screening) For the Locals and School Children in Punajanuru Grampanchayath	Educative lecture on Maintenance of good oral hygiene. Distribution of Pamphlets emphasising the need to maintain oral hygiene
07/01/2025 Tuesday	Free Dental Health checkup and treatment camp for School Children at a government school, Rangasandra	Emphasis on maintenance of oral hygiene and oral healthcare practices
08/01/2025 Wednesday	Free Dental health checkup and treatment camp for the locals and school children in a government school, Muneshwara colony	Education on the harmful effects of tobacco chewing and preventing oral cancer
09/01/2025 Thursday	Free Dental health checkup and treatment camp for locals and school children at a government school in Bedaguli village.	Distribution of pamphlets and creating awareness on the importance of oral healthcare practices
10/01/2025 Friday	Free Dental health checkup and treatment camp for the locals and school children in a government school in Rayasandra village	Awareness towards Maintenance of oral health and Good Health for the Locals and school children.
11/01/2025 Saturday	Free Dental health checkup and treatment camp for locals and school children at a government school in Palahalli.	Free Health Check-up camp by JSS Medical College &Hospital doctors and Distribution of free medicines
12/01/2025 Sunday	**Valedictory Function**	

Programme Outcomes

Day /Date	Name of the programme	Number of beneficiaries
06/01/2025 Monday	Free Dental Health checkup and treatment for the locals and school children in Punajanuru Grampanchayath	**131**
07/01/2025 Tuesday	Free Dental Health checkup and treatment camp for School Children at a government school, Rangasandra	**100**
08/01/2025 Wednesday	Free Dental health checkup and treatment, and medical health checkup and treatment camp for the locals and school children in a government school, Muneshwara colony village	**57**
09/01/2025 Thursday	Free Dental health checkup and treatment, and medical health checkup and treatment camp for the locals and school children in a government school, Bedaguli village.	**58**
10/01/2025 Friday	Free Dental health checkup and treatment, and medical health checkup and treatment camp for the locals and school children in a government school, Rayasandra.	**222**
11/01/2025 Saturday	Free Dental health checkup and treatment camp for the locals and school children in a government school, Punajanuru	**70**
Total number of beneficiaries		**638**

NSS Day-Wise Detailed Narrative Report and Action Photos

Day 1:

NSS Annual camp began at Government school Kolipalya Village, Chamarajanagara District on **06/01/2025**.This camp was organised by the NSS unit of JSS Dental College and Hospital under the guidance of the NSS Programme Officer, **Dr. Thippeswamy H.M.** The inauguration was held at the village at around 10:00am. The program was presided by our beloved Principal **Dr. Dhakshaini M.R., Dr. Anushree S.M**., Administrator, JSS Dental college and Hospital **Mr H.S. Shashikanth (Sri Srinivasan Trust)** and **Gram Panchayat Members. Dr. Thippeswamy H.M.** addressed the villagers to participate actively in large numbers in all camp programs scheduled to be conducted from 06-01-2025 to 11-01-2025. This programme mainly aimed at treating and creating awareness for the tribal people belonging to the **Budakattu Jananga** hailing from **Punajanuru Grama Panchayat**. Dental screening of villagers began and large number of them presented themselves to the camp, total screening 131 and 20 treatments.The treatment procedures were carried out using portable dental unit **Pordadent C-88** which was efficient in carrying out all the treatment procedures for the villagers attending the dental camp.

The session ended with the **NSS** volunteers giving a oral health care talk to the school children of Government school Kolipalya by creating awareness and teaching the children how to keep up their oral hygiene alongside the complications arising due to not maintaining their oral hygiene.













Day 2:

On the **07/01/2025** the camp was held at Government School in **Rangasandra, Chamarajanagar district**. The screening was done by volunteers of NSS camp in the school and the free dental treatment was given in the school premises using portable dental unit. Total screening 100 and treatment 57 to mention few awareness programmes like to maintain good oral hygiene, proper brushing techniques, harmful effects of tobacco chewing and few volunteers of NSS visited individual houses of the village and distributed pamphlets which clearly gave the information about oral hygiene in the local language. Treatments like GIC restorations, extraction, scaling was done. To receive additional treatments referral cards were given and 69 patients were referred to **JSS Dental College and Hospital, Mysuru** for further treatment. Many people including school children received the treatment in thecamp. Free medications and mouth wash were given to the villagers in order to encourage oral hygiene practices among them.









Day 3:

0n **08/01/2025**, the NSS Annual Camp was held in **Muneshwara Colony, Chamarajanagar district**. Dental screening and treatment were carried out among villagers and the government school children. Oral hygiene instructions and importance of tobacco cessation was imparted by a few volunteers from JSS Dental College by meeting the villagers individually at their houses with the help of pamphlets. Total screening 57 and 15 treatments for day3.Oral hygiene instructions were given to the school children and were asked individually to demonstrate it among their classmates.









Day 4:

On the **09/01/2025**, the NSS camp was conducted in the **Government school, Bedaguli, Mandya district**. We had full cooperation from people as they were eager to know how the dental check-up and treatment would be; the children of the school were much enthusiastic. The awareness on how the dental disease would lead to systemic illness was given to the people of the village, such as on how diabetes reduces body's resistance to infection, how increased blood sugar level can adversely affect gums and makes it more susceptible to infection. Totally 58 screening and 17 treatments done.

The treatment such as restorations, extraction, and scaling were carried out. The people of the village were happy as they benefitted from the treatment.





Day 5:

On **10/01/2025**, the camp took place at **Government School** of **Rayasandra, Chamaraja Nagara District**. Dental screening and free dental procedures (i.e., scaling, filling, extraction)
was given to the villagers of Rangasandra. 222 screening and 88 Treatments done. Oral hygiene Awareness, Environment protection was given to people by visiting every house of the village. Refreshments for all the volunteers were provided by the villagers. It was enriching experience talking to the people and children whose selfless and helpful nature changed our perspectives and made us think about the way of living life.





Day 6:

On **11/01/2025** was the last day of the camp at **Government school, Punajanuru, Chaarajanagara district**. villagers including students at primary school underwent dental screening and free treatment. 19 people were benefited by providing oral prophylaxis treatment and restorations. The entire NSS CAMP was a successful one as people were content and very happy that this free camp was held in their tribal people region and many benefitted with the treatment and even the doctors got more exposure of the current health status and the oral healthcare practices of that particular region by screening more number of people.





NSS FINAL REPORT 2025

DATE	PLACE	TOTAL OP	TOTAL TREATMENT
06/01/2025	**PUNAJANURU**	131	**PROPHYLAXIS-13** **RESTORATION-4** **EXTRACTIONS-3**
07/01/2025	**RANGASANDRA**	100	**PROPHYLAXIS-29** **RESTORATION-20** **EXTRACTIONS-8**
08/01/2025	**MUNESHWARA COLONY**	57	**PROPHYLAXIS-10** **RESTORATION-5** **EXTRACTIONS-0**
09/01/2025	**BEDAGULI**	58	**PROPHYLAXIS-10** **RESTORATION-6** **EXTRACTIONS-1**
10/01/2025	**RAYASANDRA**	222	**PROPHYLAXIS-65** **RESTORATION-10** **EXTRACTIONS-13**
11/01/2025	**PUNAJANURU**	70	**PROPHYLAXIS-10** **RESTORATION-9** **EXTRACTIONS-0**
TOTAL		**638**	**216**

NSS Special Camping activities

NSS Unit III: JSS College of Pharmacy, Mysuru

Date : February 19th 2025 to 25th February 2025
Name of the village : Bidarahalli, Shrirangapattana Taluk, Mandya District

Programme list

Day/Date	Morning session (09:00 am to 02:00 pm)	Afternoon session (05:00pm to 08:00 pm)
19/02/2025 Wednesday	**Inauguration**	
20/02/2025 Thursday	Health Screening Camp by Dept of Pharmacy Practice,JSS College of Pharmacy, Mysuru	Guest lecturer by Dr M Umesh Assistant Professor Department of Pharmacy Practice on Drug and poison information center. Awareness session on snake bite and snake mitigation by Liana Trust mysuru Awareness program on menstrual hygiene, cervical and breast cancer, for high school girls.
21/02/2025 Friday	Ayurvedic health screening camp and treatment by JSS Ayurvedic Medical College & Hospital, Mysuru	Street Play on No Poverty (SDG-1) by Dr Asha Spandana, Assistant Professor, Department of Pharmaceutics JSS College of Pharmacy, Mysuru followed by cultural events.
22/02/2025 Saturday	Eye camp from ASG Eye Hospital Mysuru	Role of water and its environmental value by Dr Vadiraj K.T Assistant Professor School of Life science, JSSAHER, Mysuru. Awareness program on infectious disease by Dr B.R Jaidev Kumar, Assistant Professor, Department of Pharmacy Practice, JSSCPM Street Play on SDG-4 (Quality Education) by Dr Prabitha Assistant Professor, Department of Pharmaceutical Chemistry, JSSCPM.
23/02/2025 Sunday	Plantation and Swacchta Program	Street Play on Reduce inequalities (SDG-10) by Dr Preethi, Assistant Professor Department of Pharmaceutics JSS College of Pharmacy, Mysuru followed by cultural events Followed by Yoga session by Mr Nagaraj JSSCPM
24/02/2025 Monday	Medical Health Camp from JSS Hospital and Medical College MG Nagar Mysuru	Awareness program on antimicrobial resistance by Dr Srikanth M.S Assistant Professor, Department of Pharmacy practice, JSSCPM

25/02/2025 Tuesday	Dental Health Camp from JSS Dental college and Hospital SS Nagar Mysuru	Validatory Function

Programme Outcomes

Day /Date/Time	Name of the programme	Number of beneficiaries
Thursday 20/02/202 9 am to 2 pm	• Health Screening Camp by Dept of Pharmacy Practice,JSS College of Pharmacy, Mysuru	**200**
Thursday 20/02/202 6 pm to 8 pm	• Drug and poison information & Awareness session on snake bite and snake mitigation & Awareness program on menstrual hygiene, cervical and breast cancer.	**100**
Friday 21/02/202 9 am - 2 pm	• Ayurvedic Health camp	**500**
Friday 21/02/202 6 pm - 8 pm	• Street Play on No Poverty (SDG-1) by Dr Asha Spandana	**100**
Saturday 22/02/202 9 am - 2 pm	• Eye Camp by ASG Eye Hospital Mysuru	**250**
Sunday 23/02/202 9am-2pm	• Plantation and Swacchta Program	**250**
Sunday 23/02/202 6pm- 8pm	• Street Play on Quality education (SDG-4 By Dr Prabitha	**100**
Monday 24/02/202 9am - 2 pm	• Free Medical Health Camp by JSS Hospital and College MG Road, Mysuru	**250**
Monday 24/02/2025 6pm – 8 pm	• Awareness program on antimicrobial resistance by Dr Srikanth M. S	**100**
Tuesday 25/03/2025 9 am - 2 pm	• Free Dental Camp by JSSDental College & Hospital, Mysuru	**250**
Tuesday 25/02/2025 6pm-8pm	• In Valedictory function donated Two foldable board	**300**
Total		**2,400**

Day Wise Detailed Narrative Report, Scanned Copies of the News Paper Reports and Action Photos

Day 1, **Wednesday 19/02/2025**, the most awaited NSS Special Camp was started with the theme of **"Healthy India"**. Around 50 NSS volunteers of our college were eagerly waiting to depart to the camp site boarded the bus at 10.30 am along with NSS Camp Officer **Dr U.R. Rakshith** , Assistant Camp Officer **Dr. Siddharatha** Everyone dropped their luggages at Government high School, Bidarahalli Village, Sri Rangapattana Taluk, Mandya District where the accommodation was arranged for all the NSS volunteers. Inauguration of the NSS Annual Special Camp 2023-24 was scheduled at 5.30PM at Gurumalleshwara Mata Bidarahalli, Village, Sri Rangapattana Taluk, Mandya District .

The NSS Special Camp 2024-25 programme started with the invocation Song. The program was presided by our beloved Principal **Dr. T.M. Pramod Kumar,** J.S.S. College of Pharmacy, Mysuru. **Dr U. R Rakshith Program officer** welcomed the dignitaries and guests on the Diaz. NSS Special Annual Camp-2024-25 was inaugurated Sri timmey gowda, garama panchayathi saddasha, Sri Nagaraju and Sri Chandrushekar B.S, **Dr. G.V. Pujar, Vice- Principal, JSSCPM,** was presented in the annual camp inauguration.

Dr. T.M. Pramod Kumar, addressed the villagers, asking the villagers to participate actively in large numbers in all the programs scheduled to be conducted from 19-02-2025 to 25-02-2025 and make best use of the camp. He also encouraged the volunteers to utilize this opportunity to help all the villagers, to have a clear exposure to the life in a village and to gather knowledge on how to serve the poor and needy people of the village. **Vote of thanks** was proposed by **Chandru of 4th year B Pharm, he** memorized the support and encouragement in organizing the said camp. She thanked all the dignitaries and guests for their esteemed presence.

After the inauguration function, everyone moved towards the school hall and had dinner at 8:30 PM followed by meeting with the NSS officers in order to discuss about next day's programs, grouping of all the NSS Volunteers, assigning each group of volunteers to carry out various activities assigned to the individual group and Volunteers then wrote the NSS dairy before going to bed.





Day 2

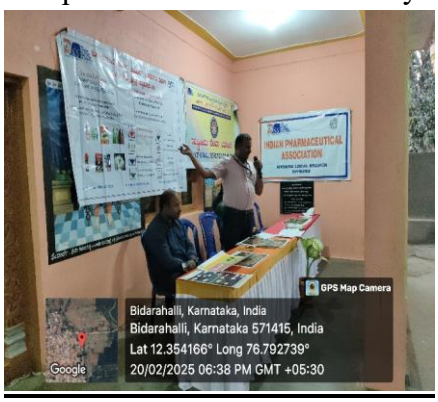
On Thursday 20/02/2025, all the volunteers woke up at 6 am and attended the NSS Flag Hoisting programme organized by group III. Exercises were performed for 30 min followed by the flag hoisting by **Krisha,** Villager from Bidarahalli. After taking bath, all the volunteers had the breakfast arranged by group IV. Morning session (9:00 a.m. to 1:00 p.m) started with the health screening camp by Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru. 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

200 people were monitored for their blood pressure and blood glucose levels. At the time of monitoring, 80 people were found with elevated blood glucose level and 87 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. After the health screening all the volunteers moved to the hall where the accommodation was arranged and had a very good lunch organized by group IV. All the NSS volunteers took rest for 2 hoursand was informed to make arrangements for evening session.





The program started at 05:00 PM in the evening with the invocation song by manogna and group and the welcome speech was given by Mr Amogh. Awareness program on snake bite and snake mitigation by Liana Trust mysuru. Awareness program on menstrual hygiene, cervical and breast cancer, for high school girls and guest lecture on drug and poison information was organized After this cultural program were performed by our volunteers. Then volunteers returned to the venue for dinner arranged by group II. After the dinner there was a meeting to review the day's programme and next day's programme was planned and wrote the dairy and went to sleep at 10:30 PM.







Day 3: On Friday, 21/02/2025 all the volunteers were made to wake up at 6 am and attend the flag hoisting programme at 06:30 AM organized by group I and exercises were performed for 30 mins. Followed by this, as usual everyone had breakfast after taking bath. Breakfast arrangement was made by group II. After the breakfast at 8.30 am all the volunteers went to venue of the camp, i.e. Rama Mandira for the morning session organized by group III i.e. Morning Session program was scheduled as JSS Ayurveda medical camp, Mysuru around 300 villagers had knee joint pain, lower back, skin problems were treated and some of them were referred to their hospital. After the camp all the NSS Volunteers had lunch organized by group III and took rest for 2 hours and after having tea at 4 PM.





The program started at 6:00 PM in the evening with the invocation song by Ms Punya shree and group and the welcome speech was given by Ankith. Street Play on No Poverty (SDG-1) by Dr Asha Spandana, Lecturer, Department of Pharmaceutics JSS College of Pharmacy. The street play was very use full for the villagers The volunteers returned to the venue for dinner arranged by group II. After the dinner there was a meeting to review the day's programme and next day's programme was planned and wrote the dairy and went to sleep at 10:30 PM.





Day 4, Saturday 22/02/2025, all the volunteers woke up at 6 am and attended the NSS Flag Hoisting programme organized by group II Exercises were performed for 30 min followed by the flag hoisting by Mr Jagadeesh, Villager. After taking bath, all the volunteers had the breakfast arranged by group.
An Eye camp was organized by ASG Eye Hospital, Mysuru. During the camp around 80 villagers were screened eye problems, cataract surgery, and eye site problems.
After the Eye camp all the volunteers moved to the hall where the accommodation was arranged and had a very good lunch organized by group V. All the NSS volunteers took rest for 2 hours and was informed to makearrangements for evening session.





In the evening around 6.00pm role of water and its environmental value, and awareness program on infectious disease and street play on quality education (SDG-4) was organized. The villagers appreciated the program ended with the vote of thanks given by Navya. followed by cultural programmes. After those volunteers came back got ready and had a delightful dinner arranged by group IV and this became the most memorable day and all the NSS Volunteers sung and danced and enjoyed to the maximum and it was followed by the meeting where the present-day progress and future programmes were discussed the volunteer dairy was written and all the volunteers went back to the bed.









The Day **5, Sunday 23/02/2025,** all the volunteers were made to wake up at 6 am and attend the flag hoisting programme at 06:30 AM organized by group IV and exercises were performed for 30 mins. Followed by this, as usual everyone had breakfast after taking bath. Breakfast arrangement was made by group IV After the breakfast at 8.30 am all the volunteers went to venue of the camp for the morning session organized by group I.Plant sapling and swachhatta seva.









After finishing morning program all the NSS camp volunteers headed back to venue and had lunch organized by group V and took rest for some time and went back to organize the evening programme. The program started at 05:30 PM in the evening by invocation song. A Street Play on Reduce In Equalities was organized (SDG-10) by Dr Preethi, Assistant Professor Department of Pharmaceutics, JSSCPM. This

evening programme was organized by group IV. Volunteers mobilized a huge crowd and the programme was a grand success. The program endedwith the vote of thanks given by Anirudh K. The said faculty had a nice interaction with NSS volunteers with lots of happiness of success the volunteers returned to the venue for dinner arranged by group V. After the dinner there was a meeting to review the day's programme and next day's programme was planned and wrote the dairy and went to sleep at 10:30 PM.





Day 6:, Monday 24/02/2025 the day began with the flag hoisting by Sri Rajendra, villager and it was organized by group III at morning 6:30am. After a couple of minutes of yoga and stretching exercises, everyone went back to their rooms and got ready quickly and had a cup of tea at 7:30am and all the volunteers started towards to organize morning programmes. Medical Check Up was conducted In Gurumalleshwara matta in bidarahalli village from 9am to 2 pm where 200 villagers took benefited from this event during this camp the senior residents from and post graduate students from the medicine, orthopedics, paediatrics, surgery were present. The medical camp screened for various disease in their specality over all the event was very successful.





After finishing morning program all the NSS camp volunteers headed back to venue and had lunch organized by group III and took rest for some time and went back to organize the evening programme. The program started at 06:30 PM in the evening with the invocation song by Mr. Keerthi and group creating awareness and educating the village people on antimicrobial resistance was given Dr Srikanth M.S Assistant Professor Department of Pharmacy Practice. There was a good crowd and the programme was a huge success. The program endedwith the vote of thanks given by Dr U R Rakshith.

The said faculty had a nice interaction with NSS volunteers and encouraged them to contribute to society as much as possible and they also complimented the volunteers for very systematic arrangement of camp and programmes. Teachers wished the volunteers all the best and also distributed sweets which they brought to the volunteers. After the programme the volunteers came back got ready and had a delightful dinner arranged by group IV and this became the most memorable day and all the NSS Volunteers sung and danced and enjoyed tothe maximum and it was followed by the meeting where the present-day progress

and future programmeswere discussed the volunteer dairy was written and all the volunteers went back to the bed.





Day 7 On **the last day**, **25/02/2025** all the NSS Volunteers involved in organizing Dental Health camp by JSS Dental Hospital and College. During this camp the dentist from various department screened for 300 villagers for various problems like tooth ache, teeth filling, teeth sensitivity and tooth extractions. Overall, the dental camp was successful the villagers gave the response in positive way





The valedictory function was organized at Gurumalleshwara matta After the breakfast all the groups started their assignments of packing, cleaning, venue preparation etc., The programme started with the NSS Song as invocation song. Invocation was by NSS Volunteers **Ankith** and team. **Sumith 2nd Year B Pharm** welcomed the guests. NSS officer Dr U R. Rakshith presented the NSS Camp report in front of the dignitaries on the Dias with few highlights of the camp like Plantation of saplings in the temple premises, medical camp, dental camp and ayurvedic camp. **Mrs. Kokila M.S, Administrative Officer, Naveen Administrative Officer were chief guest of the function**

Nagaraj, Thimmey gowda, Chandrushekar wished all the best for the NSS Volunteers for their future endeavors and was very happy with various programs which were conducted in the 07 days camp and also wished everyone and asked to conduct the camp once again in the village and to serve the villagers. He also toldthe youth to actively participate in social activities. Best NSS Volunteer awards were given to Ms Vasundhara of III B. Pharm Mr Shashank of I Pharm. Vote of thanks was given by Yash Jain of 3rd b pharm at last the students unwillingly packed their luggage's and headed back to the college with life time memories.





NSS Special Camping Activities

NSS UNIT IV-JSS College of Pharmacy, Ooty

Date : April 21st 2025 to April 26th 2025
Name of the village : Devala.

Programme list

Day/Date	Morning session	Afternoon session
21/04/2025 Monday	With the blessings of His Holiness Jagadguru Sri Sri Shivarathreeshwara Deshikendra Mahaswamigalu from JSS college of pharmacy we have moved towards Devala, Government Tribal Residency School.	**Inauguration** We reached Devala,Government Tribal Residency School by 4pm Cleaned the kitchen area And cleaned our living rooms and Started to dig the path for school and followed by inauguration. PRINCIPAL Dr.Samuthirapandiyan, PARENTS OF SCHOOL S.A.Manmadharaj, Thiyagaraj. facilitated the function as our chief guest and officially declare the NSS activity began with NSS CLAP.
22/04/2024 Tuesday	The volunteers were involved in cleaning the School Classrooms and Floors of the GTR School. By 8am we have completed our breakfast and we have been split into two teams and one team carried out Path digging work and the other team started the Lunch preparation.	After completing our launch, NSS coordinator assigned us to split into two teams were, one team went to fencing work for the plants and did plantation and removed weeds, and had a social interactive session,other team made a water facility by shifting a tank with waterpipe connection directly to kitchen for cooking purpose. We went to waterfalls nearby.
23/04/2024 Wednesday	The day we travelled to moochikunnu tribal village (Remote reserve forest) with panniyar people and about 15 families are there. Then we had committee meeting , interacted with people and children around there and gave awareness about Diet and Education. We split into two groups and one group started the lunch preparation and the other group started to the clean and prepare the kabbadi court for the village .	After lunch prepation [, we provided food to the whole village people over there , we started to clean the path and created a proper path foe walk and cleaned the temple over there ,and after that we went to kattimattam waterfalls.
24/04/2024 Thursday	The volunteers split into two groups and one group did cleaning work and plantation work in school	After Lunch we started to dig the path and extended till the main road of devala GTR school, by evening

	surroundings and the other group travelled to Primary urban health care (mini hospital). And removed all the plastics and week and started the cleaning process, we gave many medicinal awareness to the children and patients and then started the lunch preparation.	by walk we went to a temple named "SRI VETTAI KURUMAGAN" Temple
25/04/2024 Friday	We started our NSS activity in **Devala** village near, we were split into 3 groups and cleaned the village by collecting plastics and glasswares	After having our delicious lunch , we have communicated with the people of that village about the geographical and salient features of their flora and fauna varieties and had some interactive talk with the tribes of that village . by evening our staffs Dr. Justin sir , Dr. Ganesh sir joined our camp.
26/04/2024 Saturday	We have packed our things and cleaned our accommodation area, and vacated from Devala GTR school. We travelled to NADUGANI village to a FOREST DIVISION.	. **By noon we travelled to GENEPOOL ECO TOURISM, DR. VEERAMANI, THE RANGE OFFICER Gave us a brief speech about THE location and sources of that particular area. And followed by that we do visited lemon grass oil plant unit and did plantation and cleaned all plastics and weeds over there ,and visited the aquarium musiumand view poin over there and Valedictory Function** **Dr.Veeramani-Range officer,** has made his presence as a guess of honer for this occasion our volunteers NAVEEN, SANJAI RAM V.T and MOULISHWARAN shared their experience about the 6 days of NSS camp with the team and forest officer, during the speech of ranger VEERAMANI He whole heartedly appreciated our volunteers, NSS staff coordinator **Dr.Babu** and the management of JSS college of pharmacy OOTY to take part in NSS activities.

Programme Outcomes

Day /Date/Time	Name of the programme	Number of beneficiaries
21/04/2025 Monday	We reached Devala,Government Tribal Residency School by 4pm Cleaned the kitchen area And cleaned our living rooms and Started to dig the path for school and followed by inauguration.PRINCIPAL Dr.Samuthirapandiyan,PARENTS OF SCHOOLS.A.Manmadharaj, Thiyagaraj. facilitated the function as our chief guest and officially declare the NSS activity began with NSS CLAP.	**55**
22/04/2025 Tuesday	The volunteers were involved in cleaning the School Classrooms and Floors of the GTR School. By 8am we have completed our breakfast and we have been split into two teams and one team carried out Path digging work and the other team started the Lunch preparation.	**900**
23/04/2025 Wednesday	The day we travelled to moochikunnu tribal village (Remote reserve forest) with panniyar people and about 15 families are there. Then we had committee meeting , interacted with people and children around there and gave awareness about Diet and Education. We split into two groups and one group started the lunch preparation and the other group started to the clean and prepare the kabbadi court for the village .	**150**
24/04/2025 Thursday	The volunteers split into two groups and one group did cleaning work and plantation work in school surroundings and the other group travelled to Primary urban health care (mini hospital). And removed all the plastics and week and started the cleaning process, we gave many medicinal awareness to the children and patients and then started the lunch preparation.	**350**
25/04/2025 Friday	We started our NSS activity in **Devala** village near, we were split into 3 groups and cleaned the village by collecting plastics and glasswares	**500**
26/04/2025 Saturday	By noon we travelled to GENEPOOL ECO TOURISM, DR. VEERAMANI, THE RANGE OFFICER Gave us a brief speech about THE location and sources of that particular area. And followed by that we do visited lemon grass oil plant unit and did plantation and cleaned all plastics and weeds over there ,and visited the aquarium musiumand view poin over there and Valedictory Function during the speech of ranger VEERAMANI He whole heartedly appreciated our volunteers, NSS staff coordinator Dr.Babu and the management of JSS college of pharmacy OOTY to take part in NSS activities. **Valedictory Function**	**150**
tal		**2,105**

NSS Day Wise Detailed Narrative Report, and Action Photos

21.04.2025:

With the blessings of His Holiness Jagadguru Sri Sri Shivarathreeshwara Deshikendra Mahaswamigalu from JSS college of pharmacy we have moved towards Devala. We reached Devala, GOVERNMENT TRIBAL RESIDENCY SCHOOL by 4pm and followed by inauguration. PRINCIPAL Dr. Samuthirapandiyan. PARENTS OF SCHOOL – MANMADHARAJ AND THIYAGARAJ. facilitated the function as our chief guest and officially declare the NSS activity began with NSS CLAP. Then the whole unit was divided into 02 units and each group was given individual responsibilities for the 06 days special camp.
The Inaugural Function Of the Special Camp by hoisting the NSS flag, Flag hosting was followed by the NSS Song by the NSS volunteers Miss.Abhirami and Group. Then Dr. B. Babu, the NSS Program officer, welcomed the guests. The Guest addressed the NSS volunteers, with his inaugural speech and stressed the importance of NSS services in rural development. He said that students were having good opportunities to serve the people and society through NSS. He wished all the NSS volunteers a successful camp.

The NSS program officer Dr. B.Babu had given some tips to the NSS volunteers about the behavioral attitude in the camping period. He also wished all the Volunteers successful camping activities. The village people were very happy to receive the NSS volunteers and his and whole village support will be there for the various NSS activities in the 05 days program. Other villagers also spoke in the inaugural function in favoring NSS unit. They felt that it was an excellent opportunity for them to get use of the service of NSS for their village.

Dr. B. Babu, NSS Program officer has highlighted the programs for the coming 05 days and he requested all the village people to co-operate with NSS unit in carrying out various activities scheduled.

The volunteers were involved in the cleaning of kitchen and cooking process and the other group of people started to dig the path in the sideways as a short cut in DEVALA GTR SCHOOL. And we cleaned our living rooms for the stay. BY EVENING WE HAD Gathering with babu sir about the day and we completed our dinner .

22.04.2025

We started our day with walking and the volunteers were involved in cleaning and removing the weed plants and waste sands around the area of the GTR SCHOOL. The volunteers also dusted and cleaned the foot path, kitchen area. By 8am we have completed our breakfast and moved on to DIG REMAINING HALF PATH. we have been split into two teams and carried out our cleaning work to collect the plastic waste and glass bottle separately and after the lunch we stared the fencing work for the saplings and plants in the surroundings of the Devala GTR school, and we shifted and tank and gave waterpipe connection in kitchen for water facility purpose. and by evening we travelled to the KATTIMATTAN falls for freshing up ourselves and by evening we had small gathering with Babu sir about the day and we have prepared our dinner windup our day with games.

23.04.2025

The day we travelled to MOOCHIKUNNU TRIBAL VILLAGE with PANNIYAR people and over 15 families are living there and started our work with the activity of planting samplings and went on with the cleaning work of TEMPLE areas AND did a path for walking and as per their wish we prepared a kabbadi curt for then and prepared food for whole village and provided food for them and had spent some moments inriver. volunteer has been accoumpanied and had committee meeting and gave awareness

about education and diet. We came back to moochikunnu waterfalls and spent our time. By evening we have started preparing the dinner and had dinner and played games.

24.04.2025

The volunteers were involved in cleaning school surroundings and planted plants and did cleaning process and moved on to PRIMARY URBAN HEALTH CARE CENTRE and Started to cleaning the surroundings of hospital and removed plastics and medicinal plastics and had a interactive session with public and creating medical awareness for patients and doctors and people over there. We had interaction with children over there. And then came back to GTR SCHOOL AND started to dig the side way path till the main road and completed the work and we went by walk to nearby temple named "SRI VETTAI KURUMAGAN" temple and by evening we had gathering with babu sir and got appreciated for the work done by us.

25.04.2025

We started our NSS activity in Devala village near, we were split into 3 groups and cleaned the village by collecting plastics and glass wares. After having our delicious lunch, we have communicated with the people of that village about the geographical and salient features of their flora and fauna varieties and had some interactive talk with the tribes of that village. By evening our staffs Dr. Justin sir , Dr. Ganesh sir joined our camp.

26.04.2025

We have packed our things and cleaned our accommodation area, and vacated from Devala GTR school. We did plantation in that school and We travelled to NADUGANI village to a FOREST DIVISION. we travelled to GENEPOOL ECO TOURISM, DR. VEERAMANI, THE RANGE OFFICER Gave us a brief speech about THE location and sources
of that particular area. And followed by that we do visited lemon grass oil plant unit and did plantation and cleaned all plastics and weeds over there, and visited the aquarium musiumand view poin over there and Valedictory Function
Dr. Veeramani-Range officer, has made his presence as a guess of honer for this occasion. our volunteers NAVEEN, SANJAI RAM V.T and MOULISHWARAN shared their experience about the 6 days of NSS camp with the team and forest officer, during the speech of ranger VEERAMANI He whole heartedly appreciated our volunteers, NSS staff coordinator Dr.Babu and the management of JSS college of pharmacy OOTY to take part in NSS activities.






தேவாலா, நீலகிரி மாவட்டம்-643270.
JSS College of Pharmacy, Ooty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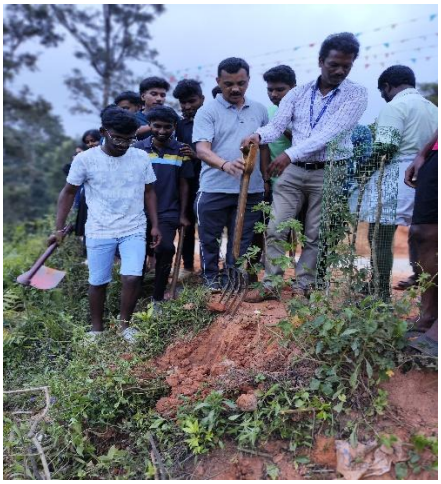















தேவாலா. நீலகிரி மாவட்டம்-643270.
JSS College of Pharmacy, Ooty
National Service Scheme


NSS Special Camping Activities

NSS UNIT V-School of Life Science, JSS AHER, Mysuru

The NSS Annual Camp was organized by the NSS unit of JSS Academy of Higher Education and Research, Mysore in the village called Koodanahalli located near the Nanjangudu road, Mysuru taluk. The camp was organized for seven days from 3rd March, 2025 to 9th March, 2025.

Day 01: Inauguration of the Camp (03/03/2025)

The NSS volunteers assembled at the JSS AHER campus at 11:30 AM for the initial preparations. Then departed from the SLS campus at 2:30 PM and arrived at the Government Primary and High School, Koodanahalli, at 3:15 PM. The volunteers prepared the venue for the inauguration and also interacted with the students of the school. The inauguration of the camp started at 5:00 pm with multiple dignitaries and they were:

1. The Chief Guest, Sri, K. M. Shankar, Village Leader, Koodanahalli
2. Mr. Shivappa, Head Teacher, Government Primary and High School, Koodanahalli
3. Dr. K A Raveesha, HOD, School of Life Sciences, JSS Academy of Higher Education & Research.
4. Dr. H K Mamatha, HOD, HSMS, JSS Academy of Higher Education & Research.
5. Dr. Shanmukappa Kagenalli, Associate Professor, SLS, JSS Academy of Higher Education & Research.
6. Dr. Vadiraj K T, NSS Programme Officer.
7. Dr. Sushma B V, NSS supporting officer.
8. Sri Harshith N, NSS Programme Officer.
9. Sri Chethan Kumar R. M, NSS supporting Officer.
10. Dr. Navya Raj M P, NSS supporting officer.







Day 02: Special training for the NSS volunteers (04/03/2025)

The day began with an assembly led by Team Kaveri, where Mr. Siddappaji, the physical education teacher of the government school, was invited as the chief guest. The assembly emphasized the importance of teamwork and collaboration, followed by the NSS song and the National Anthem. After the assembly concluded at 9:00 AM, volunteers had breakfast.

At 10:00 AM, volunteers gathered at the school campus, where Dr. Raghuram Achar, Assistant Dean, SLS, JSS AHER, Mysore, and an NSS Programme Officer, delivered an inspiring speech on the significance of NSS, highlighting its role in shaping personalities and fostering personal growth.









At 2:30 PM, Dr. Lokesh I. D., Assistant Program Officer, Yuvaraja College, Mysore, and Mr. Siddesh spoke about how NSS fosters discipline and coordination. They also emphasized the power of songs in raising awareness on issues like plastic pollution and hazards, making it easier to connect with villagers and convey messages effectively. Additionally, volunteers were taught a folk dance, further enriching their cultural experience. The session ended with the singing of the NSS song, creating a strong sense of unity among the volunteers.

The evening concluded with snacks and a short break, followed by a cultural program organized by Team Narmada. The program featured performances that engaged both the volunteers and villagers, fostering a sense of community and cultural exchange. The day came to an end with volunteers leaving the school at 7:15 PM and reaching JSS AHER by 8:00 PM.







Day 03: Medical Check-up Camp & Awareness Sessions on Poison and Menstrual Hygiene (05/03/2025)

On 5th March 2025, the day was dedicated to health awareness and medical assistance, with a medical check-up camp and informative sessions on poison management and menstrual hygiene. The day started with an assembly led by Team Narmada, where the chief chef of the camp was invited as the chief guest. The assembly emphasized the importance of teamwork and collaboration, followed by the NSS song and the National Anthem. After the assembly concluded at 9:00 AM, volunteers had breakfast before beginning preparations for the medical camp.



From 10:00 AM to 1:00 PM, a medical check-up camp was conducted by JSS Medical college and JSS College of Pharmacy. Many experts like Dr. Balaji and team from Pharmacy, Dr. Nithya from Dermatology, Dr. Ayush from General Medicine, Ophthalmology, and Pediatrics, provided health screenings and consultations to villagers. Medical professionals, along with NSS volunteers, ensured the

camp's smooth execution, making it a successful health initiative. After the camp, volunteers had lunch at 1:30 PM and prepared for the afternoon awareness sessions.



At 2:00 PM, an awareness session on poison management was conducted by Dr. Umesh, Assistant professor, JSS College of Pharmacy, where he explained importance of first aid and seeking medical attention immediately in poisoning cases. This was followed by a session on menstrual hygiene, and awareness about cervical and breast cancer which was given by Dr. Aksa, JSS College of Pharmacy. The session also introduced the concept of menstrual cups as a sustainable alternative, encouraging open discussions on menstrual health.



The evening concluded with snacks and a short break, followed by a cultural program organized by Team Godavari, which included performances that engaged both the volunteers and villagers. Volunteers left the school feeling accomplished, knowing they had contributed to the well-being and awareness of the villagers.

Day 04: Ayurveda Camp & TB Awareness Program (06/03/2025)

On 6th March 2025, the day focused on health awareness and holistic well-being, with an Ayurveda Camp and an informative session on Tuberculosis (TB). The objective was to provide villagers with Ayurvedic treatments for various health concerns and educate them about TB prevention, symptoms, and early detection, a session led by Dr. Umamaheshwari and Dr. Sunitha.

The day began with volunteers departing from JSS AHER at 7:15 AM, reaching the school by 8:15 AM. Team Godavari led the morning assembly, supported by other teams, ensuring a well-organized start. The chief guest for the day was the camp's head cook, honored for their invaluable contributions. The assembly included the NSS song and the National Anthem, followed by breakfast for all volunteers.



At 10:00 AM, the Ayurveda Camp commenced, with volunteers efficiently coordinating the setup and ensuring smooth operations. Villagers attended in large numbers, receiving natural and holistic treatments from Ayurvedic practitioners for common health issues. The camp was a success, emphasizing traditional healing methods and preventive care.

In the afternoon session at 2:30 PM, Dr.Umamaheshwari S conducted a TB Awareness Program for both villagers and students. She explained how TB spreads, its symptoms, the importance of early diagnosis, and preventive measures such as maintaining hygiene and getting vaccinated. The session was highly informative, helping the community become more aware of this disease and its impact. Dr. Sunitha, JSS AHER educated school children about microscopes by showing a real microscope.





The evening session, from 5PM was filled with engaging activities, including a cultural program and an ice-breaking session. This interactive session helped volunteers strengthen their teamwork and coordination skills. The day concluded with volunteers leaving the school at 7:15 PM and reaching JSS AMER by 8:00 PM.





This day was particularly impactful, as it successfully combined healthcare services and community awareness. The Ayurveda Camp provided essential medical support, while the TB session educated the villagers on crucial health issues. The emphasis on cleanliness and hygiene, especially among children, reinforced healthy habits within the community. Volunteers also experienced growth in teamwork, communication, and organizational skills, making the day both meaningful and productive.

Day 05: Dental Camp (07/03/2025)

The day began with an assembly organized by Team Yamuna, with Mrs. Lakshmi, the head cook and accountant of the local school, as the chief guest. The assembly started at 9:00 AM and concluded at 9:30 AM, followed by breakfast for the volunteers.



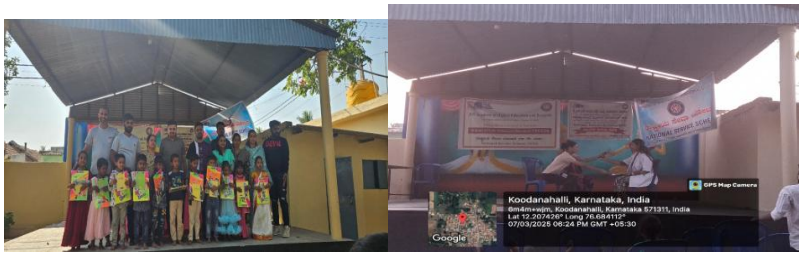
In the morning session, a Saraswati Pooja was conducted, for which all the children dressed up elegantly. Simultaneously, from 10:30 AM to 1:00 PM, a dental camp was organized by JSS Hospital, along with a hemoglobin checkup for the villagers. Volunteers actively went around the village, encouraging people to attend the medical camp.



By 12:00 PM, women from the village started arriving for the Women's Day celebration, sponsored by Nestlé through the Magic Bus initiative. Various games were conducted for them, continuing until 2:00 PM. Volunteers also participated and won prizes. Afterward, a prize distribution ceremony was held, where NSS program officers and dentists were honored.



Before the cultural program, NSS officers distributed stationery kits, including exam pads, pens, and pencils, to the children, bringing smiles to their faces. The evening session began at 5:15 PM, after snacks, with a cultural program organized by Team Ganga. The event featured various performances, including a skit highlighting the issue of mobile addiction. The day concluded with a lively dance session, after which volunteers returned to college, reaching around 8:00 PM.



Day 06: Speech & Hearing (08/03/2025)

The day began with an assembly organized by Team Ganga, with Dr. Sushma B.V., Assistant Professor from the Food and Nutrition Department, as the chief guest. The session concluded at 9:30 AM, followed by breakfast.





At 10:45 AM, a speech and hearing screening was conducted by JSS Speech and Hearing College. Before the screening, NSS volunteers actively went around the village to gather people for participation. All school children underwent the screening process, and two were advised for further check-ups. While this was ongoing, other volunteers engaged in cleaning the school's premises and organizing small games for the children.

At 12:00 PM, Ms. Pallavi R., Assistant Professor from the Food and Nutrition Department, provided valuable information to children about anemia, raising awareness about its causes and prevention.





In the post-lunch session, doctors who contributed to the screening were honored with mementos. At 4:00 PM, a special program was held for the villagers, including various competitions such as rangoli and a drawing contest for children. The villagers enthusiastically participated in cultural activities, showcasing their talents in singing.

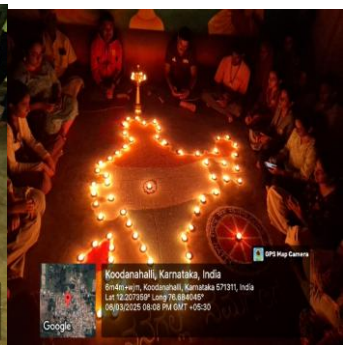












As evening approached, volunteers made arrangements for Shibira Jyoti, a significant and symbolic event of the NSS camp. The ceremony began at 7:15 PM, where all volunteers lit candles, representing unity and service. NSS Program Officers—Dr. Vadiraj K.T., Dr. Sushma B.V., Dr. Navya Raj M.P., and Mr. Harshit N.—addressed the gathering, followed by the singing of Vidhaya Geethe, marking the formal conclusion of the camp.

The day ended with a dinner gathering, after which the volunteers departed for college at 9:45 PM, reaching by 10:15 PM.

Day 07: Valedictory Ceremony (09/03/2025)

On the seventh day of the NSS annual special camp, a valedictory ceremony was organized to mark the conclusion of the camp. As usual, the day began with an assembly at 8:30 AM, followed by preparations for the ceremony. While some volunteers were engaged in making arrangements for the valedictory function, others participated in shramadhan in and around the school, contributing to the cleanliness and maintenance of the premises.











The event was graced by esteemed guests, including Sri Sri Sri Bhiksha Mariswami, Sri K. M. Shankar (Village Leader, Koodanahalli), Mr. Shivappa (Head Teacher, Government Primary and High School, Koodanahalli), Dr. K. A. Raveesha (HOD, School of Life Sciences, JSS Academy of Higher Education & Research), , Dr. Prashanth (Dean (Research) JSS AHER) Dr. Vadiraj K. T. (NSS Programme Officer), Dr. Sushma B. V. (NSS Supporting Officer), Sri Harshith N. (NSS Programme Officer), and Sri Chethan Kumar R. M. (NSS Supporting Officer).

During the ceremony, the NSS camp report was presented, highlighting the activities and contributions made throughout the camp. The Best Male Volunteer award was presented to Mr. Omkar, while Ms. Navya received the Best Female Volunteer award for their outstanding participation. Volunteers shared their experiences, reflecting on their learnings and memorable moments from the camp. Additionally, awards were presented to the best NSS song singer, and winners of the rangoli and drawing competitions were honored.





As a token of gratitude, the NSS unit of SLS and HSMS, JSS AHER, Mysuru, presented sports kits to the school students, encouraging them to engage in extracurricular activities. In appreciation of the NSS unit's dedicated service and contribution, the school presented a trophy to the NSS unit as a mark of recognition and gratitude. The event concluded on a high note, celebrating the dedication, hard work, and spirit of service demonstrated by all the volunteers.







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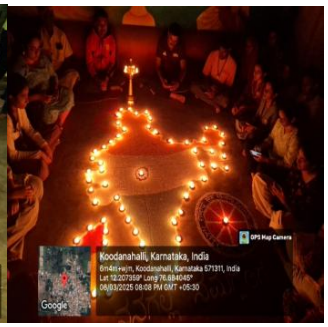

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NSS Special Camping Activities

NSS UNIT VII-School of Life Sciences, JSS AHER, Ooty

Annual Camp **13/03/2025**

The NSS unit of school of life sciences (Ooty campus) conducted annual NSS camp at Kota Village, Sholure, The Nilgris, ooty. The camp was conducted on 13/03/2024. The annual camp was commanded by Dr.S.Nishu, NSS Program Officer and Dr.B.Vanitha, Asst NSS Program Officer. Following are the activity conducted at this special camp.

1. Medical camp
2. Village cleaning





JSSMC

1.6	80	2.6	33	US$1	60-80
billion	percent	billion	percent	trillion	percent
Around 1.6 billion people depend on forests for their livelihoods.	Forests are home to more than 80 percent of all terrestrial species of animals, plants and insects.	2.6 billion people depend directly on agriculture for a living.	Nature-based climate solutions can contribute about a third of CO2 reductions by 2030.	The value of ecosystems to human livelihoods and well-being is $US125 trillion per year.v	Mountain regions provide 60-80 percent of the Earth's fresh water.



Sl No	Title of the project	Principle investigator(s)	Department(s)	Funding agency	Amount sanctioned
1.	Phytoremediation of indoor air pollution in urban homes to improve air quality using innovative-sustainable technology-based plant wall air filtration system	PI: **Dr. Rajesh Kumar T**	Biochemistry	ICMR	40,31,649.00
2.	Development of millet-based dietary fiber for protection of allergic asthma by modulating gut microbiome-derived short-chain fatty acids	PI: **Dr. Kiran** Co-PI: **Dr. Rajesh Kumar T**	School of Life Sciences Biochemistry	ICMR	40,00,000.00

Publications

1. S Rajeshwari, Abu Safana Biswas, Suresh J, Erica Alves, Gurupadayya BM, Archana Pilli, Subba Rao M V S S T, Pattaluchetty P. Phytochemicals from corn plant as Anti-Inflammatory Agents: Molecular Insights and Therapeutic Perspectives. Pharmacological Research - Natural Products. 2026 Jan;100497. doi:10.1016/j.prenap.2026.100497.
2. Saraswathi S, Venkataravanappa JT, Nambiar C, et al. Plant-derived neuroprotective compounds and nanoformulations targeting Parkinson's disease: a semi-systematic review of mechanisms and therapeutic potential. Metabolic Brain Disease,2026 May;41:101. doi:10.1007/s11011-026-01868-y.
3. Mouvanal Sajana, Mutthuraj Dasegowda, MS Brunda A, K R Arjun, Kanthesh M Basalingappa. Emerging Research on Bioactive Compounds and Cancer Stem Cells. Medicinal Plants and Their Bioactives in Human Diseases. 2025 Oct;293-329. doi:10.1007/978-3-032-01356-9_13.

Research Projects

SUSTAINABLE AGRICULTURE (Kitchen Garden in the hostel campus)

The kitchen garden in the hostel campus promotes sustainable agriculture by encouraging the cultivation of fresh vegetables and plants using eco-friendly practices. It supports environmental conservation, enhances biodiversity, and creates awareness about sustainable food production among students. The initiative also reduces the environmental impact associated with food transportation and promotes healthy living. Through this practice, JSS Medical College reinforces its commitment to SDG 13 – Climate Action by encouraging sustainable resource use and environmental stewardship



Water Sanitation Observation by the Community Medicine team.

Regular assessments of water and sanitation are conducted on the hospital, college, and hostel premises by the team from the Department of Community Medicine.

The hospital and college premises have well-established water disinfection and RO facilities. Water is treated with liquid chlorine using a 12% Sodium Hypochlorite solution.



Label with tank capacity and dates of storage tank cleaning.



Chlorination Pump

World Hand Hygiene Day 2026

As part of its commitment to promoting sanitation, hygiene, and infection prevention, JSS Hospital observed World Hand Hygiene Day on 5 May 2026**,** organized by the Infection Prevention and Control Committee (IPCC**)** in association with the Department of Microbiology and the Special Interest Group (SIG): Building Healthcare Resilience for Combating Hospital-Acquired Infections**.** The program aligned with the World Health Organization's *"Save Lives: Clean Your Hands"* campaign and aimed to reinforce effective hand hygiene practices among healthcare professionals while strengthening the institution's commitment to patient safety and infection prevention. The event featured awareness sessions on WHO-recommended hand hygiene guidelines, reinforced the 'Five Moments for Hand Hygiene', recognized hospital departments demonstrating exemplary hand hygiene compliance, and emphasized the critical role of hand hygiene in reducing healthcare-associated infections. The program also promoted a culture of patient safety and institutional excellence in infection prevention and control, directly contributing to the objectives of SDG 6: Clean Water and Sanitation, particularly Target 6.2 on improving hygiene practices.





Foundation Course – Biomedical Waste Management and Hand Hygiene

As part of the Foundation Course held on 3 October 2025, the Department of Microbiology organized orientation sessions on Biomedical Waste Management and Hand Hygiene to instill essential infection-prevention and patient-safety practices among newly admitted medical students. The sessions provided comprehensive training on the Biomedical Waste Management Rules, 2016**,** emphasizing the importance of color-coded segregation, safe handling and disposal of biomedical waste, and compliance with statutory guidelines. Participants were also sensitized to the WHO Hand Hygiene Guidelines**,** including the importance of hand hygiene in preventing healthcare-associated infections. Additional topics included needle-stick injury prevention**,** occupational exposure risks, and post-exposure prophylaxis (PEP) protocols, equipping students with the knowledge and skills required to maintain a safe healthcare environment. Through this initiative, the institution reinforced responsible waste management practices and promoted a culture of hygiene and infection prevention, contributing to the

achievement of SDG 6: Clean Water and Sanitation, particularly Targets 6.2 (sanitation and hygiene) and 6.3 (reducing pollution through safe waste management).



Gamified Hand Hygiene Education

As part of its innovative teaching initiatives during the 2025 academic year, the Department of Microbiology introduced gamified hand hygiene education to promote infection prevention and improve students' understanding of hygiene practices. The department developed creative educational tools, including hand hygiene poems and other gamified learning resources, to make learning interactive, engaging, and memorable. These innovative approaches enhanced students' awareness of proper hand hygiene practices, reinforced the importance of infection prevention and control, and encouraged long-term retention of essential public health concepts. By integrating active learning methodologies into microbiology education, the department fostered behavioral change and strengthened students' commitment to safe healthcare practices, thereby contributing to SDG 6: Clean Water and Sanitation, particularly Target 6.2, which promotes adequate sanitation and hygiene for all.

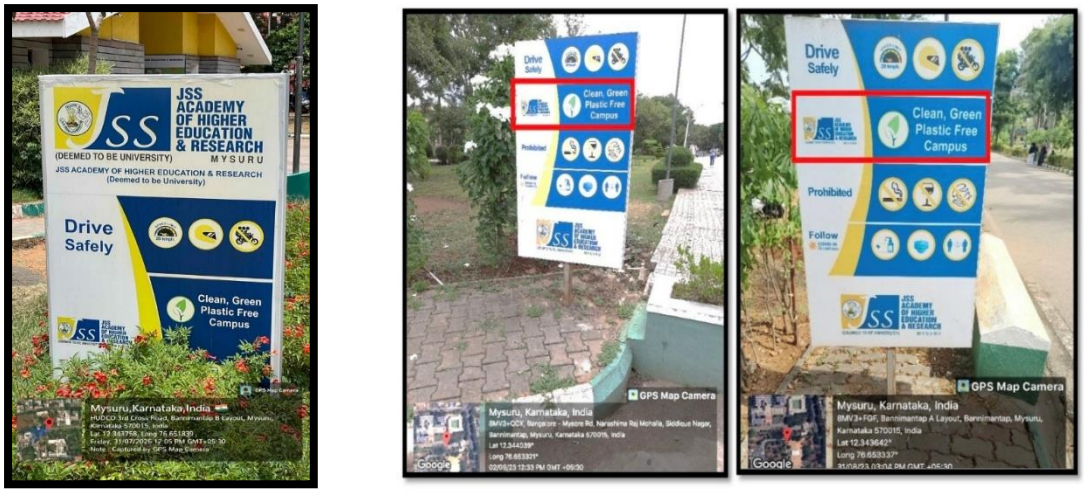
Plastics Policy:

JSS AHER has adopted a Plastic Policy to protect the environment by minimizing plastic use on
campus. The institution is committed to minimizing plastic waste and promoting a clean, healthy
and sustainable environment by reducing the use of single-use plastics and encouraging environmentally responsible practices.

The main aim of the policy is:
1. Minimize the use of plastic on campus by auditing & setting standards, i.e., banning plastic less than 50 microns & use of only recyclable plastic on campus.
2. Encourage innovative recycling methods for recycling & work with the stakeholders to develop capability & capacity for recycling of plastic. Work in partnership with research bodies, universities, suppliers & other stakeholders to meet these policy objectives.
3. Maintaining the housekeeping standards at the campus to address plastic litter. Ensure

proper segregation & collection of plastic waste.
4. Expanding the campaign by promoting the plastic hazard program to promote awareness programs about the minimization of use of plastic on the campus.
5. Support & encourage staff, students and the community to remove plastic waste from the environment.
6. The policy mainly relates to Swatchh Bharat Mission (Urban) guidelines, Govt. of India & National conservation strategy and policy statement on environment and development.

Plastic Free Campus



Signage - Ban on use of plastics inside the JSS AHER campus premises

NSS – Swachhatha Abhiyana: 10-01-2026

Swachhatha Abhiyana was organized by Mysuru City Corporation at Kukkarahalli Kere on the eve of “Swatch Sarvekshan 2025-26” on 10-01-2026. The event aimed at promoting hygiene and environmental awareness among the general public. The event commenced at 7:00 am and saw enthusiastic participation from >300 students eager to contribute to this noble cause. From JSS MC, 15 medical students joined the event.

Throughout the morning, the students collected and filled numerous garbage bags, clearing the area of plastic waste, wrappers, and other debris. This hands-on experience not only enhanced the students' understanding of the importance of cleanliness but also highlighted the significant impact collective action can have on maintaining a sustainable environment.

The drive concluded with a brief reflection session, during which participants shared their experiences and discussed the need for continued efforts to promote cleanliness. This NSS initiative aligns with the broader goals of the Swachh Bharat mission, inspiring future generations to prioritize cleanliness and environmental stewardship. The event was a resounding success, leaving a lasting impression on both the students and the community.

The event was coordinated by Dr Manu G, NSS Program Officer, JSSMC, Mysuru.


ಸ್ವಚ್ಛ ಸರ್ವೇಕ್ಷಣ್ 2025-26
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Mysuru, Karnataka, India
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Saturday, 10/01/2026 07:04 AM GMT +05:30
Google
GPS Map Camera
Institute of Speech and Hearing, Mysuru
'Not me But You'
Mysuru, Karnataka, India
8j5p+9pc Kuvempu Vana, Kukkarahalli, Kajjihundi, Mysuru, Karnataka 570005, India
Lat 12.308063° Long 76.636392°
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Mysuru, Karnataka, India
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Lat 12.308054° Long 76.636408°
Saturday, 10/01/2026 07:24 AM GMT +05:30


CLEAN CAMPUS, GREEN CAMPUS
PLASTIC COLLECTION CAMPAIGN
Reduce Plastic. Reuse Plastic. Recycle Plastic.
SAY NO TO PLASTIC
TOGETHER WE CAN MAKE OUR CAMPUS PLASTIC FREE
PLASTIC COLLECTION BAG
PLASTIC ONLY
Every Place Counts Let's Make a Difference
PLASTIC POLICY
TOWARDS A PLASTIC FREE CAMPUS
Our Institution is committed to minimizing plastic waste and promoting a clean, healthy and sustainable environment.
DO'S
DON'TS
Reduce | Reuse | Recycle | Refuse
A GREENER CAMPUS A BETTER FUTURE
SAY NO TO PLASTIC
KEEP OUR CAMPUS CLEAN GREEN SUSTAINABLE
SEGREGATE TODAY, SAVE TOMORROW


WASTE DISPOSAL POLICY
Segregate Today, Sustain Tomorrow
We are committed to a clean, healthy and sustainable campus.
Let's manage waste responsibly.
Be Responsible Be the Solution
OUR POLICY
All students, staff, visitors and contractors shall segregate waste at source and dispose of it in the designated bins. We follow a systematic process for safe collection, treatment and final disposal of waste.
WHY IT MATTERS
Keeps our campus clean and safe
Protects our health
Conserves resources
Protects the environment
THE WASTE DISPOSAL PROCESS
1 WASTE GENERATION
2 SEGREGATION AT SOURCE
Wet Waste (Biodegradable)
Dry Waste (Recyclable)
Non-Recyclable Waste
BIOMEDICAL WASTE (if any)
3 COLLECTION
4 TRANSPORTATION
5 TREATMENT AND PROCESSING
6 SAFE FINAL DISPOSAL
Our Responsibility, A Better Tomorrow
STUDENT RESPONSIBILITIES
Segregate waste at source.
Use the correct bins.
Do not litter.
Follow the waste disposal guidelines.
Encourage others to do the same.
Segregate at Source
Use Proper Bins
Follow Guidelines
Reduce Reuse Recycle
Protect Health
Protect Environment
Small Action Today, Big Impact Tomorrow
LET'S KEEP OUR CAMPUS CLEAN & GREEN!

PLASTIC POLICY
TOWARDS A PLASTIC FREE CAMPUS
Our institution is committed to minimizing plastic waste and promoting a clean, healthy and sustainable environment.
OUR COMMITMENT
Eliminate single-use plastics
Promote reusable and eco-friendly alternatives
Ensure proper segregation and disposal of plastic waste
Create awareness and encourage responsible plastic use
Comply with government regulations
DO'S
Use reusable bottles, cups, lunch boxes and containers.
Use cloth, jute or paper bags instead of plastic carry bags.
Use water dispensers provided on campus instead of plastic water bottles.
Segregate plastic waste at source and dispose responsibly.
DON'TS
Do not use or bring single-use plastic bags.
Do not use single-use plastic cups, plates, straws or cutlery.
Do not use or promote plastic water bottles.
Do not litter plastic waste in the campus.
APPLIES TO
Students
Employees
Visitors
Vendors & Contractors
Let us all work together for a cleaner, greener and healthier tomorrow.
SAY NO TO PLASTIC, CHOOSE A BETTER FUTURE!
Reduce | Reuse | Recycle | Refuse
BE RESPONSIBLE BE SUSTAINABLE

Biomedical Waste Management









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Lecture series on Disposal of Biomedical Waste & Hazardous materials.

The series of sessions commenced with Dr. Preethika Ravi, Senior Resident in the Department of Microbiology, who delivered an insightful overview of biosafety. She explained the objectives of biosafety, containment principles, risk groups, hazardous procedures, and the four biosafety levels. She further discussed biomedical waste categories, the consequences of improper disposal, the color-coded segregation system mandated under the Biomedical Waste Management Rules, 2016, and commonly used waste management methods.

The next session, by Dr. Arun M., Professor in the Department of Forensic Medicine and Toxicology, focused on Reflective Writing. Through an activity-based approach, he explained the concept, layers, levels, and models of reflection. He highlighted its role in enhancing clinical reasoning, bridging theory and practice, improving patient care, and fostering lifelong learning.
Sri S. R. Satish Chandra, Administrative Officer, JSS Medical College, delivered a motivating talk on Positive Attitude, emphasizing optimism, resilience, adaptability, and effective stress management.

This was followed by Dr. Sujatha S R, Assistant Professor, Department of Microbiology, who detailed hand hygiene practices, WHO guidelines, needle-stick injuries, occupational exposure risks, and post-exposure prophylaxis recommendations.

The day concluded with Kannada language learning by Dr. Bheemaraju Eeregowda, Assistant Professor, School of Life Sciences, JSSAHER, who introduced essential vocabulary and encouraged interactive peer learning.



Institutional Biosafety Committee (IBSC)

In accordance with the Rules for the use and storage of hazardous microorganisms/ genetically engineered organism/plants/cells, Government of India, under the Environment Protection Act, 1986, has enforced rules and regulations on the biosafety and biocontainment of hazardous, recombinant DNA, synthetic nucleic acids, and use of hazardous biomaterials of any kind. Under the guidelines of this Act, JSS Academy of Higher Education & Research, Mysuru, has constituted an Institutional Biosafety Committee (IBSC) in accordance with the DBT guidelines of the Government of India.

Mission

The primary mission of the IBSC is to ensure the safety of faculty and researchers involved in biological research at our institute, and to protect the general public and the environment from the adverse consequences of the proposed research.

Purpose of IBSC

The IBSC is responsible for reviewing projects that involve, but are not limited to, recombinant DNA, RNAi, pathogens, human materials (specimen repositories) and other potentially infectious materials, as well as transgenic animals, genetically modified plants and seeds, CRISPR and Gene knockouts, and bacterial- and viral vector-based transfections. The IBSC provides recommendations for controlling biohazards associated with the use of microbiological agents, their vectors, and related research.

The IBSC will determine approval or make recommendations regarding the proposed experiments by reviewing the application submitted by the principal investigator, along with supporting materials. This review and oversight involve independent assessment of the proposed biosafety containment level for the work and, through coordination with the biological safety officer, assessment of the facilities, procedures, practices, training, and expertise of the personnel involved in the research.

Specifically, the IBSC will review research proposals with the following potentially hazardous biological agents and experiments

Infrastructure

Center for Experimental Pharmacology and Toxicology, JSS Academy of Higher Education & Research (JSS AHER) has endowed an extensive ABSL2 preclinical facility "Center for Experimental Pharmacology and Toxicology" to support the comprehensive research activities of its constituent colleges (medical, dental, pharmacy, life sciences) and departments. The facility is licensed (261/PO/ReBi/S/2000/CPCSEA) by the Committee for the Purpose of Control and Supervision of Experiments on Animals (CPCSEA), Government of India, to conduct experiments on small-animal models and to breed for in-house use. The vivarium is located in a serene, peaceful setting on the University campus. A built space of 7000 sq ft primarily comprises a rodent barrier facility, small-animal clinicopathology labs, and supportive suites. The animal facility plant is built in compliance with the guidelines of the National Institutes of Health (NIH), USA, and CPCSEA, Government of India

Physical Plant

• PT is a BSLII barrier facility with dual corridors, temperature, humidity, light, noise, and differential air pressure monitored 24X7

• Epoxy terrazzo-coated floor, concrete masonry walls, and moisture-resistant ceilings

• Facility is provisioned with isolated ventilated cages

• Clinicopathology, test item control office, archive on site

Animal care is monitored on a daily basis including weekends and holidays

• Health monitoring within the animal facilities is ensured through a sentinel program, supplier reports, and environmental testing by trained veterinarians

• Sterilised Bedding, food, and portable mineral water

• Consistent healthcare from study initiation to study completion

• Practice in force on humane endpoints policy to minimize pain and discomfort

Experience with and equipped to conduct studies in a wide array of species

• Rat

• Mouse

• Rabbit

• Guinea Pig

Scientific services- With cutting-edge technologies in scientific research along with a wide range of experienced professionals, CPT alliances with its partners to bring forth an endless variety of disease models and preclinical services in the following areas- Pharmaceuticals, Medical devices, Agrochemicals and Pesticides, Food products and Nutraceuticals, Folklore Remedies

Collaborations

International

• NIAAA, NIH, USA

• Macquarie University, Australia

• Sultan Qaboos University, Oman

• University of Saskatchewan, Canada

• Seton Hall University, USA

• University of Johannesburg

National

• CSIR Central Food Technological Research Institute, Mysuru

• CSIRIITR, Lucknow

• IIT, Madras

• Department of Chemistry, University of Delhi

• National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore

• Birla Institute of Technology and Science, Hyderabad

• Annamalai University, Tamil Nadu

Animal House facilities



Plants on the campus







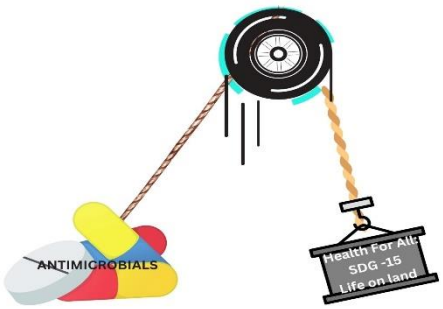





Related Activities Conducted

AMR Awareness Week (18th–23rd November 2024)

Antimicrobial resistance (AMR) has become a significant global health challenge, requiring urgent attention to promote rational antibiotic use. JSS Medical College and Hospital for AMSP actively contributed to AMR Awareness Week (18th–23rd November 2024) by organizing a series of innovative, interactive activities, including games, talks, and training sessions, to educate diverse groups about the irrational use of antimicrobials and strategies to mitigate AMR. The initiatives targeted healthcare professionals, students, and the community to raise awareness of antimicrobial resistance and enhance understanding of prudent antimicrobial use, particularly in clinical and community settings, using a One Health approach.



Innovative Teaching for Antimicrobial Stewardship (2026)

The Department of Microbiology adopted innovative gamified and origami-based teaching methodologies to strengthen students' understanding of antimicrobial stewardship and infectious diseases. Interactive educational tools covering MRSA and MSSA infections, enteric fever, acute undifferentiated fever, lower respiratory tract infections, sepsis, and rational antibiotic use enhanced student engagement, diagnostic reasoning, and awareness regarding appropriate antimicrobial use. These initiatives support the One Health approach by promoting responsible antimicrobial practices and awareness of antimicrobial resistance.

Faculty Capacity Building in Antimicrobial Stewardship (20/01/2026)

As part of efforts to strengthen institutional capacity in antimicrobial stewardship and support the One Health approach, four faculty members from the Department of Microbiology, JSS Medical College, Mysuru—Dr. Sowmya G.S., Professor; Dr. Raghavendra Rao, Professor; Dr. Vidyavathi B.C., Associate Professor; and Dr. Neetha S. Murthy, Assistant Professor—successfully completed the Stanford Medicine Antimicrobial Stewardship Course on 20 January 2026. The program enhanced faculty expertise in the judicious use of antimicrobials, antimicrobial resistance surveillance, infection prevention, and evidence-based stewardship practices, thereby contributing to responsible management of microbial ecosystems and supporting the One Health principles.

15 LIFE ON LAND

SDG 15: LIFE ON LAND

Why It Matters

Life on land supports all life on Earth. Protecting our forests, wildlife, land and biodiversity is essential for a healthy planet and a better future for all.

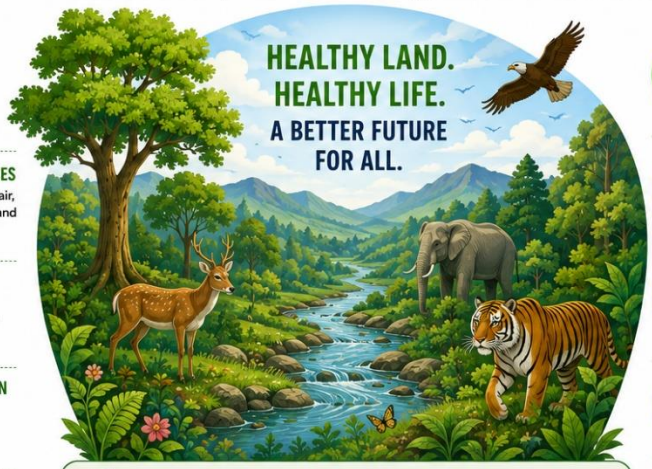
PROTECTS BIODIVERSITY
Safeguards plants, animals and their habitats, maintaining the rich variety of life on Earth.

SUPPORTS ECOSYSTEM SERVICES
Healthy ecosystems provide clean air, fresh water, fertile soil, pollination and natural resources essential for our survival and well-being.

COMBATS CLIMATE CHANGE
Forests and vegetation absorb carbon dioxide, helping to reduce greenhouse gases and stabilize the climate.

PREVENTS LAND DEGRADATION
Sustainable land management reduces soil erosion, restores degraded land and ensures long-term productivity.

REDUCES CONFLICTS WITH WILDLIFE
Conserving habitats promotes peaceful coexistence between humans and wildlife.



> When we protect our land and nature, we protect ourselves and everyone who comes after us.

PROTECTS WATER SOURCES
Forests and vegetation regulate the water cycle, conserving water and ensuring its availability for all.

SUPPORTS LIVELIHOODS
Many communities depend on forests and land for food, fuel, medicine, jobs and income.

STRENGTHENS RESILIENCE
Healthy land and ecosystems help communities adapt to disasters, droughts and other environmental challenges.

PROMOTES SUSTAINABLE USE
Encourages responsible use of land and natural resources for present and future generations.

SECURES OUR FUTURE
Protecting life on land ensures a balanced, healthy planet where future generations can thrive.

WHAT YOU CAN DO

- Plant trees and support reforestation.
- Reduce, reuse and recycle to reduce waste.
- Choose products that are sustainable and deforestation-free.
- Save water and use it responsibly.
- Respect wildlife and their habitats.
- Raise awareness and support conservation initiatives.

OUR LAND. OUR LIFE. OUR FUTURE. LET'S PROTECT IT TODAY FOR GENERATIONS TO COME.

Sustainable Development Goal 15 strives to ensure the protection, restoration, and sustainable utilization of terrestrial ecosystems, including the responsible management of forests, the fight against desertification, the reversal of land degradation, and the preservation of biodiversity. Preserving the variety of life on land necessitates targeted endeavors to conserve, restore, and sustainably utilize terrestrial and other ecosystems. Goal 15 focuses on sustainable forest management, land restoration, desertification control, the reduction of degraded habitats, and the cessation of biodiversity loss. Collectively, these efforts aim to secure the long-term benefits of land-based ecosystems, including sustainable livelihoods, for future generations.

The nine outcome targets include conserving and restoring terrestrial and freshwater ecosystems, ending deforestation and restoring degraded forests, combatting desertification and restoring degraded land, ensuring the conservation of mountain ecosystems, protecting biodiversity and natural habitats, safeguarding access to genetic resources and ensuring fair sharing of benefits, eliminating poaching and trafficking of protected species, preventing the invasion of alien species in terrestrial and aquatic ecosystems, and integrating ecosystem and biodiversity considerations in governmental planning.

The three means of achieving targets involve increasing financial resources for the conservation and sustainable use of ecosystems and biodiversity, providing financial incentives for sustainable forest management, and combating global poaching and trafficking.

Human beings rely on the Earth and the oceans for their existence. This goal aims to establish sustainable livelihoods that can be enjoyed by future generations. Plant life, which constitutes 80% of the human diet, is a crucial economic resource through agriculture. Forests, covering 30% of the Earth's surface, provide essential habitats for countless species, offer clean air and water, and play a critical role in combating climate change. Terrestrial ecosystems provide various goods, such as raw materials for construction and energy, as well as ecosystem services like carbon capture, soil quality maintenance, habitat provision for biodiversity, water quality regulation, water flow regulation, and erosion control, which reduce the risks of natural disasters and help regulate climate while sustaining agricultural productivity. Preserving these ecosystems significantly supports efforts in climate change mitigation and adaptation. Protecting our land resources must be a top priority to facilitate the transition towards a more sustainable society. It is crucial to adopt an inclusive approach that promotes the conservation and sustainable utilization of biodiversity across different sectors such as agriculture, forestry, fisheries, and tourism. These sectors are interconnected with food security, economic growth, human health, improvements in living conditions, and the enjoyment of a healthy environment. Therefore, the preservation of biodiversity enhances the provision of these vital services.

Land and forests form the bedrock of sustainable development. Forests play a vital role in addressing climate change, safeguarding biodiversity, ensuring food security, and serving as habitats for indigenous communities. These natural reserves are home to over 80% of terrestrial animal, plant, and insect species. Furthermore, approximately 1.6 billion people, including 70 million indigenous individuals, rely on forests for their livelihoods.

Our existence and well-being depend on both land and sea. Plants, which constitute 80% of the human diet, and agriculture, as a significant economic resource, are essential for our sustenance. Forests, covering 30% of the Earth's surface, serve as crucial habitats for millions of species, purvey clean air and water, and play a pivotal role in combatting climate change. Despite the protection of 15% of land, biodiversity remains under threat. Illegal trade has endangered nearly 7,000 species of plants and animals. Wildlife trafficking not only depletes biodiversity but also fosters insecurity, fuels conflicts, and nurtures corruption.

Urgent measures are required to curtail the loss of natural habitats and biodiversity, which are part of our shared heritage and contribute to global food and water security, climate change mitigation and adaptation, as well as peace and security. Hence, Goal-15 aims to safeguard, restore, and promote sustainable utilization of terrestrial ecosystems, ensure the sustainable management of forests, combat desertification, reverse land degradation, and halt the loss of biodiversity. These efforts are instrumental in fostering the flourishing of life on Earth.

Green campus initiatives

The Institution also has included a subject Environmental Sciences in all courses as stipulated by UGC and organizes Environment Day and Water Day. The Institution believes in preserving traditional medicine and has established medicinal plants garden and promotes eco-friendly cultivation practices by organizing medicinal plants exhibition in JSS Urban Health Centre. To meet the needs and sustainable management of fresh water, the rainwater harvesting, and utilization systems have been established in all the campuses of the university to aid towards the greater objectives of water management and conservation and increasing recharge of groundwater by capturing and storing rainwater, rainwater harvesting from rooftop run-offs and natural water bodies and the community development. The below mentioned models are established in the various buildings based on the size of the building and the extent and topography of the land. • Simple roof water collection systems - Most of the rooftop rainwater harvesting has been completed by constructing five water storage structures with a storage capacity of 1000 m^3. • Land surface catchments – a simple way of collecting rainwater by retaining the flows (including flood flows) of small creeks and streams in small storage reservoirs (on surface or underground) created by low-cost dams • Collection of storm water – The surface runoff collected in storm water ponds/ reservoirs is subject to a wide variety of contaminants and every effort is made to keep these catchments clean.

- Rain water harvesting and retention facility in the campus
- Collection of storm water and every effort is made to keep these catchments clean.
- Save water reminders

Centre For Experimental Pharmacology and Toxicology JSS Academy of Higher Education & Research (JSS AHER). Centre For Experimental Pharmacology and Toxicology JSS Academy of Higher Education & Research (JSS AHER) has endowed an extensive ABSL2 preclinical facility "Centre for Experimental Pharmacology and Toxicology" to support the comprehensive research activities of its constituent colleges (medical, dental, pharmacy, life sciences) and departments. The facility is licensed (261/PO/ReBi/S/2000/CPCSEA) by Committee for the Purpose of Control and Supervision of Experiments on Animals (CPCSEA), Government of India, to conduct experiment on small animal models and breeding for in-house use. The vivarium is in a serene and peaceful ambiance within the University campus. A built space of 7000 sq ft primarily constitutes rodent barrier facility, small animal clinicopathology labs and supportive suites. Animal facility plant is built in compliance with guidelines of National Institutes of Health (NIH), USA and CPCSEA, Govt of India

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- Collection of storm water and every effort is made to keep these catchments clean.
- Save water reminders

Centre For Experimental Pharmacology and Toxicology JSS Academy of Higher Education & Research (JSS AHER). Centre For Experimental Pharmacology and Toxicology JSS Academy of Higher Education & Research (JSS AHER) has endowed an extensive ABSL2 preclinical facility "Centre for Experimental Pharmacology and Toxicology" to support the comprehensive research activities of its constituent colleges (medical, dental, pharmacy, life sciences) and departments. The facility is licensed (261/PO/ReBi/S/2000/CPCSEA) by Committee for the Purpose of Control and Supervision of Experiments on Animals (CPCSEA), Government of India, to conduct experiment on small animal models and breeding for in-house use. The vivarium is in a serene and peaceful ambiance within the University campus. A built space of 7000 sq ft primarily constitutes rodent barrier facility, small animal clinicopathology labs and supportive suites. Animal facility plant is built in compliance with guidelines of National Institutes of Health (NIH), USA and CPCSEA, Govt of India

Physical Plant

• PT is a BSLII barrier facility with dual corridors, temperature, humidity, light, noise and differential air pressure monitored 24X7
• Epoxy terrazzo coated floor, concrete masonry walls, and moisture resistant ceilings
• Facility is provisioned with isolated ventilated cages
• Clinicopathology, test item control office, archive on site

Animal care is monitored on a daily basis including weekends and holidays

• Health monitoring within the animal facilities is ensured through a sentinel program, supplier reports, and environmental testing by trained veterinarians
• Sterilised Bedding, food and portable mineral water
• Consistent healthcare from study initiation to study completion
• Practice in force on humane endpoints policy to minimize pain and discomfort

Experience with and equipped to conduct studies in a wide array of species

• Rat
• Mouse
• Rabbit
• Guinea Pig

Scientific services With cutting edge technologies in scientific research along with wide range of experienced professionals, CPT alliances with its partners to bring forth endless variety of disease models and preclinical services in the following areas- Pharmaceuticals, Medical devices, Agrochemicals and Pesticides, Food products and Nutraceuticals, Folklore Remedies

Collaborations
International
• NIAAA, NIH, USA
• Macquarie University, Australia
• Sultan Qaboos University, Oman
• University of Saskatchewan, Canada

• Seton Hall University, USA
• University of Johannesburg

National
• CSIR Central Food Technological Research Institute, Mysuru
• CSIRIITR, Lucknow
• IIT, Madras
• Department of Chemistry, University of Delhi
• National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore
• Birla Institute of Technology and Science, Hyderabad
• Annamalai University, Tamil Nadu

Biochemistry lab



PPE changing rooms



Rodent room



Clean corridor



Cage autoclave



IVC cage





Greenery in campus











Smart Campus Initiatives:

- Replacement of 50% of regular bulbs with LED bulbs
- Landscaping around the college
- Providing water purifiers in every floor of the institution
- Initiation of G health Digital store software
- Installation of two effluent treatment plants
- Software for patient management and payment

Programs aligning to SDG 15

Publications in alignment with Goal 15

1. Koduru Sravani, Ashwin Prabhu, Pallavi Nanaiah, Archana R Naik, Anupama Aradya, Pradeep Chandra K - Animal models in Periodontal research: Insights into disease pathogenesis and therapeutic strategies - RGUHS Journal of Dental Sciences - Jun 2025; 17(2):1-6 ISSN: 0976-9439, National In Alignment with Goal 15

2. Krubaa P, Renuka Sharma, Anitha Subbappa, Swathi Priya AK, Suchitra MR, Parthasarathy S - Evaluating the Effectiveness of Nutraceutical as supportive Therapies in Cancer Treatment - Health Leadership and Quality of life - July 2025; 4():605 ISSN:3008-8488, International In Alignment with Goal 15.

3. Sanjay C J - Burden of 375 diseases and injuries, risk attributable burden of 88 risk factors, and healthy life expectancy in 204 countries and territories, including 660 subnational locations, 1990-2023: a systematic analysis for the Global Burden of Disease study 2023 - Lancet - October 2025 :18(406) 1873-1922 ISSN:0140-6736, International In Alignment with Goal 15.

4. Payal Tripathi, Shubham Patel, Evolina Dutta, Sakshi, Sunila B S, Ganiga Channaiah Shivakumar - The Dentist in palliative care addressing oral health for holistic end of life support - Journal of Pharmacy and Bioallied Sciences - December 2025;17(4)-223-225 ISSN:0975-7406, International In Alignment with Goal 15.

5. Indira M Devarj, Girish MS, Sushma K, Brahmananda Dutta, Kanika S Dhull - Oral Health Status and oral Health related quality of life among children born preterm A cross sectional study - International journal of clinical pediatric Dentistry - December 2025: 18(12)1454-1460 ISSN:0974-7052, International In Alignment with Goal 15.

Programs aligning to SDG 15

Best Out of Waste Competition Conservative Dentistry and Endodontics Day 2026



The judges are reviewing the competition entries to determine and announce the prize winners

The Department of Conservative Dentistry and Endodontics, JSS Dental College and Hospital, organized a “Best Out of Waste” Competition on 25th February 2026 as part of the celebrations of Conservative Dentistry and Endodontics Day (5th March 2026).

Centered on the theme “Minimal Waste, Maximum Restoration!”, the event reflected the core philosophy of conservative dentistry — preserving maximum tooth structure while minimizing unnecessary removal — while also promoting environmental responsibility and sustainability.

The event was hosted by Dr. Suneeth Shetty (Reader), Dr. Sowmya (Senior Lecturer), and Dr. Harini (Tutor) under the guidance of the Head of the Department, Dr. Ashwini T.S. The program was efficiently coordinated by postgraduate students Dr. Deepti, Dr. Gouri, and Dr. Kartik.

A total of 31 teams comprising 2nd, 3rd, and 4th year BDS students participated enthusiastically. Participants showcased exceptional creativity by transforming discarded materials into innovative models, artwork, and functional items, many incorporating dental concepts and conservation principles.

The competition successfully promoted sustainability, innovation, teamwork, and the philosophy of minimal intervention dentistry. The department expresses its sincere gratitude to the management of JSS Dental College and Hospital and JSS Academy of Higher Education & Research for their continued support, and to the Principal, Dr. Dhakshaini M. R., for her guidance and encouragement.

International Yoga Day 2026



JSS Dental College & Hospital, Mysuru, celebrated International Yoga Day 2026 with great enthusiasm on its campus. The programme was organized by the National Service Scheme (NSS) Unit of the institution with the objective of promoting physical fitness, mental well-being, and holistic health among students, faculty members, and non-teaching staff.

The event was graced by Dr. Dhakshaini M. R., Principal, JSS Dental College & Hospital. Speaking on the occasion, Dr. H. P. Jaishankar, Vice Principal, emphasized the importance of incorporating yoga into daily life to achieve physical, mental, and emotional balance. He highlighted the significance of International Yoga Day as a global movement that encourages healthy living and overall wellness.

The yoga session witnessed the participation of 40 students and staff members. The session was conducted by Mr. Maltesh, Dental Hygienist at JSS Dental College & Hospital and a certified yoga and meditation practitioner. He guided the participants through various yoga asanas, pranayama exercises, and meditation techniques, explaining their benefits in improving flexibility, concentration, stress management, and overall health.The programme was coordinated by Dr. Sharath Wodeyar, NSS Programme Officer and Faculty, Department of Periodontology, along with Dr. Alok U. A., Assistant NSS Programme Officer and Faculty, Department of Orthodontics, with valuable support from Dr. Ravi M. B., Faculty, Department of Prosthodontics.

Participants actively engaged in the session and appreciated the initiative, which reinforced the importance of yoga as an effective means of achieving a healthy and balanced lifestyle. The programme concluded with a vote of thanks and a collective pledge to incorporate yoga into daily life for personal well-being and community health

World No Tobacco Day 2026







In observance of World No Tobacco Day 2026, a comprehensive awareness campaign was organized to educate the public about the harmful effects of tobacco use, tobacco smoking, and smokeless tobacco exposure. The campaign benefited more than 250 participants, including schoolchildren, degree college students, and members of the general public

Following the directives of the Government of India and the 2026 campaign theme, “Unmasking the Appeal – Countering Nicotine and Tobacco Addiction,” the Departments of Oral Medicine & Radiology, Periodontics, and Public Health Dentistry, in collaboration with the Tobacco Control and Cessation Centre (TCC), JSS Dental College & Hospital, Mysuru, organized and participated in a series of awareness activities on 31st May 2026

As part of the observance, Dr. Suman Basavaraj, Professor and Head, Department of Periodontics, coordinated with All India Radio (AIR) for a special radio talk. Dr. Avinash B.S. delivered an informative session on the World No Tobacco Day theme and highlighted the role and services of Tobacco Control and Cessation Centres

Several community outreach activities were conducted in collaboration with the Primary Health Centre (PHC), Suttur, under the coordination of Dr. Poornima S.P., Staff and In-charge, JSS Hospital Dental Unit, Suttur. The programme was graced by Dr. Ramya M., Medical Officer, PHC Suttur, and Mr. Nagaraj, Head Master, Government School, Suttur, as Guests of Honour

A public awareness rally (Jatha) involving government school students, teachers, and ASHA workers was organized to spread awareness about the detrimental effects of tobacco use. A human chain was also formed to convey a strong anti-tobacco message to the public. An educational health talk was delivered emphasizing the adverse health consequences of nicotine addiction. The economic burden imposed on families due to tobacco consumption

Information, Education, and Communication (IEC) materials were procured from the District Health and Family Welfare Office (DHO) and distributed among the public. Oral healthcare products and educational pamphlets promoting tobacco cessation and oral hygiene were also distributed

The programme was conducted under the guidance and support of Dr. Dhakshaini M.R., Principal, JSS Dental College & Hospital, Dr. Karthikeya Patil, Professor and Head, Department of Oral Medicine & Radiology, Dr. Thippeswamy H.M., Professor and Head, Department of Public Health Dentistry, and was coordinated by Dr. Maurya M., Member, Tobacco Control and Cessation Centre (TCC)

The event successfully raised awareness regarding the health risks associated with tobacco use and reinforced the importance of tobacco cessation for a healthier

International Meditation Day



The Department of Periodontology commemorated International Meditation Day on Saturday, 20th December 2025, by organizing a refreshing and meaningful meditation session aimed at promoting mental well-being and mindfulness among staff members.

The session was led by Mr. Maltesh, Dental Hygienist, Department of Periodontology, a trained meditation practitioner. Utilizing singing bowl and rain stick meditation techniques, the session offered a deeply calming and immersive experience to the 30 participants in attendance. The tranquil environment allowed participants to momentarily step away from daily professional pressures and reconnect with themselves.

Through simple explanations and guided practice, Mr. Maltesh highlighted the significance of mindfulness and meditation in enhancing mental clarity, emotional balance, and overall well-being. The session fostered a sense of relaxation, awareness, and inner calm among the participants.

The event was thoughtfully initiated under the guidance of Dr. Suman Basavaraju, Head of the Department of Periodontology, whose vision and leadership played a pivotal role in ensuring the success and impact of the program. The active participation of staff members from various roles further enriched the collective spirit of the event, creating a warm, supportive, and harmonious atmosphere.

Eco club 2025



The Eco Club at JSS Dental College and Hospital (JSSDCH), Mysuru, is a student-driven initiative focused on promoting environmental consciousness, green campus drives, and sustainability. Led by faculty coordinators like Dr. Premalatha B.R. and Dr. Thippeswamy H.M., the club actively engages students in ecological preservation.

Fire Safety Training





Training Program: Fire Safety Training Program (Code Red)
Duration: 2 Days
Dates: July 21, 2025 & July 22, 2025
Venue: Fire Station Mysuru
Training Type: Theory and Hands-on Practical

EXECUTIVE SUMMARY

A comprehensive two-day Fire Safety Training Program was successfully conducted for JSS Dental College & Hospital staff from July 21-22, 2025, at Fire Station Mysuru. The program focused on Code Red emergency response procedures, combining theoretical knowledge with practical hands-on training. A total of 10 staff members participated in the program, representing various departments including maintenance, electrical, and general attendees.

TRAINING PARTICIPANTS

Total Participants: 10 Staff Members

Sl No	Name	Designation	Training Status
01	Mr. Shivarudrappa N	Maintenance Mechanic	Completed
02	Mr. Kishor L	Electrician	Completed
03	Mr. Girisha C	Attender	Completed
04	Mr. Mahadevaswamy S	Attender	Completed
05	Mr. Chethana H N	Attender	Completed
06	Mr. Rajesh M	Attender	Completed
07	Mr. Dinesh V	Attender	Completed
08	Mr. Mahadevaswamy R	Attender	Completed
09	Mr. Kiran S	Attender	Completed
10	Mr. Mahesha S	Attender	Completed

TRAINING CURRICULUM

Day 1 (July 21, 2025): Theoretical training covering fire safety fundamentals, Code Red protocols, and emergency procedures.
Day 2 (July 22, 2025): Hands-on practical training including fire extinguisher operation, evacuation drills, and emergency response simulation.

TRAINING OUTCOMES

Knowledge Areas Covered

- **Code Red Protocols:** Understanding of emergency activation and response procedures
- **Fire Prevention:** Identification and mitigation of fire hazards in hospital environment
- **Equipment Usage:** Proper handling and operation of fire safety equipment
- **Emergency Response:** Systematic approach to fire emergency situations
- **Team Coordination:** Effective communication and coordination during emergencies

Skills Developed

- Fire extinguisher operation
- Emergency evacuation leadership
- Code Red activation procedures

- Incident reporting and communication
- Basic fire suppression techniques

CONCLUSION

The two-day Fire Safety Training Program was highly successful, achieving 100% participation and certification rates. All staff members demonstrated excellent understanding of fire safety procedures. The training has significantly enhanced the hospital's emergency response capabilities and strengthened our commitment to patient and staff safety.

JSSCPM

Objectives with regard to achieving SDG-15

1. Alternatives to animal testing
2. Medicinal plants and uses
3. 3R's Principles in research
4. CPCSEA and ICH guidelines for conducting research
5. Green initiatives to save the environment

List of activities planned to achieve the set objectives

1. Conducting awareness programs on green initiatives like rainwater harvesting and use of solar energy
2. **Tree Census Project for Mysuru city**
3. Seminar on alternatives to animal experimentation.
4. Reduce and replace the use of plastics
5. Training students in proper waste disposal practices and sensitizing them on using the services of biomedical disposal certified agencies.
6. Encourage students to plant trees and adopt animals.
   Poster competition, essay writing competition, role play on World Environment Day celebration

Plant a sapling on the occasion of World Environment Day celebration

The National Service Scheme (NSS) Unit of JSS College of Pharmacy, Mysuru, organized a Plant Saplings event on the occasion of World Environment Day (5th June 2025), with the theme 'Our Land, Our Future'. The main aim of this occasion was to raise awareness of the growing threat of global warming and to protect our natural world and planet Earth. It is a day that reminds everyone on the planet to get involved in environmentally friendly activities. People come together to pledge to build a greener planet.





Collaborative Tree Census Project – Mysuru

As part of the institution's continued commitment to environmental sustainability, biodiversity conservation, and community engagement, the NSS Unit of JSS College of Pharmacy, Mysuru, undertook a Collaborative Tree Census Project in Mysuru from 12 October 2025 to 1 March 2026, contributing directly to the objectives of United Nations Sustainable Development Goal (SDG) 15 – Life on Land.

The initiative was carried out in collaboration with Dr. Smitha Hegde, Director, Centre for Advanced Learning (CFAL), Mysuru, and Dr. Bhamy Shenoy, Founder, Mysore Grahakara Parishat (MGP). The project was envisioned as a community-oriented environmental initiative to document Mysuru's urban tree wealth, promote awareness of urban biodiversity, strengthen environmental stewardship, and encourage active community participation in the protection and conservation of green spaces.

Through systematic field-based tree documentation, the initiative provided students with an opportunity to engage directly with the local environment and develop a greater understanding of the ecological significance of urban trees. Such activities contribute to the creation of a reliable baseline of urban vegetation while encouraging citizens and students to recognize the importance of trees in supporting biodiversity, enhancing urban ecological resilience, improving environmental quality, and sustaining healthy communities.

The Collaborative Tree Census Project represents a meaningful grassroots contribution to SDG 15 – Life on Land, particularly by promoting urban biodiversity conservation, sustainable management of terrestrial ecosystems, environmental awareness, and community-based conservation practices. Beyond data collection, the initiative reflects the institution's commitment to translating sustainability goals into practical, student-driven and community-linked action.

The project also demonstrates the value of academic–community collaboration in addressing local environmental priorities. By bringing together students, academic institutions, environmental organizations, and civic stakeholders, the initiative helped foster a culture of environmental responsibility, sustainability, and active citizenship, while reinforcing the importance of collective action in safeguarding Mysuru's urban green heritage for future generations.



Q: Does your College or University support and/or organize events aimed to promote conservation and sustainable utilization of the land, including forests and wild land?

A: Yes. The National Service Scheme (NSS) team and the Smart Campus Committee actively work to conserve and improve the ecological system, including insects, plants, and trees, through regular sapling plantations and tree

mobilization programs. These plants and trees are maintained using in-house manures prepared from green waste, ensuring sustainable upkeep.

Q: Does your College or University have policies to ensure that food on campus is sustainably farmed?

A: While the institution does not operate at the livestock level, the campus garden team cultivates fruit-bearing trees (jackfruit, mango, banana, coconut, tamarind, bael fruit) and vegetable plants (cucumber, ladies' finger, drumstick, etc.) that yield produce seasonally. These are shared with staff, students, and visitors. The institution is currently developing formal policies to enhance its green initiative in this area.

Q: Does your College or University work directly to maintain and extend existing ecosystems and their biodiversity, especially those under threat?

A: Yes. The Smart Campus Committee has increased the number of trees on campus, which provide shelter to birds, insects, bees, and earthworms. Additionally, the University has eliminated the use of amphibians, rodents, and similar species in undergraduate teaching and demonstration, as part of its commitment to protecting micro and macro-ecological systems.

Q: Does your College or University offer educational programmes on ecosystems (including wild flora and fauna) for local or national communities?

A: Yes. JSSAHER offers a dedicated Master's degree in Environmental Sciences, focusing on areas such as water quality analysis, energy harnessing, air quality, climate change, and green technology, producing skilled professionals for environmental stewardship.

Q: Does your College or University offer educational or outreach programmes on sustainable land management for agriculture and tourism?

A: No.

Q: Does your College or University have a policy to ensure conservation, restoration, and sustainable use of terrestrial ecosystems associated with the institution, in particular forests, mountains, and drylands?
A: The institution is in the process of developing such a policy. In the meantime, it organizes multiple programs promoting conservation, restoration, and sustainable use of terrestrial ecosystems.

Evidence: https://jssuni.edu.in/jssaher/activities-and-events/ActivityAndEventDetail.aspx?NOTICESID=3110

Q: Does your College or University have a policy to identify, monitor, and protect any IUCN Red Listed species or national conservation list species within its areas of operation?

A: No formal policy currently exists. However, the campus was developed on residentially approved land, ensuring no displacement of prominent species or habitats. The institution supports the natural ecosystem through initiatives such as green campus development, a herbal garden, a plastic-free campus, and rainwater harvesting.

Q: Does your College or University include local biodiversity considerations in planning and development processes (e.g., new buildings)?
A: Yes. The Smart Campus Committee ensures local biodiversity is incorporated into planning and development.

Q: Does your College or University have a policy to reduce the impact of alien species on campus?

A: No.

Q: Does your College or University collaborate with the local community in efforts to maintain shared land ecosystems?

A: No.

Q: Does your College or University have water quality standards and guidelines for water discharges to protect ecosystems, wildlife, and human health?
A: Yes. An Effluent Treatment Plant (ETP) is under construction to treat waste from chemical and biological laboratories

separately before release into municipal drainage. Domestic wastewater will also be treated in the ETP, and the treated water will be reused for gardening, ensuring environmental safety.

Q: Does your College or University have a policy on reducing plastic waste on campus?

A: Yes. The Smart Campus and Herbal Garden Committees have implemented measures to reduce plastic usage, such as:

- Restricting plastic water bottles and files, and promoting paperless communication
- Minimizing e-waste such as CD-ROMs
- Using biodegradable plates and cups in events
- Replacing plastic-wrapped floral bouquets with sapling distributions
- Distributing jute bags during functions

The campus aims to become a fully plastic-free zone in a phased manner.

Q: Does your College or University have a policy, process, or practice on hazardous waste disposal?

A: Yes. The institution has a dedicated policy for disposing of hazardous waste, including biowaste, carcinogens, construction materials, and e-waste.

Policy Link: https://jssuni.edu.in/jssaher/jssaher-infra/biomedical-waste-management/biomedical-waste-management-home.html

JSSCPO

ABOUT SDG 15- LIFE ON LAND

Sustainable Development Goal 15 (SDG 15), also known as "Life on Land," is one of the 17 global goals established by the United Nations in 2015, alongside other vital resources such as water. Its core aim is to protect, restore, and promote the sustainable use of terrestrial ecosystems; sustainably manage forests; combat desertification; halt and reverse land degradation; and stop biodiversity loss. This goal features 12 targets to be met by 2030, with progress tracked through 14 specific indicators.

The nine outcome-focused targets include conserving and restoring terrestrial and freshwater ecosystems, ending deforestation and rehabilitating degraded forests, halting desertification and land degradation, ensuring the protection of mountain ecosystems, safeguarding biodiversity and natural habitats, promoting equitable benefit-sharing from genetic resources, fighting poaching and illegal trafficking of protected species, preventing the spread of invasive alien species in ecosystems, and incorporating ecosystem and biodiversity concerns into government policies. The three implementation targets focus on boosting financial support for ecosystem and biodiversity conservation, encouraging sustainable forest management, and addressing global poaching and trafficking.

By committing to these targets, we can help ensure a sustainable and flourishing terrestrial environment for current and future generations.



OUR INITIATIVES FOR LIFE ON LAND (SDG 15)

The College is actively engaged in preserving and expanding the ecosystems within the Nilgiris Biosphere. The biodiversity of medicinal plants is protected and nurtured within the college grounds. Our campus is rich in greenery, featuring seasonal trees and regularly maintained gardens to ensure a clean and orderly environment. The progress toward achieving the targets of SDG 15 is measured through several indicators:

- Research on land ecosystems
- Supporting land ecosystems through education
- Supporting land ecosystems through action
- Land sensitive waste disposal

Research on land ecosystems

JSS College of Pharmacy, Ooty, actively conducts interdisciplinary research supporting biodiversity conservation, sustainable resource utilization, environmental sustainability, and medicinal plant research. The institution undertakes externally funded projects, international collaborations, and high-impact publications addressing terrestrial ecosystem conservation and sustainable healthcare. Notable initiatives include the SPARC Phase II international project, *"Plastics and People: Human Health Implications of Microplastics in the Environment,"* in collaboration with the University of Newcastle, Australia, and research on sustainable pharmaceutical packaging. The institution has also published research on the neuroprotective potential of medicinal plants, highlighting the importance of conserving plant biodiversity and promoting evidence-based herbal medicine, thereby contributing to the objectives of SDG 15 – Life on Land.

Publication

Saravanan S, Malligarjunan N, Subramanian G. Exploring phytomedicine's potential in managing Parkinson's disease: unveiling neuroprotective compounds from medicinal plants.

1. Pachiyappan JK, Marimuthu A, Natarajan J, Krishnamurthy PT, Palanisami T, Kuppusamy G, Karuppasamy PK. Hidden pathways: Detection and quantification of microplastics across

treatment stages of pharmaceutical WWTPs. Journal of Hazardous Materials. 2026, 512, 142338

2. Kuttykattil A, Kumar SB, Pachiyappan JK, Chandrasekar S, Raja S, Selvakumar R, Kuppusamy G, Palanisami T. Molecular interactions and dynamics of microplastics in indoor dust with lung-inflammatory receptors: A study in academic settings. Journal of Environmental Sciences. 2026, 161, 384-390 (2026).
3. Kannan E, Logesh L, Priyadharshini S. Evaluation of Anti-Asthmatic Potential of *Emblica Officinalis* Seed Extract in RAW 264.7 Cell Lines. Asian Journal of Green chemistry. 2026, 10, 565-588.

15.2.1 Events for conservation & sustainable land use

The campus promotes green resilience and operates as a plastic-free environment. Spanning 6.45 acres, the JSS College of Pharmacy, Ooty, has 36,032 square meters covered by buildings. While our infrastructure supports a high standard of academic education within a clean, safe, and comfortable setting, the college has also been proactive since its establishment in developing a state-of-the-art SMART campus.

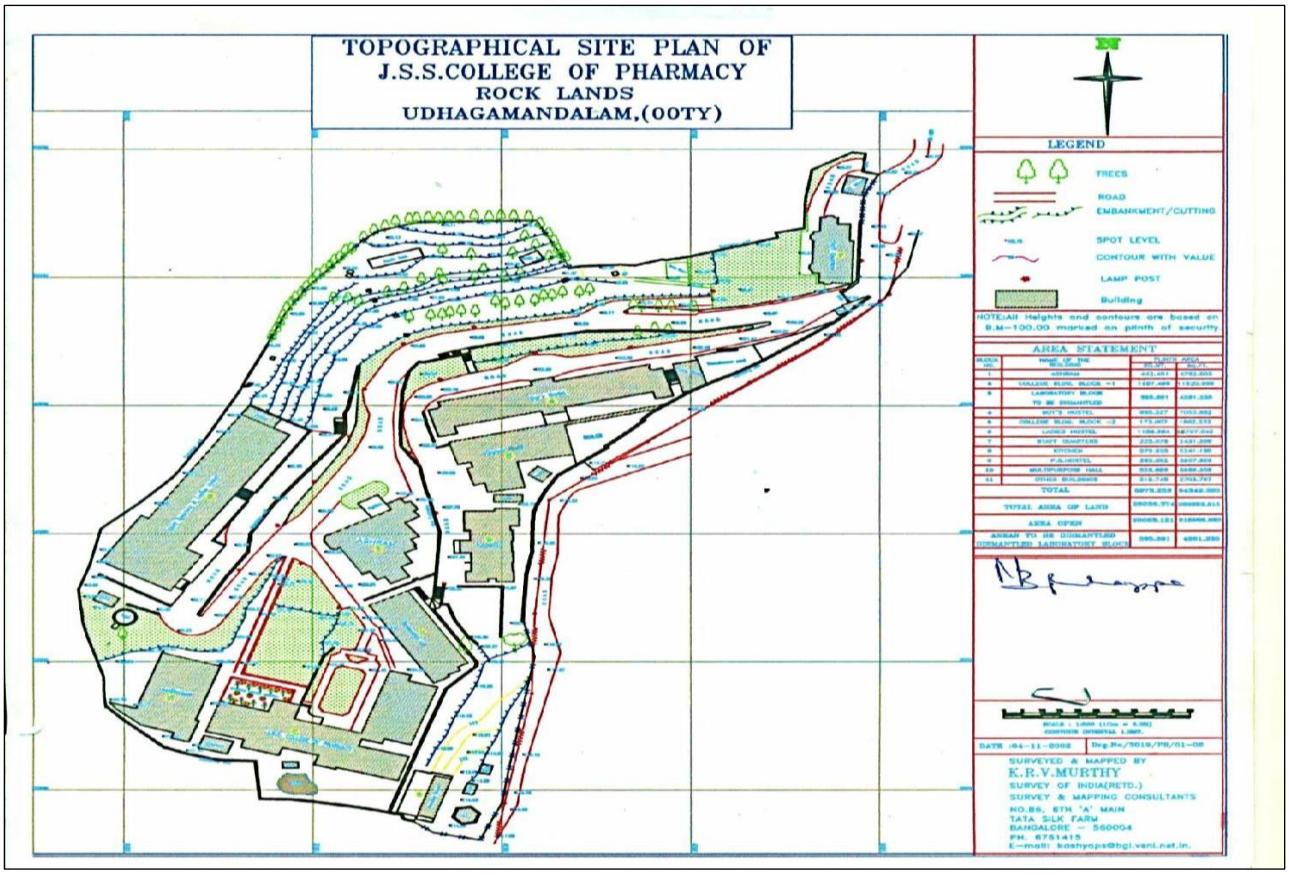



JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
Drive Safely
Clean, Green Plastic Free Campus
Prohibited
Follow



Green Cover in Campus

SMART CAMPUS COMMITTEE- https://jssuni.edu.in/jssaher/college-of-pharmacy-ooty/smart-campus.html



Topographical Map of Green cover in the campus

As per the Policy of Nilgiris District, expansion of Buildings is planned in accordance with Ministry of Forestry and HADP of Nilgiris and prior permission is taken for the same.

The government policy on this is as follows- https://nilgiris.nic.in/plastic-free-nilgiris/#introduction

Medicinal Plants and Trees in Campus

In our college, biodiversity conservation efforts are integrated into our practices to raise awareness among students. Green spaces and native medicinal plants are maintained on campus to support local flora and fauna. Sustainable practices are embraced, promoting recycling and responsible waste management. A total of 86 species of trees and plants are on the campus.

No Trees on the campus are cut down and green resilience is promoted by the College Smart Campus committee.

JSS College of Pharmacy, Ooty, through TIFAC-CORE in Herbal Drugs and the Department of Pharmacognosy, actively promotes biodiversity conservation and the sustainable use of medicinal plants by organizing Medicinal Plants Exhibitions during the 128th Flower Show and Rose Show held at the Government Botanical Garden and Government Rose Garden, Ooty, in May 2026. The exhibitions showcased the therapeutic importance, conservation, and sustainable utilization of medicinal plants, creating awareness among students, researchers, healthcare professionals, tourists, and the general public. The institution secured 21 prizes for its exhibits and attracted over 20,000 visitors. In addition, value-added herbal products, including eucalyptus oil and gaultheria oil, were displayed and sold, generating approximately ₹3.05 lakh. These initiatives strengthened public awareness of medicinal plant conservation, herbal biodiversity, and sustainable utilization of natural resources while reinforcing the institution's commitment to SDG 15 – Life on Land..











15.2.3 Maintain/extend ecosystems & biodiversity

The NSS Unit of JSS College of Pharmacy, Ooty, organized a seven-day Special Camp from **29 March to 4 April 2026** at the tribal villages of Thengumarahada, Alimayar, and Kallampalayam to promote environmental conservation and sustainable land use. NSS volunteers undertook plantation activities, removal of weeds and thorny bushes, and cleaning of public spaces, riverbanks, and water channels to support ecosystem restoration. The camp also included interactions with Forest Department officials and biodiversity experts, along with environmental awareness programmes for tribal communities.


















TRIO Celebrations

JSSCPO organized the “Trio Celebrations” on 20th Sep 2025 to mark three important occasions: the 110th Jayanthi of Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji (29th Aug 2025), Teachers’ Day (5th Sep 2025) and World Pharmacists Day (25th Sep 2025). The program included cultural, academic, and community-oriented activities involving staff, students, alumni, and stakeholders.

Sustainability & Social Outreach

- Sapling plantation within the campus
- Blood donation: 25 units collected
- Support activities for differently-abled children and an orphanage
- Stationery distribution to the adopted tribal school
- Initiation of the 5th National Pharmacovigilance Week lecture series









Celebration of World Vultures Day:

On the occasion of World Vultures Day (19 July 2025), the NSS Unit of JSS College of Pharmacy, Ooty, in collaboration with the Singara Forest Range, organized a mass plastic removal and cleaning drive along the forest stretch from Kallatti to Masinagudi–Moyar. Around 40 NSS volunteers collected nearly 100 bags of plastic waste and bottles, creating awareness among tourists on maintaining a plastic-free Nilgiris.



Forest officials emphasized the importance of protecting wildlife and forest ecosystems from plastic pollution. This initiative promoted environmental conservation, reduced plastic contamination in terrestrial ecosystems, and reinforced the institution's commitment to biodiversity conservation and SDG 15 – Life onLand.









Special Camp:

On 1 April 2026, as part of the NSS Special Camp, volunteers undertook environmental conservation activities including cleaning riverbanks, removing weeds and thorny bushes across nearly 10 hectares in collaboration with Forest Department officials, and carrying out plantation activities to enhance vegetation for wildlife. The volunteers also cleaned the Primary Health Centre and nearby temple premises, contributing to ecosystem restoration and improved environmental hygiene. These initiatives promoted biodiversity conservation, sustainable land management, and community participation, supporting the objectives of SDG 15 – Life on Land.







Distribution of Water dispenser to the Trible School at Devala:

On 12 September 2025, the NSS Unit of JSS College of Pharmacy, Ooty, in collaboration with the Alumni Association, donated a water dispenser to the Government Tribal Residential School, Devala, to promote access to safe drinking water and improve environmental health. As part of the programme, a tree plantation drive was organized within the school campus to enhance green cover and promote environmental awareness among students and the local community. Conducted during the 110th Jayanthi celebrations of His Holiness Sri Rajendra Swamiji, the initiative reflected the institution's commitment to sustainable community development and biodiversity conservation in alignment with SDG 15 – Life on Land.











15.2.4 Educational programmes on ecosystems

Planned QR-enabled medicinal plant garden, Dept. of Pharmacognosy. we have academic programmes which promotes the conservation of plants and land. At Undergraduate level in B Pharm prescribed by Pharmacy Council of India– Environmental Sciences Subject is taught for conservation of land. Screenshot of it is below and syllabus is attached.

Dept. of Pharmacognosy

- ❖ To establish QR-enabled medicinal plant garden that provide students and visitors with instant access to educational content through mobile devices.

- ❖ Strengthen the Centre of Excellence in Isolation Technology by enhancing analytical capabilities and promoting consultancy and revenue-generating activities.

'Prakriti' - dedicated Green Club, one of 7 official IQAC-coordinated student clubs with elected Secretary/Joint Secretary

Student Clubs

JSS College of Pharmacy, Ooty, promotes ecosystem education and biodiversity conservation through structured academic and co-curricular initiatives. The Department of Pharmacognosy has planned the establishment of a **QR-enabled Medicinal Plant Garden**, enabling students and visitors to access digital information on medicinal plants, their therapeutic uses, conservation status, and sustainable utilization through mobile devices. To further strengthen environmental education, the institution established **'Prakriti' (Green Club)** as one of the seven IQAC-coordinated student clubs, providing a platform for student-led activities on environmental conservation and sustainable practices. The Green Club was officially inaugurated during the **64th National Pharmacy Week Celebrations (January 2026)**, reinforcing the institution's commitment to promoting biodiversity awareness, ecosystem conservation, and environmental stewardship among students and the wider community. Green Club listed among 7 student clubs launched at National Pharmacy Week 2026





Environmental Sciences and Pharmacognosy

JSS College of Pharmacy, Ooty, integrates ecosystem conservation, biodiversity, environmental sustainability, and the sustainable utilization of medicinal plants into its academic curriculum through undergraduate and postgraduate programmes. Courses such as Environmental Sciences and Pharmacognosy provide students with theoretical knowledge and practical exposure to biodiversity conservation, medicinal plant identification, sustainable harvesting, natural resource management, and ecosystem protection. The curriculum is further strengthened through field visits, medicinal plant garden activities, and hands-on learning, enabling students to understand the ecological significance of medicinal plants and the importance of conserving terrestrial ecosystems in alignment with SDG 15 – Life on Land.

Detailed Syllabus:

Unit No.	Topics	No. of Lectures
I	**Environmental Pollution** • Definition, scope, and importance of environmental studies • Types, causes, effects, and control measures of Air, water, soil, noise, and nuclear pollution • Solid waste and hazardous waste management in pharmaceuticals • Role of pharmacists in conservation and sustainable use of resources	3 Hours
II	**Pharmaceutical Waste and Effluent Management** • Types of pharmaceutical waste: chemical, expired drugs, packaging, biomedical waste • Biomedical Waste Management Rules (2016) and CPCB guidelines • Effluent Treatment Plant (ETP) design and functioning • Water purification methods in pharmaceutical settings (RO, UV, distillation, filtration)	3 Hours
III	**Environmental Impact of the Pharmaceutical Industry** • Sources of pollution in pharmaceutical manufacturing • Types of pharmaceutical waste: solid, liquid, and gaseous • Environmental risks of active pharmaceutical ingredients (APIs) and its dosage forms. Impact of pharmaceutical residues on ecosystems and human health	3 Hours
IV	**Sustainability in the Pharmaceutical Sector** • Principles of sustainable development in pharma • Principles and Practices of Green pharmacy • Energy conservation and resource optimization.	3 Hours
V	**Government Policies, Compliance, and Practical Exposure** • Environmental laws: o Environment (Protection) Act, 1986 o Water (Prevention and Control of Pollution) Act • National Green Tribunal (NGT) and regulatory bodies (CPCB, SPCB) • Government initiatives: o Swachh Bharat Abhiyan o River rejuvenation program- Namami Gange Programme o Jal Jeevan Mission • ISO-14000	3 Hours

Recommended References *(Preferably latest editions)*:

1. Bharucha, E. *Environmental Studies*. University Grants Commission, New Delhi.
2. Rajagopalan, R. *Environmental Studies*. Oxford University Press.
3. Joseph, B. *Environmental Studies*. Tata McGraw Hill.

Course Code	Course Title			Course Type
BP302T	**Environmental Sciences (Theory)**			Core
Credit	Hours Per Week (L-T-P)			Max. Hours
	L	T	P	
1	1	--	--	15
Maximum Marks	SE			ESE
50	20			30

COURSE OBJECTIVES:

The objectives of this course are to:

1. Explain the environmental challenges and disaster risks relevant to human health and pharmaceutical activities.
2. Demonstrate knowledge of waste management protocols and legal guidelines for pharmaceutical and biomedical waste handling.
3. Apply technical understanding of effluent and sewage treatment technologies used in the pharmaceutical sector.
4. Assess the ecological impact of APIs and recommend mitigation strategies for pollution control.
5. Explain sustainable practices and energy-efficient operations within pharmaceutical industries.

COURSE OUTCOMES (CO):

CO No.	Upon successful completion of this course, the students will be able to
1	Understand the basic concepts of environmental pollution, its types, causes, and disaster management strategies.
2	Identify and categorize different types of pharmaceutical and biomedical waste generated in the healthcare and pharmaceutical sectors.
3	Describe the design and operation of Effluent Treatment Plants (ETPs), Sewage Treatment Plants (STPs), and water purification systems in pharma settings.
4	Analyze the environmental risks posed by pharmaceutical manufacturing, APIs, and dosage forms.
5	Recognize the importance of sustainability and green pharmacy practices in the pharmaceutical industry.

Course Code	Course Title			Course Type
BP708T AEC5	**Transformation of Food Waste into Medicinal Products (Theory)**			Elective
Credit	Hours Per Week (L-T-P)			Max. Hours
	L	T	P	
1	1	--	--	15
Maximum Marks	SE			ESE
50	20			30

COURSE OBJECTIVES:

The objectives of this course are to:

1. Explain the sources, environmental impacts, and regulatory aspects of food waste.
2. Describe sustainable principles and technologies used in food waste management.
3. Explore methods for converting food waste into value-added products.
4. Discuss the recovery of bioactive compounds from food waste and their potent applications.
5. Introduce the use of artificial intelligence and digital technologies in food wa management and resource optimization.

COURSE OUTCOMES (CO):

CO No.	Upon successful completion of this course, the students will be able to
1	Identify types, sources, impacts, and regulations related to food waste.
2	Apply principles and sustainable technologies for effective food waste managemer
3	Explain the conversion of food waste into biofuels, biopolymers, and other valu added products.
4	Assess bioactive compounds derived from food waste and their industrial and heal applications.
5	Understand the role of AI, IoT, and blockchain in smart food waste manageme systems.

Interactive session with the Biodiversity Conservation Trust

On 2 April 2026, during the NSS Special Camp at Kallampalayam village, volunteers participated in environmental conservation activities, including cleaning public areas and removing weeds and thorny bushes. They attended an interactive session conducted by the Biodiversity Conservation Trust, where experts highlighted the importance of biodiversity conservation, ecosystem restoration, and wildlife habitat management. Volunteers also collected seeds and leaves of native plant species such as soap nut, Seemai Karuvelam, and Albizia to understand their ecological significance. On 3 April 2026, during the NSS Special Camp, volunteers undertook

environmental conservation activities including cleaning temple premises, nearby public areas, footpaths, and removing weeds and thorny bushes to improve the local environment. They interacted with tribal communities to understand their sustainable lifestyle and environmental practices, while discussions with Forest Department officials provided insights into the regio a, and ecosystem conservation. These activ eness, promoted community participation, and s ding of biodiversity conservation and sustaina stems, supporting the objectives of **SDG 15 – L**





15.2.5 Sustainable land use for agriculture

Hands-on training for JSS Ayurveda Medical College PG students on herbal drug standardization

Training arranged

a. PG & Research Scholar students of JSS Ayurveda Medical College (JSSAMC), Mysuru,

Hands-on Training Programme on Physicochemical and Phytochemical Analysis

A team comprising two faculty members and nine Postgraduate students from the Dept. of PG Studies in Dravyaguna, JSS Ayurveda Medical College, Mysuru, participated in a Hands-on Training Programme on Physicochemical and Phytochemical Analysis conducted at TIFAC centre and Dept. of Pharmacognosy and Phytopharmacy from 02 to 11 March 2026 with the objective of imparting practical knowledge and technical skills in the standardization and quality evaluation of herbal drugs. The participants received hands-on exposure to various physicochemical analyses, including determination of moisture content, ash values, extractive values, and other quality control parameters. Training was also provided on preliminary

phytochemical screening methods for the identification of important phytoconstituents present in medicinal plants and herbal formulations.
The programme included laboratory demonstrations, practical sessions, data interpretation, and discussions on standard operating procedures followed in herbal drug research. The participants gained valuable experience in analytical techniques and quality assessment methodologies that are essential for research and development in traditional medicine and herbal sciences.

The training programme was successfully completed, and the participants expressed their appreciation for the excellent laboratory facilities, expert guidance, and practical learning opportunities provided. The programme contributed significantly to enhancing the research capabilities and technical competencies of the participating faculty members and students.





One-day training for Sona College of Arts & Science students on herbal standardization

b. One-Day Specialized Training Programme Report

Successfully organized a one-day specialized training programme on **14 Feb 2026** for **26 students from Sona College of Arts and Science, Salem** with the objective of providing comprehensive exposure to **Phyto-pharmacy, Biotechnology, and Herbal Standardization,** while strengthening practical laboratory skills and enhancing students' understanding of herbal drug research. The participants gained hands-on experience with advanced analytical instruments and laboratory techniques employed in the extraction, isolation, and characterization of phyto-constituents from medicinal plants. The **Phyto-**

pharmacy module introduced students to herbal drug formulation techniques, pharmacognostic evaluation methods, and phyto-chemical screening procedures essential for the study and development of medicinal plant-based products.

The **Biotechnology** segment provided practical training by Dr.R.Rajesh Kumar, Associate Professor, Department of Pharmaceutical Biotechnology in plant tissue culture techniques, microbial contamination analysis, and DNA bar-coding methods followed by the pharmacology training by Dr.R.Vadevelan, Professor of the pharmacology department. The session highlighted the significance of biotechnological tools in ensuring the quality, authenticity, and purity of herbal raw materials and finished products. Under the **Herbal Standardization** component, students were trained in quality control parameters, chromatographic fingerprinting techniques such as **High-Performance Liquid Chromatography (HPLC),** and regulatory requirements in accordance with **AYUSH guidelines.** The session emphasized the importance of standardization in maintaining the safety, efficacy, and consistency of herbal medicines.

The programme significantly enhanced participants' knowledge of contemporary herbal drug research, quality assurance practices, and emerging technologies in natural product sciences. It fostered scientific curiosity, encouraged research-oriented learning, and motivated students to explore higher studies and career opportunities in herbal medicine, phytopharmaceutical sciences, biotechnology, and traditional healthcare systems.

Overall, the training programme served as a valuable platform for knowledge exchange and skill development, providing students with practical insights into modern herbal drug discovery, development, and standardization processes.



15.3.1 Policy - conservation/sustainable use of land

ISO 14001:2015 (EMS) & ISO 50001 (Energy Mgmt) Surveillance Audit-II, 7 May 2026, conducted by IRQS

ISO Audit

The ISO Surveillance Audit - II (External) for ISO 14001: Environmental Management System (EMS) and ISO 50001: Energy Management System (EnMS) were successfully conducted on 7th May 2026 by Mr. R. Rajagopal, Auditor for ISO 50001 (EnMS), and Mr. Muthu Kumaravel, Auditor for ISO 14001 (EMS) from Indian Register Quality Systems (IRQS). The auditors evaluated the implementation and effectiveness of the Environmental and Energy Management Systems, reviewed the relevant documentation, interacted with faculty and staff, and verified compliance with the ISO standards. The audit was coordinated by Dr. Vadiraj K. T., Assistant Professor, and concluded successfully, reaffirming the institution's commitment to continual improvement and sustainable practices.





ECO SOLUTIONS & LABORATORIES OPC PVT LTD

(Environmental Pollution Testing Laboratory)
10/100, Sedan Thottam,
G N Mills Post,
Coimbatore – 641 029.

87540 32615
0422 2404617
Email: info@ecosolutionsindia.com
Web: www.ecosolutionsindia.com

TEST REPORT

SOURCE EMISSION MONITORING	**Report No:**	**ECO/2025-26/7953**
	Report Date:	**04.04.2026**
	Sample Collected on:	01.04.2026
	Sample Received on:	02.04.2026
	Test Commenced on:	02.04.2026
	Test Completed on:	03.04.2026
Instrument Used:	Stack Monitoring Kit – Ecotech ESS 100 & Flue Gas Analyzer	
ISSUED TO:	**M/s. JSS COLLEGE OF PHARMACY.,** Post Box No:20, Rocklands, Udhagamandalam - 643001, The Nilgiris, Tamil Nadu.	

STACK EMISSION SOURCE: DIESEL GENERATOR 250 KVA

Sl.NO	DESCRIPTION	UNIT	TEST RESULTS	TEST METHOD
1	Stack Height from Ground Level	m	15	...
2	Stack Diameter	m	0.15	...
3	Ambient Temperature	°C	29	IS:11255 PART 3 2008 RA 2018
4	Stack Temperature	°C	516	IS:11255 PART 3 2008 RA 2018
5	Stack Velocity	m/sec	18.72	IS:11255 PART 3 2008 RA 2018
6	Gas Discharge	Nm^3/hr	563.0	IS:11255 PART 3 2008 RA 2018
7	Particulate Matter (PM)	g/kw-hr	0.12	IS:11255 PART 1 1985 RA 2019
8	Sulphur Dioxide (SO_2)	mg/Nm^3	BDL (D.L:5.0)	IS:11255 PART 2 1985 RA 2019
9	Oxides of Nitrogen (NO_2)	g/kw-hr	0.63	IS:11255 PART 7 2005 RA 2017
10	Carbon Monoxide (CO)	g/kw-hr	1.99	IS: 13270 1992 RA 2019
11	Hydrocarbon (HC)	g/Kw-h	0.70	IS: 13270 1992 RA 2019

< End of Report >

Permissible Limits for Emission Source

S.NO	PARAMETERS	UNIT	TNPCB Norms
1	Particulate Matter (PM)	g/kw-hr	0.2
2	Carbon Monoxide (CO)	g/kw-hr	3.5

Verified by,

for **M/s. ECO SOLUTIONS & LABORATORIES (OPC) PVT LTD**

Authorized Signatory

IRCLASS
SYSTEMS AND SOLUTIONS PRIVATE LIMITED

CERTIFICATE OF APPROVAL

Issued by Indian Register Quality Systems
(A Division of IRCLASS Systems and Solutions Private Limited)

This is to certify that the Environmental Management Systems of

Organisation:	JSS Academy of Higher Education & Research
Address:	Head Office (University): JSS Academy of Higher Education & Research, JSS Medical Institution Campus, Sri Shivarathreeshwara Nagara, Mysuru - 570 015, Karnataka, India
Support Location & Scope:	Refer Annexure

has been assessed and found conforming to the following requirement

Standard:	ISO 14001:2015
Scope:	Providing Undergraduate, Post Graduate, and related courses in Medicine, Pharmacy, Life Sciences and Dentistry leading to awarding of Certificate, Diploma and Degree to students and Research Scholars
Certificate No.:	IRQS/240300698
Initial Certification Date:	16/04/2024
Current Date of Granting:	16/04/2024
Expiry Date:	15/04/2027

Indian Register Quality Systems

NABCB EM 005 IAF

Shashi Nath Mishra
Head IRQS

This approval is subject to continued satisfactory maintenance of the Environmental Management Systems of the organization to the above standard which will be monitored by IRQS. The use of the Accreditation Mark indicates accreditation with respect to activities covered by the certificate with accreditation no. EM 005. Condition Overleaf

COA/IRQS/NABCB/EMS/Rev 01

Head Office: 52A, Adi Shankaracharya Marg, Opp.Powai Lake, Powai, Mumbai - 400 072, India.

IRCLASS
SYSTEMS AND SOLUTIONS PRIVATE LIMITED

CERTIFICATE OF APPROVAL

Issued by Indian Register Quality Systems
(A Division of IRCLASS Systems and Solutions Private Limited)

This is to certify that the Energy Management Systems of

Organisation: JSS Academy of Higher Education & Research

Address: Head Office:
JSS Medical Institutions Campus,
Sri Shivarathreeshwara Nagara,
Mysuru - 570 015, Karnataka, India

Support Location & Scope: Refer Annexure

has been assessed and found conforming to the following requirement

Standard: ISO 50001:2018

Scope: Energy management of JSS Academy of Higher Education and Research Institutions at Mysuru and Udhagamandalam, Providing Undergraduate, Post-Graduate and related Courses leading to awarding of Certificate, Diploma and Degree to students and Research scholars

Certificate No.: IRQS/241000699

Initial Certification Date: 18/04/2024

Current Date of Granting: 18/04/2024

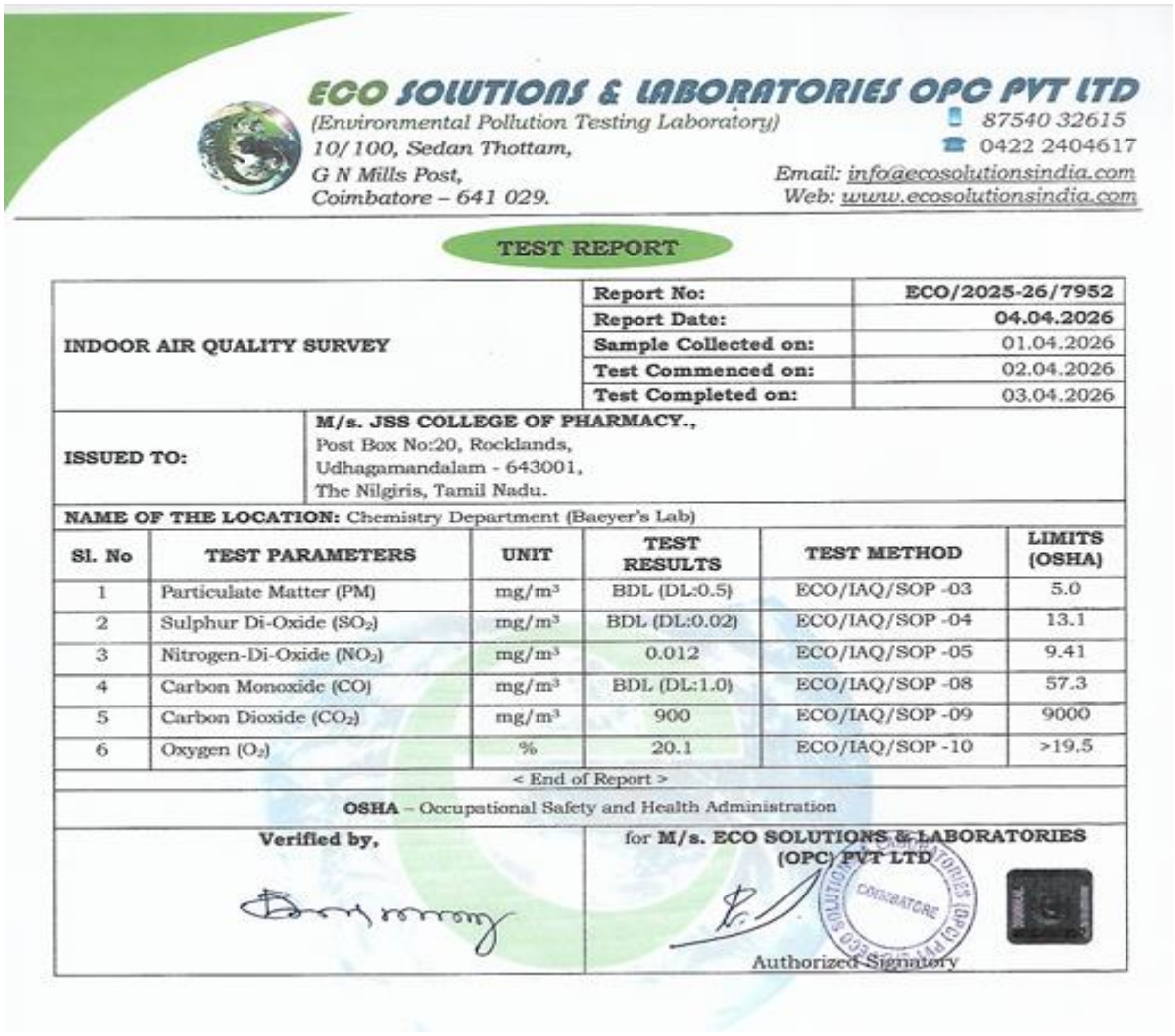
Expiry Date: 17/04/2027

Indian Register Quality Systems

Shashi Nath Mishra
Head IRQS

This approval is subject to continued satisfactory maintenance of the Energy Management Systems of the organization to the above standard which will be monitored by IRQS. The use of the Accreditation Mark indicates accreditation with respect to activities covered by the certificate with accreditation no. EN 001. Condition Overleaf

Head Office: 52A, Adi Shankaracharya Marg, Opp.Powai Lake, Powai, Mumbai - 400 072, India.



ECO SOLUTIONS & LABORATORIES OPC PVT LTD

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87540 32615
0422 2404617
Email: info@ecosolutionsindia.com
Web: www.ecosolutionsindia.com

TEST REPORT

INDOOR AIR QUALITY SURVEY	**Report No:**	**ECO/2025-26/7952**
	Report Date:	**04.04.2026**
	Sample Collected on:	01.04.2026
	Test Commenced on:	02.04.2026
	Test Completed on:	03.04.2026

ISSUED TO: **M/s. JSS COLLEGE OF PHARMACY.,**
Post Box No:20, Rocklands,
Udhagamandalam - 643001,
The Nilgiris, Tamil Nadu.

NAME OF THE LOCATION: Chemistry Department (Baeyer's Lab)

Sl. No	TEST PARAMETERS	UNIT	TEST RESULTS	TEST METHOD	LIMITS (OSHA)
1	Particulate Matter (PM)	mg/m^3	BDL (DL:0.5)	ECO/IAQ/SOP -03	5.0
2	Sulphur Di-Oxide (SO_2)	mg/m^3	BDL (DL:0.02)	ECO/IAQ/SOP -04	13.1
3	Nitrogen-Di-Oxide (NO_2)	mg/m^3	0.012	ECO/IAQ/SOP -05	9.41
4	Carbon Monoxide (CO)	mg/m^3	BDL (DL:1.0)	ECO/IAQ/SOP -08	57.3
5	Carbon Dioxide (CO_2)	mg/m^3	900	ECO/IAQ/SOP -09	9000
6	Oxygen (O_2)	%	20.1	ECO/IAQ/SOP -10	>19.5

< End of Report >

OSHA – Occupational Safety and Health Administration

Verified by,

for **M/s. ECO SOLUTIONS & LABORATORIES (OPC) PVT LTD**

Authorized Signatory

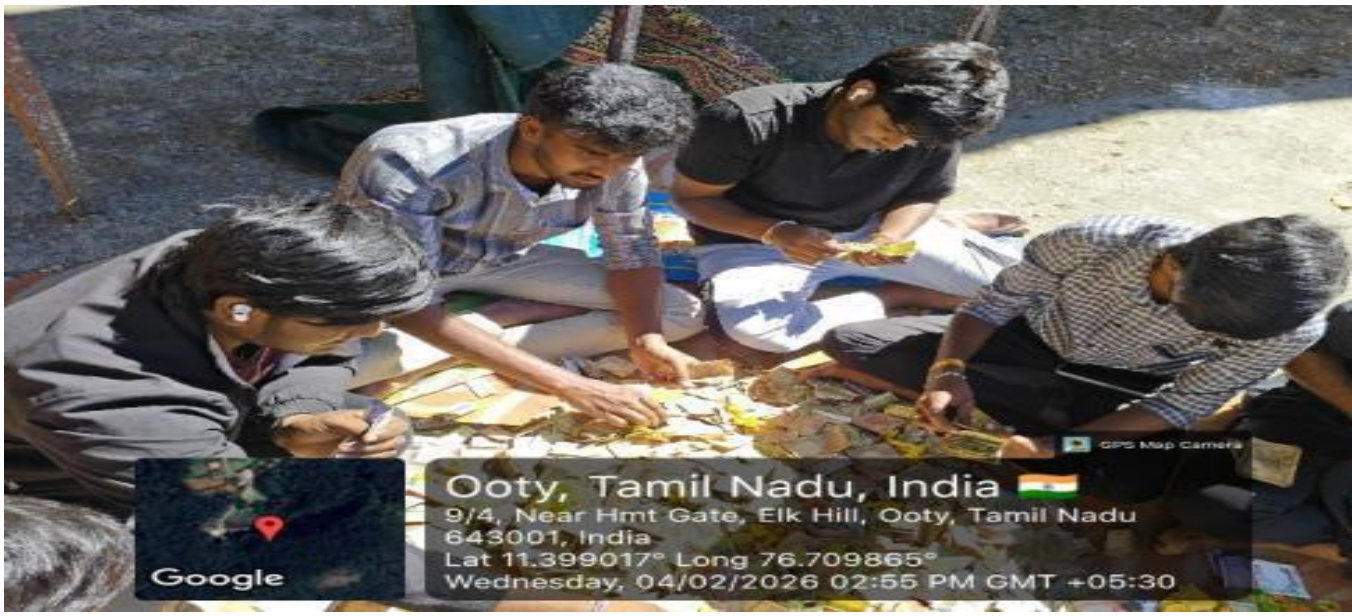
15.4.2 Reducing plastic waste

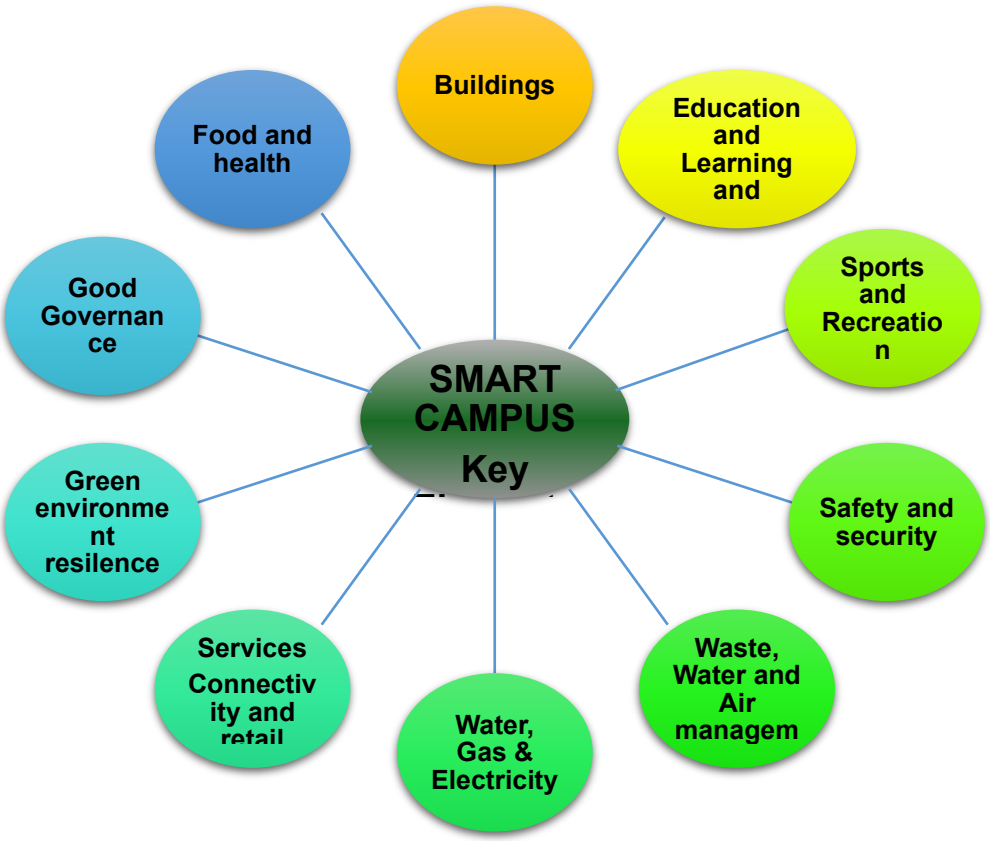
NSS volunteers' plastic removal at Murugan Temple 'to preserve the biosphere of the forest'. JSS College of Pharmacy, Ooty, is committed to reducing plastic waste through institutional initiatives and community engagement. The campus promotes a **Plastic-Free Campus** policy supported by awareness signage encouraging responsible waste management and environmental stewardship. As part of its outreach activities, NSS volunteers conducted a plastic removal drive at the Murugan Temple, Ooty, on **4 February 2026** during the hundi counting programme. The volunteers collected and removed plastic waste from the surrounding forest area to protect wildlife and preserve the forest ecosystem from plastic contamination. These initiatives demonstrate the institution's commitment to minimizing plastic pollution, conserving terrestrial ecosystems, and promoting sustainable environmental practices in alignment with **SDG 15 – Life on Land**.





Smart campus initative





Abstract

The JSS College of Pharmacy (JSSCP), Ooty is a constituent college of JSS Academy of Higher Education & Research, Mysuru, is dedicated to excellence in Pharmacy Education, Research, Training and Practice. Whilst, the existing infrastructure endorse our institution as a conducive place for academic learning which provides a quality education in a clean, safe and comfortable environment, since the inception, JSSCP has been working very active in establishing the state of the art, SMART campus. This report provides an overview of JSSCP's current SMART Campus best practices and future short and long-term initiatives under the following "SMART Key Elements. The SMART CAMPUS is achieved by implementing the below technologies like:

1. SMART Learning Management System (Education and Research)
2. SMART Physical Security and Surveillance
3. SMART Transportation
4. SMART ICT Enabled Campus
5. SMART Drug Information Services
6. SMART Responsibility towards Society (Two adopted tribal villages - Nedugalkombai and Veerakombai)

The college ideology for the SMART is

S - Specific

M - Measurable

A - Achievable

R - Realistic

T - Time based

Objectives

- ✓ To develop 'Our Campus, Our Planet' best practices
- ✓ To assimilate health, transport, energy and environmental management

Future Plan

- ✓ Develop a program to monitor and sustain the best practices on SMART Campus.
- ✓ Survey the pitfall in current practices and research the ways to improve and realize - **"SWACHH CAMPUS SWASTH SHIKSHA**"

TARGETS PROGRESS TILL June 2026

Targets	**Status**
Modernization of 07 Sports grounds	90% of Civil work is completed,

To foster complete utilization	Upgrading Sports ground in next phase
Facelift of the campus	Work in progress
Modernizations of Seminar hall	Work in progress
Submission of Smart Campus Initiatives to the local administration	A short booklet highlighting smart campus initiatives was submitted to the office of District collector and municipal commissioner
Upgradation of Guest House	A new lift is being installed for ease of access for the elderly and physically challenged.

15.4.3 Hazardous waste policy / educational programme

JSS College of Pharmacy embeds hazardous waste and safety education into its M.Pharm curriculum through the course **"Hazards and Safety Management" (MQA 201T)** — a 60-hour paper covering environmental hazards, air-based hazards, and chemical-based hazards, including fire protection and hazard control measures. Additionally, **Ms. Annanya Raman Helchel (II M.Pharm)** completed the **Lead Auditor Course on "Green Energy, Environment and Waste Management Audits,"** conducted by the Nature Science Foundation under the **Quality Council of India, Ministry of Commerce & Industry, Govt. of India** — demonstrating both curricular and individual capacity-building in hazardous waste management. The College has a Biomedical Waste Disposal certificate in accordance with the Nilgiris District Municipality Office. The sanitation team collects the biomedical waste from the campus for incineration process at the Centralized facility at the Government. Managing waste in a smarter way is the most important aspect of any organization. For this management for the waste we have Bio-waste management, initiative of plastic free campus with no plastic bottles, Rain Water harvesting management for the reduction of water waste to save more water. Mechanical Chimneys, Fume hoods for chemical reactions and Bio-safety cabinets (Class II type A/B3).

The College follows the Government Gazette on Plastic Free zone in the whole Nilgiris District. The Enlisted items are completely banned within the campus. On, MAY 09, 2018 The Government Policy is abided by the College strictly and no single-use plastic items are used on the campus.

- https://nilgiris.nic.in/plastic-free-nilgiris/#banned

- https://cdn.s3waas.gov.in/s339461a19e9eddfb385ea76b26521ea48/uploads/2022/03/2022032483.pdf

The garbage waste disposal by the Municipality collects recycle plastic items from Separate bins placed around the campus.

Course: I M. Pharm - Pharmaceutical Quality Assurance **Semester : II**

	Management of combustible gases, Toxic gases and Oxygen displacing gases management, Regulations for chemical hazard, Management of over-Exposure to chemicals and TLV concept.	
4	**Fire and Explosion**: Introduction, Industrial processes and hazards potential, mechanical electrical, thermal and process hazards. Safety and hazards regulations, Fire protection system: Fire prevention, types of fire extinguishers and critical Hazard management system mechanical and chemical explosion, multiphase reactions, transport effects and global rates. Preventive and protective management from fires and explosion-electricity passivation, ventilation, and sprinkling, proofing, relief systems -relief valves, flares, scrubbers.	12 Hrs
5	**Hazard and risk management:** Self-protective measures against workplace hazards. Critical training for risk management, Process of hazard management, ICH guidelines on risk assessment and Risk management methods and Tools Factory act and rules, fundamentals of accident prevention, elements of safety programme and safety management, Physicochemical measurements of effluents, BOD, COD, Determination of some contaminants, Effluent treatment procedure, Role of emergency services.	12 Hrs

REFERENCES

1. Y.K. Sing, Environmental Science, New Age International Pvt, Publishers, Bangalore
2. "Quantitative Risk Assessment in Chemical Process Industries" American Institute of Chemical Industries, Centre for Chemical Process safety.
3. Bharucha Erach, The Biodiversity of India, Mapin Pu blishing Pvt. Ltd., Ahmedabad – 380 013, India,
4. Hazardous Chemicals: Safety Management and Global Regulations, T.S.S. Dikshith, CRC press

HAZARDS AND SAFETY MANAGEMENT
(MQA 201T)

Scope

This course is designed to convey the knowledge necessary to understand issues related to different kinds of hazard and their management. Basic theoretical and practical discussions integrate the proficiency to handle the emergency situation in the pharmaceutical product development process and provides the principle based approach to solve the complex tribulations.

Objectives

At completion of this course it is expected that students will be able to

- Understand about environmental problems among learners.
- Impart basic knowledge about the environment and its allied problems.
- Develop an attitude of concern for the industry environment.
- Ensure safety standards in pharmaceutical industry
- Provide comprehensive knowledge on the safety management
- Empower an ideas to clear mechanism and management in different kinds of hazard management system
- Teach the method of Hazard assessment, procedure, methodology for provide safe industrial atmosphere.

THEORY ***60Hrs***

1.	**Multidisciplinary nature of environmental studies:** Natural Resources, Renewable and non-renewable resources, Natural resources and associated problems, a) Forest resources; b) Water resources; c) Mineral resources; d) Energy resources; e) Land resources **Ecosystems:** Concept of an ecosystem and Structure and function of an ecosystem. Environmental hazards: Hazards based on Air, Water, Soil and Radioisotopes.	12 Hrs
2	**Air based hazards:** Sources, Types of Hazards, Air circulation maintenance industry for sterile area and non sterile area, Preliminary Hazard Analysis (PHA) Fire protection system: Fire prevention, types of fire extinguishers and critical Hazard management system.	12 Hrs
3	**Chemical based hazards:** Sources of chemical hazards, Hazards of Organic synthesis, sulphonating hazard, Organic solvent hazard, Control measures for chemical hazards,	12 Hrs

Colour codes for Biomedical waste collection and Packing

				
▪ Human and animal anatomical wastes ▪ Soiled wastes, ▪ Discarded or expired medicines ▪ Chemical wastes, ▪ Blood and body fluids ▪ Microbiology / Biotechnology wastes	▪ Contaminated waste (recyclable)	▪ Sharps including metals ▪ Needles ▪ Scalpels ▪ Blades	▪ Broken and contaminated glass including vials and ampoules ▪ Metallic body implants	▪ Food items ▪ Papers / paper plates, ▪ Water bottles, etc





SOCIETY FOR BIO MEDICAL WASTE MANAGEMENT
THE NILGIRIS
REGISTERED UNDER SOCIETY ACT No: 72 / 2010
GOVERNMENT OF TAMILNADU

SL.No

Membership Certificate

This is to Certify that M/S/DR. T.J.S. College of Pharmacy ... Vidhyagamandhalam ..... is a member of Society For Bio Medical Waste Management, The Nilgiris. The Bio Medical Waste Generated in their Hospital / Clinic / Laboratory is being disposed through the treatment plant run by our society as per the norms and approval of Tamil Nadu Pollution Control Board

HONORARY PRESIDENT
* Subject to Renewal Annually

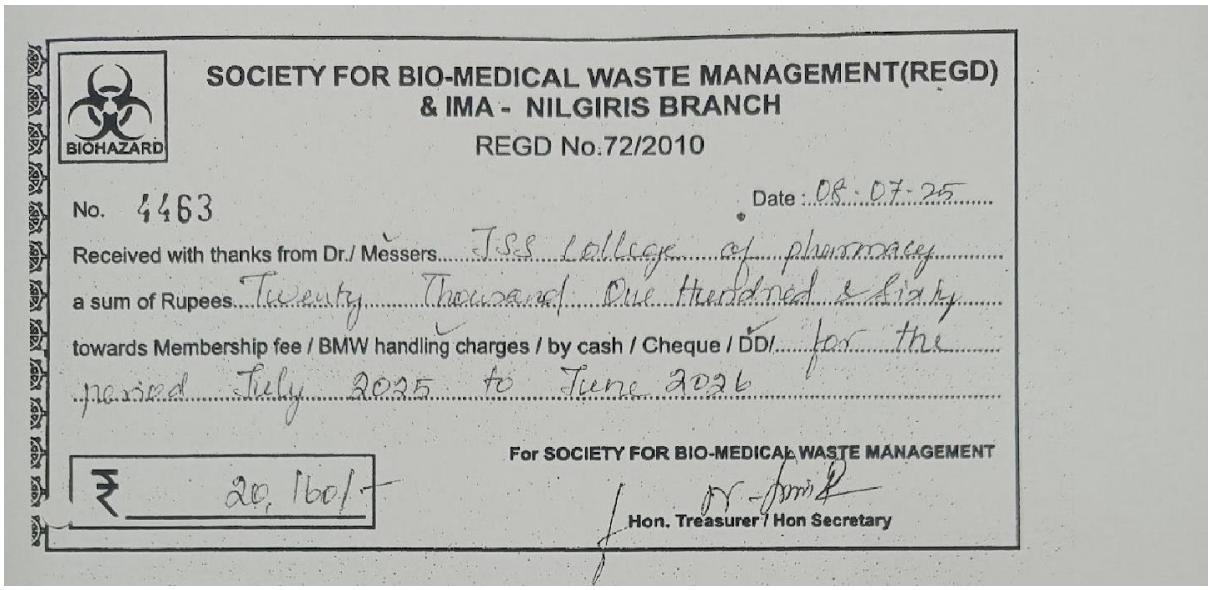
REGD.No: 72 / 2010 Date: 20. 6 2013

HONORARY SECRETARY

Membership Certificate

The University also publishes the Waste Disposal in a detailed webpage given in the link.

https://jssuni.edu.in/jssaher/jssaher-infra/institutional-biosafety-committee/ibsc-home.html



SOCIETY FOR BIO-MEDICAL WASTE MANAGEMENT(REGD)
& IMA - NILGIRIS BRANCH
REGD No.72/2010

BIOHAZARD

No. 4463 Date : 08.07.25

Received with thanks from Dr./ Messers. TJS College of pharmacy

a sum of Rupees Twenty Thousand One Hundred & Sixty

towards Membership fee / BMW handling charges / by cash / Cheque / DD/ for the period July 2025 to June 2026

₹ 20,160/-

For SOCIETY FOR BIO-MEDICAL WASTE MANAGEMENT

Hon. Treasurer / Hon Secretary