



JSS Academy of Higher Education & Research
(Deemed to be University) (Accredited A++ Grade by NAAC)

COMPENDIUM ON SDG-16

PEACE, JUSTICE AND STRONG INSTITUTIONS



2023-24

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INTRODUCTION

SDG 16 focuses on improving people's lives by reducing all forms of violence, facilitating access to justice, and promoting effective, accountable, and inclusive institutions. Strong, transparent, and accountable institutions are essential for sustainable development and are critical for governments to provide services to their citizens. Strengthened institutions, the rule of law, and enforcement contribute to supporting the implementation of multilateral environmental agreements and progress towards internationally agreed-upon global environmental goals. Understanding the links between the environment and human security is essential for effective conflict prevention, post-conflict reconstruction, and the promotion of peaceful and inclusive societies. Ensuring justice for all is of utmost importance to building strong nations.

Compassion and a strong moral compass is essential to every democratic society. Yet, persecution, injustice and abuse still runs rampant and is tearing at the very fabric of civilization. We must ensure that we have strong institutions, global standards of justice, and a commitment to peace everywhere.

Peaceful, just and inclusive societies are necessary to achieve the Sustainable Development Goals (SDGs). People everywhere need to be free of fear from all forms of violence and feel safe as they go about their lives whatever their ethnicity, faith or sexual orientation. In order to advance the SDGs we need effective and inclusive public institutions that can deliver quality education and healthcare, fair economic policies and inclusive environmental protection.

TARGETS

- Reduce violence everywhere
- Protect children from abuse, exploitation, trafficking and violence
- Promote the rule of law and ensure equal access to justice
- Combat organized crime and illicit financial and arms flows
- Substantially reduce corruption and bribery
- Develop effective, accountable, and transparent institutions
- Ensure responsive, inclusive and representative decision-making
- Strengthen the participation in global governance
- Provide universal legal identity
- Ensure public access to information and protect fundamental freedoms
- Strengthen national institutions to prevent violence and combat crime and terrorism
- Promote and enforce non-discriminatory laws and policies

Our efforts in a glance

Committees involved in maintaining peace, providing justice, preventing violence, protecting from abuse

Policies to ensure inclusive environment to all .

Safe and secure campus

Financial assistance, Welfare measures and promotional activities

Empowerment of women with leadership positions in for inclusive and representative decision-making.

Activities, programs and commemorative days celebrated

Research Projects to support the cause.

**Activities to promote holistic well-being and work life balance
Yoga, sports, cultural and literary.**

Institutional Accomplishments

Publications

Committees involved in maintaining peace, providing justice, preventing violence, protecting from abuse, involving all the stakeholders to ensure responsive, inclusive, and representative decision-making.

Internal Complaints Committee on Sexual Harassment

An open forum to discuss the challenges and expectations about gender inequality, gender-based violence and the insecurity faced by women in particular, in the college campus.



Objectives

Prevent discrimination and sexual harassment against women by promoting gender equality among students and employees. Make recommendations to the Chairperson for changes in the rules for students in the prospectus and the bye-laws, to make them gender-just and to lay down procedures for the prohibition, resolution, settlement, and prosecution of acts of discrimination and sexual harassment against women, by the students and the employees. Deal with cases of discrimination and sexual harassment against women, in a time bound manner aiming at ensuring support services to the victim and termination of the harassment. Recommend appropriate punitive action against the guilty party.

Student's Grievance Redressal Cell

The Students Grievance Redressal Cell of JSS Medical College, **enables students who are aggrieved** with respect to facilities / amenities in the campus, academic / teaching learning process, evaluation process, interpersonal issues related to student- teacher / student-student / student – administration or office or support staff **to communicate using structured format available on JSS AHER Website.**

Student Council

The student council is constituted to give students an **opportunity to develop leadership** by organizing and carrying out college activities and service projects and also to promote planning events that contribute to college spirit and community welfare.

Anti -ragging committee

As per the University Grants Commission Regulations in **curbing the menace of ragging** in Higher Educational Institutions, 2009 communicated vide letter No. F.1-16/2007 (CPP-II) dated 17th June, 2009 an Anti ragging Committee has been constituted.

Child Abuse Response Unit

The Child Abuse Response Unit was officially launched at JSS Hospital in November 2016. The objective of this unit is to provide care in a manner that complies with regulations and ensure safety of the child who is suspected or is reported to have been a victim of Child abuse.

Various departments like Paediatrics, Obstetrics and Gynaecology, Psychiatry, Forensic Medicine, Emergency medicine and nursing team are the part of this initiative who join forces following a single alert. A multi-disciplinary team is sensitive to the different problems and the whole process is kept confidential. Those patients who require such care, are

immediately shifted to a private room and a neutral environment is created and one screening is conducted and forensic samples are collected. No multiple examinations are done thus minimizing the trauma to the patient. All the team members are trained in counselling, treatment, and well versed with legal aspects pertaining to such cases.

Institutional ethics committee

Institutional Ethics Committee (IEC) at JSS Medical College was initiated in 1993. The Principal JSS Medical College, Dr H Basavanagowdappa is the Authority under whom the Ethics committee is established and is functioning. The research involving human participants are reviewed by the Ethics Committee to keep the research within the ethical framework and standards. IEC upholds the task of reviewing the scientific, ethical, medical and social aspects of research proposals received by it in an objective, timely and independent manner by attending meetings, participation in discussion and deliberations. The IEC serves to protect the rights, safety and well-being of the research participants. The institution has provided adequate infrastructure, staff, space, funds, required support and protected time for the member secretary which has helped in the smooth and independent functioning of the Ethics committee. IEC, JSSMC is involved in ethical review and approval of both the academic and regulatory clinical research proposals and functions as per the SOPs framed following the national ethical and Good Clinical Practice (GCP) guidelines. Since its inception, the IEC, JSSMC is consistently and progressively performing better year by year. This has been reflected by the good track record with the timely regulatory registrations and quality accreditations.

IEC, JSSMC was registered with Regulatory agency, CDSCO (Central Drugs Standard Control Organisation) in 2013. From then the IEC has been timely re-registered every 3 years i.e., 2016, 2019, and June 2022 by fulfilling all the regulatory requirements of CDSCO. Our present CDSCO registration is valid for 5 years from 2022- 2027. Also, our Ethics Committee is Provisional registered with the National Ethics Committee Registry for Biomedical and Health Research (NECRBHR), Department of Health Research (DHR) in May 2022 for the approval of Biomedical and Health Research.

NABH Quality Accreditation of IEC, JSSMC: - Our IEC has fulfilled all the Quality requirements of NABH by undergoing NABH Accreditation inspection and received the Accreditation in April 2018, Surveillance inspection in September 2020 and Re Accreditation inspection in March 2021. NABH assessment was conducted on 22-23 June 2024 for its Re accreditation.

Presently, Our IEC, JSSMC is monitoring around 35 approved ongoing clinical trials and any Serious Adverse Events (SAEs) occurring in the clinical trial will be assessed and intimated to the CDSCO through an online portal within the specified time duration. The academic projects of the students of different courses and faculty from various colleges under JSS AHER along with the projects from other JSS institutes as well as external projects from other

institutes which have an MoU with our institute are reviewed and approved by the committee.

IEC, JSSMC is a multi-disciplinary and multi-sectoral team of 13 members with adequate representation of age and gender and balance between medical and non-medical as well as affiliated and non-affiliated members.

Dr.M.Srinivasa, Senior consultant, Kamakshi Hospital, Mysore is the Chairman of the IEC. Dr. C. Prathima, Associate Professor of Pharmacology is the Member secretary (Regulatory trials) of IEC, JSSMC. Dr Shiva Prakash, Associate Prof of Anatomy is the Member secretary (Academic studies) of IEC, JSSMC. Dr Pratibha Pereira Professor and Head, Dept of Geriatrics, JSS Medical College & Hospital and Dr. Srinath K.M, Professor, Dept of General Medicine, JSS Medical College & Hospital are the clinician members.

Dr. Kalabharathi H. L, Professor of Pharmacology, JSSMC and Dr. Smitha Rani Assistant Professor of Forensic Medicine, JSSMC are the Basic Medical Scientists.

Smt. Sudha Phaneesh Secretary, Samarpana Trust, J.P. Nagar, Mysuru and Smt.H.S. Sandhya, Treasurer of Inner wheel club of Mysore Mid town are serving as Social Scientists. Sri. R.S. Nagaraj, Secretary, Shree Vanamali Charitable trust, Mysore and Dr. Sathyanarayana Mamatha, Assistant. Professor, Dept of Hindi, De Paul Degree College, Mysore are serving as laypersons.

Mr. Palaksha and Mr. Nithin HN are the legal experts.

Dr. Sri Harsha Chalasani , Assistant Professor, Dept of Pharmacy Practice, JSS College of Pharmacy, Mysore is the Scientific member.

Mrs. Esther Sushmitha, M Pharm is serving as the coordinator of the committee. There are also 3 supporting staff members to ensure the smooth functioning of the committee. Every member of the committee has been competent and has contributed to the effective conduct of all IEC activities with adequate institutional support.





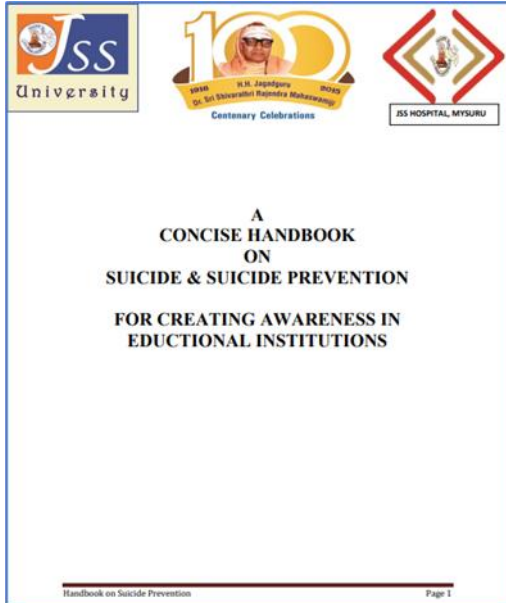
NABH Accreditation process of Institutional Ethics Committee, JSS Medical College (IEC, JSS MC) held on June 22-23, 2024.



The Institutional Ethics Committee, JSS Medical College (IEC, JSS MC) Members with the supporting staff members.

Student Support Centre

- To offer practical and constructive support to students in adjusting to a new environment as well as social or personal challenges that are specific to their age



group and circumstances.

- To spread awareness about ways to cope with academic pressures that often lead to mental health difficulties, and to assist students with the academic concerns that emerge from dealing with any short or long-term health condition.

- To treat mental and physical disabilities as not merely a pathological problem but as a more complex situation that requires the care of

specialists who offer constant support through long periods of treatment and recovery.

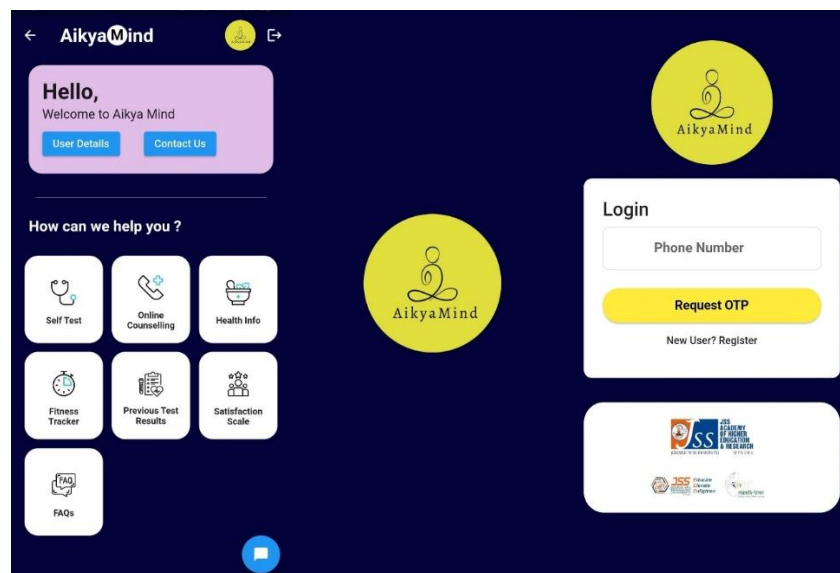
- To help combat the general social taboos associated with anxieties and depression on campus, and to foster a positive outlook among students.
- Support services for social, cultural, and ethnic taboos among students and staff
- To establish the University campus as a student-friendly safe space that is sensitive to physical and mental disabilities.

Link: [JSS Academy of Higher Education & Research | Student Support Center | Home \(jssuni.edu.in\)](http://jssuni.edu.in)

Activities conducted by the Student support centre

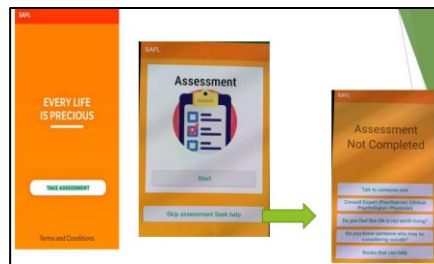
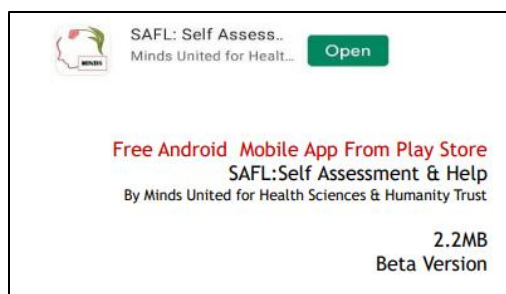
AikyaMind - One-Stop Shop For Managing Your Mental Health.

AikyaMind, the app developed by Dept of Community Medicine & Clinical Psychology, JSS Medical College, JSS Academy of Higher Education and Research, Mysuru is now live on the Google Play store. It's one-stop shop for managing your mental health. Our revolutionary app offers a range of features, including a self-diagnosis tool, online counselling, education materials, and a meditation tracker.



SAFL- Self Assessment for Life: Utility of An App for Suicide Prevention & Education

Psychiatry Team (Faculty & PGs), Doctors, Public Representatives and Software Development Team discussed and followed WHO Suicide Risk Assessment Guidelines, Mental Health Care Bill 2017 components to develop the App. Help Lines were used in the development of the App. Funds from National Conference on Combating Depression 2018, JSSMC, JSSAHER and funding from Minds United for Health Sciences & Humanity Trust, Mysuru were used for developing this Application which can be used for confidential risk assessment and access to help services in Suicide Prevention.



Policies to ensure inclusive environment to all

JSSAHER has instituted policies to ensure equal opportunities and a supportive environment for all irrespective of race, colour, ethnicity, nationality, religion, caste, gender identity, sexual orientation, disability, age, socio-economic background, or any other characteristic. The institution firmly believes in treating everyone with dignity, respect, and fairness, promoting an atmosphere free from discrimination, harassment, or prejudice. The institution values integrity, honesty, and fairness, and strives to integrate these values into its teaching, research, and outreach activities. Through its policies the institution reinforces the principle that each one belonging to the organization has a responsibility to help ensure that the it performs and pursues its mission in a legal and highly ethical manner.

- Equality- Diversity and Inclusion Policy
- Non-Discrimination against LGBT Policy
- Non-Discrimination against Women Policy
- Policy on Prevention of Discrimination in the Workplace
- Code of Conduct policy
- Academic integrity policy

Safe and Secure Campus

JSS Medical college has ensured safety within the campus by appointing adequate number of security personnel, well-lit pathways and installing CCTV surveillance cameras throughout the campus. There Security personnel are involved in ensuring authorization of people entering the campus, inspecting the campus regularly, patrolling, reporting suspicious activity. They also provide guidance to navigate through the campus. After 5 pm some staff are deputed to patrol in civil dress for enhanced security and monitoring. The personnel are trained weekly by the authorised experts to ensure safe campus.



Financial Assistance, Welfare and Staff Welfare Schemes

JSS Medical College, constituent college of JSS Academy of Higher Education & Research (JSS AHER) recognizes the importance of its faculty and staff and offers a comprehensive Staff Welfare Schemes to support their well-being. These schemes provide financial security, healthcare benefits, and other forms of assistance. Here's a breakdown of some key components:

Social security schemes

Leave policies

Health insurance

Educational benefits

Retirement benefits

Financial assistance

Social Security Schemes:

*ESIC (Employee's State Insurance Corporation): Provides medical benefits to employees and their dependents in case of sickness, maternity, and injury.

*GSLI (Group Life Insurance Scheme): Provides financial security to the employee's family in case of death while in service.

Leave Policies:

* Maternity Leave: Provides employees with paid leave for childbirth and childcare.

*Special casual leave: to attend conference & examination purposes

Health Insurance:

*Mediclam: Provides financial assistance for hospitalization expenses incurred by the employee and their dependents.

Educational Benefits:

* PhD'Fee Waiver: JSS AHER offer full or partial waiver of tuition fees for faculty members pursuing PhD studies.

Retirement Benefits:

* Provident Fund: A savings scheme where both employee and employer contribute towards the employee's retirement corpus.

* Gratuity: A one-time payment made to an employee upon retirement, resignation, or death after a certain period of service.

Financial Assistance:

*Treatment Fee Waiver: JSS AHER offer financial assistance to employees facing high medical treatment costs for themselves or their dependents.

*Financial assistance for the staff to attend conferences.

JSS Medical College's comprehensive Staff Welfare Schemes demonstrates its commitment to provide a supportive and secure work environment for its faculty and staff. This fosters a sense of wellbeing and loyalty, potentially leading to increased employee satisfaction and retention.

Performance Based Appraisal system

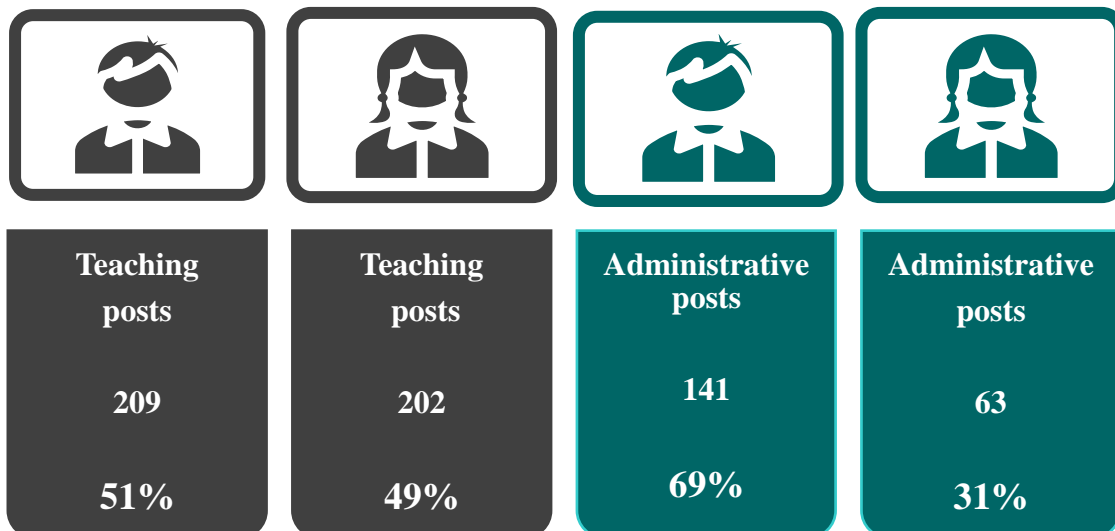
JSS Medical College follows Performance Appraisal Policy which sets forth the framework for evaluating and enhancing faculty and staff performance at the institute. The policy is a testament to our unwavering commitment to excellence, accountability, and continual growth, as reflected in our esteemed rankings and accreditations.

Policy Statement

At JSS Medical College, Mysuru, we firmly believe that regular performance appraisals are indispensable for individual and organizational development. This policy is meticulously designed to:

- ❖ Ensure impartial, transparent, and uniform performance assessments.
- ❖ Acknowledge and reward exceptional contributions.
- ❖ Identify areas for improvement and provide dedicated support for professional growth.
- ❖ Align individual objectives with the university's mission and goals.
- ❖ Cultivate a culture of ceaseless learning and development

Adequate representation of women in teaching and administrative posts



Empowerment of women with leadership positions in academic and administrative domains for inclusive and representative decision-making



Dr. M N Suma
Vice Principal (Pre-Clinical)
Dean and Director of
Biomedical Sciences



Dr. Pratibha Pereira
Professor and Head
Department of Geriatrics



Dr. Vidya CS
Professor and Head
Department of Anatomy
Member Secretary of
ICC



Dr. Rjalakshmi R
Professor and Head
Department of Physiology



Dr. Sheeladevi CS
Professor and Head
Department of Pathology



Dr. Archana KN
Professor and Head
Department of
Anaesthesiology



Dr. Tejashree A
Professor and Head
Department of
Microbiology



Dr. Mamatha S
Professor and Head
Department of OBG



Dr. Brinda Basavaraju
Professor & Head of
Emergency Medicine



Dr. Bharathi M B
Professor & Head of ENT
President Association
Otolaryngologists of India



Dr. Akila Prashanth
Professor & Head of
Biochemistry
Genetic lab in charge



Dr. Archana
Assistant Professor
of Anaesthesia
Skill lab in charge



Dr. Renuka M
Professor of Community
Medicine
Deputy Controller of
Examinations



Dr.Prathima C
Associate Professor of
Pharmacology
Member secretary
Institutional ethics
committee



Dr. Kalabharathi H L
Professor of
Pharmacology
Chairman
Cultural committee

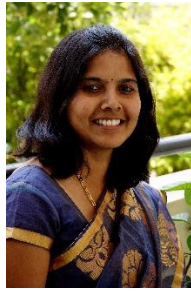


Mrs. Shipla P
Assistant administrative
officer

Dr. Madhu B
Professor of Community
Medicine
Deputy
Director Research,
JSSAHER



Dr Nayanbai Shabadi
Student Welfare Officer
Assistant Professor,
Department of Community
Medicine JSS Medical
College



Dr. Smitha MC
Associate professor of
Community Medicine
Member secretary,
International student cell



Mrs. S.C. Shobha
Librarian

Dr. Sumana M N
Professor of Microbiology
In charge of COVID19
Testing centre and
NABL



Dr.Pushpa.N.B
Assocaite Professor of
Anatomy
Member secretary
Literary & Magazine
committee



Dr. Amoghashree
Assisstant professor of
Community Medicine
Joint secretary, Academic
Society



Dr.Vinutha SP
MSc Co ordinator

Dr Deepa Bhat
Professor of Anatomy
Genetic Counsellor



Dr. Vijaya Vageesh
Assiosciate Professor of
Physiology
IQAC member & AHS Co
ordinator



Dr. Shobha CR
Assisstant professor of
Biochemistry
Joint secretary, Academic
Society

Our college support SDG 16, which focuses on promoting peaceful, inclusive societies, providing access to justice, and building effective institutions, through various initiatives and actions. JSSCPO initiates and promotes various activities for the building a strong institution with peace and justice in campus. The major highlights of these initiatives and activities are below.

- Engaging Local Stakeholders
- Human rights education
- Student-led organizations
- Governance and accountability
- Support for developing/underdeveloped countries

By implementing these indicators, our college can contribute to SDG 16 and foster a culture of integrity, inclusivity, and social responsibility among students and staff. This will help in creating a future generation of pharmacists who are committed to promoting peaceful and inclusive societies while upholding the principles of justice and accountability.

STUDENT-LED ORGANIZATIONS

Encouraging the formation of student-led organizations focused on promoting peace, social justice, and equality allows students to take active roles in advocating for positive change on campus and beyond. The College encourages the students to be part of the committees overlooking their well-being. Many such committees and their staff-student members are put up on the Website. Annually, the committees are formed by the Principal.

Weblink- <https://jssuni.edu.in/jssaher/college-of-pharmacy-ooty/cpo-committee.html>

GOVERNANCE AND ACCOUNTABILITY

Ensuring transparency and accountability in college governance helps build trust among stakeholders and ensures that institutional decisions are fair and just. The College has various committees for gender equality, prevention of sexual harassment and anti-ragging. The members are inclusive of staff, students and external police personnel.

- Weblink- <https://jssuni.edu.in/jssaher/college-of-pharmacy-ooty/cpo-committee.html>

The University and College has an Internal Quality assurance Cell which has successfully revised the Vision, Mission, Goals and strategic plans of the constituent colleges and University and has aligned the core values of the University to be imbibed into each of its activities. Any such data pertaining to Finance is published within the Reports.

- Weblink - <https://jssuni.edu.in/jssaher/jssaher-iqac/iqac-home.html>

The College and University Publishes Code of ethics for conduct of a Health care professional in the campus. Indulging in any corruption or crime including Ragging is strictly viewed upon and stringent measures are in place for prevention of such activities.

- <https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&PID=10002&CI>

D=6&MID=10410&SMID=10417

- <https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MID=14000&CID=0&PID=10005>
- <https://jssuni.edu.in/jssaher/jssaher-academics/student-support-center.html>

COMMUNITY ENGAGEMENT

Engaging students in community service projects that address local issues and promote social cohesion contributes to building inclusive and peaceful communities. The National Social Service Scheme (NSS) unit of the College involves the local stakeholders in conducting and carrying various social responsible activities around the community for the welfare of local residents and local government. Rotaract Club in association with Rotary Club Nilgiris conducts various awareness programmes.

1. NATIONAL SOCIAL SERVICE SCHEME NSS- JSSCPO
2. ROTARACT CLUB- JSSCPO
3. YOUTH RED CROSS- JSSCPO



ஜெ.எஸ்.எஸ். பார்மசி கல்லூரி சார்பில் புற்றுநோய் தின விழிப்புணர்வு

ஊட்டி, 15.07.2024
 ஊட்டி ஜெ.எஸ்.எஸ். பார்மசி கல்லூரி சார்பில் உலக புற்றுநோய் தின விழிப்புணர்வு திகழ்ச்சி நடத்தப்பட்டது. ஊட்டி ஜெ.எஸ்.எஸ். பார்மசி கல்லூரி சார்பாக ஊட்டி அரசு தாவரவியல் பூங்காவில் பொதுமக்கள் மற்றும் கற்றுலா பயணிகள் மத்தியில் புற்று நோய் குறித்த பொதுவான விழிப்புணர்வு ஏற்படுத்தும் வகையில் பல வேறு திகழ்ச்சிகள் நடத்தப்பட்டன. புற்றுநோய்களின் வகைகள், அறிகுறிகள், கண்டறிதல் முறைகள், தடுக்கும்



முறைகள், தேவையான மார்க்கப் புற்று (AM) கட்டி வாழ்வியல் மாற்றங்கள் ஆகிய திகழ்ச்சிகள் குறித்த பிரகாரங்கள் வழங்கும். ஒளி-ஒளி காட்சிகள், உடல் வலிமைத்திறன் உணர்த்தும் சிறு உடற்பயிற்சிப் போட்டிகள் நடத்தப்பட்டு வெற்றிபெற்றவர்களுக்கு வளத்துறை அலுவலகம் சந்திரசெடயந்திர மாத் கன்றுகள் பரிசாக வழங்கப் பட்டன. மேலும், இந்த திகழ்ச்சியின் ஒரு பகுதியாக கருப்பை புற்று நோய்க்கான பரிசோதனை தேர்த்தெடுக்கப்பட்ட 10 பயணிகளுக்கு ஊட்டி 15 எஸ் மருத்துவமனையில் வினையலில்லாமல் மேற்கொள்ளப்பட்ட மருத்துவ ஆராய்ச்சியும் வழங்கப்பட்டது. ஜெ.எஸ்.எஸ். உயர் கல்வி மற்றும் ஆராய்ச்சிக் கழகம் (திகழ்ச்சியைப் பல்கலைக்கழகம்) மைசூர் நிதியுதவியுடன், இந்தியன் பார்மசூட்டிகல் சங்கம் - தீவகிரி நெரு தொட்டிராக்ட் என்கம் - ஜெ.எஸ்.எஸ். பார்மசி கல்லூரி மற்றும் 15 எஸ் மருத்துவமனை ஆகியவையும் இணைத்து இந்த திகழ்ச்சியின் விவர விவரணையும் இவ்வாறு கவனம் செலுத்தினர்.

கல்வி உதவித்தொகை வழி இணையம் மூலம் விண்ணப்பிக்கவும் தீவகிரி மாவட்ட கலெக்டர் அருணா தகவல்

ஊட்டி, 15.07.2024
 கல்வி உதவித்தொகை பெற இணையம் மூலம் விண்ணப்பிக்க மாணவ, மாணவியருக்கு அமைப்பு வழங்கப்பட்டுள்ளது. இது குறித்து தீவகிரி கலெக்டர் மு. அருணா வெங்கட்ராமன் தெரிவித்தார்.
 அரசு அரசு கல்வி பெறும் கல்வி நிறுவனங்கள் மற்றும் தனியார் தொழிற்கல்விக்களில் அரசு ஒதுக்கீட்டில் கீழ்ப்படிந்து விண்ணப்பிக்கப்பட்டுள்ள மிகப்பெரிய தொகைப் பட்டியல் மூலம் இம்மாதிரியாக மாணவ 5 மாணவியருக்கு தற்போது அரசு பல்வேறு நிட்டின்மீது கல்வி உதவித் தொகை வழங்கி வருகிறது. அரசு மற்றும் அரசு கல்வி பெறும் கல்வி மற்றும் அறிவியல் கல்லூரிகளில் மூன்று தரங்களில் இணைக்கப்பட்ட படிப்பு படிப்பும் சேர்ப்பதற்குப் பட்டியல் மிகப்பெரிய தொகைப் பட்டியல் மூலம் இம்மாதிரியாக மாணவியருக்கு இவ்வாறு கல்வித்திட்டத்தில் கீழ்ப்படிந்து தீவகிரி கல்வி உதவித் தொகை வழங்கி வருகிறது. முதுகலை, பாலிடெக்னிக் தொழில்படிப்பு போன்ற பிற படிப்புகளுக்கு பெற்றோருக்கு ஆண்டு வசூலும்

2,50,000க்கு மிகாமல் இருக்க வேண்டும். புதிய மாணவர்களின் இணைய தள முகவரிகளை சென்று ஆதார எம்.அளித்து வெரிபிகேஷன் செய்ய வேண்டும். கல்வி உதவித்தொகை இணையதளம் புதியதற்கு 01.02.2024 முதல் செயல்படும் வகையில் புதியதான விண்ணப்பங்கள் மாணவர்களில் 29.02.2024-க்கு இணைய தளம் மூலம் சமர்ப்பிக்கப்பட்டுள்ளன. மேலும், கூடுதல் விவரங்களுக்கு தங்கள் கல்லூரி/கல்வி உதவித் தொகை உதவியாளர் மூலம் அல்லது தீவகிரி மாவட்டம், உதகமண்டலம், 150கர் போல்டிஸ் உதவியாளர் மூலம் கூடுதல் அலுவலக வளாகத்தில் அமைந்துள்ள மாவட்ட தேர்ப்படுத்தப்பட்ட மற்றும் மறுபரிசீலனை இவ்வாறு கவனம் செலுத்தினர்.



மார்ச்சி கல்லூரி சார்பில் புற்றுநோய் தின விழிப்புணர்வு

மீனாட்சி - தீவகிரி



ஜெ.எஸ்.எஸ். பார்மசி கல்லூரி, உதகை உலக புற்று நோய் தின விழிப்புணர்வு திகழ்ச்சிகள்



மீனாட்சி - தீவகிரி





மீனாட்சி - தீவகிரி



மீனாட்சி - தீவகிரி

By actively integrating these initiatives into its policies and practices, a college can play a significant role in supporting SDG 16 and contributing to the advancement of a peaceful, inclusive, and just society.


 PRINCIPAL
 J.S.S. COLLEGE OF PHARMACY
 7ockland's, Ootacamund - 643 001


 B. Shivaramkrishnan
 Coordinator
 Smart Campus-JSSCPO

Activities supporting the cause
FORENSIC FAIR – 07-12-2023

The Forensic Fair-2023 is a pivotal initiative hosted by Department of Forensic Medicine and Toxicology at JSS Medical College Campus in Mysuru, to elevate public consciousness about crime and its investigation.

Forensic Fair-2023 was inaugurated by Sri. Ramesh Banoth IPS, Commissioner of Police, on 7th December 2023 at 10.15 AM. Dr. Manjunatha.B, Registrar, JSS Academy of Higher Education and Research, Dr.H.Basavana Gowdappa, Principal, JSS Medical College and Mr.S.R. Satish Chandra, Administrative Officer, JSS Medical College were Guests of Honour.

The fair marked a concerted effort by the Department of Forensic Medicine and Toxicology collaborating with institutions such as Karnataka Police Academy, CEN Police Station Mysuru, Department of Clinical Pharmacy, JSS Pharmacy College, Department of Nutrition and Dietetics, JSSAHER, JSS Institute of Speech and Hearing, Department of Forensic Odontology, JSS Dental College and Snake Shyam.



Nine stalls contributed to distinct facets of forensic awareness:

- 1. Karnataka Police Academy:** This stall educated the visitors on various firearms, including pistols, revolvers, and rifles, fostering an understanding of weapon types.
- 2. CEN Police Station:** This stall raised awareness about Cyber Crime, enlightening the public on the evolving landscape of digital threats.
- 3. Department of Clinical Pharmacy:** Providing valuable information on poisoning precautions, this stall also offered a toll-free assistance number, enhancing public access to guidance in poisoning situations.
- 4. Department of Forensic Medicine and Toxicology:** Through two stalls the department conducted live demonstrations to the visitors on latent fingerprint testing, “TRAP CASE” scenarios, and crime scene management, demystifying the investigative process.

5. Snake Shyam: Offering a video demonstration on snakes and imparting first aid information for snake poisoning, this stall played a crucial role in enhancing public safety awareness.

6. Department of Nutrition and Dietetics: This stall conducted simple tests to highlight food adulteration, contributing to public awareness about the risks associated with compromised food products.

7. JSS Institute of Speech and Hearing: Through demonstrations, this stall elucidates speaker identification techniques in crime detection, showcasing the role of forensic acoustics.

8. Department of Forensic Odontology, JSS Dental College: Provided an overview of the role of dental evidence in crime investigation, this stall emphasized the significance of dental forensics.

The fair was attended by approximately 5000 students, teachers, and the public, which served as a dynamic platform to dispel myths surrounding crime investigation and Forensics. It underscored the paramount importance of fostering awareness in crime prevention, contributing to a more informed and vigilant society.

Club Activities

Forensics Club: Oculis Iuris- Debate Competition – 16-03-2024

The Forensic Club Oculis Iuris of JSS Medical College successfully conducted a highly engaging and thought-provoking debate competition on March 16, 2024. The event centred around the overarching theme, "Revolutionizing Rights: Is 18 the New Age of Authority or a Dangerous Gamble?" The competition brought together students to deliberate on pressing issues related to rights and responsibilities, particularly focusing on the age of 18 as a threshold for various privileges and obligations.

The debate held in the Medical Education Unit was adjudicated by esteemed faculty members, including Dr. Arun, Professor of Forensic Medicine and Toxicology (FMT), Mr. Jagdish, and with the invaluable guidance of Dr. Chandrakant, Head of Department (HOD) for FMT, and Dr. Smitha. Their expertise ensured fair evaluation and insightful feedback for the participants.

The winners of the competition were Mr. Ankit Aggarwal and Mr. Dhrish Vasa, who also earned the Best Speaker Prize with his exceptional rhetorical skills and compelling arguments. Mr. Adnan Ibrahim and Mr. Allen Abraham showcased commendable debating prowess and secured the position of runners-up.

The competition covered a wide array of prevalent and critical topics that hold significant relevance in the lives of young adults. These included discussions on issues such as obtaining a driving licence, access to social media, juvenile punishments, and voting rights. Through these deliberations, participants explored the complexities surrounding these issues and proposed innovative solutions.

The Oculis Iuris debate competition provided a platform for students to engage in meaningful discourse and develop their oratory and critical thinking skills. The event not only encouraged intellectual exchange but also fostered a deeper understanding of societal issues. The success of the competition underscores the commitment of JSS Medical College towards promoting academic excellence and holistic development among its students.

Overall, the debate competition was a resounding success, thanks to the collaborative efforts of the organizing committee, participants, judges, and faculty mentors. Such initiatives not only enrich the academic environment but also contribute to the overall growth and development of the student community.



E- learning module

E-Learning module on tobacco counselling – 22-01-2024

E-Learning Module on Tobacco Counselling! This interactive and comprehensive online program has been designed to equip healthcare professionals with the knowledge and skills necessary to provide effective tobacco counselling to their patients. Dr.Chandrashekar B R, MDS, PhD, FAIMER 2017 Fellow. Associate Dean (Academics), Professor, Department of Public Health Dentistry, JSS Dental College and Hospital, JSS Academy of Higher Education and Research, Mysuru enumerated the reasons for tobacco initiation and dependence, Factors related abuse liability and tobacco industry tactics to promote abuse liability of product and how to Motivating young children's not to experiment the tobacco.

Important points

- Abuse liability and tobacco industry tactics
- Abuse liability: manipulation of dependence potential and attractiveness that can contribute to harm directly
- Making attractive cigarette's for young children's
- Tobacco pack surveillance; Tobacco pack surveillance refers to the systematic and ongoing monitoring of tobacco product packaging for various purposes, including compliance with regulations, public health research, and policy evaluation. This surveillance involves the

collection, analysis, and reporting of information related to the packaging and labelling of tobacco products. Here's an overview of the key aspects of tobacco pack surveillance.

- Nicotine stimulates nicotine has stimulant effects, tobacco use, and nicotine addiction are associated with numerous health risks, including cardiovascular diseases, respiratory problems, and an increased risk of various cancers. Quitting smoking or using nicotine replacement therapies under medical guidance is recommended for those looking to break the cycle of nicotine dependence.
- Tobacco use prevalence
- Tobacco industries
- Narcotic effects of nicotine
- Autopsy studies 400% increase in nicotine receptors among smokers compared to non-smokers
- Ammonia technology is the key to competing smoke quality with (Philip mirror) worldwide



Alumni engagement

Alumni Talk: Dr. Rufia Shaista Khanum

“Breaking Barriers: A Woman’s Public Health Journey in Hard-to-Reach Areas” 06-02-2024

The School of Public Health, JSS MC, JSS AHER conducted an enlightening online alumni talk on 6th February 2024, featuring Dr. Rufia Shaista Khanum, a distinguished alumna from the 2019-21 batch. Dr. Khanum, who currently holds the position of State Public Health Coordinator-Surveillance at PATH in Madhya Pradesh, shared her invaluable experiences and insights with 30 participants.



The session was initiated by Dr. Anil S Bilimale (Chief MPH Coordinator), who briefed everyone about the purpose of the talk and the opportunities that lay ahead. Following this, Dr. Sreena T V (Assistant professor, School of Public Health) introduced Dr. Rufia Shaista Khanum to the participants. The session shed light on Dr. Khanum's challenging journey as a Rapid Response Team (RRT) consultant with the World Health Organization (WHO), particularly in the hard-to-reach areas of Nagaland and West Bengal. The primary aim of the session was to provide insights into Dr. Khanum's journey as an RRT consultant, the challenges she faced, and her experiences of working in hard-to-reach areas. The session was designed to familiarize students with the roles and responsibilities associated with the RRT Consultant position, as well as the skills required to excel in this role. This initiative aimed to prepare students for potential career opportunities in public health and enhance their understanding of the field. Dr. Khanum provided valuable insights into the pros and cons of working in RRT jobs, which demand high motivation and skill. She encouraged students to take chances, apply themselves, and remain resilient in the face of challenges. Her transparent discussion of the roles and responsibilities of a public health professional inspired many students and provided clarity on career paths in the field. Dr. Khanum shared further insights into her experiences after WHO and the struggles of transitioning to new positions. She underscored the importance of goal-setting, planning, and maintaining focus on career objectives.

The event concluded with an interactive Q&A session, where students from the School of Public Health had the opportunity to raise their queries. Dr. Khanum addressed these questions, thereby further enriching the participants' understanding of various career paths in public health.

Dr. Rufia Shaista Khanum, a distinguished alumna of MPH 2019-21 batch. Dr. Rufia is a dedicated and enthusiastic public health professional who has made significant contributions in various hard-to-reach areas of India during her tenure with the World Health Organization's Rapid Response Team. She completed her internship at the esteemed **ICMR National Centre for Disease Informatics and Research**. After graduating from our School of Public Health, she was selected as a Rapid Response Team Consultant at WHO, where she served for approximately a year.

During her time with the RRT, Dr. Khanum had the opportunity to serve underserved communities. She worked in challenging rural areas of India, such as Phek, Peren, and Kiphire in Nagaland, and Murshidabad in West Bengal. These are places where many women candidates often hesitate to go. Currently, Dr. Rufia is overseeing statewide surveillance with PATH in Madhya Pradesh.

Dr. Rufia Khanum, detailed her roles and responsibilities as a WHO-RRT officer and described the unique challenges encountered in rural areas of Nagaland and West Bengal. These included food, cultural competence, adaptability, language, and geographical barriers, as well as the lack of basic necessities due to terrain. She explained her journey of breaking these barriers and developing skills. She emphasized the importance of community engagement, collaboration with local stakeholders, planning, and organizing in overcoming these challenges and implementing effective public health interventions. During this time, students inquired about the challenges related to accommodation and sought advice on how to apply as a non-medical professional. They were keen to understand the practical application of theoretical knowledge in the field. The attendees also expressed interest in Dr. Rufia's personal experiences that kept her motivated to perform her job with unwavering dedication each day. They were curious about the advantages of working at the WHO.

Interactive Session

Interactive session between IAS officer K Chadramouli with the School of Public Health, Community medicine and Nutrition Department, JSS AHER – 13-03-2024

The School of Public Health, organized an interactive session on the past, present and future of Health care and its progress and developments in the recent years. It was organized in collaboration with Department of Community Medicine and Nutrition where various PhD scholars, graduates and professors who actively participated in discussions and interactions with the Guest of Honor, Shree K Chandramouli.



The session aimed to enlighten the participants on the importance and benefits of the Public Health field and Nutrition in the current scenario. It was conducted at the School of Public Health Auditorium at the JSS AHER building, MG road.

The Chief Guest, IAS Officer Shree. K Chandramouli spoke about various topics under healthcare, its management, resources needed, anticipating healthcare problems and creating solutions for the same. He addressed many questions and doubts regarding the working and collaboration of healthcare professionals in various sectors. Aspects related to policy making and how they influence major decisions were also discussed.

The participants of the lecture included faculties, PhD Scholars, and PG students from School of Public Health, Department of Nutrition of Dietetics and MD Community Medicine PGs from JSS Medical College.

Activities to promote Holistic Wellbeing and Work life balance

Yoga

INTERNATIONAL YOGA DAY - 21-06-2024

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 presided the **celebrations at Palace Ground, Mysore**. Thousands of people were gathered, among them around 100 students from various courses like MBBS, MSc, BSc, MPH, MD along with faculties from JSS Medical College participated in the event.

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.







NSS UNIT JSS AHER, MYSURU

Sports Activities



Name of the Tournament Place & Date	Games	Men/Women	Result
National level Sports & Cultural Fest Organised by JSS MC, Mysuru (Tatvam) 12-07-2023 to 15-07-2023	Basketball Cricket Futsal Volleyball Throwball Table Tennis Badminton Badminton Chess	Men & Women Men Men Men Women Men Men Women Men & Women	Semi Finals Semi Finals Winner Winner Semi Finals Runnerup Runnerup Runnerup Both winners
National Level Inter Medical Colleges Sports Fest (Spandan 2023) organised by JIPMER Pondicherry 27-08-2023 to 04-09-2023	Chess	Men	Mr.Shet Prajwal P. Final MBBS Winner in Rapid & Blitz event.
National Level Inter Medical Colleges Sports Fest (PEGASUS 2023) organised by CMC, Vellore 11-09-2023 to 17-09-2023	Basketball Box Cricket Table Tennis Table Tennis Chess Chess Athletics	Women Men Men's (Doubles) Dr.Khaushal Mr.Arush Men (Open) Dr.Khaushal Men team Mr.Shet Prajwal P. Mr.Rushab Vivek Men (individual) Mr.Pranav Keshavamurthy Ms.Meena Iyer	Winner Winner Runnerup Runnerup Runnerup Blitz-Runnerup 1500 Mtrs Silver medal 800 Mtrs
District Level Inter Medical Sports Fest SaMMScrithi -2023	Volleyball	Men	Runnerup

Name of the Tournament Place & Date	Games	Men/Women	Result
Organised by Mysuru Medical College, Mysuru 03-10-2023 to 05-10-2023			
Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore. 21-02-2024 & 22-02- 2024	Swimming	Men	Mr.Adith Smaran Olety Individual overall champion.
Mysore City Inter Collegiate Sports Fest Organised by Teresian College and MIT First Grade College, Mysore 22-02-2024 & 23-02- 2024	Table Tennis	Men	Third Place
Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore. 14 -02-2024 to 26-02-2024	Football	Men	Third Place
Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore. 22-02-2024 & 23-02- 2024	Table Tennis	Men	Third Place
Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore. 13-03-2024 & 14-02-2024	Basketball	Men	Winner
Mysore City Inter Collegiate Sports Fest	Basketball	Women	Third Place

Name of the Tournament Place & Date	Games	Men/Women	Result
Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore. 13-03-2024 & 14-02-2024			
Mysore City Inter Collegiate Sports Fest Organised by Teresian College & Department of Physical Education, University of Mysore, Mysore. 16-03-2024	Chess	Men	Third Place
Open Rapid Chess Tournament held at Ranebennur March 2024	Chess	Men (Dr.Shet Prajwal P.)	Winner
JSS Medical College Annual Sports Meet-2024 15-04-2024 to 25-05-2024	Sports Activities	Men Individual Champion Mr.Pranav K.M. (II MBBS) Women Individual Champion Ms.Pavani- (I MBBS) Overall championship II MBBS students	Sports Meet inaugurated by Dr.M.R.Savitha Prashanth, National Basket Player (Ekalavya Awardee) Prizes distributed by Dr.Prashanth Vishwanath Dean, IQAC, JSS AHER.
CROSSOVER Sports Fest-2024 organised by SDM Dharwad 09-05-2025 to 12-05-2024	Basketball	Men & Women	III Place
SILHOUETTES & AIIMBT Sports Fest-2024 AFMC Pune 08-05-2024 to 11-05-2024	Chess	Dr.Shet Prajwal P. Internee	Obtained three gold medals and got individual champion.
SILHOUETTES & AIIMBT Sports Fest-2024 AFMC Pune 08-05-2024 to 11-05-2024	Swimming	Mr.Adith Smaran Olety (First Year MBBS student)	Obtained five gold medals and got Men individual champion.

Name of the Tournament Place & Date	Games	Men/Women	Result
TATVAM-2024 National Sports & Cultural Fest (More than 25 plus Medical Colleges participated in the TATVAM-2024 Sports Fest) 12-06-2024 to 16-06-2024	Organised games Basketball Table Tennis Volleyball Throwball Badminton Chess	 Women Men Men Men Women Men Men – Team game Women-Team game	 Winners Runners-up Winners Runners-up Runners-up Runners-up Winners Runners-up Overall individual champion Dr.Shet Prajwal P., Internee

MYSURU CITY INTER COLLEGIATE SWIMMING, BASKET BALL & OPEN RAPID CHESS TOURNAMENT WINNERS (FEBRUARY & MARCH 2024)



Mr. Adith (1st year MBBS) Mysuru city Intercollegiate Swimming Champion (March 2024) at Mysuru



Mysuru, KA, India
1st Main Road, Saraswathipuram, Mysuru,
570009, KA, India
Lat: 12.305950, Long: 76.633434
02/21/2024 05:10 PM GMT+05:30



Dr. Shet Prajwal P. (Intern) Open chess rapid championship winner (March 2024) at Ranebannur



Mysuru city Intercollegiate Basketball Champion (March 2024) at Mysuru



JSS MEDICAL COLLEGE ANNUAL SPORTS MEET INAUGURATION - 24.05.2024



**JSS MEDICAL COLLEGE ANNUAL SPORTS
MEET
PRIZES DISTRIBUTED ON 25.05.2024**



Cultural Activities

TATVAM 2023:

The annual inter-collegiate cultural and sports fest of JSS Medical College, TATVAM, was organised from July 11th to 16th, 2023. This highly anticipated event, distinguished by the theme "A Royal Affair: Where History, Culture, and Grandeur Meet," plunged attendees into the realms of Indian royalty's dynastic past.

The success of TATVAM 2023 owes much to the esteemed individuals who championed its cause: In a significant development, the cultural committee expanded the fest's scope by transforming it into a national intercollegiate event, attracting over 30+ colleges from across the country. Additionally, the fest's online offerings garnered participation from more than 40+ colleges, culminating in a diverse and engaging gathering.



Commencing on July 11th, the event was inaugurated with an esteemed gathering. Dr. B. Manjunatha, Registrar of JSS AHER, and Dr. Vishal Kumar Gupta, Director (Academics) of JSS AHER, graced the event as presiding dignitaries. Accompanying them were distinguished guests including Dr. H. Basavana Gowdappa, Principal of JSSMC; Dr. MN Suma, Vice Principal of JSSMC; and Dr. H. L. Kalabharathi, Chairperson of the Cultural Committee. The inauguration ceremony commenced with the ceremonial lighting of the lamp, followed by an invocation delivered by Srishti Dutta, a student of MBBS Phase II Part I. Subsequent to the inauguration, the college day celebrations unfolded on July 11th. The occasion treated students to a medley of experiences including captivating batch dances, an ethnic walk, and an enthralling performance by the college band, "Fremitus."

Sports Events

From July 12th to 14th, the sports events held the spotlight, featuring an array of activities such as Basketball, Futsal, Throwball, Volleyball, Table Tennis, Badminton, Cricket, and Chess.

Cultural and Literary Events

From July 14th to 16th, the campus of JSS Medical College came alive with a vibrant and dynamic atmosphere as the various clubs, including dance, music, fine arts, drama, literary, and quiz, orchestrated a captivating array of cultural and literary events. Literary enthusiasts engaged in spirited debates, enthralling poetry, and insightful discussions, while the quiz club ignited intellectual battles. The collective enthusiasm and creativity showcased during this period underscored the fest's success in fostering an environment where talent thrived, and artistic minds converged.

The fest boasted an array of captivating events including:

-Dance Events: Solo Dance (Classical), Solo Dance (Non-Classical), Duet Dance, Dance Face-Off, Anybody Can Dance, and Group Dance.

-Music Events: Solo Singing (Classical), Solo Singing (Non-Classical), Duet Singing, Instrumental, Battle of Bands, and Music Marathon.

-Fine Arts Events: Art-A-Thon (Art Marathon), Art Attack, Book Cover Painting, Collage Making, Tatvam Photography, and Just Reel It.

-Literary Events: Literary Marathon, Debate, Jam, Shipwreck, Poetry, Anime Quiz, and Potpourri.

-Drama Events: Street Play, Mono Act, Si-two-ation (Improv), Mad Ads, and Lights Camera Action.

-Assorted Events: Roop-E-Shringar (Fashion Show), Wizengamot, Munder at the Manor, Call of Duty (Mobile), Valorant, General Quiz, and a Teacher's Event.

Valedictory Ceremony

The festivities reached a crescendo on July 16th, 2023, with a valedictory ceremony that hailed and acknowledged the victors of the diverse cultural and literary contests. Dr. Praveen Kulkarni, Vice Principal (Para Clinical), JSSMC, inaugurated the valedictory proceedings. Subsequently, the musical talents of the band "Mysore Xpress" took center stage, delivering a repertoire of popular tracks in various languages. This performance served as an exuberant finale, infusing energy and vibrancy into the fest's culmination.

The success of TATVAM 2023 is a testament to the dedication and collaborative efforts of the Cultural and Sports committee under the constant support and guidance of the college authorities and JSSAHER. This event provided an enriching platform for students to showcase their talents, celebrate diversity, and forge lasting memories.

TEACHER'S DAY 2023:

On September 5th, 2023 the college **community gathered at Gallery 6, JSS Medical College to celebrate Teacher's Day, an occasion dedicated to honoring our exceptional educators. The event was** graced by our esteemed Registrar - Dr. Manjunatha. B, Principal - Dr. H Basavana Gowdappa and Vice-Principals - Dr. M N Suma and Dr.Praveen Kulkarni, whose encouraging words and acknowledgment of the teachers' pivotal role uplifted the spirits of everyone present.



The event began with an invocation by Srishti Dutta, MBBS Phase 2 student. The afternoon unfolded with captivating dance performances by our talented 1st and 2nd year students, poetry recitations and musical performances, sharing expressions of gratitude for the hard work and dedication of our professors. The 1st year students showcased a heartfelt play, symbolizing the profound respect we hold for our teachers. As a gesture of appreciation, entertaining games and engaging competitions were organized for our esteemed professors, providing a moment of enjoyment and relaxation amidst the celebrations. The vote of thanks was proposed by Pratham Mehta, MBBS Phase 3 Part 2 student. It was an event filled with appreciation, respect and heartfelt acknowledgment for the tireless efforts of our teachers in guiding and shaping our collegiate experience and futures.

ASCLEPIUS CULTURAL NIGHT AND ARTCLEPIUS 2023:

Artclepius was one of its own kind of merch designing competition held as a part of Asclepius 2023, the Annual Undergraduate Medical Conference of JSS Medical College, Mysore in collaboration with Kalakriti was held as an initiative to provide young medicos with phenomenal artistic skills, a platform to showcase their talent. The theme ‘Pop culture characters re-imagined as doctors’ was a perfect amalgamation of the interests of the medically inclined youth of modern world. The organizing teams were extremely glad to receive an overwhelming participation and the entries were truly mesmerizing. The winning artworks were awarded cash prizes, were printed on the merch of Asclepius 2023 and were well loved by all!



The cultural night, as a breather for the International Medical Conference, Asclepius was held on September 22nd, 2023. The event started off with a classical jugalbandi of hindustani and carnatic music. The students of final year then, mesmerised the audience with a classical dance performance. It was followed by two vibrant bollywood performances by the students of first, second and third years. The dance events concluded with a powerpack kuthu style performance. The students of the drama club scripted and performed a short skit. Being the first theater event conducted at Cultural Night, the skit set out to show the melting pot of cultures in our college against the backdrop of struggles in this professional course, and was very well-received. The cultural plurality was articulated through attire, regional songs and dance forms that were incorporated into the skit. The last performance of the night was an acoustic band performance that comprised the essence of mini India by FREMITUS, the college band.

KARUNADA UTSAVA 2023:



On the 3rd of November 2023, a vibrant and culturally enriching celebration of Kannada Rajyotsava, "Karunada Utsava," took place at JSS Medical College in Mysuru. The event began with a spirited procession that commenced at 3:30 PM, starting from the college back gate and proceeding to the entrance. The atmosphere was filled with the resonating beats of the traditional Dollu Kunitha, and students energetically grooved to their rhythms, creating an aura of enthusiasm and unity.

Following the colorful procession, a grand cultural program unfolded at 4:30 PM. The program began with the ceremonial lighting of the lamp, symbolizing the dispelling of darkness and the welcoming of light. This auspicious moment was graced by the

presence of esteemed dignitaries, including Dr. M.N. Suma, Vice Principal (Pre-Clinical); Dr. Praveen Kulkarni, Vice Principal (Para-Clinical); Dr. H.L. Kalabharathi, Chairperson of the Cultural Committee; and Mr. Satish Chandra, Administrative Officer of JSS Medical College. The lighting of the lamp was accompanied by a traditional Puspharchana.

The dignitaries delivered addresses that enriched the cultural experience for the audience. Mr. Satish Chandra spoke eloquently about the rich cultural heritage of Mysore, emphasizing the city's historical significance and the importance of preserving its traditions. Dr. M.N. Suma led an interactive quiz session focused on Karnataka, engaging the audience in a lively exchange of knowledge about the state's history, culture, and heritage. Dr. Praveen Kulkarni shared insights on the importance of one's mother tongue and Karnataka's linguistic heritage, emphasizing the need to cherish and promote our linguistic diversity.

The cultural program itself was a spectacular showcase of talent, featuring multiple theatrical, singing and dance performances that captivated the audience and celebrated Karnataka's rich

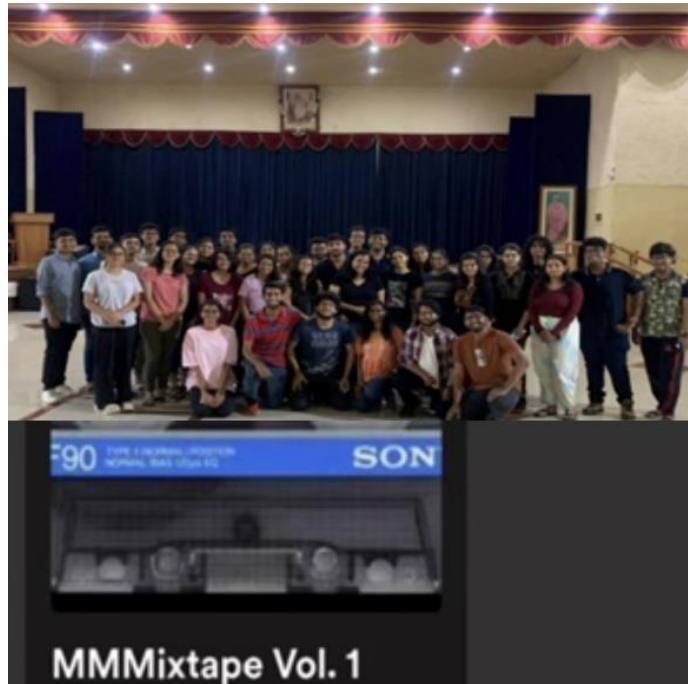
artistic traditions. The vibrant and colorful performances left an indelible mark on the event, uniting everyone in a shared appreciation of Kannada culture. The festivities culminated with a closing address by Dr. Aishwarya Bhat, Member Secretary of the Cultural Committee at JSS Medical College. Her words of gratitude and encouragement reflected the spirit of unity and celebration that defined the Karunada Utsava.

The Kannada Rajyotsava celebration at JSS Medical College, Mysuru, was a resounding success, bringing together students, staff, and dignitaries to celebrate Karnataka's cultural heritage and linguistic diversity. The event served as a reminder of the importance of preserving and cherishing our roots while embracing the future. Karunada Utsava was not only a celebration but also a reaffirmation of the values that bind us as a community and a testament to the enduring legacy of Kannada culture.

CLUB REPORTS:

MUSIC CLUB (MUSIC, MEDICINE, MASTI)

Jam Sessions - MMM organized two jam sessions. Jam sessions were interactive segments held by the club for the sole purpose of increasing the interaction of the students with the music club and unveiling of talents in the college. They provided the students with a vital stage to showcase their talents, whether it was with their voice, or their instruments. Both the jam sessions had creative new segments added, like Trivia, Musical Paraphrasing and games like Render or Surrender. A great response was received from the participants. The first session was held on 22nd April, 2023. It was held in the Sri Rajendra Auditorium in JSS Medical College. The event welcomed a huge number of new talents from the new batch of 2022-23. The event ended up being a



huge success due to the tremendous support from the freshers and the healthy interaction between the core, seniors and the freshers. The second session was held on 10th September, 2023. It was held in the Sri Rajendra Auditorium of JSS Medical College. This event being conducted shortly after the induction of the freshers of the batch of 2023-24 proved to be a warm welcome of the freshers to the college. This session was also packed with many fun events like theme based antakshari, complete the lyrics, translations, musical charades and much more. This was the first event conducted by the new appointed core for the session 2023-24. The jam sessions were renamed as Unplugged sessions.

Online Segments - Certain new segments were released on the Instagram page @music.medicine.masti. Every Tuesday, a Rewind segment is posted that talks about the musical history of the day. MMM also released its first ever Spotify playlist under the title MMMixtape, curated by the core.

DANCE CLUB (THANDAVAM)

Sports Inaugration Ceremony - JSSMC conducted its intracollege sports fest on July 9th and 10th, 2023. The inauguration ceremony included 2 enthralling dances performances from Thandavam. The participants included students from 1st year and 3rd year.



Nutrition Week Flash Mob - As a part of the Nutrition Week celebrations the Department of Community Medicine organised a Flash mob followed by a skit to spread awareness about unhealthy eating. The event was done by members of Thandavam. Dancers from 1st and 2nd year put up an amazing performance at the Nexus Mall and Mall of Mysore on September 10, 2023. The event was appreciated and well received by the mall visitors.



DRAMA CLUB (MYRIAD)

Chitrahaar: Reel in your Talent - As the punny tagline indicates, participants were asked to make 'reels' in this maiden venture by Myriad. Said reels could be a mono-act, a movie spoof, a soliloquy; literally any mode of dramatic expression. The entries were judged by Dr. Ankita Drolia and Dr. Jay Gohri, the founding presidents of Myriad and a separate category of 'Popular Choice' was instituted to recognize the reel with maximum engagement on social media. Winners of 'Judges' Choice' Category Scene Recreation - 3 Idiots (Hindi), Winners of 'Popular Choice' Category Scene Recreation- Love Action Drama (Malayalam)



FINE ARTS CLUB (KALAKRITI)



Art-venture - On 20th August 2023, "Kalakriti" the art club at JSS Medical College, Mysuru organized an event named "Art.-Venture." This event took place at the sports complex and saw the enthusiastic participation of 16 teams. The event aimed to promote artistic expression and creativity among the students. The competition featured three engaging rounds. The first round, a treasure hunt, required participants to decipher answers from pictorial clues and subsequently recreate them through drawing. The second round, a 90-second knockout challenge, demanded one team member to communicate art or photography supplies to their teammate using only yes, no, and maybe questions. The final round, involving the top six teams, was a Pictionary round. In this

round, participants, working in pairs as a drawer and guesser, had to identify famous paintings and their respective artists. The event culminated in the determination of winners based on the accumulated points throughout the rounds.

Inktober - Under the auspices of the Cultural Committee, Kalakriti successfully organized the annual online event, 'Inktober,' throughout the month of October. The event comprised weekly segments such as Meme Monday, Doodle Wednesday, and Shutter Saturday, each week introducing new topics for participants to engage with creatively. People enthusiastically participated by submitting their remarkable entries throughout the month. These entries were regularly showcased on the official Kalakriti Instagram page, garnering attention and appreciation from the audience. To culminate Inktober, winners across various categories were recognized. The winners were publicly announced and congratulated via Kalakriti's Instagram page, acknowledging their talent and contribution to the event's success.



Bollywood Gala - On October 29, 2023 Kalakriti organized a captivating and lively event known as the “Bollywood Gala” at Havana, Mysuru. The event aimed to celebrate the vibrant world of Bollywood, where participants were encouraged to dress up as their favorite Bollywood actors, adding an element of fun and creativity to the day. The event unfolded with an array of engaging activities, commencing with a bollywood trivia competition that comprised three exciting rounds: the Emoji round, Connect and Guess, and a Questionnaire Round. These trivia rounds tested participants’ knowledge of Bollywood films, actors, and memorable dialogues, adding a competitive and challenging edge to the event. Another highlight of the evening was the Bollywood Pictionary, which brought participants closer to the world of movies in a unique way. Participants drew scenes or symbols from famous Bollywood films, and the audience had to guess the movie they were depicting, creating an interactive and entertaining atmosphere. Adding a touch of glamour and talent, individual performances were showcased by participants, with each performer corresponding to their attire. As a Bollywood actor or actress. These performances transported the audience into the magical world of Bollywood and provided a visual treat for all attendees. The much-anticipated moment of the evening was the award ceremony, where the best-dressed participants were recognized for their outstanding efforts.

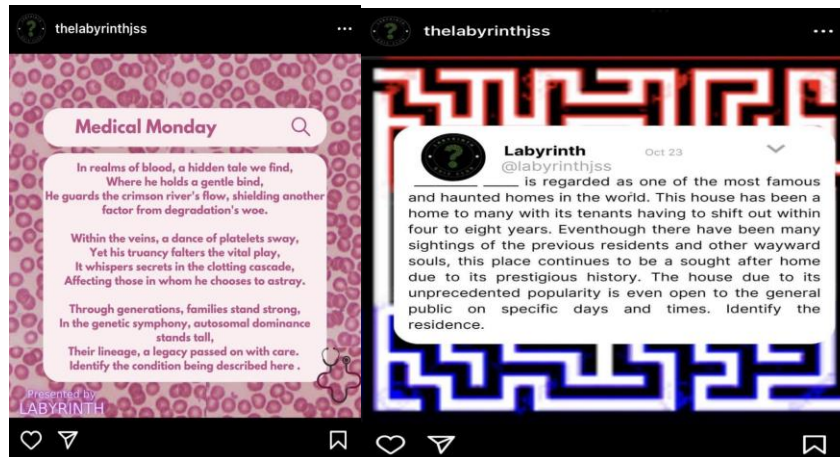
QUIZ CLUB (LABYRINTH)

The Quiz Club of JSS Medical College- “Labyrinth”, is a relatively new entrant into the diverse tapestry of student activities on campus. Born out of a shared passion for trivia and curiosity, this club has quickly evolved into a hub for intellectual exchange. Despite its recent inception, Labyrinth has become a collection of diverse minds, attracting a large number of students. It's a testament to the universal appeal of quizzing and the club's ability to resonate with the eclectic interests of the students.

Trivia Night - To commemorate the official launch of Labyrinth under our president and the recently appointed core, Labyrinth threw a trivia night on November 6, 2023. This was preceded by an online preliminary round attended by 21 teams, each consisting of 3 members. Out of these teams, 6 entered the finals, selected based on accuracy and time. During the finals, contestants were tested across various fields and multiple enthralling rounds which resulted in one team emerging as the winner.



Online Segments - Labyrinth introduced trendy brand new online segments on social media platforms to feed the growing curiosity of the audience alongside instilling a sense of healthy competition. To do so questions across genres were curated and presented to the audience. Segments included medicine monday, takeover tuesday, wordle wednesday, trivia thursday and fandom friday. This ensured diligent participation of budding quizzers and quizzing enthusiasts.



OUTSIDE JSS EVENTS:

PEGASUS 2023 - CHRISTIAN MEDICAL COLLEGE, VELLORE

Srishti Dutta from 2nd year won the 2nd prize in Solo Singing: Eastern Category in Pegasus 2023, the college fest of Christian Medical College, Vellore, on 12th September 2023. The team comprising of Nithya Ravishankar, Sagar Shaji, and Sona Sudhi of 2nd Year put together their wits, gestures, and team synergy to decipher hidden clues and secure the third position in Dumb Charades. The pair comprising of Krishna Rajmohan and Yashvardhan Gaur of 3rd Year, used some quick sketches and swift thinking to secure first position in Pictionary. Yashvardhan Gaur of third year and Sagar Shaji of second year batch made compelling justifications in order to secure the first and third positions respectively in Shipwreck. Interns, Ms Arsha and Mr Avinash won first place for duet dance and Ms Aishwarya Bhat secured third place for classical dance. Ms Devika of 2nd year actively participated in solo classical dance.



SAMMSCRITHI 2023 - MYSORE MEDICAL COLLEGE, MYSURU

Srishti Dutta from 2nd year won the 1st prize in Non-Classical Solo Singing in Sammscrithi 2023 on 5th October 2023, the college fest of Mysore Medical College. Dr. Manan Bajaj and Dr. Gabriel Charles, from the intern batch also participated in the non-classical solo singing. Dr. Manan Bajaj also took part in the solo instrumental.

YOUTHOTSAVA 2023 - INTER COLLEGIATE FEST CONDUCTED BY RED FM

A talent hunt competition was organised by RED FM, Youthotsava, to hunt for talents in Mysore. Srishti Dutta from 2nd year won the 2nd position in solo singing. Yashaswini Mohanty from 2nd year won the 2nd position in solo instrumental. The team comprising of Yashu Juneja and Sugandha Kumari (Phase III Part II), Payal Tada (Phase III Part I), and Prashansa (Phase I) enacted a clever and comical advertisement for a 'deodorant' which secured the first position in Mad-Ads. Yashu Juneja of Phase III Part II, also showcased a splendid performance



and secured the second position in Mono-Act. The team comprising of Anusree T Ajith, Theertha Prasanth, Sneha B Ravi, Meenakshi Krishna, Mariya Reji, Lakshmi Rajeswari Nair (Phase III Part II) participated in group dance, in which they secured the first position.

COBALT SKIES 2023 - BANGALORE MEDICAL COLLEGE, BENGALURU

Bangalore Medical College had organised an inter-college fest with a vast plethora of events and activities. Our college participated enthusiastically and under the category of dance Ms Amritha Shankar and Mr Darshith Pillai of 3rd year had taken part in duet dance showcasing their spectacular performance.



SUTTURU JATHRA MAHOTSAVA

The Cultural Competition held on 6th February 2024, as a part of the Sutturu Jathra Mahotsava, was a vibrant celebration of India's rich heritage. Students from MBBS Phase I and II actively participated, showcasing a diverse array of cultural performances.

1st-year students presented the Kannada folk song "Kodagana Koli Nungitha". The lively and rhythmic melody captured the vibrant spirit of the region, contributing to the overall success of the cultural competition at Sutturu Jathra Mahotsava. The culmination of these efforts resulted in the 4th prize being awarded to Ms. Anika (23M01040) of 1st year in the category of Solo Classical Dance and 5th prize to Classical Group Dance to 1st year MBBS students at the Sutturu Jathra Mahotsava. The judging panel praised the performance for its creativity, originality, and its ability to transcend cultural boundaries.



ORPHANAGE VISIT



On May 10th, 2024, JSSMC M.I.N.D.S Psychiatry Club: Sapiens, in collaboration with Kala Kriti, organized a visit to Sri Chayadevi Anath ashrama in Chikkadanahalli, Jayanagar with the aim of bringing joy and support to the children. Sri Chayadevi Anath ashrama hosts children of ages up to 10 years. The visit included distributing snacks and refreshments such as chips and

juice, as well as essential stationary items like crayons to foster creativity and aid in their educational pursuits. Sports equipment like bats and balls were also provided to encourage physical activity and a healthy lifestyle. This collaborative effort sought to create lasting memories and support for the children at the orphanage, reflecting the commitment of the organizers to make a positive impact in their lives. Through simple gestures and provisions hoped to bring smiles to their faces and contribute to their well-being and happiness.

YUVA BIMBA 2024

JSS Academy of Higher Education and Research (JSSAHER) participated in the 37th Annual South-East Zone Inter University Youth Festival, 'YUVA BIMBA,' organized by the Association of Indian Universities (AIU). The event was hosted by JSS Science and Technology University (JSS STU) from 22nd to 25th February 2024.

The following are the details of the Medical & AHS students & the events participated by the students.

- Solo Western Vocals: Yashvardhan Gaur (MBBS Final Year)
- Classical Instrumental Percussion: Pranav Keshav (MBBS Second Year)
- Debate Competition: Ankit Agarwal and Dhrish Vasa (MBBS Final Year)
- Solo Classical Dance: Vibha Sunil Sastry (First Year MBBS)
- Spot Photography Competition: Nayan Sathyan (House Surgeon)

- Light Vocals Competition: Muktakshi Sonkar (MBBS Second Year) accompanied by
- Nidhish Agarwal (MBBS Second Year) and Rashmi Ranjan Sahoo (MBBS Final Year)
- Quiz Competition: Yashvardhan Gaur, Arush Sudan, and Krishna Rajmohan (MBBS Final Year)
- secured the second position, qualifying for the National Youth Festival 2024.
- Poster Making: Prerana Thulasidas (MBBS Second Year)
- Indian Group Song Competition: Evana Vincent, MP Rakki Suresh, Steve Maria Maxwell, Julitha James, Abhiram S., Chelsy Alaya Philip, Dhanyadeep G, Ananya M, and Swastik U. Ammannny (AHS 3rd Sem)



Winners

S.No	Event	Name	Year	Reg no.	Prize
1	Quiz	Arush Sudan	Final Year MBBS	0M01027	Second
2		Krishna Rajmohan		20M01074	
3		Yashvardhan Gaur		20M01199	

HUNAR 2024

Students from JSS Medical College, JSS Academy of Higher Education & Research recently participated in Hunar 2024, the 37th inter-university national youth festival hosted by Punjab Agricultural University, Ludhiana, Punjab, held from 29th March 2024 to 2nd April 2024. Over 2000 students participated, representing more than 100 universities from across India. On 29th March, a cultural procession took place, and the JSSMC contingent participated in it. The General Quiz event was held on 31st March, 2024.



The format consisted of a written preliminary round, followed by a stage final round. Arush Sudan, Krishna Rajmohan, and Yashvardhan Gaur from MBBS, Phase-3 Part-2 participated in the event, and represented JSSMC. Overall, the Inter-University National Youth Festival was a melting pot of creativity, talent, and cultural exchange, embodying the spirit of unity and celebration among India's vibrant youth.

GRADUATION DAY CEREMONY

The cultural programme following the graduation day ceremony at JSSAHER Campus was a grand event, marked by vibrant performances and enthusiastic participation from both students and faculty. The event was organized to celebrate the achievements of the graduates and to acknowledge the contributions of the student committees and clubs.

The first segment of the programme was dedicated to recognizing the efforts of the student committees and the leaders of various student clubs. Certificates of appreciation were awarded to the members of the student committees and the presidents and vice presidents of the respective student clubs. Following the certificate distribution, the stage came alive with a series of musical and dance performances by the graduates. One of the highlights of the evening was the fashion show. This unique event saw students and faculty members walking the ramp together, symbolizing the unity and camaraderie within the JSSMC community. The fashion show was met with great enthusiasm, with participants displaying creativity and style. It was a celebration of



fashion and fun, enjoyed by all attendees. The cultural programme post the graduation day ceremony was a memorable event, reflecting the spirit and culture of students of JSSMC. It provided a platform for graduates to showcase their talents one last time and for the community to come together in celebration. The event was a fitting conclusion to the graduation day ceremony, leaving lasting memories for the graduates and their families.

AFMC Silhouettes 2024

The Armed Forces Medical College (AFMC), Pune, organized its annual sports, cultural, and literary fest, Silhouettes 2024, from May 8th to 15th 2024. This report summarizes the key events and outstanding performances of our students.

Dhwani Eastern and Western Singing Events

-Eastern Solo Singing: Srishti Dutta (3rd MBBS, JSS Medical College) secured the 2nd position.



-Western Solo Singing: Muktakshi Sonkar (2nd MBBS, JSS Medical College) secured the 3rd position.



-Duet Eastern Singing:

- Srishti Dutta (3rd MBBS JSS Medical College) and Muktakshi Sonkar (2nd MBBS JSS Medical College) qualified for the event.

- Yashvardhan Gaur (4th MBBS JSS Medical College) and Swapnil Chaudhuri (4th MBBS JSS Medical College) also qualified.

-Lily and Snape - Duet Dance Competition- Avinash Gopalakrishnan and Arsha P A (Interns JSS Medical College) secured the 2nd place with their captivating performance of "Laal Ishq."



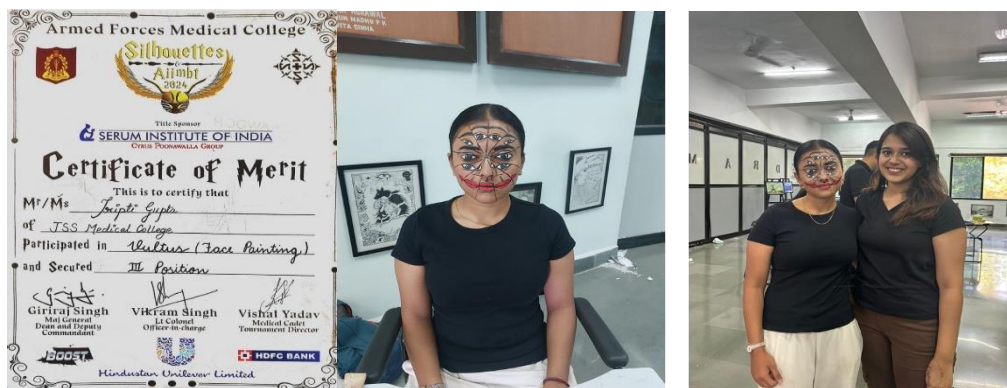
-Spotlight - Solo Dance Event

-Devika Sanjayan (3rd year MBBS JSS Medical College) won the 3rd prize among 37 participants with a mesmerizing Kuchipudi dance performance.



-Kalakriti's Participation in Silhouettes

- Face Painting Competition- Tripti Gupta (3rd year MBBS JSS Medical College) secured the 3rd position, impressing judges and spectators with her intricate designs and creative execution.



-Myriad - Street Play Event

A group of 13 students participated in the street play event, "Tamasha Tera Mera - Nukkad Natak," addressing the impact of social media on mental health. The play highlighted three scenarios depicting the adverse effects of social media on young adults through original jingles and creative props.

The team included: Ayush Rai (4th year), Abhirup Chakraborty (4th year), Swapnil Chowdhary (4th year), Anishka Sneha (3rd year), Chaitanya Charul(3rd year), Sowmika Thalluri (3rd year), Aviral Harsh (3rd year), Prashansa Sharma (2nd year), Enni Chetana (2nd year), Tamanna Gupta (2nd year), Raghav Agarwal (2nd year), Shrishti Dutta (3rd year), Muktakshi Sonkar (2nd year).

Silhouettes 2024 was a resounding success. The event fostered cultural exchange and collaboration.

Winners

S.No	Event	Name	Year	Prize
1	Face Painting	Tripti Gupta	3rd	Third
2	Solo Western	Shrishti Dutta	3rd	Second
3	Solo eastern vocals	Muktakshi Sonkar	2nd	Third
4	Spotlight (Eastern Solo)	Devika Sanjayan	3rd	Third
5	Duet Dance	Arsha PA and Avinash G	Intern	Second

TATVAM 2024

The annual inter-collegiate cultural and sports fest of JSS Medical College, TATVAM, transpired from June 11th to 16th, 2024. This highly anticipated event, distinguished by the theme "Echoes of the Nile: An Egyptian Odyssey", plunged attendees into the realms of Egyptian mystics, pharos and temples.

The success of TATVAM 2024 owes much to the esteemed individuals who championed its cause: In a significant development, the cultural committee expanded the fest's scope by transforming it into a national intercollegiate event, attracting over 30+ colleges from across the country. Additionally, the fest's online offerings garnered participation from more than 40+ colleges, culminating in a diverse and engaging gathering.

Commencing on June 11th, the event was inaugurated with an esteemed gathering. Dr. Vishal Kumar Gupta, Director (Academics) of JSS AHER, graced the event as the presiding dignitary. Accompanying them were distinguished guests including Dr. H. Basavanagowdappa, Principal of JSSMC; Dr. MN Suma, Vice Principal of JSSMC; Sri. Satishchandra , Administrative officer; Dr. H. L. Kalabharathi, Chairperson of the Cultural Committee ;Dr. Puroshottama Sastry, Chairperson of the Sports Committee and Dr. Tejashree, Chairperson of the Literary Committte . The inauguration ceremony commenced with the ceremonial lighting of the lamp, followed by an

invocation delivered by Aditi Vasudevan, a student of MBBS Phase I. The event was declared open by Dr. Vishal Kumar Gupta. The event ended with a Vote of Thanks presented by Dr. Pratham Mehta, Member Secretary, Cultural Committee, JSSMC.



Batch Dance

Following the inauguration, the batch dance began, capturing the attention and hearts of everyone present. This event was conducted in the Vrikshangana, the central courtyard of our esteemed institution. The event saw enthusiastic participation from students across all batches, each bringing their unique flair and cultural diversity to the stage. The preparation and execution of the batch dances highlighted the spirit of teamwork and collaboration among students. It was evident that countless hours of practice had gone into perfecting their performances, fostering a sense of camaraderie and mutual respect.



Fremitus

Following the vibrant batch dance event at the Vrikshangana, the festivities of TATVAM 2024 continued with an exhilarating performance by the college band, Fremitus. Fremitus, a talented group of students from the college's music club MMM, has become synonymous with musical excellence in JSS Medical College. Fremitus performed a medley of various songs, seamlessly blending different genres and languages. Their repertoire included popular hits from Bollywood, Western classics, regional favorites, and contemporary chart-toppers.

Ethnic walk

As part of the vibrant celebrations of TATVAM 2024 at JSS Medical College, Mysore, the College Day featured an exquisite Ethnic Walk, the college's own fashion event. This captivating event showcased the rich tapestry of Indian fashion, with students elegantly representing multiple phases and styles from different regions and eras of India.



Cultural and Literary Events

Dance Events

The dance events were a spectacle of grace, energy, and creativity. The categories included:

- **Solo Dance (Classical):** Participants showcased their prowess in traditional dance forms like Bharatanatyam, Kathak, and Odissi.
- **Solo Dance (Non-Classical):** This event featured contemporary, hip-hop, and Bollywood dance performances.
- **Duet Dance:** Pairs performed synchronized routines in various dance styles.
- **Dance Face-Off:** Dancers competed in a thrilling battle of skills and improvisation.
- **Reflections (Sync Challenge):** Groups competed to perform perfectly synchronized dance routines.
- **Group Dance:** Large groups showcased their coordination and thematic performances.

Music Events

- **Solo Singing (Classical):** Showcasing the purity of classical music through solo performances.
- **Solo Singing (Non-Classical):** Featuring modern, pop, and Bollywood songs.
- **Duet Singing:** Pairs delivered harmonious duets across various genres.
- **Instrumental:** Musicians displayed their skills on various instruments.
- **Battle of Bands:** Bands from different colleges competed, each delivering electrifying performances.
- **Music Marathon:** A non-stop musical extravaganza with participants performing continuously.

Fine Arts Events

The fine arts events allowed students to express their creativity through various mediums:

- **Art Venture:** Participants created unique artworks on different themes.
- **Art Attack:** A time-bound art challenge.
- **Tote Bag Painting:** Creative designs on tote bags.
- **Face Painting:** Artists turned faces into canvases with imaginative designs.
- **Photography:** Capturing moments and themes through the lens.
- **Costume Design:** Designing and presenting creative costumes.

Literary Events

The literary events fostered intellectual engagement and creativity:

- **Literary Marathon:** A marathon of literary activities and competitions.
- **Debate:** Intense debates on contemporary issues.
- **JAM (Just A Minute):** Quick thinking and speaking challenge.
- **Shipwreck:** Participants argued their way out of hypothetical shipwreck situations.
- **Poetry:** Poets presented their original compositions.
- **Potpourri:** A mix of various literary activities.

Drama Events

Drama enthusiasts showcased their acting skills through various formats:

- **Street Play:** Powerful performances on social issues, performed in open spaces.
- **Mono Act:** Solo performances focusing on individual expression.
- **Mad Ads:** Humorous and creative advertisements performed live.
- **Lights Camera Action:** Short plays and skits performed on stage.

Quiz Events

The quiz competitions tested participants' knowledge across various domains:

- **General Quiz:** Covering a broad range of topics.
- **Fandom Quiz:** Focused on popular fandoms and franchises.
- **Anime Quiz:** Dedicated to anime knowledge and trivia.

Assorted Events

A variety of unique and engaging events were also held:

- **Panache (Fashion Show):** A glamorous fashion show highlighting student-designed attire.
- **Cine Verse MUN:** A Model United Nations event with a cinematic twist.
- **Escape Room:** Teams solved puzzles to escape themed rooms.
- **FIFA:** A competitive video gaming event.
- **Call of Duty (Mobile):** Mobile gaming competition.
- **Valorant:** A tactical first-person shooter game competition.
- **Teacher's Event:** Special events organized for the faculty members.

Literary Activities

Samarthya annual College magazine 2021-22 secured first prize under medical and technical institute category. Prize distribution was during the celebration of 108th Jayanthi Mahotsava of Shri Shivarathri Rajendra Mahaswamiji on 29th August 2023. Dr.MN Suma, Vice Principal; Dr. Tejashree A, Chairman, Dr. Pushpa NB, Member Secretary, Literary and Magazine committee and Mrs. Shilpa P, Assistant AO, JSS MC received the prize from HIS HOLINESS.



Samarthya magazine secured prize for three consecutive times, so Literary and magazine committee had organized thanks giving program for the students and faculty of Magazine committee. Principal- Dr. H Basavana Gowdappa, Vice Principal Dr.MN Suma, Vice Principal Dr. Praveen Kulkarni, Administrative Officer Mr. Satish Chandra graced the occasion. Students and faculty were appreciated with a certificate and token of appreciation. Dr. Pushpa NB, Member secretary, Literary and magazine

committee coordinated the event.

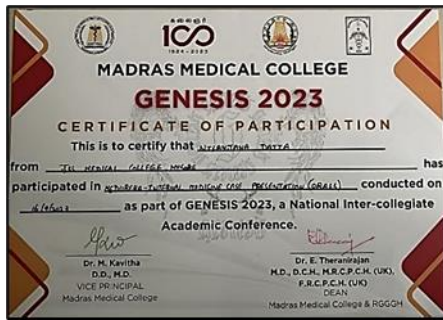
Student Representation



Mr. Akshay DV of 3rd MBBS had participated in 31st annual state conference of Karnataka medico legal society organized by dept of Forensic Medicine & toxicology, Mangalore on 3rd & 4th of November 2023,

A role play was organized during CME by Physician association for nutrition India on Evidence based nutrition (PAN INDIA). It was a successful program held in the Mysore medical college on 29th November 2023, to spread awareness about importance of nutrition. In total there were 8 teams who

took part in the competition. Harshitha, Devam, Harshith Vrindesh and Dhanushya of 1st MBBS from JSS took part in the event. The theme of the role play was ANOREXIA NERVOSA. JSSMC team secured the third prize in the overall final competition.

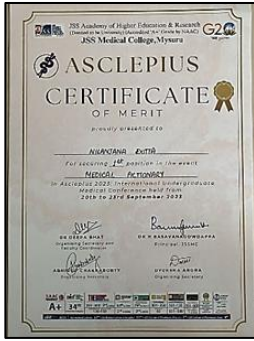


Nilanjana Dutta, Final Year MBBS had participated in the following events :

1) Case Presentation at Madras Medical College- 16/09/23 Topic: Azathioprine Induced Alopecia and Myelosuppression

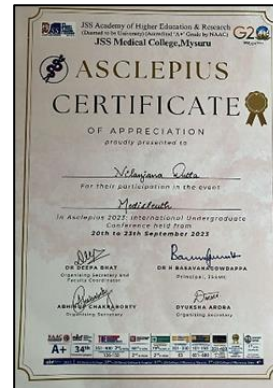
Nilanjana Dutta, Final Year MBBS, had presented case in the National medical conference PANCEA held at Bangalore Medical College and Research Institute on 10/10/23. Topic of presentation - CNS Tuberculoma with TB Meningitis, CVT, Temporal Lobe Seizures and ATT Induced Hepatitis.





Nilanjana Dutta, Final Year MBBS has secured first prize in Medical Pictionary competition in the National UG conference ASCLEPIUS organized by JSS Medical College Mysore between 20th – 23rd September 2023.

Nilanjana Dutta, Final Year MBBS Participated in Asclepius Medisleuth, organized by the Department of Forensic Medicine and Toxicology & JSS Medical College during ASCLEPIUS 2023 held between 20th & 23rd September 2023.



Nilanjana Dutta, Final Year MBBS was finalist in the Occam's Razor Clinical quiz: 22/09/23 held during National UG conference ASCLEPIUS 2023 organized by JSS Medical College, Mysore.



Param Seth, 2nd MBBS had participated in oral case presentation and secured 3rd prize in the National UG conference ASCLEPIUS 2023 organized by JSS Medical College, Mysore held between 20th – 23rd September 2023.

Jaswant Arjun Sujaram of final year MBBS had participated in the Model united Nation held during National UG conference ASCLEPIUS 2023 between 20th-23rd September 2023.



Jaswant Arjun Sujaram of final year MBBS had participated in the Medical Pictionary held during National UG conference ASCLEPIUS 2023 between 20th-23rd September 2023

Jaswant Arjun Sujaram of final year MBBS had participated in the Surgical skills workshop (suturing, knots, and Ryle's tube insertion) held during National UG conference ASCLEPIUS 2023 between 20th-23rd September 2023.



Jaswant Arjun Sujaram of final year MBBS had participated in the Ultrasound guided nerve block workshop held during National UG conference ASCLEPIUS 2023 between 20th-23rd September 2023.

Jaswant Arjun Sujaram of final year MBBS had participated in the CME on hospital acquired infection surveillance held on 17-10-2023 organized by JSS Hospital, Mysore.



Mouli Mandal of 2nd MBBS had participated in EPIGNOSIS-6 : Certificate of participation for actively participating in "6th State Level Biochemistry Quiz" Competition. Certificate awarded in association with Mysore Medical College

Mouli Mandal of 2nd MBBS received Certificate of Participation in First edition of pan - India online general quiz conducted by Students Association of AIIMS Bhubaneswar September 2023-24



Mouli Mandal of 2nd MBBS had participated in Medillectuals Lite 2023, conducted in AIIMS, New Delhi as a part of Pulse 2023

Mouli Mandal of 2nd MBBS was qualified in the 1st round of Elsevier Basics Sciences Olympiad (EBSO) 2023 organized by ELSEVIER.



Mouli Mandal of 2nd MBBS was qualified for 1st round of Occam's Razor held during Tatvam at JSS Medical College between 11th – 16th July 2023.



Saumya Upadhyay of 1st MBBS had participated in debate organized by JSS college of Pharmacy on 10th October 2023. Topic- 33% of Women's reservation

Sharanya Bose, 3rd year had participated 'Axon' - PSG IMSR Coimbatore, Junior Quiz and secured 3rd prize. It was held between 3rd – 5th August 2023.



Sharanya Bose, 3rd year had participated in ENDOLYMPICS, CPC (Clinico pathological correlation) - Senior Quiz and was qualified to finals organized by PSG Institute of Medical Sciences & Research, Coimbatore between 3rd – 5th August 2023.



Sharanya Bose, 3rd year had participated in Poster presentation in 'Panacea' National Medical conference held at Bangalore medical College on 10th October 2023

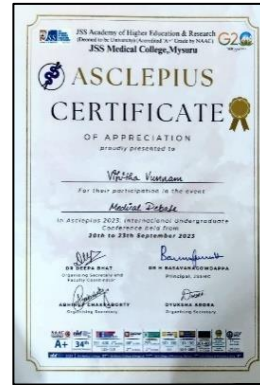
Sharanya Bose, 3rd year had participated Canvassio (online) competition and secured 1st prize. It was organized by PSG Coimbatore, between 3rd -5th August 2023.

Rupashi of 3rd MBBS secured first prize in Poster case presentation in BMC PANACEA conference held on 10th October.



Vihitha Vunnam from 3rd year MBBS had participated in Case presentation event in the National UG conference - ASCLEPIUS 2023 held between 20th – 23rd September 2023 organized by JSS Medical College, Mysore.

Vihitha Vunnam from 3rd year MBBS had participated in Medical debate in the National UG conference - ASCLEPIUS 2023 held between 20th – 23rd September 2023 organized by JSS Medical College, Mysore.



Vihitha Vunnam from 3rd year MBBS had presented Poster during Vagus 2023- National UG conference organized by Mysore Medical College between 1st & 2nd October 2023

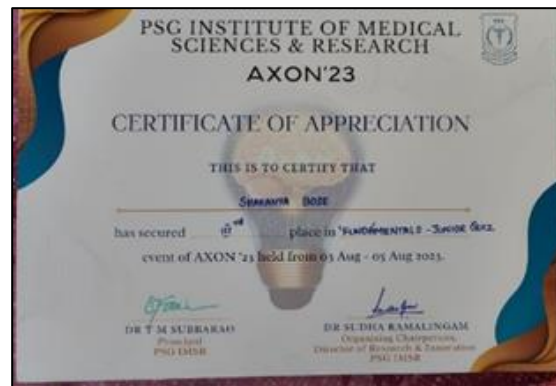
Pravallika Rao and Aditi Krishna Kumar of 2nd MBBS had secured second prize in poster presentation during National UG conference ASCLEPIUS 2023 held at JSSMC between 20th -23rd September 2023





Om Priyadarshini M and Pratham Mehta participated in a workshop titled ‘Basics of ECG’ AXON 23 conference on 3rd August 2023 organized By PSG Institute of Medical Sciences, Coimbatore. The workshop covered fundamental concepts, lead placement, waveform interpretation, and common abnormalities. Practical demonstrations and interactive sessions enriched our understanding. The event was highly informative, enhancing our knowledge of ECG interpretation.

Sharanya Bose and Ayushi secured 3rd prize in Junior quiz and won a cash prize of Rupees 1000 during AXON 23 conference on 3rd August 2023 organized by PSG Institute of Medical Sciences, Coimbatore. The quiz encompassed diverse topics, testing our knowledge, critical thinking, and teamwork. Our performance was characterized by consistent effort and effective collaboration. While we aimed for the top position, securing third place was still a remarkable achievement. The competition fostered intellectual growth, encouraging us to delve into various subjects



Sharanya Bose and Pratham Mehta presented a poster on LGBTQ+ community inclusiveness in healthcare during AXON 23 conference on 3rd August 2023 organized by PSG Institute of Medical Sciences, Coimbatore. The poster discussed challenges faced by LGBTQ+ individuals, emphasizing the need for respectful and sensitive care. It highlighted successful strategies for creating an inclusive environment, including staff training and policy reforms. The presentation sparked engaging discussions on improving patient experiences.

Yashika won the best delegate prize in Model United Nation during **AXON 23 conference** on 3rd August 2023 organized by PSG Institute of Medical Sciences, Coimbatore. The Axon Mun Committee on Healthcare Innovation and Digital Transformation met on August 4th-5th, 2023. Delegates discussed telemedicine accessibility, data privacy, and political impact on healthcare. Challenges arose from allegations of Chinese hackers stealing US patient data, affecting US-



China relations. Despite this, productive discussions led to a resolution addressing key healthcare issues. The meeting provided valuable insights into healthcare innovation and digital transformation on a global scale.

Sharanya and Ayushi qualified as the top 6 teams for Clinicopathological quiz during **AXON 23 conference** on 3rd August 2023 organized by PSG Institute of Medical Sciences, Coimbatore. The competition, focused on linking clinical presentations with pathological findings, highlighted our knowledge and diagnostic skills. The diverse range of cases tested our ability to connect theoretical knowledge with practical scenarios. While aiming for the top position, the experience itself was invaluable. The quiz enhanced the understanding of medical diagnostics and reinforced the importance of multidisciplinary approaches.

Om and Pratham got selected as the top 8 teams in Biomedical Hackathon and presented their model on my health band – an innovative approach on electronic health record systems during ECG' AXON 23 conference on 3rd August 2023 organized By PSG Institute of Medical Sciences, Coimbatore.



Om and Pratham achieved first prize in the Medical Case Presentation held on August 7th and a cash prize of 1000 rupees during STRIATUM-International UG conference held on 8th August at Indira Gandhi Medical College and research Institute, Pondicherry. Their presentation on "Dapsone Induced Agranulocytosis" garnered recognition for its insightful analysis. They adeptly elucidated the intricacies of the case, highlighting their comprehensive understanding of the subject. Their success not only reflects their dedication and meticulous research but also highlights their adeptness at translating medical complexities to a wider audience.



Pratham and Om participated in medical debate on emerged as the Best Speaker in

the Medical Debate held during STRIATUM- International UG conference held on 8th August at Indira Gandhi Medical College and research Institute, Pondicherry.

Excelling preliminary rounds as top teams, they highlighted exceptional debating skills. The final debate, centered on legalizing surrogacy for profit, witnessed their insightful arguments and eloquence. Their comprehensive analysis and engaging delivery captivated the audience



PEGASUS 2023, LITERARY EVENTS held at CHRISTIAN MEDICAL COLLEGE between 11-16th September 2023.

The Literary events of Pegasus 2023 were held over the course of 5 days starting from 11th-16th September organized by CMC Vellore. It was conducted with great zeal and students from our college participated enthusiastically. The events held were- Flash Fiction on 12th September, Short Story Writing on 13th September, Poetry on 14th September and Essay Writing on 15th September. Prompts for each event were given on the spot and participants were allotted 24hours to creatively come up with submissions for the same. With over 40 participants from various colleges for each event, the competition was tough. **Sowmika T (2nd MBBS)** from JSSMC wrote Flash Fiction for the prompt "Comedy of Errors" and was shortlisted as a potential finalist. **Chethna Rajesh (2nd MBBS)** had written essay titled "Do the Ends Justify the Means?" was awarded a special mention. The other events like Poetry Writing had prompts like- 'Spectrum of colors and emotions', 'Your life as an object' which were interesting to write on and partake in. All in all, the students thoroughly enjoyed themselves and this was a good learning experience.



Prisha Mehta, 9th term had participated in Case Presentation at Mysore Medical College on 2nd October 2023 during VAGUS 2023, UG Medical conference



Prisha Mehta, 9th term had presented case in the PANACEA National Medical conference held at Bangalore Medical College on 10th October 2023.

Arnav Salar, 4th year MBBS had participated in Case presentation and received a special mention Certificate during National UG conference Asclepius 2023 organized by JSS Medical College, Mysore between 20th and 23rd September 2023.



Arnav Salar, 4th year MBBS had participated in Clinical Case presentation at Vagus 2023, organized by MMC, Mysore on 1st and 2nd October 2023.

Arnav Salar, 4th year MBBS had participated in Poster presentation at Vagus 2023 UG Conference, organized by MMC, Mysore on 1st and 2nd October 2023.





Samyuktha from 2nd year MBBS, had participated in VAGUS-MMC UG Conference for Poster presentation organized by MMC, Mysore on 1st and 2nd October 2023

Mridusmita Hazarika, of MBBS phase I (2022-23) had participated EPIGNOSIS-6 : Certificate of participation for actively participating in "6th State Level Biochemistry Quiz" Competition. Certificate awarded in association with Mysore Medical College held on 23rd September 2023.



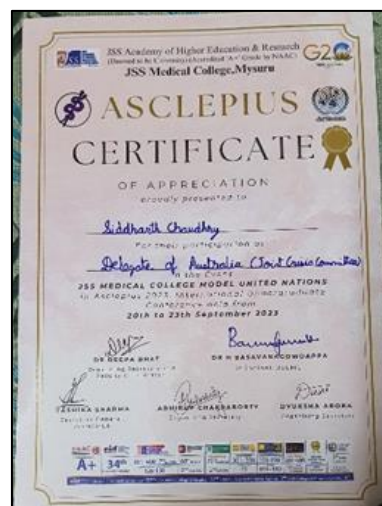
Mridusmita Hazarika, of MBBS phase I (2022-23) had participated in World Rabies Day quiz by IMA MSN KGMU held on 28th September 2023.

Mridusmita Hazarika, of MBBS phase I (2022-23) had participated in Manipal MedAce challenge by Think Med organized by KGMU, Lucknow,

Mridusmita Hazarika, of MBBS phase I (2022-23) was qualified for 1st round of Occam's Razor held during Tatvam at JSS Medical College held between 11th – 16th July 2023.

Mridusmita Hazarika, of MBBS phase I (2022-23) had participated in Medillectuals Lite 2023, conducted in AIIMS, New Delhi as a part of Pulse 2023 held on 20th September 2023.

Siddharth Chaudhry, MBBS Year 1 2023-2024, had participated in the Joint Crisis



Committee of the JSS Medical College Model United Nations in Asclepius 2023: International Undergraduate Conference held from 20th to 23rd Sept.2023.



Nishka Gupta, 1st MBBS, had participated in the EPIGNOSIS biochemistry quiz at Mysore Medical College on 23rd September 2023.

Yashika Sharma secured 1st place in essay Competition at JSS Law College Hostel for Women in May 2024.



National Anatomy Quiz at SIMSRC, Bengaluru. Aniketh Venugopal and Rahul Sreenath from MBBS Phase-2 represented JSS Medical College, Mysuru in the National Anatomy Quiz was held at Saptagiri Institute of Medical Sciences and Research Centre, Bengaluru on 1st Feb 2024. There was a total of 178 teams from Medical Colleges throughout India. Both were awarded participation certificates for the same.

State Level Intercollegiate Physiology Quiz-2024

Aniketh Venugopal and Sharenya Chowdhury of MBBS Phase-2 had participated in the Dr.A. Krishna Rao memorial inter collegiate Physiology quiz held at Kasturba Medical College, MAHE, Manipal on 15th March 2024. Both were awarded participation certificates for the same.



KMC EREVANA 2024

Shruti Shambhavi of 2nd year had participated in the poster presentation and quiz competition during National undergraduate medical conference 2024 organized by the student forum of Kasturba Medical College, Mangalore, between 3rd -5th May 2024.



Ms. Sharanya Bose of final MBBS, had participated in EREVNA Undergraduate Medical Conference organized between 3rd to 5th May in Kasturba Medical College, Mangalore. Out of 160 abstracts, 14 were selected for paper presentation. She had presented her research paper on the topic - Assessing LGBTQ+ awareness, knowledge and confidence among undergraduate medical students: a cross-sectional study – a project under the guidance of Dr Bindu, Dept of Psychiatry and Dr Smitha, Dept of Forensic Medicine and Toxicology, JSSMC. The guest speaker for the conference was Dr Archith Bloor. Overall, the conference was an enigmatic blend of knowledge and innovative learning.



Ms. Riddhi & Ms. Rasha of 3rd MBBS had attended the KMC Erevna conference in quest of expanding the horizons of our medical knowledge. Conference was held between 2nd to 5th of May 2024. On the first day we attended the quiz prelims as a team. The following day she participated in a poster presentation on the topic- Spectrum of congenital anomalies in fetal autopsies: An experience of a decade in tertiary care hospital”. Further they attended the STROKE SYMPOSIUM WORKSHOP where they were given the first-hand experience of catheterization. The highlight was the group discussions regarding MRI and CT. Overall it was a highly educational and informative venture, we would like to thank JSS faculty for letting us be a part of the same.



Mr. Shaurya Kant and Mr. Vansh Shukla of 2nd MBBS had participated in the EREVNA Undergraduate Medical Conference was organized between 3rd to 5th May in Kasturba Medical College, Mangalore.





Ms. Sharenya Chowdhary of 2nd MBBS had participated in the EREVNA Undergraduate Medical Conference was organized between 3rd to 5th May in Kasturba Medical College, Mangalore. She had presented poster on the topic- “Pink pulseless hand: The surgical dilemma of vascular exploration in supra condylar fracture” and also attended workshops in the conference.

Ms. Mouli Mandal, Ms. Nishika Gupta, Ms. Mridusmita Hazarika and Ms. Snigdha Muthyala had participated in the EREVNA Undergraduate Medical Conference held between 3rd to 5th May in Kasturba Medical College, Mangalore. They attended workshops in Emergency medicine and Radiology with hands on experience on thrombectomy and catheterization. They also took part in Quiz.





Ms. Kalyani (MBBS Phase III Part 1) had participated in the EREVNA Undergraduate Medical Conference held between 3rd to 5th May in Kasturba Medical College, Mangalore and presented case – “Spontaneous hemothorax in the immediate postpartum period: A fatal complication of neuro-fibromatosis” guided by Dr. Jayashree S.

Mr. Shaurya Kant of 2nd MBBS had participated in the ICTD quiz organized by Indian society of clinical research (ICSR) and (ACCRI) on 20th May 2024. He was awarded certificate of appreciation for winning the Preliminary round.

ICTD Quiz 2024



Kanishka Garg, 2nd MBBS had participated in ICTD quiz organized by Indian society of clinical research (ICSR) and (ACCRI) on 20th May 2024 and he had cleared the preliminary Round.

Anat Art fest 2024

Ms. Stuti Jajodia, Ms. Vanshika Jaimini, and Ms. Sana Singh of phase II MBBS had attended Anat art fest in Father Muller Medical College, Mangalore, held on 18th May, 2024. The competition consisted of three rounds, Davinci round, candid clicks round and magic fingers round. The top 5 teams selected for the 3rd round. Ms. Stuti and team secured 3rd position in the competition.



Activities conducted by BIBLICHOR under the aegis of Literary committee

Biblichor – (the Literary Club) under the aegis of Literary and Magazine committee, JSSMC, had organized an event “Bibli-code” on 12th May, 2024, in Sri Rajendra Auditorium. This event was innovated with the purpose of reaching out to all the literary-minded students here at JSS- so that they may join this community and explore all that Biblichor has to offer!

The event was attended by 25 enthusiastic participants, including 1st, 2nd years, 3rd and also 4th year students! When they first arrived, they were asked to introduce themselves, and talk about their interests—following which the Club Core Members did the same. After this short, ice-breaking discussion, the Organizers proceeded to explain the event- it’s objectives, the included rounds, and the prize. The competition started with the first round— **Book Title Pictionary!**

In this game, Participants were given a list of well-known novels of a wide range of genres. They then had 15 seconds to have an overall look at the list, and 120 seconds to depict their book titles by drawing them! This fast-paced game proved to be a great bonding experience, as teammates cheered each other on, and our quick-thinking participants enjoyed this test of their Literary knowledge.



The next game was called **Character Charades!** In this dumb-charades-Esque game, participants were asked to pick a chit out of a bowl containing about 50 popular and beloved Characters—spanning from young adult picks such as Harry Potter, to Classic heroes such as Sherlock Holmes. The attendees depicted each character with extreme precision, and had a great time guessing their favorite literary icons!

This was followed by a unique, tough, but extremely enjoyable game called **Pass the Perspective!** Team members were asked to sit in a line, and the first person was asked to start off a storyline—they were to tell a story with the utmost grammatical precision, no gerunding, pausing, etc. If they fumbled- the chance moves to the next person! This allowed the participants to let their imaginations run wild, and put their speaking skills to the test!

Last but not least, was a game called **Bad Plots**. This was a quiz-like buzzer round, wherein the organizers recited a list of plots of famous novels- but in a bad way! Each novel was summarized in a sentence or two, and the participants then had to guess the book by this synopsis. This was the ultimate test of the extent of their literary prowess- and the students enjoyed being reminded of their avid reading days.

All of these games were designed keeping in mind the Literary Events of Tatvam 2024! The aim was to familiarize students with events such as Potpourri, JAM, Shipwreck and Literary Marathon- and therefore encourage participation. Each round was discussed by the core members, and participants were given pro-tips regarding the best way to win these games!

The event was closed with the tallying of the scores, and picking the Winners and First-Runner-ups! Winners were awarded with a free ticket- providing direct entry into the second rounds of Potpourri and Literary Marathon. The 2nd team was given the same- but for a single event. The organizers then thanked everyone for coming, and the event ended on a successful note.

REPORT- Book Exchange

On February 25th, Biblichor had organized an event called "Trading Tales" for bibliophiles. The attendees enthusiastically participated in insightful book discussions, discussing their favorite books and sharing their thoughts with like-minded individuals. Readers immersed themselves in a plethora of activities centered around their love for literature and reading.

Each reader attended the event with a book of their choice and discussed why they picked that particular book, why they liked it, and why they would recommend it to others. Works such as George Orwell's "1984," Ray Bradbury's "Fahrenheit 451," and Murakami's "Norwegian Wood" were among the large number of books that were discussed.

Attendees exchanged books with other readers based on their recommendations. The event successfully fostered a sense of community and encouraged other students to become part of that community.



Graduation day- Release of College Magazine

Annual college magazine Samarthya 2023-24 was released on 23rd March 2024 in the Divine Presence of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji by Dr.C.G.Betsurmath (Executive Secretary JSS Mahavidyapeetha). Dignitaries present during the occasion were, Dr.Shashank R Joshi, Senior consultant Endocrinologist, Lilavati hospital & Research centre, Mumbai. Dr.B.Suresh (Pro Chancellor) Dr.Surinder Singh (Vice Chancellor, JSSAHER), Dr.Prashanth V (Director-Research), Dr.R.Sudeendra Bhat (Controller of examinations), Dr.B.Manjunatha (Registrar, JSSAHER), Dr.Basavana Gowdappa (Principal, JSS Medical college), Dr.C.P.Madhu (Medical Superintendent, JSS Hospital), Dr.Suma M.N. (Vice principal- Pre) Dr.Praveen Kulkarni (Vice Principal- Para clinical), Dr.Manthappa M (Vice principal- Clinical), Dr.Tejashree A (Chairperson – Literary & Magazine committee) Dr.Pushpa N.B (Member secretary, Literary & Magazine committee), Dr.Aishwarya Bhat & Dr.Shreyas Eswaran.



Institutional Accomplishments



JSS Medical College campus has successfully been certified for ISO 50001:2018 (Energy Management systems) and ISO 14001:2015 (Environmental Management systems) on 18-04-2024

INNER REVIEW
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Dr H Basavana Gowdappa
Principal, JSS Medical College | Dean Faculty of Medicine
JSS Academy of Higher Education and Research, Mysuru

Journey and Challenges

The journey of JSS Medical College has been characterized by significant milestones and transformative growth since its establishment in 1984. Initially, the college encountered formidable challenges as it endeavored to establish itself as a leading institution in medical education and healthcare provision. It has been effectively overcome the challenges in developing requisite infrastructure, and recruiting qualified faculty members. The transition from affiliations with the University of Mysore to the Rajaraja University of Health Sciences presented administrative and logistical complexities that required adept navigation.

Moreover, aligning the institution's resources with the dynamic needs of the healthcare sector demanded strategic foresight and innovative solutions. Despite these formidable initial struggles, JSS Medical College remained steadfast in its commitment to excellence under the visionary leadership of His Holiness Jagadguru Dr. Sri Shivarathri Rajendra Mahaswami. Through unwavering dedication and perseverance, the institution surmounted obstacles and emerged as a beacon of excellence in medical education and patient care.

Today, JSS Medical College stands as a testament to resilience and innovation, providing quality education and compassionate healthcare to students and communities alike. Its journey reflects a profound commitment to academic excellence, societal impact, and continuous improvement.

As it continues to evolve and adapt to the evolving landscape of healthcare, JSS Medical College remains dedicated to its mission of producing competent healthcare professionals & contributing to the well-being of society.

Founder and Management

	His Holiness Jagadguru Dr. Sri Shivarathri Rajendra Mahaswami Founder President of JSS Institutions/Trusts, Mysuru		Dr. Manjunatha, B. Professor JSS Academy of Higher Education & Research Mysuru		Dr. Vidya CS Professor and Head Department of Health Sciences, JSS Medical College Mysuru
	Jagadguru Sri Shivarathri Dvaidikendra Mahaswami His Holiness, Spiritual and Intellectual Leadership/Inspiration, President of JSS Academy of Higher Education & Research, Mysuru		Dr. C P Madhu Professor & Head of Department JSS Medical College & Hospital Mysuru		Smt Shilpa P Associate Administrative Officer JSS Medical College Mysuru
	Dr. C G Benarmath Associate Director JSS Health Science Mysuru		Dr. Suma M N JSS Mysuru (Pvt. - Clinical) JSS Medical College Mysuru		Dr. Preven Kulkarni Professor & Head of Dept JSS Medical College Mysuru
	Sri S P Manjunath Secretary JSS Health Science Mysuru		Dr. Suresh JSS Mysuru JSS Academy of Higher Education & Research, Mysuru		Dr. Manthappa M JSS Mysuru (Pvt. - Clinical) JSS Medical College Mysuru
	Dr. Srinidhi Singh JSS Mysuru JSS Academy of Higher Education & Research, Mysuru		Sri. Satish Chandra S R Administrative Officer JSS Medical College Mysuru		

The founder and management of JSS Medical College have played instrumental roles in shaping the institution's trajectory and ensuring its growth. His Holiness Jagadguru Dr. Sri Shivarathri Rajendra Mahaswami, the visionary founder, laid the foundation for JSS Mahaswamiji's expansive reach and impact. From establishing five hospitals for needy students to founding schools, colleges, and hospitals, His Holiness demonstrated a deep commitment to education, healthcare, and social service.

His foresight and philanthropic endeavors created a legacy of service and empowerment continues to inspire generations. Building upon this foundation, Jagadguru Sri Shivarathri Dvaidikendra Mahaswami, the current pontiff and Chancellor of JSS Academy of Higher Education and Research, has steered the institution towards global prominence.

Under his leadership, JSS Mahaswamiji has expanded its educational offerings, forged strategic partnerships, and extended its reach beyond Karnataka to states like Tamil Nadu, and Uttar Pradesh, as well as overseas to Mauritius, Dubai, and the United States.

JSS Medical College has been featured as “Top 10 Educational Colleges to watch” in the Inner Review – Accelerating Business magazine in June 2024 edition. This magazine has Worldwide subscription of more than 10 lakhs.

Sports meet



JSS Dental College and Hospital hosted its annual sports meet, graced by esteemed Chief Guest Dr. Vishal Kumar Gupta, Dean Academic, JSSAHER, Dr. Dhakshaini M R, Principal, Dr Jaishankar H S, Vice Principal, Dr. Sowmya S, Sports Secretary, Dr. Anushree S M, AAO as well as HODs, faculty, Non-teaching staff, and enthusiastic students. The event commenced with an energetic athletic session at the JSSAHER ground, followed by a formal inauguration. Fun-filled games were organized for staff members, adding to the festive spirit of the occasion. Dr. Sowmya S, the Sports Secretary, concluded the event by announcing the results of the annual sports activities, celebrating the achievements of participants.

Attended:

28th to 31st March 2024, 12th NITTE Accolades : South India Medical and Dental Intercollegiate sports tournament



The Nitte University Tournament was held in Mangalore from 28-3-2024 to 31-3-2024. Dr. Bhavana, Dr. Nishika, Dr. Poorvika, Dr. Mahima, Ms. Charumathy, Ms. Shriya, Ms. Yashwi, and Ms. Deeksha competed in badminton and throwball, reaching the semifinals in both events.

Their performance highlighted their dedication and brought recognition to JSS Dental College. The tournament, hosted at Nitte (Deemed to be University), provided a platform for enhancing their sportsmanship and competitive spirit .

5th to 7th April 2024 INDIAN DENTAL CONVENTION: MOKSHAA



MOKSHAA a Dental convention was held in Sri Venkateswara dental college and hospital, Chennai. The convention included many events along with Badminton and athletics. The students (Ms.Yasaswi Poonacha, Ms.Charumathy Sriram ,Mr. Adithya S K and Mr. Mohammed Saif) of 2nd BDS participated in a Badminton and athletics. Both Ms.Yasaswi Poonacha and Ms.Charumathy Sriram qualified for finals. Mr. Adithya S.K Participated in Badminton. Mr.Mohammed Saif Participated in 100mts and 200mts and qualified for final list of 100mts. The students demonstrated their commitment and talent by making it to the semifinals and finals.

Cultural Activities



On 6th February 2024, the students of JSS Dental College actively participated in the cultural activities of the Suttur Jatra Mahotsava. Dr. Dakshaini M R, Principal led the group and was

accompanied by Dr. Manjula S, Cultural Secretary and other members of the cultural committee. The staff of the college sought blessings from his holiness during the event. The students showcased their talents and enthusiasm, adding vibrancy to the festivities and making a significant contribution to the cultural celebrations.

DRISHYA-24 Cultural Fest



DRISHYA-24 has commenced at JSS Dental College, marking the beginning of a celebration filled with color and culture. The campus was adorned with the rich and vibrant colors of ethnic attire, as students and staff proudly displayed their traditional clothing. The event was honored by the presence of Principal Dr. Dakshayini M R, who extended her warm wishes, setting a positive tone for the week ahead. Let us embrace this festive occasion and embark on a week of joyous celebrations.

Conference

19th Annual National Conference of Indian Association for Geriatric Mental Health (GERON 2023) - 23.09.2023-24.09.2023

With the blessings of His Holiness Mahaswamiji, Department of Psychiatry, Department of Clinical Psychology, Department of Geriatrics JSSMC & JSSH & JSSAHER along with the Indian Association for Geriatric Mental Health conducted the Indian Association for Geriatric Mental Health 19th Annual National Conference- GERON 2023 from 23rd September 2023 to 24th September 2023 at Jss Medical college and Hospital, Mysuru. The theme for the conference was Relationship and Caregiving in Elderly. The conference was attended by around 150 health professionals from all over India. Justice N Kumar former judge of Karnataka High court was the chief guest for the conference, he has been also serving as the mentor for the Karnataka State Mental Health Authority. The program was inaugurated by Dr Manjunatha, Registrar, JSS AHER and Dr Basavana Gowdappa H, Principal, JSS Medical college Mysuru. The program was presided over by Dr Gautam Saha, President of IAGMH



The inauguration was followed by the book release of two books titled Relationship and Caregiving in elderly (Authors: Dr T S Sathyanarayana Rao, Dr Shivananda Manohar J, Dr Suman S Rao & Dr Vikram G) by Dr Alka A Subramanyam President- Elect, IAGMH and another book titled Ageless Reverie (Authors: Dr T S Sathyanarayana Rao, Dr Rajshekar Brahmhatt, Dr Suman S Rao & Dr Vikram G) by Dr S C Tiwari, Founder President, IAGMH. The two days conference started with the Presidential Address on Indian Families Contribution to Geriatric Care by Dr Gautam Saha. Followed by the issue of the most Prestigious awards which includes Prof. Shiv Gautam oration award and IAGMH Annual award.

World renowned specialist in the field were resource persons for the various sessions conducted including Dr Alka Subramanyam, Dr Sandeep Grover, Dr Sheeba Ninan, Dr Niska sinha, Dr Tophan Pati, Dr Kishor M, Dr Shivanand Manohar J, Dr Tejaswini, Dr Pradeep Kumar. The first day was concluded with the General body meeting of IAGMH. The second day of the

conference started with the free papers presentation by various Postgraduates across India. The second day also had various sessions conducted by renowned resource persons including Dr S C Tiwari, Dr K S Shaji, Dr Shiv Gautam, Dr Abdul Majid, Dr Vijay Harbishettar, Dr Indira Sharma, Dr Chittaranjan Andrade, Dr G Prasad Rai, Dr Kumawat S R. The Young Psychiatrist Fellowship award 2023 was presented to Dr Chandrima Naskar (AIIMS, Kalyani), Dr Tajamul Hussain (Government Medical College, Baramulla, J&K) and Dr Raj Laxmi (PGIMER, Chandigarh) . The future direction of the committee was discussed and the conference was concluded.

World Suicide Prevention Day - 11.09.2023

Department of Psychiatry in collaboration with Department of Community Medicine observed World “Suicide Prevention Day-2023” on 11/09/2023 at JSS Medical College.

The event was graced by Dr Praveen Kulkarni, Vice Principal (Para Clinical), JSS Medical College, Dr Kishore, Prof and Head, Department of Psychiatry, JSS Medical College, Dr Sunil Kumar D, Prof and Head, Dept of Community Medicine, JSS Medical College, faculty, Postgraduates of Dept of Psychiatry and Community Medicine, and MBBS Phase III Part I students.



With the brief introduction on the importance of suicide prevention, world suicide prevention day, and the theme of 2023 by Dr Smitha MC, Associate Professor of Department of Community

Medicine, the event began by Dr Praveen Kulkarni addressing the gathering. Dr Praveen Kulkarni encouraged the students to reach out for help whenever required and ensured that the institution is always there for their support.

This was followed by Dr Kishor sensitizing the students on the facilities available in the institution for promoting mental health and suicide prevention. He also briefed the students about the SAFL (Self-Assessment For Life) app launched in 2020 by the department of psychiatry, for detecting the risk of suicide and directing the user for appropriate help as is required.

Dr Sunil Kumar. D addressed the students on suicide prevention and the effect of suicide on family members. Dr Smitha M.C then encouraged the students to participate in several competitions organized on the account of

World Suicide Prevention Day-2023 and concluded the event with the vote of thanks.

World Mental Health Day - 16.10.2023

Department of Community Medicine in collaboration with Department of Psychiatry, JSS medical college, Mysuru observed WORLD MENTAL HEALTH DAY - 2023 on 16th October 2023 at 2pm in Gallery 6.

The program began with a welcome speech by Dr. Sunil Kumar D, Professor and Head of Department of Community Medicine, JSSMC. This was followed by Dr. Praveen Kulkarni, Vice Principal, JSSMC addressing the gathering about the association of stigma with mental health, and later Dr. Kishore M, Professor and Head of department of Psychiatry, JSSMC sharing with the



students, the various activities carried at institutional level for the promotion of mental health wellbeing. During the event prizes were distributed to the winners of reflective writing and short film competition held on the account of World Suicide Prevention Day-2023.

In view of the day, a panel discussion was held based on the theme “MIND, THE MIND”. The panelists for panel discussion were Dr. Arvind Raj, Additional Professor, Department of Psychiatric social work, NIMHANS, Bengaluru, and Dr. MR Seetharam, Consultant Orthopedic surgeon, SVYM, Executive Secretary, VILD foundation, Mysuru, and

Managing trustee, DISHA Foundation, Mysuru. The panel discussion was moderated by Dr. Smitha MC, Associate Professor, Department of community medicine, JSSMC.

The main objective of the discussion was to sensitize the medical students on the importance of mental health both in their personal and professional life.

During the panel discussion, key aspects related to mental health like the challenges faced towards the implementation of community mental health programs, stigma and mental health, influence of social and cultural aspects on mental health, connection between body mind and soul, stress coping, role of life skills and resilience in promotion of positive mental health, suicidality, ways to overcome it, and help seeking were discussed.

This was followed by the vote of thanks by Dr. Pradeep Kumar KC, Assistant Professor, Department of Psychiatry, JSSMC.

World Maternal Mental Health Day – 08-05-2024

World Maternal Mental Health Day is celebrated every year on May First Week to raise awareness around Maternal Mental Health Conditions during Pregnancy & post childbirth.



Throughout history mothers have been revered as the pillars of strength, caregivers and nurturers. However, behind the veil of strength, Depression affects 10% of women in postpartum period, many psychiatric disorders emerge or re-occur during pregnancy and

post pregnancy. This adversely affects newborns, the mother & her family. There is a need for more awareness and collaboration across specialties. Hence World Maternal mental health day was observed on 08.05.2024 by the Department of Psychiatry in collaboration with the Department of Obstetrics and Gynaecology at JSS Hospital.

The occasion was graced by JSSMC Principal Dr.H.Basavana Gowdappa who called for greater cooperation between departments. JSS Hospital Medical Superintendent Dr.C.P.Madhu emphasised low cost charges offered for Hospital Services, Vice principal Dr.Manthappa appreciated the initiative. Professor & Head, Department of Psychiatry Dr.M.Kishor pledged for more collaborative resources. Professor & Head, Department of OBG Dr.Mamatha S. emphasised continued care. Overview of Women Mental Health and Maternal Mental Health status in India was presented by Dr.Priyanka, Dr.Venkatesh, PG Residents, Dept. of Psychiatry, JSSMC.

Awareness Talk for women in perinatal period at JSS Hospital was given by Dr.Megha Sadashiv, Senior Resident, Dept. of Psychiatry, JSSMC. Dr.Shalaka Atre did the comparing and Dr.Vikrant Arora gave vote of thanks.



World No Tobacco Day – 31-05-2024

World No Tobacco Day was observed in collaboration with the Department of Psychiatry, JSS Hospital, on May 31, 2024, at 12 pm. The chief guest was Dr.C.P. Madhu, Medical Superintendent of JSS Hospital, Mysuru. Posters on the dangers of tobacco use were displayed at JSS Hospital to create awareness regarding the health hazards related to tobacco use.

Mrs. Purohit Saraswati, Assistant Professor and HOD of the Department of Mental Health Nursing, conveyed the significance of World No Tobacco Day to the public at JSS Hospital. Dr. Kishore M., Professor of Psychiatry at JSS Medical College and Hospital, Mysuru, delivered the keynote address on World No Tobacco Day. Dr. C.P. Madhu, Medical Superintendent of JSS Hospital, Mysuru, addressed the gathering regarding the importance of quitting tobacco and the associated health benefits. Prof. Aswathy Devi M.K., Principal of JSS College of Nursing, graced the program, as did Dr. Pradeep Kumar, Psychiatrist at JSS Hospital, Mysuru.

A role play was performed by II Semester BSc Nursing students under the guidance of Dr. Pradeep Kumar to create awareness regarding the effects of tobacco use among the public. Patients of JSS Hospital benefited from the program. Prizes for the winners of the poster-making competition were distributed during the event. The program concluded vote of thanks.



United Nations International Day Against Drug Abuse and Illicit Trafficking - 26-06-2024

On United Nations International Day Against Drug Abuse and Illicit Trafficking on 26th June 2024 awareness Program at Dept of Psychiatry. Information Leaflets on Drugs was released by Chief Guest Dr.H.Basavana Gowdappa, Principal, JSSMC & Guest of Honour: Dr.C.P.Madhu, Medical Superintendent, JSS Hospital. Along with them Heads of Various Departments and Senior Faculty were present. The Information Leaflet e- copy is free for Circulation and each one has specific & useful information of that particular Drug including access to Free & Confidential Services are available.



Awareness Programmes

Awareness Programme to commemorate National Forensic Medicine Day- 12-05-2024

To commemorate National Forensic Medicine Day held on May 12th and World Schizophrenia Day on May 24th, an awareness program was held on Friday, May 24, 2024, from 3 to 4 PM at Medical Education Unit, JSS Medical College, Mysuru.

The program focused on the interface of Forensic Medicine and Psychiatry in cases related to schizophrenia. The event was graced by Dr.H.Basavana Gowdappa, Principal of JSS Medical College, Mysuru, who was the Chief Guest. The programme was presided over by Dr.Manjunatha B , Registrar, JSS Academy of Higher Education and Research. The opening remarks were delivered by – Dr.Chandrakanth H.V., Professor and Head, Department of Forensic Medicine & Toxicology, JSS Medical College Mysuru - Dr. Kishor M, Professor and Head , Department of Psychiatry, JSS Medical College and Hospital , Mysuru Dr Praveen Kulkarni, Vice Principal (Para-clinical) JSS Medical College, Dr.Manjunath GV , Deputy Director , JSS Hospital , Dr Arun M , Professor , Department of Forensic Medicine and Toxicology were the dignitaries who graced the occasion.

Key Topics and Speakers

1. Biological Basis of Delusions and Hallucinations in Schizophrenia- DR Murali MR
2. Forensic Aspects in Crime Associated with Severe Mental Illness- Dr Smitha Rani

Dr.Murali M.R., Senior Resident, Department of Psychiatry discussed the underlying biological mechanisms that contribute to delusions and hallucinations in patients with schizophrenia, highlighting recent research and advances in understanding these phenomena.

Dr.Smitha Rani, Associate Professor, Department of Forensic Medicine and Toxicology addressed the forensic implications of crimes committed by individuals with severe mental illnesses, focusing on the challenges and considerations in such cases. The event provided an in-depth look at the intersection of Forensic Medicine and Psychiatry, particularly in the context of schizophrenia. The speakers shed light on both the biological underpinnings of the disorder and the forensic challenges associated with it.

The awareness program was well-received by attendees, fostering greater understanding and collaboration between the fields of forensic medicine and psychiatry. Dr. Atma Bevin and Dr. Saravana Prashanth, postgraduates in the Department of Forensic Medicine and Toxicology, served as the Masters of Ceremony. Dr. Sai Niveditha, also a postgraduate in the Department of Forensic Medicine and Toxicology, delivered the vote of thanks.



Awareness Programme on Substance abuse and Observation of World Ozone Day – 16-09-2023

An awareness Programme on Prevention & Management of Substance abuse was held for High School children on 16.09.2023 at Government High School, Medar's Block, Bamboo Bazaar.



Dr. Rama H.V., Lady Medical Officer, JSS Urban Health Center gave a talk on the subject through PPT. She stressed the need for creating awareness to adolescents who are easily Prone to get affected by substance abuse. She also clarified the doubts among students.

A Role play by High school Girls on the topic was appreciated by everyone. Observation of World Ozone Day also was held on 16.09.2023 Smt. Ningajamma, Science Teacher gave a PPT about importance of Ozone and bad effects caused on earth due to depletion of Ozone layer. She also gave an account of steps to

Prevent further depletion of ozone layer. Smt. Pushpavathi Head Mistress Government High School Presided over the Programme. Kumari Rachana compered the Programme. Field staff Sri. Mallikarjuna swamy MSW. Sri. Santhosh H.B Health Inspector. Sri. Sunil Y.S Health assistant JSS Urban Health Centre coordinated the event.

Programmes conducted

International Museum Day - Dept. Of Oral Pathology & Microbiology



The Department of Oral Pathology & Microbiology at JSS Dental College & Hospital, Mysuru, organized a National Webinar on June 19, 2024, in celebration of International Museum Day. The program was presided over by Dr. Dhakshaini MR, Principal of JSSDC&H, and Vice Principal Dr. Jaishankar HP, along with Dr. Vidya CS, Professor and Head of the Department of Anatomy, Dr. Vidya G. Doddawad, Professor and Head of the Department of Oral Pathology and Microbiology, and Dr. Usha Hegde, Professor in the Department of Oral Pathology and Microbiology

Dr. Jaishankar in his guest note emphasized the significance of museums at educational institutions. Dr. Vidya CS, Professor and Head, Department of Anatomy, JSS Medical College delivered a lecture on “Museum Techniques – The Past, Present and Future”. The program began with an inaugural function, followed by an informative and interactive session with the resource person. The program was in hybrid mode and was attended by about 150 delegates on both offline and online modes

The program concluded with a vote of thanks and photo sessions, and feedback was collected about the program's content. All participants highly appreciated the program and expressed their interest in attending workshop programs in the future. The other organized committee members are Dr.Usha Hegde, Dr. Premalatha BR, Dr. Sreeshyla HS, and Dr Priyanka

‘TOBACCO FREE LIFE: HEALTHCARE PROFESSIONALS’ VITAL ROLE AND RESPONSIBILITIES’



The Chief Guest was Dr. Surinder Singh, Vice Chancellor, JSS Academy of Higher Education & Research and the Guests of Honour were Dr. D.S. Aruna, Dental Health Public Consultant, Tobacco Cessation Specialist, Bengaluru, Dr. Rajeshwari G Annigeri, Professor & HOD, Department of Oral Medicine & Radiology, College of Dental Sciences, Davangere, Dr. Vikrant Ranjan Mohanty, Principal Co-ordinator & Project Head, National Resource Centre for Oral Health and Tobacco Cessation (NRC-OH-TC).

The Organizing Chairman for this programme was Dr. Karthikeya Patil, Tobacco Control & Cessation Centre (TCC), Professor & HOD, Department of Oral Medicine and Radiology and the Organizing Secretary was Dr. Maurya Manjunath, Co-ordinator, TCC, Department of Public

Health Dentistry. The Advisors were Dr. Jaishankar HP, Vice Principal and Dr. Thippeswamy H M, HOD, Department of Public Health Dentistry.

The Chief Guest, Dr. Surinder Singh, Vice Chancellor, JSS Academy of Higher Education & Research appreciated the events of the TCC and suggested to undertake more outcome-based activities.

Training and capacity building programs

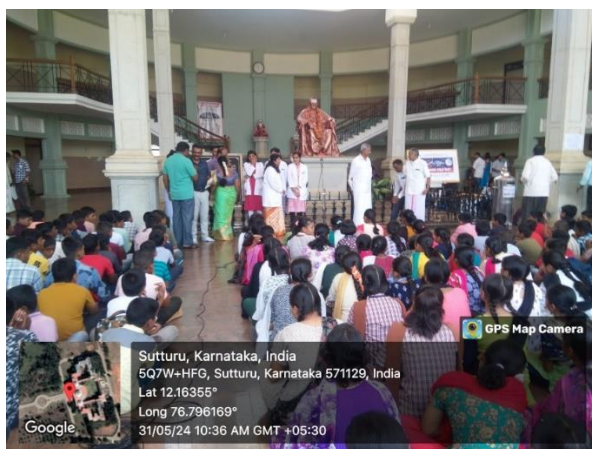
Awareness campaign for Asha workers and Anganwadi teachers



Awareness campaign for about 52 Asha workers and 39 Anganwadi teachers at Suttur (A village located at 30 KM from Mysuru) was conducted. Pamphlets were issued to public and outpatients who visited the hospital by creating awareness on tobacco usage.

School based Tobacco control and cessation initiatives

A rally to raise awareness among the general population



A rally was organized by Department of Public Health Dentistry along with JSS Hospital, Suttur. 134 students from JSS Public School students participated in the rally with placards and signages related to tobacco and its ill effects.

Public events like Walkathon/Cyclic rally



In collaboration with the Indian Dental Association, Mysore branch, Vikram College of Nursing, and the Rotary Club of Vijaynagar, conducted World No Tobacco Day walkathon rally from Kote Anjaneya Swamy Temple to the DC office, Mysuru. Educative placards were displayed, informing the public about the dangers of tobacco use, its side effects, and related information. Around 100 participants actively took part in the rally.

Awareness campaign among truck drivers and cleaners



Awareness campaign among truck drivers and cleaners was conducted by the Tobacco Control and Cessation Centre (TCC) and Department of Public Health Dentistry, JSS Dental College & Hospital lead by faculty, House surgeons and students. 213 drivers and cleaners were sensitized about the usage of tobacco and its ill effects and were referred for oral screening and for dental care.

World Oral Health Day 2024



The Department of Public Health Dentistry hosted “SANGAMA 2024”, culmination of World Health Day (April 7) and World Oral Health Day (March 20) on April 6, 2024, in the Gowri Shankara auditorium of JSS Dental College and Hospital. Theme for World Oral Health Day 2024 is 'A HAPPY MOUTH IS A HAPPY BODY’ and the theme for World Health Day 2024 is 'MY HEALTH MY RIGHT.' On this occasion Dr. Smitha.MC resource person delivered lecture concerning these themes addressing third year BDS students, interns, and faculty

The program was graced by the presence of chief guest Dr. Manjunatha.B Registrar, JSSAHER, Guest of Honor Dr. Dhakshaini.M R Principal, JSSDCH, Dr.Jaishankar H.P Vice Principal, JSSDCH and Resource person Dr. Smitha MC Associate professor, dept of Preventive and Community Medicine, JSSMC. This program was attended by staff, PG’s, III- and IV-year BDS students. This program started with the invocation song by Dr. Aishwarya Anand, Intern. The welcome address was delivered by Dr. Maurya M, Lecturer Department of public health dentistry. Chief guest Dr. Manjunatha.B addressed the gathering and informed the students to abstain from consuming street food and junk food. Guest of honor Dr. Dhakshaini M R spoke about awareness in oral health and general health and appreciated the department for conducting various thoughtful events. In the view these health days the department conducted several events based on the theme which included painting, making props, creating reels and quiz competitions. All the students showed great enthusiasm and enormous effort to show case the talents and participated in the events. The report of health day activities was delivered by Dr. Karthikaa Postgraduate student department of public health dentistry. The prize distributions for the winners were done by the dignitaries. Dr.Sushma. R, lecturer department of public health dentistry proposed the vote of thanks

World Autism Awareness Day



Oral health screening and educational camp at Aashiana - Institute for special children at Udayagiri, Mysuru on 3.4.2024 marking the “World Autism Awareness Day”. The camp was conducted by the department of Pediatric and Preventive Dentistry under the banner of special smiles- Extension of Oral Care Services for Children with Special Health Care Needs and Medically Compromised Conditions at Department of Pediatrics, JSS Hospital, Mysuru.

The resource faculty were Dr. N. Rashmi, Associate Professor, Dept of Paediatrics, JSS hospital. The camp emphasised on educating the parents to maintain their children’s oral health, including the importance of diet and dental caries and an insight was provided on the over usage of mobile phone and its risks in young children, the program also provided an overview on the role genetic and environmental factors in the causation of Autism. Significance of the Modes of prevention and early intervention was spoken in the session.

All the students at the institute were screened and provided with Oral hygiene kits by Indoco Warren pharmaceuticals.

Oral Pathology Day Celebration 2024



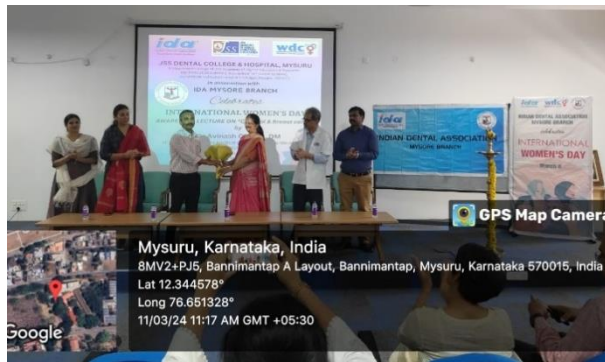
On March 20, 2024, the Department of Oral Pathology and Microbiology at JSS Dental College and Hospital, A constituent college of JSS Academy Higher Education & Research, Mysuru,

celebrated 'Oral Pathology Day-2024'. The event was primarily organized for undergraduate students of BDS at JSS Dental College & Hospital

Dr. Sheela Devi CS, who currently works as a Professor and Head of General Pathology at JSS Medical College Mysuru, was the Guest speaker who delivered a lecture on 'Pathology in General'. The program began with an inaugural function, followed by an informative and interactive session with the resource person. The program concluded with a valedictory function presided over by Dr. Dhakshaini MR, Principal, and Dr. Usha Hegde, Professor and Head, Department of Oral Pathology and Microbiology, JSS Dental College and Hospital, Mysuru

The winners of competitive events, such as the BDS I and III-year students who scored the highest marks in the annual examinations for the academic year 2022-23, were awarded. The program had the participation of 200 delegates and featured several competitive events exclusively designed for undergraduate BDS students. The events were: mind mapping and Oral Pathology reels. Awards for Best Mind Mapping and Reels competition were given to BDS I and BDS III-year students. The judges for the competitive events were also acknowledged. The program concluded with a vote of thanks and photo sessions, and feedback was collected about the program's content. All participants highly appreciated the program and expressed their interest in attending similar programs in the future.

International Women's Day Celebration



JSS Dental College and Hospital in association with Indian Dental Association, Mysore branch, Women Dental Council and Internal Complaints Committee celebrated International Women's day on 11.3.2024 at JSS Dental College & Hospital, Mysuru.

Guest Speaker was Dr. C. B. Avinash, HOD & Senior Medical Oncologist, Clearmedi Radiant, Mysuru. He sensitized the importance of early identification of breast cancer and cervical cancer, different methods of prevention starting from self- assessment followed by clinical examination by the experts. He emphasized on the importance of Mammography, clinical investigations, and its prevention. He instilled a positive attitude towards prevention of such cancers which is possible by timely intervention.

Oral and Maxillofacial Surgery Day



The Department of Oral and Maxillofacial surgery, JSSDC&H, JSSAHER Celebrated International OMFS Day on 13th February 2024, in association with AOMSI and IDA Mysuru branch. The event was inaugurated with lighting of the lamp by the Principal Dr. Dhakshaini MR and dignitaries. It was followed by welcome address by Dr. Brinda Godhi, CDE Convener, IDA Mysuru Branch. And Dr. Manuprasad, Treasurer, KAOMSI addressed about AOMSI and its activities. Chief guest Dr. Dhakshaini MR addressed the audience about the field of OMFS and its importance. The Department had conducted e Poster competition on the occasion of OMFS Day on the theme “Road safety awareness” for Undergraduates and Postgraduates. The winners were awarded with certificates. Later on, a CDE programme was conducted aligning with the theme for 2024 “Project Sanjeevani”. The topic of CDE programme was Basic Life support for Practicing Dentists. Resource persons were Dr. Deepa BV and Dr. Harsha Raj BS. The programme was attended by 70 participants which included private practitioners, faculty & students. The session was very interactive and was well appreciated by the attendees.

Prosthodontist Day



As a part of Indian Prosthodontic Society's initiative, the Department of Prosthodontics and Crown & Bridge, JSSDC&H, JSSAHE&R, celebrated Prosthodontist Day on 24th January, 2024.

The event was marked with invocation song by Mrs. Vishalakshi and lighting of the lamps by honourable Chief Guest Dr. Sudeendra Bhat R , Principal Dr. Dhakshaini M R, Professor Dr. Anil Kumar Gujjari and HOD Dr. K N Raghavendra swamy. It was followed by Welcome address by Dr. K N Raghavendraswamy on Dentistry and importance of Prosthodontist day. Chief Guest Dr. Sudeendra Bhat R addressed the audience about the field of Prosthodontics and its importance in overall health of the body.

Denture Care Kits were distributed to thirty needy Prosthodontic patients by Chief Guest Dr. Sudeendra Bhat R, Principal Dr. Dhakshaini along with staff, post graduate and undergraduate students.

Dr. Meenakshi delivered an educational speech on nutrition and awareness in oral health, motivating the patients and students to take care of oral as well as systemic health. The morning session concluded by vote of thanks by Dr. Sowmya S.

The Department had conducted 'Creative E-Poster Competition'; 'Reels Competition' on the theme who is a prosthodontist and 'Quiz Competition'. Winners were given gifts and certificates while participants received e certificates.

Pedodontists Day



The children were educated about oral hygiene practices and toothbrushing techniques along with distribution of oral hygiene kits. The school camps also involved oral hygiene checkup and primary treatment. Post-graduates and interns from all departments took part in essay writing and poster making competitions on campus. Other events included Slogan writing competition for staff and PGs, nursery rhyme composition for interns and final year undergraduates, reel making and snapshot competition for post-graduates. The week long program concluded on 18th November with a felicitation program attended by Dr. Prashanth S N, Prof and Head , Dept. of Pediatrics, JSSMC as chief guest along with with Dr. Dhakshaini M R, Prinicpal, JSSDCH and Dr Nandlal B,

Head of the Department, Pediatric and Preventive Dentistry, JSSDCH where all the winner were awarded.

Diabetes Day 2023



The diabetes day dental education program for patients was held on 21/11/2023 at the Department of Periodontology, JSS Dental College & Hospital, JSSAHER. It started with the inaugural lighting of the lamp and the chief guest Dr Dakshyayini M R , Principal of JSS Dental College & Hospital addressed the gathering. Our chief guest encouraged the patients to assimilate the information given by the resource faculty during the dental education program to help reduce stress in diabetes & periodontitis. The welcome address was given by Dr. Sheela Kumar Gujjari, HOD, Department of Periodontology. Two dental education lectures were arranged on stress and its management and a workshop on Meditation and Wellness

- Dr Premalatha, faculty Department of Oral Pathology JSSDCH spoke on Stress & diabetes
- Dr Anitha Subbappa, Faculty, Department of Periodontology spoke on Stress & eriodontitis
- Workshop was conducted by Smt. Jagadeeshwari Sudhir, SeniorTrainer & healer of Yoga PranaVidya President, Mysuru, Mysuru Yoga Prana Vidya trust. Oriented and guided on meditation

World Endodontic Day Celebrations 2023



The Department of Conservative Dentistry & Endodontics at JSS Dental College & Hospital celebrated World Endodontic Day on 16th October 2023. With the theme being 'Grossman's Contributions to the Field of Endodontics', a Pick & Speak Competition was organized for the Undergraduate Students of JSSDC&H. The topics were given to them on spot & each participant was given 3-minute duration to speak about a particular topic allotted to them through lottery method. A total of 3 prizes were distributed. Pictionary was also conducted for the final year BDS Students as part of the celebrations & the students were divided into three groups. It was a fun-filled learning exercise for the UG students. The Program was attended by Faculty, PG Students, Interns & Final Year BDS Students & was well appreciated by all. We appreciate the efforts by IFEA in making this initiative a huge success.

Anti Ragging Day 2023



Anti-ragging measures play a pivotal role in fostering a safe and inclusive environment within educational institutions. Ragging, often characterized by its harmful and demeaning nature, poses a significant threat to students' physical and emotional well-being. By implementing strict anti-ragging policies and promoting awareness, educational institutions aim to eliminate this harmful practice and create a space where all students can thrive without fear or intimidation. Hence to create this awareness among the student fraternity, JSS Dental College & Hospital observed the Anti-Ragging Day on 12 th August 2023. This awareness program is followed by week-long

competitions being organized for students to create awareness among them. On 12th August, resource faculty Mr, Sudeep P K, Assistant Professor, Clinical Psychology, JSS Hospital and Mr. Vishwanath Prasad, coordinator, Student Support Cell, JSS AHER shared their expertise and interacted with the students. Principal Dr, Dhakshaini M R, also explained the importance of an empathetic and friendly environment within the campus. The program was coordinated by Dr. Seema Deshmukh, Dr. Priyanka Nitin and Dr. Avinash B S from JSS Dental College & Hospital, JSS AHER.

Oral Hygiene Day 2023



Have we thought about the impact our oral hygiene habits can create on the environment? Yes, brushing is important but the brushes are made of plastic and that takes a long time to decompose when discarded. Not only does it cause harm to the environment but it can be a potential threat to our systemic health tool. So, it is important to switch to sustainable oral care practices.

What does that mean? It is a term used to describe practices and products that are friendly to the environment. It includes choosing natural ingredients over harsh chemicals. Recycling and reusing products whenever possible, avoiding disposable items, saving water while brushing, and using biodegradable dental products.

Many toothpastes and mouthwashes contain chemicals that can pollute water supplies and damage ecosystems. Also, the toothpastes are dispensed in plastic tubes. Nowadays toothpaste tablets are available which can overcome this disadvantage. One among them is COLGATE ANYWHERE ANTICAVITY TOOTH PASTE TABLETS which are of great interest among mankind. Use of organic toothpaste which contains betel leaf extract (BENTODENT BETEL LEAF TOOTHPASTE, charcoal (COLGATE CHARCOAL TOOTHPASTE), etc have also gained paramount importance, and they can overcome the toxic effects of toothpaste ingredients like triclosan, sodium lauryl sulfate.

August 1st is celebrated nationwide as Oral Hygiene Day. This Year the theme given by the Indian Society of Periodontology was GREEN DENTISTRY. The department of periodontology participated in this drive of creating awareness in bringing a change from plastics to an eco-friendlier oral hygiene practice. Dr. Vidya Priyadarshini, Reader, Department of Periodontology gave a talk on the detrimental effects of plastic and the importance of oral hygiene maintenance

The health care workers, hygienists, technicians, office staff, and Group D workers were educated on oral hygiene maintenance and the importance of the use of natural brushes like bamboo brushes which are more eco-friendly, and the use of oral hygiene aids which are biodegradable. The Bamboo brushes and Parodontax toothpaste were sponsored by the Indian Society of Periodontology and HALEON was distributed. We are thankful to JSSAHER for supporting the program. Competitions on eco-friendly dentistry were held to spread the importance of moving towards GREEN DENTISTRY.

Graduates Reception



The Graduates Reception for the BDS Batch of 2018 at JSS Dental College was a momentous occasion filled with joy, nostalgia, and a sense of accomplishment. It was held on 4.10.2023. The event was organized to celebrate the achievements of the 97 dental graduates who completed their Bachelor of Dental Surgery (BDS) program in 2022.




The welcome address was delivered by Dr. M.R. Dhakshaini, Principal and Dean. In her speech, she conveyed her deep sense of pride in the accomplishments of the graduating class and highlighted the college's dedication to nurturing exceptional dental practitioner and also presented the academic report.





Dr. Kuldeep Kumar Raina, the Chief Guest, imparted his invaluable wisdom concerning the ever-evolving realm of dental healthcare and the promising prospects awaiting the graduates. He emphasized the importance of engaging in pioneering research to create sustainable, cost-effective materials. Dr. Kuldeep Kumar Raina extended his heartfelt congratulations to the fresh graduates and encouraged them to consider contributing to rural healthcare services.

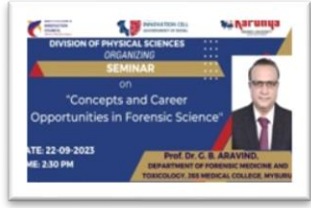




Furthermore, he extended his commendations to the Dental College for its remarkable achievements and recognitions, including securing the 11th position in the NIRF Rankings. He also lauded JSSAHER for its international acclaim and recognition.



The SDG Compendium & the college magazine were released by the dignitaries. College toppers and nine subject toppers were bestowed honors in recognition of their outstanding academic accomplishments.

Guest Lectures by the Faculty





Name of the faculty	Title	Date & Venue	Certificate / Photos
Dr. Arun M Department of Forensic Medicine	Criminology and Law: A Medical Interface	20-07-2023 Adichuchanagi ri Institute of Medical sciences, B.G.Nagar, Mandya	
Mr. Sudeep P K Department of Clinical Psychology	Anti-Ragging	12-08-2023 JSS Dental College and Hospital	
Dr. Chandrakanth H V Department of Forensic Medicine	Fundamentals of Forensic Medicine	21-08-2023 Dept of Life Science, University of Calicut, Kerala Police Academy, Thrissur	



<p>Dr. G B Aravind Department of Forensic Medicine</p>	<p>Application of AI in Forensic Science</p>	<p>21-08-2023 Dept of Life Science, University of Calicut, Kerala Police Academy, Thrissur</p>	
<p>Dr. Pradeep Kumar P C Department of Psychiatry</p>	<p>Teen Suicide:- Signs and Prevention</p>	<p>15-09-2023 St Philomena's College, Mysuru</p>	
<p>Mr. Rithvik S Kashyap Department of Clinical Psychology</p>	<p>Suicide Awareness Programme among children</p>	<p>15-09-2023 Pailwan Basavayya Govt Higher primary School, Jayanagar, Mysuru</p>	
<p>Dr. M Kishor Department of Psychiatry</p>	<p>Training police personnel in Suicide Prevention as part of World Suicide Prevention Day 2023</p>	<p>16-09-2023 District Police of Mandya , Mandya</p>	

<p>Dr. G B Aravind Department of Forensic Medicine</p>	<p>Concepts and Career Opportunities in Forensic Science</p>	<p>22.09.2023 Division of Physical Science Karunya Deemed University, Bengaluru</p>	
<p>Dr. Smitha Rani Associate Professor</p>	<p>Opportunities beyond curriculum</p>	<p>13-10-2023 JSS Medical College, Mysuru</p>	
<p>Dr. Manoj K Pandey Department of Clinical Psychology</p>	<p>Was invited to conduct one day workshop on mental health awareness and stress management as a part of the Induction Program for the new batch 2023-24</p>	<p>21-10-2023 JSS Law College, Mysuru</p>	
<p>Mr. Rithvik S Kashyap Department of Clinical Psychology</p>	<p>Behavioural Health Training & Stress Management for Police Personnel</p>	<p>30-10-2023 Police Training School, Shakti Nagar, Mysuru</p>	
<p>Mrs. Trishala. D</p>	<p>Stress Management in Nursing students</p>	<p>21-11-2023 JSS Nursing college, Chamrajnagar</p>	

<p>Mr. Rithvik S Kashyap Department of Clinical Psychology</p>	<p>Stress Management & Social media and Internet addiction management for Police personnel</p>	<p>22-11-2023 Police Training School, Shakti Nagar, Mysuru</p>	
<p>Dr. Shivananda Manohar.J, Dr. Pradeep Kumar.P.C Department of Psychiatry</p>	<p>Special Lecture Series – Stress and Resilience</p>	<p>25-11-2023 Manasaganot hri, Mysuru</p>	
<p>Dr. Pradeep Kumar P C Department of Psychiatry</p>	<p>Special Lecture Series – “Mental Wellbeing Managing Academics.”</p>	<p>25-11-2023 Manasaganot hri, Mysuru</p>	
<p>Dr. Arun M Department of Forensic Medicine</p>	<p>Medico Legal aspects and role of Forensic Expert in Reproductive Medicine</p>	<p>02-12-2023</p>	

<p>Dr. Arun M Department of Forensic Medicine</p>	<p>Medical Jurisprudence and Toxicology</p>	<p>11-12-2023 Maharani Women College, Mysuru</p>	
<p>Dr. G B Aravind Department of Forensic Medicine</p>	<p>Technology in Dealing with Prison Emergencies</p>	<p>12-02-2024 to 16-02-2024 Prison staff training Institute, Department of Prisons and correctional Service , Mysuru</p>	
<p>Dr. Smitha Rani Department of Forensic Medicine</p>	<p>Objectives of Medico legal Investigation</p>	<p>20-02-2024 National Forensic Science University</p>	
<p>Dr. G B Aravind Department of Forensic Medicine</p>	<p>Prison Security and technology in dealing with Prison Emergencies</p>	<p>26-02-2024 to 28-02-2024 Prison staff training Institute, Department of Prisons and correctional Service, Mysuru</p>	

<p>Dr. G B Aravind Department of Forensic Medicine</p>	<p>Prison Security and technology in dealing with Prison Emergencies</p>	<p>04-03-2024 to 06-03-2024 Prison staff training Institute, Department of Prisons and correctional Service, Mysuru</p>	
<p>Dr. G B Aravind Department of Forensic Medicine</p>	<p>Prison Security and technology in dealing with Prison Emergencies</p>	<p>11-03-2024 to 13-03-2024 Prison staff training Institute, Department of Prisons and correctional Service, Mysuru</p>	
<p>Dr. Smitha Rani Department of Forensic Medicine</p>	<p>Forensic Medicine</p>	<p>12-04-2024 Police Training School, Mysuru</p>	
<p>Dr. Smitha Rani Department of Forensic Medicine</p>	<p>Forensic Medicine</p>	<p>20-05-2024 Police Training School, Mysuru</p>	

<p>Dr. Smitha Rani Department of Forensic Medicine</p>	<p>Forensic Aspects in Crime Associated with Severe Mental Illness</p>	<p>24-05-2024 JSS Medical College, Mysuru</p>	
<p>Dr. Pradeep Kumar P.C. Department of Psychiatry</p>	<p>Delivered a talk on emerging trends in medical and psychiatric social work</p>	<p>12-06-2024 Mysuru</p>	

Research Projects aligned with SDG 16

Title	Investigators	Funding agency	Fund
Acceptability and Effectiveness of Mental Healthcare Services to Adolescents among Urban and Rural Areas of Mysuru District by the use of Medical technology	Dr Sunil Kumar D Dr Haripraksh Dr Saurish Hegde	Mamta HMIC, New Delhi	1,00,000
Enhancing identification and counseling skills of medical and dental undergraduate students using customized elearning module on Tobacco counseling – An education innovation project using ADDIE framework	Dr Chandrashekhar B R Dr.Kishore.M Dr Praveen K	ICMR Extramural	17,94,560
Assessing the feasibility of practicing integrated Yoga and Transcendental Meditation to reduce perceived stress, anxiety and improve the quality of life by frontline COVID warrior women in Mysuru,	Dr. Madhu.S Mr. Sujan Dr. Srinath C G Dr. Rajesh	DST-SATYAM	5,50,000
Sexual Abuse among Nursing Students and its correlation to coping Skills and Psychiatric morbidity	Co-PI- Dr.Kishore. M	RGUHS	50,000

Publications

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3. Ravina Ravi, Dr Ramesh Madhan., Dr. Vikram Patil, Dr. Sri Harsha Chalasani. A qualitative approach in assessing the contributing factors towards the medication error-prone behavior amongst the healthcare professionals. Pharmacoevidence and Drug Safety. 2023;32(S1):491-492.
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5. Neelima Ganzi, Mrs Savitha Rajapur Sanathan, Dr Subhash Chandra B.j, Easwaran Vigneshwaran, Dr Pramod Kumar T M. Analysis Of Mortality, Morbidity, And The Provision Of Pharmaceutical Care Services In Intensive Care Admitted Patients—an Overview. Journal Of Young Pharmacists. 2023;15(4):616-621.
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8. Das S, Pandey M K. Behavioral Addictions: An Emerging Public Mental Health Crisis?. Indian Journal of Social Psychiatry. 2023 Sep;1(39):230-235.
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10. Dr Praveen Kulkarni. Comparative study of feeding practices among children less than two years attending rural and urban primary health centers, Mysuru, Karnataka. Int J Community Med Public Health. 2023 Sep;10(9):3219-3225
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12. Pandey M K, & Rao T S S. Distracted Love: Navigating the Perils of Partner Phubbing in the Digital Age. Journal of Psychosexual Health. 2023 Dec;

13. Erika Amparo Torres, Nithya Rani Raju, S V Rashmitha, S Pavithra, Dr Kishor M, Dr Raghu Ram Achar. Effects Of Medicinal Plants And Phytochemicals On Schizophrenia. *Biochemistry And Therapeutic Effects* 2023:81-136.
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15. Dr Sowmya S, Dr Kishor M, Dr Sushma R, R Sumukh Bharadwaj, Nagabhushana Doggalli, Dr Vidya Gowdappa Doddawad. Empathy And Attitude Towards Geriatric Patients Among Dental Students In Clinical Settings: A Descriptive Study. *Perioperative Care And Operating Room Management.* 2023 September ;32.
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- A retrospective approach". National Journal of Physiology, Pharmacy and Pharmacology. 2023 Sept;13(4):789-791.
36. Pradeepkumar Chandrashekar Panchanashetty, Sojan Antony, Pratima Murthy, Ammapattian Thirumoorthy, Mariamma Philip. Relationship Of Personality, Psychological Distress, And Substance Use With Social Network Characteristics Of College Going Young Adults. Indian Journal Of Psychiatry. 2023;65(8):832-838.
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