



Provision of Sustainable, Vegetarian, and Inclusive Food Choices on the JSS AHER Campus

Yes, JSS AHER ensures that the food provided on campus, especially in its hostels, includes sustainable, nutritious, and diverse choices that cater to a variety of dietary preferences and requirements, including vegetarian options.

1. Diverse and Inclusive Menu Offerings

JSS Academy of Higher Education and Research (JSS AHER) is committed to sustainability and inclusivity across various aspects of campus life, including food services. Our on-campus dining facilities, particularly in student hostels and food courts are designed to cater to a diverse student body with varied cultural and dietary preferences. Our food service approach prioritizes sustainable choices, inclusive of vegetarian and vegan options, alongside nutrient-dense, balanced meals to ensure that students have access to healthy and eco-friendly food choices that contribute to their well-being.

Sustainable and Nutritious Options

The menu provided by JSS AHER across breakfast, lunch, and dinner reflects a balance of nutrients critical for daily dietary needs. Foods are prepared with a focus on nutrient-dense ingredients and include options high in proteins, dietary fibers, and essential vitamins and minerals.

- **Energy and Protein Balance:** Breakfast items like poha, upma, and curd provide energy and proteins, while items like paratha and curd offer a balanced carbohydrate and fat content. For dinner, curries like paneer curry and mushroom curry ensure adequate protein intake.
- **Dietary Fiber and Micronutrient Content:** Items such as various vegetable dishes (e.g., beetroot, cabbage, carrot, beans, etc.) are rich in dietary fibers, supporting digestive health, while calcium and iron are sufficiently provided through dairy, legumes, and select grains.

Plant-Based and Vegetarian Options

The menu prominently includes vegetarian food options, which can support vegan adaptations by omitting dairy where necessary. Notable choices include:

- **Vegetable Curries and Sides:** Various palyas (vegetable dishes) made from beetroot, cabbage, carrot, and beans, along with staple items like rice, chapati, dal, and sambar, are key plant-based components.
- **Grain and Legume Combinations:** Whole grains (rice, chapati) and legumes (dal, rajmah curry, chole) make up protein-rich, vegetarian meals with high fiber and iron content.
- **Fresh Fruit and Plant-Based Desserts:** Fruits like watermelon, papaya, banana, and traditional sweets provide natural sugars and essential vitamins, while also catering to diverse dietary preferences.

Support for Sustainable Diets

JSS AHER's menu focuses on low environmental impact foods by prioritizing plant-based ingredients and minimally processed items that require fewer resources to produce, aligning with sustainable dietary practices.

2. Nutritional Composition of Food Provided at JSSAHER Hostels

(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)

JSS AHER's hostel dining facilities operate on a seven-day meal rotation designed to meet daily nutrient requirements while offering variety and balanced nutrition. Below is a detailed breakdown of the nutritional composition of different meal options provided across breakfast, lunch, dinner, and dessert.

Breakfast Menu

The breakfast menu at JSS AHER provides a selection of vegetarian meals with high carbohydrate and moderate protein content, ideal for sustaining students' energy throughout the morning. Typical breakfast items include poha, aloo paratha, upma, and idli, all prepared in hygienic conditions using fresh ingredients. Nutritional data for some common breakfast items is outlined below:

Lunch Menu

Our lunch menu provides wholesome meals emphasizing plant-based and dairy protein sources. The lunch offerings include chapati, dal, pulao, rajmah curry, and raita, supporting a balanced intake of macronutrients and fiber.

Dinner Menu

For dinner, the menu offers nutrient-dense options such as ghee rice, paneer curry, aloo fry, and mixed vegetables. These meals provide a balance of macronutrients, minerals, and dietary fiber essential for evening recovery and maintaining satiety overnight.

Desserts and Fruits

The dessert menu includes options like jalebi and gulab jamun, alongside healthier choices of fruits such as watermelon, oranges, papaya, and bananas, catering to different tastes while encouraging fruit intake for micronutrient diversity.

Sustainable Practices

In addition to sourcing from local vendors, JSS AHER actively implements sustainability practices in its food management systems:

- **Seasonal Menus:** Our student represented hostel review committee designs menus based on the availability of seasonal ingredients, thereby maximizing freshness and nutritional value while minimizing environmental impact.
- **Waste Reduction Initiatives:** We have established protocols for reducing food waste, including composting and donating surplus food to local charities, contributing to the community's well-being.

JSS Academy of Higher Education & Research is dedicated to fostering a sustainable food culture on campus through our sourcing policies and partnerships with local suppliers. Our FSSAI certification is a testament to our commitment to providing safe, high-quality, and nutritious food options for our students and staff. By prioritizing local and organic ingredients, we not only enhance the dining experience but also contribute positively to the environment and community. JSS Academy of Higher Education & Research (JSS AHER) is committed to promoting health, sustainability, and nutrition through its food service operations. Our hostels prioritize providing hygienic, nutritious vegetarian meals at nominal rates while adhering to the highest standards of food safety and quality. A crucial aspect of this commitment involves our sourcing policies, which emphasize the procurement of local and organic ingredients for all meals.

3. Sourcing Policies and Local Partnerships at JSS Academy of Higher Education & Research (JSS AHER)

JSS Academy of Higher Education & Research (JSS AHER) is committed to providing sustainable food choices that prioritize health, nutrition, and environmental sustainability. A critical aspect of our food sourcing policy is to ensure that all meals served on campus, including those in hostels, food courts, and canteens, utilize high-quality ingredients procured from local vendors and farmers. This commitment is further

validated by our adherence to the **Food Safety and Standards Authority of India (FSSAI) regulations.**

Local Sourcing Policies

At JSS AHER, we prioritize sourcing ingredients from local and regional suppliers. This approach not only supports the local economy but also reduces the carbon footprint associated with food transportation. Key elements of our sourcing policies include:

- **Partnerships with Local Farmers:** We maintain strong partnerships with local farmers and vendors who supply fresh fruits, vegetables, grains, and other ingredients. This collaboration ensures that our ingredients are seasonal, fresh, and sustainably grown.
- **Quality Assurance:** All ingredients sourced from local vendors undergo rigorous quality checks to meet the standards established by FSSAI. This guarantees that the food served is safe, nutritious, and of the highest quality.

FSSAI Certification

- JSS AHER has obtained FSSAI Certification for all its hostels, food courts, and canteens. This certification signifies our compliance with the **Food Safety and Standards Act and regulations**, ensuring that: **Safety and Quality Standards:** All food products served on campus meet the prescribed safety and quality standards set forth by FSSAI, enhancing the reputation of our institution and the trust of our students and staff.
- **Hygiene and Safety Practices:** The FSSAI certification ensures that proper hygiene and safety practices are followed in food handling and preparation, significantly reducing the risk of foodborne illnesses.
- **Discouragement of Adulteration:** The FSSAI framework discourages food adulteration and promotes the sale of safe and authentic food products, reinforcing our commitment to the health and well-being of our community.

JSS AHER has obtained FSSAI License for all the Hostel Mess, food courts & Canteens and the details of License are as detailed below:

Sl. No	Institution	License No	Validity Period
I	JSSAHER – College of Pharmacy Campus, Mysuru		
1	JSSAHER Hostel for Men	11223335000149	04.04.2024 to 04.05.2027

Sl. No	Institution	License No	Validity Period
2	JSSAHER Hostel for Women	11223335000150	04.04.2024 to 04.05.2027
II	JSSAHER – Medical Institutions Campus, Mysuru		
3	JSSAHER Hostel for Women – D Block	11223335000151	04.04.2024 to 04.05.2027
4	JSSAHER Hostel for Women – Mess Block	11223335000152	04.04.2024 to 04.05.2027
5	JSSAHER Hostel for Men	11223335000153	04.04.2024 to 04.05.2027
6	JSSAHER PG Hostel (Guest House)	11223335000154	27.03.2024 to 04.05.2027
III	JSSAHER – JSS Hospital Campus, Mysuru		
7	JSSAHER PG Resident Hostel	11223323000181	04.04.2024 to 04.05.2027

Sourcing distribution pattern at JSS AHER

JSS AHER implements a structured and responsible distribution pattern for purchasing food and related products, focusing on local and sustainable sources. The procurement of food grains, milk, fruits, vegetables, and bakery items is carried out according to the following principles:

1. Collaborations with Sister Institutions:

JSS AHER collaborates with JSS Enterprises for grocery purchases, ensuring a unified and efficient procurement process that supports local economies.

2. Partnerships with Local Trusted Suppliers:

We actively engage with local suppliers for fruits, vegetables, and bakery items, ensuring that our ingredients are fresh, seasonal, and sourced from nearby farms. This not only fosters community relationships but also reduces the carbon footprint associated with transportation.

3. **Government-Identified Agencies:**

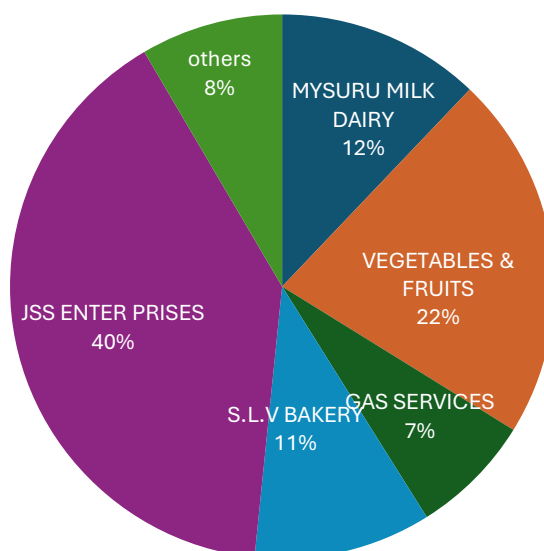
Our sourcing also includes partnerships with government-identified agencies for essential items such as gas, milk, and related products. This ensures the procurement of quality products that meet regulatory standards.

4. **Distribution Pattern of Food and related products purchase at JSSAHER.**

The distribution pattern of hostel purchases for the year 2023-24 is as follows: The Hostels functioning under the ambit of JSSAHER ensures responsibility in providing hygienic nutritious vegetarian food at very nominal rates and purchases the required food grains, Milk, Fruits, Vegetables Bakery items in the following pattern:

- ✓ with the sister concerned institutes (JSS Enterprises -groceries)
- ✓ with local trusted suppliers (Fruits, Vegetables, Bakery Items)
- ✓ Govt identified agencies (Gas, Milk & related Product)

The distribution pattern of hostel purchases during the year 2023-24 is depicted below in %.



- **Sister Institutions (Groceries)[40%]**
- **Local Trusted Suppliers (Fruits, Vegetables, Bakery Items) [48%]**
- **Government Identified Agencies (Gas, Milk, Related Products) [12%]**

JSS Academy of Higher Education & Research is dedicated to fostering a sustainable food environment on campus through strategic sourcing policies. By prioritizing local and organic ingredients and obtaining FSSAI certification, we ensure that our food service operations not only meet high safety and quality standards but also contribute positively to the health and well-being of our community.

COLLABORATION WITH LOCAL COMMUNITIES

The College as a body always extends support to organize events aimed at promotion conservation and sustainable utilization of the land, including forests and wildlife. The Department of Pharmacognosy of the college annually organizes such events to promote the conservation of medicinal plants in the Nilgiris Biosphere. Also a handy booklet on “**Food Adulteration and Safety**” consists of extensive information about adulteration and identification was distributed to public.



National Nutrition Week 2024 - 1st to 7th September 2024

During National Nutrition Week 2024, observed from September 1-7 with the theme "Nutritious diets for Everyone", the Department of Community Medicine from JSS Medical College conducted multiple community engagement initiatives. On September 10, a comprehensive health camp was organized at JSS Degree College, Nanjangud, where 92 people received essential medical services, including height, weight, BMI, visual acuity, and health screenings. Approximately 30 participants were found to be overweight or obese, and they received targeted health education about diet and exercise.

In addition to the health camp, the department organized nutrition quiz competitions at JSS Public School, Siddarthanagar and JSS Ramapura High School on September 13 and September 4, respectively. These events involved 15 and 12 teams of students, with top-performing teams from 9th and 10th standards showcasing their nutrition knowledge. The competitions were coordinated by Dr.Mythily M R, Dr.Sunitha Singh, and other department members, aiming to raise awareness about nutrition, healthy eating habits,

and essential dietary elements. The events were deemed successful in educating participants and fostering a sense of community learning.



Guest lectures

Name/ department	Title	Date and Venue
Dr. Prasanna K. Santhekadur/ Biochemistry	Our Food, Our Health 	22 nd September 2024 Shivarama Kaaranta Vedike, RT Nagar, Bangalore, India.
Dr. Manjappa M/ Cardiology	Diet and Nutrition in Clinical Practice CME-Panelist and Resource person 	17 th August 2024 JP Fortune Palace, Mysore

Paper and Poster presentation by faculty and students

Sl.No.	Name of the faculty / Student	Papers presented	National / International	Title of the programme	Venue & Date presented
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1.	Ms.Shwetha Rai B (M.Sc PG)	Diet & Sleep exploring the connection in teenagers	State	34th State Conference of Karnataka Association of Community Health	14 th to 15 th Nov 2024
2.	Dr.K.M Srinath Professor	Effect of vitamin D on cytokine profile in diabetic and diabetic nephropathy	Local	Research Scholars Conference in Health Sciences and life Sciences - 2025	02 nd Feb 2025 JSS AHER Mysuru
3.	Dr.Dheeraj Patil	Free Paper – Study of Serum Electrolytes, Vitamin B12 levels in patients with temporary defunctioning Ileostomy	State	Karnataka State Chapter of Association of Surgeons of India & Surgical Society of Mysuru, ASI Mysuru Branch – 43 rd KSCASICON 2025, Mysuru	14 th - 16 th February 2025, MMC Platinum Jubilee Auditorium, J.K.Grounds, MMCRI, Mysuru
4.	Dr. Harsha	A rare manifestation of of Vitamin B12 deficiency in pregnancy mimicking HELLP syndrome : A case report	State	State conference Mysuru	Mysuru

Sl No	Title of the project	Principal Investigator	Co-Principal Investigator	Funding agency	Amount sanctioned	Duration
1.	Development of Millet based dietary fiber for protection of allergic asthma by modulating gut microbiome derived short chain fatty acids	Dr.Kiran	Dr Rajesh Kumar T	ICMR	40 lakhs	3 Yrs.
2.	Prevalence of micronutrient deficiency, nutritional status and cognitive dysfunction among	Dr.Praveen Kulkarni	Dr. Kusuma K. S.	DBT	27.5	3 Yrs.

	elderly residing in tribal areas of southern Karnataka					
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Projects Ongoing Projects

Completed Projects

Sl No	Title of the project	Principal Investigator	Co-Principal Investigator	Collaborating Depts	Funding agency	Amount sanctioned	Duration
1.	Evaluation & comparison of serum calcium, Magnesium, Phosphate, Alkaline Phosphatase, Vitamid-D and Bone Mineral Density in children consuming reverse osmosis (RO), Non-RO and High Fluoride drinking water	Dr.Thippeswamy	Dr. Devananda D.	JSS Dental College, Paediatrics , JSSMC	ICMR	20.41	2 Yrs

NOVA BIOMEDICALS (INDUSTRY SPONSORED) RESEARCH – COMPLETED

(Laboratory work has been completed, data analysis is in process)

Sl. No.	Title of the study	Name of the Principal investigator and Co-investigators	Study duration in months
1	Comparison of Spot serum Creatinine estimation by StatSensor Creatinine meter and Serum Creatinine estimation by conventional enzymatic method	Dr Manjunath S Shetty Dr Manoj C Dr.Abhijith	24
2	Correlation of total and Ionised Magnesium levels between pregnant women admitted in third trimester and their Newborn.	Dr. Sowmya K Dr.Suma K.B. DR Srinivasa Murthy Dr Kusuma K.S.	06

3	Ionised magnesium level in children admitted to pediatric intensive Care unit at JSS Hospital, Mysuru	Pis: Dr Rajani H S, Dr Jagadish Kumar K Co-Investigators: Dr. Akila Prashant, Dr. Basavana Gowdappa, Dr. Praveen Kulkarni. USA: Dr. Dennis Begos and Dr. Vishakantha Murthy	06
4	Ionised magnesium level in children with acute covid 19 infections And post covid mis – c admitted under Paediatric department at JSS Hospital, Mysuru	Pis: Dr Rajani H S, Dr Jagadish Kumar K Co-Investigators: Dr. Swetha NK, Dr. Basavana Gowdappa, Dr. Praveen Kulkarni. USA: Dr. Dennis Begos and Dr. Vishakantha Murthy	06
5	Reference range for whole blood ionized magnesium in healthy children Between 0-19 years of age.	Pls: Dr Rajani H S, Dr Jagadish Kumar K Co-Investigators: Dr. Shobha CR, Dr. Basavana Gowdappa, Dr. Praveen Kulkarni. USA: Dr. Dennis Begos and Dr. Vishakantha Murthy	06
6	A Correlation between total and ionised Magnesium levels in Chronic Heart Failure patients with reduced ejection fraction pilot study.	Dr. Manjappa, Dr. Swetha NK	12
7	Correlation between total and ionised Magnesium levels in Acute decompensated Heart Failure (ADHF) and Acute Coronary Syndrome (ACS) patients in a tertiary care hospital.	Dr. Manjappa Dr. Prashant Vishwanath,	12
8	Unrecognised ionised hypomagnesemia and incidence of complications in cardiac intensive care unit.	Dr. Manjappa, Dr. Prashant Vishwanath,	12
9	Comparison of Ionised Magnesium between sick and stable Preterm Newborns	Dr. Srinivasa Murthy Dr. Deepti, Dr. Sushma, Dr. Akila Prashant	06
1	Comparison of Ionised Magnesium between sick and stable term Newborns	Dr. Deepti, Dr. Sushma Dr. Srinivasa Murthy, Dr. Swetha NK	06

UG Student Research Projects – Ongoing


Sl No	Title of the project	PI	Guide	Funding agency	Amount sanctioned
	Exploration of Interplay Between Serum Magnesium Level, Anxiety, Depression and Psychological Well-being in Migraine Patients	Abhipsa Mandal	Dr Nemichandra SC	ICMR	50,000.00
	Correlation of cerebral atrophy changes in MRI with folate and homocysteine levels in patients with Alzheimer's disease -A cross sectional study	Prashansa	Dr. Vidya CS	ICMR	50,000.00

Research Projects – Ongoing (JSS AHER)

Sl. No	Title of the Project	Name of the Principal Investigator/Mentor & Department	Amount sanctioned	Duration
1.	The effect of vitamin D supplementation on oxidative stress and renoprotection in streptozotocin-induced diabetic rats.	Dr.Akila Prashant Professor & HOD of Biochemistry JSSMC, Mysuru	100,000.00	01 Yr
2.	Understanding the role of vitamin D angiogenesis and oxidative stress in diabetic nephropathy	Dr.Prashanth Vishwanath Professor of Biochemistry JSSMC, Mysuru	300,000.00	01 Yr
3.	Comparative Evaluation of Antioxidant capacity and glycemic index of locally available fruits in healthy volunteers.	Mr.Sagar K PG Student in Biochemistry, JSSMC, Mysuru	25,000.00	01 Yr

4.	A Study to know the impact of black rice (Chak-Hao) on Glycemia in normal adults.	Ms.Singte Tabitha PG Student in Biochemistry, JSSMC, Mysuru.	25,000.00	01 Yr
5.	A Study to know the impact of black rice (Chak-Hao) insulin level in normal adults.	Ms.Swarna Mariam Biju PG Student in Biochemistry, JSSMC, Mysuru.	25,000.00	01 Yr. 06 Months
6.	Evaluating the role of Zinc in assessing the severity of non-diabetic Peripheral Neuropathy.	Ms.Sharada Kumari PG Student in Biochemistry, JSSMC, Mysuru.	25,000.00	01 Yr
7.	Evaluating the role of Magnesium in assessing the severity of Non-diabetic peripheral neuropathy.	Mr.Sanjay P PG Student in Biochemistry, JSSMC, Mysuru.	25,000.00	01 Yr

Faculty Development Program

Sl No	Name & Designation	Title of the programme	Date, Name of the Institution & Place	Photos
1.	Ms Shashirekha B	Workshop on Food safety and standard act	25-04-2025 CFTRI	

ICMR & Other Fellowship details

Sl No	Title of the project	Principal Investigator	Collaborating Depts	Funding agency	Amount sanctioned	Duration
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1.	Effect of vitamin D on angiogenesis and oxidative stress induced changes in the glomerular basement membrane during diabetic nephropathy	Ms.Lavanya B R SRF Dept of Biochemistry JSS Medical College Mysuru	Biochemistry	ICMR	15,21,600.00	3 Yrs.
2.	Assessing the impact of vitamin-D supplementation in mitigating Type-2 diabetes-induced histopathological changes in the mouse brain	MsRimshia Naaz SRF Dept of Biochemistry JSSMC Mysuru	Biochemistry	ICMR	2,57,800.00	3 Yrs.

Vegan Diet and its Importance: Sustainable Solutions through a Plant-Based Lifestyle



In her talk, Ms. Seemanthini emphasized how dietary choices, particularly those rooted in plant-based nutrition, can create a positive ripple effect across ecosystems and communities. She elaborated on the environmental footprint of industrial animal farming and highlighted the need for informed food habits that promote both personal well-being and planetary health. The session also shed light on how vegan diets can serve as a preventive healthcare approach while contributing to climate resilience.

Date & Time: 21st February, 2025, 12:00 PM – 1:00 PM Venue: Sri Rajendra Auditorium
Speaker: Ms. Seemanthini C., Project Coordinator, Consumers for Sustainability Topic: Vegan Diet and its Importance: Sustainable Solutions through a Plant-Based Lifestyle
The session commenced with a warm welcome to the participants followed by a brief introduction of the speaker. Ms. Seemanthini C., with her extensive experience in outreach initiatives and sustainable practices, addressed the gathering on the significance of adopting a vegan diet and its broader implications on health, environment, and society. In her talk, Ms. Seemanthini emphasized how dietary choices, particularly those rooted in plant-based nutrition, can create a positive ripple effect across ecosystems and communities. She elaborated on the environmental footprint of industrial animal farming and highlighted the need for informed food habits that promote both personal well-being and planetary health. The session also shed light on how vegan diets can serve as a preventive healthcare approach while contributing to climate resilience. Students from B. Pharm, Pharm D, and M. Pharm programs attended the lecture and participated actively in discussions. The speaker offered practical insights on transitioning to sustainable food habits and encouraged young professionals to become advocates for responsible living. The session concluded with a vote of thanks and formal appreciation, acknowledging Ms. Seemanthini's engaging delivery and her valuable contribution to fostering awareness on sustainability among students.

COLLABORATION WITH LOCAL COMMUNITIES

JSS College of Pharmacy, Ooty, actively promotes **environmental conservation and sustainable resource utilization** through various initiatives. The Department of Pharmacognosy annually organizes programs focused on the **conservation of medicinal plants in the Nilgiris Biosphere**, fostering awareness of the ecological and therapeutic importance of native flora through medicinal plant exhibition. The college also supports events dedicated to the **protection of land, forests, and wildlife**, encouraging community participation in sustainable practices. Additionally, a **handy booklet on "Food Adulteration and Safety"** was distributed to the public, offering detailed information on identifying adulterated foods and ensuring food safety. These efforts collectively enhance environmental responsibility and community health awareness.



Glimpses of medicinal plant exhibition to provide public medicinal plant awareness



Our awareness programme on medicinal plant being appreciated by honourable chief minister of Tamilnadu

ENSURING FOOD SECURITY AND WELL BEING FOR FACULTY AND STAFF

JSS College of Pharmacy, Ooty, ensures that its staff members have access to nutritious and wholesome meals as part of its commitment to promoting well-being and addressing hunger. The college provides healthy and balanced food at the JSS Guest House for staff members, which they can avail themselves of whenever needed. Additionally, working lunches are routinely arranged after meetings, ensuring that all faculty and staff are provided with hygienic and nourishing meals.

Such initiatives reflect the institution's efforts to create a supportive and caring environment for its employees while contributing to the broader objectives of Zero Hunger by preventing food insecurity among its workforce.



SUSTAINABLE LIVING THROUGH CLEANLINESS AND VEGAN MEALS

JSS College of Pharmacy, Ooty, emphasizes the importance of maintaining a clean and sustainable campus environment through its proactive dining and lifestyle initiatives. The college ensures that dining areas are hygienic and well-maintained, instilling a culture of cleanliness among students. Regular awareness campaigns and posters encourage students to maintain personal and community hygiene, contributing to a healthier campus.

In alignment with sustainable practices, the college also promotes the availability of vegan and plant-based food options for students. These meals are nutritious, environmentally friendly, and support the reduction of the institution's carbon footprint. By integrating cleanliness initiatives with the promotion of vegan diets, the college fosters both health-conscious living and environmental sustainability among its students.





Glimpses of hostel cleanliness

SUSTAINABLE VEGETARIAN AND VEGAN FOOD PRACTICES ON CAMPUS

JSS College of Pharmacy, Ooty, ensures sustainable and nutritious food choices for students and staff through its hostel, canteen, and guest house facilities. The menu offers a variety of **vegetarian and vegan-friendly meals** including idly, dosa, pongal, chapathi, rice varieties, vegetable curries, sprouts, and pulses, supporting plant-based nutrition and environmental sustainability. A typical day's meals provide **1,800–2,200 kcal**, meeting the recommended energy requirements for young adults, with balanced carbohydrates, proteins, and micronutrients. Regular evening snacks and milk supplements further enhance dietary quality. By promoting healthy, hygienic, and sustainable dining practices, the institution contributes to Zero Hunger while fostering well-being and eco-conscious living.

JSS College Of Pharmacy, Ooty

Girls Hostel

With effective from March 2025 (Week 1 & 3)

Day	Breakfast	Lunch	Dinner
Monday	Idly, Masala Vada, Sambar, Pudina chutney	Plain rice, Dhal, Chappathi, Valakai poriyal, Mushroom gravy, Rasam, Curd	Dosa & Vada Curry
Tuesday	Pongal, Medu vada, Sambar, Coconut chutney	Plain rice, Kerala with dhal kolambu, Rasam, Curd vada, Curd, Pappad	Maggie (with vegetables), Curd rice, chips
Wednesday	Appam, Chickpea curry, coconut chutney	Plain rice, jeera rice, poori channa gravy, Rasam, Curd	Veg Pulav, Tomato sauce, chips
Thursday	Bread, Potato curry, carrot+Onions+Cucumber + Tomato+ Pudina chutney, Butter, Jam, Corn flakes	Kerala rice, Plain rice, Moru kolambu & sambar, Fried potato poriyal, Rasam, Curd	Ghee roast, Tomato chutney, Sambar
Friday	Ragi semiya, Puttu, curry	Plain rice, Kothu parupu kolambu, Chappathi, Green peas potato curry, Rasam, curd	Rava dosa, Perikangai chutney, sambar
Saturday	Puttu, Wheat upma, Chickpea curry, Corn flakes	Bisibellabath/Sambar sadam, Kaara Boondi, Plain rice, Rasam, Curd	Idly, Sambar, Poha, coconut chutney
Sunday	Masala dosa, sambar, coconut chutney	Pudina rice, Fruit curd rice, chips	Kothu parotta with Onion Raitha, Salad

Evening Snacks

Monday	Green gram sprout
Tuesday	Sweet corn/Sandwich
Wednesday	5 rupees Biscuit
Thursday	Sundal with onion
Friday	Bun butter jam

Sweets

Week 1	Arun icecream (Cone or choco bar)
Week 3	Milk peda

Pickle: Mango/Garlic/Lemon+ Moru Milagai

Morning: Milk & Coffee

Evening: Milk, Tea & coffee Every

Night: Plain rice, Rasam, Curd

c. 
Student's secretary


Warden


Administrative officer


Principal

Nutritional Composition of Food Provided at JSSAHER Hostels**BREAKFAST***(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)*

Nutrient Name	Nutritive Value											
	Maggie	Sauce	Upma	Kesari Bath	Sweet Bread	Jam	Toast Bread	Butter (1tbsp)	Poha	Aloo Paratha	Curd	Tomato Curry
Energy (Kcal)	437.00	112	108.40	427.0	124	278	293	293	409.0	264	59.0	18
Protein (Gm)	10.40	1.95	3.12	6.0	22.48	0.4	9	9	7.6	4.75	3.80	1
Carbohydrate (Gm)	63.50	11.27	16.57	85.0	0.0	69	54.4	54.4	70.0	38.17	4.30	4
Total Fat (Gm)	15.70	2.38	3.03	7.0	3.08	0.1	4	4	10.9	10.76	3.0	0.01
Total Dietary Fiber (Gm)	3.90	0.4	3.06	1.40	0.0	1.1	2.5	2.5	2.5	3.3	0	0.7
Total Free Sugars (Gm)	3.40	8.8	1.07	40.0	0.0	49	4.74	4.74	2	4.63	1.3	2.5
Sodium (Mg)	1232.20	481	4.11	290.0	381	32	5.92	5.92	1470	477	371	11
Calcium (Mg)	153.50	27	14.9	8.6	4	20.00	119	119	9	30	137	11.00
Iron (Mg)	3.70	0.85	0.87	0.9	1.23	0.49	3.33	3.33	1.00	2.65	0.2	0.68

Nutrient Name	Nutritive Value											
	Akki Roti	Rava Idli	Masala Dosa	Poori	Idli	Chut-ney	Aloo Curry	Sambar	Vada	Tea (100ml)	Coffee (100ml)	Milk (100ml)
Energy (Kcal)	196	404.0	239.84	296	133.1	837.67	96	63.61	133.1	17	17	62
Protein (Gm)	2.4	10	7.70	7.54	4.07	3.61	2.34	3.15	4.07	0.52	0.18	3.32
Carbohydrate (Gm)	32	73	49.4	46.73	27.69	7.01	17.52	10.38	27.69	2.8	4.04	4.66
Total Fat (Gm)	5.2	8.0	0.59	9.43	0.30	17.58	2.89	0.85	0.30	0.46	0.08	3.35
Total Dietary Fiber (Gm)	1.0	4.25	4.18	4.7	2.14	5.61	3.6	1.96	2.14	0	0	0
Total Free Sugars (Gm)	0	5.7	0.48	0.21	0.6	2.51	1.28	1.76	0.6	2.72	3.7	5.42
Sodium (Mg)	196	860.0	4.73	685	2.38	5.31	440	6.96	2.38	8	3	41
Calcium (Mg)	39.6	29.8	13.48	17	6.77	12.66	61	19.41	6.77	18	6	117
Iron (Mg)	0.2	1	1.12	2.68	0.56	1.19	3.59	0.89	0.56	0.01	0.04	0.03

LUNCH*(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)*

Nutrient Name	Nutritive Value										
	Chapati	Dal	Pulao	Raita	Rice	Rasam	Mush-room curry	Rajmah Curry	Moong Curry	Meal Maker Curry	Chole Bature
Energy (Kcal)	170	68.00	110.53	58	351.91	42.56	56	60.68	57.48	337	427K
Protein (Gm)	5.84	3.40	2.7	3	7.81	1.73	3.12	2.95	3.19	49	10.8
Carbohydrate (Gm)	32.5	8.12	20.07	5	76.8	5.10	5.1	6.54	6.02	36	50.3
Total Fat (Gm)	1.55	1.67	1.33	7.21	0.55	1.13	0.22	1.53	1.37	2.4	20.1
Total Dietary Fiber (Gm)	1.2	1.90	1.99	0.5	3.74	1.35	2.1	2.98	1.76	12	12
Total Free Sugars (Gm)	0.65	1.01	1.19	5.09	0.67	1.81	3.5	1.18	0.82	8	9.2
Sodium (Mg)	138	4.77	6.34	372	3.16	4.35	103.9	3.99	3.78	3	16.2
Calcium (Mg)	21	17.15	13.3	85.7	8.11	17.97	3	24.84	11.53	244.0	118
Iron (Mg)	2.03	0.92	0.45	0.4	0.72	0.72	0.5	1.17	0.72	13.70	2.8

Nutrient Name	Nutritive Value						
	Beetroot Palya	Cabbage Palya	Beans Palya	Carrot Palya	Heerekayi Palya	Huruli Palya	Buttermilk
Energy (Kcal)	104.71	73.37	107.44	61	13.15	329.90	62
Protein (Gm)	2.83	1.95	2.73	1.1	0.91	21.73	3.2
Carbohydrate (Gm)	7.62	6.19	2.89	6.5	1.40	48.31	4.9
Total Fat (Gm)	6.80	3.02	8.88	3.9	0.14	0.62	3.3
Total Dietary Fiber (Gm)	4.90	3.29	5.31	1.6	1.81	7.88	0
Total Free Sugars (Gm)	5.04	1.06	1.78	3.1	0.62	0.35	4.9
Sodium (Mg)	68.72	14.97	9.13	317	4.71	12.14	105
Calcium (Mg)	23.06	51.6	50.98	33	13.70	269.00	115.00
Iron (Mg)	1.09	0.73	1.23	0.30	0.42	8.76	0.03

DINNER

(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)

Nutrient Name	Nutritive Value									
	Paneer Curry	Tonde Kayi Playa	Aloo Fry	Ghee Rice	Kurma	Gobi	Fried Rice	Rumali Roti	Pav Bhaji	Papad
Energy (Kcal)	121.49	18	150	188.0	109.47	164.0	163	79	400	371K
Protein (Gm)	6.37	1.57	2	3	2.7	6.1	4.7	2.6	9.4	26
Carbohydrate (Gm)	3.32	3.55	22	19.99	13.2	31.8	31	14.2	57.9	60
Total Fat (Gm)	9.13	0.23	10.1	10.65	6	2.7	2.3	1	14.5	3.3
Total Dietary Fiber (Gm)	0.89	0.9	1.1	0.67	3.9	5.6	1.1	0.1	4.5	19
Total Free Sugars (Gm)	1.0	0.43	0.3	0.9	1	1.4	0.4	0	1.7	0
Sodium (Mg)	2.07	5	7.9	0.6	12	418	396	4.2	170.5	1745
Calcium (Mg)	207.63	30.3	9.8	11.3	50.98	28.4	19	32.2	70.2	143.00
Iron (Mg)	0.93	0.6	0.3	0.4	1.12	1.9	1.39	0.5	2.2	7.80

Nutrient Name	Nutritive Value					
	Jalebi	Gulab Jamun	Watermelon	Orange	Papaya	Banana
Energy (Kcal)	300	410.0	30	97	43	89
Protein (Gm)	4.19	6.58	0.6	0.9	0.5	1.1
Carbohydrate (Gm)	62.36	68.1	7.6	13	11	23
Total Fat (Gm)	4.31	0.40	0.2	0.2	0.3	0.3
Total Dietary Fiber (Gm)	1	12.36	0.4	2.2	1.7	2.6
Total Free Sugars (Gm)	42.77	52.01	6.2	8.5	7.8	12
Sodium (Mg)	146	110	1	1	8	1
Calcium (Mg)	131	221	7.00	43.00	20.00	5.00
Iron (Mg)	0.72	0.37	0.24	0.13	0.25	0.26

JSS MEDICAL COLLEGE GIRLS HOSTEL FOR THE MONTH OF MARCH-2020
(‘D’ BLOCK MENU)

BREAKFAST menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value					
	Maggie	Sauce	Upma	Kesari Bath	Sweet Bread	Jam
Energy	437.00Kcal	112 Kcal	108.4Kcal	427.0Kcal	124Kcal	278Kcal
Protein	10.40g	1.95g	3.12g	6.0g	22.48g	0.4g
Carbohydrate	63.50g	11.27g	16.57g	85.0g	0.0g	69g
Total Fat	15.70g	2.38g	3.03g	7.0g	3.08g	0.1g
Total Dietary Fiber	3.90g	0.4mg	3.06g	1.40g	0.0g	1.1g
Total Free Sugars	3.40g	8.8g	1.07g	40.0g	0.0g	49g
Sodium	1232.20mg	481mg	4.11mg	290.0mg	381mg	32mg
Calcium	153.50mg	27mg	14.9mg	8.6mg	4mg	20.00mg
Iron	3.70mg	0.85mg	0.87mg	0.9mg	1.23mg	0.49mg

Nutrient Name	Nutritive Value		
	Coffee (100ml)	Tea (100ml)	Milk (100ml)
Energy	17 kcal	17 Kcal	62 Kcal
Protein	0.18g	0.52g	3.32g
Carbohydrate	4.04g	2.8g	4.66g
Total Fat	0.08g	0.46g	3.35g
Total Dietary Fiber	0g	0g	0g
Total Free Sugars	3.7g	2.72g	5.42g
Sodium	3mg	8mg	41mg
Calcium	6mg	18mg	117mg
Iron	0.04mg	0.01mg	0.03mg

Nutrient Name	Nutritive Value						
	Masala Dosa	Sambar	Chutney	Poori	Aloo curry	Poha	Tomato curry
Energy	239.84kcal	63.61Kcal	837.67Kcal	296kcal	96Kcal	409.0kcal	18Kcal
Protein	7.70g	3.15g	3.61g	7.54g	2.34g	7.6g	1g
Carbohydrate	49.4g	10.38g	7.01g	46.73g	17.52g	70.0g	4g
Total Fat	0.59g	0.85g	17.58g	9.43g	2.89g	10.9g	0.01g
Total Dietary Fiber	4.18g	1.96g	5.61g	4.7g	3.6g	2.5g	0.7g
Total Free Sugars	0.48g	1.76g	2.51g	0.21g	1.28g	2g	2.5g
Sodium	4.73mg	6.96mg	5.31mg	685mg	440mg	1470mg	11mg
Calcium	13.48mg	19.41mg	12.66mg	17mg	61mg	9mg	11.00mg
Iron	1.12mg	0.89mg	1.19mg	2.68mg	3.59mg	1.00mg	0.68mg

Nutrient Name	Nutritive Value							
	Rava Idli	Akki Roti	Toast bread	Butter (1tbsp)	Curd	Aloo paratha	Idli	Vada
Energy	404.0kcal	196Kcal	293Kcal	293Kcal	59.0Kcal	264kcal	133.1kcal	133.1kcal
Protein	10g	2.4g	9g	9g	3.80g	4.75g	4.07g	4.07g
Carbohydrate	73g	32g	54.4g	54.4g	4.30g	38.17g	27.69g	27.69g
Total Fat	8.0g	5.2g	4g	4g	3.0g	10.76g	0.30g	0.30g
Total Dietary Fiber	4.25g	1.0g	2.5g	2.5g	0g	3.3g	2.14g	2.14g
Total Free Sugars	5.7g	0.g	4.74g	4.74g	1.3g	4.63g	0.6g	0.6g
Sodium	860.0mg	196mg	5.92mg	5.92mg	371mg	477mg	2.38mg	2.38mg
Calcium	29.8mg	39.6mg	119mg	119mg	137mg	30mg	6.77mg	6.77mg
Iron	1mg	0.2mg	3.33mg	3.33mg	0.2mg	2.65mg	0.56mg	0.56mg

LUNCH menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value						
	Chapati	Meal maker curry	Beetroot Palya	Dal	Rice	Rasam	Buttermilk
Energy	170Kcal	337Kcal	104.71Kcal	68.00Kcal	351.91Kcal	42.56Kcal	62Kcal
Protein	5.84g	49g	2.83g	3.40g	7.81g	1.73g	3.2g
Carbohydrate	32.5g	36g	7.62g	8.12g	76.8g	5.10g	4.9g
Total Fat	1.55g	2.4g	6.80g	1.67g	0.55g	1.13g	3.3g
Total Dietary Fiber	1.2g	12g	4.90g	1.90g	3.74g	1.35g	0g
Total Free Sugars	0.65g	8g	5.04g	1.01g	0.67g	1.81g	4.9g
Sodium	138mg	3mg	68.72mg	4.77mg	3.16mg	4.35mg	105mg
Calcium	21mg	244.0mg	23.06mg	17.15mg	8.11mg	17.97mg	115.00mg
Iron	2.03mg	13.70mg	1.09mg	0.92mg	0.72mg	0.72mg	0.03mg

Nutrient Name	Nutritive Value						
	Mushroom curry	Cabbage Palya	Rajmah curry	Carrot Palya	Beans Palya	Moong Curry	Chole bature
Energy	56kcal	73.37Kcal	60.68Kcal	61Kcal	107.44Kcal	57.48Kcal	427Kcal
Protein	3.12g	1.95g	2.95g	1.1g	2.73g	3.19g	10.8g
Carbohydrate	5.1g	6.19g	6.54g	6.5g	2.89g	6.02g	50.3g
Total Fat	0.22g	3.02g	1.53g	3.9g	8.88g	1.37g	20.1g
Total Dietary Fiber	2.1g	3.29g	2.98g	1.6g	5.31g	1.76g	12g
Total Free Sugars	3.5g	1.06g	1.18g	3.1g	1.78g	0.82g	9.2g
Sodium	103.9mg	14.97mg	3.99mg	317mg	9.13mg	3.78mg	16.2mg
Calcium	3mg	51.6mg	24.84mg	33mg	50.98mg	11.53mg	118mg
Iron	0.5mg	0.73mg	1.17mg	0.30mg	1.23mg	0.72mg	2.8mg

Nutrient Name	Nutritive Value			
	Heerekayi Palya	Huruli Palya	Pulao	Raita
Energy	13.15kcal	329.90Kcal	110.53Kcal	58Kcal
Protein	0.91g	21.73g	2.7g	3g
Carbohydrate	1.40g	48.31	20.07g	5g
Total Fat	0.14g	0.62g	1.33g	7.21g
Total Dietary Fiber	1.81g	7.88g	1.99g	0.5g
Total Free Sugars	0.62g	0.35g	1.19g	5.09g
Sodium	4.71mg	12.14mg	6.34mg	372mg
Calcium	13.70mg	269.00mg	13.3mg	85.7mg
Iron	0.42mg	8.76mg	0.45mg	0.4mg

DINNER menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value							
	Paneer curry	Tonde Kayi Playa	Aloo fry	Ghee rice	Kurma	Gobi	Fried Rice	Rumali roti
Energy	121.49kcal	18Kcal	150Kcal	188.0Kcal	109.47Kcal	164.0Kcal	163Kcal	79Kcal
Protein	6.37g	1.57g	2g	3g	2.7g	6.1g	4.7g	2.6g
Carbohydrate	3.32g	3.55g	22g	19.99g	13.2g	31.8g	31g	14.2g
Total Fat	9.13g	0.23g	10.1g	10.65g	6g	2.7g	2.3g	1g
Total Dietary Fiber	0.89g	0.9g	1.1g	0.67g	3.9g	5.6g	1.1g	0.1g
Total Free Sugars	1.0g	0.43g	0.3g	0.9g	1g	1.4g	0.4g	0g
Sodium	2.07mg	5mg	7.9mg	0.6mg	12mg	418mg	396mg	4.2mg
Calcium	207.63mg	30.3mg	9.8mg	11.3mg	50.98mg	28.4mg	19mg	32.2mg
Iron	0.93mg	0.6mg	0.3mg	0.4mg	1.12mg	1.9mg	1.39mg	0.5mg

Nutrient Name	Nutritive Value							
	Pav Bhaji	Jalebi	Gulap Jamun	Papad	Papaya	Banana	Watermelon	Orange
Energy	400kcal	300Kcal	410.0Kcal	371Kcal	43Kcal	89Kcal	30Kcal	97Kcal
Protein	9.4g	4.19g	6.58g	26g	0.5g	1.1g	0.6g	0.9g
Carbohydrate	57.9g	62.36g	68.1g	60g	11g	23g	7.6g	13g
Total Fat	14.5g	4.31g	0.40g	3.3g	0.3g	0.3g	0.2g	0.2g
Total Dietary Fiber	4.5g	1g	12.36g	19g	1.7g	2.6g	0.4g	2.2g
Total Free Sugars	1.7g	42.77g	52.01g	0g	7.8g	12g	6.2g	8.5g
Sodium	170.5mg	146mg	110mg	1745mg	8mg	1mg	1mg	1mg
Calcium	70.2mg	131mg	221mg	143.00mg	20.00mg	5.00mg	7.00mg	43.00mg
Iron	2.2mg	0.72mg	0.37mg	7.80mg	0.25mg	0.26mg	0.24mg	0.13mg



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223323000181



1. Name & Registered Office address of Licensee:
JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
PG Hostel for Men & Women, JSS Hospital
Campus, M.G.Road, Agrahara., Mysore,
Karnataka-570004
2. Address of Authorized Premises:
JSS Academy of Higher Education & Research,
PG Hostel for Men & Women, JSS Hospital
Campus, M.G.Road, Agrahara., Mysore
Mahanagar Palike I Circle, Mysore,
Karnataka-570004
3. Kind of Business:
Food Services - Club/Canteen
4. Dairy Business Details:
No
5. Category of License:
State License

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ
ಮೈಸೂರು

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

Product Annexure



Form C
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License under FSS Act, 2006



License Number: 11223323000181

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



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License under FSS Act, 2006



License Number: **11223335000154**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
PG Hostel, JSS Medical Institutions Campus, Sri
Shivarathreeshwara Nagara,, Mysore,
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
PG Hostel, JSS Medical Institutions Campus, Sri
Shivarathreeshwara Nagara,, Mysore
Mahanagar Palike II Circle, Mysore,
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 27-03-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

R. M.

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
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Product Annexure



Form C
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Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000154

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



Form C
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Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000153**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
Hostel for Men, JSS Medical Institutions
Campus, Sri Shivarathreeswara Nagara,
Mysore. , Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
Hostel for Men, JSS Medical Institutions
Campus, Sri Shivarathreeswara Nagara,
Mysore. , Mysore Mahanagar Palike II Circle,
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

Annexures:

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Product Annexure



Form C
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License under FSS Act, 2006



License Number: 11223335000153

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	14 - Beverages, excluding dairy products
2	16 - Prepared Foods



Form C
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Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000152**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
Hostel for Women, JSS Medical Institutions,
Shivarathreeshwara Nagara, Mysuru., Mysore,
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
Hostel for Women, JSS Medical Institutions,
Shivarathreeshwara Nagara, Mysuru., Mysore
Mahanagar Palike II Circle, Mysore,
Karnataka-570015
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Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

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Annexures:

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Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000152

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



Form C
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Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000151**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
Hostel for Women ('D' Block), JSS Institutions
Campus, Shivarathreeshwara Nagara, Mysuru.,
Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
Hostel for Women ('D' Block), JSS Institutions
Campus, Shivarathreeshwara Nagara, Mysuru.,
Mysore Mahanagar Palike II Circle, Mysore,
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: State License

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

R. H.

Annexures:

1. Product Annexure
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3. Non-Form C Annexure
4. Conditions Of License

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ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಂಕ್ಷಿ,
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ,
ಮೈಸೂರು

Product Annexure



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License Number: 11223335000151

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



Form C
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License Number: **11223335000150**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
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Campus, Sri Shivarathreeshwara Nagara,
Mysuru., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
Hostel for Women, JSS College of Pharmacy
Campus, Sri Shivarathreeshwara Nagara,
Mysuru., Mysore Mahanagar Palike II Circle,
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

R. M.

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000150**

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000149**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy Of Higher Education & Research,
Hostel for Men, JSS College of Pharmacy
Campus, Sri Shivarathreeshwara Nagara,
Mysore., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy Of Higher Education & Research,
Hostel for Men, JSS College of Pharmacy
Campus, Sri Shivarathreeshwara Nagara,
Mysore., Mysore Mahanagar Palike II Circle,
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ
ಮೈಸೂರು

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000149

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

JSS Academy of Higher Education & Research

(Deemed to be AHER)

Accredited "A+" Grade by NAAC



No: JSSAHER/REG/GAD-I(1)/FSSAI/215/2017-18/2641

Date: 05.06.2023

CIRCULAR

Sub: - Forwarding of License Certificate issued by FSSAI - Reg.

Ref: - Approved by the Vice Chancellor vide para (159) in the O/n.

Please find the enclosed copy of the FSSAI License Certificate availed from FSSAI, GOK as per the Food Safety and Standards Act 2006 for a period of ONE-year w.e.f. 05.05.2023 to 04.05.2024 at an annual fee of Rs. 2,000/- per registration to all the JSS AHER Hostels at Mysuru. The details of License Certificate issued by FSSAI are as stated below:

No.	Details of License	Fee Paid	Fee Rt. & Date
A	Modification Charges	1,000.00	20220825103898083, dt 25.08.2022
I	JSSAHER - College of Pharmacy Campus, Mysuru		
1	JSSAHER Hostel for Men <i>License No.: 11223335000149</i>	1,000.00	1519561410724975, dt 21.04.2023
		1,000.00	11591233961971648, dt 05.05.2023
2	JSSAHER Hostel for Women <i>License No.: 11223335000150</i>	1,000.00	11410019065427938, dt 03.05.2023
		1,000.00	11592540199245289, dt 05.05.2023
II	JSSAHER - Medical Institutions Campus, Mysuru		
3	JSSAHER Hostel for Women - D Block <i>License No.: 11223335000151</i>	1,000.00	11413094495183234, dt 03.05.2023
		1,000.00	11591936807934274, dt 05.05.2023
4	JSSAHER Hostel for Women - Mess Block <i>License No.: 11223335000152</i>	1,000.00	11414975903291918, dt 03.05.2023
		1,000.00	11591826617836860, dt 05.05.2023
5	JSSAHER Hostel for Men <i>License No.: 11223335000153</i>	1,000.00	11491635216684346, dt 04.05.2023
		1,000.00	11592463275679624, dt 05.05.2023
6	JSSAHER PG Hostel (Guest House) <i>License No.: 11223335000154</i>	1,000.00	11495329494881507, dt 04.05.2023
		1,000.00	11593486718576856, dt 05.05.2023

JSS Academy of Higher Education & Research

(Deemed to be AHER)

Accredited "A+" Grade by NAAC



No.	Details of License	Fee Paid	Fee Rt. & Date
III	JSSAHER – JSS Hospital Campus, Mysuru		
7	JSSAHER PG Resident Hostel License No.: 11223323000181	1,000.00	11498629595681940, Dt 04.05.2023
		1,000.00	11592573233890963, Dt 05.05.2023
TOTAL AMOUNT		15,000.00	

Further, it is advised to display the same (both the side) in the Kitchen and Dining Area at each hostel block and to follow the guidelines laid down by FSSAI without fail.

Meanwhile, it is advised to refund / reimburse a sum of Rs. 2,000/- per registration to JSS AHER A/c as stated at serial no.: 1 – 7 being the initial expenditure borne by JSS AHER and to debit the same under respective head of account of the hostels. However, the expenditure of Rs.1,000/- incurred towards modification charges has been debited under JSS AHER A/c.

Encl: Copy of the respective FSSAI Certificate

To,

1. The Chief Warden, JSSAHER Hostels for Men and Women, JSSMI Campus, Mysuru
2. The Warden, JSSAHER Hostels for Men and Women, JSSCP Campus, Mysuru
3. The Supervisor, JSSAHER PG Hostel, JSSMI Campus, Mysuru
4. The Warden, JSSAHER Hostels for Men & Women, Off Campus (SLS), Mysuru
5. The Warden, JSSAHER PG Residents Block, JSS Hospital Campus, Mysuru
6. Office copy

Copy to: -

1. The Finance Officer, JSSAHER, Mysuru
2. The Principal, JSS Medical College, Mysuru
3. The Principal, JSS Dental College & Hospital, Mysuru
4. The Principal, JSS College of Pharmacy, Mysuru
5. The Head, SLS, JSSAHER, Mysuru – Please ensure that the outsourced agency is having valid FSSAI Certification
6. Office Copy


REGISTRAR




Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000153**



1. Name & Registered Office address of Licensee:

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
Hostel for Men, JSS Medical Institutions
Campus, Sri Shivarathreeswara Nagara,
Mysore. , Mysore, Karnataka-570015

2. Address of Authorized Premises:

JSS Academy of Higher Education & Research,
Hostel for Men, JSS Medical Institutions
Campus, Sri Shivarathreeswara Nagara,
Mysore. , Mysore Mahanagar Palike II Circle ,
Mysore, Karnataka-570015

3. Kind of Business:

Food Services - Club/Canteen

4. Dairy Business Details:

No

5. Category of License:

State License

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 05-05-2023 (New License)

Valid Upto: 04-05-2024 (For details, refer Annexure)

Designated Officer

Date : 05-05-2023 16:37:43

User Id : 107913

Verified through Mobile : 86XXXXXX04

License Grant on : 05-05-2023 13:38:36

License Issued On : 05-05-2023 16:37:43

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000153

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	14 - Beverages, excluding dairy products
2	16 - Prepared Foods

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ಬ್ಯಾಂಕ್.
ಮೈಸೂರು.



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000152**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
Hostel for Women, JSS Medical Institutions,
Shivarathreeshwara Nagara, Mysuru., Mysore,
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
Hostel for Women, JSS Medical Institutions,
Shivarathreeshwara Nagara, Mysuru., Mysore
Mahanagar Palike II Circle , Mysore,
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore
Issued On: 05-05-2023 (New License)
Valid Upto: 04-05-2024 (For details, refer Annexure)

Designated Officer

Date : 05-05-2023 16:31:43
User Id : 107913
Verified through Mobile : 86XXXXXX04
License Grant on : 05-05-2023 13:37:53
License Issued On : 05-05-2023 16:31:43

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000152

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000151**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
Hostel for Women ('D' Block), JSS Institutions
Campus, Shivarathreeswara Nagara, Mysuru.,
Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
Hostel for Women ('D' Block), JSS Institutions
Campus, Shivarathreeswara Nagara, Mysuru.,
Mysore Mahanagar Palike II Circle , Mysore,
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore
Issued On: 05-05-2023 (New License)
Valid Upto: 04-05-2024 (For details, refer Annexure)

Designated Officer

Date : 05-05-2023 16:28:43
User Id : 107913
Verified through Mobile : 86XXXXXX04
License Grant on : 05-05-2023 13:37:10
License Issued On : 05-05-2023 16:28:43

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.

Annexures:

1. [Product Annexure](#)
2. [Validity Annexure](#)
3. [Non-Form C Annexure](#)
4. [Conditions Of License](#)

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000151

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

Confidence
ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಶಾಖೆ,
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ,
ಮೈಸೂರು.



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000154**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
PG Hostel, JSS Medical Institutions Campus, Sri
Shivarathreeshwara Nagara,, Mysore,
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
PG Hostel, JSS Medical Institutions Campus, Sri
Shivarathreeshwara Nagara,, Mysore
Mahanagar Palike II Circle , Mysore,
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore
Issued On: 05-05-2023 (New License)
Valid Upto: 04-05-2024 (For details, refer Annexure)

Designated Officer

Date : 05-05-2023 16:40:46
User Id : 107913
Verified through Mobile : 86XXXXXX04
License Grant on : 05-05-2023 13:20:44
License Issued On : 05-05-2023 16:40:46

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000154**

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

Dakshin
ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಶಾಖೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000150**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
Hostel for Women, JSS College of Pharmacy
Campus, Sri Shivarathreeshwara Nagara,
Mysuru., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
Hostel for Women, JSS College of Pharmacy
Campus, Sri Shivarathreeshwara Nagara,
Mysuru., Mysore Mahanagar Palike II Circle ,
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore
Issued On: 05-05-2023 (New License)
Valid Upto: 04-05-2024 (For details, refer Annexure)

Designated Officer

Date : 05-05-2023 16:24:56
User Id : 107913
Verified through Mobile : 86XXXXXX04
License Grant on : 05-05-2023 13:36:23
License Issued On : 05-05-2023 16:24:56

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.

Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000150

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

Daphnaw

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223335000149**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy Of Higher Education & Research,
Hostel for Men, JSS College of Pharmacy
Campus, Sri Shivarathreeswara Nagara,
Mysore., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy Of Higher Education & Research,
Hostel for Men, JSS College of Pharmacy
Campus, Sri Shivarathreeswara Nagara,
Mysore., Mysore Mahanagar Palike II Circle ,
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore
Issued On: 05-05-2023 (New License)
Valid Upto: 04-05-2024 (For details, refer Annexure)

Designated Officer

Date : 05-05-2023 16:22:00
User Id : 107913
Verified through Mobile : 86XXXXXX04
License Grant on : 05-05-2023 13:35:36
License Issued On : 05-05-2023 16:22:00

(Signature)



Annexures:

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223335000149

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: **11223323000181**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research,
PG Hostel for Men & Women, JSS Hospital
Campus, M.G.Road, Agrahara., Mysore,
Karnataka-570004
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,
PG Hostel for Men & Women, JSS Hospital
Campus, M.G.Road, Agrahara., Mysore
Mahanagar Palike I Circle , Mysore,
Karnataka-570004
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore
Issued On: 05-05-2023 (New License)
Valid Upto: 04-05-2024 (For details, refer Annexure)

Designated Officer

Date : 05-05-2023 16:44:07
User Id : 107915
Verified through Mobile : 86XXXXXX04
License Grant on : 05-05-2023 13:18:18
License Issued On : 05-05-2023 16:44:07

Annexures:

1. [Product Annexure](#)
2. [Validity Annexure](#)
3. [Non-Form C Annexure](#)
4. [Conditions Of License](#)

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.

Product Annexure



Form C
Government of Karnataka
Food Safety and Standards Authority of India
License under FSS Act, 2006



License Number: 11223323000181

Kind Of Business: Food Services - Club/Canteen

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.
ಮೈಸೂರು.