



Programmes on Student Food Security and Hunger Alleviation at JSS AHER

JSS Academy of Higher Education & Research (JSS AHER) recognizes the importance of ensuring that all students have access to nutritious and affordable meals, promoting both their academic success and overall well-being. Our institution is committed to addressing food insecurity among students through various initiatives, including:

1. Affordable Campus Dining Facilities:

At JSS Academy of Higher Education & Research, our commitment to providing affordable, nutritious, and culturally diverse meals is evident through our campus dining facilities. Located within each hostel, these facilities aim to support students' well-being by offering balanced meals at subsidized rates. The dining facilities are designed to ensure accessibility for all students, regardless of their financial background, and the meal options are continuously evaluated to meet the dietary needs and preferences of our diverse student population.

Nutritional Variety and Affordability

The daily meal schedule at JSS AHER includes breakfast, lunch, evening snacks, and dinner, with an average cost per student of approximately **INR 132.14** per day for the academic year **2024–2025**, compared to **INR 154.55** per day in **2023–2024**. This reduction in cost demonstrates the institution's commitment to making nutritious meals more affordable for students without compromising on quality. The menu continues to provide a diverse range of dishes from different Indian cuisines, ensuring that meals are both balanced and flavourful, thereby supporting students' health, well-being, and overall academic performance.

Breakfast options include popular items like idli, masala dosa, akki roti, and pongal, accompanied by nutritious sides like chutney and sambar. Additionally, there are options like peanut butter and cornflakes to ensure a balanced start to the day.

Lunch is thoughtfully prepared, featuring combinations like methi chapati, rajma, seasoned rice, and dals, ensuring a mix of proteins, carbohydrates, and vegetables.

Evening Snacks range from paneer patties and palak pakoda to plum cake, adding variety and catering to students' tastes while providing energy for the day.

Dinner includes hearty meals like chapati with dal makhani, ragi balls with sambar, and paneer paratha, balanced with rice varieties and vegetables.

Monthly Average Cost of Daily Meals per Student Across Hostels at JSS AHER (2023–2024)”

Sl.no	Month	JSSM C Boys Hostel	JSSM C Girls Hostel	JSSCP M Boys Hostel	JSSCP M Girls Hostel	JSSCP O Girls Hostel	JSSCP O Boys Hostel	Total	Per Day / per student (i.e Bed Coffee,Breakfast, Lunch, snacks with tea and dinner) in INR
1	Jun-23	130.3	93.1	97.0	287.1	167.6	159.7	934.9	155.8
2	Jul-23	130.3	98.0	108.8	295.0	155.8	154.8	943.8	157.1
3	Aug-23	143.1	101.9	101.9	296.9	148.0	154.8	946.6	157.8
4	Sep-23	144.1	94.1	92.1	297.9	131.3	140.1	899.5	149.9
5	Oct-23	103.9	91.1	97.0	296.9	126.4	136.2	851.5	141.9
6	Nov-23	121.5	96.0	107.8	296.9	124.5	132.3	879.0	146.5
7	Dec-23	138.2	100.0	100.9	297.9	146.0	149.0	932.0	155.3
8	Jan-24	137.2	102.9	102.9	299.9	136.2	154.8	933.9	155.6
9	Feb-24	144.1	102.9	102.9	305.8	146.0	142.1	943.8	157.3
10	Mar-24	125.4	104.9	88.2	305.8	149.0	149.0	921.3	153.7
11	Apr-24	146.0	102.9	103.9	286.2	169.5	157.8	966.4	161.0
12	May-24	139.2	110.7	112.7	289.1	167.6	156.8	976.1	162.7

The dining program not only emphasizes affordability but also encourages healthy eating habits, ensuring students have access to balanced meals that support their academic performance and overall health.

Monthly Average Cost of Daily Meals per Student Across Hostels at JSS AHER (2024–2025)”

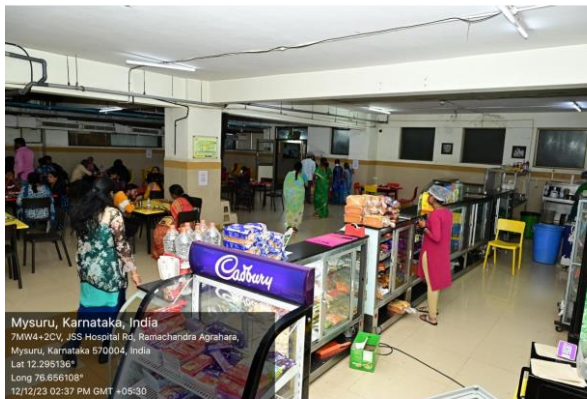
Sl.no	Month	JSSM C Boys Hostel	JSSM C Girls Hostel	JSSCP M Boys Hostel	JSSCP M Girls Hostel	JSSCP O Girls Hostel	JSSCP O Boys Hostel	Total	Average Mess Cost Per Day / per student (i.e Bed Coffee,Breakfast, Lunch, snacks with tea and dinner)
1	Jun'24	137	118	121	89	171	160	796.0	132.7
2	Jul'24	150	129	123	82	159	167	810.0	135.0
3	Aug'24	155	124	107	89	150	157	782.0	130.3
4	Sep'24	165	137	118	91	145	156	812.0	135.3
5	Oct'24	154	127	108	80	145	160	774.0	129.0
6	Nov'24	143	124	114	91	150	161	783.0	130.5
7	Dec'24	148	123	116	92	157	170	806.0	134.3
8	Jan'25	147	124	132	82	157	170	812.0	135.3
9	Feb'25	136	114	110	95	156	157	768.0	128.0
10	Mar'25	149	119	106	92	150	153	769.0	128.2
11	Apr'25	140	114	105	96	143	157	755.0	125.8
12	May'25	141	119	121	105	175	190	851.0	141.8

13	Jun'25	120	121	119	96	156	177	789.0	131.5
TOTAL		145	122	115	90	154	164	792	132

CANTEEN @JSS HOSPITAL



FOOD COURT@HOSPITAL



Food Court at JSS MI Campus



A Lively Dinning Hall at JSS CPM Campus



Meal Support Programs for Needy Students:

At JSS Academy of Higher Education & Research (JSS AHER), we recognize that access to nutritious meals is essential for students' well-being and academic success. To support students facing financial hardship, we have implemented a robust Meal Support Program that provides meal subsidies, free meal provisions, and additional financial assistance.

Meal Support Program Highlights

Meal Subsidies and Free Meals for Needy Students Students who face financial challenges can apply confidentially through our Hostel Review Committee to receive meal assistance. Based on their financial needs, they may be eligible for subsidized meals or, in some cases, complimentary meals. This support is provided with full confidentiality to protect students' dignity and ensure access without stigma. Eligible

students receive meal coupons from the Hostel Review Committee, which they can use in campus dining facilities to access nutritious meals at no or reduced cost.



Meal Transfer for Day Scholars To ensure that resources are maximized, the Meal Support Program allows hostel students to transfer unused meals to day scholars who may need them. If hostel residents opt out of meals on specific dates, those meals can be made available to day scholars facing similar financial constraints, ensuring that no meal goes unused.

Financial Assistance for Students in the Lower Income Brackets Students within the lowest 20% income bracket are provided additional support, including financial aid for meal expenses. Furthermore, JSS AHER assists these students in accessing grants and scholarships from government bodies, private organizations, and NGOs. This proactive approach ensures that students are aware of and can benefit from various forms of financial support, further reducing their financial burdens.

List of Students received financial aid for the year 2023-24.

Institution-Wide Free Meal Programs On special occasions, JSS AHER provides free meals to all students, regardless of residency status. This institution-wide initiative not only supports students financially but also fosters a sense of community and inclusivity among all students and staff.



Extension of Meal Support to Staff

Our commitment to food security extends beyond students to include all faculty, non-teaching, and support staff. Support staff are provided with complimentary meals on all working days, which includes breakfast, lunch, evening tea/coffee, and snacks. This benefit acknowledges the dedication of our support team and ensures that all community members have access to nutritious meals.

Concessional Rate Food

In addition to specific assistance programs, JSS AHER offers high-quality, balanced meals at highly concessional rates in institutional hostels and canteens. These meals are provided at prices significantly lower than market rates—often three to four times less than off-campus options—making it feasible for students to access nutritious food without financial strain. Food quality is rigorously maintained, with menus designed to meet dietary needs and preferences while offering variety and balanced nutrition.

Through these initiatives, JSS AHER reaffirms its commitment to supporting the academic journey and overall well-being of students and staff alike by ensuring access to affordable, nutritious food in a supportive and inclusive environment.

INTERVENTIONS TO PREVENT HUNGER AMONG STAFFS AND STUDENTS

To prevent hunger among our daily wage employees, The college provides healthy lunch at free of cost on a daily basis.



Glimpses of interventions taken for daily wage employees

Awareness and Outreach Programs: Workshops and awareness programs are conducted to educate students on affordable nutrition, healthy eating practices, and resourceful meal planning, equipping them with skills to manage their dietary needs within budget constraints.

Community Outreach and Food Sharing Records:

JSSAHER works closely with its parent organization JSS MVP in realizing zero hunger.

1. JSS MVP provides free food shelter and education to around 4000+ students through its various hostels. For this noble cause the staff and students of JSSAHER contribute funds to the poor children fund every year and which in turn provides free food, education and shelter for the needy students or students from underprivileged communities predominantly hailing from rural backgrounds.

2. The parent organization JSS Mahavidyapeetha in collaboration with the Government of Karnataka is managing Akshara Dasoha scheme since 2003-04 (weblink / details) to address the concern of economically backward children and underprivileged communities exhibiting poor health and poor learning ability due to lack of proper nutrition.

Under this scheme, the institution provides free mid-day meals to primary and high school children from rural areas. The scheme has been effectively implemented in more than 33 villages in Karnataka and over 12000 children are getting benefited. The food is supplied from a central kitchen belonging to JSSMVP and which ensures good and hygienic food. At present, the project covers the schools from Yelandur, a backward taluk in Chamarajanagar district, and schools from Mysuru district. JSSMVP is bearing the expenses over and above the grants provided by the government.

The programme aims at improving the attendance and retention rate of children enrolled in schools from rural areas. This initiative not only supports the educational objectives of the schools but also tries to bring in social equity in society.

JSS MVP Hostels and Orphanages.



H.H. Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji initially provided accommodation and food for a few poor students at his rented residence (Niranjanalaya) with the intention of supporting them and preventing them from discontinuing education.

Later, KSS Hostel was started in the building donated by SahukarSiddalingaiah. Thus, he started the dasoha of food and knowledge in the year 1930. That small initiative by him has today grown into a vast educational movement.

With the blessings and encouragement of His Holiness Jagadguru Manthra Maharshi Sri ShivarathreeshwaraMahaswamiji, a building on Vanivilasa Road was bought later and a free hostel was started. That was the grand beginning of the students' hostels.

Several stalwarts have studied in the hostels that began in the 1940s. The list includes several Ministers of the union and state govts. / IAS / IPS officers / Vice Chancellors. Hostels were also started in Chamarajanagara (1945) and Mysuru (1948). The student hostels have grown in number and have provided boarding and lodging facility to thousands of students and supported their education.

The list of free Hostels and Orphanages:

Under the aegis of the Srimath, several orphanages, homes for destitute children and free hostels are being run in the following places.

- KSS Orphanage, Vanivilasa Road, Mysuru
- JSS Hostel (Main Building), Vanivilasa Road Mysuru.
- JSS VidhyarthiNilaya, Suttur
- JSS Destitute Children Home, Suttur
- JSS Pre-Metric Boys Hostel, Suttur
- JSS Orphanage, Chamarajanagara
- Jagadguru Sri ShivarathreeshwaraPrasadaNilaya, Ramanuja Road, Mysuru
- Jagadguru Sri Shivarathreeshwara Pre-Metric Boys Hostel, Ramapura, HanurTq.
- Jagadguru Sri Shivarathreeshwara Orphanage Terakanambi, GundlupetTq.
- JSS Home for Destitute Children, HullahalliNanjangudTq.
- Jagadguru Sri Shivarathreeshwara Orphanage Doddakadanur, HolenarasipuraTq.
- Hassan Dist.
- Jagadguru Sri Shivarathreeshwara Hoste
- K.R. Nagara
- JSS Hostel for Differently-abled Working Women and Girl Students, Mysuru
- Sri Basaveshwara Orphanage
- Bachahalli, Gundlupet Tq.
- Sri Basaveshwara Orphanage
- Shivapura, Gundlupet Tq.
- Sri Basaveshwara Orphanage
- Vaddagere, Gundlupet Tq.

Suttur Math distributes food to more than 1000 people in Mysuru



“By serving humanity, you are serving God”–The Suttur Math has upheld this motto throughout these years and has always come forward to help thousands of people. Currently, when our country is facing a serious crisis due to the outbreak of coronavirus, Suttur Math is involved in helping people who are struggling for even basic needs. For many people, the biggest problem is hunger.

Today, food packets were distributed to more than a thousand people by Suttur Math in Mysuru and surrounding areas. Through these services, the Math is joining hands with the government to overcome this ongoing situation.

Link: <https://jssonline.org/suttur-mutt-distributed-food-to-more-than-1000-people-in-mysuru/>

Programs aligning to SDG 2



Extending hospitality is the age-old tradition of Suttur Math. The residential school at Suttur provides free food to about 4,000 children. In Yalandur taluk, about 10,000 children are offered free meals. In 20 free boarding homes run under the aegis of the Math, meals are provided for the needy.

Dasoha Bhavana

A magnificent Bhavana has been constructed at Suttur Srikshetra to provide Prasada (food) to the devotees during their visit. Inaugurated by Hon'ble Dr Manmohan Singh, the then Prime Minister of India, the Bhavan is clean, spacious, and has a well-equipped kitchen with modern appliances.



Link: <https://jssonline.org/dasoha-sharing-wealth-knowledge/>