

Promotion of Public Commitment Towards Sustainable and Renewable-Energy-Based Systems (2024–2025)

Institution: JSS Academy of Higher Education & Research (JSS AHER), Mysuru

Theme: Community Engagement, Environmental Responsibility & Low-Carbon Behavioural Transformation

Supported SDGs:

SDG 6 – Clean Water & Sanitation

SDG 7 – Affordable and Clean Energy

SDG 11 – Sustainable Cities & Communities

SDG 12 – Responsible Consumption & Production

SDG 13 – Climate Action

1. Introduction

In the academic year 2024–2025, JSS Academy of Higher Education & Research (JSS AHER) actively promoted sustainability and the transition towards a **cleaner, low-carbon, and renewable-energy-dependent society** through structured academic field visits, community outreach programmes, public awareness campaigns, and inter-institutional collaborations.

Rather than restricting sustainability actions within the university boundary, JSS AHER extended its impact to **urban, rural and tribal communities**, primary schools, government institutions, NGOs and research organisations. These engagements encouraged:

- Efficient use of natural resources
- Reduction in environmental pollution
- Safer water and sanitation practices
- Environmentally responsible food systems
- Behavioural change that lowers dependence on fossil-fuel-intensive practices

These actions collectively serve as a **public commitment and indirect pledge toward sustainable and renewable energy adoption**, by minimising wastage, reducing carbon load and encouraging environmentally responsible living.

2. Water Sustainability & Clean Energy Advocacy through Academic Field Visits

2.1 Visit to Sewage Treatment Plant (STP), Mysuru – May 30, 2025

Second-semester MPH students visited a major Sewage Treatment Plant processing **67.65 Million Litres of wastewater per day** using automated systems and advanced aerators.

Key sustainability learnings included:

- Scientific treatment processes reducing water pollution
- Treated water reused for **landscape irrigation**, thereby reducing the energy burden of groundwater extraction and fresh water pumping
- Prevention of waterborne diseases, reducing the healthcare system's energy and resource load

This directly contributes to:

- **Energy reduction** through water recycling
- Conservation of natural water sources
- Demonstration of circular water-economy practices (low-energy reuse)

Such learning inspires students and local authorities to adopt **water recycling measures**, indirectly promoting renewable and efficient energy use models.

2.2 Visit to Vani Vilas Water Treatment Plant – May 29, 2025

Students were exposed to:

- Rapid sand filtration
- Chlorination and disinfection processes
- Water sampling & quality monitoring
- Distribution infrastructure

This enhanced understanding of:

- How energy-intensive untreated water systems are
- The importance of efficient, centralized treatment to reduce environmental and energy burden
- Importance of protecting source water – reducing the dependency on artificial energy-driven purification in households

This promotes a **community-wide mindset of conserving water and energy resources**.

3. Sustainable Food Systems: Reducing Energy-Intensive Practices

3.1 World Food Safety Day Visit – CSIR-CFTRI (June 10, 2025)

In alignment with the theme "*Putting Science into Action*", students observed:

- Food adulteration detection
- Microbial testing
- HPLC and PCR analysis
- Safe packaging and sustainable waste management

This visit reinforced:

- Importance of **local, safe and sustainable food systems**
- Reduced mass food wastage (which in turn reduces energy required for processing and disposal)
- Better consumer practices = reduced carbon footprint of food transport

Students committed to promoting:

- Safe and local food consumption
- Reduced packaging waste
- Minimal reliance on highly processed, energy-intensive products

This creates a ripple effect encouraging **low-energy, sustainable food habits in the community**.

4. Community Sustainability & Eco-Conscious Behaviour through NGO Engagement

4.1 SVYM Field Visit – May 22–23, 2025

At Swami Vivekananda Youth Movement (SVYM), students studied:

- Climate Smart Health Unit
- Rural livelihood practices
- Tribal self-help group sustainability efforts
- Natural resource dependence and conservation strategies

Students interacted with the **Betta Kuruba tribal community**, learning traditional low-energy, environment-harmonious living methods.

This experience:

- Reinforced low-energy, sustainable livelihood practices
- Strengthened understanding of **nature-based solutions**
- Promoted renewable-lifestyle principles over fossil-fuel dependency

5. Promotion of Low-Carbon Health Systems & Sustainable Urban Planning

5.1 SEVA SANKRAMANA 2025 – Government & CSR Platform

At this Mysuru-level event, JSS AHER installed an **interactive public stall** based on the: *JSS Panchamantra for Longevity – “Your health is in your hands”*

Five domains included:

- Physical activity
- Sustainable dietary practices
- Balanced mental health
- Rest & sleep
- Social cohesion

This message is strongly aligned to:

- Reduced consumerism
- Reduced dependency on high-energy, unhealthy, carbon-heavy.
- Promotion of **minimalist & sustainable living**

Engagement with:

- Government leaders
- CSR organisations
- NGOs helped position JSS AHER as a **regional advocate of sustainable societal transformation**.

6. Waste Reduction and Environmental Protection – Direct Energy Impact

Activities like:

- Menstrual Health & Hygiene awareness (UNICEF, DWCD)
- Breastfeeding awareness in Anganwadis
- Awareness at blind schools
- Community surveys in tribal villages
- Eat Right Campus audit
- Safe disposal training

All contributed to:

- Reduced environmental contamination
- Improved waste segregation awareness
- Lower burden on municipal energy resources
- Promotion of eco friendly and biodegradable product usage

These behavioural changes support:

Lower landfill volume

Reduced methane emission

Reduced energy use in waste treatment

Which is directly linked to climate action and renewable transition goals.

7. Evidence-Based Governance & Sustainable Policy Advocacy

Youth for Governance Conclave 2024 (GRAAM + HSF + JSS AHER)

Themes discussed:

- Sustainable cities
- Public health & urban planning
- Governance solutions for low-carbon development

Student research and posters addressed:

- Sustainable infrastructure
- Environmental responsibility
- Public transport
- Green environments

This has influenced **policy-level thinking** for Mysuru City, paving the way for:

- Green governance
- Sustainable energy transitions
- Climate-sensitive urban planning

8. Quantitative Impact Summary (2024–2025)

Indicator	Value
Field-based sustainability visits	10+
Students involved	250+
Government/NGO collaborations	6
Water & waste field facilities visited	5
Communities reached	1,200+
Awareness sessions conducted	15+
Institutions engaged	CFTRI, STP, PHCs, FSSAI, IDSP, SVYM
Surveys contributing to sustainable policy	6 villages
Talks & broadcasts	5+
Public behavioural pledge influence	High

These actions represent a broad-based **societal influence towards sustainability, resource conservation, and renewable-way-of-life.**

9. Conclusion

JSS Academy of Higher Education & Research has effectively demonstrated that promoting renewable and sustainable energy is not only achieved through infrastructure but also through:

- Knowledge dissemination
- Behavioural change
- Community empowerment
- Scientific literacy
- Sustainable consumption & production practices
- Water and sanitation protection
- Waste minimisation
- Low-carbon lifestyle promotion

By empowering students and communities, JSS AHER has become an **active driver of societal transition towards a renewable, responsible and climate-resilient future.**

This collective action reflects an **unwritten yet powerful public pledge** towards:

100% Renewable thinking
Responsible energy usage
A sustainable civilization

JSS AHER aligns this with the philosophy of:

“Vasudhaiva Kutumbakam – One Earth, One Family, One Future.”

Detailed activities reports and the photographs are provided below:

PROGRAMMES CONDUCTED BY THE INSTITUTION

OUTREACH & EXTENSION ACTIVITIES

Swachhata Hi Seva – 09-10-2024

NSS organized a Swachh Bharat cleanliness drive, aimed at promoting hygiene and environmental awareness with the students at JSS Medical College on October 9, 2024. The event commenced at 6:30 AM and witnessed enthusiastic participation from 30 students, who were eager to contribute to this noble cause.

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

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

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



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

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

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



AMR Frontline Workshop – 04-12-2024

The Department of Microbiology, JSS Medical college, JSSAHER in collaboration with National Centre for Biological Sciences, Tata Institute of Fundamental Research, Department of Medical Education, Government of Karnataka conducted a workshop on December 4, 2024 for MBBS Final Year students. The event was hosted in *Sri. Rajendra Centenary Auditorium (SRCA), JSS Hospital*.

The main objective of the program was to raise awareness about Antimicrobial Resistance, surveillance, Stewardship and infection control Practices among the budding medical practitioners.

The program began with a Workshop Introduction to the participants by Dr.Satya Srinivasachari the workshop Lead & Project associate, SAS-APSI, NCBS-TIFR.

The introductory note was followed by a brief inaugural ceremony with dignitaries such as Dr. Praveen Kulkarni, vice principal para-clinical, JSSMC , Dr. Manthappa, vice principal clinical, JSSMC, Dr.Madhu CP, Medical superintendent, JSS hospital, Dr.Tejaswree A, Professor & HOD, Department of Microbiology& the staff of microbiology along with the final year medical students of JSS Hospital participated in the inaugural ceremony.



The inaugural ceremony was followed by a game of Taboo incorporating AMR to develop involvement & Sense of commitment towards AMR among the blossoming medical graduates. This was lapped up by an invited guest lecture by Dr. Shivananjini Moharir, Senior Scientist, Tata Institute for Genetics & Society (TIGS), Bengaluru. She gave an excellent review on the science of Environmental AMR Surveillance and the efforts of the Alliance for pathogen surveillance Innovations (APSI) India.

The tea break which followed was distinct and involved the students in word Puzzles & an AMR themed photobooth which elated the students.



Following the tea break an Excellent session was delivered by Dr.Chaya Prathap, Consultant Microbiologist& Infection Control lead, Narayana Multispecialty Hospital,

Mysore on the topic “Safe zones & Watchful Eyes” in reference to Antibiotic Stewardship & Antibiotic policy. This was paralleled by hands-on group activities, Jeopardy games & AMR Quiz for the student participants. Another highlight of the program was a guest lecture delivered by Dr. Nimrah Fathima Assistant Professor Department of general medicine, JSSMC, Mysore on the clinical Challenges due to AMR in a tertiary care hospital.

The program concluded on a positive note with the curtain call & prize distribution ceremony leaving the students in high spirits to stand tall as superheroes in the fight against superbugs.

Winter School in Geospatial Science & Technology

(Level-1, Standard Program) - 27th November to 17th December 2024

JSS Academy of Higher Education & Research (JSS AHER) has received funding from the National Geospatial Program, Department of Science & Technology, Government of India, to conduct a 21-day Winter School in Geospatial Science & Technology (Level 1 Standard Program) from 27th November to 17th December 2024. The program is jointly organized by the Department of Community Medicine, JSS Medical College, and the Division of Geoinformatics, School of Life Sciences, JSS AHER, Mysuru.



The Inaugural Ceremony was held on 27th November 2024. Chief Guest, Dr.P.G.Diwakar, ISRO Chair Professor, National Institute of Advanced Studies (NIAS), IISc Campus, Bangalore formally inaugurated the program by lighting the lamp by the alongside other dignitaries, including Dr.C.G.Betsurmth, Executive Secretary, JSS Mahavidyapeetha; Dr.H.Basavana Gowdappa, Vice Chancellor, JSS AHER; Dr.Sunil Kumar D, Organizing Chairperson and Professor & Head, Department of Community Medicine, JSS Medical College; Dr.Madhu B., Organizing Secretary, Professor, Department of Community Medicine, JSS Medical College and Deputy Dean (Research), JSS AHER; Dr.Praveen Kulkarni, Vice Principal (Para Clinical), JSS Medical College; and Dr.Sawant Sushant Anil, Joint Organizing Secretary and Coordinator, Division of Geoinformatics, JSS AHER, Dr.M.C.Manjunatha, Joint Organizing Secretary & Assistant Professor, DBT-BUILDER Project, JSS AHER.

Dr.P.G.Diwakar addressed the gathering and highlighted the pivotal role of Geographic Information Systems (GIS) in addressing pressing global healthcare challenges, emphasizing the critical application of geospatial technologies in mitigating the interconnected threats of air pollution and climate change to safeguard public health and environmental sustainability. Our Guest of Honor, Dr.H.Basavana Gowdappa stressed on the importance of integrating geospatial technologies in health research. Dr.C.G.Betsurmamath rendered the presidential address and highlighted the program's potential to foster multidisciplinary innovation.

With 25 participants, including doctors, scientists, engineers, geographers, public health professionals, and Ph.D. scholars, the workshop provides hands-on training for real-world applications and emphasizes the role of GIS in achieving the Sustainable Development Goals (SDGs). This program reinforces JSS AHER's commitment to advancing education and research in cutting-edge geospatial science and technology.

This training program is emphasized on practical learning through daily theory sessions and hands-on exercises, with a strong focus on QGIS and SAGA software. As part of the program, participants also had a field visit to Suttur on December 1, 2024, where they had the privilege of meeting His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji the Chancellor of JSS AHER.

World Environment Day Quiz Competition Highlights – 04-06-2024

In celebration of World Environment Day, the School of Public Health, JSS Medical College, JSSAHER, organized an exciting quiz competition on 4th June 2024. The event, themed "Land Restoration, Desertification, and Drought Resilience," aimed to raise awareness and promote action towards environmental sustainability with the inspiring slogan, "Our Land. Our Future. We are #GenerationRestoration." The event kicked off with a welcome address by Ms. Aransha, followed by detailed instructions from Dr.Pavan. Ten teams, consisting of 1-4 members each, participated enthusiastically. The quiz, crafted by Dr.Pavan and Dr.Srinija, featured 20 questions centered on environmental knowledge.

Dr.Anil S Bilimale, Chief MPH Coordinator, School of Public Health on 5th June 2024 distributed prizes and certificates. The event concluded with a heartfelt thank you to all participants and organizers for their dedication and hard work in making the World Environment Day celebration a resounding success.



Arthropods- symposium – 24-09-2024

Dr Nithya- mosquitoes

Dr Deepna- fleas, centipede, millipede

Dr Supriya- ticks, bugs

Dr Jayalaxmi- lice, spiders, scorpions

Departmental symposium was conducted in 2 sessions on 24/09/2024 and 28/09/2024, valuable insights were provided on the topic “Arthropods”.

Dr.Deepna L., Dr.Nithya, Dr.Jayalaxmi and Dr.Supriya S had an interactive session regarding the

dermatoses caused by arthropods such as trivial bites, stings, envenomation, anaphylactic reactions

along with their management with the audience. Total of 18 post graduates and 7 faculties were present.



The World Environmental Day 2024 – 04-06-2024

The World Environment Day 2024 was organized by the students of the School of Public Health, JSS Medical College, JSS AHER, on June 4th in JSS Hospital campus, Mysuru, under the theme "Land Restoration, Desertification and Drought Resilience," with the slogan "Our Land. Our Future. We are #GenerationRestoration,"

Dr..Madhu C.P., the Medical Superintendent of JSS Hospital, graced and addressed the occasion as the Chief Guest, Mr. Satish Chandra, Administrative Officer of JSS MC, was present as Guest of Honor.

The Other dignitaries who attended the event were Dr.. Vidya C. S., Head of the Department of Anatomy, Dr.Rajeshwari L., Professor and Head, of the Department of Physiology, Dr Vanitha Reddy Coordinator of- the Department of Nutrition and Dr.. Anil S. Bilimale, Chief MPH Coordinator – School of Public Health.

All the Faculties and students from the School of Public Health and other departments namely Department of Nutrition and Department of Surgery participated in the event. Saplings were adopted and planted in the new parking area of the JSS Hospital Campus as a symbolic gesture towards protecting the environment and enhancing the ecology. Later, certificates were distributed to all the participants who contributed to Environment Day by planting saplings.

A quiz competition was held among the students to mark Environment Day, enhancing their knowledge and making the event enjoyable for everyone involved. All students participated enthusiastically, contributing to a fun and educational experience.

The event emphasized the importance of nurturing nature for a better future, echoing the sentiment of sustainable environmental stewardship.



Plantation Drive as Part of World Environmental Day 2024

As part of World Environmental Day 2024, the Department of Community Medicine, JSS Medical College, Mysuru organized a Plantation Drive at Hale Kesare village under Hanchya PHC of Mysuru district on 15.06.2024. Siddlingpura Gram panchayat President Mr.Madesh was the chief guest. The program was also attended by Gram Panchayat Vice-President Mrs Jyothi, Panchayat Development Officer MR Basavaraj, Dr.Praveen Kulkarni, Vice-Principal (para clinical), JSS medical college, Dr.Ravishankar, Assistant Professor, Department of Anatomy and Dr. Manu, Associate Professor, Department of Pharmacology (NSS officers), JSS Medical College, Mrs. Gowri, Headmistress-Government Primary School, Hale Kesare, Dr.Shweta N.Kurkuri, Dr.Sunitha Singh, Dr.Mythily M R, faculty, Medico-social workers and postgraduates from the Dept of Community Medicine, JSS Medical College, other members of Siddlingpura gram Panchayat and First-year MBBS students as part of their Family Adoption Program. The program followed with a pledge to save the environment and later with planting and adopting 120 saplings of Mahogany and Honge plants donated by the Forest Department, Mysore division by the medical students. Shri N Raghavan, owner of Raghulal and Co, donated tree guards for sapling protection.





Dengue Awareness – 23-07-2024

JSS Jan Shikshan Sansthan Mysore, Karnataka and JSS Urban Health Centre, Department of community medicine had organized programs at JSS urban health centre on 23/07/2024.

1. Awareness program on dengue and malaria-causes, mode of spread and preventive measures. Also about personal hygiene and cleanliness by Dr. H.V. Rama, LMO JSS UHC under swachhata pakhwada program.
2. Certificate distribution to the beneficiaries of “helper to hospital course”
3. Inauguration of new batch of tailoring course.

The program was inaugurated by chief guest Sri. Nagaraju, Subject expert, school education department, JSS mahavidyapeeda. Sri. Ramesh, director JSS Jan Shikshan sansthan, Smt. Sowbhagya, program officer JSS Jan Shikshan Sansthan were present. JSS Medical college and Dental college interns, staff of JSS Jan Shikshan Sansthan, 30 women beneficiaries, staffs of JSS UHC attended the program. The program was compered by Santosh. H.B., Health inspector, JSS UHC.



MOC DRILL ON FIRE SAFETY – 30-01-2025

MOC Drill Was conducted on 30-01-2025. Members of the observational team were chosen to oversee, direct, and educate all employees and workers about the potential for mishaps and anticipated risks. Observational team members: Dr. Praveen Kulkarni, Mr. Satish Chandra, Mrs. Shilpa.

Description: This was a planned exercise designed to teach workers how to protect themselves in an emergency. As a first step, a brief demonstration was held to demonstrate how site management will help and handle workers in emergency situations. Total number of participants is 120.



Swacchatha Sarvekshan 2024, Kukkarahalli lake Swacchatha Abhiyan

JSS Medical College NSS wing participated in Swacchatha Sarvekshan 2024, Kukkarahalli lake. Swacchatha Abhiyan conducted by Mysuru City Corporation on 16/02/2025 starting from Kuvempu Vana, Railway front gate, Mysuru.

The event commenced at 7:00 AM and witnessed enthusiastic participation from 25 students including MBBS and BSc students, who were eager to contribute to this noble cause.

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



NSS – Swachh Bharath Abhiyan 2025 – 04-03-2025

NSS conducted a Swachh Bharath Abhiyan on March 4, 2025, with the goal of raising awareness of environmental issues and hygiene among JSS Medical College students. 55 students enthusiastically participated in the event, which started at 7:30 AM, and were keen to support this admirable cause.

The students cleared the area of plastic waste, wrappers, and other litter throughout the morning by gathering and filling a large number of rubbish bags. The students' comprehension of the value of cleanliness was improved by this practical experience, which also demonstrated the enormous influence that group efforts can have on preserving a sustainable environment. The gathered waste were collected by the Mysuru City Corporation vehicle.



World Environmental Day – 05-06-2025

“What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and one another.” – Mahatma Gandhi

A healthier environment is the need of the hour and we must not make any more delays. World Environment Day (WED) is celebrated to encourage and create awareness and to take appropriate action for the protection of the environment. In this regard to NSS unit JSS Medical College, Mysuru, conducted the sapling plantation program on 5th June 2025 in the JSSMC campus garden. Faculty and NSS student volunteers actively participated and witnessed the event.

Dr. Narayanappa D, Principal of JSS Medical College, Dr. Suma M.N., and Dr. Praveen Kulkarni, Vice-Principals of JSS Medical College, and Mr. Sathish Chandra, Administrative officer, Mrs Shilpa, Assistant Administrative Officer of JSS Medical College, Sports director Mr Lokeshappa H, planted Jackfruit saplings in the garden to mark this event. This program was coordinated by Dr Manu G, NSS Program Officer, JSS Medical College, Mysuru.



Radio-Diagnosis

Radiation safety and DEXA workshop – 17-05-2025

Department of Radiodiagnosis, JSSAHER, conducted a workshop on **Radiation Safety and DEXA** was successfully by **TechAspire**, a GE Healthcare company, at the **Department of Radiology, JSS Hospital**.

The workshop was a highly successful event that provided radiographers and B.Sc. Medical Imaging students with a comprehensive overview of radiation safety and bone densitometry. The program was inaugurated by **Mr. P. Tito Prabhakaran**, Senior Application Specialist for the South Region and Sri Lanka, Pharmaceuticals Diagnostics (PDx), GE Healthcare. In his keynote address, Mr. Prabhakaran emphasized the critical importance of **radiation safety** in medical imaging and shared valuable insights on best practices, current guidelines, and innovations in safety protocols.

Following the inauguration, a detailed seminar session was conducted by **interns of B.Sc. Medical Imaging Technology** – *Ms. Manal, Ms. Shreya Bojamma, and Mr. Krupasindhu Rana*. The seminar focused on **DEXA (Dual-Energy X-ray Absorptiometry)** and **Bone Densitometry**, elaborating on the principles, clinical significance, applications in osteoporosis diagnosis, and advancements in technology.

The session concluded with an **interactive quiz** based on the seminar topics, which saw enthusiastic participation from the attendees. The top **five winners** were recognized for their excellence and awarded **certificates of appreciation**.

The workshop was well-received and proved to be an enriching learning experience for all participants. It strengthened the knowledge base of the interns and staff and promoted awareness about safety and technological advancements in diagnostic imaging. We extend our sincere thanks to GE Healthcare's TechAspire team and all contributors for making this event a success. 60 participants attended this program.



Biosafety Awareness – Overview and Safe Use of Laboratory Ventilation Equipment (Biosafety and Laminar Air Flow Cabinets) – 24-01-2025

Ms.Sanjana V., Operations Supervisor ESCO Life Sciences Group, Bengaluru

The Department of Biochemistry at JSS Medical College organized an insightful guest lecture on "*Biosafety Awareness – Overview and Safe Use of Laboratory Ventilation Equipment (Biosafety and Laminar Air Flow Cabinets)*" on 24th January, 2025 at the Seminar Hall, Department of Biochemistry, JSS medical College. The talk was delivered by Ms. Sanjana V. Operations Supervisor ESCO Life Sciences Group, Bengaluru, Karnataka, India. She provided an overview and in-depth information the different types of Biosafety cabinets, safety measures to be taken while working in the biosafety cabinets. She also highlighted various advanced technologies which Esco has brought in this field.



The session saw active participation, with a total of 27 attendees, including students, faculty, and researchers. The audience engaged enthusiastically during the Question-and-Answer session, reflecting their keen interest in the topic. As a token of appreciation, Ms. Sanjana V. was presented with a certificate of appreciation and a memento. The event concluded with a vote of thanks delivered by Dr.Preethi G. A., expressing gratitude to the speaker and the organizing team for the enlightening session.

Biological Insights from Working on Primates – 25-02-2025

Prof. Mewa Singh, Distinguished Professor (For Life) & INSA Distinguished Professor, Institution of Excellence, Vijnana Bhavan, University of Mysore

The foundation of health sciences is all about exploring nature around us. "Biological Insights from Working on Primates" A Special Program was held at Department of Psychiatry, JSS Medical College, JSSAHER Mysore, on 25th Feb 2025. The Chief Guest & Resource Person was Prof. Mewa Singh, Distinguished Professor (For Life) & INSA Distinguished Professor, Institution of Excellence, Vijnana Bhavan, University of Mysore. Editor in Chief, Journal of Wildlife Science. Founding Chief Editor of Dialogue: Science, Scientists, and Society. Opening Remarks were by Dr.H.Basavanagowdappa, Vice Chancellor, JSS AHER, he called on for more collaboration and research in basic sciences. Research & learning from wildlife are important for health science conveyed Dr Kishor M Professor and Head, Dept. of Psychiatry, JSS MC. Interaction with Staff and Students of Dept. of Psychiatry and Clinical Psychology was fruitful.



World TB Day – 02-03-2025

World TB Day was celebrated on 24th March 2025 at OPD of Respiratory Medicine and DOTS Centre. The theme for the year 2025 is “Yes! We Can End TB: Commit, Invest, Deliver”. Health education about Tuberculosis, its effects, importance of early diagnosis in preventing spread and minimizing the damage to vital organs, treatment was explained to the patients attending OPD.



World Asthma Day – 06-05-2025

World Asthma Day was celebrated in the Department of Respiratory Medicine on 6th May 2025 at OPD. The theme for the year 2025 is “Make Inhaled Treatments Accessible for ALL”. Health education about Asthma, its early diagnosis and treatment was provided to the patients attending OPD.



Research Projects – Ongoing (External)

Title of the project	Principal Investigator	Funding agency	Date of sanction	Amount sanctioned	Duration
Phytoremediation of indoor air pollution in urban homes to improve air quality using innovative-sustainable technology based-plant wall air filtration system	Dr. Rajesh Kumar T Professor of Biochemistry	ICMR	Feb 2024	40.31	3 Yrs.
Methylation of genes regulating adipogenesis (PPAR gamma, CEBPA, SREBF1) and its relation with serum vitamin D in young adults with and without obesity	Dr.Shobha C.R	ICMR	Dec 2021	45.53 lakhs	3 Yrs.
Development of Millet based dietary fiber for protection of allergic asthma by modulating gut microbiome derived short chain fatty acids	Dr.Kiran	ICMR	Nov, 2021	40 lakhs	3 Yrs.
Epidemiology of chemical hazards among workers in different spectrum of agriculture activities of Southern India: a community based exploratory survey	PI: Dr Nayanabai Shabadi Assistant Professor, Department of Community Medicine	ICMR	May 2023	36,96,817	3 Yrs.
Longitudinal effects of Air Pollution Exposures on Lung growth and development of biomarker of lung	Dr. Rajesh Kumar T. & Dr.P A Mahesh	India Alliance DBT- Welcome	Oct 2020	350.0	5 Yrs.

function deficit in Urban Children					
Prevalence of micronutrient deficiency, nutritional status and cognitive dysfunction among elderly residing in tribal areas of southern Karnataka	Dr.Praveen Kulkarni	DBT	June 2020	27.5	3 Yrs.
Community centred Health system strengthening for outpatient antimicrobial stewardship with replicating effective programs and framework	Dr. Sunitha Chandrashekhar Srinivas	Pfizer- USA	January 2021	1 crore	4 Yrs.
Global Infectious Diseases	Dr.Mahesh P A	Global Infectious Disease (GID), Fogarty, NIH	01.06.2017	USD 1.1 Million Sanctioned	01-06-2017 to 28-02-2023
Molecular patho-mechanism of biomass smoke induced chronic obstructive pulmonary disease among women: Population based- and in vitro exposure studies	Dr.Mahesh P A	Swedish Heart Lung foundation, Karolinska Institute, Sweden	17.06.2019	65 Lakhs Received	01-07-2019 to 31-12-2022
Understanding the role of lung micro biome in biomass smoke exposure related chronic obstructive pulmonary disease	Dr.Mahesh P A	Swedish research council, Karolinska Institute, Sweden	21.10.2021	46 Lakhs Received	01-01-2021 to 31-12-2022
Adverse effect of outdoor and indoor air pollution on respiratory and vascular function among adolescents	Dr.Mahesh P A	Swedish Heart Lung foundation, Karolinska Institute, Sweden	Jan 2022	15 Lakhs Received	21-03-2022 to 02-06-2023

Pilot study to investigate reasons for poor asthma control and to characterize Asthma and allergic rhinitis in the Indian population (SIRPAC India study & CAAR study) – A mixed methods approach	Dr. Mahesh P A	University of Birmingham	April 2021	20 Lakhs Received	3 Yrs.
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ICMR, Lady Tata Memorial Trust Scholarship & DBT Fellowship details

Title of the project	Principal Investigator	Funding agency	Amount sanctioned	Duration
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	ICMR	15,21,600.00	3 Yrs.
Study of the efficacy of thymus vulgaris extract to mitigate COPD pathogenicity induced by cigarette smoke extract using an in vitro model	Mr.Mohammed Kaleem Ullah, Ph.D scholar, Dept of Biochemistry, JSS Medical College, Mysuru	ICMR	12,60,000.00	3 Yrs.
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	ICMR	2,57,800.00	3 Yrs.

ICMR STS - UG Student Research Projects – Ongoing

Sl No	Title of the project	PI	Guide	Funding agency	Date of sanction	Amount sanctioned
1	Directed Antimicrobial Stewardship for Culture Proven Gram Negative Bloodstream Infections	Shreya Prasanna	Dr.Sujatha S R	ICMR	2024	50,000.00
2	Public awareness and attitudes towards microplastics: The Indian perspective	Parishkrit Parashar	Dr Uma Vijayashankar	ICMR	2024	50,000.00

Research Projects – Ongoing (JSS AHER)






Title of the Project	Name of the Principal Investigator/Mentor & Department	Amount sanctioned	Duration
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
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
Estimating the burden of fungal infections in the intensive care units (ICUs) and Non-ICU settings of a tertiary care hospital with Special emphasis on Candida auris	Ms.Niveditha Varma PG in Medical Microbiology JSS Medical College, Mysuru	25,000.00	01 Yr
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









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
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
Assessment of the Neuroprotective Effects of Herbal Extracts in Treating Alzheimers Disease Using a Model Organism.	Dr.Sushma P Asst. Prof. of Radio- Diagnosis, JSSMC, Mysuru.	300,000.00	01 Yr
Integrated Genomic Analysis of Color rectal Cancer: MSI Status Detection and Microbial Diversity Exploration via DNA Extraction, PCR, and NGS	Dr.Sahana K.R Assistant Professor Department of Biochemistry, JSS Medical Collage, Mysuru	3,00,000.00	24 Months
Clinical Significance and Outcome of Pseudomonas aeruginosa Infection of Complicated Urinary Tract Infection in A Tertiary Care Hospital	Mr.Ganesh R Post Graduate Student Dept of Microbiology, JSS Medical College, Mysuru.	25,000.00	12 months
Assessing the prevalence and Impact of Indoor Air Quality on Respiratory Health Among Primary School Children in urban Mysuru an Analytical cross-sectional study	Ms.Sanjana M Post Graduate Student School of Public Health, JSS Medical College, Mysuru	25,000.00	12 months
Assessing the effect of whole plant-based nutritional education on weight management, dietary habits, and health outcomes among overweight and obese women: a mixed-methods approach	Dr Madhu B, Deputy Dean (Research), Research, JSS AHER.	1,50,000.00	14 Months







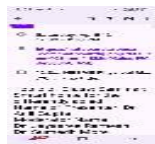

SIG DETAILS - ONGOING

Sl. No	Title of the Project	Name of the Principal Investigator	Department	Duration
1	Respiratory and Environmental Diseases.	Dr. P A Mahesh Professor of Respiratory Diseases	Respiratory Diseases	3 Yrs.
2	Antimicrobial Resistance	Dr. Deepashree R Asst. Professor of Microbiology, JSS Medical College	Microbiology	3 Yrs

GUEST LECTURE DELIVERED BY THE FACULTY

Sl. No	Name of the faculty	Title	Date & Venue	Certificate / Photos
1	Dr. Anshu Kumar Yadav	National Conference on New paradigms in biotechnology and sustainability (NPBS)	7 th January 2025 St. Joseph's College, Tiruchirappalli	
2	Dr. MVSST Subba Rao	National Science day	28 th February 2025 Kuvempu University, Shankaragatta, Shimoga	
3	Dr. Ranjitha Shankaregowda	Infection control and prevention of needle stick injuries	14 th May 2025 JSS College of Nursing, Mysuru	
4	Dr. Sowmya G S	Tackling Antimicrobial Resistance through Gamification and Artificial intelligence	25 th to 26 th April 2025 Dept of Microbiology, JSSMC, Mysore	
5	Dr. Rashmi P Mahale	Tackling Antimicrobial Resistance through Gamification and Artificial intelligence	25 th to 26 th April 2025 Dept of Microbiology, JSSMC, Mysore	

6	Dr. Raghavendra M Rao	Tackling Antimicrobial Resistance through Gamification and Artificial intelligence	25 th to 26 th April 2025 Dept of Microbiology, JSSMC, Mysore	
7	Dr Mythily M R	As Co-Mentor in 21 days Winter school on Geospatial Science and Technology, Level-1 Standard Program	17 th December 2024 JSS Medical College	
8	Dr Rashmi S	As Resource Person in 21 days Winter school on Geospatial Science and Technology, Level-1 Standard Program	17 th December 2024 JSS Medical College	
9	Dr Rashmi S	As Co-mentor in 21 days Winter school on Geospatial Science and Technology, Level-1 Standard Program	17 th December 2024 JSS Medical College	
10	Dr Smitha MC	Adolescent Health	10 th May 2025 Public Health Research Institute of India	
11	Dr Smitha MC	Tobacco Threats	31 st May 2025 JSS Dental College, Mysuru	
12	Dr Mythily M R	Updates on national guidelines on Dengue and Chikungunya	16 th May 2025 Online	
13	Dr Praveen Kulkarni	Global and National Strategies for tobacco control	31 st May 2025 JSS Dental College, Mysuru	
14	Dr Praveen Kulkarni	Global and National Strategies for tobacco control	31 st May 2025 JSS Dental College, Mysuru	

15	Dr Anil S Bilimale	“Bridging Eras in Public Health: A Personal Narrative from Disease Eradication to Longevity and Well-Being”	27 th May 2025	
16	Ms Sheeba B	JSS Panchamantra : A Lifestyle for Longevity	28 th May 2025	
17	Dr.K.C.Shashidhara	APICON 2025 – 80 th annual conference of the Association of Physicians of India topic: “Dengue fever in pregnancy”	23 rd to 26 th January 2025 APICON 2025, KOLKATA	
18	Dr. Shilpa Avarebeel	Talk on Cleanliness, Health and Infectious Diseases	23 rd March-2025 Suttur, Mysuru	
19	Dr.Mahesh PA	The Indian College of Allergy Asthma and applied Immunology	19 th to 22 nd December 2024 Delhi	
20	Dr.Mahesh PA	Allergocon 2025	24 th & 25 th January 2025 IMA Vellore	
21	Dr Jayasree Ramesh	Moderator Seminar Smart Home for the Differently Abled	12 th April 2025 Delhi, National Board Examination	
22	Dr Sarika M Shetty	Hospital infection control	February 2025 JSS College of Nursing Mysuru	

PAPER / POSTER PRESENTED BY FACULTY & STUDENTS

Sl. No	Name of the faculty / Student	Papers / Posters presented	National / International	Title of the programme	Venue & Date presented
1	Dr. Divya A J	Oral presentation : Is there an association between physical exercise and screen time, sleep anxiety among Indian health care students.	International	Conference on Health Professions Education (ICHPE) 2024	13 th & 14 th Dec 2024; SDUAHER, Kolar
2	Mr. Vinay Kumar Vasimalli	Seroprevalence of Hepatitis C Virus infection at a tertiary care hospital in Mysuru region.	International	International Conference on Emerging and Re-Emerging infectious Disease	CSIR- SERC Taramani, Chennai. INDIA 17 th & 18 th Feb 2025.
3	Dr M N Sumana	Gamified Intervention to Enhance Antimicrobial Stewardship: Improving Knowledge and Practices on the Rational Use of Antimicrobials Among Medicines and Therapeutics Committee Members	International	ESCMID Global 2025	11-15 th April 2025 European Society of Clinical Microbiology and Infectious Diseases, Vienna, Austria
4	Dr. Nayanabai Shabadi Asso. Prof	Evaluating Agrochemical Residues in Agriculturists, Biological samples and correlating with Potential Health risks	International	CLiCON OE2025	February 26–28, 2025, Ahmedabad,
5	Dr Shilpa D M	Ambient air pollution and perceived health risks: A Qualitative	National	Research Scholars Conference	JSS MS 27.02.2025


		study in Mysuru Urban			
6	Ms Sheeba B	Longevity India RISE for Healthy Aging	International	Rise for Healthy Aging Conference	J N Tata Auditorium, IISc, Bangalore
7	Dr Divya K L	Longevity India RISE for Healthy Aging	International	Rise for Healthy Aging Conference	J N Tata Auditorium, IISc, Bangalore
8	Ms Chandana H N	Association of Air pollution and non communicable disease among traders community working around polluted roads in Mysuru : An analytical Cross-sectional study	International	Rise for Healthy Aging Conference	J N Tata Auditorium, IISc, Bangalore
9	Darshan	Environmental effects on latent Fingerprint Persistence And Quality	Regional	Research Scholar Conference 2025	27 th & 28 th Feb 2025
10	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




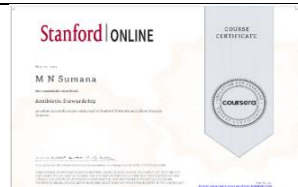
GUEST LECTURES CONDUCTED






Sl. No	Department	Date	Topic	Speaker
1	Biochemistry	02-01-2025	<i>Microplastics and Next Gen Remediation Technologies</i>	Dr.Thava Palanisami, Associate Professor, Global Innovative Center for Advanced Nanomaterials (GICAN), The University of New Castle, Australia



2	Biochemistry	24-01-2025	<i>Biosafety Awareness – Overview and Safe Use of Laboratory Ventilation Equipment (Biosafety and Laminar Air Flow Cabinets)</i>	Ms. Sanjana V. Operations Supervisor ESCO Life Sciences Group, Bengaluru, Karnataka, India.
3	School of Public Health	02-12-2024	Global Health Beyond Borders	Dr. Deepa Iyengar: Vice Chair of the Department of Family and Community Medicine at UT Houston McGovern Medical School
4	Respiratory Medicine	19-03-2025	Thromboxane and thromboxane receptor signaling at the crossroads of pulmonary disease, cardiovascular disease and cancer	Dr. Ajay Gupta, MBBS, MD., President & CSO, Charak Laboratories India Pvt. Ltd, Clinical Professor
5	Respiratory Medicine	23-03-2025	Chronotherapy of Asthma	Dr. P.K. Vedanthan, MD., DABP(USA), DABAI(USA) Professor, University of Colorado
6	Respiratory Medicine	27-03-2025	Basics of Interventional Pulmonology	Dr. Shivalingaswamy Salimath, Interventional Pulmonologist, Bengaluru

FACULTY DEVELOPMENT PROGRAMME [FDP] ATTENDED BY FACULTY

Sl. No.	Name & Designation	Title of the programme	Date, Name of the Institution & Place	Certificate & Photo
1	Dr. Poonam D N. Assistant Professor	One Health	January– April 2025- 12 week course NPTEL – AICTE SWAYAM Online course co-ordinated by ICMR - RMRCBB, Department of Health Research & IIT Madras.	

2	Dr. Ranjitha Shankaregowda Associate Professor	Certificate course in Antimicrobial stewardship	24-2-2025 to 28-2-2025, online	
3	Dr. Ranjitha Shankaregowda Associate Professor	National certification in infection prevention & control	CAHO online certification February 2025	
4	Dr. Vidyavathi B Chitharagi, Associate professor	National certification in infection prevention and Control - Certificate course in Infection Control practice (CICP)	CAHO, New Delhi	
5	Dr. Sowmya G S	National certification in infection prevention and control	14-02-2025 CAHO Certification course on Infection control and prevention	
6	Dr M N Sumana Professor	Antibiotic stewardship an online non-credit course authorised by Stanford University and offered through Coursera	27th May 2025	

7	Dr Shweta N Kurkuri Senior Resident	NGP-DST Winter School on Geospatial Sciences & Technologies (Level-1)	NGP, DST, GOI 27th November to 17th December	
8	Dr Amoghashree Assistant Professor	Endocrine Disruptors and Reproductive Health (short course)	Conducted by CCDC, CHART, TSB, Ashoka University & Harvard T.H. Chan School of Public Health organized at JSS Medical College, JSS AHER March 3-7, 2025	
9	Dr Rashmi S Senior Resident	Endocrine Disruptors and Reproductive Health (short course)	Conducted by CCDC, CHART, TSB, Ashoka University & Harvard T.H. Chan School of Public Health organized at JSS Medical College, JSS AHER March 3-7, 2025	
10	Dr Anil S Bilimale	Attended the Yoga Utsava Mysore	Offline 12.12.2024	
11	Dr Anil S Bilimale	Delivered a session on How to live healthier and longer amidst climate change in the National Seminar on Environmental challenges and resilience strategies by	Offline 23.12.2024	

		University of Mysore		
12	Dr Anil S Bilimale	Stakeholder's Workshop" as a part of a research project titled: "Developing and implementing a life skills and study skills intervention model utilizing mentoring as an approach for students within BBMP & Government schools	11.03.2025 NIMHANS, Bengaluru	
13	Dr Anil S Bilimale	ICMR- Dengi Project Co I Training and Delegant	08/05/2025	
14	Dr Minu Maria Rose	Completed WHO course on AMR	Online 27.12.2024	
15	Dr Minu Maria Rose	Attended webinar- Public Policy in Climate-driven Antimicrobial Resistance (AMR) in India	20.03.2025 Online	

16	Ms Sheeba B	Attended Dr. George Kuchel on Education in Healthy Longevity Medicine Longevity Education Hub Webinar	Online 11.12.2024	
17	Ms Sheeba B	Webinar: Advancing Smokeless Tobacco Control and Protecting Youth from Industry Interference	23/05/2025	
18	Dr. Sowmya K, Associate Professor	Short course on Endocrine Disruptors and Reproductive Health	March 3 - 7, 2025, JSS Academy of Higher Education and Research, Mysore, Karnataka	
19	Dr. Soumya Rajshekar Patil Assistant Professor	short course on Endocrine Disruptors and Reproductive Health	March 3 - 7, 2025, JSS Academy of Higher Education and Research, Mysore, Karnataka	
20	Dr. Meghana H S, Assistant Professor	short course on Endocrine Disruptors and Reproductive Health	March 3 - 7, 2025, JSS Academy of Higher Education and Research, Mysore, Karnataka	

Outreach Activity: World Food Safety Day 2025 – *Putting Science into Action*

In observance of **World Food Safety Day (7 June 2025)**, students of the **School of Public Health, JSS Academy of Higher Education & Research (JSS AHER)** undertook an educational **field visit to CSIR–Central Food Technological Research Institute (CFTRI), Mysuru** on **10 June 2025** as part of an outreach and experiential learning initiative.

The visit provided students with **hands-on exposure to real-world food safety practices**, including live demonstrations on **food adulteration detection, microbiological analysis, and advanced analytical techniques such as High-Performance Liquid Chromatography (HPLC) and Polymerase Chain Reaction (PCR)**. These sessions reinforced the importance of scientific rigor in safeguarding food quality and public health.

Aligned with the global theme **“Putting Science into Action”**, the outreach programme strengthened students’ understanding of **food labelling standards, consumer rights, safe packaging practices, hygienic handling, and sustainable waste management**. By bridging classroom learning with applied science, the activity enhanced awareness of **evidence-based food safety measures** and emphasized the role of research and innovation in protecting community health.

This outreach initiative not only increased student competency but also encouraged them to act as **food safety advocates in their communities**, promoting informed public behaviour and contributing to broader public health goals.



Advancing Public Health and Environmental Sustainability through Field-Based Learning: Visit to Sewage Treatment Plant (STP), Mysuru

As part of its commitment to environmental sustainability and climate-resilient public health systems, the second-semester Master of Public Health (MPH) students from the School of Public Health, JSS Medical College, JSS Academy of Higher Education & Research, undertook a field-based learning visit to the Sewage Treatment Plant (STP), Mysuru, on **30th May 2025**.

This experiential learning programme provided students with first-hand exposure to sustainable urban wastewater management systems, reinforcing the critical link between **environmental protection, energy efficiency, and public health**.

The students closely observed the complete sewage treatment cycle, including:

- **Preliminary screening and grit removal**, which prevent solid pollutants from entering the natural ecosystem
- **Aeration and sedimentation processes**, improving water quality through biological treatment mechanisms
- **Sludge management techniques**, reducing environmental and health hazards associated with untreated waste

A major highlight of the visit was the demonstration of **advanced technological integration** at the plant. The STP uses **automated monitoring systems and high-efficiency aerators to treat approximately 67.65 million litres of wastewater per day (MLD)**. These systems optimise oxygen supply while minimising excessive energy consumption, reflecting a balance between operational efficiency and environmental responsibility.

Another significant sustainability component was the **reuse of treated wastewater for landscape irrigation at nearby public spaces and heritage sites**. This practice reduces the extraction of freshwater from rivers and underground aquifers, thereby **lowering the energy demand associated with water pumping, purification, and distribution**. It also supports Mysuru's broader efforts towards sustainable water and energy management.

From a public health perspective, the visit reinforced the importance of:

- Continuous **water quality monitoring and disinfection**, essential for reducing the risk of waterborne diseases
- **Municipal governance and infrastructure planning** in building climate-resilient and energy-efficient cities

- Circular resource management, where waste is converted into a valuable input, thereby reducing environmental degradation and indirect carbon emissions

This visit exemplified the **critical intersection of environmental engineering, renewable-resource conservation, and public health protection**. It equipped students with practical insights into how efficient wastewater treatment systems contribute not only to sanitation but also to **energy conservation, carbon emission reduction, and sustainable urban development**.

Through such initiatives, JSS AHER strengthens its role in **shaping environmentally-conscious public health professionals** who actively promote **sustainable and renewable-world practices** in the communities they will go on to serve.



Strengthening Sustainable Water and Energy Systems: Academic Field Visit to Vani Vilas Water Treatment Plant, Mysuru

As part of its integrated approach to environmental sustainability, resource conservation, and climate-resilient public health systems, the second-semester Master of Public Health (MPH) students from the School of Public Health, JSS Medical College, JSS Academy of Higher Education & Research, undertook an academic field visit to the **Vani Vilas Water Treatment Plant, Mysuru, on 29th May 2025**.

This field-based learning initiative provided students with a comprehensive understanding of **how efficient water treatment systems contribute to both public health protection and energy conservation**. By studying the operation of a large-scale municipal facility, students gained insight into the technical and environmental dimensions of sustainable water management.

During the visit, the students closely observed key processes including:

- **Water purification and filtration techniques**, ensuring removal of physical, chemical, and biological contaminants
- **Chlorination and disinfection procedures**, critical for preventing waterborne diseases
- **Water sampling and quality monitoring protocols**, aligned with national safety standards
- **Rapid sand filtration and backwashing mechanisms**, which improve efficiency while optimising water use
- **Storage and distribution infrastructure**, designed to minimise water loss and reduce the need for energy-intensive reprocessing

The visit also highlighted how **well-managed treatment systems reduce the burden on groundwater sources**, thereby lowering the energy demand associated with excessive water extraction and long-distance transportation. Efficient treatment and distribution systems were shown to be essential for minimizing water wastage, lowering pumping energy requirements, and reducing the overall carbon footprint of urban water supply networks.

From a sustainability perspective, the visit reinforced the understanding that **clean water infrastructure is directly linked to energy efficiency, climate resilience, and environmental protection**. The students recognized the role of such systems in supporting low-carbon cities by ensuring optimised resource utilisation and promoting responsible consumption patterns.

This experiential learning opportunity strengthened students' understanding of:

- The interdependence of **water systems, energy systems, and public health**
- The importance of **evidence-based infrastructure planning** in sustainable urban development
- The role of **professionals and institutions in advocating for efficient, low-impact utility systems**

Through these initiatives, JSS AHER continues to reinforce its commitment to developing environmentally responsible professionals and actively contributing to **integrated sustainable development practices** in alignment with **SDG 6 (Clean**

Water), SDG 7 (Affordable and Clean Energy), SDG 11 (Sustainable Cities) and SDG 13 (Climate Action).



Promoting Climate-Smart and Community-Centred Health Systems: Academic Field Visit to Swami Vivekananda Youth Movement (SVYM), Saragur

On **22–23 May 2025**, the second-semester Master of Public Health (MPH) students and faculty from the **School of Public Health, JSS Medical College, JSS Academy of Higher Education & Research (JSS AHER)** undertook an immersive two-day field visit to the **Swami Vivekananda Youth Movement (SVYM), Saragur**, as part of an experiential learning module focused on **sustainable development, climate-responsive healthcare, and community resilience**.

This engagement provided students with critical insights into **low-carbon, inclusive, and culturally responsive healthcare delivery** in rural and tribal settings.

Key learning exposures included:

- **Vivekananda Memorial Hospital and Mobile Health Units** – Demonstrating decentralised, energy-efficient service delivery models that reduce patient travel emissions and improve access to care in remote areas
- **Climate Smart Health Unit** – Highlighting climate-resilient infrastructure, resource-efficient systems, and adaptive strategies for healthcare delivery in vulnerable geographical regions
- **Viveka Tribal Centre for Learning** – Integrating education, sustainability, and indigenous knowledge to promote long-term community resilience
- **Viveka Rural Livelihood Centre (VRLC)** – Demonstrating environmentally sustainable livelihood practices, skill development, and self-reliance based on low-resource, low-energy models
- **Interactions with the Betta Kuruba tribal community and Self-Help Groups (SHGs)** – Offering valuable perspectives on sustainable forest-based livelihoods,

traditional environmental knowledge systems, and community-driven conservation practices

- **Mother and Child Hospital and Primary Health Centre (PHC)** – Providing real-world understanding of maternal, child, and tribal health challenges in resource-constrained environments

The visitation emphasised how **integrated community systems, climate-smart healthcare infrastructure, sustainable livelihoods, and indigenous knowledge can collectively reduce environmental stress while improving population health outcomes.**

The programme concluded with a structured feedback and reflection session, allowing students to articulate how **sustainability, empathy, social equity, and environmental responsibility** must intersect in the design of future public health interventions.

This initiative directly supports:

- **SDG 3** – Good Health and Well-being
- **SDG 7** – Affordable and Clean Energy
- **SDG 11** – Sustainable Cities and Communities
- **SDG 12** – Responsible Consumption and Production
- **SDG 13** – Climate Action

Through such immersive learning opportunities, **JSS AHER demonstrates its commitment to nurturing environmentally conscious, socially responsible, and sustainability-oriented public health professionals**, reinforcing its institutional dedication to **low-carbon development pathways and resilient community systems.**





Strengthening Sustainable Primary Healthcare Systems: Academic Field Visit to Community Health Centre (CHC), Jayanagar, Mysuru

On **12 May 2025**, second-semester Master of Public Health (MPH) students from the **School of Public Health, JSS Academy of Higher Education & Research (JSS AHER)**, accompanied by faculty members **Ms. Sheeba** and **Dr. Minu Maria Rose**, undertook a structured field visit to the **Community Health Centre (CHC), Jayanagar, Mysuru**, as part of their **RMNCH+A (Reproductive, Maternal, Newborn, Child and Adolescent Health)** experiential learning module.

This visit provided direct exposure to **decentralised public healthcare delivery systems**, highlighting how strengthened primary care infrastructure contributes to **reduced health system burden, improved service accessibility, and sustainable community-level healthcare models**.

During the visit, students gained comprehensive insights into:

- **Maternal and child healthcare services**, including antenatal, intrapartum, and postnatal care
- **Routine immunisation programs and vaccine storage practices**
- **Diagnostic and emergency care services at the community level**
- **Family planning and reproductive health services**, supporting population health and maternal well-being
- **Infrastructure and workflow management** in a public sector healthcare facility

As an applied component of quality assurance and sustainability assessment, students conducted structured evaluations using the **Kayakalp** and **LaQshya** national quality checklists. These tools enabled them to assess:

- Hygiene and sanitation standards
- Infection prevention and biomedical waste management practices
- Labour room functionality and safety
- Overall infrastructure efficiency and patient care environment

The visit also included **direct interaction with expectant mothers and observation of postnatal care services**, providing students with first-hand understanding of the importance of **patient-centred, respectful, and culturally sensitive healthcare delivery at the grassroots level**.

This field-based engagement highlighted the critical role of **well-equipped and efficiently managed Community Health Centres (CHCs)** in reducing secondary and tertiary care burden, promoting **preventive and promotive health services**, and advancing **Universal Health Coverage (UHC)** through sustainable, accessible public healthcare models.

This initiative strongly aligns with:

- **SDG 3 – Good Health and Well-being**
- **SDG 10 – Reduced Inequalities**
- **SDG 11 – Sustainable Cities and Communities**
- **SDG 12 – Responsible Infrastructure and Resource Use**

Through such experiential learning opportunities, **JSS AHER continues to strengthen its commitment to community-oriented, low-cost, high-impact public health systems**, while nurturing a new generation of **environmentally and socially responsible public health professionals**.





The School of Public Health is proud to join hands with [EquiBeing Foundation](#) in promoting healthier futures. By equipping visually impaired students with essential knowledge about nutrition and oral hygiene, we take a step toward inclusion and empowerment. Health education is for everyone, and together, we're building a stronger, more caring community.





We are excited to share that the School of Public Health, JSS Medical College, JSS AHER actively participated in SEVA SANKRAMANA 2025, a transformative initiative uniting government, CSR, and social sector leaders to shape Mysuru's future!

Our team set up an interactive stall, showcasing the JSS Panchamantra for Longevity with the theme “Your health is in your hands” (focusing on physical activity, diet, rest and sleep, balanced mental health and socialization) and offering attendees an opportunity to assess their wellness scores—sparking insightful conversations on the five domains and well-being.

Date: 1st March 2025, time: 2pm to 8pm

Venue: Vigyana Bhavana, University of Mysore

Why it mattered?

Promoting longevity and preventive healthcare strategies

Engaging with policymakers, industry leaders & NGOs

Strengthening collaborations for impactful public health programs

A huge thank you to the organizers GRAAM, GSS YRF, and MSW Dept. of UOM for this platform to contribute to community well-being and sustainable health initiatives.





On 15 February 2025 third semester Capstone group 2 students from School of public health observed "National Donor Day" in Urban Primary Health Centre (UPHC) Bannimantap, Mysore.

The primary goal of the awareness program was to educate the community on the importance of organ donation, dispel myths, and encourage individuals to register as organ donors.

A session was conducted by Capstone group 2 students [Dr. Hyndavi Bolla](#), [Anjana Bhadran](#), [Parineetha Raj](#), [Sana Shafiya HS](#), @rachana explaining the concept of organ donation, its significance, and the legal aspects involved in India. Emphasis was placed on how organ donation can save multiple lives and improve the quality of life for those suffering from end-stage organ failure.

A Q&A session allowed participants to express their concerns and doubts about organ donation.


Visual aids, including posters and pamphlets, were displayed in the PHC premises to attract attention and provide easy-to-understand information. These materials included real-life stories of organ recipients and donors to inspire the audience.

A few participants showed interest in signing up as organ donors.


The session successfully raised awareness among the community members, with many expressing a newfound understanding of organ donation. Several participants showed interest in discussing the topic further with their families.

Let's pledge to register for organ donation and be a Hero in someones life.





JSS ACADEMY OF HIGHER EDUCATION AND RESEARCH
 (Deemed to be university) Accredited 'A++' Grade by NAAC
JSS Medical College
 School of Public Health
 Cordially inviting you to
Join us to take a pledge in Organ Donation




NATIONAL DONOR DAY
14 FEBRUARY
2025

Give the gift of life this February.

"One person can save up to eight lives through organ donation. Be that one person"

Take the first step towards saving lives.
Register to be an organ donor today!



For any queries contact
jssmph@jssuni.edu.in
 School of Public Health, JSSAHER

MPH students (Group 5) from the School of Public Health organized an awareness program for visually impaired students and staff at the Government School for Blind, Tilak Nagar, Mysuru, on 14th February 2025. The initiative aimed to create an engaging and enriching experience by incorporating interactive activities designed to enhance cognitive and social skills. The session included stimulating activities to encourage participation and learning in a fun, supportive environment. Additionally, the students conducted an informative session on various government schemes and welfare programs available for visually impaired individuals. They provided insights into policies that support accessibility, education, and employment opportunities, fostering awareness and empowerment among the participants. The program emphasized inclusivity, self-reliance, and community support, ensuring that visually impaired students gained valuable knowledge to navigate their daily lives more effectively. This initiative reflected a commitment to promoting a more inclusive and supportive society.







The School of Public Health, JSS Medical College, organized an insightful field visit to the PKTB Palliative Care Unit in Mysuru on February 10, 2025. The students explored the critical role of palliative care in public health and its impact on patients' quality of life. The PKTB Palliative Care Unit, run by the Swami Vivekananda Youth Movement (SVYM), has been providing holistic healthcare since 2008. With a 16-bed capacity, it serves around 800 patients, offering pain management, counselling, physiotherapy, and end-of-life care.

Guided by Dr. Vibha S P (Technical Director) and Mr. Ramakrishna Mudre (Honorary Director), our students learned about the five pillars of palliative care—medical care, emotional support, social aspects, financial considerations, and spiritual well-being. This visit emphasized the importance of compassionate healthcare and the need for greater awareness and support for palliative care services in society.





World Cancer Day Observation

As part of our ongoing commitment to raising awareness about cancer prevention and early detection, Group 4 MPH students at the School of Public Health, JSS Academy of

Higher Education and Research, hosted a guest lecture in observance of World Cancer Day. This year's theme for World Cancer Day 2025-2027, "**United by Unique**," emphasizes the importance of collective efforts in the fight against cancer.

Dr. Srinidhi M., Assistant Professor in the Department of Surgical Oncology at Mysore Medical College and Research Institute, shared valuable insights on the power of early detection in the battle against cancer. He delivered a talk titled "*The Power of Early Detection: Advances in Cancer Screening and Prevention*."

Key Highlights from the Talk:

Cancer Prevention & Risk Reduction: Dr. Srinidhi M. discussed essential strategies for reducing cancer risks, such as maintaining a healthy lifestyle, minimizing red meat consumption, avoiding tobacco use, and getting vaccinated against cancer-causing viruses like HPV and Hepatitis B.

Early Detection: He emphasized the importance of recognizing early signs and symptoms for timely intervention.

Advancements in Cancer Screening: The lecture also highlighted innovative cancer screening technologies and their growing role in early diagnosis.

Key Takeaways:

Proactive Measures: A focus on lifestyle modifications, timely vaccinations, and regular screenings to reduce cancer risk.

People-Centered Care: Dr. Srinidhi M. reinforced the need for personalized, patient-centered care in cancer treatment and prevention.

The poster is for a World Cancer Day event. At the top, it says 'JSS ACADEMY OF HIGHER EDUCATION AND RESEARCH (Deemed-to-be-University) Accredited 'A++' Grade by NAAC'. Below that is 'JSS MEDICAL COLLEGE SCHOOL OF PUBLIC HEALTH'. The main title is 'WORLD CANCER DAY' with a pink ribbon logo. The theme is 'UNITED BY UNIQUE'. The event is a 'Guest Talk On The Power of Early Detection: Advances in Cancer screening and Prevention'. The speaker is 'Dr. Srinidhi M', Assistant Professor, Department of Surgical Oncology, Mysore Medical College and Research Institute. A photo of Dr. Srinidhi M is shown. The venue is 'School of Public Health, JSS AHER'. The time is '11.00am FEBRUARY 4th 2025'.

JSS ACADEMY OF HIGHER EDUCATION AND RESEARCH
(Deemed-to-be-University) Accredited 'A++' Grade by NAAC
JSS MEDICAL COLLEGE
SCHOOL OF PUBLIC HEALTH
WORLD CANCER DAY
"UNITED BY UNIQUE"
Guest Talk On
The Power of Early Detection: Advances in
Cancer screening and Prevention
Dr. Srinidhi M
Assistant Professor
Department of Surgical Oncology
Mysore Medical College and Research Institute
Venue: School of Public Health, JSS AHER
Time: 11.00am
FEBRUARY 4th 2025



Students from the School of Public Health, JSS Academy of Higher Education and Research, Mysuru, participated in a four-day baseline survey conducted under the ASHA Project by the Swami Vivekananda Youth Movement (SVYM), Sargur, from January 9 to January 12, 2025. This in-depth survey spanned six remote villages in the Male Madeshwara Hills (MM Hills) region of Karnataka: Mendare, Kombudikki, Indiganatha, Doddane, Thokare, and Kokkebore. The survey aimed to identify the challenges faced by rural and tribal communities in areas such as health, sanitation, education, family livelihood, and skill training. Funded by Siemens CSR, the data gathered will be instrumental in designing targeted and sustainable interventions to uplift these underserved communities. This survey was conducted under the supervision of Dr. Pushpalatha, with guidance and support from SVYM staff, including Mr. Santosh, Mr. Yeshwanth CK, Mr. Keerthi Kumar, Mr. Anil, Mr. Rashid, and Mr. Punith. Each day ended with team meetings to review findings, share feedback, and improve strategies for the next day. This collaborative effort not only provided students with valuable experiential learning opportunities but also contributed to developing evidence-based policy interventions grounded in the realities of these marginalized communities.





Join Us for a Special On-Air Broadcast on Cervical Cancer Awareness! 🎤

In recognition of Cervical Cancer Awareness Month, the students of the School of Public Health at JSS Medical College, JSS AHER, in collaboration with JSS Community Radio Station, JSS College of Arts, Commerce, and Science, proudly present a special radio broadcast featuring a play on cervical cancer screening and vaccination.

Tune in to: JSS Radio 91.2 FM

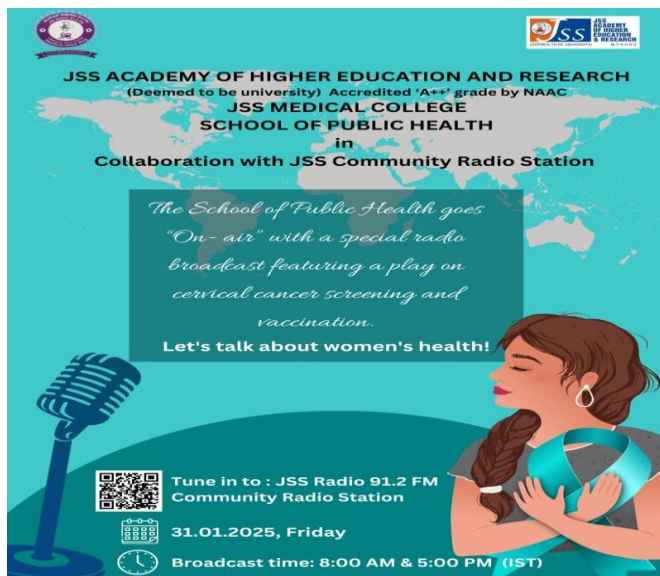
Date: 31st January 2025, Friday

Time: 8:00 AM & 5:00 PM (IST)

Please scan the QR code on the flyer to listen!

This engaging session will raise awareness about cervical cancer screening, and vaccination—key steps in protecting women's health. Don't miss out on this opportunity to listen and spread awareness!

We extend our gratitude to the staff of JSS Community Radio Station, including Mr. Shivkumar (Station Coordinator), Mr. Ramesh (Technician), and Dr. Suvarna Kabbi (Technician).





Empowering Girls, Building Futures!

On National Girl Child Day (24th January 2025), the School of Public Health, JSS Medical College, JSSAHER organized an impactful awareness session at Government Primary and Secondary School, KR Mill Colony, Siddalingapura, Mysuru.

Through engaging discussions, inspiring speeches, and interactive activities, we emphasized gender equality, education, health, and empowerment—essential pillars for shaping a better future for every girl child.

The event concluded with a quiz, a pledge for equality, and a heartfelt vote of thanks—leaving a lasting impression on young minds. Together, let's continue to support, educate, and empower our girls!

Let's pledge to create a world where every girl has the right to dream, learn, and thrive.





The postgraduate students of the School of Public Health and Department of Community Medicine attended an enlightening guest talk by Dr. Deepa Iyengar on "Global Health Beyond Borders." Dr. Iyengar, a distinguished academic and Vice Chair of the Department of Family and Community Medicine at UT Houston McGovern Medical School, shared her vast experience in family and community medicine. Her lecture

emphasized the interconnectedness of global health systems and the need for collaborative efforts to address health challenges such as pandemics, non-communicable diseases, and health inequities. She also highlighted the importance of integrating global health education into medical curricula and addressed critical issues like obesity and cardiovascular risk in South Asian populations.

The session was highly interactive, inspiring students to think critically about their roles in global health. Dr. Iyengar's talk left a lasting impact, reinforcing the idea that health transcends borders and requires a collective approach.

GLOBAL HEALTH BEYOND BORDERS

DISCUSSION & INSIGHTS SHARING



02-12-2024, MONDAY



11:30 am - 12:30 pm



SCHOOL OF PUBLIC HEALTH,
JSS AHER CAMPUS, MG ROAD



OFFLINE MODE



jssmph@jssuni.edu.in

OUR **SPEAKER**



Dr. Deepa A Iyengar,
MD, MPH

Vice-Chair and Professor,
Department of Family and Community Medicine
UT-McGovern Medical School, Houston, Texas



The 1st semester MPH students of the School of Public Health, JSS Medical College, Mysuru, organized a medical camp at the Government Blind School, Tilak Nagar, with the help and support from Equibeing Foundation as part of their public health outreach initiatives on 21st November 2024.

The camp provided essential health services, including:

General Physical Examinations

Oral Health Check-ups

Nutritional Assessments

This initiative offered valuable health support to the students but also gave our students

practical exposure to serving diverse communities with compassion and expertise.







The Youth for Governance Conclave 2024, organized by GRAAM in collaboration with the School of Public Health at JSS Academy of Higher Education and Research and the Hanns Seidel Foundation, took place on November 16, 2024, at the School of Public Health., JSS AHER campus. This significant event celebrated the achievements of the Youth for Governance 2024 cohort and provided a platform to discuss urban governance challenges and sustainable solutions.

The conclave was inaugurated by distinguished guests including Ms. Judith Weinberger Singh, Resident Representative of the Hanns Seidel Foundation India, Dr. Praveen Kulkarni, Vice Principal and Professor of Community Medicine at JSS Medical College and Dr. Basavaraju R. Shrestha, Executive Director of GRAAM.

The event began with an engaging participatory research presentation by Youth for Governance (Y4G) fellows, who showcased their work on critical aspects of urban governance and public health. In parallel, the conclave featured a vibrant poster presentation session titled "My City, My Vision, and My Contribution." This platform provided participants with an opportunity to creatively express their ideas and aspirations for urban governance and sustainable city development. School of Public Health students Dr. Aiswarya, Ms. Sharmili J, and Ms. Aruna Sivakumar received the best poster award.

The valedictory session of the Youth for Governance Conclave 2024 was held in the esteemed presence of several distinguished dignitaries. Shri. T S Srivatsa (Member of the Legislative Assembly, Krishnaraja constituency), Ms. Judith Weinberger Singh, Mr. Deepak K (President of the Journalists Association Mysore), Dr. Basavaraju R. Shrestha and Dr. Shilpa D. M (Assistant Professor, JSS School of Public Health) graced the occasion with their presence.



On 12th November 2024, a field visit to the JSS Community Radio Station at JSS College of Arts Commerce and Science, Mysuru, was organized for third-semester Master of Public Health (MPH) students. This visit, part of the Social and Behavioural Change Communication (SBCC) core, aimed to provide students with practical insights into communication strategies that promote public health. The community radio station plays a crucial role in delivering health information to local communities within fifteen km radius. This visit provided students the opportunity to observe and learn about the station's operational processes, staffing structure, infrastructure, audience engagement, and the development and broadcasting of health-related content. They also gained insights into how health information is scripted and broadcasted through both live and pre-recorded sessions. Through this visit, students gained valuable first-

hand knowledge of how community radio fosters health awareness and encourages positive behavioural changes within local populations.





On October 25th, a vital session on Menstrual Health and Hygiene (MHM) was held as part of a two-day training program at the Vivekananda Institute for Leadership Development, SVYM, facilitated by Dr. Sushma M N, a 1st-semester MPH student at the School of Public Health, JSS Medical College. This impactful event, organized by SVYM in collaboration with UNICEF, brought together 72 District Women and Child Development (DWCD) functionaries from eight districts across Karnataka.

The session provided a safe space for open discussions on menstrual health, busting myths around menstruation, understanding the physiology of the menstrual cycle, and exploring menstrual management options. Participants engaged actively, discussing diverse topics from the environmental impacts of menstrual products to the roles of men in supporting menstrual health. This training empowers DWCD functionaries to strengthen health and hygiene initiatives in Anganwadis, champion MHM practices, and

facilitate awareness programs in their communities.







The first semester MPH students were given exposure to the Bannimantap and Medar Block UPHCs on 28th October 2024. The primary objective of the field visit was to provide students with a hands-on orientation to the structure and functioning of Urban Primary Health Centers (UPHCs). Students gained a clear understanding of the critical role PHCs play as the first point of contact for urban communities in primary healthcare. They learned how a PHC functions through various departments, from patient care to disease prevention programs. Exposure to the real-world functioning of

PHCs helped them bridge the gap between theoretical learning and practical application.



Second and third-semester students from the School of Public Health participated in a data collection as part of the project titled “Assessment of Road Safety Risk Factors in Karnataka State,” implemented by the National Institute of Mental Health and Neuro Sciences (NIMHANS) in collaboration with the Johns Hopkins International Injury Research Unit. This was conducted in two phases. The first phase took place from March 2nd to 5th, 2024, and the second phase from August 26th to 29th, 2024, in the districts of Kodagu, Mysuru, Chamarajanagara, and Mandya.

The project commenced with an in-person orientation session led by the NIMHANS project staff. The students, working in teams, collected data from pre-assigned locations, focusing on three key aspects of road safety: speeding, helmet use, and seatbelt use. This hands-on field experience provided valuable insights into real-world data collection processes.

We extend our gratitude to Dr. Goutham M. Sukumar, MD, Additional Professor at NIMHANS, and Dr. Padma Saki, Project Coordinator, for offering our students this exceptional opportunity to contribute to such a significant project. We also thank Dr. Anil S Bilimale, Chief MPH Coordinator, for facilitating this experience for our students.



As part of the Master of Public Health (MPH) curriculum, students visited the Food Safety and Standards Authority of India (FSSAI) in Mysuru. This visit enhanced their understanding of the organization's role in ensuring food safety and promoting Public

Health. It also provided practical insights into food safety inspections, compliance procedures, networking, and career opportunities.

During the visit, students learned about the scientific principles and processes involved in setting food safety standards, regulating food businesses, and conducting surveillance to ensure the safety of food products. They were introduced to FSSAI's initiatives, such as the Eat Right India campaign, which aims to make quality food accessible to all citizens.

Dr. Ravindra, Food and Drug Administration Officer of FSSAI, Mysuru City Corporation, briefed the students on the regulatory framework, roles and responsibilities of staff members, detailed inspection processes in Mysuru city, and the hygiene rating system. He encouraged students to visit street vendors and discuss the recent government ban on certain colour additives in prepared food. Students also examined registration and licensing documents and interacted with staff about their experiences in monitoring and collecting food samples from various restaurants, street vendors, and retail shops in Mysuru.

This visit equipped students with a deeper understanding of FSSAI's role in food safety and public health, preparing them to address food safety challenges and improve public health outcomes in their future careers.





A breastfeeding awareness program was conducted on August 8th at Bandipalya Anganwadi Centre in Mysuru to educate expectant mothers about the benefits of breastfeeding. Master of Public health students from the School of Public Health, in collaboration with Anganwadi workers, organized the event as part of World Breastfeeding Awareness Week 2024. Through interactive sessions, including role-plays and question-and-answer forums, participants learned about the importance of breastfeeding and dispelled common misconceptions. The initiative aims to promote optimal maternal and child health in the community by providing essential information

and support to expectant mothers.





Hearty Congratulations to [Dr. Preksha Singh](#) (4th Semester MPH, School of Public Health)

Dr Preksha's e-poster, "Oral Health Inequities: Current Trends and Policy Implications," won 2nd prize at the Indian Dental Association (H.O.) UP State Branch's Dental Show 2024!

The research highlighted the significant disparities in oral healthcare, which mainly benefits the privileged.



The policy implications highlighted integrating oral health into Ayushman Bharat, expanding preventive care, and enhancing community-level interventions.


Recognizing oral health in the vision of health for all




An invited talk on Blue Zones and JSS Panchamantra for Longevity was held at Orchids Public School, Bogadi road, Kumarabeedu, Mysuru on August 7th, 2024, from 10 am to 1 pm. Approximately 200 high school and PU students, along with their teachers, attended the interactive session featuring Dr. Anil S. Bilimale, who discussed Blue Zones and the JSS Panchamantra for longevity. Following the talk, students participated in fun and engaging activities centered on the five Panchamantra domains: physical activity, diet, rest/sleep, balanced mental health, and socialization. These activities, organized by students and faculties Dr.Divya KL and Ms. Sheeba. B from the School of Public Health, JSS Medical College, and JSS AHER, included quizzes on diet and rest/sleep, stretching exercises, stress management techniques, meditation, and mindfulness practices. The students were energetic and participated enthusiastically in

all the activities and demonstrations.







FROM INNOCENCE TO ETERNITY

LIVE LONGER IN THE BLUE ZONES

Creating Longevity in Mysuru


A workshop by Dr. Anil S Bilimale,
MBBS, MD
and School of Public Health

7th August 2024, 10:00 am - 12:00 pm,
ORCHID PUBLIC SCHOOL

Pre-Mature Death

Disability Symptoms Signs

TREATMENT PARADIGM




(LONGEVITY MANTRA (THE PROPOSED VERSION))

WELLNESS PARADIGM

Awareness Education Growth

High-Level Wellness

JSS Pancha Mantra for Longevity





Students from the School of Public Health visited the Integrated Disease Surveillance Programme (IDSP) office in Mysuru on July 23, 2024, . The primary objective of this visit was to gain practical insights into disease surveillance, with a specific focus on both communicable and non-communicable diseases.

During their visit, the students had the opportunity to interact with key personnel at the IDSP office. Dr. Archana, the District Non-Communicable Diseases (NCD) Coordinator, provided valuable information about various national health programs currently being implemented under IDSP. These programs included the National Programme for Non-Communicable Diseases (NPNCD) and integrated initiatives within the NCD division. Dr. Kavitha, the District Epidemiologist, explained surveillance methods, emphasizing the importance of timely data collection, analysis, and interpretation to identify disease trends.

Mr. Navidullah Sharif, the Social Worker responsible for the National Tobacco Control Programme (NTCP), shared insights into measures aimed at identifying and rehabilitating tobacco addiction cases. The NTCP focuses on awareness campaigns, policy enforcement, and community engagement to reduce tobacco consumption and promote healthier lifestyles.

The IDSP team patiently addressed the students' queries related to program implementation processes and evaluation of national initiatives. The field visit provided

valuable practical knowledge, enhancing the students' understanding of disease surveillance and public health measures.



A field visit to Seth Mohandas Tulasidas Maternal and Children's Hospital, Mysuru, was organized for second-semester Master of Public Health (MPH) students on July 24th, 2024. The visit provided an exposure and practical insights into the Maternal and Child Health specialty, focusing on Reproductive, Maternal, Newborn, Child, and Adolescent Health (RMNCH+A) services and programs. Students toured various sections and units, including the antenatal and postnatal wards, and interacted with the antenatal, post-operative and post delivered mothers in these wards. They observed a range of health services, such as maternal and child healthcare departments, immunizations, and the New Born Care Corner (NBCC). Hospital staff in each ward and department explained and discussed the services provided and staffing pattern. This hands-on experience enriched the students' understanding of public health operations and emphasized the importance of integrating community-based approaches in public health practice concerning RMNCH+A services.



A field visit was arranged for 2nd semester students from School of Public Health to visit the Sewage treatment plant on 19th July 2024. The field visit provided an exposure and in-depth understanding of the sewage treatment process and how effectively remove biological, chemical, and physical contaminants. The visit emphasized the importance of access to safe water and sanitation, a fundamental public health principle. Students also understood the plant's adherence to public health regulations and standards, and how these regulations are designed to protect public health. The visit was also extended to the nearby solid waste management plant, where the students were shown and explained about the sanitary landfill and composting methods.





A field visit was conducted for 2nd semester students from School of Public Health to visit the Vani Vilas water works on 18th July 2024. The visit provided an in-depth understanding of the water treatment process, purification techniques, quality control

measures and distribution mechanisms to the students. The visit also highlighted the critical role of Vani Vilas water treatment plant in ensuring access to safe and potable water for the residents of Mysuru.

Students were exposed to a practical learning environment where they can correlate theoretical knowledge with real-world applications in the domains of Public Health and Environmental engineering.





To know more about the tribal health systems, how they function, and how to run a successful NGO, 39 students and 6 faculty members from the School of Public Health, JSSAHER, visited the Swami Vivekananda Youth Movement (SVYM) NGO in Saraguru. Guided by Dr. Kumar G S, Head of the Health Sector at SVYM, and Dr. Abhishek, Senior Manager, the group was divided into two. The students explored innovative tribal health initiatives, visited tribal hamlets to understand their living conditions, and discussed health challenges directly with the communities. The visit concluded with an enlightening session led by Dr. Seetaraman M R, Consultant Orthopedician and Advisor of SVYM, offering deep insights into effective healthcare strategies for underserved populations. This experience highlighted the significance of culturally sensitive healthcare and the power of community engagement.



The "Eat Right Campus" initiative, led by the Food Safety and Standards Authority of India (FSSAI), aims to promote safe, healthy, and sustainable food practices within educational campuses, workplaces, hospitals, and tea estates across India. This initiative is crucial from a public health perspective as it seeks to enhance overall health standards by ensuring that food provided in these settings meets high safety and nutritional standards. By fostering environments that support informed and healthful food choices, the initiative helps reduce the risk of diet-related diseases and encourages sustainable food practices.

JSS Academy of Higher Education and Research, Mysuru, is committed to transforming its campus into an "Eat Right Campus" to create a healthier and more sustainable environment for its students, staff, and visitors. This commitment involves meeting the standards set by the FSSAI and undergoing a rigorous evaluation process to ensure compliance. By striving to become an Eat Right Campus, JSS AHER demonstrates its dedication to public health and sustainable practices.

On August 8, 2024, students from the School of Public Health at JSS Medical College, JSS AHER campus conducted a comprehensive survey of the institution's mess and canteen to assess compliance with the Eat Right Campus initiative. The students used a detailed checklist provided by FSSAI, which is essential for certification. This checklist, divided into four sections, allocates a total of 100 points for assessment and covers

various aspects of food safety and nutritional quality.

Organized into capstone groups, the students meticulously evaluated the mess and canteen operations, covering three hostel blocks and the campus canteen. This hands-on assessment not only contributed to the Eat Right Campus initiative but also provided students with a valuable opportunity to apply their theoretical knowledge to practical, real-world scenarios. Through this active participation, the students enhanced their educational experience, gaining practical skills and insights while significantly contributing to public health initiatives.





On account of World Population day, an awareness session was organized by MPH students from School of Public Health at Urban Health Centre, Bannimantap on July 9th.

The theme for Population day-2024 is Interwoven Lives, Threads of hope: Ending Inequalities in sexual and reproductive health and rights. The students gave an overview of world population day, impacts of rising population, family planning and contraceptive methods in the awareness session. Around 30 participants from the nearby area attended the session. An information booth was set up by the students for the community to approach and clear any queries regarding the same.



